Hi Everyone!
Congratulations on your new senior center. I know Buzz has been showing you plans.

I have met most of you over the years and look forward to being stationed at the new location. We are so excited for everyone to see the new West Knox County Senior Center. It’s official! We will be moving between Christmas and New Year so the Center will be closed Monday, December 20 through Friday, January 3rd.

When we open on January 6th you will come to our new address at 239 Jamestowne Blvd., off Campbell Station Road. Although, we’ll be moved, we will not be totally settled. This will take some time, so your patience is appreciated during this transition. There will be an official ribbon cutting for the Senior Center and the Community Center on January 16th at 10:00 AM.

Darrell, Lisa and Gloria are planning all sorts of fun things for you to do. Have a very Merry Christmas and a safe and Happy New Year. Can’t wait to see you on January 6th. Please feel free to call me with any questions you may have. We appreciate all of you.

All My Best,
April Tomlin.
Knox County Senior Services Manager

**Blood Pressure Clinic**
A Blood Pressure check is one of the most important screenings since increased blood pressure often has no symptoms, and greatly elevates the risk of heart disease and stroke. We’ll be having a Blood Pressure Clinic at the West Knox County Senior Center on the following days:

- **Tuesday, January 7th**
  At 10:00 AM
  By SR Medical Services
- **Wednesday, January 15th**
  at 12:30 PM
  by Kindred at Home
- **Tuesday, February 4th**
  At 10:00 AM
  By SR Medical Services
- **Wednesday, February 19th**
  At 12:30 PM
  By Kindred at Home

**January 7th … Tai Chi Class Starts**
The Tai Chi 1 class will start anew on Tuesday, January 7th at 8:45 AM. If you’ve ever wanted to take Tai Chi now is the time. Tai Chi can help improve both lower-body and upper-body strength as well as improve flexibility and balance. The Tennessee Branch of the Taoist Tai Chi Society of the USA provides certified instructors for this one hour class taught at West Knox County Senior Center on Tuesdays and Thursdays. Class fee is $2 per class payable to the instructor. Tai Chi is learned by doing. The beginner class format is quite simple; the instructor will demonstrate a move several times, then perform it with the class, and finally watch the students as they repeat the movement. Pre-registration is not required. For more information visit [www.taoist.org](http://www.taoist.org)

You can register for our activities by calling the Center at 865-670-6693
Meet the Physical Therapist

Dr. Lee Easley, DPT., with Knox Physical Therapy will be at West Knox County Senior Center to meet with individuals one-on-one to address questions and concerns. He will be offering free assessments. To schedule your free consultation please call the Center to pre-register. Appointments are limited to the following days:

- **Thursday, January 16th** starting at 9:00 AM
- **Thursday, February 6th** starting at 9:00 AM
- **Thursday, February 20th** starting at 9:00 AM

Take Note of Weather Delays and Closings

Knox County Senior Services follows the Knox County School System inclement weather policy. For example if the schools are closed due to Winter weather the Senior Center will also be closed. If the Knox County Schools are opening two hours late due to Winter weather the Senior Center will also be opening two hours late.

Trivia Cafe

Join us for our Trivia Cafe on Tuesdays an 11:00 AM for an hour of Trivia. It’s a great way to keep the brain active and engaged while having fun. No need to pre-register to participate.

Chair Yoga Class Starts in January

Covenant Health Bodyworks will be offering a Chair Yoga class at the Senior Center on Thursdays at 11:15 AM starting January 9th. No pre-registration required. Participants can start at any time. Class fee is $3 per class attended payable to the instructor.

January 13th … Nutrition and Blood Pressure (Part II)

What are the main causes of high blood pressure? What role does sodium play? Dr. Glory Ledbetter, ND., invites you to attend this free educational session on Monday, January 13th at 2:45 PM. Dr. Ledbetter will discuss blood pressure, heart disease, and some natural safe options to impact your heart health for the better. For planning purposes please call the Center or stop by the Reception Desk to sign up for this presentation.

Your Announcements

If your Senior Center group has any news or announcements you would like to share in the March/April 2020 on-line newsletter edition please provide the information to Darrell before the February 7th deadline.

Toenail Trimming

West Knox County Senior Center will be offering Toenail Trimming with Michelle on the following dates:

- **Friday, January 10th** starting at 9:00 AM
- **Friday, February 14th** starting at 9:00 AM

Please call the Center to schedule your appointment. Fee is $12 payable to Michelle.

