

**January &
February**

2024

Karns Senior Center
The Navigator

Holiday closings: January 1st (New Year's Day) & 15th (Martin Luther King, Jr. Day)

Tuesday, January 2nd at 2:00 & 3:00 pm . . . American Sign Language

ASL is a language that has the same linguistic properties as spoken languages, with grammar that differs from English and is expressed by hand and face movements. Beginning ASL at 2:00 is for beginners, Part II at 3:00 must have some experience. Cost is \$25.00/6 weeks. **RSVP**

Thursday, January 4th at 2:10 (Beginning) & 3:00 (Intermediate) Spanish

Join Beverly Burdette, former Spanish professor for beginning & intermediate Spanish classes. Materials and/or textbook will be discussed during first class, cost is \$2.00 per class. **RSVP**

Monday, January 8th at 1:30 pm . . . Shoulder Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses causes of shoulder pain and treatment. **RSVP**

Monday, January 8th at 1:30 pm . . . Spring Madness Quilting Class

Spring Madness is a quilt-as-you-go designed by Johnnie Reber, a professional quilter and experienced instructor. It utilizes the fabric, batting, and backing and is finished "as you go." All stitching is done by machine. It's a versatile pattern that can be personalized to your color and size. Classes will be 6 two-hour sessions. Cost is \$60 due at the beginning of class, which includes the pattern and instructions. Perfect for experienced quilters as well as the beginner. **RSVP**

Tuesday, January 9th at 11:00 am . . . Essential Oils Make & Take Class

Join Richard and Deborah for this essential oils class that will focus on winter wellness. It will be a make and take class. Depending on what you make, the cost could be from \$5.00 to \$15.00. **RSVP**

Wednesday, January 10th at 12:30 pm . . . Silver Sneakers Presentation

Silver Sneakers is an overall wellness program that helps you improve your health and life. They offer free fitness programs at several locations, in-person or on-line. You will learn where the programs are offered, how to sign up, and how to earn points for attending classes. The college fund program for children in the member's extended family will be explained. **RSVP**

Thursday, January 11th at 10:30 am . . . Finding Balance in the New Year

Join Joy Gaertner for this workshop on how to find hope and balance in your life in the new year. She will focus on setting goals for yourself and how to increase your motivation in the new year. A light lunch will be provided, compliments of Mynatt's Funeral Home. **RSVP**

Friday, January 12th at 1:00 pm . . . Active Living with Caleb Newsome

Join Caleb, our Fitness Coordinator for an informative and encouraging presentation to inspire you to move and live a healthy, active, and vibrant life. Active living does not have to be difficult or boring. Come discover how active living can be a part of your life. **RSVP**

Tuesday, January 16th at 10:00 am . . . Healthier Diet for Diabetics

Join Ty Hall, nurse practitioner and diabetes specialist with Matter Health, for a discussion on diabetes and practical ways to incorporate a healthier diet into your daily routine. **RSVP**

Wednesday, January 17th & February 21st at 1:00 pm . . . Krfty Stamper

Join Cindy as she teaches how to make paper crafts for home use or gift-giving. January's project is a Valentine card, candy box and mini notebook, February's project is a fractured technique card, gift box and milk carton candy box. Cost is \$13.00 with materials provided. **RSVP**

Visit our website at knoxcounty.org/seniors

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653

Wednesday, January 17th at 3:00 pm . . . Sr. Services Walking Group Social

Are you are part of our walking group or want to find out more about our walks for 2024? Enjoy a time of fellowship and information along with fun, refreshments, music, pictures, socializing and prizes as you get to know your fellow walkers better. A representative from each center will be there and we have car-pool signups available. **RSVP**

Thursday, January 18th at 10:30 am . . . Tax Relief/Tax Freeze Program

Join a member of the Trustee's office for this program to see if you are eligible for property tax relief or tax freeze. **RSVP**

Thursday, January 18th at 12:30 pm . . . Instapot Cooking Class

Join Rose for this class to learn the basics of using the Instapot. She will be teaching the class how to make ribs and macaroni and cheese. Cost of the class is \$15.00. Space is limited. **RSVP**

