March 4th ... Texas Hold ‘em Poker
Want to play Texas Hold ‘em Poker or learn how to play? Join us on Wednesday, March 4th at 9:30 AM — 12:30 PM. We’re planning on getting a Texas Hold ‘em Poker group going. No need to pre-register.

March 5th ... Rook Players!
Do you play Rook? We’re hoping to get a Rook group going on Thursdays from 12:00 PM — 3:30 PM starting Thursday, March 5th. If you play Rook or would like to learn to play feel free to stop in and join in a game of Rook.

March 5th ... Craft Class: T-Shirt
Learn the basic skills and techniques to create your own personalized t-shirt in this Craft Class starting Thursday, March 5th at 1:00 PM — 3:30 PM. Students need to provide a 50/50 (cotton/polyester blend) t-shirt. Instructor to provide other materials. Class fee is $10.00. For planning and scheduling purposes please call the Center to pre-register.

March 9th ... Long Term Care Planning
The right long-term care plan can help safeguard your family, your savings, your retirement, and your peace of mind. Join us on Monday, March 9th at 11:00 AM to hear Eugene (Buster) Jenny, CLTC, a 30 year veteran in Long-term care, speak in easy-to-understand language about the latest information on this type of care, including; what’s covered and not covered by government programs, how much long-term care services cost in the Knoxville area in 2019, where long-term care is being delivered (it’s probably not where you think), and much more. By the end of this 40 minutes session you’ll have a chance to ask questions during the Q&A session and you’ll have gained valuable knowledge that can help you prepare for the future. For planning and scheduling purposes please call the Center to pre-register.

March 10th ... Scarf Knitters
Join us on Tuesday, March 10th at 1:00 PM for our Scarf Knitters Meeting. The Scarf Knitters are hoping to knit scarves for Operation Gratitude. We participated in Operation Gratitude last year in gathering gifts for our men and women in uniform whether it’s law enforcement or military. Some of those that participated last year want to knit scarves for Operation Gratitude. If you’re interested in participating please feel free to visit on Tuesday, March 10th at 1:00 PM.
Meet the Physical Therapist
Dr. Lee Easley, DPT., with Knox Physical Therapy will be at West Knox County Senior Center to meet with individuals one-on-one to address questions and concerns. He will be offering free assessments. To schedule your free consultation please call the Center to pre-register. Appointments are limited to the following days:

- **Thursday, March 5th**
  starting at 9:00 AM,
- **Thursday, March 19th**
  starting at 9:00 AM,
- **Thursday, April 2nd**
  starting at 9:00 AM,
- **Thursday, April 16th**
  Starting at 9:00 AM

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

- **Friday, March 13th**
  starting at 9:00 AM,
- **Friday, April 17th**
  starting at 9:00 AM.

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

March 12th … Special Medicare Seminar
On Thursday, March 12th at 1:30 PM Jim Sikes will be presenting a Medicare Open Enrollment presentation to discuss your eligibility to still change your Medicare plan for the 2020 benefit year. Mr. Sikes is a licensed/certified Medicare Specialist who can assist you with multiple carriers, most notably Humana and Blue Cross Blue Shield. It is not necessary to make an appointment. Mr. Sikes is also a resident of Farragut so he will be happy to schedule a one-on-one meeting with you at your convenience. You can reach him at 865-566-8502.

March 16th … Being At Home
Janet Neely moved to our community from Nashville in 1982 for her first Occupational Therapy job. As she got older, she realized there are other places and ways she could help make her community a stronger and more inclusive place. After working in urban and rural homes of all types (as well as in clinical and academic settings) she realized she could do much more for her community. “I have been fortunate to have been welcomed into homes to ‘brainstorm’ and solve problems related to life and ability changes,” Janet says. Her philosophy is ‘less is best’ and there is usually a remedy for most problems. Her focus has always been to help improve the independence, safety, community mobility and participation, and accessibility of people with a variety of physical and cognitive abilities.

Stop by the West Knox County Senior Center on Monday, March 16th at 2:45 PM to meet Janet Neely as she talks about planning to remain at home.

March 17th … Red Haired Mary on St. Patrick’s Day!
You’ll enjoy the musical performance of Red-Haired Mary on St. Patrick’s Day. Visit with us on Tuesday, March 17th at 10:30 AM at the Farragut Community Center (upstairs from the Senior Center) for this free musical performance. Can’t wait to see you. Erin go bragh! For planning purposes please call 865-288-7805 to pre-register if you plan on attending or you can register online at www.eventbrite.com/93587748475.

Your Announcements
If your Senior Center group has any news or announcements you would like to share in the May/June 2020 on-line newsletter edition please provide the information to Darrell before the April 3rd.