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 11:00 AM—12:00 PM:

- Tuesday, January 7th
- Tuesday, January 21st
- Tuesday, February 4th
- Tuesday, February 18th

Grief Support group is sponsored by Avalon Hospice. Anyone welcome.

“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending” ~ Carl Bard
January 17th ... Beginning Spanish Class
We’ll be offering an Introduction to the Spanish language class for those who have no experience with the language beginning Friday, January 17th. This class will meet on Fridays from 9:00 AM—10:00 AM. It is brought to us courtesy of University of Tennessee. If you’re interested in taking this class you can pre-register by phoning the Center or stopping by the Reception Desk. There will be a fee for the purchase of text books from the instructor, Alex Webb. Text book fee is payable to the instructor.

January 17th ... Mah Jongg Class
Mah Jongg lessons start on Friday, January 17th at 10:00 AM. This class will meet every Friday for six weeks for two hours each week. Learn more about this exciting tile game. It’s a game involving skill, and a certain degree of chance and is fun to play! Lessons are free. This class is for beginners only. Seating is limited. Please call the Center or stop by the Reception Desk to sign up to participate.

January 23rd .. Medicare Education
It’s not too late to make changes for your Medicare program. Come learn about the 2020 programs that are available. Meet with Kathy Young with Physicians Mutual on the following dates: Thursday, January 23rd at 1:30 PM and Thursday, February 13th at 1:30 PM.

January 27th ... Your Body Structure & Associated Pain
Dr. Lee Easley, DPT, with Knox Physical Therapy, will be at West Knox County Senior Center on Monday, January 27th at 2:45 PM for a Q&A Session. What pains and aches bother you the most? Have questions that a physical therapist can address? Stop in and meet Dr. Easley. Your questions are most welcome. For planning purposes please call the Center to pre-register to attend.

January 28th ... Introduction to the French Language
Tuesday, January 28 starts our Introduction to the French Language Class. This class starts at 1:00 PM and is taught by instructor Donna Habib. There is no charge. This class should continue for approximately twelve weeks. Seating is limited. For planning and scheduling purposes please call the Center to sign-up for this class.

February 3rd ... Cribbage Get-Together
Do you play Cribbage or want to learn to play? Join us for our Cribbage Get Together on Monday, February 3rd at 10:00 AM. If it’s a game you’ve been wanting to learn to play now’s the time to visit with the Cribbage Group. They play every Monday from 10:00 AM—12:00 PM. They’re looking for new players and individuals who are wanting to learn to play. No need to be shy. Just drop in and say ‘hi’.

February 3rd ... Depression and the Treatment of TMS (Transcranial Magnetic Stimulation Therapy)
According to the National Institute on Aging, depression is a common problem among older adults, but this is not a normal part of aging. Depression in older adults may be difficult to recognize because we show different symptoms. Whether we experience depression ourselves, or have a family member or friend with symptoms, we can always better educate ourselves on this illness. Stop by the West Knox County Senior Center on Monday, February 3rd at 2:45 PM and meet Dawn Fortich, LCSW, Clinical Director of Bearden Behavioral Health. She will be speaking on the signs and symptoms of depression, effects of depression, and available treatments including Transcranial Magnetic Stimulation Therapy, and Medicare and treatment for depression. Your questions are most welcome. For planning purposes please call the Center or stop by the Reception Desk to sign up for this free and informative presentation.
You can register for our activities by calling the Center at 865-670-6693

**February 4th… Craft Class: Valentine’s Day Folded Book**

Join Amanda on Tuesday, February 4th at 10:00 AM for a Valentine’s Day craft. Learn how to create a folding book reflecting the Valentine heart appropriate for the season. It’s a great way to repurpose an old hardback book as well. Instead of tossing out that old book use it for a craft project. Students need to bring a hardback book, pair of scissors, and a pencil for this class. The book needs to have at least one hundred pages. For planning purposes please pre-register for this class.

**February 5th … Beginning Line Dance Class**

Join instructor Diane Hensley for a Beginners Line Dance Class starting Wednesday, February 5th. If you’ve always wanted to learn to Line Dance or just looking for a class to help with balance and coordination, this class might be what you’re looking for. No partner necessary to participate. This twelve-week class will meet every Wednesday at 1:00 PM. Class fee is $4 per each class attended payable to the instructor.