Friday, January 19th, 10-12 & 1-3 pm . . . Android Basics Class

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Monday, January 22nd at 1:30 pm . . . Karns High School Open Session

Help keep the history and legacy of Karns High School alive for future generations! Join Laicee Hatfield, Principal of Karns High School and Mr. Ben Collins, Athletic Director at KHS for a time of honoring and remembering Karns High School. We invite you to come in and share your stories, news articles, and photos of the school since it's beginning in 1913. **RSVP**

Tuesday, January 23rd at 10:00 am . . . Video Otoscopy

Join Acuity Hearing Centers for a painless experience where Hearing Instrument Specialist Amber Simpson will use a tiny video camera (video otoscope) to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see your eardrum on a video monitor! Each exam takes about 10-15 minutes. **RSVP**

Wednesday, January 24th at 1:00 pm . . . History Class w/Dr. Wilson

Great War Heroes, continued—East Tennessee has had more than its fair share of military heroes, as its native sons (and daughters) have answered their nation's call to "rally round the colors" and fight for their rights and freedom. This class will continue to examine the exemplary lives and thrilling exploits of several of our more outstanding patriots, soldiers, and admirals, including "Davy" Crockett, David Glasgow Farragut, and Sgt. Alvin C. York. **RSVP**

Thursday/Friday, January 25th(11:00) & 26th(10:00) . . iPad/iPhone Basics

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Friday, January 26th at 2:00 pm . . . Let's Learn Origami!

Join Mana of the Japan Outreach Initiative (JOI) for an origami workshop. During this class each student will learn how to make an owl, stars and (if time) flowers. This is a free class. **RSVP**

Tuesday, January 30th at 10:00 am . . . Fraud & Scam Presentation

Join April Tomlin, Senior Services Manager for this presentation on how to spot and avoid SCAMS. This is a critical topic as 1 in 5 seniors have been affected by some type of SCAM. We will watch videos with real life scenarios, discuss the types of SCAMS to watch out for, and even take a short quiz at the end. It will be fun and interactive, and you will leave with some great resources." **RSVP**

Wednesday, January 31st at 1:00 pm . . . Winter Dance

Join us for dancing with music provided by DJ John Rutherford. Dance to a combination of ballroom, Latin, line dancing, and country music. Light refreshments will be served. Cost is \$4.00. **RSVP**

Check out our webpage at www.knoxcounty.org/seniors

Thursday/Friday, February 1/2 at 10:00 am . . . iPad/iPhone Beyond Basics

Join Social Media 4 Seniors to add to your basic knowledge of the iPad/iPhone; photo transfer, getting media into your iTunes library, email/internet use, managing emails, security features, customizing your device, using safari, cloud servers, and more. Cost is \$35.00 prepaid. **RSVP**

Thursday, February 1st at 10:30 am . . . Iris Folding Card Class

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is the state of Tennessee. Cost is \$5.00. **RSVP**

Friday, February 2nd at 8:30 am . . . Vet-to-Vet Café

Caris Healthcare, a partner of the We Honor Veterans program recognizes veterans in the community through the Vet-to-Vet Cafes, in which veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

Friday, February 2nd at 12:15 pm . . . Cooking Class w/Laurie

Laurie teaches how to make lemon-blueberry overnight oats. This is a healthy alternative preparation to cooking your oats. We will also sample a Matcha latte and discuss the many benefits. **RSVP**

Monday, February 5th at 1:30 pm . . . Back Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses possible causes of back pain and treatment. **RSVP**

Tuesday, February 6th at 11:30 am . . . Valentine's Tea

Join Wanda Little with Little Rose Tea Parties for a Valentine's Tea. She will be providing food, games and lots of fun! Cost is \$25.00, space is limited. **RSVP**

Friday, February 9th from 12:30-3:30 pm . . . Graphite Powder Drawing

Don Caldwell, graphite pencil artist, teaches how to draw a life-like landscape portrait. Learn new techniques and how to use the right tools. Cost is \$25.00 with all supplies included. **RSVP**

Tuesday, February 13th from 10:00-2:00 . . . Mardi Gras Drop-in celebration

Drop in to the center sometime between 10:00 and 2:00 to celebrate Mardi Gras with tasty snacks (while they last) and festive decorations. Come in costume or borrow our props and take a photo.

