Strang Senior Center will be closed on Monday, September 2nd in observation of Labor Day.

**September 6th … Dream Concert**
We’re commemorating Labor Day on Friday, September 6th at 2:30 PM with the Golden Tones. Join them for their Dream Concert when they will be singing some favorites such as Dream a Little Dream, The Impossible Dream, A Dream is a Wish Your Heart Makes, and more! You may remember these ladies as the former Strang Singers. We welcome their return for this wonderful performance. Light refreshments generously provided by Pinnacle Assisted Living in Knoxville. For planning purposes please contact the Center to pre-register.

**September 10th … Tai Chi Class Starts**
Tai Chi can help improve both lower-body and upper-body strength as well as improve flexibility and balance. The Tennessee Branch of the Taoist Tai Chi Society of the USA provides certified instructors for this one hour class taught at Strang Senior Center on Tuesdays and Thursdays starting at 8:45 AM on September 10th. Class fee is $2 per class payable to the instructor. Tai Chi is learned by doing. The beginner class format is quite simple; the instructor will demonstrate a move several times, then perform it with the class, and finally watch the students as they repeat the movement. Pre-registration is not required. For more information visit www.taoist.org.

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

**Wednesday, September 18th**
12:30 — 1:30 PM
By Kindred at Home.

**Tuesday, October 1st**
10:00 — 11:00 AM

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

**September 10th … Field Trip: Tennessee Valley Fair**
Tuesday, September 10th is Senior Day at the Tennessee Valley Fair here in Knoxville! Admission is free for individuals sixty-five or older. Otherwise, adult admission is $10 per person. We’ll be taking a field trip from the Strange Senior Center to the Fair. If you would like to sign up to go please call the Center for additional details. Transportation from the Center to the Fair courtesy of CAC.

**September 12th… Greeting Card Craft Class**
Join us for our Card Crafting Craft Class on Thursday, September 12th starting at 1:00 PM. Learn to make a card of your choice of sentiments; Thank You, Get Well, Thinking of You, or other greeting. Class fee is $3 per each card you make. Therefore, class fee will be determined by how many cards you complete during the class. Student can expect to complete one to four cards. Participants need to bring double sided adhesive tape or glue stick with all other supplies provided by the instructor. For planning purposes please phone the Center to sign up for this Card Crafting class or stop by the Reception Desk.

**September 13th … Mah Jongg Class**
Mah Jongg lessons start on Friday, September 13th at 10:00 AM. This class will meet every Friday for six weeks for two hours each week. Learn more about this exciting tile game. This version came to the US in the 1920s and is based on the Chinese. It’s a game involving skill, and a certain degree of chance and is fun to play! Lessons are free. This class is for beginners only. Seating is limited. Please call the Center or stop by the Reception Desk to sign up to participate.
You can register for our activities by calling the Center at 865-670-6693

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

- **Thursday, September 5th**
  starting at 9:00 AM
- **Thursday, September 19th**
  starting at 9:00 AM
- **Thursday, October 3rd**
  starting at 9:00 AM
- **Thursday, October 17th**
  starting at 9:00 AM

Grief Presentation
**Tuesday, September 17th at 9:30 AM**
Everyone experiences loss and grief at some point in their lives. How do those left behind deal with the loss of their loved ones? This presentation will cover some of the myths associated with grief and grieving: what is grief, some common feelings experienced by those who are grieving, how to live with grief, and how to move forward with the “new normal” they find themselves now living. This information is a great resource for yourself, family, and friends. Join Mr. Chris Taylor, Bereavement Coordinator with Avalon Hospice, for this insightful one-hour presentation on Grief and Grieving on Tuesday, September 17th at 9:30 AM. For planning purposes please contact the Center or stop by the Reception Desk to pre-register if you’ll be attending.

Birthday Social in the Lobby
Celebrating a Birthday in September or commemorating the birthday of someone special? We’ll be serving Birthday Cake in the Lobby on Wednesday, Sept 25th at 12:00 PM. Courtesy of Core Insurance Advisors.

September 18th … Beginning Spanish
We’ll be offering an Introduction to the Spanish language class for those who have no experience with the language beginning Wednesday, September 18th. This class will meet on Wednesdays and Fridays from 9:00—10:00 AM. This class is brought to us courtesy of University of Tennessee. If you’re interested in taking this class you can pre-register by phoning the Center or stopping by the Reception Desk. There will be a fee for the purchase of text books from the instructor.