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**West Knox County Senior Center Book Club**

The West Knox County Senior Center Book Club meets the third Thursday of each month at 12:00 PM. Below is a listing of books the group has planned to read for the next few months. Please feel free to read the book and join the Book Club for a lively discussion.

**January 16th … The Great Alone** by Kristin Hannah. Husband and father, Ernt Allbright, changed by war, retreats to the Alaskan Wilderness with his family. As the Winter of darkness descends on Alaska so does pain of desolation and fear fall upon the Allbright family.

**February 20th … Home Front** by Kristin Hannah. A story of love, loss, honor, and hope. A profound and honest look at marriage, duty, and demands on an American family during a time of war.

**March 19th … The Wright Brothers** by David McCullough. A non-fiction book by popular historian David McCullough is the story about two bothers and one incredible moment in American history that changed the world.

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**Community Outreach Services at West Knox County Senior Center**

**Social Worker Outreach**

Sara Mary Wallace with CAC Office on Aging will be at the West Knox County Senior Center 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. No appointment necessary to meet with her at West Knox County Senior Center on the following dates: Friday, January 10th at 9:00 AM and Friday, February 14th at 9:00 AM.

**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 meet with them at the Center on Thursday, February 13th at 11:00 AM.
February 6th … Origami Flowers
With Valentine’s Day fast approaching learn to make a vase and flowers in this Origami Flower Vase class with Miyoko Lemon. Students need to bring colorful 5x5 origami paper to class. All other supplies provided. For planning purposes please call the Center to sign up for this free class offered on Thursday, February 6th at 10:30 AM.

February 6th … Hand Crafted Valentine's Day Cards
Join us for an enjoyable craft class on Thursday, February 6th at 1:30 PM. Students will learn to craft a one-of-a-kind unique Valentine's Day card. Class fee is $3 per each card crafted. Students will need to bring a glue stick. All other supplies provided by the instructor. Seating is limited to eight students. Please call the Center or stop by the reception desk to sign up for this class.

February 6th … Brain Teasers
Keeping your brain active is very important at any stage of life. By solving brain games and puzzles you’re giving your brain a workout. Exercising the mind can be fun and easy to do thanks to quick games, tasks, and activities that can be enjoyed anywhere and by anyone. Join Lisa on Thursdays at 11:00 AM beginning February 6th for an hour of Brain Teasing fun. No need to pre-register. See you for some Brain Teasers!

“Fill your brain with giant dreams so it has no space for petty pursuits” ~ Robin Sharma

February 7th … Hearing Screenings & Hearing Aid Cleanings.
One in four people experience hearing loss. It can be a natural progression as we age to experience some hearing loss. Severity of loss varies from person to person. Mr. Michael Murphy, BC-HIS., from Beltone Hearing Center will be offering hearing screenings and hearing aid cleanings at West Knox County Senior Center on the Friday, February 7th at 11:00 AM. For planning purposes please pre-register at the Reception Desk or call the Center at 865-670-6693.

February 7th … SAIL Class Now on Fridays!
SAIL (Stay Active and Independent for Life) Exercise Class will now be taught on Fridays at the West Knox County Senior Center. Starting Friday, February 7th at 10:30 AM you can participate in SAIL three times per week! This class taught by Kat Eldridge, Certified Exercise Instructor, is also taught on Mondays at 1:30 PM and Wednesdays at 11:30 AM. Join us for SAIL Exercise Class.

February 10th … Relief from Shoulder Pain
Experiencing shoulder pain? Discomfort with difficulty performing your daily routine? Occasional shoulder ache and pain that impedes you from engaging in activities you enjoy? Join Dr. Lee Easley on Monday, February 10th at 2:45 PM when he will explain ways to find relief from shoulder pain. He will also do a demonstration on the technique of Dry Needling and its therapeutic benefits in helping reduce shoulder pain and discomfort. For planning purposes please contact the Center or stop by the Reception Desk to sign up for this free and informative presentation.

Oil Painting Class
Tuesdays at 10:00 AM
The oil painting class with instructor Mr. Alex Dumas has openings for new students! No previous experience necessary to enjoy oil painting. Students can start at any time. Class fee is $12 per class payable to the instructor. Supply list available at the Reception Desk.
**February 11th … Special Trivia Café**

Join us on Tuesday, February 11th at 11:00 AM for Trivia Café. We’ll be having a Valentine's Trivia challenge with questions pertaining to Valentine’s Day, Romantic Couples, and many more questions to challenge the brain!