Grief Support Group
The Grief Support group at the Senior Center will meet on the following dates from 11:00 AM—12:00 PM:
- **Tuesday, March 3rd.**
- **Tuesday, March 17th.**
- **Tuesday, April 7th.**
- **Tuesday, April 21st.**

Grief Support group is sponsored by Avalon Hospice. Anyone welcome.
March 17th … St. Patrick’s Day Treats in the Lobby
Stop in on Tuesday, March 17th for some St. Patrick’s Day treats in the lobby starting at 12:00 PM. Wear your most festive green t-shirt, shirt, or blouse. We’ll be having a Most-Festive-In-Green competition. Vote for your favorite entrant. Win a prize from the Leprechaun’s treasure stash! The Most-Festive-In-Green participant will be announced on Friday, March 20th.

March 17th … Meet the Author
Stop in on Tuesday, March 17th at 10:30 AM and meet Ron Pressley and Nancy Holder. They have co-authored Blood Brothers: A Family Divided. It’s the story of a young Irish immigrant and how the American Civil War eventually rips into the fabric of his family. Come visit with the authors as they talk about their book. Your questions most welcome. For planning purposes please call the Center to pre-register if you plan on attending.

Brain Teasers
Keeping your brain active is very important at any stage of life. By solving brain games and puzzles you’re giving your brain a workout. Exercising the mind can be fun and easy to do thanks to quick games, tasks, and activities that can be enjoyed anywhere and by anyone. Join us on the following dates for Brain Teasers:
- Thursday, March 5th at 11:00 AM;
- Thursday, March 19th at 11:00 AM;
- Thursday, April 2nd at 11:00 AM;
- Thursday, April 16th at 11:00 AM.

Crafting Social Wednesdays
Enjoy Crafting? Looking for some inspiration to complete a project or looking for a new project to start? Want to share your ideas with others or learn a new craft? Join our Crafting Social on Wednesdays at 1:00 PM starting Wednesday, March 4th at 1:00—3:30 PM.

Table Tennis Fridays
The Table Tennis table is set up on Fridays and is available to play from 8:00 AM—3:30 PM. Feel free to stop in and play a game.

Activity Calendar Changes
When you look at our March and April 2020 Activity Calendars you’ll notice the look has changed. The top row on the Calendar now shows all of our consistent weekly and on-going activities. The remainder of the calendar shows activities that are one-time or specialty programs, or limited-time classes. We had to make these changes to ensure that all of our activities fit on the Calendar! Please take a few minutes to look over and familiarize yourself with the new format of the Activity Calendars. Don’t hesitate to ask any of our staff or volunteers if you have any questions. We’ll be happy to answer your questions.

Signing-In and Signing-Out
You patience and flexibility has been most appreciated during our move to the new building. Those of you that moved with us from the previous location will notice there are some differences in the way that we are doing things at the West Knox County Senior Center. One of the changes is that every participant at the Center is now required to sign in at the Reception Desk upon their arrival. They are also required to sign-out at the front desk when they leave. In case of an emergency, our staff is responsible for the safety of all people in the building. If we have to evacuate the building, for instance in the event of a fire drill or an actual emergency, the staff has to account for every individual that has signed in that day. Therefore, it is extremely important that you sign yourself in as well as sign yourself out when you leave the building. We appreciate your understanding and cooperation with the new procedure.
March 18 ... Health Care Fraud 101
Join us on Wednesday, March 18th at 1:30 PM. This session will provide a fascinating look at the growing problem of health care fraud, and how the schemes are detected and reported. Retired federal investigator Jennifer Trussell will cover common schemes impacting Medicare, Medicaid, and private health insurance programs on a national basis. Significant cases, including recent health care fraud take-downs will be discussed. Specialty areas will also be highlighted—including criminal enterprises, medical identity theft, and patient harm. Detailed information will be provided regarding ways that individuals can prevent and avoid being victims of health care fraud schemes. For planning purposes please call the Center or stop by the Reception Desk to pre-register to attend.

March 18th ... Nutrition and Diabetes
Join us for an afternoon of refreshments and conversation as Molly and Dustin present on Type II Diabetes. Dustin is the head of the dietary at NHC Cavette Hill and will speak on how to use your diet to manage or prevent symptoms. For planning purposes please call the Center or stop by the Reception Desk to sign up for this free presentation offered on Wednesday, March 18th at 11:30 AM.

March 19th ... Total Body Wellness using Essential Oils
Essential oils are a step towards a healthy lifestyle for you and your home. Join Richard and Deborah Molsbee on Thursday, March 19th at 1:30 PM as they share how using essential oils can help with body wellness and good health. For planning purposes please call the Center or stop by the Reception Desk to pre-register for this free educational program.