Thursday, February 15th at 10:30 am . . . Thomas Jefferson

Join local author, Mr. John Peach, who portrays Thomas Jefferson in full costume to provide information on the third President's morality, character, and religion. The past comes alive with this informative and educational presentation on one of America's most interesting presidents. **RSVP**

Tuesday, February 20th at 10:30 am . . . Travel Presentation

Join Donna with Go Anywhere Travel to embark on a journey of discovery at this immersive travel presentation, where a kaleidoscope of adventures awaits. Amidst the buzz of exploration, literature abounds—grab brochures, detailed itineraries, and travel guides to keep the inspiration alive. Leave not just with pamphlets, but with a roadmap to your next unforgettable journey! **RSVP**

Tuesday, February 27th at 10:00 am . . . Take Control of your Shoulder Pain

Dr. William Brooks M.D., a fellowship-trained sports medicine surgeon w/KOC Oak Ridge, will discuss technology advances and shoulder replacement treatment options. He will include a general anatomy overview of the shoulder, causes of shoulder pain, technology advancements, shoulder replacement, and a Q&A session. A light lunch will be provided by Stryker Orthopedics **RSVP**

Wednesday, February 28th at 1:00 pm . . . East TN and the Great Depression

Between the "Great War" that ended in 1918 and World War II, in the midst of the worst comic calamity in our nation's history, several major Federal projects came to what had been previously thought of as a relatively isolated and "backward" part of Appalachia: East Tennessee. In rapid succession, Great Smoky Mountains National Park, TVA, and the Manhattan Project all descended on our region, forever changing the lives of the people who lived here—for better or for worse. This class will trace the landmark events of this tumultuous time in our local history, while examining the legacy and lingering effects of these federal projects.

**Life Frequency
Hearing Health
Mondays**

From 8:00– 9:30 am

Luke Amos of Life Frequency will be here once a week offering hearing aid cleaning, hearing check-ups or hearing tests. Please call 865-310-5008 to schedule.

**Birding
Wednesday,
February 21st**

Birding meets on Wednesdays either once a month or every other month as scheduled. February's topic is Spring Migration.

Grief Support

1st and 3rd Thursdays at 12:30 pm
Please RSVP

**January 4th & 18th
February 1st**

Hymn Sing

**Wednesday, January 17th
Wednesday, February 21st at 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-along.

Senior Walks

Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

Social Worker Outreach

**Wednesday, January 3rd, 10:00
Tuesday, February 13th, 10:30**

Wendy Skiles with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-6262.

BINGO

BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is January 11th sponsored by Atria Weston Place and February 8th. Second BINGO is January 25th sponsored by Gentiva Hospice and February 29th.

Book Club

January 10th at 2:00 pm

Wonder by R.J. Palacio. An unforgettable adventure about a boy on a quest to rescue his father, with only a ghost as his companion and a mysterious pony as his guide.

February 14th at 2:00 pm

Finding Schifrah: The Journey of a Dutch Holocaust Survivor by Sonia DuBois. Sonja DuBois became a Holocaust child survivor when her parents were deported to Auschwitz in July 1942. She was raised by a Dutch foster family first in Schiedam, then in the United States without fully being told about her biological family and her true identity.

Mystery Book Club

January 24th at 2:00 pm

Crocodile on the Sandbank by Elizabeth Peters. Strange visitations, suspicious accidents, and a botched kidnapping convince Amelia that there is a plot afoot to harm Evelyn.

February 28th at 2:00 pm

Rebecca by Daphne du Maurier. The novel follows an unnamed young woman who is working as a lady's companion in Monte Carlo when she meets the widowed English Aristocrat Maxim de Winter.

Need Fitness Help?

Call and make an appointment with Caleb, our new Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines. Call today 865-951-2653.

