



November/  
December  
2020

# West Knox County Senior Center The *Scene*

Knox County Recognized Holidays: Wednesday, November 11th., Veterans Day; Thursday and Friday, November 26th and 27th., Thanksgiving Holiday; Thursday and Friday, December 24th and 25th., Christmas.

## Medicare Drive-Thru at West Knox County Senior Center Thursday, November 19th

Although the Senior Center remains closed to the public, we will be hosting a Medicare Educational Drive-Thru at the Center. Medicare Open Enrollment began October 15th and will continue until December 7th. Our Drive-Thru will be available on Thursday, November 19th from 10:00 AM—12:00 PM. We'll

have Brooke Thurman from Core Insurance Advisors of Knoxville present to provide information on Medicare and also Sara Mary Wallace with CAC Office on Aging will be present to offer guidance on Medicare. For additional information on Medicare information please read Sara Mary's article on page 11 of this newsletter. There will also be some goodie bags for the first twenty individuals who pull through our Medicare Drive Thru. Pre-registration is not required.



## Community Outreach Services

### Social Worker Outreach

Sara Mary Wallace with CAC Office on Aging continues to be available to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: [Saramary.Wallace@knoxseniors.org](mailto:Saramary.Wallace@knoxseniors.org)

### Veterans Services Outreach

Knox County Veteran Services Office assists Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office call (865) 215-5645 or email at: [Veterans@knoxcounty.org](mailto:Veterans@knoxcounty.org)

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37938



## Knitters Group News Operation Gratitude



The participants from the West Knox County Senior Center knitting group have been keeping busy during their time at home. They've been knitting and crocheting scarves and hats to donate to Operation Gratitude. Eileen Price, the volunteer who organized the group, wanted to let everyone know how much she appreciates the contributions and to say, "thank you" for continuing to support this wonderful charity. Even though the group only had the opportunity to meet one time in March, dozens of donations were made. Eileen collected the donations, packed them, and mailed them to a forwarding base in California. At the forwarding base the donations are added to personal care packages that are sent to our deployed military and first responders. One of the many thank you letters received said, "Thank you for the scarf ... it keeps my neck warm, but my heart even warmer!"

If you knit or crochet and would like to contribute, you can email Eileen with questions at [em19price@yahoo.com](mailto:em19price@yahoo.com). She continues to collect hats and scarves to be sent to Operation Gratitude. She will work with you on arranging a date and time to drop off and pick up of your items. The scarves and hats can be any color, and you're also welcome to attached a personal note to thank the recipient for their service and let them know they are appreciated.

### Operation Gratitude

The mission of Operation Gratitude is to forge strong bonds between Americans and their Military and First Responder Heroes through volunteer service projects, acts of gratitude, and meaningful engagements in communities nationwide. To learn more about Operation Gratitude you can visit their website at: [www.OperationGratitude.com](http://www.OperationGratitude.com)



### Veterans Cemeteries Flag Placement Saturday, November 7th

East Tennessee State Veterans Cemeteries will be placing Veterans Day flags at each headstone on Saturday, November 7th to honor our veterans. Flag instruction and placement will begin at 8:30 AM. Due to COVID-19 there will be no ceremony, and volunteers are ask to wear face coverings and physically distance during placement. Volunteers will need to bring a hammer and a screwdriver to help make the hole to put the flag since the ground can be quiet hard at times. If you're interested in volunteering please be at one of the cemeteries to participate in the 8:30 AM instruction.

#### Locations

East Tennessee State  
Veterans Cemeteries:  
Lyons View location at  
5901 Lyons View Pike  
Knoxville, TN 37919  
Governor John Sevier location at  
2200 E. Governor John Sevier  
Highway, Knoxville, TN 37920





## Sparkling Image Car Wash Salutes Veterans with Free Exterior Car Washes

*Sparkling Image Car Washes will provide FREE Exterior Car Washes to all Veterans and active military personnel on Wednesday, November 11, 2020.*

This offer applies to ANY veteran or active military personnel offering proof of service. (DD214 form, military I.D., Veterans' organization membership card, or vehicle plates that display POW, Veterans, or military medal/ribbon status)

### Our Locations

405 Merchants Dr.  
Knoxville, TN. 37912  
Phone: (865) 687-8432

7914 Kingston Pike  
Knoxville, TN. 37919  
Phone: (865) 693-0020

If you have questions or comments please contact our Marketing Department at 781-324-2000 x161 or via e-mail to:

Joseph Solis (Marketing Director)  
[Joe.Solis@washdepot.com](mailto:Joe.Solis@washdepot.com)

To get your FREE Exterior Wash, come to any of our locations between the hours of 8:00 a.m. and 6:00 p.m. on Veterans Day.