Toenail Trimming
Strang Senior Center will be offering Toenail Trimming with Michelle on the following dates:

- **Friday, September 13th**
  starting at 9:00 AM
- **Friday, October 11th**
  starting at 9:00 AM

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

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

- **Tuesday, September 3rd**
- **Tuesday, September 17th**
- **Tuesday, October 1st**
- **Tuesday, October 15th**

Grief Support group is lead by Mr. Chris Taylor, Bereavement Coordinator with Avalon Hospice. Anyone welcome.

Your Announcements
If your Senior Center group has any news or announcements you would like to share in the November/December 2019 on-line newsletter edition please provide the information to Darrell before the October 4th deadline.

“Ask yourself what is really important then have the wisdom and courage to build your life around your answer.”

Author unknown

Strang Senior Center ~ 109 Lovell Heights Rd ~ Knoxville, TN 37922
You can register for our activities by calling the Center at 865-670-6693

**September 18th … Beginning Watercolor Class**
Learn the basics of Watercolor in this introductory class starting on Wednesday, September 18th from 9:30 AM—11:30 AM. This introductory class will cover the basics of beginning watercolor every Wednesday for five weeks. You’ll work on a project of your choice; still life or landscape with the guidance and instruction of instructor Nort Horwitz. Class fee is $60 for all five lessons. Fees payable to the instructor. Supply list is available at the Reception Desk. For planning purposes please sign up.

**September 18th … Beginning Drawing Class**
Ever wanted to learn to sketch? Join our beginning drawing class and learn the techniques of drawing. This class is wonderful for discovering the basics of drawing, exploring proportions, light and shadow. You’ll learn line, shape, value and composition, and more. Charcoal and other mediums will be explored. This class starts on Wednesday, September 18th at 9:30 AM. Class fee is $60 for five lessons. Fees payable to the instructor. Supply list available. Please pre-register at the Reception Desk or phone the Center.

**Flu Vaccination Clinic**
Riggs Pharmacy will be hosting a Flu Vaccination Clinic at the Strang Senior Center on the following dates:
- Thursday, September 26th
  9:00 AM—11:00 AM and Monday, October 28th
  1:00 PM –3:00 PM

No appointment necessary. The Senior dose or Trivalent vaccine is available. Be sure to bring your insurance cards for billing purposes.

**“Never say the sky is the limit when there are footprints on the moon”—anonymous**

**Play Rummikub**
Mondays at 1:00 PM and Fridays at 12:00 PM.

**September 19th … Brain Games at the O’Conner Senior Center**
The seventh annual Tennessee Senior Brain Games is a state-wide competition organized by the Tennessee Commission on Aging and Disability. The Jeopardy-style Trivia contest features three rounds of competition; the district level, the sub-state competition, and the State Final Competition. The event brings awareness to the important of keeping the brain active and engaged as we mature. On Thursday, September 19th at 10:00 AM the east Tennessee games begin at the O’Conner Senior Center (611 Winona St., Knoxville, TN 37917). Strang Senior Center will be represented for the first time by our own team! Join us at the O’Conner Senior Center on Thursday, September 19th at 10:00 AM to cheer the Strang team as they assemble to compete!

**September 24th … Beginning French**
Want to learn French? We’ll be having an Introduction to the French Language Class starting Tuesday, September 24th at 1:00 PM. This class will meet for an hour each week and is designed for those who have never taken French before. If you would like to take this free class please contact the Center to preregister or stop by the Reception Desk to sign up.

**October 3rd … Medication Management Presentation**
According to the AHRQ (Agency for Healthcare Research and Quality) Patient Safety Network (PSNet) adverse drug events account for nearly 700,000 ER visits annually and lead to 100,000 hospitalizations each year. Patients facing care transitions may not fully understand new medication modifications or may struggle to manage multiple medications. All you need is a simple system to help you or your loved one manage medications like a pro! If this sounds like you or so someone you know, learn ways to maintain a lifestyle of independence living with Kindred At Home on Thursday, October 3rd at 1:00 PM. For planning purposes please contact the Center to sign up to attend this free and informative presentation.
You can register for our activities by calling the Center at 865-670-6693

**Trivia Time**
Tuesdays 2:30 PM—3:30 PM
It’s fun to participate in Trivia Time and it’s easy to play—just stop in on Tuesday afternoons at 2:30 PM and answer trivia questions. It’s a great way to keep the brain active and engaged while having fun. No need to pre-register to participate.

**Liverpool Rummy**
Wednesdays at 1:00 PM
As fun as Rummy and as challenging as Phase Ten.

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

**September 19th** … *Station Eleven* by Emily St. John Mandel. While civilization is collapsing, a dark story is unfolding for a Hollywood star and a nomadic group of actors roaming the scattered outposts of the Great Lakes Region.

