



January
February
2025

West Knox County Senior Center

The *Scene*

The senior center will be closed on the following days: Wednesday, January 1st for New Year's Day; Monday, January 20th for Martin Luther King, Jr. Day., and February 17th for Presidents Day

Inside This Edition:

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

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- January 23rd ... [Therapeutic Chair Massage](#)
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- January 28th ... [Estate Planning Seminar](#)
- January 29th ... [Lily Tomlin Visits at 1:00 PM](#)
- January 29th ... [Cyber Security Class 3 of 3](#)
- January 30th ... [Medicare 101 with Kenneth LeFevre](#)
- January 31st ... [Abstract Acrylic Painting Workshop Starts with artist Julie Chase](#)
- February 3rd ... [Bingo](#)
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- February 6th & 7th ... [iPad iPhone Basics Class](#)
- February 6th ... [New Beginning Line Dance Class starts](#)
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- February 18th ... [Grief Support](#)
- February 18th ... [Senior Walk First Creek Greenway](#)
- February 18th ... [Medicare Presentation with Dixie](#)
- February 19th ... [Lily Tomlin visits at 8:00 AM](#)
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- February 20th ... [WK CSC Book Club](#)
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- February 25th ... [Medicare Q&A Table with Meek Insurance](#)
- February 27th ... [Therapeutic Chair Massage](#)
- February 27th ... [AARP Smart Driving Class](#)
- February 27th ... [Veteran Services Outreach](#)
- February 27th ... [Vietnam Veterans Social](#)

United Veterans Council of East Tennessee presents listing of free breakfast for Veterans and a guest. See [page 30](#) of this eNewsletter for additional information.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934;
Phone: 865-288-7805 and visit us online at www.KnoxCounty.org/seniors



West Knox County Senior Center



239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

Jan. 2025

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

Mon (7:30—4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>The programs listed immediately below occur weekly:</p>				
<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:00 Healing Touch 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 French* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:00 Hand & Foot 12:30 Canasta 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*</p>	<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Beginning Spanish* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class*</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 French* 11:15 Tone & Balance* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Beginning Line Dance*</p>	<p>7:30—3:45 Fitness Room Open 8:00 –12:00 Table Tennis 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Ask Jake 10:00 SAIL Exercise* 10:30 Oil Painting Class* 12:00 Pinochle 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group</p>
<p>The programs listed below are non-weekly or specialty programs:</p>				
<p>“The magic in new beginnings is the most powerful of them all.” Josiyah Martin</p>		<p>1 Center Closed New Years Day</p>	<p>2 9:00 Meet the PT</p>	<p>3 10:30 Dance Twirl*</p>
<p>6 10:00 Craft Class: Affirmation Wreath & Journals 10:00 Introduction to Meditation* (1:4) 1:30 Music Jam</p>	<p>7 10:30 Grief Support New Yang Style Tai Chi starts today at 9:45 AM.</p>	<p>8 9:40 Nail Trimming* 1:30 Sew What</p>	<p>9 1:00 Medicare Q&A Table with Ryan Ritter 1:00 Steel Magnolias Book Club 1:30 Dementia Solutions Outreach Consultation</p>	<p>10 9:20 Nail Trimming* 9:30 Tax Freeze/Tax Relief Program with Brian Hornback 1:30 Human Trafficking Awareness presentation</p>
<p>13 9:00 Office on Aging: Information and Referral Outreach 10:00 Introduction to Meditation* (2:4) 11:00 Yellow Dot Program Presentation 12:30 Am. Sewing Guild 1:00—4:00 Lily Tomlin Visit</p>	<p>14 10:00 Core Insurance Walking Club Information 10:00 Medicare Q&A Table with Brooke</p>	<p>15 10:00 Legal Outreach 10:00 Color Coffee Chat 1:30 Cyber Security with Jake (1:3)</p>	<p>16 9:00 Meet the PT 12:00 WKCS Book Club 1:00 Acuity Hearing Screenings</p>	<p>17 12:30 Game Time Fun & Prizes </p>
<p>20 Center Closed MLK Day</p>	<p>21 10:00 Senior Walk at West Town Mall 10:30 Grief Support 11:30 Medicare Presentation with Dixie Curless</p>	<p>22 3:00 Cardio Drumming Class (1:6) 1:30 Cyber Security with Jake (2:3)</p>	<p>23 9:00-1:00 Therapeutic Chair Massage* 1:30 Veterans Services Outreach 1:30 Vietnam Veterans Social</p>	<p>24 10:00 Hygge 12:30 Soup-A-Licious </p>
<p>27 10:00 Introduction to Meditation* (3:4) 10:30 Wii Game Day 1:30 Creative Writing Group</p>	<p>28 11:00 Medicare Q&A Table with Bruce Meeks 1:00 Estate Planning Seminar</p>	<p>29 1:00—4:00 Lily Tomlin Visit 1:30 Cyber Security with Jake (3:3) 3:00 Cardio Drumming Class (2:6)</p>	<p>30 1:00 Presentation: Medicare 101 Kenneth LaFevre from Humana</p>	<p>31 8:00 Abstract Acrylic Painting Workshop* (1:5) 12:00 American Sewing Guild: Day for Girls</p>



West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

Feb. 2025

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Activities listed below in **bold** please register to participate.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>The programs listed immediately below occur weekly:</p>			<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 French* 11:15 Tone & Balance* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Beginning Line Dance*</p>	<p>7:30—3:45 Fitness Room Open 8:00 –12:00 Table Tennis 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* 9:30 Ask Jake 10:00 SAIL Exercise* 10:30 Oil Painting Class* 12:00 Pinochle 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group</p>
<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:00 Healing Touch 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 French* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:00 Hand & Foot 12:30 Canasta 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*</p>	<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Beginning Spanish* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class*</p>	<p>The programs listed below are non-weekly or specialty programs:</p>	
<p>3 10:00 Intro to Meditation* (4:4) 1:30 Music Jam</p>	<p>4 10:30 Grief Support 1:00 Introduction to Spanish Language Starts today!</p>	<p>5 1:30 Sew What 3:00 Cardio Drumming Class(3:6)</p>	<p>6 9:00 Meet PT 10:00 iPad/iPhone Basics class* 1:00 Introduction to Spanish Language 1:00—4:00 Lily Tomlin Visit</p>	<p>7 10:00 iPad/iPhone Basics class* 10:30 Dance Twirl* 8:00 Abstract Acrylic Painting Workshop* (2:5)</p>
<p>10 9:00 Office on Aging: Information and Referral Outreach 10:00 Craft Class: Heart Bookmarks 12:30 American Sewing Guild</p>	<p>11 10:00 Core Insurance Walking Club Information 10:00 Medicare Q&A Table with Brooke 1:00 Introduction to Spanish Language</p>	<p>12 9:40 Nail Trimming* 3:00 Cardio Drumming Class (4:6)</p>	<p>13 9:30 Artist Trading Cards Introduction 10:00 iOS17 & 18 update for iPad/iPhone* 1:00 Introduction to Spanish 1:00 Medicare Q&A table with Ryan Ritter 1:00 Steel Magnolias Book Club 1:30 Dementia Solutions</p>	<p>14 9:20 Nail Trimming* 11:00 Valentine' s Hot Chocolate Bar 8:00 Abstract Acrylic Paint- ing Workshop* (3:5)</p> <p style="text-align: center;"><i>Valentine's Day</i></p>
<p>17 Center Closed Presidents Day</p>	<p>18 10:00 Senior Walk: First Creek Green- way at Caswell Park 10:30 Grief Support 11:30 Medicare Presentation with Dixie Curless 1:00 Intro to Spanish</p>	<p>19 8:00—12:00 Lily Tomlin Visit 10:00 Color Coffee Chat 10:00 Legal Outreach</p> <p style="text-align: center;"><i>No cardio drumming this day.</i></p>	<p>20 9:00 Meet PT 12:00 WKSC Book Club 1:00 Introduction to Spanish</p>	<p>21 8:00 Abstract Acrylic Paint- ing Workshop* (4:5) 12:00 Field Trip: Karns Senior Center Game Day Field Trip to Karns Senior Center</p>
<p>24 8:00—5:30 Life Line Screening 1:30 Creative Writing Group</p>	<p>25 11:00 Medicare Q&A table in hallway with Bruce Meeks 1:00 Introduction to Spanish</p>	<p>26 3:00 Cardio Drumming Class (5:6)</p>	<p>27 9:00—1:00 Therapeutic Chair Massage* 11:00 AARP Smart Driving Class* 1:30 Veteran Serv. Outreach 1:30 Vietnam Veterans Social</p> <p style="text-align: center;"><i>No Intro to Spanish this day</i></p>	<p>28 11:00 AARP Smart Driving Class* 8:00 Abstract Acrylic Paint- ing Workshop* (5:5)</p>



You Can register for our activities by calling the Center at 865-288-7805



Senior Services Mission: To provide community seniors with diverse quality of life programming for their physical, social, and intellectual well being.