*We are privileged to once again demonstrate our gratitude to all military service personnel with this tradition. We recognize that our freedom is not free, it came at a cost.*

*Providing FREE Exterior Car Washes is our way of honoring the sacrifice and dedication of all American Veterans.*

*We proudly salute those now serving and those no longer with us.*



For a complete listing of locations, visit [www.SparklingImage.com](http://www.SparklingImage.com)

***"Feel Good In A Clean Car!"***<sup>®</sup>

# Senior Angel Tree

Support a senior in need

CREATE A MERRY HOLIDAY FOR A  
KNOX COUNTY SENIOR.

## How it Works

[HTTPS://BIT.LY/SENIORANGELTREE](https://bit.ly/seniorangeltree)

VISIT THE SITE ABOVE TO LEARN MORE.  
SIGN UP AS A SANTA SHOPPER AND RECEIVE  
A SENIOR'S WISH LIST OR DONATE.

## 4 SAFE WAYS TO GIVE

Give a Gift Card

Donate Online

[HTTPS://GIVEBUTTER.COM/SENIORANGELTREE](https://givebutter.com/seniorangeltree)



Shop Online

Shop In-Person



**865-524-2786** FOR MORE INFORMATION

Mail-In Donations or Deliver In-Person



**Oct 1 - Dec 4**



CAC Office on Aging—Senior Angel Tree 2247 Western Ave Knoxville, TN 37921

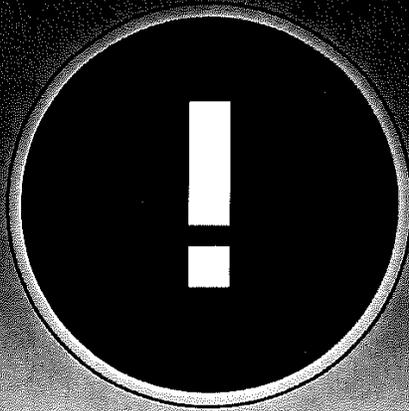
# Gingerbread House Contest



Get ready to pre-heat the oven, pull out the cookie sheets and decorating tips, and enter the West Knox County Senior Center's Virtual Gingerbread House Contest. Prizes will be awarded for Most Detailed, Most Original, and Most Festive. Entries must be submitted by December 14<sup>th</sup> and winners will be announced on December 19<sup>th</sup>.

For contest rules and information please contact Lisa at [lisa.cooper@knoxcounty.org](mailto:lisa.cooper@knoxcounty.org), or Brittney at [brittney.armstrong@knoxcounty.org](mailto:brittney.armstrong@knoxcounty.org)





# COVID-19 UTILITY BILL FUNDING AVAILABLE

Knoxville-Knox County

# CAC

*Helping People. Changing Lives.*

West, Central, or North Knoxville: (865) 524-3345  
East or South Knoxville: (865) 546-5125

[knoxcac.org](http://knoxcac.org)

**LOST INCOME DUE TO COVID-19?**

**CAC MAY PAY YOUR UTILITY BILL**

Individuals or households of **any income level can apply**. Funds are available for payments on utility bills, including those on a payment plan with KUB. **There are no income caps.**

Individuals or households can receive payment on their KUB utility bill if at least one member of the household has been affected by COVID-19 under any of the following circumstances:

- Job loss, reduction of hours or reduction of wages due to COVID-19
- Missed work to care for a child due to illness, school closure or online learning due to COVID-19
- Missed work to care for an adult family member or relative diagnosed with COVID-19
- COVID-19-related out-of-pocket medical expense
- Unable to find employment
- Other circumstance related to COVID-19

**ACT NOW!**

**Apply before November 10, 2020**

# Online Education and YouTube for Beginners

Tuesday, November 10, 1:30 PM

Want to learn something new while you're at home? Did you know the internet has a wealth of information for lifelong learners about many topics!