**February 12th … Play the Bells!**

Have you ever wanted to play a musical instrument? Now is your chance, without even needing any musical background. Visit with us and play the bells with Musical Therapist, Darcy Schrider in this fun filled Valentine themed program on Wednesday, February 12th at 1:00 PM. There’s a $5 fee to participate payable to Darcy Schrider. Music therapy is beneficial in improving memory recall, reduction of anxiety, heart rate, and blood pressure, along with many other benefits. For planning purposes please call the Center to pre-register for this program.

**February 13th … Valentine’s Day Musical Performance**

The Karns Singers will be visiting the West Knox County Senior Center on Thursday, February 13th at 1:00 PM for a special Valentine’s Day performance. Feel free to visit to enjoy the Karns Singers perform favorite oldies and new songs commemorating love and affection. For planning purposes please call the Center to pre-register to attend.

**February 13th … Outsmart the Scammers**

Incidents of fraud are on the rise and scammer's tactic are becoming more complex. This presentation will help provide the information you need to Outsmart the Scammers. We’ll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or your loved one is targeted and steps you can take now to help for protection. Brought to us by Edward Jones. For planning purposes please call the Center to pre-register for this free educational presentation offered on Thursday, February 13th at 11:00 AM.

**February 19th … Birding: Spring Migration**

Mr. Robert Terrell returns to provide a presentation on Spring Migration. Soon our feathered friends will be traveling through the area along their spring migration routes. Learn about some of the birds we can expect to see and how we can help them on their journey. Please call the Center or stop by the Reception Desk to sign up for this bird lovers presentation scheduled for Wednesday, February 19th at 10:00 AM.

**February 14th … Hot Chocolate Bar**

It’s Valentine’s Day! Our Hot Chocolate Bar will be open from 11:00 AM—1:00 PM to offer you some delectious Hot Chocolate on Friday, February 14th. Warm up with friends and enjoy a sweet treat. Sponsored by Riggs Pharmacy.

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**Piece Makers**

Interested in learning how to piece quilts? Have an interest in quilting whether it’s teaching, coaching others, or just piecing yourself? Join us on Monday, January 27th at 10:00 AM as we start our quilting and quilt piecing program.
Thank You!

We want to take the opportunity to thank everyone that participated in this year’s Angel Tree in the Lobby. For the second year we partnered with Rise Above Crime, a program supporting older adults who have been victimized by crime. Over 220 items were provided for the seniors receiving services from this program. Even more than that, you helped let some of the most vulnerable individuals in our community know that they were being thought of and that someone cares. We thank you for your generosity and for your participation in this year’s Angel Tree.
February 24th … Yellow Dot Program
Sergeant Randall Martin with the Tennessee Highway Patrol will be visiting with us on Monday, February 24th at 2:45 PM to educate us on the Yellow Dot Program. This program was designed to help first responders with an individual's medical information in the event of an emergency on Tennessee roadways. The information can mean the difference between life and death in the “Golden Hour” immediately following a serious incident. Learn how the Yellow Dot program in the event of an emergency can possibly help save your life, aid in swift treatment. For planning purposes please contact the Center or stop by the Reception Desk to pre-register.

February 25th … Dormant Pruning: Manage, Don’t Mangle Your Shrubs
Join Master Gardeners Jan Gangwer and Marsha Lehman on Tuesday, February 25th at 1:00 PM to learn which trees and shrubs can be pruned now, as well as the tools and best practices in pruning. For planning purposes please call the Center to sign up for this free educational program.

February 25th … Mardi Gras Treats in the Lobby
It’s Mardi Gras! Visit with us on Tuesday, February 25th for Treats in the Lobby from 11:00 AM to 1:00 PM. We’ll have Dixie Land Jazz playing, some fun games and activities to celebrate the occasion. Find some Mardi Gras tokens hidden throughout the Center and you could win a door prize. Bring a friend and show off your Center.

February 25th … Trivia Café
Join us for Trivia Café on Tuesday, February 25th at 11:00 AM. We’ll have a Mardi Gras and Leap Year themed Trivia. Answer questions pertaining to Mardi Gras, Louisiana, and things pertaining to leap year. Light refreshments served as we commemorate special days in February.

