The Senior Center will be closed on the following days: Monday, January 17th for Martin Luther King, Jr. Day; Monday, February 21st for Presidents’ Day.

We’ve included hyperlinks below. Just click on the program listing and it will take you to the newsletter page to read more about the program.

January 3rd … Tai Chi for Seniors Class Starts
January 3rd … Senior Strong—Total Fitness Class Starts
January 3rd … Art with Abhi
January 4th … Grief Support
January 4th … Yang Style Tai Chi Class for Beginners Starts
January 5th … Sew What?
January 6th … Meet the Physical Therapist
January 6th … Essential Oils: Systems, Not Symptoms
January 10th … Tech Class: Computer Basics
January 10th … Social Worker Outreach
January 10th … Barre Exercise Class Starts
January 12th … Matter of Balance Workshop Begins
January 13th … American Sewing Guild
January 13th … Medicare Presentation
January 13th … Steel Magnolias Book Club
January 14th … Nail Trimming
January 18th … Grief Support
January 20th … Meet the Physical Therapist
January 20th … West Knox County Senior Center Book Club
January 24th … Vet 2 Vet Café
January 24th … Spanish II Class Starts
January 24th … Beginning Spanish Class Starts
January 26th … Blood Pressure Clinic
January 26th … Mystery Book Club
January 27th … Mah Jongg Class Starts
January 31st … Crafts: Card Making Class
January 31st … Art Show
February 1st … Grief Support
February 2nd … Sew What?
February 3rd … Meet the Physical Therapist
February 3rd … Birding: Spring Migration
February 3rd … Essential Oils: Brain Health & Memory
February 3rd … Beginning Line Dance New Class Starts
February 4th … Grief Support
February 7th … Find A Penny Week
February 8th … Valentines SINGO
February 9th … Newcomers Social
February 10th … Veteran Services Outreach
February 10th … American Sewing Guild
February 10th … Steel Magnolias Book Club
February 10th … Craft Class: Umbrella Wreath
February 11th … Nail Trimming
February 14th … Financial: Suddenly Single
February 14th … Social Worker Outreach
February 14th … Hot Chocolate Café
February 14th … Art with Durga
February 15th … Tech Class: Stay Safe Online
February 15th … Grief Support
February 16th … Medicare Presentation
February 16th … Art with Durga
February 17th … Meet the Physical Therapist
February 17th … West Knox County Senior Center Book Club
February 17th … Love and Learn: Heart Health
February 18th … Hearing Help with Beltone
February 18th … Convention of States Presentation
February 23rd … Blood Pressure Clinic
February 23rd … Mystery Book Club
February 25th … Integrated Health and Wellness Coach Presentation
January 3rd … Tai Chi For Seniors
Cheryl Chandler returns with a new class: Tai Chi for Seniors—a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. Senior Tai Chi will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. Come join us. Senior Tai Chi starts Monday, January 3rd and will meet on Mondays and Wednesdays from 8:30 AM—9:30 AM in the gymnasium. Class fee is $2 per each class attended and is payable to the instructor.

January 3rd … Art with Abhi
Join Abhi, a young and talented local artist and student, for a creative one-day art class experience taught on Monday, January 3rd from 1:00 PM—3:30 PM. Class fee is $35 payable at time of registration. Instructor will provide 10x20 canvas board, brushes, paints, and instruction. Students will be painting some Merry Snowmen just in time to display in your home in celebration of Winter’s arrival. Stop by the Center to sign up for this class.

January 3rd … Senior Strong—Total Fitness Class Starts
Join Rachel Piotrowski, certified exercise instructor and personal trainer on Monday, January 3rd from 8:30 AM—9:30 AM for Senior Strong—Total Fitness Class. This class will meet on Mondays. This class is tailored to individuals of all fitness levels and focuses on functional exercises to improve overall strength and balance. A variety of body weight and hand weight exercises will be utilized to build upper and lower body strength, improve balance and strengthen the core. Bring a mat for floor work. Exercises can be modified to be done from a chair for those who have difficulty lowering themselves to the floor. Low impact aerobic conditioning and stretching are also incorporated. Class fee is $4 payable to the instructor.

January 3rd … Grief Support Group
The Grief Support group at the Senior Center will meet on the following dates from 10:00 AM—11:00 AM: Tuesday, January 4th., Tuesday, January 18th., Tuesday, February 1st., Tuesday, February 15th.

Grief Support group is sponsored by Smoky Mountain Home Health & Hospice. Everyone welcome.

January 3rd … 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 their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM: Thursday, January 6th., Thursday, January 20th., Thursday, February 3rd., Thursday, February 17th.

January 3rd … Art with Abhi
Join Abhi, a young and talented local artist and student, for a creative one-day art class experience taught on Monday, January 3rd from 1:00 PM—3:30 PM. Class fee is $35 payable at time of registration. Instructor will provide 10x20 canvas board, brushes, paints, and instruction. Students will be painting some Merry Snowmen just in time to display in your home in celebration of Winter’s arrival. Stop by the Center to sign up for this class.

January 3rd … Senior Strong—Total Fitness Class Starts
Join Rachel Piotrowski, certified exercise instructor and personal trainer on Monday, January 3rd from 8:30 AM—9:30 AM for Senior Strong—Total Fitness Class. This class will meet on Mondays. This class is tailored to individuals of all fitness levels and focuses on functional exercises to improve overall strength and balance. A variety of body weight and hand weight exercises will be utilized to build upper and lower body strength, improve balance and strengthen the core. Bring a mat for floor work. Exercises can be modified to be done from a chair for those who have difficulty lowering themselves to the floor. Low impact aerobic conditioning and stretching are also incorporated. Class fee is $4 payable to the instructor.

January 3rd … Social Worker Outreach
Sara Mary Wallace with CAC Office on Aging is 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 contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org. She will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: Monday, January 10th., and Monday, February 14th.

January 3rd … 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. A representative from Knox County Veterans Services will be at West Knox County Senior on Thursday, February 10th., from 11:00 AM—11:30 AM. You can schedule your appointment for this day by calling the Center at 865-288-7805.
January 4th … Yang Style Tai Chi for Beginners
Join Pat Barbiere for Yang Style Tai Chi for Beginners with a new class starting Tuesday, January 4th, 9:45 AM—11:00 AM. Using the widely popular Yang style, this class will meet once weekly. The class focuses on improving balance, flexibility, and strength. Class fee is $3 for each class attended and is payable to the instructor. The Intermediate Yang Style Tai Chi Class meets Thursdays 9:45 AM—11:00 AM. If you’ve taken the beginners class or are familiar with the Yang Style, feel free to join the Intermediate class for $3 for each class attended.