First, we'll start with YouTube. If you are a complete beginner or only know a little bit, join me to learn the layout of the website and how to navigate it.

Then, we'll talk about ways it and other websites can help you become an expert in a new field!

Email [scot.bellavia@knoxcounty.org](mailto:scot.bellavia@knoxcounty.org) for more information and to register.

Join Zoom Meeting

[https://knoxcounty.zoom.us/j/91836992198?](https://knoxcounty.zoom.us/j/91836992198?pwd=Z2VLTvZEeGY1SlAyWGJybTRGM20rdz09)

[pwd=Z2VLTvZEeGY1SlAyWGJybTRGM20rdz09](https://knoxcounty.zoom.us/j/91836992198?pwd=Z2VLTvZEeGY1SlAyWGJybTRGM20rdz09)

Zoom Meeting ID: 918 3699 2198

Passcode: 162806





## KNOX COUNTY SENIOR SERVICES

### LAKESHORE PARK

5930 LYONS VIEW PIKE

KNOXVILLE, TN 37919

November 17<sup>th</sup> @10:00



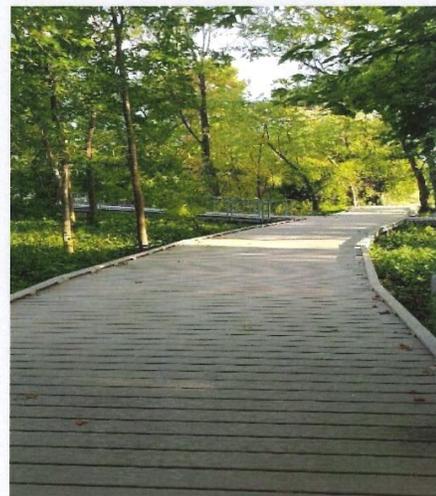
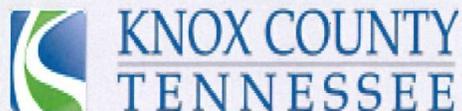
*Get to know your Parks!*

Join us this month for a walk at Lakeshore Park. Lakeshore Park is one of the biggest public green spaces in Knoxville touting over 185 acres. The Park has been in the news recently because of renovations partly from a \$3 million gift from HGTV. New additions include a new section of trail, picnic area, boardwalk, river pier and overlook. You can read about the updates to the park at <http://lakeshoreparkknoxville.org> then come and see them for yourself!

Please **meet at the TVA Pavilion located near the playground**. Bathrooms are also at the pavilion. Please see attached map. We will walk about 3 miles on paved walkways.

Please RSVP to [carole.conaway@knoxcounty.org](mailto:carole.conaway@knoxcounty.org)

or call **865-288-3761**.



# MISINFORMATION ONLINE

Tuesday, November 17, 1:30 PM

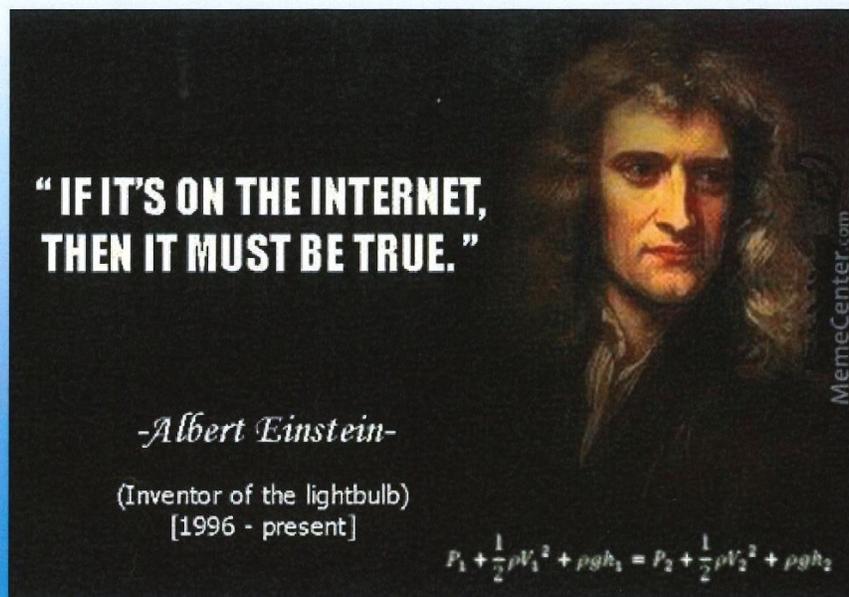
Have you heard about Fake News? It's a big problem online and hard to spot if you don't know how to identify it. Fake news is a problem that's been around and won't stop on November 3. Join us on Tuesday, November 17 at 1:30 to learn how you can be part of the solution and detect truth from fiction.