March 20th ... Mah Jongg Class
Mah Jongg lessons start on Friday, March 20th at 10:00 AM. This class will meet every Friday for six weeks. Learn more about this exciting tile game that is based on the ancient Chinese game that has been played for hundreds of years. It’s a game involving skill, a certain degree of chance, and is fun to play! Lessons are free. This is for beginners only. Seating is limited to eight students. Please call the Center or stop by the Reception Desk to sign up to participate.

April 6th ... Mighty Musical Monday
Enjoy Freddie Brabson’s performance on the Mighty Wurlitzer organ and special guest, vocalist Mark Fox. We will meet at the Center at 10:45 AM and return at 1:30 PM. Brown bag lunches consisting of a sandwich, chips, and a dessert may be purchased in the theater’s lobby while supplies last. Soft drinks, bottled water, popcorn and candy will also be available for purchase. Space is limited so please sign up early at the Reception Desk. Transportation courtesy of CAC.

Note of Change For Conversation Spanish with Roxanne
Please note a change in the Conversational Spanish class. The class will meet on Mondays at 11:00 AM instead of 1:00 PM starting Monday, March 2nd. Class fee is $15 per person payable to the instructor, Roxanne Correa.

Zoo Knoxville Meet & Greet
Have a Wildly Funny time as part of the team at Zoo Knoxville. Currently Zoo Knoxville is hiring for a variety of seasonal guest experience positions. If you are a people person looking for a unique and rewarding part-time job please visit their website at zooknoxville.org and select Jobs at the bottom to learn more. Some available positions include concierge, retail shop sales, and general guests experience associates for front gate, rides and attractions and team drivers. Mr. Mike Zieminick from Zoo Knoxville will be visiting West Knox County Senior Center on the following days:

Monday, March 16th at 11:00 AM and Thursday, April 9th at 8:15 AM

“ You can’t turn back the clock. But you can wind it up again.”
Bonne Prudden
Play Pickleball!
Our Pickleball Open House in February was a smashing success. Stop by the Senior Center on Tuesdays and Thursdays from 12:00 — 3:30 PM for Pickleball in the Gymnasium. Beginners time 12:00—12:30 PM.

March 23rd … Presentation: To Stretch or Not to Stretch - That is the Question
Join us on Monday, March 23rd at 2:45 PM-3:45 PM when Graeme Keys, Physical Therapist and Clinical Director from East Tennessee Spine and Sport discusses stretching—the do’s and don’ts, the myths and realities of appropriate stretching before and after exercising. Learn how to incorporate effective and appropriate stretching into your daily routine. For planning purposes please call the Center or stop by the Reception Desk to sign up for this informative and free presentation.

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

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

April 16th … The Dress Maker by Kate Alcott. Tess, a young seamstress bound for America, must examine serious questions and self doubts following her survival aboard the ill fated maiden voyage of RMS Titanic.

Community Outreach Services at West Knox County Senior Center

Social Worker Outreach
Sara Mary Wallace with CAC Office on Aging will be at the West Knox County Senior Center to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org No appointment necessary to meet with her at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: Monday, March 9th and Monday, April 13th.

Veterans Services Outreach
Knox County Veteran Services Office assists Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office call (865) 215-5645 or meet with them at the Center on Thursday, May 21st at 11:00 AM.
**Fitness Room is Open!**

Have cabin fever? Getting ready for a healthy and active Spring? The Fitness Room is open Monday through Friday 7:30 AM—3:45 PM. Include our Fitness Room in your plans! The Senior Center’s fitness room includes: three treadmills, two recumbent bikes, a recumbent stepper, cross trainer, weight machine, and some free weights.

**March 30th … Nutrition and Blood Pressure**

What are the main causes of high blood pressure? What role does sodium play? Dr. Glory Ledbetter, ND., invites you to attend this free educational session on Monday, March 30th at 2:45 –3:45 PM. Dr. Ledbetter will discuss blood pressure, heart disease, and some natural safe options to impact your heart health for the better. For planning purposes please call the Center or stop by the Reception Desk to sign up for this educational presentation.

**April 2nd … Craft Class: Easter and Spring Greeting Cards**

Create your own Easter or Spring Greeting Cards to send to family or friends in this class offered on Thursday, April 2nd at 1:30 –3:30 PM. Students will need to bring a glue stick. The instructor will provide all other materials. Class fee is $3 for each card you make. For planning purposes please call the Center or stop by the Reception Desk to sign up.