**October 17th** … *Gray Mountain* by John Grisham. A young attorney is displaced from her Manhattan law firm to rural Virginia where small town secrets turn deadly in this legal thriller.

**November 21st** … *Woman in the Window* by A.J. Finn. A must read psychological thriller. A child psychologist with agoraphobia witnesses a horrible crime in her neighborhood which leads to the unexpected.

**December 19th** … Book Club Luncheon at 12:00 PM

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

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

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**Community Outreach Services at Strang Senior Center**

**Social Worker Outreach**
Sara Mary Wallace with CAC Office on Aging will be at Strang Senior Center to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org No appointment necessary to meet with her at Strang Senior Center on the following dates: Friday, September 13th at 9:00 AM and Friday, October 18th at 9:00 AM.

**Veterans Services Outreach**
Knox County Veteran Services Office assists Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office call (865) 215-5645 or meet with them at Strang Senior Center on Thursday, November 14th at 11:00 AM.
You can register for our activities by calling the Center at 865-670-6693

Thursday, October 3rd at 2:30 PM
**Healthcare Decisions, You Have Choices**
A presentation and discussion brought to us by Smoky Mountain Home Health and Hospice.

October 7th at 2:45 PM
**Nutrition & Heart Health**
A presentation by Naturopathic Physician Dr. Glory Ledbetter
Please call the Center to pre-register to attend.

Friday, October 11th At 2:30 PM
**Karns Singers**
We welcome the Karns Singers to the Strang Senior Center for their Sing and Celebrate Musical Presentation.

October 14th … Relief from Shoulder Pain
Experiencing shoulder pain and discomfort with difficulty performing your daily routine or that occasional shoulder ache and pain that impedes you from engaging in activities you enjoy? Join Dr. Lee Easley on Monday, October 14th at 2:45 PM when he will explore ways to find relief from shoulder pain. He will also do a demonstration on the technique of Dry Needling and its therapeutic benefits in helping reduce shoulder pain and discomfort. For planning purposes please contact the Center or stop by the Reception Desk to sign up for this free and informative presentation.

October 18th … Falls Prevention Program
According to the Center for Disease Control and Prevention 2.8 million adults age 65 and older are treated for fall injuries each year and more than 800,000 require hospitalization. One out of five falls causes a serious injury such as broken bones or a head injury. It’s one of the most common forms of accidents requiring hospital or emergency room visits in our community. The risk of falling is a justifiable concern. If you worry about falling and want to remain as independent as possible join Rachel Frazier with the Knox County Health Department at Strang Senior Center on Friday, October 18th from 2:00—4:00 PM for a Falls Prevention Program designed to help inform you on Falls Prevention. Balance Screenings provided courtesy of Benchmark Physical Therapy. For planning purposes please call the Center to pre-register.

Vendors Wanted for Our Holiday Craft Fair in the Lobby
The Holidays will be here soon! It will be the time to look for those special gifts for family and friends. We’ll be having tables in the lobby throughout the months of November and December for our Holiday Craft Fair. If you have crafts and other gift items to sell and would like to rent a table please contact the Center at 865-670-6693 or stop by the Reception Desk for additional information on how to reserve your table. Number of available tables is limited.

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**Beginning Drawing Class**
Wednesday, September 18th At 9:30 AM
Explore proportions, light and shadow, learn line, shape, value, composition, and more. Charcoal and other mediums will be covered. Class fee is $60 for five lessons. Fees payable to the instructor. Supply list available. For planning purposes please pre-register.

**Watercolor Art Class**
Starting Wednesday, September 18th at 9:30 AM
You can learn the beauty of water coloring. No previous experience necessary. A new class starts Wednesday, September 18th at 9:30 AM. Five lessons for $60. Fees payable to the instructor Mr. Nort Horwitz. A supply list is available. It’s easy to pre-register just phone the Center or stop by 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.
October 23rd … Android Workshop
Have you recently upgraded from a flip phone to an Android smartphone? Or have you had an Android Smartphone for a while and only use it for phone calls? If you have an Android smartphone or tablet and are ready to learn the ins and outs of it, as well as how to take advantage of its many organizational tools, the countless number of apps you can add and use, or for even more fun register today for this workshop. This workshop will start on Wednesday, October 23rd and will conclude on Thursday, October 24th from 1:00—3:00 PM. With a total of four hours of instructions over two days! The fee is $35 and is required with pre-registration. The deadline to pre-register is Friday, October 18th. This class is brought to us by Social Media 4 Seniors. You can pre-register at the Reception Desk. Social Media 4 Seniors does provide a full refund if the class is cancelled. Be sure to bring your Android device to class.