About West Knox County Senior Center

Opening in January 2020, WK CSC is an activity center for individuals fifty years of age or older. The facility includes a fitness room, lending library, computer lab, room for billiards and table tennis, multi-purpose room, an art and crafts room. Special programs are offered at the Center throughout the year. Some of the programs offered are exercise classes for various levels of fitness and mobility, pickleball, pickleball lessons, technology classes including Apple and Android products, educational programs, health and wellness classes, games, crafts, and other leisure activities. Free complimentary fitness room orientation is available and required to use the fitness equipment. Those who want to participate in programs do need to complete a Member-Participant Form which is available at the Center's reception desk. You can visit www.KnoxCounty.org/seniors to learn more about West Knox County Senior Center and the other Knox County senior centers. Be sure to follow Knox County Senior Services on Facebook.

BINGO Schedule

To participate in our Bingo is easy; be fifty years or older, bring a white elephant gift with an approximate value of \$5—\$10 in a gift bag for the bingo prize table, call the Center at 865-288-7805 or stop by the reception desk to register. Bingo is offered on the following Mondays at 10:30 AM with the following sponsors:



- January 6th ... Karen with SR Medical
- January 13th ... Matilda Oyedele Caring Heart and Hand
- January 20th ... No Bingo this day. Center is closed
- January 27th ... Bryce Terry with MaxHealth
- February 3rd ... Maureen Stokes with Quality Private Care
- February 10th ... Matilda Oyedele Caring Heart and Hand
- February 17 ... No Bingo this day. Center closed.
- February 24th ... Ryan Ritter with Wisdom Insurance Network

Knox County Government and Senior Centers do not endorse any commercial product, service, or viewpoint expressed by Third Party Vendors. The activities, trips, and services provided by Knox County Senior Center are educational in nature and only meant to inform.

Art Class Models Wanted

The portrait art group at West Knox County Senior Center meets on Tuesdays from 1:00—3:00 PM. They are looking for individuals who are willing to model for class. If you would like to have more information call Carrie-Ellen Barnes at 865-661-1927.



Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:

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

Grief Support Group is sponsored by [Smoky Mountain Home Health & Hospice](#).

Everyone welcome.
Registration not required.



Meet the Physical Therapist

A physical therapist with [Knox PT](#) will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

- Thursday, January 2nd.,
- Thursday, January 16th.,
- Thursday, February 6th.,
- Thursday, February 20th.



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Spanish Practice Class

Brush up on your Spanish language skills with a group of intermediate level learners mentored by an expert in Spanish, and make some new friends. Each week you will read short stories, work on grammar, and learn about Latino culture. The group is small, welcoming, and new people have joined recently. Group members are at all levels and come and go as their schedule permits. This group meets on Wednesdays at 11:00 AM. Please attend or contact Bill.McAdams@live.com to learn more. Nos vemos pronto!

Starting in January 1st through February 28th You Could Win a \$25 gift card to Calhoun's Restaurant!

When you visit the West Knox County Senior Center, or stop in to participate in one of our many programs, be sure to sign-in at the reception area each time you visit. By signing in, during the months of January and February you have a chance to win a \$25 gift card to Calhoun's restaurant. The winner will be announced the first of March and it could be you! Also, make sure we have an updated Membership/Participant Form on file, so we will know how to contact you if you're the winner!

January is National Brain Teaser Month.



During the month of January, to commemorate National Brain Teaser Month, the Center will be introducing, at least two printed brain teasers per week. They will be available at the reception area. Feel free to take a copy for yourself and for a friend. There are numerous benefits from brain teasers; improved memory, better problem-solving skills, visual—spatial reasoning, increased mood, lowering stress levels, improvement of dexterity and fine motor skills, interacting with others, and may delay dementia and Alzheimer's.

Some of the printed games that we will have available are Seek-A-Word, Sudoku, Find-the-Difference, Mazes, Scavenger Hunt pictures, and others. There will be, at least, two different games every week.

January 3rd ... Dance Twirl

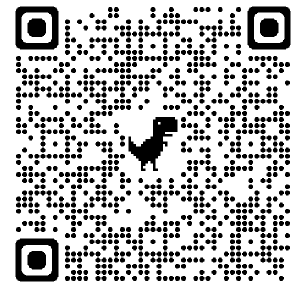
Dance Twirl (formerly known as Twirlercise) is a new fitness class combining baton twirling and low impact basic strut and dance moves. The benefits include; helping with balance, hand-eye coordination, tone and tighten the core, improve stretching and cognitive function, and is socializing fun! This class is offered on Friday January 3rd at 10:30 AM. Class fee is \$25 payable to the instructor Judy Brennan. This class will also be offered at 10:30 AM on Friday, February 7th at 10:30 AM. You'll also find this class listed on our Exercise Class listing on page [twenty-five](#) in this eNewsletter.

View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is available online. It's easy to see and convenient. To refer friends and family to view the newsletter go to:

www.knoxcounty.org/seniors

and click on West Knox County Senior Center. While on the website, you can view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.



Follow Knox County Senior Services on Facebook

If you're on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply "Like" Knox County Senior Services on Facebook.



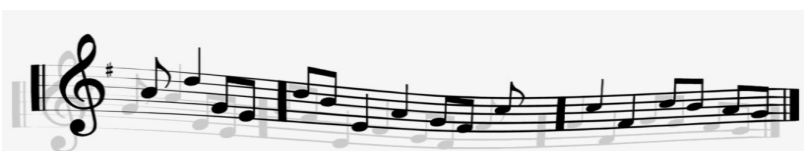
You can register for our activities by calling the Center at 865-288-7805

January 6th ... Introduction to Meditation

Developing meditation skills can help anyone to better cope with the ups and down of daily living. These skills become especially helpful as we face the inevitable changes that occur with aging. This course will provide the tools to start a daily meditation practice. Mindfulness meditation will be taught and practiced in this four week class. Chairs will be provided for our meditation practice. Class fee is \$2 per session attended (or \$8 for the entire course, if all sessions are attended). Fees are payable to the instructor Colleen Vaughn. Seating is limited to ten students. Registration is required. You can call the Center or stop by the reception desk to check on seating availability and to sign up for this class starting on Monday, January 6th at 10:00 AM.

January 6th ... Craft Class: Affirmation Wreath & Journals

Join Cindy on Monday, January 6th at 10:00 AM for a cooperative craft to be enjoyed by all those who visit the senior center. We will make an affirmation wreath/board to hang in the hallway where visitors and participants can find words of encouragement to practice self-love and experience positive self-esteem to start the new year. Participants will make an affirmation journal to take home for themselves or to give to others. All materials will be supplied but seating is limited. You can sign up for this class by calling the Center or stopping by the reception desk to check on seating availability.



January 6th ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy on Monday, January 6th at 1:30 PM. Bring your instrument too or just come and listen to the music. Light refreshments sponsored by Atria Senior Living.



Meet Pat Barbier



Pat started volunteering for senior services over twenty years ago at the former Strang Senior Center. He volunteers with several programs at the Center including helping set up for special activities and programs. There's other programs he has volunteered with beyond the senior center such as Adopt-A-Mile cleanups and has served on Home Owner Association Boards.

After serving four years in the Marine Corps, Pat spent most of his career in IT management, having worked in three different states and overseas throughout his career. After retiring, he transitioned into community college teaching.

Pat also teaches at the West Knox County Senior Center. He teaches the Yang Style Tai Chi classes for beginners at 9:45 AM on Tuesdays, and Yang Style Tai Chi II on Thursday mornings at 9:45 AM.

For information on the [Retired Senior Volunteer Program](#) and how you can contribute whether you volunteer at the Center or other locations in our community, call the Center or stop by the reception desk. You can also contact the CAC Office on Aging at 865-524-2786.

You can register for our activities by calling the Center at 865-288-7805

January 7th ... Yang Style Tai Chi for Beginners (new class starts!)

Start your New Years resolution to improve your health by using the widely popular Yang Style Tai Chi. This new class starts on Tuesday January 7th at 9:45 AM. This ancient practice combines slow graceful movements, meditation, and relaxed breathing. The class is led by long-time instructor Mr. Pat Barbieri, with twenty-four years experience. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength.

This class includes fifteen minutes of stretching exercise for increased range of motion and flexibility. Class fee is \$3 per each class attended payable to the instructor.



Instructor Spotlight Introducing

Wendy Stafford



January 10th ... Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze Presentation

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below you may qualify for Tax Relief.