February 26th … Planning for Care: The Do’s and Don’ts
Join us on Wednesday, February 26th at 11:00 AM when Gabrielle Blake, LCSW., with Franklin and Kyle Elder Law will be speaking about Planning for Care: The Do’s and Don’ts. Learn more about your rights to quality care, self-determination, dignity, and privacy. Gabrielle Blake, a Licensed Clinical Social Worker, will also explore topics related to providing the right support whether it’s financial or care at the right time and the right place— at home or in the community. We all are faced with many decisions and numerous choices. Being better prepared helps us and assists our family when it comes to meeting our needs. Your questions are most welcome in this free educational program. For planning purposes please call the Center to pre-register.

February 27th … AARP Safe Driving Class
We will be having an AARP Smart Driver Class at West Knox County Senior Center Thursday, February 27th and Friday, February 28th at 11:00 AM. This class will meet for four hours each day. The class will conclude on Friday, February 28th. Class fee is $15 if you’re an AARP member or $20 if you are not an AARP member. Class fees are payable directly to the instructor. The Smart Driver class explore effective safe-driving practices, skills, and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Pre-registration is required. Please call the Center to sign up to attend this class. Many individuals who attend get a discount on their auto insurance for successfully completing the Smart Driving class. Consult with your Auto Insurance Provider to determine if you, too, are eligible for a discount with completion of the AARP Smart Driver class.
February 27th … From Pantry to Table
Have you ever been caught with unexpected company, or just too tired or not enough time to grocery shop. Well, if so, this hand-on-class is for you. You will learn how to keep your pantry stocked and put together an impressive entrée and dessert. These thirty minutes recipes will save you time and money. Class fee $20 payable to the instructor Beth LaFontaine. For planning purposes please call the Center to pre-register for this class brought to us by the University of Tennessee Culinary Institute.

February 28th … Leap Games!
Happy Leap Year! Yes, that’s right it’s a leap year with February having twenty-nine days. We’re going to have some fun to commemorate Leap Year. There will be refreshments in the lobby starting at 1:00 PM along with a Leap Game Social with all games having a jumping or leaping component whether it’s Parcheesi, Sorry, Checkers, and other games. We’ll also have frogs hid throughout the Center—find a frog and win a prize! Join us for Leap Games at 1:00 PM on Friday, February 28th. Light Refreshments served in the lobby. Bring a friend.

“Every new beginning comes from some other beginning’s end.” ~ Seneca
# January 2020

**West Knox County Sen. Center**  
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934  
Phone: 865-670-6693  
Fax: 865-531-7064  
www.knoxcounty.org/seniors

**Activities on the calendar followed by an “*” have a fee to participate.**  
**Activities listed below in bold please register to participate.**

## Mon (7:30-4:00)
- **Nutrition & Blood Pressure Presentation**
  - **Dr. Glory Ledbetter, ND**
  - Monday, January 13th at 2:45 PM
  
## Tue (7:30-4:00)
- **Your Body & Associated Pain Presentation**
  - **Dr. Lee Easley, DPT.**
  - Monday, January 27th at 2:45 PM

## Wed (7:30-4:00)
- **1 Center Closed**
  - West Knox County Senior Center opens Monday, January 6th at 7:30 AM
- **2 Center Closed**
  - West Knox County Senior Center opens Monday, January 6th at 7:30 AM

## Thu (7:30-4:00)
- **3 Center Closed**
  - West Knox County Senior Center opens Monday, January 6th at 7:30 AM

## Fri (7:30-4:00)
- **Nutrition & Blood Pressure Presentation**
  - Monday, January 20th at 2:45 PM
- **Center Closed**
  - Martin Luther King Jr. Day

## Mon (7:30-4:00)
- **8:45 Adv. Cardio**
- **9:30 Bridge**
- **10:00 Cribbage**
- **10:00 Scabbie**
- **10:00 Tone/Balance**
- **10:00 Watercolor Group**
- **11:15 Feldenkeirs**
- **1:00 Mex. Train Dominoes**
- **1:00 Conversation Spanish**
  - **3:30 SAIL Exercise**
  - **2:45 Nutrition and Blood Pressure**

## Tue (7:30-4:00)
- **8:45 Tai Chi 1**
- **9:30 Inter. Bridge**
- **9:45 Tai Chi 2**
- **10:00 Blood Pressure Clinic**
- **10:00 Oil Painting Class**
- **11:00 Trivia Cafe**
- **11:15 Pilates**
- **12:30 Cards (Canasta, H&F, Bridge)**
- **12:30 Yang Style Tai Chi**
  - **2:00 Intermediate Line Dance**