Medicare Q & A

Join Linda Staffen of Core Insurance on January 17th from 1-3 & February 13th from 10-12 in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in.

Join Cindy Mayo of Farm Bureau for a Healthcare/Medicare Q & A on Wednesday, February 21st from 11:00-1:00 in the hallway. Bring your questions and stop in.

Music Jam

**First Wednesdays,
January 3rd &**

February 7th at 1:00 pm




Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

Veterans Services

Knox County Veteran Services are here to assist 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. Please call 865-215-5645 to make an appointment. **RSVP**



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

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>1</p> <p>Holiday Center Closed</p> 	<p>2</p> <p><u>2:00 Beginning ASL* (\$25.00) - Class 1</u></p> <p><u>3:00 ASL, Part II* (\$25.00) - Class 1</u></p>	<p>3</p> <p>10:00 Social Worker Outreach</p> <p>1:00 Music Jam</p> <p>1:30 Winter Corn Hole</p> 	<p>4</p> <p>12:30 Grief Support</p> <p><u>2:10 Beginning Spanish* (\$2.00) - Class 1</u></p> <p><u>3:00 Intermed. Spanish* (\$2.00) - Class 1</u></p>	<p>5</p>
<p>8</p> <p>8:00-9:30 Life Frequency Hearing Health Services</p> <p><u>1:30 Shoulder Pain Workshop with Knox PT</u></p> <p><u>1:30 Quilting Class* (\$60.00 total) #1</u></p>	<p>9</p> <p>8:30-10:00 Smoky Mtn Model A Club</p> <p><u>11:00 Essential Oils: Winter Wellness Make & Take * (\$5.00-\$15.00)</u></p>	<p>10</p> <p><u>12:30 Silver Sneakers Presentation by Don Parsley</u></p> <p>1:30 Winter Corn Hole</p> <p>2:00 Book Club: <i>Wonder</i> by R.J. Palacio</p>	<p>11</p> <p><u>10:30 Finding Balance in the New Year w/Joy Gaertner (Light lunch provided)</u></p> <p>11:00 BINGO with Niki sponsored by Bonnie w/ Atria Sr Living (bring a \$5 value new/unused gift)</p>	<p>12</p> <p><u>1:00 Active Living w/Caleb Newsome, Fitness Coordinator</u></p>
<p>15</p> <p>Holiday Center Closed</p> 	<p>16</p> <p><u>10:00 Healthier Diet for Diabetics with/Tv Hall</u></p>	<p>17</p> <p>1:00 Hymn Sing</p> <p><u>1:00 Krftv Stamper* (\$13.00)</u></p> <p><u>1:00-3:00 Medicare Q&A w/Linda Staffen, Core Ins.</u></p> <p><u>3:00-5:00 Senior Services Walking Group Social</u></p>	<p>18</p> <p><u>10:30 Elderly & Disabled Veterans Tax Relief/Tax Freeze Program</u></p> <p>12:30 Grief Support</p> <p><u>12:30 Instapot Cooking Class w/Rose* (\$15.00)</u></p>	<p>19</p> <p><u>10:00-12:00/1:00-3:00 Android Basics Class* (\$35.00)</u></p>