**April 6th … Creative Writing Class**

Everyone has a story to tell, is it time you told yours? Join Mr. Chris Cawood for Creative Writing starting Monday, April 6th at 1:00 PM. This four session class will cover such topics as setting, plot, dialog, and character development. Learn the basics of writing whether you're interested in writing a novel, a short story, or a memoir. Mr. Cawood, a retired attorney and author of ten fiction and non-fiction books, will explore with you the basic tools to get you started. Class fee is $35 payable to the instructor. For planning purposes please call the Center to pre-register to attend.

“**No winter lasts forever; no spring skips its turn.**”

Hal Borland
April 6th … Relief from Shoulder Pain
Experiencing shoulder pain? Discomfort with difficulty performing your daily routine? Occasional shoulder ache and pain that impedes you from engaging in activities you enjoy? Join Dr. Lee Easley on Monday, April 6th at 2:45 PM when he will explain ways to find relief from shoulder pain. He will also do a demonstration on the technique of Dry Needling and its therapeutic benefits in helping reduce shoulder pain and discomfort. For planning purposes please contact the Center or stop by the Reception Desk to sign up for this free and informative presentation.

April 9th … Craft Class: Memory Charm & Necklace Class
Remember someone special whether it be a parent, grandchild, friend, or pet in this Memory Charm and necklace class taught on Thursday, April 9th at 1:00 PM. Class fee is $10 per charm created. Fees payable to the instructor. Students need to provide a digital photo to incorporate in the Memory Charm. All other supplies provided by the instructor.

April 9th … Toxic Free Living using Essential Oils
Essential oils are a step towards a healthy lifestyle for you and your home. Join Richard and Deborah Molsbee on Thursday, April 9th at 1:30 PM when they will share how to swap out toxic chemicals in your home and use essential oil products that are effective and generally less expensive. For planning purposes please call the Center or stop by the Reception Desk to pre-register for this free educational class.

April 13th … Thomas Jefferson Presentation
Monday, April 13th is the birthday of Thomas Jefferson, third President of the United States. Join Mr. John Harding Peach author of *Thomas Jefferson: Roots of Religious Freedom* at 1:30 PM when he will provide a presentation on Thomas Jefferson. For planning purposes please call 865-288-7805 to sign-up for this educational and informative program.

April 14th … Vikings and Their Impact on History
Mr. Ron Jones will be visiting the Center on Tuesday, April 14th at 10:30 AM to provide a presentation on the Viking origins, culture (language, society, and religion), system of laws, travels as plunderers and traders, settlements, and influence on the inhabitants of the areas where they settled, and finally their legacy and contribution to history. For planning and scheduling purposes please call the Center or stop by the Reception Desk to pre-register for this free educational class.

April 20th … Open House
Stop by the West Knox County Senior Center on Monday, April 20th when we have our Open House from 1:30—3:30 PM. We’ll have a variety of vendors with information on health care and senior oriented services in our community. It’ll also be an opportunity to visit the Center and learn more about many of the programs and classes we offer. We look forward to seeing you.

April 21st … Meet the Author
Visit with Sheree Ann Martines on Tuesday, April 21st at 10:30 AM when she will talk about her book *Rude Awakening*. Based on a true crime story in Knoxville. Martines writes, ‘The reporters said it was a sexy story—church, money, greed, adultery, blood, and defenseless child with profound disabilities, and a good man who never saw it coming….’ Please call the Center or stop by the Reception Desk to pre-register to attend Meet the Author.

April 23rd … AARP Safe Driving Class
We will be having an AARP Smart Driver Class at West Knox County Senior Center Thursday, April 23rd and Friday, April 24th at 11:00 AM. This class will meet for four hours each day. The class will conclude on Friday, February 28th. Class fee is $15 if you’re an AARP member or $20 if you are not an AARP member. Class fees are payable directly to the instructor. The Smart Driver class explore effective safe-driving practices, skills, and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Pre-registration is required. Please call the Center to sign up to attend this class. Many individuals who attend get a discount on their auto insurance for successfully completing the Smart Driving class. Consult with your Auto Insurance Provider to determine if you, too, are eligible for a discount with completion of the AARP Smart Driver class.
April 27th … Home Fit
Whether you live alone or with others, change can pose unexpected problems. Change impacts friends family, neighbors, pets etc… After many years in urban and rural home of all types, Janet Neely, COTA/L., Certified Aging in Place Specialist, knows she can help create safe and functional spaces for a variety of people in a variety of settings. Throughout her career she has helped improve the independence, functional abilities, community mobility and participation of people of a variety abilities. Attend the presentation on Monday, April 27th at 2:45 PM when Janet Neely talks about steps we can take, things we need to consider, and plans we need to make to age safely at home.