January 5th … Sew What?
The Sew What Crafting Group will meet on Wednesday, January 5th at 1:30 PM. During this monthly meeting the group will explore making Handled Gift Bags to suit any occasion. Patterns will be provided and samples available to view. It’s a great opportunity to join other sewing and fabric enthusiasts. Bring along a finished or unfinished project you’ve been working on for Show and Tell. No need to register to attend.

This class, brought to us by Richard and Deborah Molsbee, will offer information on how to use essential oils to help boost your body’s systems for health and wellness. It is offered on Thursday, January 6th, at 10:00 AM. Call the Center to register to participate.

January 10th … Barre Exercise Class for Seniors
We’re glad to be offering a new exercise class at West Knox County Senior Center. Join the Barre for Seniors, which focuses on improving balance, posture and core strength with small repetitive movements that isolate and tone your muscles in specific directions. Bring a mat and wear non-slip socks or slippers in order to articulate the feet. Students can join at any time. Class fee is $5 per class attended payable to the instructor Debbie Ashton. This class will meet on Mondays from 12:30 PM—1:30 PM., starting Monday, January 10th.

January 10th … PC Class: Computer Basics Class
It’s never too late to learn about computer technology and this two-hour class will give a comprehensive overview. We will dedicate time to answer those questions you have been wanting to ask. In addition, we will cover topics including computer terminology and components, computer operation, and troubleshooting, data and memory, files and folders, navigating windows, the internet, and an overview of email and software applications. This class is brought to us by Goodwill Industries. There is no fee for this class. Please call the Center to register for this class taught on Monday, January 10th from 1:30 to 3:30 PM.

Nail Trimming
West Knox County Senior Center will be offering toenail Trimming with Michelle on the following dates:
Friday, January 14th starting at 10:00 AM.,
Friday, February 11th starting at 10:00 AM.
Please call the Center to schedule your appointment.
Fee is $12 payable to Michelle.

Blood Pressure Clinic
Courtesy of SR Medical at 10:00 AM on the following:
Wednesday, January 26th.,
Wednesday, February 23rd.

Cribbage Players Wanted
Mondays 10:00 AM
Do you play Cribbage or would like to learn to play? Stop by the Center for a game of Cribbage. We’re hoping to get a good group going.

BUNCO!
Tuesdays at 10:00 AM
Join the Bunco Bunch for two hours of fun. Whether you’re new to the game or are a seasoned player feel free to stop in and play.

Learn to Play Chess
Call the Center at 865-288-7805 and have us put you on the interest list to either play or learn to play Chess. We’re hoping to get a class and a group going within the coming weeks.
January 12th ... Matter of Balance Workshop
We welcome the Matter of Balance Workshop to West Knox County Senior Center beginning Wednesday, January 12th at 12:30 PM. This eight week workshop offered by the UT Extension Institute will help reduce your fear of falling by setting realistic goals for increasing activity to promote improved strength and balance, identify ways to change your environment to reduce fall risk factors, develop positive strategies for change, group discussion and problem solving, exercise training, and more. This workshop will meet every Wednesday from 12:30 PM until 2:30 PM., with the last session scheduled for March 2nd. Seats are limited. To register to attend all eight sessions of this workshop, stop by the Reception Desk or call the Center at 865-288-7805.

January 13th ... The American Sewing Guild
The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. “Sew and Tell” is their way of kicking off each meeting! They welcome sewists of all levels to come visit their group to see what they’re all about. For more information about the national organization you can visit www.asg.org. They will begin meeting at West Knox County Senior Center the second Thursday of each month from 8:00 AM—1:00 PM. Their January 13th., meeting will be used to plan their 2022 calendar of events.

January 13th ... Medicare Presentation
Come and join Dixie and Kathy, Medicare Brokers, who represent ninety carriers in the insurance industry on Thursday, January 13th at 1:00 PM. With Medicare changing and plans changing from year to year and new ones available in many areas, there could be a better plan choice out there for you both in terms of cost and coverage. Representing the top carriers gives Dixie and Kathy the tools they need to and can provide unbiased information pertaining to your specific Medicare needs! If you have a Medicare Supplement—you may be able to change your plan at any time, if you can medically qualify. If you have a Medicare Advantage plan—you may still be able to make changes, but for a limited time (Annual disenrollment Period 01/01/2022-03/31/2022). Take the time to ensure your plan is meeting YOUR needs for peace of mind and the only cost to do so, is time! If you’re new to Medicare, learn about your Medicare paths, your once in a lifetime open enrollment and what it means. What AEP, OEP, and IEP mean, how to compare your group plan if you’re still working, etc… They will also have a Q&A at the end of the session. If unable to attend, call or email for individual appointments! You can reach Dixie at 615-250-3334, extension #2 or email at Dixie@benefits.place.

January 13th ... Rummikub
Fridays at 12:00 PM
Rummikub is a tile based game for two to four players combing elements of rummy and Mah Jongg. Rummikub became the best selling game in the US in 1977 shortly after its introduction. It’s is played at West Knox County Senior Center on Fridays at noon. If you don’t know how to play but are willing to learn, please feel free to stop in.

Your Announcements
If your Senior Center group has news or announcements you would like to share in the March/April 2022 eNewsletter, please provide the information to Darrell before February 4th.
January 24th … Spanish II Class
If you participated in our Beginning Spanish class last year, there will be a continuation of the class starting Monday, January 24th from 11:00 AM—12:00 PM. The class will be taught by James Griffith. This class is brought to us by the University of Tennessee’s Department of Modern Foreign Languages and Literatures. If you’ve taken Spanish in the past and have an elementary understanding of the language feel free to contact the Center to see if there are openings for additional students. There will be a small fee for a textbook which will be announced once the class starts. Fees for the textbook will be payable to the instructor.

January 24th … Beginning Spanish
We’ll be offering an Introduction to the Spanish language class for those who have no experience with the language beginning Monday, January 24th. This class will meet on Mondays and Wednesdays from 1:30—2:30 PM. It is brought to us courtesy of University of Tennessee with instructor AJ Tomlinson. If you’re interested in taking this class you can 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.

January 24th … Vet 2 Vet Café
Join Shannon Gibson, with Tennova Hospice and Navy Veteran as she hosts the monthly Vet to Vet Café, which will meet the 4th, Monday of each month at 2:00 PM. These events are open to all Veterans in the community and provide an opportunity to meet fellow Veterans and share stories. It is our hope that this monthly get-together provides Veterans an outlet to enjoy fellowship with others who share their military history. Light refreshments will be provided.