## Wed (7:30-4:00)
- **8:45 Adv. Cardio**
- **9:30 Watercolor Class**
- **10:00 Cardio**
- **11:30 SAIL Exercise**
- **12:30 Mah Jong**
  - **1:00 Liverpool Rummy**
  - **2:00 Line Dance Improvers**

## Thu (7:30-4:00)
- **8:45 Tai Chi 1**
- **9:45 Tai Chi 2**
- **10:00 Duplicate Bridge**
- **10:00 Mixed Media**
  - **Art Group**
  - **11:15 Chair Yoga**
  - **2:00 Feldenkrais**

## Fri (7:30-4:00)
- **8:45 Adv. Cardio**
- **9:00 Toenail Trimming**
- **9:00 Social Worker Outreach**
- **9:30 Party Bridge**
- **10:00 Cardio**
- **12:00 Rummikub**
- **12:30 Pinochle**
- **12:30 Senior Yoga**
  - **1:00 Midday Bridge**

## Mon (7:30-4:00)
- **2:00 Intermediate Line Dance**
- **1:00 Liverpool Rummy**
- **12:30 Mah Jong**
  - **10:00 Mah Jongg Class (1)**
  - **12:00 Book Club**
  - **2:00 Feldenkrais**
  - **1:00 Midday Bridge**

## Tue (7:30-4:00)
- **2:00 Feldenkrais**
  - **1:00 Intro to French**
  - **1:00 Liverpool Rummy**
  - **2:00 Line Dance Improvers**

## Wed (7:30-4:00)
- **2:00 Line Dance Improvers**
- **9:00 Beginning Spanish**
  - **9:30 Party Bridge**
  - **10:00 Cardio**
  - **10:00 Mah Jongg Class (2)**

## Thu (7:30-4:00)
- **9:00 Beginning Spanish**
  - **9:30 Party Bridge**
  - **10:00 Cardio**
  - **10:00 Mah Jongg Class (3)**

## Fri (7:30-4:00)
- **9:00 Beginning Spanish**
  - **9:30 Party Bridge**
  - **10:00 Cardio**
  - **10:00 Mah Jongg Class (4)**

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*Image: MLK Day*
### February 2020

**West Knox County Sen. Center**
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
Phone: 865-670-6693  Fax: 865-531-7064
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<td>8:45 Adv. Cardio* 9:30 Bridge</td>
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<td>10:00 Cribbage Get-together</td>
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<td>10:00 Piece Makers</td>
<td>10:00 Tai Chi 2*</td>
<td>10:00 Cardio*</td>
<td>10:00 Duplicate Bridge</td>
<td>10:00 Origami Flowers</td>
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<td>10:00 Scrabble</td>
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<td>1:00 Conversational Spanish*</td>
<td>11:15 Pilates*</td>
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<td>2:45 Relief From Shoulder Pain</td>
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**17 Center Closed Presidents’ Day**

**24 Happy Mardi Gras!**

**26 Happy Leap Year!**
Exercise Classes at West Knox County Senior Center  
238 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

**Advanced Senior Cardio**  
Monday, Wednesday, Friday at 8:45 - 9:45 AM  
Class Fee: $3.00 per class attended. This class offers a lively workout for those who can perform high energy moves, get on the floor, use mats, and weights. Move to stimulating music. This class is brought to us by Covenant BodyWORKS. Students can start at any time but please note this is an advanced class. Class is approximately sixty minutes long.

**Yang Style Tai Chi**  
Tuesdays 12:30—1:30 PM  
Class fee: $3.00  
Using the widely popular Yang style, this class meets once weekly. The class focuses on improving balance, flexibility, and strength. New students can start at any time. Class is approximately 60 minutes long. Class instructor is Mr. Pat Barbiere.

**Cardio**  
Wednesday & Friday 10:00 AM—11:00 AM  
Class Fee: $3.00 per class attended  
This is an easy to moderate Cardio class is for those who cannot get to the floor, but can move easily to lively music. This class is a starting point for those that have not had active exercise recently. Students can join at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

**Chair Yoga**  
Thursdays 11:15 AM  
Class fee $3.00 per class attended  
Starting January 9, 2020. This class is ideal for those who want to experience the benefits of yoga but yet, have difficulty with lowering themselves to the floor. All these exercises are done from a chair while seated! Chair Yoga is beneficial to help work muscles, decrease stress, improve posture and flexibility, and more. No need to pre-register. You can join at any time. This class is brought to us by Covenant Health BodyWORKS.