April 30th … The Addictive Nature of Sugar and Junk Food
Thursday, April 30th at 1:30 PM—The physiological and logical addictive nature of sugar and junk food. Define what is included in the terms, “Sugar and Junk Food; Hidden sources of sugar, US sugar consultation statistics and the associated impacts, sugar withdraw symptoms. Why is it so hard to stop consuming sugar and what are the hidden additive triggers. The benefits of reducing sugar intake and maintaining a healthy lifestyle, Q&A with Andy Houck. Call the Center to pre-register.

Sneak Peek Things To Come in May!

May 4th … Mayor Glenn Jacobs Budget Meet and Greet Potluck
Mark your calendar and Join us on Monday, May 4th at 11:30 AM for Mayor Glenn Jacob’s Budget Meet and Greet Potluck Luncheon. We’ll be having pulled pork sandwiches courtesy of Core Insurance Advisors. Bring a covered dish, join us, and visit with Mayor Jacobs. For planning purposes please call the 865-288-7805 if you plan on attending and let us know what covered dish you’ll be bringing.

May 15th .. Medical Equipment Fraud: A Growing Problem
Join Jennifer Trussell, a retired federal investigator, for a look at one of the top fraud trends in health care—medical equipment fraud. Often known as Durable Medical Equipment (DME) - this session will cover a broad scope of schemes including diabetic testing strips, knee and back braces, wheelchairs, and CPAP machines. It will cover the use of sophisticated data analytics and law enforcement field intelligence to rapidly identify and respond to fraud schemes. Significant cases will be discussed, and attendees will learn how to prevent and report suspected fraud. For planning purposes please call the Center or stop by the Reception Desk to pre-register for this free presentation offered on Friday, May 15th at 11:00 AM.
Tech Classes

March 19th … Windows 10 Class
Have you recently upgraded to Windows 10? It may look foreign to you compared to the Windows you were using. This class will walk you through the entire layout of Windows 10 and answer any questions you may have during this two (2) hour workshop offered on Thursday, March 19th starting at 12:30 PM. Some of what this class will cover will be: understanding Windows 10 settings, how to pin apps to the taskbar or desktop for ease of use, using Cortana, Using Microsoft OneDrive, Windows Store, Windows Defender and Microsoft Edge. Class fee is $20 payable to Social Media 4 Seniors and is due at pre-registration. Deadline to pre-register is Monday, March 16th. You can pre-register by stopping by the Reception Desk at the West Knox County Senior Center.

March 26th … Android Basics
Have you upgraded to an Android Smartphone? Ready to learn the ins and outs of your Android device and how to take advantage of its many organizational tools, and the countless number of apps you can add? This four hour workshop starting on Thursday, March 26th at 10:00 AM and concluding Friday, March 27th is the workshop you need. **This is a class for Android device users.** Class fee is $35 payable to Social Media 4 Seniors. You must pre-register for this class and payment is due at pre-registration. Deadline to pre-register is Monday, March 23rd. Be sure to bring your Android device to the class.

March 26th … Facebook 101
Facebook is a great program to stay connected to your children, grandchildren, friends, and others. See the pictures they post, share 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. Class fee is $20 payable to Social Media 4 Seniors. Pre-registration is required. Payment is due at time of pre-registration. You can pre-register at the Reception Desk at the Senior Center. Seating is limited for this two hour class taught on Thursday, March 26th starting at 12:30 PM. Deadline to pre-register is Monday, March 23rd.

March 27th … Get Most out of Your Smartphone/Tablet Camera
Have you ever tried to take a picture, only to see yourself? Have you accidentally taken twenty of the same picture? Would you like to organize your pictures into albums? During this two hour workshop, you will learn: How to take a picture, Front vs. Rear facing; Tools on your mobile device camera, editing your pics, creating albums, sending and receiving pictures from email and text, popular photo Apps and more. Please stop by the Reception Desk at the Center to sign up for this class offered on Friday, March 27th at 12:30 PM. Seating is limited. Class fee is $20 payable to Social Media 4 Seniors. Payment is due at time of registration. Be sure to bring your Smartphone or Tablet with you to the class. Deadline to pre-register is Monday, March 23rd.

April 9th … Microsoft Word
Have Microsoft Office on your computer? Do you subscribe to Microsoft 365 but not using it to its fullest? Let Social Media 4 Seniors show you how to do word processing using Microsoft Word. In this two hour workshop starting Thursday, April 9th at 12:30 PM you will learn to create and open documents, text basics, inserting links, columns, page numbers, headers and footers, as well as photo, shapes, and more. Class fee is $20. Payment is due at time of pre-registration. You can pre-register at the Reception Desk at the Senior Center. Deadline to pre-register is Monday, April 6th.