January 27th … Mah Jongg Class
Bam! Crack! Dot! Learn to play the American version of the ancient Chinese tile game. Course will cover the rules of the game as sanctioned by the National Mah Jongg League. It’s a game involving skill, a certain degree of chance, and is fun to play, as well as improves your memory! Lessons are free. This class will meet for five weeks starting Thursday, January 27th at 9:30—11:30 AM. This two hour class is for beginners only. Seating is limited. Please call the Center or stop by the Reception Desk to sign up.

January 27th … AAA Roadwise Drivers™ Class
Driving powers our life. AAA Roadwise Driver™ gives you tools and techniques to help you stay safely mobile longer. This eight hour course meets Tennessee standards for possible insurance premium reductions. Consult with your Auto Insurance provider to determine if you, too, are eligible for a discount with completion of the AAA Roadwise Drivers™ class. Join us on Thursday, January 27th, 11:30 AM—3:30 PM and Friday January 28th 11:30 AM—3:30 PM for two fun, informative afternoons. Instructor is Mr. Don Lindsey, retired public affairs director at AAA. You can sign up for this class by calling the Center at 865-288-7805. Class is limited to fifteen students. For AAA and AARP members the class fee is $20. For non AAA and non AARP members the class fee is $25 per person. Fees are payable to the instructor.

In September 2022 Knoxville will host the Medal of Honor Convention. The living recipients of America’s highest award for valor in combat will return to Knoxville for the second time since 2014 when almost fifty living recipients made the trip. Out of millions of men and women who have served in the US Military only 3,507 have received the Medal of Honor. No other states have a richer history with the nation’s highest award for valor than Tennessee beginning with the First Medals when it was created in 1861. The Department of Defense officially recognizes thirty-two recipients from the state of Tennessee. The first recipient was Harrison Collins for his heroism at the Battle of Nashville. He would be one of five Union soldiers from Tennessee to receive the medal.

Join us on Tuesdays at 11:00 AM for Tuesday Trivia Time.
January 31st … Art Show
Monday, January 31st., is Inspire Your Heart with Art Day and to commemorate this day we’ll be having an Art Show in the hallway from 10:00 AM to 1:00 PM. We’re inviting students of the Art Classes at the Senior Center to bring some of their artwork to display. If you’re a senior and do artwork on your own, you too, are welcome to participate. Space will be limited and no more than one table for participant. Items cannot be listed for sale. Call the Center to sign up for a table in the hallway to share your artwork and inspiration with others. Let’s Inspire our Hearts with Art.

January 31th … Card Making Class
Opening your mailbox and getting a card from a friend really brightens your day. Now it’s your turn to bring happiness to a friend. National Send a Card to a Friend Day is February 7th. But you don’t have to go out and buy a card. Show you care by handcrafting a beautiful card to send. Surprise a friend by making a card with them in mind. The card making craft class will be Monday, January 31st., at 9:30 AM. We will provide the cardstock, ink, stamps, and crafting supplies. Bring your ideas, creativity, and a friend or two in mind to make cards for. We will charge fifty cents per card made to cover the expense of supplies. Cindy Petty will be on hand to share some ideas and provide instruction on how to make the card you want to send. For planning purposes please call the Center or stop by the Reception Desk to sign up for this class.

February 2nd … Sew What? Bunny Bags
The Sew What Crafting Group will meet on Wednesday, February 2nd at 1:30 PM. During this monthly meeting the group will explore making Bunny Bags for the coming Easter holiday gifts and goodies. Patterns will be provided and samples available to view. It’s a great opportunity to join other sewing and fabric enthusiasts. Bring along a finished or unfinished project you’ve been working on for Show and Tell. No need to register to attend.

February 3rd … Essential Oils Brain Health and Memory
This class, brought to us by Richard and Deborah Molsbee. They will offer information on how to use essential oils to help with your brain health and memory. This class is offered on Thursday, February 3rd., at 10:00 AM. Please register to attend.

A Note From Mr. Paul Johnson, AARP Driver Safety District Coordinator
After not having any in-person Smart Driver courses, nationwide, due to the lingering COVID pandemic, AARP will start to allow courses again in 2022. However, AARP will only allow classes to be held in areas with a local community transmission below 50 new cases per 100,000 people in the past 7 days. The community transmission levels can be monitored on the CDC COVID Data Tracker website at https://covid.cdc.gov/covid-data-tracker. To date, Knox County’s community transmission has not reached this level. Once our area does attain this lower level of community transmission, AARP will allow classes to be conducted. Once classes are scheduled for the West Knox County Senior Center, an announcement will be made. Participants can look forward to updated course materials. As an AARP volunteer, I look forward to everyone participating in the new Smart Driver course at the West Knox County Senior Center sometime in the future.

Paul Johnson, AARP Driver Safety District Coordinator.
February 3rd … Birding: Preparing for Spring Migration
Birding enthusiasts, join us Thursday, February 3rd at 1:00 PM when Mr. Robert Terrell will talk about Spring Migration, what birds we can expect to see returning to east Tennessee in the Spring. What we can do to prepare for feeding Spring birds, best items to use for feed, how to keep squirrels away from our feeders, protecting birds from predators, and more. Your questions are most welcome. This presentation is just in time to commemorate Feed the Birds Day. For planning purposes, please call the Center or stop by the Reception Desk to sign up to attend.

February 3rd … Beginning Line Dance Class
It’s an all new Beginning Line Dance Class on Thursday, February 3rd at 2:15 PM., with instructor Diane Hensley. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. This beginning class will continue for twelve weeks. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is $5 per each class attended. Fees are payable to the instructor Diane Hensley. You can register for this twelve-week class by calling the Center at 865-288-7805 or stopping by the Reception Desk.

February 7th—11th … Find A Penny Week
To commemorate National Lost Penny Day which is on Saturday, February 12th., we’ll be searching for lost pennies at the Senior Center during the week of February 7th. It’s easy to participate. If you find a penny laying around bring it to the front desk and put your name in the hat for a drawing. A name will be drawn on Friday, February 11th., at noon. The winner will win a box of chocolates to commemorate National Lost Penny Day.

February 7th—11th … Win a Box of Valentine’s Chocolates
Week of February 7th., find a lost Valentine at the Center and bring it to the Reception Desk and put your name in the drawing for a Box of Valentine’s Chocolates. The winner will be announce on Friday, February 11th at noon and just in time for Valentine’s Day. The winner can pick up their box of chocolates at the Reception Desk.

February 8th … Valentine’s SINGO with Brooke
Join Brooke Thurman on Tuesday, February 8th at 11:00 AM when she will host a Valentine Day SINGO. How well do you know your Love Songs and Valentine’s Trivia? It’s like BINGO but with a twist. Join us for a fun filled hour. This program is brought to us by Core Insurance Advisors of Knoxville. For planning and scheduling purposes please register to attend.