Join Zoom Meeting

<https://knoxcounty.zoom.us/j/92964215797?pwd=WnFpd0RTMWdOci9HZFk1UzRzYkZEZz09>

Meeting ID: 929 6421 5797 Passcode: 357407

Email [scot.bellavia@knoxcounty.org](mailto:scot.bellavia@knoxcounty.org) for more information and to register.





**SPECIAL GUEST HOST:**



**Mayor Glenn Jacobs**

**Tuesday, November 17th**

**3:00-4:00 PM**

**Happiness is yelling ... BINGO!**

**On November 17th we are excited to welcome Mayor Glenn Jacobs as our guest host “BINGO caller”.**

**Join Knox County Senior Centers Virtual BINGO every Tuesday at 3:00 pm. Seniors 50+ can RSVP to receive the ZOOM link and bingo card/s. Get ready for some “good ole fashion” bingo.**

**Fun is highly encouraged!**

**RSVP to**

**[seniorcenters@knoxcounty.org](mailto:seniorcenters@knoxcounty.org)**



# Answers to Questions...



Sara Mary N. Wallace, CRS-A/D, LMSW  
Outreach Coordinator, Senior Information & Referral

## **Question: It's Medicare Open Enrollment ... What is that?**

Answer: Medicare's Annual Open Enrollment is the yearly Open Enrollment Period (OEP) that allows Medicare beneficiaries the opportunity to review your Medicare choices and pick the Medicare plan that works best for you. Open Enrollment begins October 15th and ends December 7th. Any changes made during this time period go into effect January 1, 2021.

## **Question: Great! Why do I need to review my options?**

Answer: Medicare plans change every year. No matter if you are in Original Medicare with a separate Part D Prescription Drug Plan (PDP), or a Medicare Advantage Plan. These plans are allowed to change their monthly premiums, deductibles, co-pays and even the medications on their formularies. It is important to review to make sure your Medicare is still covering all the things you need, and is still affordable to you. You can even see if another plan covers what you need and may cost less than your current plan.

## **Question: Ok, so how do I review my choices?**

Answer: Your current Medicare plans should have sent you an Annual Notice of Change (ANOC) in September highlighting any changes they are making for 2021. If you are ok with the changes, you can do nothing and your current coverage will automatically renew in 2021. If you do not like the changes or want to explore your options, you can go to Medicare.gov and do a "plan comparison" by clicking the "Find 2021 Health and Drug Plans" button on the homepage. If you find a different plan you like better, you can enroll directly into that plan through the Medicare.gov website or by contacting the new plan you are interested in.

## **Question: I am not really a computer user. Is there help available?**

Answer: Yes! If you would like assistance in reviewing your 2021 Medicare options you can contact the **State Health Insurance Assistance Program (SHIP) at 1-877-801-0044**. SHIP is a national program that provides free, objective, one-on-one counseling, information and help to people with Medicare. A SHIP counselor can help you review your options. SHIP counselors are also available at the CAC Office on Aging at (865) 524-2786 through the AMOS program. (That include me—Sara Mary Wallace.)