Additional Tech Classes continued on next page …
April 16th … iPhone/iPad Basics
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 trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID, and password. This four hour class taught on Thursday, April 16th starting at 10:00 AM and concluding on Friday, April 17th. Class fee is $35 payable to Social Media 4 Seniors at time of pre-registration. You can pre-register for this class at the Reception Desk at the Senior Center. Deadline to pre-register is Monday, April 13th.

April 16th … Google Drive and Google Apps Workshop
Have you ever wondered what Google is and how it can be beneficial to you? In this three hour workshop you’ll learn about Google Drive, Gmail, various Google Apps, how to create files and how to use them once you’ve created them. This class will be taught on Thursday, April 16th starting at 12:30 PM and will conclude on Friday, April 17th. Class fee is $35 payable to Social Media 4 Seniors. Seating is limited so please pre-register for this class. Payment is due upon registration. You must bring a device (laptop, smartphone, or tablet) with you to this workshop. You must also know how to use this device confidently as this is not a workshop on how to use your device. Deadline to Pre-register is Monday, April 13th.
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>
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<td><strong>The Following Events Occur Every Week:</strong></td>
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<td>8:45 Adv. Cardio*</td>
<td>8:45 Tai Chi 1*</td>
<td>8:45 Adv. Cardio*</td>
<td>8:45 Tai Chi 1*</td>
<td>8:00 Table Tennis</td>
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<td>9:30 Bridge</td>
<td>9:30 Inter. Bridge</td>
<td>9:30 Texas Hold ‘em</td>
<td>9:45 Tai Chi 2*</td>
<td>8:45 Adv. Cardio*</td>
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<td>10:00 Cribbage</td>
<td>10:00 Oil Painting Class*</td>
<td>10:00 Cardio*</td>
<td>10:00 Duplicate Bridge</td>
<td>9:30 Party Bridge</td>
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<td>10:00 Piece Makers</td>
<td>11:00 Trivia Cafe</td>
<td>10:00 SAIL Exercise*</td>
<td>10:00 Mixed Media Art Group</td>
<td>10:00 Cardio*</td>
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<td>10:00 SAIL*</td>
<td>11:15 Pilates*</td>
<td>12:30 Mah Jongg</td>
<td>11:15 Chair Yoga*</td>
<td>10:00 SAIL Exercise*</td>
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<td>10:00 Scrabble</td>
<td>12:00 Pickleball</td>
<td>1:00 Crafting Social</td>
<td>12:00 Rook</td>
<td>12:00 Rummikub</td>
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<td>10:00 Tone/Balance*</td>
<td>12:30 Canasta</td>
<td>1:00 Liverpool Rummy</td>
<td>12:00 Pinochle</td>
<td>12:30 Senior Yoga*</td>
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<td>10:00 Watercolor Group</td>
<td>12:30 Hand and Foot</td>
<td>1:00 Beg. Line Dance*</td>
<td>1:00 Table Tennis</td>
<td>1:00 Midday Bridge</td>
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<td>11:00 Conv. Spanish*</td>
<td>12:30 Bridge</td>
<td>2:00 Line Dance Improvers*</td>
<td>2:00 Feldenkrais*</td>
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<td>11:15 Feldenkrais*</td>
<td>12:30 Yang Style Tai Chi*</td>
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<td>1:00 Mex. Train Dominoes</td>
<td>2:00 Intern. Line Dance*</td>
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**The Following Events Are Non-Weekly or Specialty Programs:**

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<tr>
<td>10:00 Blood Pressure Clinic (SR Medical Services)</td>
<td>9:00 Spanish II</td>
<td>9:00 Meet the Physical Therapist</td>
<td>9:00 Beg Spanish*</td>
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<tr>
<td>11:00 Grief Support</td>
<td>11:00 Mascot Support</td>
<td>11:00 Brain Teasers</td>
<td>9:00 Beg Spanish*</td>
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</tr>
<tr>
<td>1:00 Intro to French</td>
<td>1:00 Intro to French</td>
<td>1:00 Craft Class: T-Shirt Class*</td>
<td>9:00 Toenail Trimming*</td>
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<tr>
<th>Mon (7:30—4:00)</th>
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<td>16</td>
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<tr>
<td>11:00 Zoo Knoxville Meet &amp; Greet</td>
<td>10:30 Music for Seniors: Red Haired Mary</td>
<td>9:00 Spanish II</td>
<td>9:00 Meet the Therapist</td>
<td></td>
</tr>
<tr>
<td>2:45 Being At Home Presentation</td>
<td>10:30 Meet the Author: Ron Pressley &amp; Nancy Holder</td>
<td>11:30 Nutrition &amp; Diabetes (NHC—Cavette Hill)</td>
<td>11:00 Brain Teasers</td>
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<tr>
<td></td>
<td>11:00 Grief Support</td>
<td>12:30 Blood Pressure Clinic (Kindred at Home)</td>
<td>12:00 Book Club—The Wright Brothers by David McCullough</td>
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<td></td>
<td>1:00 Intro to French</td>
<td>1:30 Health Care Fraud</td>
<td>12:30 Tech Class: Windows 10*</td>
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<td>1:30 Total Body Wellness using Essential Oils</td>
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<tr>
<th>Mon (7:30—4:00)</th>
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<td>23</td>
<td>24</td>
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<tr>
<td>2:45 Health Presentation: To Stretch or Not to Stretch</td>
<td>1:00 Intro to French</td>
<td>9:00 Spanish II</td>
<td>10:00 Tech Class: Android Basics*</td>
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<tr>
<td></td>
<td></td>
<td>10:00 Mystery Book Club</td>
<td>12:30 Tech Class: Facebook 101*</td>
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<tr>
<th>Mon (7:30—4:00)</th>
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<td>31</td>
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</tr>
<tr>
<td>2:45 Health Presentation: Nutrition and Blood Pressure</td>
<td>1:00 Intro to French</td>
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</tbody>
</table>
### April 2020