February 9th … Newcomers Social
With Make a Friend Day just a couple of days away, we’re going to be having a Newcomers Social. If you’re newly retired, new to the West Knox County Senior Center, or possibly have a friend or family member you want to introduce to the Center, join us on Wednesday, February 9th., at 11:00 AM. It’s an opportunity to get to know one another and some of the programs offered. We’ll have light refreshments. For planning purposes, let us know you’re coming. We look forward to meeting you.

February 10th … Craft Class: Umbrella Door Wreath
To help commemorate National Umbrella Day, join Jill Green on Thursday, February 10th at 10:00 AM for Umbrella Wreath Class. What you will need; umbrella preferably one with a hook or curved handle for easier hanging, foam, arrangement of silk flowers for the bouquet, and complimentary ribbon. It’s also a great way to repurpose an old umbrella and bring a fresh bouquet to welcome guests to your home, or make a gift for a friend.
February 14th … Suddenly Single
JP Mackay is a financial advisor with Edward Jones and has earned his CFP-CIMA-ChFC certifications. During his presentation, he will explain and address issues which can be overwhelming and frightening for widows and other single women. Topics will include an overview of: a New Budget, changes in Social Security, Pensions, Taxes, Financial Fraud, Investments, Power of Attorney, and Wills. Your questions are most welcome. Light refreshments will be served. To join this presentation and discussion scheduled for Monday, February 14th at 9:00 AM please call the Center or stop by the Reception Desk to register.

February 14th … Valentine’s Day Hot Chocolate Cafe
Visit the Center on Monday, February 14th between 10:30 AM and 12:00 PM when we’ll have our Valentine’s Day Hot Chocolate Café and Cookies to commemorate Valentine’s Day courtesy of Comfort Keepers Home Care of Knoxville. Comfort Keepers serves Knoxville and surrounding areas with home care, respite care, Senior care, Alzheimer’s Care, and Dementia care as well as transportation needs. Visit with Edna Newman of Comfort Keepers when she’ll be serving hot chocolate and cookies on Valentine’s Day.

February 14th … Art with Durga-Church in Winter
Join Durga for a creative one-day art class experience taught on Monday, February 14th at 1:00—3:30 PM. Instructor will provide 10x20 canvas board, brushes, paints, and instruction. Students will be painting a rustic wintry landscape with a Church. Learn how to give the canvas panel a faux plank look. Deadline to register for this class is Wednesday, February 9th. Class fee is $35 payable at time of registration. Stop by the Center to sign up for this class.

February 15th … PC Class: Staying Safe Online
If you shy away from making online purchases or worry about “being hacked”, this class will help you navigate the internet with confidence. We will discuss privacy, malware, and computer viruses. You will learn what to look for in order to determine if a website is safe, how to identify a suspicious email, and what to consider when shopping online. In addition, we will talk about creating and keeping track of your usernames and passwords. This class is brought to us by Goodwill Industries-Knoxville, Inc. To sign up for this free class taught on Tuesday, February 15th from 1:30—3:30 PM., call Center or stop by the Reception Desk.

February 16th … Art with Durga—Joyful Snowman
Join Durga for a creative one-day art class experience taught on Wednesday, February 16th at 1:00—3:30 PM. Class fee is $35 payable at time of registration. Instructor will provide 10x20 canvas board, brushes, paints, and instruction. Students will be painting a wintry landscape with a Church. Learn how to give the canvas panel a faux plank look. Deadline to register for this class is Wednesday, February 9th. Fees are due at time of Registration. Stop by the Center to sign up for this class.

“In February there is everything to hope for and nothing to regret.”
- Patience Strong

West Knox County Senior Center ~ 239 Jamestowne Blvd., Suite 101 ~ Knoxville, TN 37934
February 16th ... Medicare Presentation
Join Dixie and Kathy, Medicare Brokers, who represent 90 carriers in the insurance industry on Wednesday, February 16th at 1:30 PM. With Medicare changing and plans changing from year to year and new ones available in many areas, there could be a better plan choice out there for you both in terms of cost and coverage. Representing the top carriers gives Dixie and Kathy the tools they need to and can provide unbiased information pertaining to your specific Medicare needs! If you have a Medicare Supplement—you may be able to change your plan at any time, if you can medically qualify. If you have a Medicare Advantage plan—you may still be able to make changes, but for a limited time (Annual disenrollment Period 01/01/2022-03/31/2022). Take the time to ensure your plan is meeting YOUR needs for peace of mind and the only cost to do so, is time! If you’re new to Medicare, learn about your Medicare paths, your once in a lifetime open enrollment and what it means. What AEP, OEP, and IEP mean, how to compare your group plan if you’re still working, etc… They will also have a Q&A at the end of each session. If unable to attend, call or email for individual appointments! You can reach Dixie at 615-250-3334, extension #2.

February 17th ... Love and Learn: Heart Health
With February being Heart Health month, we can all find steps to take toward having a healthier heart. Join Brooke Thurman with Core Insurance Advisors of Knoxville on Friday, February 17th at 1:30 PM for Love and Learn Heart Health. It’s a discussion on heart health. Your questions and contributions are most welcome. Call the Center to register to attend.

February 18th ... Convention of States Presentation
Join Paula Mills, District Captain of Convention of States on Friday, February 18th at 1:30 PM when she will provide information on Article V of the US Constitution. Convention of States is an organization that is passionate about the power of the American people. To learn more about the Convention of States visit www.ConventionOfStates.com. Call the Center to sign up for this presentation offered on Friday, February 18th at 1:30 PM.

“No Winter lasts forever, no Spring skips its turn.”
Hal Borland

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 be opening two hours late. You can also determine if the Knox County Senior Centers are open by visiting www.knoxcounty.org.
February 25th … Integrated Health and Wellness Coach Presentation

Integrated Health and Wellness Coaches help people make long-lasting, sustainable lifestyle changes to reach their goals for health and satisfying lives. As you probably already know, this is about health and wellness, work-life balance and move. Your health is more than your numbers (weight, blood pressure, or lab work). Everything in your life impacts your health and wellness. Lisa Hall, MSN, FN will help you incorporate lifestyle changes that take into account your life, because in order for changes to be sustainable, they must fit with YOUR life. To learn more about how you may receive three to six months of free health coaching services join Lisa Hall, MSN., RN., and Kim Sorkin, MSN RN., for this presentation scheduled for Friday, February 28th at 11:00 AM. You may be eligible to receive 3-to-6 month health coaching services as Lisa completes her practicum study at Vanderbilt University. For planning and scheduling purposes please call the Center at 865-288-7805 to sign up for this presentation.