Are you 65 and over, own your primary residence and your income in 2023 was \$60,000 or below you may qualify for Tax Freeze.

If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief.

Applications are open October 1, 2024-April 5, 2025. You must sign up every year.

[Knox County Trustee](#) Justin Biggs and members of his team will be at West Knox County Senior Center on Friday, January 10th 9:30 AM. No need to sign up to attend.

United Veterans Council of East Tennessee presents a listing of free breakfast for Veterans and a guest. [See page 30](#) of this eNewsletter for additional information.

Many of you may have seen Wendy at the Center over the past few years. She's one of the exercise instructors and teaches classes for Covenant Health Body Works at WKCSC. Her association, connection, and relationship with fitness began when she joined community fitness classes and experienced the physical, emotional, and mental health boost that came in handy while raising young children. A few years later, she certified with the American Council on Exercise and has been in the fitness industry for over twenty-five years. The social aspect; friendships and community are a big part of her continued involvement.

Wendy was born in West Chicago, Illinois and her family moved to Miami, Florida when she was a youth. "I went to the University of Florida and met my husband. His job opportunity lead us to move to Tennessee. We have moved elsewhere and back a few times and in the end have come to appreciate the great place east Tennessee is for enjoying outdoor activities such as paddle-boarding, biking, hiking, and kayaking," Wendy says.

She became a Master Gardener through the Knox County Extension Agency in 2019 as part of her enjoyment of Tennessee outdoor life. Wendy and her husband have two adult children and one grandchild; a son who resides in Knoxville with his family and a daughter residing in Idaho.



You can register for our activities by calling the Center at 865-288-7805



January 10th ... Human Trafficking Presentation

When we hear the words “human trafficking” it’s easier to believe it’s something that happens in other countries, but it happens right here in the community and neighborhoods we know and love. Human Trafficking can be either labor trafficking or sex trafficking, and it does not discriminate based on age, gender, socioeconomic status, race, or neighborhood. [The Community Coalition Against Human Trafficking is East Tennessee’s](#) counter-trafficking organization. To learn more about the crime of Human Trafficking and the services offer by CCAHT, please call the Center or stop by the reception desk to sign up for this free educational presentation brought to us by Hayley Griffith, Educator and Outreach Coordinator with the Community Coalition Against Human Trafficking on Friday, January 10th at 1:30 PM.

Saturday, January 11th is National Human Trafficking Awareness Day.

National Human Trafficking Hotline Website

You can visit the [National Human Trafficking Hotline’s](#) website for additional information regarding national statistics and other information on Human Trafficking.

Take Note of Winter Weather Delays and Closings

Knox County Senior Services follows the Knox County School System inclement weather policy as it impacts roadways. For example if the schools are closed due to road conditions caused by winter weather, the Senior Center will also be closed. If the Knox County Schools are opening two hours late due to road conditions due to winter weather, the Senior Center will be opening two hours later than its usual opening time. If Knox County schools are closing early due to road conditions due to inclement weather, the Center will be closing early. You can also determine if the Knox County Senior Centers are closed by visiting www.knoxcounty.org.



Local TV stations and radio stations also provide information on Knox County School closures or delayed openings. The Senior Center will follow school closures or delayed opening when it applies to Winter road conditions such as ice or snow on the roads.

You can also check the Knox County Senior Services Facebook page for information on any closings or delays.

Medicare Q&A Table with Core Insurance Advisors



Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Brooke Thurman of Core Insurance Advisors of Knoxville. She will be offering free consultations and will explore your questions at West Knox County Senior Center. Brooke’s Medicare Q&A Table will be available at 10:00 AM on the following days:

*Tuesday, January 14th.,
Tuesday, February 11th.*

Medicare Q&A Table with Meek Insurance

Bruce Meek with Meek Insurance will have a table in the hallway to explore your Medicare questions on the dates below at 11:00 AM. No appointment is necessary.

*Tuesday, January 28th.,
Tuesday, February 25th.*



Medicare Q&A Table with Wisdom Insurance Network



Ryan D. Ritter, Licensed Insurance Agent welcomes your Medicare questions at his Medicare Q&A table in the hallway at the Center on the following days at 1:00 PM.

*Thursday, January 9th.,
Thursday, February 13th.*





You can register for our activities by calling the Center at 865-288-7805



Healing Touch Program Available

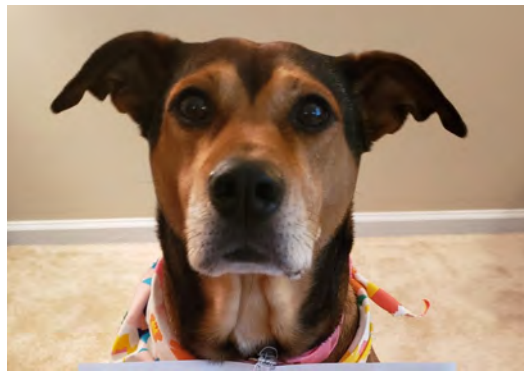
Healing Touch, is available at the Center on Tuesdays from 9:00 AM— 1:00 PM by appointment only. Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field.

Healing Touch works hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. Healing touch provides a sense of calm, wholeness, and healing. Brenda Seip, Certified Healing Touch Practitioner, is volunteering her time and service for those who wish to schedule an appointment for Healing Touch. If you would like to schedule your Healing Touch appointment call 865-356-9221 or email brendashobbitthouse@gmail.com. Veterans are most welcome.

Lily Tomlin Returns!

Although you may be thinking of the comedian and actress Lily Tomlin, this Lily is of a different breed. Lily is approximately eleven years old. She was found on the interstate downtown clinging to a retaining wall terrified of the oncoming traffic. She had just had puppies, and no one knows what happened to them. She is lucky to be alive and definitely a miracle. She is especially sweet and loving. She also likes attention. Fortunately, Lily’s story continues on a brighter path since her adoption by Senior Services Manager, April Tomlin. Lily completed the [HABIT](#) (Human-Animal Bond in Tennessee) program training in 2024 and is an approved therapy dog. As an approved therapy dog she can visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, senior centers, and more. If you would like to meet Lily Tomlin she will be visiting West Knox County Senior Center on the following dates:

- Monday, January 13th
1:00 PM—4:00 PM
- Wednesday, January 29th
1:00 PM—4:00 PM
- Thursday, February 6th
1:00 PM—4:00 PM
- Wednesday, February 19th
8:00 AM—12:00 PM



Beginning Spanish

Join our introduction to the Spanish language class on Wednesdays at 9:30 AM with Dr. Michael Smith, PhD., retired college language instructor. Class fee is \$5 per each class attended payable to the instructor.

Fitness Room Available

The Center’s Fitness Room is available Monday through Friday from 7:30 AM—3:45 PM. The space is equipped with Recumbent Bikes, Recumbent Stepper, Stepper, Treadmills, Workout Station, and hand-weights. The room is available to anyone fifty years of age or older. A Fitness Room orientation is required to ensure you know how to use the equipment safely. You can schedule your free orientation by calling the Center at 865-288-7805 or by stopping by the reception desk.

Follow us on Facebook

For updated information, announcement of programs and classes, as well as changes. It’s simple to do; log into your Facebook account, search for Knox County Senior Services and click on like. You’ll see posts from West Knox County Senior Center and the other five Knox County Senior Centers.

The Center’s Library

Have you visited the Center’s library lately? We have an impressive collection of books by current and popular authors. With new books introduced weekly. It’s easy to use; find a book you want to read—just take it and bring it back when you’re finished. There’s no checking the book out and no time limits on how long you can keep it. The Center’s library is available Monday through Friday 7:30 AM—4:00 PM. We’re sure there’s a good read waiting for you in the Center’s library located in the Lounge (Room #010).

Please note if you’re returning a book you’ve checked-out from Knox County Public Library, it will need to be returned to the Knox County Public Library and not the senior center. The Center is not a designated drop off for books belonging to the Knox County Public Library.



You can register for our activities by calling the Center at 865-288-7805



January 13th ... Yellow Dot Program Presentation

Christy Haynes with the Tennessee Department of Transportation will be visiting with us on Monday, January 13th at 11:00 AM to provide an informative presentation on our state's [Yellow Dot Program](#). This program was designed to help first responders with an individuals medical information in the event of an emergency on Tennessee roadways. The information can mean the difference between life and death in the "Golden Hour" immediately following a serious incident. Learn how the Yellow Dot program can possibly help save your life or the life of a loved one and aid in swift treatment in the event of an emergency. Yellow Dot packets will be available at the program free of charge. For planning purposes, please contact the Center or stop by the reception desk to inquire about seating availability and to sign up.