October 24th … Facebook Class
Social Media 4 Seniors will be offering a Facebook 101 class at the Center on Thursday, October 24th from 10:00 AM—12:00 PM. Do you want to stay connected to your children and grandchildren? Do you want to see what they are doing every day? Facebook is a wonderful way to keep abreast of the daily lives of those you love. See the pictures they post, share your photos with them, send them messages to let them know you are thinking about them. You will learn how to do all of this, as well as make sure your Facebook account is set up privately and securely. During this two hour workshop you will learn the following: background and beginnings of Facebook, steps to set up Facebook account and create a profile, connect with friends on Facebook, create posts, reply to others on Facebook and more. Seats are limited for this two hour class. Class fee is $20 payable at time of registration. Registration deadline is Monday, October 21st. You can register at the Reception Desk. Social Media 4 Seniors does provide a full refund if the class is cancelled. Be sure to bring your Smartphone, iPhone, or Tablet with you to gain access to the internet.

October 24th … Pumpkin Book Craft
Join Amanda for this creative craft class on Thursday, October 24th at 1:30 PM when she will show us how to make a paper pumpkin from a repurposed paperback book that can be recycled. It’s a great craft for your autumn décor! Student will need to bring a paperback book, cinnamon stick or stick to use as a stem, scissors, and hot glue gun and for the garnish; burlap, raffia, or ribbon. For planning purposes please call the Center to pre-register or stop by the Reception Desk.

October 30th … Newcomers Social
Newly retired or new to the Strang Senior Center, or possibly have a friend or family member you want to introduce to the Center? Join us for our Newcomers Social on Wednesday, October 30th at 11:00 AM. Get to know each other and some of the programs offered at Strang Senior Center and provided by other resources and services in the Knox County area. Light refreshments served.

October 28th … Herbalist: Colds, Flus, and Seasonal Yucks!
Colds, Flus, and Seasonal Yucks! Ways to prevent, treat, and come out on the other side healthier! No need to worry going into “flu season” when Momma Nature has your back. Come learn a few teas, syrups, and other herbal goodies to keep you healthy this Fall and Winter with Ruth Shelton, the Empirical Herbalist. Be sure to mark your calendar. We’ll see you at this free and educational presentation scheduled for Monday, October 28th at 2:45 PM.
You can register for our activities by calling the Center at 865-670-6693

October 31st … Autumn Greeting Cards Class
Learn to make a greeting card to celebrate Halloween and Autumn in this Greeting Card Class taught on Thursday, October 31st at 1:00 PM. Class fee is $3 per card made per student. Therefore, class fee will be determined by how many cards you chose to complete in the class. Student can expect to complete one to four cards. Students need to bring double sided adhesive tape or a glue stick with all other supplies provided by the instructor. For planning purposes please call the Center to sign up for this card crafting class.

Support Operation Gratitude
Operation Gratitude sends 300,000 plus individually addressed Care packages to Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen deployed overseas, to their children left hind and to First Responders, New Recruits, Veterans, Wounded Heroes, and their Care Givers. Each package contains snacks, hygiene products, entertainment, and handmade items, as well as personal letters of support. Operation Gratitude provides civilians a way to say “Thank You” through their donations. From Tuesday, September 3rd through Friday, October 25th you can drop off your donation in the collection box located in the lobby at Strang Senior Center. We also have a Wish List of items in the lobby. Some of the items listed on the Wish List are: all purpose wipes, batteries (AA and/or AAA), Deodorant (Travel Size, non-aerosol), Drink Mix (Individual Serving Packets); Chewing Gum, Lip Balm, Pencils (Mechanical Preferred), playing cards, Powder (Travel Size), Disposable Razors, Sunscreen (Travel Size, non-aerosol), Hand Sanitizer (Travel Size), Handmade items such as knit or crocheted hats and scarves, and written letters and notes of support and gratitude.