Kim Sorkin, MSN RN adds; many want to make changes in their lives to improve their health and wellness but don’t know how to do it or where to begin. As a Registered Nurse for fifteen years, I have seen many try unsuccessfully to make lifestyle changes often leading to a cycle of repeated Emergency Department visits and a downward spiral into a declining state of health. I have also seen the positive impact of change. In a decade long career in the Wellness Industry, I held roles that include: Wellness Director, Nutrition Coach, Personal Trainer, and Group Exercise Instructor. I helped others create positive change by incorporating new and lasting health behaviors into their daily lives. As your coach, I can support your vision of optimal health and wellness utilizing your strengths and values as motivation for lasting change. My goal is to apply my education and experience to guide you through the coaching process. This Health Coaching program is for anyone who wants support in their wellness journey, that includes anything from developing new exercise and movement habits, healthier nutrition, building more balance in your life or whatever area you identify as needing to work on for your overall wellness. Isn’t it time to take care of you?

February 28th … Vet 2 Vet Café

Join Shannon Gibson, with Tennova Hospice and Navy Veteran as she hosts the monthly Vet to Vet Café, which will meet the 4th Monday of each month at 2:00 PM. These events are open to all Veterans in the community and provide an opportunity to meet fellow Veterans and share stories. It is our hope that these once a month get-togethers provide Veterans an outlet to enjoy fellowship with others who share their military history. Light refreshments will be provided.

March 1st … Mardi Gras Treats in the Lobby

Monday, March 1st is Mardi Gras. Wear your purple, green, and gold and join us for some tempting and delicious Mardi Gras treats in the lobby. Find the Lucky Mardi Gras coins in various places throughout the building and enter to win a collection of chocolate coins—a Mardi Gras Treasure just for you!

A well written life is almost as rare as a well-spent one—Thomas Carlyle

View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is also available online. It’s easy to see and convenient to refer friends and family to view the newsletter. Just go to: www.knoxcounty.org/seniors and click on West Knox County Senior Center. While on the website you can also view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code to the right.
Your Heart Health by Rachel Piotrowski
The heart needs exercise just like any other muscle. Muscles that are utilized regularly become stronger and healthier. Regular exercise is the most effective tool for strengthening the heart muscle. As we become older, we need more exercise not less. Different types of exercise are needed to provide complete fitness.

**Aerobic exercise** improves circulation, which results in lower blood pressure and heart rate. How much: at least 30 minute a day, 5 days a week. Examples: brisk walking, running, swimming, cycling, aerobic classes.

**Resistance Training** can help reduce fat and create leaner muscle mass. How much: at least 2 days per week. Examples: working out with free weights, resistance bands or body weight exercises such as push-ups, squats, and chin ups. Stretching, flexibility, and Balance is critical to maintaining a regular aerobic exercise and resistance training program.

**Flexibility Workouts** benefit your musculoskeletal health, which enables you to exercise free from joint pain and other muscular issues. This enables you to do the exercise that strengthen your heart. How much: every day and before and after exercise. Examples: your doctor can recommend basic stretches, stretching/balance classes.

The simplest change you can make to improve your heart health is to get moving! Start with light activities such as walking and work your way up to more moderate physical activities. Your heart will thank you!

**Wellness Competition**
Rachel Piotrowski, SAIL (Stay Active and Independent for Life) Exercise Instructor at West Knox County Senior Center will be having a Wellness Competition in February. You don’t have to be attending an exercise class to participate. If you would like more information on this program and how you can participate when details are made available please call the Center and get your name on the Wellness Competition Interest List.

**Omron Blood Pressure Monitoring System Available for Check-Out.**
The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems. The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit see the staff at the Reception Desk.

My Notes on Programs I want to register to attend:
Sew What?
Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you’re working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM.

January 5th... Handled Gift Bags.
The group will explore making Handled Gift Bags with patterns included.

February 2nd... Bunny Bags.
The group will look at patterns and samples of Bunny Bags in time for Easter treats.

Knitting Group
The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages for our men and women in the Military and our First Responders. If you would like to participate, feel free to come to the knitting group and see what it’s all about.

January 31th ... Card Making Class
Opening your mailbox and getting a card from a friend really brightens your day. Now it is your turn to bring happiness to a friend. National Send a Card to a Friend Day is February 7th. But you don’t have to go out and buy a card. Show you care by handcrafting a beautiful card to send. Surprise a friend by making a card with them in mind. The card making craft class will be Monday, January 31st., at 9:30 AM. We will provide the cardstock, ink, stamps, and crafting supplies. Bring our ideas, creativity, and a friend or two in mind to make cards for. We will charge fifty cents per card made to cover the expense of supplies. Cindy Petty will be on hand to share some ideas and provide instruction on how to make the card you want to send. For planning purposes please call the Center or stop by the Reception Desk to sign up for this class.

Realistic Art Class
Mondays at 1:00 PM
Dianne Kilgore will teach you how to paint a realistic work of art of your choice from a photo of your choosing. Class fee $25 per each class attended. Fees payable to the instructor. Supply list available at the Reception Desk.

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 when you stop by to Register for the class.

Watercolor & Drawing Class
Wednesdays at 9:30 AM
You can learn the beauty of water coloring and explore proportions, light and shadow, value, composition and more in this Watercolor and Drawing Class. No previous experience necessary. Class fee is $12 for each class attended. Fees payable to the instructor Mr. Nort Horwitz. A supply list is available.

Watercolor Group
Mondays at 10:00 AM
If you enjoy the art of Watercolor, you’re more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There’s no instructor and there’s no fee. It’s a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoyable socialization. No need to register to participate.
Tech Classes

January 10th … PC Class: Computer Basics Class
It’s never too late to learn about computer technology and this two-hour class will give a comprehensive overview. We will dedicate time to answer those questions you have been wanting to ask. In addition, we will cover topics including computer terminology and components, computer operation, and troubleshooting, data and memory, files and folders, navigating windows, the internet, and an overview of email and software applications. This class is brought to us by Goodwill Industries. There is no fee for this class. Please call the Center to register for this class taught on Monday, January 10th from 1:30 to 3:30 PM.

January 20th and 21st...iPad/iPhone Basics Workshop
During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, and buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, organizing folders, and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and troubleshoot. You must bring your iPhone or iPad to this workshop, as well as your Apple ID, and password. This four hour class taught in two sessions; Thursday, January 20th starting at 10:00 AM and will concluding on Friday, January 21st. Students must attend both sessions. Class fee is $35 payable at time of registration. You can register for this class at the Reception Desk at the Senior Center. Deadline to register is Tuesday, January 18th. Payment is due at time of Registration. Instructor is Barbara Edwards with Social Media 4 Seniors.