Core Insurance Advisors of Knoxville Walking Club Information Session

Tuesday, January 14th at 10:00 AM &
Tuesday, February 11th at 10:00 AM

[Core Insurance](#) announces information on their walking club to get you set for a new year! Stop in when they'll provide information on how easy it is to join and even easier to participate. Just track your steps whether you're walking in your neighborhood, on greenways, woodland trails, or just around town. They'll even provide you with a free pedometer to keep track of your progress. Report your steps and be eligible to win prizes! Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more in 2025! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman at 10:00 AM on Tuesday, January 14th and Tuesday, February 11th.

Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Billiards & Table Tennis

The West Knox County Senior Center billiard table and Table Tennis is available Monday through Friday from 7:30 AM—3:45 PM. We have a table top Table Tennis Conversion Top that can sit atop the Billiard table when the Billiard table is not in use.

Rook Players! Thursdays at 12:00 PM

Do you play Rook or would like to learn to play? Feel free to stop in and join a game or participate in a free lesson on Thursdays at 12:00 PM.



Cribbage Players Wanted!

Do you play Cribbage? Join us on Thursdays from 1:00—3:30 PM.



Knitters Wanted

Join our knitting group Tuesdays at 10:00 AM. They're working on a variety of projects for charity as well as other interests. Yarn donations appreciated.

You can register for our activities by calling the Center at 865-288-7805

January 15th ... Color, Coffee, Chat

Join Cindy on Monday, January 15th at 10:00 AM. Not only will this be the first Color, Coffee, Chat of the new year, but we'll be revisiting themes enjoyed from 2024 such as all-things-autumn, under the sea, spring flowers, hearts, and gardens. Enjoy your morning with mindfulness, relaxation through art, and creative escapes. Materials provided. Light refreshments served. Seating is limited so call the Center or stop by the reception desk to inquire on seating availability.

Cyber Security Classes

Have you ever received an email that requested a lot of money? Money that you know you don't owe, or maybe you've encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and lose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In this cybersecurity class you will learn about how these malicious attacks are carried out and how to spot them. The following topics will be covered:

Wednesday, January 15th at 1:30 PM ... Cyber Security Class I

You will learn the importance of cyber security and how to protect yourself while browsing the web. You will learn about the different types of malware (malicious software) and how to avoid it. Finally, you will learn how to protect your personal information and passwords from cyber criminals.

Wednesday, January 22nd at 1:30 PM ... Cyber Security Class II

In this session you will learn about different internet and phone call scams and the tactics behind them. The class will also explore how to make safe internet purchases.

Wednesday, January 29th at 1:30 PM ... Cyber Security Class III

In this third and final class, you will learn about good social media etiquette and how to avoid social media scams. The program will also cover different privacy settings to keep your information secure.

Call the Center at 865-288-7805 or stop by the reception desk to sign up for one, two, or all three Cyber Security classes. Each class will cover different topics to keep you better informed on tactics and scams and empower you to reduce your risk of being a target.

January 16th ...Acuity Hearing Q&A Table in the Hallway

Do you hear, but not understand? It may just be wax! Join [Acuity Hearing Centers](#) for a painless and fascinating experience where Hearing Instrument Specialist, Amber Simpson, will use a tiny video camera called a video otoscope to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on a video monitor! This program is offered Thursday, January 16th at 1:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805 or stopping by the reception desk.



You can register for our activities by calling the Center at 865-288-7805

Community Outreach Services

Dementia Care Support Outreach

[Dementia Care Solutions of East Tennessee](#) offers support to families dealing with memory loss, help them navigate the complex care system. Consultations may encompass dementia education, referrals to local resources, support, and discussions about future care planning, financial and legal assistance, and safety measures. Kim Warnick, a certified dementia practitioner, will be at the Center from 1:30—3:00 PM on the following Thursdays: January 9th and February 13th from 1:30—3:00 PM. To schedule your consultation appointment call the Center.

Legal Aid of East Tennessee Outreach

Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with estate planning documents, power of attorneys, living wills, qualified income trusts for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at www.laet.org. A representative from Legal Aid of East Tennessee will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; *Wednesday, January 15th and Wednesday, February 19th*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805. Appointment times are limited.

Office on Aging Information & Referral Outreach

The CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact the [Office on Aging Information and Referral Program](#) at (865) 546-6262. A representative with the Office on Aging will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, January 13th and Monday, February 10th*. No appointment is necessary.

Veterans Services Outreach

[Knox County Veteran Services Office](#) assists veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance Programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: Veterans@knoxcounty.org. Heidi Paumen with Knox County Veteran Services will be visiting the Center at 1:30 PM on: *Thursday, January 23rd and Thursday, February 27th*. You will need to schedule an appointment. You can schedule your appointment by calling the Center or stop by the reception desk.

Thank You For Your Contributions

We want to thank everyone who contributed donations this past year to the Center. You made a difference.

The Center will continue to take donations of current books by popular authors for the Center's library. Large print is most welcome.

Hard candy donations are also welcome for the candy dish at the reception desk.

Donation of yarn for the Knitting Group and our other senior knitters will be greatly appreciated.

Thank you for making a difference and thank you for being a part of our community.

Technology Classes

We have Computer and Technology classes scheduled on the following days at 10:00 AM. You can click on the page number below to obtain more information.

Thursday, February 6th & Friday, February 7th
10:00 AM—12:00 PM iPad/iPhone Basics with Barbara class fee \$35. Additional information including class description [page 24](#).

Thursday, February 13th 10:00 AM—12:00 PM
iOS17 & 18 updates for apple products class fee \$20. Additional information including class description on page [page 24](#).



You can register for our activities by calling the Center at 865-288-7805



January 17th... Game Time

To commemorate National Brain Teaser Month, West Knox County Senior Center will have a Game Time on Friday, January 17th from 1:00—3:30 PM. We're inviting participants from the [Karns Senior Center](#) to join us. We need you to participate to help us show off our WKCSC Pride! We'll have a variety of games to play; Boggle, Farkle, Scattagories, Shut the Box, Quarto, and Tapple just to name a few. If you don't know how to play any of these games—that's ok, we've picked games that only take a few moments to play and are easy to learn—and we'll be there to coach you along. You may just find a game or two you want to introduce to your family and friends at your next gathering. We'll also have some fun game related door prizes and light refreshments will be served. For planning purposes just call the Center or stop by the reception desk to let us know you'll be joining us. Space is limited to fourteen individuals.

Medicare Presentation with Dixie

Tuesday, January 21st at 11:30 AM

Tuesday, February 18th at 11:30 AM.

Medicare can be a daunting concept for many individuals, especially those new to the program. This informative seminar is designed to provide comprehensive information and help you understand your insurance options.

Learn about the significant changes introduced by the Inflation Reduction Act and how it can impact you! AEP is over but you can still potentially make changes. Medicare also offers specialized plans tailored to individuals with chronic conditions such as diabetes and cardiovascular disease.

Remember to review your Medicare plan annually to ensure you're getting the best coverage. Take advantage of the no-obligation Medicare review service offered by Dixie Curless, a broker contracted with most insurance carriers in Tennessee to help you find the plan that best suits your needs. Call Dixie to RSVP for the seminar or step up a one on one review at 931-266-2774 or email at DixieDCurless@gmail.com

Dixie will be at West Knox County Senior Center at 11:30 AM on the following days: Tuesday, January 21 and Tuesday, February 18th.

Art Class Models Wanted

The portrait art group at West Knox County Senior Center meets on Tuesdays from 1:00—3:00 PM. They are looking for individuals who are willing to model for class. If you would like to have more information call Carrie-Ellen Barnes at 865-661-1927.



Signing Up via Email

You can contact the Center via email to check on seating availability for activities and program. Email:

West.SeniorCenter@KnoxCounty.org

Be sure to include in your name, your phone number, and the program you're inquiring about or want to sign up for.



Omron Blood Pressure Monitoring System Available for Check-Out

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check-out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems.

The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit, see the staff at the reception desk.



Your Announcements

If your Senior Center group has news or announcement you would like to share in the March/April 2025 eNewsletter, please provide information to Darrell before February 3rd. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org



You can register for our activities by calling the Center at 865-288-7805

January 22nd ... Introduction to Cardio Drumming

This year place your health and wellness center stage and explore enjoyable and effective ways to increase your physical activity as well as engage with others and improve emotional wellbeing.

Starting on Wednesday, January 22 from 3:00-3:45 PM, the West Knox County Senior Center is teaming up

with Heather Kyle Harmon from the UT Extension Agency. She will be offering an Introduction to Cardio Drumming class which will meet for six sessions: Cardio drumming increases socialization, is adaptable to individuals with differing abilities and fitness levels. Cardio health, coordination and socialization. This class needs a minimum of eight students and has a seating capacity for twenty participants. Call the Center today to check on seating availability and to sign up for this free six session class.