The Angel Tree Returns to the Lobby
Last year the Angel Tree in the lobby collected donations and gifts for individuals receiving services from Rise Above Crime a project that serves the Knoxville and Knox County area. Rise Above Crime provides case management, legal advocacy, counseling and support to older adults who are victims overcoming the trauma of physical, sexual or psychological violence; neglect; economic exploitation and fraud. Because of your donations you helped ensure that some of the most vulnerable of our population knew they were thought of and cared for during the holiday season. This year, the Angel Tree returns to the lobby at Strang Senior Center and we’ll be working with the Office on Aging for those seniors in need this season. The Angel Tree will be in the lobby on Monday, October 28th until Friday, December 6th. Feel free to visit and take a name from the Angel Tree. The name you take will have a brief description of items that individual would like to have for the holidays. You can return your unwrapped item(s) with gift receipt in a gift bag to the Center and place it beneath the Angel Tree. Be sure to attach Angel Tree Name Tag to the item so we’ll know who its for. Your donation will be most welcome. You can make a difference.

Tech at Strang
Some of you may have noticed the TV in the lobby at Strang Senior Center within the past few weeks. Thanks to Lisa Cooper, Assistant at the Senior Center, it’s now streaming information on the many programs at the Senior Center along with photos and videos—including Knox County Mayor Glenn Jacob’s Weekly Update. There’s also photos and news of renovations at the building the Center will be moving to in a few months. Next time you visit the Center be sure to catch the information on the lobby TV for updates, programs, fun trivia, videos, and more.
Knox County Senior Services Senior Walk
Tuesday, September 17th at 9:00 AM
World’s Fair Park

Join us at World’s Fair Park (1060 World’s Fair Park Dr., Knoxville, TN 37916) for the walking group’s monthly walk. The group will meet at 9:00 AM at the fountain on the World’s Fair Park festival lawn. There are paved walkways throughout the park that connect to the Second Creek Greenway, which carves a route down to the riverfront. What a way to jump start your day! Then, after our walk, we will visit the 4th level of the Sunsphere where the Observation Deck is located. It offers a 360-degree view of the original 1982 World’s Fair site, downtown Knoxville, The Tennessee River, the University of Tennessee, and the Smoky Mountains. A box lunch will be provided by Linda Ramsey-Staffen with Core Insurance Advisors. Don’t forget the sunscreen and bring a bottle of water for hydration! For planning purposes please RSVP. You can RSVP by leaving a voice message at 865-215-5290 or you can email Carole Conaway at Carole.Conaway@knoxcounty.org. Free parking is available at Fort Kid (1049 Worlds Fair Park Dr.) or the North lot near the Foundry.
Medicare Open Enrollment

Medicare Open Enrollment is from October 15th to December 7, 2019. We’re having a variety of providers at Strang Senior Center to help you answer your questions and review information you need to make the decisions you need to make regarding your Medicare Coverage.

**September 25th** … Core Insurance Advisors will be the Strang Senior Center on Wednesday, September 25th at 10:30 AM to help you review your options and answer your questions regarding this year’s Medicare Open Enrollment.

**October 2nd** … Please join Wendy Barrett, an experienced Insurance Advisor who focuses on Medicare education outreach from the Senior Financial Group. Wendy will review what you need to be knowledgeable of as we enter the Medicare Annual Enrollment period. She will discuss what to expect, changes you can make, and things to consider along with addressing general questions you may have as you prepare for the upcoming year. For planning purposes please call the Center to pre-register for this presentation offered on Wednesday, October 2nd at 10:30 AM.

**October 9th** … Seminar presentation to discuss Humana 2020 Humana Gold Plus plans and the benefits that are available to you next year. Q & A session to follow in this presentation offered on Wednesday, October 9th at 10:30 AM. Presented by Nace Coker, Humana Sales Agent.

**October 16th** … Physicians Mutual for Medicare 101 Parts A, B, C, & D
Physicians Mutual will discuss and educate you on: Making the most of your rights, options and entitlements; How and when to enroll in Medicare; what Medicare does and doesn’t cover; Medicare Advantage and Medicare Supplement Insurance; and much more! This presentation is brought to us on Wednesday, October 16th at 10:30 AM.

**October 23rd** … Snack and Learn about Cigna’s exciting 2020 Medicare Advantage Benefits at 10:30 AM on Wednesday, October 23rd.

**October 30th** … Core Insurance Advisors will be at Strang Senior Center on Wednesday, October 30th at 10:30 AM to help you review your options and answer your questions regarding this year’s Medicare Open Enrollment.

**November 6th** … Cigna with Franklin “Andy” Williams Snack and Learn about Cigna’s exciting 2020 Medicare Advantage Benefits at 10:30 AM on Wednesday, November 6th.