February 15th … PC Class: Staying Safe Online
If you shy away from making online purchases or worry about “being hacked”, this class will help you navigate the internet with confidence. We will discuss privacy, malware, and computer viruses. You will learn what to look for in order to determine if a website is safe, how to identify a suspicious email, and what to consider when shopping online. In addition, we will talk about creating and keeping track of your usernames and passwords. This class is brought to us by Goodwill Industries-Knoxville, Inc. To sign up for this free class call taught on Tuesday, February 15th from 1:30—3:30 PM., call Center or stop by the Reception Desk.

My Notes on Classes I would like to take:

Ask Jake!
Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available on Fridays from 9:30 AM—11:00 AM with Jake. To sign-up for your tutoring session, call the Center or stop by the Reception Desk.
West Knox County Senior Center Library is Available

The Center’s library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you’re finished. If you have current titles you would like to donate you can drop those off at the Senior Center’s Reception Desk.

Book Clubs

Steel Magnolia Book Club

The Steel Magnolias Book Club meets on the following days at 1:00 PM. Below is their schedule:

Thursday, January 13th … The Last Garden in England by Julia Kelly. Restoring an old garden designed decades earlier, Emma Lovett begins to uncover secrets that have long lain hidden.

Thursday, February 10th … To Be Announced

West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM. Below are the books the Club will be reviewing for January and February. Please feel free to read the book and join the Book Club for a lively discussion.

Thursday, January 20th … Next Year in Havana by Chanel Cleeton. A story of forbidden passions, family secrets, courage, and sacrifice as a young woman observes her family history coming to light.

Thursday, February 17th … The Book of Longings by Sue Monk Kidd. An extraordinary story set in the first century about a woman who finds her voice and her destiny in a time of great despair and great hope.

Mystery Reader’s Book Club

The Mystery Reader’s Book Club meets at 10:00 AM on the days listed below along with the books the group plans to read for January and February. Please feel free to read the book and join them for a discussion.

Wednesday, January 26th... The Burning Shore Wilbur Smith. A novel set in World War I with an adventure that spans two continents as a young woman experiences hardships and lessons on survival.

Wednesday, February 23rd … To Be Announced

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Read City USA Awaits You in 2021

Join Knox County Mayor Glenn Jacobs, Read City USA, and the Knox County Public. It’s easy to participate. Just plan to read twenty minutes per day or more and track your time. For more information on how you can participate go to www.ReadCityUSA.com or visit your local branch of the Knox County Public Library and inquire about Read City USA.
Thank you note for Senior Angel Tree participants
The staff at West Knox County Senior Center want to thank everyone who participated in the Senior Angel tree this year. The Senior Angel Tree is a program from the CAC Office on Aging. Individuals on the Angel Tree are nominated based on their need as determined by their program or case manager with the Office on Aging. Many individual fall into one or more of the following life circumstances; homeless, or recently moved into more stable housing, a victim of crime, the primary caregiver for an adult or a child, have no community support, recently suffered a loss, are frail, homebound, or experienced a recent and serious decline in their health. Each of the Knox County Senior Centers participated. At West Knox County Senior Center we gathered 309 gifts. County wide, including the participation of the other Senior Centers, 185 seniors in need received support from the Angel Tree. Because of your caring and generosity a senior’s life was touched and made better this holiday season. Thank you for participating.

Thank You Note for Winter Sock Drive
The Sock Drive at West Knox County Senior Center was a success. With your help we provided 437 pair of socks to the Knox Area Rescue Ministry. KARM shelters serve more than three hundred men, women, and children each night, and serve nearly one thousand meals each day—serving not only the homeless but many individuals in crisis. This year, together, we were able to provide them with socks to distribute to those in need. Thank you for participating in our Sock Drive. Your kindness and generosity is appreciated. Photo to the Right, Darrell Gooding, Coordinator at West Knox County Senior Center provides Mr. Mark Roberts, Community Engagement Director with Knox Area Rescue Ministries the socks that were collected for the Sock Drive.

Thank You to the Karns Senior Center Choir
Special Thanks to the Karns Senior Center Choir and Park Place West Knoxville for being a part of our Christmas Program at West Knox County Senior Center, and Park Place West Knoxville for providing refreshments. The performance and refreshments provided on Friday, December 17th was most enjoyed. Thank you for being a part of our holidays.

Thank You To Prime West Knoxville
A Thank You to Prime West Knoxville for sponsoring our Spirit of the Season at West Knox County Senior Center. Every week was a different theme; wearing holiday colors, wearing bells, dress as your favorite holiday movie Character, etc… Prime West Knoxville provided the $35 Kroger Gift Certificate for the winner of our Spirit of the Season.
Exercise Classes at West Knox County Senior Center
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
(865) 288-7805

Cardio/Strength/Stretch Class  Wednesday and Fridays 9:00 AM
This class is a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant BodyWORKS. Students can start at any time. Class is approximately 60 minutes long.

Chair Yoga Fusion  Tuesdays and Thursdays 11:15 AM – 12:15 PM  Class fee $5
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. You can join at any time. This class is brought to us by Covenant Health BodyWORKS.

Barre Exercise for Seniors  Mondays at 12:30 – 1:30 PM  Class fee: $5
We’re glad to be offering a new exercise class at West Knox County Senior Center starting January 10th., 2022. Join the Barre for Seniors which focuses on improving balance, posture and core strength with small repetitive movements, that isolate and tone your muscles in specific directions. Bring a mat and wear non-slip socks or slippers in order to articulate the feet. Students can join at any time. Class fee is $5 per class attended payable to the instructor Debbie Ashton. This class will meet on Mondays from 12:30 PM—1:30 PM starting Monday, January 10th.

Feldenkrais—Movement Improvement  Mondays at 11:15 AM—12:15 PM & Thursdays at 1:00 PM  Class fee $5
This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates small movements, done on mats, helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in Physical Therapy clinics as a Feldenkrais practitioner for twenty-two years.

Line Dance Class for Beginners  Thursdays at 2:15 PM  Starting February 3, 2022  Fee $5
Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday for the remainder of the year. It’s imperative that new students commit to attending the first seven weeks of class to learn the steps. Fees payable to the instructor. Please call the Center at 865-288-7805 to sign up for this new beginner’s class.

Line Dance Improvers Class  Wednesdays 1:00 PM  Class fee: $5.00 per class attended
For those who have completed the beginning line dance class but 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 Intermediate  Tuesdays 2:00 PM  Class fee: $5.00 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 instructor Diane Hensley.