January 23rd ... Therapeutic Chair Massage with Tabitha

Schedule your therapeutic chair massage with Tabitha Travis, licensed Physical Therapy Assistant. This therapeutic chair massage will target the neck, shoulders, upper and lower back. Therapeutic massage helps alleviate muscle and joint pain, reduce stiffness and aids in restoring flexibility and range of motion. It also improves circulation and expedite healing and recovery and can be used in conjunction with other treatment regimens.

Furthermore, therapeutic back massage can reduce tension, stress, and help posture by releasing tense muscles. Consult with your physician to determine if therapeutic back massage is a good choice for you. Tabitha is offering thirty minute sessions starting Thursday, January 23rd at 9:00 AM. Fee is \$30 payable to Tabitha. Call the Center or stop by the reception desk to check on seating availability and to schedule your thirty minute therapeutic back massage.

January 23rd ... Vietnam Veterans Social

Join other Vietnam Veterans each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, January 23rd

Monthly Senior Walks

Knox County Senior Services has a monthly walking group. The group meets up the third Tuesday of each month. You're more than welcome to join. You can click on the following to obtain information on our November and December walks. It's a great way to meet people, visit some of our surrounding walk-friendly locations that you may not otherwise visit on your own, or scout a walk-way to introduce to friends and family.

Some of the places we have walked are: [Seven Island Birding Park](#), [UT Arboretum](#), [Baxter Gardens](#), [Marine Park Greenway trail](#), [Sequoyah Park](#), [Third Creek Greenway](#), [Halls Greenway](#), and other locations.

If you would like to be added to the email list to receive information on the upcoming walks and how to participate you can email:

SeniorServices@KnoxCounty.org or phone 865-288-3761 and request to be added to the Walking Group.

Information on our November and Decembers walks are presented on [pages 27 and 28](#) of this newsletter.

Win a \$25 gift card to Calhoun's!

When you visit the West Knox County Senior Center, or stop in to participate in one of our many programs, be sure to sign-in at the reception area each time you visit. By signing in, during the months of January and February you have a chance to win a \$25 gift card to Calhoun's restaurant. The winner will be announced the first of March and it could be you! Also, make sure we have an updated Membership/Participant Form on file, so we will know how to contact you if you're the winner!

Knox County Government and Senior Centers do not endorse any commercial product, service, or viewpoint expressed by Third Party Vendors. The activities, trips, and services provided by Knox County Senior Center are educational in nature and only meant to inform.

January 24th ... Hygge Experience

Join us for the Danish practice of Hygge. Hygge can be translated as a warm atmosphere. Hygge (HUE-guh) is about taking time away from the daily rush to be together with people you care about—or even by yourself—to relax and enjoy life’s quieter pleasures.

Get together with us on Friday, January 24 at 10:00 AM to enjoy comfortable seating, warm drinks, light refreshments, soft lighting and quiet fellowship together. We will have a time of self-reflection through a journaling exercise. Please bring slippers to wear, a throw blanket and wear comfortable cozy clothes. The rest will be provided. For planning purposes, please call the Center to stop by the reception desk to check on seating availability.

January 24th ... Soup-A-Licious

Winter is here and cold weather on the way! No time better than now to join us for Soup-A-Licious. We’ll be serving a variety of soups and all the fixin’s to keep you warm. You will need a meal ticket to participate. There’s no charge for the tickets and they will be available at the reception desk starting Monday, January 6th while tickets last. No more than two tickets per person. If we’re going to be cold, we can at least be warmed with a delicious bowl of soup on Friday, January 24th from 12:30—3:30 PM.

We thank our sponsors: [Amedisys Home Health Care](#), [Arosa In-Home Care](#), [NHC Health Care](#) for making this program possible.



January 27th ... Wii Game Day

Join Cindy on Monday, January 27th at 10:30 AM—1:00 PM for Wii Game Day. Sign up to compete in Bowling, Golf, Tennis, or Baseball. If you have never played before, the games are easy to learn and navigate. Playing sports on the Wii game system, provides valuable mental stimulation as well physical activity, and social interaction which is a great way to start off the new year! Bring a sack lunch and stay, play, or watch. Call the Center to let us know you’ll be in attendance.

January 27th ...Creative Writing Group

Are you working on a writing project whether it’s a short story, journaling, or a more in-depth endeavor? Are you looking for inspiration, motivation, peer-to-peer support with constructive feedback then feel free to participate in the Writing Group at West Knox County Senior Center. Get advice, grow your craft, boost your confidence, as well as set and achieve writing goals. The group meets the fourth Monday of each month at 1:30 PM. Their next meeting is scheduled for Monday, January 27th. No need to register to participate.

Knox County Government and Senior Centers do not endorse any commercial product, service, or viewpoint expressed by Third Party Vendors. The activities, trips, and services provided by Knox County Senior Center are educational in nature and only meant to inform.

What’s Hygge?

The word hygge dates back to around 1800, at least in the meaning it has today. However, various definitions of hygge can be traced back to the Middle Ages, where a similar Old Norse word meant “to protect from the outside world”.

Hygge is often about informal time spent with family or close friends. There is no agenda. You celebrate the small joys of life, or maybe discuss deeper topics. It is an opportunity to unwind and take things slow.

Soup-a-licious!



You can register for our activities by calling the Center at 865-288-7805

January 28th ... Estate Planning Seminar

If you're considering a will, trust, or another estate plan solution, the best way to decide your situation is to be armed with the facts.

If you have a family, spouse/partner, home, and financial accounts, have an estate plan in place may benefit you and your heirs. When done correctly, and estate plan can help individuals resolve everything from designating a guardian for children to passing on a family-owned small business and mitigating intra-family conflicts.

We know family changes are all but guaranteed, including marriage, divorce, births, and deaths. These life events can render an estate plan obsolete, unaligned with your wishes, and problematic if not updated.

Join Mr. Jay Kadlec, Financial and Estate Advisor with Chalk Money, LLC., on Tuesday, January 28th at 1:00 PM for this informative and complimentary seminar. Please call the Center at 865-288-7805 to check on seating availability and to sign up.

January 30th ... Medicare 101 with Kenneth LeFevre from Humana

Medicare is health insurance offered through the federal government for those who are Medicare eligible. It can be confusing to understand if you are new to Medicare. Come join Kenneth LeFevre with Humana for a discussion on the following: Understanding the Medicare program, Who's eligible for Medicare, when do you enroll, Medicare Plan options, and other resources available for extra help prescription and Medicaid. This program offered on Thursday, January 30th at 1:00 PM.

January 31st ... Abstract Acrylic Painting Workshop

Abstracts, A personal Journey will spark your creative energy. In this workshop you will learn about composition, color, about shapes and why they are important, values, laying, mark making, and about exploration. "Each person's work will be different, so don't expect your work to look like mine or anyone else's," Julie Chase, the instructor says. "This is where exploration comes in." She will teach you on how she paints soft abstracts, these are strong painting with soft blended edges, if you prefer hard edges, then feel free to express yourself. The magic of abstract art is in all of us, we just need to go back to being a child with a new box of crayons. Participants can expect to complete two or more paintings. The workshop fee is \$400 payable to the instructor. Class size is limited to no more than eight participants. A supply list is available at the reception desk for this class which will meet over five sessions starting Friday, January 31st from 8:00—10:00 AM.

Julie Chase's art work is in the permanent collections of the [Smithsonian Institute](#) and the [National Museum of Women in the Arts](#) both in Washington, DC., and the [State of Tennessee's Governor's Mansion](#) in Nashville. Below are some abstract works created by the artist Julie Chase.



You can register for our activities by calling the Center at 865-288-7805

February 3rd ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, music for everyone to enjoy on Monday, February 3rd at 1:30 PM. Bring your instrument too or just come and listen to the music. Light refreshments served.

February 4th ... Introduction to the Spanish Language

We'll be offering an Introduction to the Spanish language class for those who have no experience with the language beginning Tuesday, February 4th. This class will meet on most Tuesdays and Thursdays from 1:00—2:00 PM. The class will conclude on Tuesday, April 29th. This class is brought to us courtesy of University of Tennessee with student-instructor, Cierra Huff. If you're interested in taking this class, you can check on seating availability by calling the Center or stopping by the reception desk. Seating is limited. There will be a fee for the purchase of a text book. The text book fee will be announced by the instructor.

February 6th ... iPad/iPhone Basics Class

During this four hour workshop taught over two days (February 6 and 7th from 10:00 AM—12:00 PM) 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 Apple password. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Senior Center. Deadline to register is Tuesday, February 4th. Class fee \$35 is due at time of registration. There must be a minimum of three paid individuals registered in order for this class to meet. Instructor is Barbara Edwards with [Tech Ed 4 All](#).