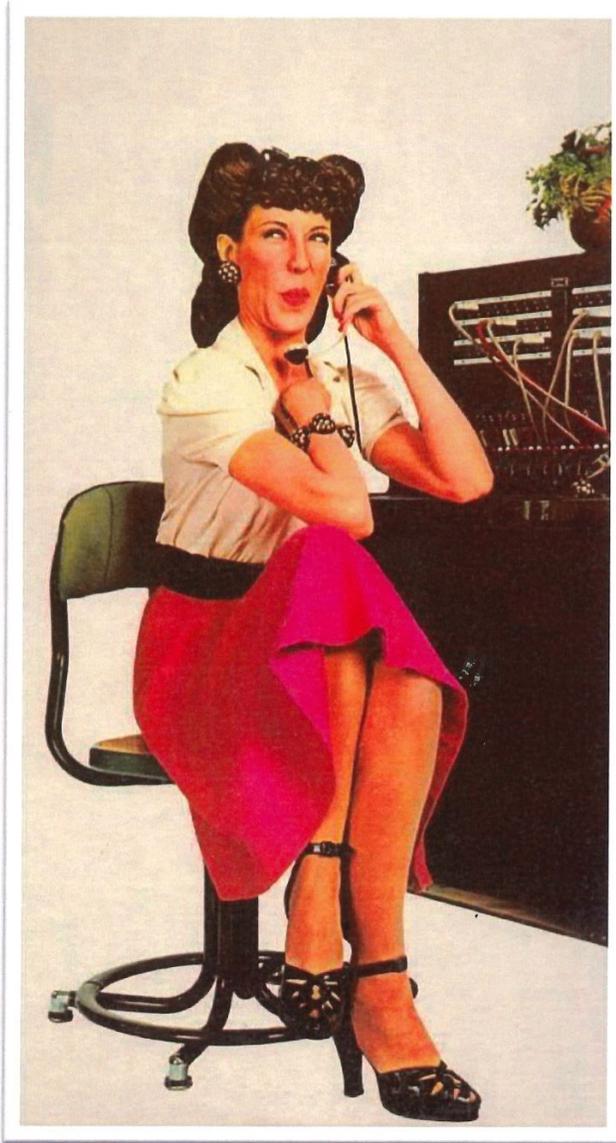
## **Question: What do I do with all this mail I keep getting?**

Answer: It's important to know Medicare plans are marketing to get you to enroll in their particular product and will be doing so throughout the rest of the year. You should definitely keep (and read) mail that comes from your current plan and anything that comes from the Social Security Administration, Railroad Retirement Board of Office of Personal Management (if you are a Federal retiree). If you are interested in switching plans it is good to review the information sent about other plans, but do not feel required to keep every piece of mail that comes from every Medicare plan provider. It can be a lot and overwhelming. If you have questions, contact SHIP counselor who can help.

Sara Mary is a Licensed Master Social Worker, SHIP Certified Medicare counselor & works for Senior Information & Referral (SIR) - a free service from the CAC Office on Aging. Contact her at (865) 546-6262, or [saramary.wallace@knoxseniors.org](mailto:saramary.wallace@knoxseniors.org).

# THE SUNSHINE LINE

*Connecting Seniors with Seniors  
The old timey way...by telephone!*



Wouldn't it be nice to hear another senior's friendly voice on the other end of the phone? A little ray of sunshine for the day!

We would like to connect you with another senior from our Knox County Senior Centers to enjoy some neighborly conversation.

How does this work?

Email Carole @ [carole.conaway@knoxcounty.org](mailto:carole.conaway@knoxcounty.org) with your full name, phone number and which center you attend. You are welcome to include one or two lines about yourself such as hobbies, interests, past work careers etc. to act as an "icebreaker" to get the conversation started.

Carole will match you with another senior and email you the first name, phone number and icebreaker info of that senior. It will be indicated in your email which senior will make the call and which will be the receiver just to make it easy.

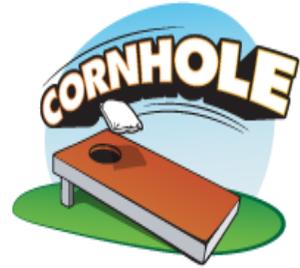
*Then just chat away!*

*Your email to Carole will serve as your authorization to release your phone number and join this program. Phone numbers will be released only to other seniors from our centers*



### Play Cornhole or Baseball Beanbag

Thanks to a generous donation by the Farragut and Bearden Rotary Clubs we can play Cornhole and Baseball Beanbag at the Senior Center when we re-open and weather permitting. If you would like to play please get on our Cornhole Interest List. You can get on the Interest List by calling the Center or email Lisa at [Lisa.Cooper@knoxcounty.org](mailto:Lisa.Cooper@knoxcounty.org)



### Interested in Raised Bed Gardening?

By a generous donation from the Farragut and Bearden Rotary Clubs the West Knox County Senior Center has six Raised Garden Beds to enjoy. Raised gardens are easier to access for many individuals as well as being a great stress reliever, and affords individuals to learn new skills and regain loss skills. It's also just a great way to enjoy and share your enthusiasm with gardening. If you have an interest in raised bed gardening and would like to help plan, plant, and tend the raised beds when re-open please call the Center at 865-288-7805 and get on our interest list or email Lisa at [Lisa.Cooper@knoxcounty.org](mailto:Lisa.Cooper@knoxcounty.org). Hopefully, we'll be playing in the dirt before we know it!