**November 8th** … Medicare Open Enrollment runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plan, especially when it comes to Part D Prescription Drug Plans. It is important to review your Part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you’re taking can affect if a plan is right for you. Sara Mary N. Wallace, a SHIP certified Medicare Counselor at Senior Information & Referral, will have a limited number of appointments available at the Strang Senior Center on Friday, November 8, 2019 from 8:30 AM—4:00 PM. If you would like assistance in reviewing your 2020 Medicare Part D options, please call her at 865-546-6262 to schedule an appointment. If you are unable to schedule an appointment with Sara Mary but would like free, unbiased assistance reviewing 2020 Medicare plans, you can also contact AMOS (Affordable Medical Options for Seniors) at 865-524-2786—or SHIP (State Health Insurance Assistance Program) at 1-877-801-0044.

Medicare Open Enrollment Information continued on next page …..
Medicare Open Enrollment

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**November 13th** … Seminar presentation to discuss Humana 2020 Humana Gold Plus plans and the benefits that are available to you next year. Q & A session to follow this presentation scheduled for Wednesday, November 13th at 10:30 AM. Presented by Nace Coker, Humana Sales Agent.

**November 20th** … Physicians Mutual at 10:30 AM for Medicare 101 Parts A, B, C, & D
Physicians Mutual will discuss and educate you on: Making the most of your rights, options and entitlements; How and when to enroll in Medicare; what Medicare does and doesn’t cover; Medicare Advantage and Medicare Supplement Insurance; and much more!

**November 27th** … Core Insurance Advisors will be at Strang Senior Center on Wednesday, November 27th at 10:30 AM to help you review your options and answer your questions regarding this year’s Medicare Open Enrollment.

**December 4th** … 10:30 AM Please join Wendy Barrett, an experienced Insurance Advisor who focuses on Medicare education outreach from the Senior Financial group. Wendy will review what you need to be aware of as we approach the final day of Medicare Annual Enrollment period. She will discuss what to expect, changes you can make, and things to consider along with addressing general questions you may have as you prepare for the upcoming year. For planning purposes please call the Center to pre-register for this presentation offered on Wednesday, December 4th at 10:30 AM.

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**2019 ANNUAL ENROLLMENT PERIOD DATES**

Dates and deadlines you need to know

- **OCT. 15, 2018**
  - Annual Enrollment Period Begins
  - This is the first day you can enroll for 2019 health coverage.

- **DEC. 7, 2018**
  - Annual Enrollment Period Ends
  - This is the last day you can enroll for 2019 health coverage.