February 6th ... New Beginning Line Dance Class Starts

It's an all new beginning Line Dance Class with instructor Diane Hensley. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is \$5 per each class attended. Students will need to commit to attending the first few classes to learn the basics. Fees are payable to the instructor Diane Hensley. Class size is limited for this new class starting Thursday, January 6th. Be at the Center by 2:00 PM for registration.

Commemorating 1000 Scarves

The West Knox County Knitters Group meets on Tuesdays at 10:00 AM. On Tuesday, 11/19/2024 they celebrating to commemorate making their one thousandth scarf since the Center opened following the pandemic. That's 1000 scarves for [Operation Gratitude](#). Congratulations to the Knitting Group for their donations to Operation Gratitude.

You may have also seen their accomplishment in the November 27th edition of the [FarragutPress](#).

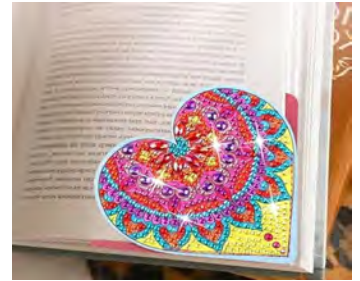
Seen are; Angie (kneeling), left to right behind Angie are Maxine, Maria, Bev, Claire, Judy, Cheryl, Pat, and Eileen.



You can register for our activities by calling the Center at 865-288-7805

February 10th ... Diamond Art Heart Shaped Bookmarks

Learn to make a Diamond Art Heart Shaped Bookmark with Cindy on Monday, February 10th at 10:00 AM. The Center now has hands-free lighted magnifiers to help us see the crafts better especially when working on smaller items requiring fine detail. You'll learn how to make a bookmark you'll treasure yourself and gift to a friend. Contact the Center or stop by the reception desk to check on seating availability. All material supplied.



February is National Library Lovers Month

February is National Library Lovers Month. We encourage everyone to visit your local library whether it's the public library or the library at the Center. We have a variety of books by current authors covering several genres. The Center's library is easy to use; find a book you want to read and take it with you. Bring it back whenever you finish. To find out information on our book clubs go to [page 22](#).

We're also taking donations of current titles and authors, and large print is in continual demand. During the month of February start the habit of treating yourself to the library.

February 13th ... Introduction to Artists Trading Cards

What are Artist Trading Cards? They're miniature works of art that are 2.5" x 3.5" in size. In this introduction to Artist Trading Cards participants will get to view some ATCs and work on creating their own from materials provided. For planning and scheduling purposes call the Center or stop by the reception desk to inquire on seating availability and sign up for this no-charge program offered on Thursday, February 13th at 9:30 AM.



February 13th ... Apple iOS 17 & 18 Updates Workshop for the iPad/iPhone

Are you frustrated with the latest Apple updates on your iPhone or iPad? Is so, register for two hour workshop that will cover the biggest changes in both iOS 17 & 18! You must bring an Apple device with you to the workshop. You must also know how to use this device confidently as this is not a workshop on how to use your iPad or iPhone. Also bring your Apple ID and Apple password as well along with your device. This two hour workshop is offered on Thursday, February 13th from 10:00 AM—12:00 PM. Class fee is \$20 payable to the instructor Barbara Edwards. This class is brought to us by [Tech Ed 4 All](#) (formerly known as Social Media 4 Seniors). Deadline to register is February 11th. Class fee of \$20 payable at time of registration. Deadline to register for this class is February 11th. The class must have a minimum of three paid participants to make and no more than five participants.

What is iOS

iOS is a mobile operating system developed by Apple exclusively for its mobile devices such as the iPhone and iPad. The first generation was introduced in 2007 and major version of iOS are released annually. The current version was released in September 2024.



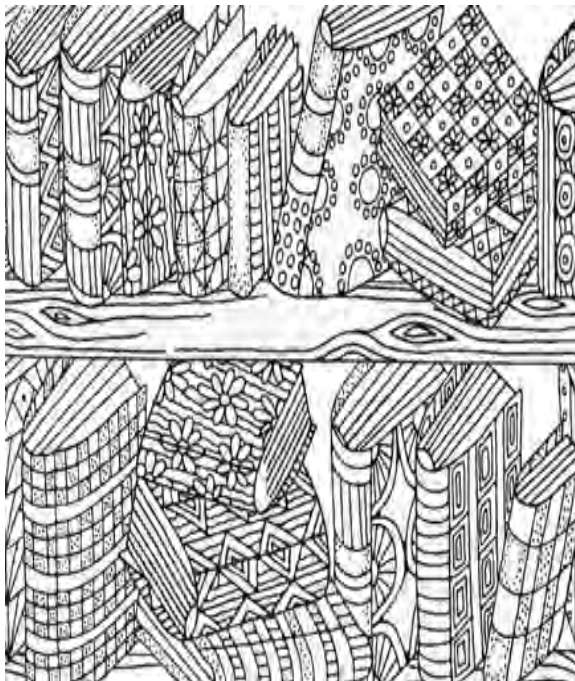
February 14th ... Valentine's Day Hot Chocolate Bar

To commemorate Valentine's Day, the Center welcomes you to stop in and have some hot chocolate from the Hot chocolate bar sponsored by [Comfort Keepers of Knoxville](#). No Valentine's day is complete without chocolate and no Winter season complete with something warm and cozy and when the two combine it's quite a treat. Stop in and enjoy the hot chocolate bar and meet the some of the staff from Comfort Keepers starting at 11:00 AM until 12:00 PM.

You can register for our activities by calling the Center at 865-288-7805

February 19th ... Color Coffee and Chat

Wednesday, February 19th at 10:00 AM is our monthly Color, Coffee, and Chat. This month is National Library Lovers month and we'll be having a coloring theme to match. It's a great way to improve focus, enjoy relaxation, and be creative with others. Materials provided. Light refreshments served. Stop by the reception desk or call the Center to check on seating availability.



Explore Your library During National Library Month

Provided by Lisa Page

The [Knox County Public Library System](#) has a wealth of free materials and resources that are available to all Knox County residents. Long gone are the days of simply using the library to check out a book. Our local libraries offer some truly amazing free resources for all ages!

Did you know you can watch movies, documentaries, theatre productions, and concerts all for free? Your library card number and pin password allows you to watch entertainment of all genres right on your phone, iPad, or laptop. Hoopla and Kanopy are free apps you can access at any time. The library also carries a vast catalog of physical DVDs and Blue Ray as well.

You can listen to millions of musical artist's albums, songs, and spoken word for free. You can checked out CDs, Records, LPs, and Digital Streaming all from the comforts of home.

Want to listen to an audiobook? Just download the Libby App and you can listen to thousands of books. The collection spans the classics to the newest Time's Best Sellers! With the Libby App you can rent multiple books as well.

Want to learn about how to do just about everything from playing a musical instrument, fixing a 1952 Corvette, or finding a long lost family member in your family tree? Check out the library data bases and explore all this and more!

Call your local [Knox County library](#) today or simply visit the [Knox County Library](#) website and find a branch near you. Your local library branch can be the gift you give yourself that keeps on giving all year long.

February 21st ... Game Time—Field Trip to Karns Senior Center

[Karns Senior Center](#) has invited the seniors at West Knox County Senior Center to join them on Friday, February 21st at 12:30 PM for Game Day. They'll have a variety of fun games to play and staff will be on hand to facilitate and explain the rules of play. The games they've selected are fun, engaging, challenging, but not difficult to learn. The games that they'll be playing is Sorry, Connect 4, Uno, Trouble, Skip-Bo, Battleship just to name a few. The size of the group is limited to no more than fourteen individuals for planning purposes. We'll be taking the CAC van from WKCS to Karns. You'll need to be at the Center at 11:45 PM with departure scheduled for 12:00 and arrival at Karns twenty to thirty minutes later. We'll leave Karns at 3:30 PM and arrive back at the Center at 4:00 PM. Call the Center at 865-288-7805 or stop by the reception desk to inquire on seating availability. Let's go visit Karns, tour their facility, meet the staff and Center's participants, and play some games! Light refreshments served and raffle prize giveaways.



West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934

You can register for our activities by calling the Center at 865-288-7805

February 24th ... Lifeline Screening

Life Line Screening will be available at West Knox County Senior Center on Monday, February 24th from 8:00 AM—5:30 PM. Screenings are simple and painless and can help detect carotid artery disease, atrial fibrillation, abdominal aortic aneurysm, peripheral artery disease and more. For additional information and how to book your screening appointment go to [page 31](#) of this eNewsletter for instructions.