### West Knox Lions Club Nut Sale!



Planning to start your holiday baking? Looking for a quick, healthy snack? The West Knox Lions Club is holding their annual fund raiser, selling delicious nuts to raise money for the many projects and groups that they support. You can purchase pecans, cashews, walnuts, pistachios, and other kinds of nuts as well as several types

of candied nuts. One pound bags are \$10. For more information or to order, please contact Mr. Ron Riehn at (865)-690-2557 or by email at [Ron.Riehn@gmail.com](mailto:Ron.Riehn@gmail.com).

### A NOTE OF



Special Thanks to Farragut and Bearden Rotary Clubs for their generous donation of metal picnic tables, benches, raised garden planters, corn-hole games, and bean bag baseball game sets made to the West Knox County Senior Center. Their generosity is most appreciated. We look forward to putting these items to good use.

A wise man adapts himself to circumstances, as water shapes itself to the vessel that contains it.

Chinese Proverb



# Virtual Programs



## MONDAY



### Line Dancing with Tara and Rebecca Mondays at 12:00 PM

Shine those boots and join this class for beginners. It's perfect if you're just starting out. Patterns are simple and easy to memorize. Join the fun. To receive your link to participate email Tara at:  
[Tara.Stirone@knoxcounty.org](mailto:Tara.Stirone@knoxcounty.org)

### SAIL Exercise Class Stay Active & Independent for Life Mondays at 2:00 PM

This is an exercise class that focuses on falls prevention. This evidence based program is currently taught in twenty-two counties in Tennessee. Join Terri Geiser on Mondays at 2:00 PM when she teaches SAIL Exercise class on Zoom. To obtain your Zoom link to participate email Terri at:

[tdgeiser@comcast.net](mailto:tdgeiser@comcast.net)

## TUESDAY

### Trivia with Darrell Tuesdays at 10:00 AM

Join Darrell for a mix of general trivia questions. It's easy to play. Each correct answer is worth one point. It's a game where the points really don't matter but the fun does.

To receive your personal Zoom invite email:  
[Darrell.Gooding@knoxcounty.org](mailto:Darrell.Gooding@knoxcounty.org)

### Cooking & Recipes with Tara Tuesdays at 12:00 PM

Join Tara as she whips up some mouthwatering recipes in this weekly live virtual presentation. The classes are interactive so feel free to ask questions or just enjoy the company of others. To receive your personal Zoom invite to participate email:

[Tara.Stirone@knoxcounty.org](mailto:Tara.Stirone@knoxcounty.org)

### Silver Sneakers Classic Tuesdays at 12:00 PM

Light Exercise designed to increase muscle strength, range of motion, and improve activities for daily living with instructor Don Parsley To participate in this Zoom class email Don at:

[SpiritoftheDragon01@gmail.com](mailto:SpiritoftheDragon01@gmail.com)

### Flow Yoga

Tuesdays at 1:00 PM

With instructor Mr. Don Parsley. For additional information and to register for this virtual class on Zoom email Don at:

[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)

### Silver Sneakers Enerchi Tuesdays at 2:00 PM

With instructor Mr. Don Parsley. For additional information on this Tai Chi class and to register to participate by Zoom you can email Mr. Parsley at:

[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)



### BINGO!

Tuesdays at 3:00 PM  
Join Knox County Senior

Centers Virtual BINGO every Tuesday at 3:00 PM.

Seniors 50+ can RSVP to the following email to receive the Zoom link and bingo card(s)

to play along

Fun is highly encouraged!