Pickleball  Tuesdays and Thursdays 12:00 PM—3:30 PM  Fee: Free
Play Pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of Pickleball. If you’re new to Pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started.
Exercise Classes at West Knox County Senior Center

SAIL (Stay Active & Independent for Life) Exercise Class
Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM  Class fee:  $4.00 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. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long.

Senior Strong—Total Fitness Class  Mondays 8:30 AM—9:30 AM  Class fee $4  Starting in January 2022
Join Rachel Piotrowski, certified exercise instructor and personal trainer, for a total body fitness class! This class is tailored to individuals of all fitness levels and focuses on functional exercises to improve overall strength and balance. A variety of body weight and hand weight exercises will be utilized to build upper and lower body strength, improve balance and strengthen the core. Low impact aerobic conditioning and stretching are also incorporated.

Senior Tai Chi  Mondays and Wednesdays 8:30 AM—9:30 AM  Class fee $2
Cheryl Chandler returns with Tai Chi for Seniors. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. Senior Tai Chi will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. Come join us. Senior Tai Chi starts Monday, January 3rd and will meet on Mondays and Wednesdays from 8:30 AM—9:30 AM in the gymnasium. Class fee is $2 per each class attended and is payable to the instructor.

Yang Style Tai Chi For Beginners  Tuesdays 9:45 AM—11:00 AM  Class fee: $3
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 instructor is Mr. Pat Barbiere.

Yang Style Tai Chi Intermediate  Thursdays 9:45 AM—11:00 AM  Class fee: $3
If you’ve taken Mr. Barbiere’s class before and are familiar with Yang Style Tai Chi, join his Intermediate class on Thursdays. Class instructor is Mr. Pat Barbiere.

Personal Fitness Training Available
With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is $20 for a thirty minute session, a one hour session is $40. To schedule your appointment to meet with Rachel call the Center or stop by the Reception Desk.

Complimentary Fitness Room Introduction
Not sure how to use the equipment? A thirty-minute consultation gives you a quick overview of the Fitness room equipment. Rachel Piotrowski (certified personal trainer) will guide you through the weight room to demonstrate how to adjust and use various pieces of equipment safely and effectively. To register for your Complimentary Weight Room Introduction please call the Center or stop by the Reception Desk. The Center’s Fitness Room is equipped with treadmills, elliptical, recumbent bike, semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM.
Senior Walks for November & December 2021

January 18, 2022 Maryville College Woods Walk
The Maryville College Woods Loop is comprised of several trails. The trail itself is easy to follow. There are many small connections to and from the main trail. The trail is mostly packed dirt with small portions of pavement. The walk is approximately 2.3 miles. We can hike around until we are tired or hungry, which ever comes first! Following the walk, we will meet at Hot Rods Diner in Maryville for a great lunch and fellowship. To RSVP for this Walk scheduled for Tuesday, January 18th at 10:00 AM, please call 865-288-3761 or email: SeniorServices@knoxcounty.org

February 15th … Downtown Mural Walking Tour
On Tuesday, February 15th at 11:30 AM, we will meet up at the Knoxville Visitor Center at 301 South Gay Street in Knoxville and we will start our Tour with a special live musical performance. Then, we will take a 2.3 mile walking tour of several of our downtown murals including many with love themed photo opportunities. And last but not least, we will end our tour with a reward of Coffee & Chocolates. To RSVP for this Walk please call 865-288-3761 or email: SeniorServices@knoxcounty.org

2022 Senior Walks from Knox County Senior Services
March 15th … Bob Leonard Park Walk at 10:00 AM and Lunch at Big Kahuna Wings
April 15th … Seven Island Birding Park Walk at 10:00 AM.,
May 17th … Outdoor Knoxville Volunteer Landing Walk at 10:00 AM.,
June 21st Knoxville Botanical Garden and Arboretum Walk at 9:00 AM
July 19th … Ijams and Forks of the River Walk at 10:00 AM.,
August 16th … Oak Ridge Arboretum at 8:30 AM.,
September 20th … Sequoyah Hills Park at 10:00 AM.,
October 18th … Sterchi Hills Park at 10:00 AM.,
November 15th … Lakeshore Park Walk at 10:00 AM.,
December 13th … Christmas Lights Walk at Founders Park at 5:30 PM.
To receive notifications of future walks email SeniorsServices@KnoxCounty.org and request to be placed on the Senior Services Walking Group eMail List or call 865-288-3761.
## Jan. 2022