- **JAN. 1, 2019**
  - First Date Coverage Can Start
  - Even if you enroll in December 2018, your new Medicare plan won’t go into effect until Jan. 1, 2019.
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<td>9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&amp;F, Bridge) 12:30 Yang Style Tai Chi* 2:00 Intermediate Line Dance* 2:30 Trivia Time</td>
<td>8:45 Adv. Cardio* 9:00 Crafting Social 9:30 Watercolor Class* 10:00 Cardio* 11:30 SAIL Exercise* 12:30 Mah Jong* 1:00 Beginning Line Dance* 1:00 Liverpool Rummy 2:00 Line Dance Improvers*</td>
<td>8:45 Adv. Cardio* 9:00 Crafting Social 9:30 Watercolor Class* 10:00 Cardio* 11:30 SAIL Exercise* 12:30 Mah Jong* 1:00 Beginning Line Dance* 1:00 Liverpool Rummy 2:00 Line Dance Improvers*</td>
<td>8:45 Adv. Cardio* 9:30 Party Bridge 10:00 Cardio* 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Midday Bridge 2:30 Dream Concert</td>
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<td>8:45 Adv. Cardi* 9:30 Bridge 10:00 Cribbage 10:00 Scrabble 10:00 Tone/Balance* 10:00 Watercolor Group 11:15 Feldenkrais* 1:00 Mex. Train Dominos 1:00 Rummikub 1:00 Conversational Spanish* 1:30 SAIL Exercise*</td>
<td>8:45 Tai Chi 1* (New Class) 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:15 Pilates* 12:30 Cards (Canasta, H&amp;F, Bridge) 12:30 Yang Style Tai Chi* 2:00 Intermediate Line Dance* 2:30 Trivia Time</td>
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<td>8:45 Tai Chi 1* 9:45 Tai Chi 2* 10:00 Duplicate Bridge 10:00 Mixed Media Art Group 12:30 Ashtanga Yoga* 1:00 Greeting Card Craft Class* 2:00 Feldenkrais*</td>
<td>8:45 Adv. Cardio* 9:00 Social Worker Outreach 9:00 Toe Nail Trimming* 9:30 Party Bridge 10:00 Cardio* 10:00 Mah Jongg Class (1) 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Midday Bridge</td>
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<td>8:45 Adv. Cardio* 9:30 Bridge 10:00 Cribbage 10:00 Scrabble 10:00 Tone/Balance* 10:00 Watercolor Group 11:15 Feldenkrais* 1:00 Mex. Train Dominos 1:00 Rummikub 1:00 Conversational Spanish* 1:30 SAIL Exercise*</td>
<td>8:45 Tai Chi 1* 9:30 Inter. Bridge 9:45 Tai Chi 2* 9:45 Grief Presentation 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&amp;F, Bridge) 12:30 Yang Style Tai Chi* 1:00 Red Hatters 2:00 Intermediate Line Dance* 2:30 Trivia Time</td>
<td>8:45 Adv. Cardio* 9:00 Crafting Social 9:00 Beginning Spanish (Start) 9:30 Watercolor &amp; Drawing Class (New Classes Start)* 10:00 Cardio* 11:30 SAIL Exercise* 12:30 Mah Jong* 1:00 Beginning Line Dance* 1:00 Liverpool Rummy 2:00 Line Dance Improvers*</td>
<td>Brain Games at O’Connor</td>
<td>8:45 Adv. Cardio* 9:00 Beginning Spanish* 9:30 Party Bridge 10:00 Cardio* 10:00 Mah Jongg Class (2) 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Midday Bridge</td>
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<td>8:45 Tai Chi 1* 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:15 Pilates* 1:00 Introduction to French 12:30 Cards (Canasta, H&amp;F, Bridge) 12:30 Yang Style Tai Chi* 2:00 Intermediate Line Dance Class* 2:30 Trivia Time</td>
<td>8:45 Adv. Cardio* 9:00 Crafting Social 9:00 Beginning Spanish* 9:30 Watercolor &amp; Drawing* 10:00 Cardio* 10:30 Medicare Open Enrollment (Core Insurance) 11:30 SAIL Exercise* 12:00 Birthday Social Lobby (Core Insurance Advisors) 12:30 Mah Jongg 2:00 Line Dance Improvers*</td>
<td>8:45 Tai Chi 1* 9:00 Flu Vaccine Clinic 9:45 Tai Chi 2* 10:00 Duplicate Bridge 10:00 Mixed Media Art Group 12:30 Ashtanga Yoga* 2:00 Feldenkrais*</td>
<td>8:45 Adv. Cardio* 9:00 Beginning Spanish* 9:30 Party Bridge 10:00 Cardio* 10:00 Mah Jongg Class (3) 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Midday Bridge</td>
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**September 6th**

At 2:30 PM

**Dream Concert With the Golden Tones** (formerly known as the Strang Singers)

Please RSVP if you plan to attend.

**September 17th**

At 9:30 AM

**Grief and Grieving Presentation with Mr. Chris Taylor**

Exploring myths of Grieving and the new normal following the death of a loved one.

**September 18th**

At 9:00 AM

**Beginning Spanish**

For those who want to learn Basic Spanish for Beginners. Brought to us by the University of Tennessee.

**September 24th**

At 1:00 PM

**Introduction to the French Language**

For those who have no experience with the French language. It’s French 101 just for you!
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Activities</th>
<th>Afternoon Activities</th>
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<tbody>
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<td>Mon (7:30-4:00)</td>
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<td>Fri (7:30-4:00)</td>
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### Falls Prevention Program
Friday, October 18th at 2:00 PM with Rachel Fraizer, Knox County Health Department.

Balance Screenings by Rachel Frazier, Knox County Health Department.

Program Therapy.

### Medicare Open Enrollment starts
October 15th and ends December 7th
There’s a variety of insurance and education providers at Strang during the next couple of months with information on Medicare.
Tell me about some resources I didn’t know about … Is there any help for Home Repairs?
Did you know Habitat for Humanity offers an Aging in Place Program (AIP) to complete critical home repairs necessary to enable seniors to stay in their homes? They are currently focusing on roof and HVAC repairs. If you know a senior who: 1) owns and lives in their home full time; 2) does not own any other property; 3) is 60 + or someone else age 60+ lives in the home full time; 4) home is located in Knox County; 5) property taxes are current; 6) mortgage is current (or no mortgage) and no liens on the home; 7) falls within program’s income requirements (1-person household: $29,400/yr. / 2+ person household: $33,600/yr.), and is in need of one of these repairs, have them call Sara Mary at the Senior Information & Referral office (865) 546-6262 and we can complete a referral for this program. Final eligible will then be determined by the AIP Program.