[SeniorCenters@knoxcounty.org](mailto:SeniorCenters@knoxcounty.org)





# Virtual Programs



## Wednesday

### What Are You Watching?

Wednesdays at 10:30 AM

What have you been watching to keep yourself entertained? Do you have a favorite movie, mini series, television series, or special? Share your recommendations and possibly even get some ideas of programs you would like to watch. To participate email Lisa at:

[Lisa.Cooper@knoxcounty.org](mailto:Lisa.Cooper@knoxcounty.org)

### SAIL Exercise Class

Stay Active & Independent for Life  
Wednesdays at 11:00 AM

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. To join the Wednesday 11:00 AM class via Zoom email Debbie at:

[dr719@hotmail.com](mailto:dr719@hotmail.com)

### Game Social

Wednesdays at 1:30 PM

Join the Virtual Game Social. During November and December we'll be playing modified versions of Scattagories, Name Five, Outburst!, and more. It's fun and easy to play along. To receive your Zoom link to participate email:

[Darrell.Gooding@knoxcounty.org](mailto:Darrell.Gooding@knoxcounty.org)



**West Knox County Senior Center**  
~ 239 Jamestowne Blvd., Suite 101  
~ Knoxville, TN 37934  
(865) 288-7805

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[tdgeiser@comcast.net](mailto:tdgeiser@comcast.net)



### Jaunts with Janet

Thursdays at 10:00 AM

Come with Janet Word, Coordinator at South Knoxville Senior enter as she visits familiar or maybe even not so familiar places for you to enjoy. Janet will be sure to entertain you and maybe even let ou reminisce a little. To participate please email your RSVP to:

[Janet.Word@knoxcounty.org](mailto:Janet.Word@knoxcounty.org)

### Trivia with Scot

Thursdays at 11:00 AM

Are you ready to put your "Jeopardy" watching to the test? Join Scot from the Karns Senior Center on Zoom for a live competition. You'll be teamed up with others around the County. To participate in this weekly competition email Scot at:

[Scot.Bellavia@knoxcounty.org](mailto:Scot.Bellavia@knoxcounty.org)

### Thursday Crafting Social

Thursdays 12:30 PM—1:30 PM

Join the Crafting Social on Zoom with Susanne. Bring along your favorite craft, find some inspiration, and share some ideas. Enjoy some crafting and fellowship fun. Offered on the following Thursdays:

Thursday, November 5th.,

Thursday, November 19th.,

Thursday, December 3rd.,

Thursday, December 17th.

To obtain the Zoom link email Susanne at:

[Susanne.Huff@knoxcounty.org](mailto:Susanne.Huff@knoxcounty.org)



# Virtual Programs



## Silver Sneakers Classic

Thursdays at 12:00 PM

Light Exercise designed to increase muscle strength, range of motion, and improve activities for daily living with instructor Don Parsley  
To participate in this Zoom class email Don at:  
[SpiritoftheDragon01@gmail.com](mailto:SpiritoftheDragon01@gmail.com)

## Flow Yoga

Thursdays at 1:00 PM

With instructor Mr. Don Parsley. For additional information and to register for this virtual class email Mr. Parsley at:  
[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)

## Silver Sneakers Enerchi

Thursdays at 2:00 PM

With instructor Mr. Don Parsley. For additional information and to register for this class email Mr. Parsley at:  
[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)



## Crafting Classes with Susanne

Friday, November 13th 9:00 AM

Fall Luminaries out of tin cans. Super simple craft project but so cute!

Friday, December 11th 9:00 AM—10:00 AM

Christmas Ornaments, rustic fabric Christmas trees and Recycled Christmas Card ball ornaments.

To participate email:

[Susanne.Huff@knoxcounty.org](mailto:Susanne.Huff@knoxcounty.org)

## Silver Sneakers Circuit Exercise Class

Fridays at 1:00 PM

For additional information and to sign up for this Zoom class email Don at:  
[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)

## Guitar Jam Fridays

2:00 PM—3:00 PM

The Friday Guitar Jam looks forward to the opportunity to entertain you. Whether you're looking to play, sing, or just sit and listen, be sure to join every Friday from 2:00 PM—3:00 PM for an afternoon of music. For more information and to get your Zoom link email Lindsey at:

[Lindsey.Iddins@knoxcounty.org](mailto:Lindsey.Iddins@knoxcounty.org)

## Silver Sneakers Flow Yoga Class

Fridays at 2:15 PM

Yoga is a terrific gentle activity for beginners and older adults. Let instructor Don Parsley guide you through this seated Yoga class. You do not have to be a member of Silver Sneakers to participate. To join the class email Don at the email below. He will send you a Zoom link to participate.

[SpiritOfTheDragon01@gmail.com](mailto:SpiritOfTheDragon01@gmail.com)