<p>22</p> <p>8:00-9:30 Life Frequency Hearing Health Services</p> <p>1:30 Quilting Class*#2</p> <p><u>1:30 KHS Open Session</u></p> <p>Line Dance starts back!</p>	<p>23</p> <p><u>10:00-12:00 Video Otopscopy (free ear canal exams)</u></p>	<p>24</p> <p>10:00 Toenail Trimming*</p> <p><u>1:00 History Class: Great War Heroes (Cont'd.) w/Dr. Wilson</u></p> <p>2:00 Mystery Book Club: <i>Crocodile on the Sandbank</i> by Elizabeth Peters</p>	<p>25</p> <p>11:00 BINGO sponsored by Gentiva Hospice (Bring a \$5 value new/unused gift to play)</p> <p><u>11:00-1:00 iPad/iPhone Basics* (\$35.00)</u></p>	<p>26</p> <p>10:00 Toenail Trimming*</p> <p><u>10:00-12:00 iPad/iPhone Basics* (\$35.00)</u></p> <p><u>2:00 Let's Learn Origami!</u></p>
<p>29</p> <p>8:00-9:30 Life Frequency Hearing Health Services</p> <p>1:30 Quilting Class*#3</p> <p>1:30 Winter Corn Hole</p>	<p>30</p> <p><u>10:00-12:00 Fraud & Scam Presentation with April Tomlin</u></p>	<p>31</p> <p><u>1:00-3:00 Winter Dance* (\$4.00)</u></p>	<p>The programs underlined and in PURPLE are hyperlinks. View on Knox-county.org/seniors. Tap control and click on them and it will lead you to the description about each special program.</p>	<p>Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653</p>
<p>These events occur every week</p>				
<p>7:30 Ping Pong</p> <p>9:00 Cardio Class*</p> <p>9:30 Hand & Foot Cards</p> <p>10:00 Art Class*</p> <p>11:00 SAIL Exercise*</p> <p>12:15 Line Dance*</p> <p>12:30 Pinochle</p> <p>1:00 Sit'n'Sew</p>	<p>10:00 Poker</p> <p>10:00 Pinochle</p> <p>12:30 Canasta</p> <p>1:00 Cribbage</p> <p>1:00 Stability Class</p> <p>1:30 Genealogy Class</p> <p>2:00 Yoga*</p> <p>2:00 Beginning ASL*</p> <p>3:00 ASL, Part II*</p>	<p>7:30 Ping Pong</p> <p>9:30 Light Saber Tai Chi*</p> <p>9:30 Bridge</p> <p>10:00 Flow Yoga*</p> <p>11:00 SAIL Exercise*</p> <p>11:00 Rook</p> <p>1:00 Canasta</p> <p>1:00 Oil or Acrylic Painting*</p>	<p>9:00 Cardio Class*</p> <p>9:00 Chess</p> <p>11:00 Trivia Time</p> <p>1:00 Mah Jongg</p> <p>1:00 Crafting Social</p> <p>1:00 Stability Class</p> <p>1:30 Chair Yoga</p> <p>2:00 Yoga*</p> <p>2:10 Beginning Spanish*</p> <p>3:00 Intermed. Spanish*</p>	<p>7:30 Ping Pong</p> <p>10:00 Cardio Drumming</p> <p>10:00 Pinochle</p> <p>10:00 Poker</p> <p>11:00 SAIL Exercise*</p> <p>1:00 Mexican Train Dominoes</p> <p>1:00 Euchre Card Game</p> <p>1:00 Choir Practice</p> <p>2:30 Ukulele Practice</p>