Interesting! What else don’t I know about? Anything for Dental Care?
Yes, there is! The long standing Office on Aging’s Gift of Sight, Hearing and Dentures (GOSH-D) program has been helping Knox County residents get eyeglasses, hearing aids, and dentures for years. It is now working with the new Smile On 60+ program to help even more seniors get the dental services they need. To be eligible for Smile On 60+ an individual must: 1) be 60 years or older; 2) be a Tennessee resident; 3) have NO dental insurance; and 4) meet the program’s income guidelines (1-person household: $24,280/yr. / 2-person household: $32,920/yr.). Smile on 60+ offers a full range of dental services at a cost of $25/visit. Period! Dentures, partials, x-rays, fillings, cleanings …. every service is $25/visit. If you don’t meet the criteria for Smile On 60+, but still need dental assistance call the GOSH-D program! GOSH-D works with a number of funding sources/dental clinics and will try to pair those not eligible for Smile On 60+ with other dental assistance. GOSH-D is run by Senior Information & Referral, so call us at (865) 546-6262 to find out more.

All these great programs! Is there any little-known, awesome program that could maybe use my help?
Absolutely! Have you ever heard of the Connecting Hearts program? Connecting Hearts beings Knox County Mobile Meals recipients who have limited social interaction (no nearby family/friends) together with background checked volunteers. Volunteers commit to visit with the senior for 1 hour each week, for a minimum of 6 months. The day and time is set by the volunteer and the senior. If the volunteer notices the senior could use extra food in the home, Connecting Hearts can also provide groceries for the volunteer to take to the individual when they visit. There are many Mobile Meals clients who could greatly benefit from a friendly weekly visitor! If you are interested in volunteering, please contact Marsha Reep at (865) 524-2786. For many additional volunteer opportunities in Knox County call the Retired and Senior Volunteer Program (RSVP) at (865) 524-2786 and they will pair your interests, skills and time with a non-profit that is looking for your help!

Sara Mary is a Licensed Master Social Worker, SHIP Certified Medicare counselor and works for Senior Information & Referral (SIR) - a free service from the Office on Aging. If you need something, are looking for a resource or just have questions and don’t know where to find the answer, SIR is here to help. Call SIR (865) 546-6262, Monday—Friday 8:00 AM—4:30 PM, and a Certified Information & Referral Specialist will be happy to assist you. You can also meet with Sara Mary at the Knox County Senior Centers (Carter, Corryton, Halls, Karns, South Knox, and Strang).
Exercise Classes at Frank R. Strang Senior Center
109 Lovell Heights Rd., Knoxville, TN 37922

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

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

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

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

**Beginning Line Dance**  Wednesday 1:00—2:00 PM  
Class fee: $4.00 per class attended  
The beginning Line Dance class will start on Wednesday, July 10th. This class will last for twelve weeks. It will conclude on Wednesday, September 25th. This is for beginners. Learn the basic steps. No partner is necessary. Also a great class for improving balance and coordination while learning to dance. This class is sixty minutes long. Class instructor is Diane Hensley.

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

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

**Pilates for Seniors**  Tuesdays & Fridays  11:15 AM -12:15 PM  
Class Fee: $3.00 per class attended  
Carol Norris leads this popular class. Designed with emphasis on the core, it builds strength, helps with balance and overall muscle toning. Participants can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant BodyWORKS.
Exercise Classes at Frank R. Strang Senior Center

SAIL (Stay Active & Independent for Life) Exercise Class
Mondays 1:30 PM & Wednesdays 11:30 AM  Class fee: $2.00 per each class attended.
Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. All classes are open-ended (join at any time) and offered under the guidance of the Knox County Health Department. Class instructor is Kat Eldridge. Class is approximately 60 minutes long.

Tai Chi 1 Beginners (Start Dates Quarterly) Tuesdays & Thursdays 8:45—9:45 AM  Class fee: $2.00 Class
Our longest running class, the Tennessee Branch of Taoist Tai Chi Society of the USA provides certified instructors for this class. Beginners need to start at the beginning of the cycle. Classes usually begin on quarterly basis. A new class starts Tuesday, September 10, 2019. Those interested are encouraged to start when a new class begins. Class is approximately 60 minutes long. Additional information is available at www.Taoist.org

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

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

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

Ashtanga Vinyasa Yoga
Thursdays at 12:30 PM  Class Fee: $5.00 per class attended
This method of yoga involves synchronizing the breath with a progressive series of postures. Students can join any time. Class instructor is Kit Hoffman Dittner. Wear comfortable clothing and bring a mat for floor work. Class is 60 minutes long. Participants can start at any time.

“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.” ~ Wilhelm Von Humboldt.
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