February 24th ...Creative Writing Group

Are you working on a writing project whether it's a short story, journaling, or a more in-depth endeavor? Are you looking for inspiration, motivation, peer-to-peer support with constructive feedback then feel free to participate in the Writing Group at West Knox County Senior Center. Get advice, grow your craft, boost your confidence, as well as set and achieve writing goals. The group meets the fourth Monday of each month at 1:30 PM. Their next meeting is scheduled for Monday, February 24th. No need to register to participate.

February 27th ... Therapeutic Chair Massage with Tabitha

Schedule your therapeutic chair massage with Tabitha Travis, licensed Physical Therapy Assistant. This therapeutic chair massage will target the neck, shoulders, upper and lower back. Therapeutic massage helps alleviate muscle and joint pain, reduce stiffness and aids in restoring flexibility and range of motion. It also improves circulation and expedite healing and recovery and can be used in conjunction with other treatment regimens. Furthermore, therapeutic back massage can reduce tension, stress, and help posture by releasing tense muscles. Consult with your physician to determine if therapeutic back massage is a good choice for you. Tabitha is offering thirty minute sessions starting Thursday, February 27th at 9:00 AM. The session fee is \$30 payable to Tabitha. Call the Center at 865-288-7805 or stop by the reception desk to check on seating availability and to schedule your massage.



February 27th ... AARP Smart Driver Class Starts

AARP is offering a Smart Driver Class at the Center on Thursday, February 27th and Friday, February 28th from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores 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. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the class.

February 27th ...Vietnam Veterans Social

Join other Vietnam Veterans each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, February 27th

Knox County Government and Senior Centers do not endorse any commercial product, service, or viewpoint expressed by Third Party Vendors. The activities, trips, and services provided by Knox County Senior Center are educational in nature and only meant to inform.



You can register for our activities by calling the Center at 865-288-7805



Billiards

The West Knox County Senior Center billiard table is available Monday through Friday. Call ahead or stop by the reception desk to see if the Billiards table is available.

Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Why Sign-up for Programs & Activities?

For many of our programs and activities we request, for planning and scheduling purposes, that you sign-up ahead of time. Why do we request you sign-up? It will help us determining what room needs to be set aside for an activity or program since some rooms obviously hold more people than others. Also, in some situations a presenter or instructor will want a minimum number and/or a maximum number of participants in order for a program to be held.

If a presenter is providing materials for the class it will help determine how many copies need to be made. In addition, if a program is cancelled or rescheduled we can let you know of the changes. Items on the activity calendar in **Bold** require registration. As you read the article and description of the class/program in the eNewsletter it will also indicate whether or not registration is requested. To register call the Center at 865-288-7805 or stop by the reception desk. You can also let us know if you want a reminder phone call. Contact information is also important in the event the program is cancelled or rescheduled, we can let you know.

Other Places, Other Things

Want to visit the other Knox County Senior Center but don't know where to start? Below is a listing of musical programs the other Knox County Senior Centers have. You can also view the other Knox County senior centers eNewsletters and activity calendars by going to www.KnoxCounty.org/seniors.

Carter Senior Center

9040 Asheville Hwy.,
Knoxville, TN 37924;
Phone: 865-932-2939

Guitar Jam on Fridays at 2:00 PM. Open to anyone who plays acoustic instruments and has an open audience.

Corryton Senior Center

9331 Davis Dr.,
Corryton, TN 37721;
Phone: 865-688-5882

Chili Cook-Off & Tasting

Friday, February 21st
11:00 AM—12:30 PM

Corryton Senior Center invites you to choose your favorite chili. Who will win the Golden Spoon for best chili? Who will win the best chili name award? Who will win the best decorated table? You can help decide and enjoy the chili too!

Karns Senior Center

8042 Oak Ridge Hwy.,
Knoxville, TN 37931;
Phone: 865-951-2653

Guitar Jam on Mondays
1:30—3:30 PM. Open to any
who can play guitar and likes
music from the '60s and '70s.
No open audience.

Music Jam the first Wednesday
of the month from 1:00—3:00
PM. Open to anyone who plays
an instrument and likes bluegrass
and Americana. Open audience.

South Knoxville Senior Center

6729 Martel Ln.,
Knoxville, TN 37920;
Phone: 865-573-5843

Pool-atees!

Monday, January 6th

10:00 AM and at 12:30 PM

This is an aquatic version of Pilates, which is a core-based set of exercises. We will focus on using our core muscles (shoulders to hips) to perform balance routines. This free class will be a half our long on Monday at 10:00 and again at 12:30 PM starting Monday, January 6th.

Halls Senior Center

4405 Crippen Rd., Knoxville, Tn 37918
865-922-0416

Polynesian Dance Class

Every Thursday, 10:00—11:00 AM starting Thursday, January 2nd. Class fee is \$2 per each class attended payable to the instructor



Book Clubs



Steel Magnolia Book Club

This book club meets on the second Thursday of every month at 1:00PM. You may join at any time!

January 9th ... *Me Before You* by Jojo Moyes

They had nothing in common until love gave them everything to lose . . . Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex-Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he's pretty sure he cannot live the way he is. Will is acerbic, moody, bossy—but Lou refuses to treat him with kid gloves, and soon his happiness means more to her than she expected. When she learns that Will has shocking plans of his own, she sets out to show him that life is still worth living.

February 13th... TBD

West Knox Senior Center Book Club

This book club meets on the third Thursday of every month at 12:00PM. You may join at any time!

January 16th ... *Mystery Guest* by Nita Prose

Molly Gray is not like anyone else. With her flair for cleaning and proper etiquette, she has risen through the ranks of the glorious five-star Regency Grand Hotel to become the esteemed Head Maid. But just as her life reaches a pinnacle state of perfection, her world is turned upside down when J. D. Grimthorpe, the world-renowned mystery author, drops dead—very dead—on the hotel's tearoom floor.

February 20th ... *The Wager* by David Grann

The Wager is a grand tale of human behavior at the extremes told by one of our greatest non-fiction writers. Grann's recreation of the hidden world on a British warship rivals the work of Patrick O'Brian, his portrayal of the castaways' desperate straits stands up to the classics of survival writing such as *The Endurance*, and his account of the court martial has the savvy of a Scott Turow thriller. As always with Grann's work, the incredible twists of the narrative hold the reader spellbound.



Ready City USA

Join Read City for your most exciting challenge yet! For more information on what Read City is offering in 2025, visit:

www.KnoxCountyLibrary.org/read-city



West Knox County Senior Center Library is Available

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

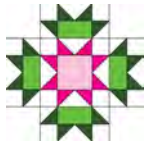


You can register for our activities by calling the Center at 865-288-7805

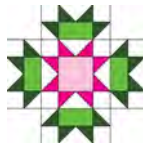


Sew What

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM. are presented below:



Wednesday, January 8th.,
Wednesday, February 5th.*



**Note since the first Wednesday is
New Years Day they will meet on
Wednesday, January 8th instead.*

Portrait Drawing Group

The Barbara West Portrait group meets at the Center on Tuesdays from 1:00—3:00 PM. Bring your own supplies and \$5 for a model fee. The class has a sitting model every week providing excellent practice for your drawing skills. All skill levels welcome, even if you think you can't draw. Learn and practice in a casual and friendly environment.

American Sewing Guild

Monday, January 13th and Monday, February 10th
at 12:30 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit www.asg.org. Normally, they meet on the third Monday of each month but in January and February, due to holidays, they will be meeting on the second Monday of each month.

Knitters & Crocheters Wanted

Knitters and Crocheters to knit and crochet scarves for the Care Packages donated to Operation Gratitude for our deployed military and first responders. The Knitting Group has yarn, needles, and hooks. We just need willing hands to come along to meet the group. The Knitting Group meets on Tuesdays at 10:00 AM at West Knox County Senior Center.

For more information on Operation Gratitude visit www.OperationGratitude.com



Artists Group Social

Thursdays at 9:30 AM—12:00 PM

Bring an art project you're working on or come for inspiration on your next creation. The Art Group Social offers the opportunity for artist to get together. It's a welcoming, encouraging, and inspiring environment. No fee to participate.

Watercolor & Drawing Class

Wednesdays at 9:30 AM—12:00 PM

You can learn the beauty of water coloring and exploring proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience is necessary. Class fee \$15 for each class attended. Fees payable to the instructor, Mr. Nort Horwitz. A supply list is available at the reception desk.