Karns Senior Center

8042 Oak Ridge Hwy., Knoxville, TN 37931-2317
Ph: (865) 951-2653, Fax: (865) 951-2530



2024

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

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors</p>	<p>Workout room open from 7:30 to 4:00 pm</p> 		<p>1</p> <p><u>10:00-12:00 iPad/iPhone Beyond the Basics Class* (\$35.00)</u> <u>10:30 Iris Folding Card Class* (\$5.00)</u></p> <p>12:30 Grief Support No Spanish today</p>	<p>2</p> <p><u>8:30 Vet-to-Vet Café sponsored by Caris Healthcare</u></p> <p><u>10:00-12:00 iPad/iPhone Beyond the Basics Class* (\$35.00)</u> <u>12:15 Cooking Class with Laurie</u></p>
<p>5</p> <p>8:00-9:30 Life Frequency Hearing Health Services</p> <p><u>1:30 Back Pain Workshop w/Knox PT</u></p> <p>1:30 Quilting Class*#4</p>	<p>6</p> <p><u>11:30 Valentine Tea w/Wanda Little of Little Rose Tea Parties* (\$25.00)</u> 2:00 Beginning ASL* (\$25.00) - Class 6 3:00 Beginning ASL, Part II* (\$25.00) ASL Class ends (6 weeks)</p>	<p>7</p> <p>1:00 Music Jam</p> <p>1:30 Winter Corn Hole</p>	<p>8</p> <p>11:00 BINGO with Niki Congero (Bring a \$5 value new/unused gift to play)</p>	<p>9</p> <p><u>12:30-3:30 Graphite Powder Landscape Drawing Lessons* (\$25.00)</u></p>
<p>12</p> <p>8:00-9:30 Life Frequency Hearing Health Services</p> <p>1:30 Quilting Class*#5</p> <p><i>Early Voting Set-up</i></p>	<p>13</p> <p>10:30-12:30 Social Worker Outreach</p> <p><u>10:00-2:00 Mardi Gras Drop-in celebration</u></p> <p><i>Early Voting Set-up</i></p>	<p>14</p> <p>10:00 Toenail Trimming*</p> <p>2:00 Book Club: <i>Finding Schifrah: The Journey of a Dutch Holocaust Survivor</i> by Sonia DuBois</p> <p><i>Early Voting</i> </p>	<p>15</p> <p><u>10:30 Thomas Jefferson w/ Mr. John Peach</u></p> <p>12:30 NO Grief Support</p> <p><i>Early Voting</i></p>	<p>16</p> <p>10:00-12:00 Medicare Q & A and Walking Club update w/Linda Staffen of Core Insurance</p> <p><i>Early Voting</i></p>
<p>19</p> <p>Holiday Center Closed</p> 	<p>20</p> <p><u>10:30 Travel Presentation w/Go Anywhere Travel</u></p> <p>Senior Walk <i>Early Voting</i></p>	<p>21</p> <p>10:00 Toenail Trimming* 11:00-1:00 Healthcare Q&A w/Farm Bureau <u>1:00 Krfv Stamper* (\$13.00)</u> 1:00 Birding 1:00 Hymn Sing <i>Early Voting</i></p>	<p>22</p> <p><i>Early Voting</i></p>	<p>23</p> <p>10:00 Toenail Trimming</p> <p><i>Early Voting</i></p>
<p>26</p> <p>1:30 Quilting Class*#6</p> <p><i>Early Voting</i></p>	<p>27</p> <p><u>10:30 Take Control of Your Shoulder Pain w/ Dr. Brooks (Light lunch provided by Stryker Orthopedics)</u></p> <p><i>Early Voting</i></p>	<p>28</p> <p><u>1:00 East TN during the Great Depression w/Dr. Henry Wilson</u> 2:00 Mystery Book Club: <i>Rebecca</i> by Daphne du Maurier <i>Early Voting Take-down</i></p>	<p>29</p> <p>11:00 BINGO with Diane (Bring a \$5 value new/unused gift to play)</p> 	
<p>These events occur every week</p>				
<p>7:30 Ping Pong 9:00 Cardio Class* 9:30 Hand & Foot Cards 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew</p>	<p>10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*</p>	<p>9:00 Cardio Class* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 1:30 Chair Yoga 2:00 Yoga* 2:10 Beginning Spanish* 3:00 Intermed. Spanish*</p>	<p>7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice</p>

Welcome Caleb Newsome!

Welcome Caleb Newsome, Public Health Fitness Coordinator. Caleb has twenty years experience in the fitness industry and has worked with high risk populations, including individuals experiencing heart disease and joint replacements. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers. He will be available to seniors to assist with nutrition, fitness, and exercise guidance and plans. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advice on fitness routines, as well as personal training, small group training, and classes on health and fitness topics for the senior population. Now's the best time to schedule your free consultation with Caleb, and it's easy to do—just stop by the reception desk or call the Center, 865-951-2653.



NO EXCUSES... EVEN IF IT IS A COLD JANUARY!!

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory...** as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email

seniorservices@knoxcounty.org

WEST TOWN MALL

(INDOORS)

JANUARY 16TH

@10:00am

7600 KINGSTON PIKE
37919





Knox County Senior Services **SENIOR WALK**

Tuesday, February 20th at 9:30 am

Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-

star amenities for the entire family and offer a wide variety of month-to-month memberships.

We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message

at [865-288-3761](tel:865-288-3761) or you can email seniorservices@knoxcounty.org