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

**West Knox County Senior Center**  
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934  
Phone: 865-288-7805 Fax: 865-288-7808  
www.knoxcounty.org/seniors

#### The Following Events Occur Every Week:

<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>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 Adv. Cardio*</td>
<td>8:45 Tai Chi 1*</td>
<td>8:45 Adv. Cardio*</td>
<td>8:45 Tai Chi 1*</td>
<td>8:00 Table Tennis</td>
</tr>
<tr>
<td>9:30 Bridge</td>
<td>9:30 Inter. Bridge</td>
<td>9:30 Watercolor Class*</td>
<td>9:45 Tai Chi 2*</td>
<td>8:45 Adv. Cardio*</td>
</tr>
<tr>
<td>10:00 Cribbage</td>
<td>9:45 Tai Chi 2*</td>
<td>9:30 Texas Hold ‘em</td>
<td>10:00 Cardio*</td>
<td>9:30 Party Bridge</td>
</tr>
<tr>
<td>10:00 Piece Makers</td>
<td>10:00 Oil Painting Class*</td>
<td>10:00 SAIL Exercise*</td>
<td>10:00 Duplicate Bridge</td>
<td>10:00 Cardio*</td>
</tr>
<tr>
<td>10:00 SAIL*</td>
<td>11:00 Trivia Cafe</td>
<td>12:30 Mah Jongg</td>
<td>10:00 Mixed Media</td>
<td>10:00 SAIL Exercise*</td>
</tr>
<tr>
<td>10:00 Scrabble</td>
<td>11:15 Pilates*</td>
<td>1:00 Crafting Social</td>
<td>1:00 Crafts Social</td>
<td>12:00 Rummikub</td>
</tr>
<tr>
<td>10:00 Tone/Balance*</td>
<td>12:00 Pickleball</td>
<td>1:00 Liverpool Rummy</td>
<td>2:00 Line Dance*</td>
<td>12:30 Pinochle</td>
</tr>
<tr>
<td>10:00 Watercolor Group</td>
<td>12:30 Canasta</td>
<td>1:00 Beg. Line Dance*</td>
<td>2:00 Line Dance Improvers*</td>
<td>12:30 Senior Yoga*</td>
</tr>
<tr>
<td>11:00 Conversational Spanish*</td>
<td>12:30 Hand and Foot</td>
<td>1:00 Tone/Balance*</td>
<td>2:00 Field Trip: Mighty Musical Monday</td>
<td></td>
</tr>
<tr>
<td>11:15 Feldenkrais*</td>
<td>12:30 Bridge</td>
<td>1:00 Tai Chi 1*</td>
<td>8:45 Tai Chi 1*</td>
<td>8:00 Table Tennis</td>
</tr>
<tr>
<td>1:00 Mex. Train Dominos</td>
<td>12:30 Yang Style Tai Chi*</td>
<td>2:00 Tai Chi 1*</td>
<td>9:45 Tai Chi 2*</td>
<td>8:45 Adv. Cardio*</td>
</tr>
</tbody>
</table>