Watercolor Group

Mondays at 10:00 AM—12:00 PM

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

Oil Painting Class

Wednesdays 1:00 PM—3:30 PM
or Fridays 10:30 AM -1:00 PM
with [Carla Sanchez](#)

Want to join the oil painting class? *There's openings now for new students!* Class fee is \$80 per month payable to the instructor. Feel free to visit the class, meet the instructor, observe the class, and obtain a supply list. Visit Carla's website at CarlaSancezArt.com,



Tech Classes

February 6th ... iPad/iPhone Basics Class

During this four hour workshop taught over two days (February 6 and 7th from 10:00 AM—12:00 PM) 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. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Senior Center. Deadline to register is Tuesday, February 4th. There must be a minimum of three paid individuals registered in order for this class to meet. Instructor is Barbara Edwards with [Tech Ed 4 All](#).

February 13th ... Apple iOS 17 & 18 Updates Workshop

Are you frustrated with the latest Apple updates on your iPhone or iPad? If so, register for two hour workshop that will cover the biggest changes in both iOS 17 & 18! You must bring an Apple device with you to the workshop. You must also know how to use this device confidently as this is not a workshop on how to use your iPad or iPhone. Also bring your Apple ID and password as well along with your device. This two hour workshop is offered on Thursday, February 13th from 10:00 AM—12:00 PM. Class fee is \$20 payable at time of registration. Deadline to register is February 11th. You can register at the Center's reception desk. This class is brought to us by Social Media 4 Seniors. The class must have a minimum of three paid participants to make and no more than five participants. This class brought to us by [Tech Ed 4 All](#) (formerly known as Social Media 4 Seniors).

Cyber Security Classes

Have you ever received an email that requested a lot of money? Money that you know you don't owe, or maybe you've encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and lose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In this cybersecurity class you will learn about how these malicious attacks are carried out and how to spot them. There are three sessions and each session will cover a different aspect involving Cyber Security. You can sign up for one or all three classes. Classes are offered on the following dates at 1:30 PM: Wednesday, February 15; Wednesday, February 22nd; Wednesday, February 29th. You can sign up for these free classes by calling the Center at 865-288-7805 or stopping by the reception desk.



Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available most Fridays from 9:30 AM—11:00 AM with Jake. To check on seating availability, and to sign-up for your tutoring session, call the Center or stop by the reception desk.

[Tech Ed 4 All](#) (formerly Social Media 4 Seniors) classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by [Tech Ed 4 All](#) due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.

Fitness Activities at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

(865) 288-7805

11/2024 12/2024



Cardio/Strength/Stretch Class Wednesdays and Fridays 9:00 AM Class fee: \$5 Room #021

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

Feldenkrais—Movement Improvement Tuesdays at 12:50 PM & Thursdays at 1:00 PM. Class fee \$5. Room #021

This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in physical therapy clinics as a Feldenkrais practitioner for twenty-two years. Students can start at any time.

Line Dance Class for Beginners Thursdays 2:15 PM. Class fee \$5 Room #021

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday. It's imperative that new students commit to attending the first seven weeks of the beginning of a new class to learn the steps. Fees payable to the instructor. Please sign up at the reception desk.

Line Dance Improvers Class Wednesday 1:00 PM. Class fee: \$5.00 per class attended Room #021

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class is suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

Line Dance Class Intermediate Tuesdays 2:00 PM Class fee: \$5.00 per class attended Room #021

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. **Class instructor Sherri Barrett.**

Pickleball Tuesdays 12:00—3:30 PM and Thursdays 12:30 PM—3:30 PM Class fee: Free Room: Gymnasium

Play pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of pickleball. If you're new to pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started. Beginning Lessons are on Thursdays from 11:45 AM—12:30 PM.

Chair Yoga Strength Tuesdays 11:15 AM Class Fee: \$5 Room: #021

This class utilizes a chair, light hand-held strength training equipment. If you want to work muscles, improve posture, decrease stress and increase your energy level, this class is for you. Students may start at any time. This class is brought to us by Covenant BodyWorks.

Gentle Yoga Wednesdays at 11:15 AM Class fee: \$5 Room: #021

A practice of yoga postures and breath work at a relaxed pace. The intent of this class is improved posture, flexibility, balance, and core strength with the added benefit of enhanced well being. Bring a yoga mat, and a towel for added cushioning. Wear comfortable, stretchy clothing (layers if you are cold natured). You must be able to get down and up from the floor. This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately 60 minutes long.

Fitness Room Availability. The Center's Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free and required orientations on how to safely use the equipment. You can call the Center or stop by the reception desk to schedule your free orientation.

Fitness Activities at West Knox County Senior Center

11/2024 12/2024

SAIL (Stay Active & Independent for Life) Exercise Class Room: Gymnasium (Community Center level)

Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM Class fee: \$4.00 per each class attended.

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long. This class is taught in the upstairs Gymnasium.

Universal Tai Chi —Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee \$2

Join instructor Cheryl Chandler for Universal Tai Chi. This is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-Purpose Room (Room #021). The Wednesday and Friday classes are taught in the gymnasium (Community Center level). No experience necessary to join the class.

Yang Style Tai Chi For Beginners (Tai Chi I) Tuesdays 9:45 -11:00 AM Class fee: \$3 Room: #021

Start your New Years resolution to improve your health by using the widely popular Yang Style Tai Chi. A new class starts on Tuesday, January 7th at 9:45 AM. This ancient practice combines slow graceful movements, meditation, and relaxed breathing. The class is led by long-time instructor, Mr. Pat Barbieri, with twenty-four years experience. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increased muscle strength. This lass includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. No need to sign up for this starting class on January 7th.

Yang Style Tai Chi (Tai Chi II) Thursdays 9:45 AM—11:00 AM Class fee: \$3 Room #021

This class is wonderful for increasing the health benefits of Tai Chi. If you've taken Mr. Barbieri's class before or are familiar with Yang Style Tai Chi, feel free to join the class on Thursdays. The class also includes fifteen minutes of strengthening exercises for increasing range of motion, balance, and flexibility.

Tone & Balance Thursdays 11:15 AM Class fee \$5 Room: #021 Multipurpose Room

This class is designed to improve your balance, increase strength in all major muscle groups and enhance your range of motion, all of which will assist you in performance your daily activities such as lifting, bending, sitting, etc... This class is brought to us by Covenant BodyWORKS. New students can start at any time. No need to pre-register.

Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$25 for a thirty minute session, a one hour session is \$50, for a group it is \$20 per person for a thirty minute session. To schedule your appointment to meet with Rachel call the Center or stop by the reception desk. Rachel will call you to schedule your appointment.

Get Your Free Fitness Room Orientation

Want to use the Center's Fitness Room? It's equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center or stop by the reception desk and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach, and maintain your health and wellness goals. The orientation takes approximately fifteen minutes to complete.

Too cold or snowy for an outdoor walk?
Walk at your local mall!



Jan. 21st @ 10:00 AM |
West Town Mall (indoors)
7600 Kingston Pike 37919

Join Susanne and Judy at West Town Mall for
an indoor walk and window shopping!

Meet us just inside the mall entrance near
The Cheesecake Factory (East side of the mall)
@ 10:00 AM. After our walk we will have
Lunch in the food court.

Please RSVP for the walk by calling 865-288-3761
or email seniorservices@knoxcounty.org

February Senior Services Walk

First Creek Greenway at Caswell Park

620 Winona St, Knoxville 37919

Meet at the back parking lot of the O'Connor Senior Center
Tuesday, February 18th at 10:00am

Come enjoy a short, brisk walk with Tara and Susanne and
then warm up with a yummy lunch at

Ale' Rae's
Located at
937 N Broadway

RSVP at seniorservices@knoxcounty.org or 865-288-3761





KNOX COUNTY

VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

January

Corryton- January 7th, 2025 2:00 pm to 4:00 pm

Halls- January 15th, 2025 2:00 pm to 4:00 pm

West- January 23rd, 2025 1:30 pm to 4:00 pm

Karns- January 24th, 2025 8:00 am to 10:00 am

Carter- January 29th, 2025 2:00 pm to 4:00 pm

February

Corryton- February 11th, 2025 2:00 pm to 4:00 pm

Karns - February 14, 2025 8:00 am to 10:00 am

Halls- February 19th, 2025 2:00 pm to 4:00 pm

Carter- February 26, 2025 2:00 pm to 4:00 pm

West- February 27, 2025 1:30 pm to 4:00 pm

South- February 28, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO SCHEDULE AN APPOINTMENT





presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th
West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443



You're invited to a Life Line Screening event!

Where: West Knox County Senior Center
239 Jamestowne Blvd Suite 101
Knoxville, TN 37934

When: Monday, 2/24/2025

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:
Anyone over the **age of 40**

Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

4 ways to book your appointment...

Call **888-814-0466** and use promo code **HSCA001**

Visit  [LLSA.SOCIAL/HSCA](https://llsa.social/hscatn)



Text the word **"circle"** to **216-279-1607**

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.