**Feldenkrais**  
Mondays at 11:15 AM—12:15 PM & Thursdays at 2:00 - 3:00 PM  
Class Fee: $3.00 per each class attended  
Formerly known as Stretch Class and taught by Debbie Ashton, certified Feldenkrais professional, this class concentrates on the benefits of stretching and using core muscles to strengthen the entire body and improve balance. Students can start at any time. Class is approximately 60 minutes long. Bring a mat for floor work. This class is brought to us by Covenant Health BodyWORKS.

**Beginning Line Dance**  
Wednesday 1:00—2:00 PM  
Class fee: $4.00 per class attended  
The beginning Line Dance class will start on Wednesday, February 5, 2020. This class will last for twelve weeks. It will conclude on Wednesday, April 22nd. This is for beginners. Learn the basic steps. No partner is necessary. It’s a great class for improving balance and coordination while learning to dance. This class is sixty minutes long. Class instructor is Diane Hensley.

**Improvers Line Dance**  
Wednesdays 2:00—3:30 PM  
Class fee: $4.00 per class attended  
For those who have completed the beginning line dance class but yet not advanced enough to move on to the Intermediate class. Class suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

**Line Dance Class**  
Tuesdays from 2:00 - 3:30 PM  
Class fee: $4.00 per class attended  
One of the most fun classes you’ll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class is approximately 90 minutes long. Class instructor Diane Hensley.
Exercise Classes at West Knox County Senior Center

Pilates for Seniors    Tuesdays 11:15 AM -12:15 PM    Class Fee: $3.00 per class attended
Designed with emphasis on the core, it builds strength, helps with balance and overall muscle toning. Participants can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant BodyWORKS.

SAIL (Stay Active & Independent for Life) Exercise Class
Mondays 1:30 PM & Wednesdays 11:30 PM    Class fee: $2.00 per each class attended.
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. All classes are open-ended (join at any time) and offered under the guidance of the Knox County Health Department. Class instructor is Kat Eldridge. Class is approximately 60 minutes long. Starting Friday, February 7th a Friday class will start at 10:30 AM.

Tai Chi 1 Beginners (Start Dates Quarterly)    Tuesdays & Thursdays 8:45—9:45 AM    Class fee: $2.00 Class
Our longest running class, the Tennessee Branch of Taoist Tai Chi Society of the USA provides certified instructors for this class. Beginners need to start at the beginning of the cycle. Classes usually begin on quarterly basis. A new class starts Tuesday, January 7, 2020. Those interested are encouraged to start when a new class begins. Class is approximately 60 minutes long. Additional information is available at www.Taoist.org

Tai Chi 2 (Continuing)    Tuesdays & Thursdays 9:45—10:45 AM    Class fee: $2.00
This class is a continuing Tai Chi class for those that have learned the movements from the Beginning Tai Chi 1 class. This class is brought to us by the Taoist Tai Chi Society of the USA—Tennessee Branch. Participants need to have completed the beginning class so as to be familiar with the movements before joining this class.

Tone N Balance
Mondays 10:00 AM—11:00 AM    Class Fee: $3 per class
This class has emphasis on toning muscles, uses weights, and trains the muscles to be prepared for better balance. Students can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

Senior Yoga    Fridays at 12:30 PM    Class Fee: $6 drop-in or purchase 5 Class Card for $5 per class or $25
“All levels welcome” says instructor Jill Frere. Chair variations are available for those who have difficulty lowering themselves to and from the floor. This class is designed to help strengthen and stretch the body, aid with breathing, and reducing stress. Bring a mat. Your first class is free! Class is approximately 60 minutes in length. Students can start at any time.

“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.” ~ Wilhelm Von Humboldt.
West Knox County Senior Center
239 Jamestowne Blvd., Ste. 101, Knoxville, TN 37934
Phone: 865-670-6693
www.knoxcounty.org/seniors

Honorable Glenn Jacobs, Knox County Mayor
Robert “Buzz” Buswell, Director of Veteran & Senior Services
April Tomlin, Senior Services Manager
Darrell R. Gooding, Coordinator
Lisa Cooper, Assistant
Gloria Austin, Assistant