#### The Following Events Are Non-Weekly or Specialty Programs:

<table>
<thead>
<tr>
<th>Mon (7:30—4:00)</th>
<th>Tue (7:30—4:00)</th>
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<th>Thu (7:30—4:00)</th>
<th>Fri (7:30—4:00)</th>
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<tbody>
<tr>
<td>1</td>
<td>9:00 Spanish II</td>
<td>2</td>
<td>9:00 Meet the Physical Therapist</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>10:00 Blood Pressure Clinic (SR Medical)</td>
<td>7</td>
<td>10:00 Blood Pressure Clinic (SR Medical)</td>
<td>8</td>
</tr>
<tr>
<td>10:00 Grief Support</td>
<td>11:00 Intro to French</td>
<td>9:30 Brain Teasers</td>
<td>1:30 Craft Class: Easter &amp; Spring Greeting Cards*</td>
<td>9:00 Toenail Trimming*</td>
</tr>
<tr>
<td>2</td>
<td>10:00 Presentation: Vikings &amp; Their Impact on History</td>
<td>10</td>
<td>9:00 Microsoft Word*</td>
<td>10:00 iPad &amp; iPhone Basics Class*</td>
</tr>
<tr>
<td>1:00 Intro to French</td>
<td>12:30 Blood Pressure Clinic (Kindred at Home)</td>
<td>11</td>
<td>1:00 Intro to French</td>
<td>11:00 Brain Teasers</td>
</tr>
<tr>
<td>11:30 Thomas Jefferson Presentation with Mr. John Peach</td>
<td>12:30 Microsoft Word*</td>
<td>12:00 Book Club—The Dress Maker by Kate Alcott</td>
<td>12:30 Google Drive &amp; Google Apps Class*</td>
<td>9:00 Toenail Trimming*</td>
</tr>
<tr>
<td>3</td>
<td>13</td>
<td>1:00 Intro to French</td>
<td>11:00 AARP Safe Driving Class*</td>
<td>10</td>
</tr>
<tr>
<td>12:00 Mystery Book Club</td>
<td>11:00 AARP Safe Driving Class*</td>
<td>12:30 Google Drive &amp; Google Apps Class*</td>
<td>11:00 AARP Safe Driving Class*</td>
<td>9:00 Beginning Spanish*</td>
</tr>
<tr>
<td>11:00 Grief Support</td>
<td>12:00 Mystery Book Club</td>
<td>12:30 Google Drive &amp; Google Apps Class*</td>
<td>9:00 Beginning Spanish*</td>
<td>10:00 iPad &amp; iPhone Basics Class*</td>
</tr>
<tr>
<td>10:30 Meet the Author: Sheree Ann Martines</td>
<td>1:00 Intro to French</td>
<td>12:30 Google Drive &amp; Google Apps Class*</td>
<td>11:00 AARP Safe Driving Class*</td>
<td>10:00 iPad &amp; iPhone Basics Class*</td>
</tr>
<tr>
<td>20</td>
<td>1:00 Creative Writing Class (2) *</td>
<td>21</td>
<td>1:00 Creative Writing Class (2) *</td>
<td>27</td>
</tr>
<tr>
<td>13</td>
<td>1:00 Creative Writing Class (2) *</td>
<td>22</td>
<td>1:00 Creative Writing Class (2) *</td>
<td>28</td>
</tr>
<tr>
<td>1:30 Meet the Author: Sheree Ann Martines</td>
<td>1:00 Intro to French</td>
<td>1:00 Mystery Book Club</td>
<td>1:00 Intro to French</td>
<td>2:45 Home Fit</td>
</tr>
<tr>
<td>1:00 Open House</td>
<td>12:30 Blood Pressure Clinic (Kindred at Home)</td>
<td>22</td>
<td>9:00 Spanish II</td>
<td>29</td>
</tr>
<tr>
<td>1:30 Addictive Nature of Sugar and Junk Food</td>
<td>12:00 Mystery Book Club</td>
<td>30</td>
<td>1:30 Addictive Nature of Sugar and Junk Food</td>
<td>1:30 Addictive Nature of Sugar and Junk Food</td>
</tr>
</tbody>
</table>
Exercise Classes at West Knox County Senior Center  
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

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

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

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

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

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

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

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

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

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

**SAIL (Stay Active & Independent for Life) Exercise Class**  
Mondays, Wednesdays, and Fridays at 10:00 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  
Our longest running class, the Tennessee Branch of Taoist Tai Chi Society of the USA provides certified instructors for this class. Beginners need to start at the beginning of the cycle. Classes usually begin on quarterly basis. A new class starts Tuesday, January 7, 2020. Those interested are encouraged to start when a new class begins. Class is approximately 60 minutes long. Additional information is available at www.Taoist.org

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

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

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

“**True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.”** ~ Wilhelm Von Humboldt.
Honorable Glenn Jacobs, Knox County Mayor
Robert “Buzz” Buswell, Director of Veteran & Senior Services
April Tomlin, Senior Services Manager
Darrell R. Gooding, Coordinator
Lisa Cooper, Assistant
Gloria Austin, Assistant

West Knox County Senior Center
239 Jamestowne Blvd., Ste. 101, Knoxville, TN 37934
Phone: 865-288-7805  Fax: 865-288-7808
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