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

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<thead>
<tr>
<th>Mon (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
<th>Fri (7:30-4:00)</th>
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<tbody>
<tr>
<td><strong>The Following Events/Programs Occur Weekly:</strong></td>
<td><strong>8:30</strong> Senior Strong Total Fitness Class*</td>
<td><strong>9:30</strong> Internm. Bridge</td>
<td><strong>8:30</strong> Tai Chi for Seniors*</td>
<td><strong>9:45</strong> Yang Style Tai Chi Intermediate*</td>
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<td><strong>8:30</strong> Tai Chi for Seniors*</td>
<td><strong>9:45</strong> Yang Style Tai Chi for beginners*</td>
<td><strong>9:30</strong> Cardio/Strength/Stretch*</td>
<td><strong>10:00</strong> Duplicate Bridge</td>
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<td><strong>10:00</strong> Cribbage</td>
<td><strong>10:00</strong> Bunco</td>
<td><strong>10:00</strong> SAIL Exercise*</td>
<td><strong>11:15</strong> Chair Yoga Fusion*</td>
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<td><strong>10:00</strong> SAIL Exercise*</td>
<td><strong>10:00</strong> Knitting Group</td>
<td><strong>10:00</strong> Liverpool Rummy</td>
<td><strong>12:00</strong> Pickleball</td>
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<td><strong>10:00</strong> Scrabble</td>
<td><strong>10:00</strong> Oil Painting Class*</td>
<td><strong>10:00</strong> Liverpool Rummy</td>
<td><strong>12:00</strong> Rook</td>
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<td><strong>10:00</strong> Watercolor Group</td>
<td><strong>11:00</strong> Trivia</td>
<td><strong>10:00</strong> Mah Jongg</td>
<td><strong>1:00</strong> Feldenkrais*</td>
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<td><strong>11:15</strong> Chair Yoga Fusion*</td>
<td><strong>12:00</strong> Line Dance Improvers Class*</td>
<td><strong>1:00</strong> Line Dance Improvers Class*</td>
<td><strong>2:15</strong> Beg. Line Dance*</td>
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<td><strong>1:00</strong> Mexican Train Dominoes</td>
<td><strong>12:30</strong> Canasta</td>
<td><strong>12:30</strong> Hand &amp; Foot</td>
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<td><strong>1:00</strong> Realistic Painting*</td>
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<td><strong>2:00</strong> Internm. Line Dance*</td>
<td><strong>12:30</strong> Bridge</td>
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<td><strong>The Following Are Non-Weekly or Specialty Programs:</strong></td>
<td><strong>3</strong> 1:00 Art with Abhi*</td>
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<td><strong>5</strong> 1:30 Sew What?</td>
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<td><strong>6</strong> 10:00 Essential Oils, System not Symptoms</td>
<td><strong>14</strong> 10:00 Nail Trimming*</td>
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<td><strong>9:00</strong> Meet the Physical Therapist</td>
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<td><strong>12</strong> 12:30 Matter of Balance (1:8)</td>
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<td><strong>13</strong> 8:00 American Sewing Guild</td>
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<td><strong>1:00</strong> Steel Magnolias Book Club</td>
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<td><strong>1:00</strong> Medicare Presentation (The Benefits Group)</td>
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<td><strong>11</strong> Center Closed</td>
<td><strong>18</strong> 10:00 Grief Support</td>
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<td>Martin Luther King, Jr. Day</td>
<td><strong>19</strong> 12:30 Matter of Balance (2:8)</td>
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<td><strong>20</strong> 9:00 Meet the Physical Therapist</td>
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<td><strong>10:00</strong> iPhone/IPad Basics*</td>
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<td><strong>12:00</strong> WKCSC Book Club</td>
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<td><strong>24</strong> 11:00 Spanish II (Class Starts)</td>
<td><strong>25</strong> 1:00 Computer Basics</td>
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<td><strong>12:30</strong> Barre Class*</td>
<td><strong>10:00</strong> Blood Pressure Clinic (HR Medical)</td>
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<td><strong>1:30</strong> Beginning Spanish</td>
<td><strong>10:00</strong> Mystery Book Club</td>
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<td><strong>2:00</strong> Vet to Vet Café</td>
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<td><strong>12:30</strong> Matter of Balance (3:8)</td>
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<td><strong>1:30</strong> Beginning Spanish</td>
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<td><strong>27</strong> 9:30 Mah Jongg Class (1:5)</td>
<td><strong>28</strong> 11:30 AAA Driving Class*</td>
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<td><strong>11:30</strong> AAA Driving Class*</td>
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<td><strong>31</strong> 9:30 Card Making Class</td>
<td><strong>Yang Style Tai Chi For Beginners Starting Tuesday, January 4th, 9:45 AM—11:00 AM With instructor Pat Barbire Intermediate Class meets on Thursdays at 9:45 AM. Class fee $3 for each class attended.</strong></td>
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<td><strong>Senior Tai Chi Join Cheryl Chandler on Mondays and Wednesdays from 8:30 AM—9:30 AM for Senior Tai Chi. Class fee $2 per each class attended. This class will be taught in the gymnasium</strong></td>
</tr>
</tbody>
</table>

*No Feldenkrais Class today*

*No Chair Yoga Fusion Class today*

*Class fee $3 for each class attended.*
Activities on the calendar followed by an “*” have a fee to participate.
Activities listed below in bold please register to participate.

<table>
<thead>
<tr>
<th>Mon (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
<th>Fri (7:30-4:00)</th>
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</thead>
<tbody>
<tr>
<td><strong>The Following Programs Occur Weekly:</strong></td>
<td><strong>The Following Events/Programs Are Non-Weekly or Specialty Programs:</strong></td>
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<tr>
<td>8:30 Senior Strong Total Fitness Class*</td>
<td>1</td>
<td>10:00 Grief Support</td>
<td>11:00 Newcomers Social</td>
<td>8:00–12:30 Table Tennis</td>
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<tr>
<td>8:30 Tai Chi for Seniors*</td>
<td>2</td>
<td>1:30 Sew What?</td>
<td>11:00 Mah Jongg</td>
<td>9:00 Cardio/Strength/Stretch*</td>
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<tr>
<td>10:00 Cribbage</td>
<td>3</td>
<td>12:30 Matter of Balance</td>
<td>8:00 American Sewing Guild</td>
<td>10:00 SAIL Exercise*</td>
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<tr>
<td>10:00 SAIL Exercise*</td>
<td>4</td>
<td>1:00 Senior Strength Strength</td>
<td>9:30 Mah Jongg Class</td>
<td>12:00 Rummikub</td>
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<tr>
<td>10:00 Scrabble</td>
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<td>12:30 Canasta</td>
<td>9:30 Mah Jongg Class (2:5)</td>
<td>12:30 Pinochle</td>
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<td>10:00 Watercolor Group</td>
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<td>12:30 Hand &amp; Foot</td>
<td>1:00 Umbrella Wreath</td>
<td>1:00 Mid-Day Bridge</td>
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<tr>
<td>11:00 Spanish Language</td>
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<td>12:30 Bridge</td>
<td>11:00–11:30 Veteran Services Outreach</td>
<td>1:30 Beginning French</td>
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<tr>
<td>11:15 Feldenkrais*</td>
<td></td>
<td>2:00 Intern. Line Dance*</td>
<td>1:00 Steel Magnolias Book Club</td>
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<tr>
<td>12:30 Barre Class*</td>
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<td>1:30 Beginning Spanish</td>
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<td>1:00 Mexican Train</td>
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<td>1:00 Realistic Painting*</td>
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<td>1:30 Beginning Spanish</td>
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<tr>
<td>8:30 Tai Chi for Seniors*</td>
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<td>9:00 Meet the Physical Therapist</td>
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<tr>
<td>9:45 Yang Style Tai Chi for beginners*</td>
<td>6</td>
<td>9:30 Mah Jongg Class</td>
<td>9:30 Mah Jongg Class</td>
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<td>10:00 Bunco</td>
<td>7</td>
<td>10:00 Duplicate Bridge</td>
<td>10:00 SAIL Exercise*</td>
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<tr>
<td>10:00 Knitting Group</td>
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<td>11:15 Chair Yoga Fusion*</td>
<td>10:00 Duplicate Bridge</td>
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<tr>
<td>10:00 Oil Painting Class*</td>
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<td>12:00 Pickleball</td>
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<td>11:00 Trivia</td>
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<td>12:00 Rook</td>
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**Valentine’s SINGO with Brooke**

Tuesday, February 8th
11:00 AM—12:00 PM

Challenge your knowledge of Love songs and Valentine’s Trivia. Brought to us by Core Insurance Advisors of Knoxville.
Above: Senior Angel Tree 2021 in the Lobby at West Knox County Senior Center.

Above: Cornhole Through the Decades in November and December. Join us when we resume Cornhole games in the Spring!

To the Left: Karns Senior Center Choir Performing at West Knox County Senior Center on Friday, December 17th.

To the Left: Holiday Crafters making Table Runners for the Holidays.