

The Villages OF FARRAGUT

“Your life. Your way.”

230 Village Commons Blvd. • Knoxville, TN 37934 • (865) 671-2500 • thevillagesfarragut.com

Creature Feature- January 11, 2024

We have an exciting program scheduled on Thursday, January 11th. Books & documentaries can pique one’s interest momentarily in animals, but meeting them directly will have an impact for life. Creature Feature will bring their entertaining & educational live-animal program to The Villages. Join us in the community room.



Artful Inspiration

Inspire Your Heart With Art Day. Join us in the community room with artist Sheryl Jackson every other Saturday for a hands-on art, paint and design class. We also have meditative coloring classes. Check calendar for dates.

January 2024



Cocoa & Health Benefits

A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and some cognitive issues. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body’s levels of serotonin, which produces endorphins and can banish a bad mood.

Celebrating MLK Jr. Day

The country pays tribute to Martin Luther King Jr. every year on the third Monday in January. In 2024, the holiday falls on King’s actual date of birth, Jan. 15. This year also marks a major milestone, as the date would have been the civil rights leader’s 95th birthday. Join us on January 15th for some very informative trivia in the community room.



January 2024 Events

01/03 Resident Council Mtg
01/04 Hot Cocoa Bar
01/05 The Orient Express
01/08 Elvis Impersonator Party
01/09 Care Around the Block
01/11 Live Animal Show
01/13 Art Class w/Sheryl
01/15 Martin Luther King Cele





Jean Snyder, Villager Spotlight

Jean, Jean, the dancing machine! Born on Christmas Eve in St. Thomas, Ontario, Canada, Jean grew up in the home she was born in. The middle child of two brothers, she became a nurse and worked in a psychiatric hospital, operating room and the emergency room during her 40 plus year career. She enjoyed basketball, running, China painting and the beach. Her husband was a surgeon and was in the Korean War and she has two stepchildren. Jean is loved by all and at 98, she has a goal to play either the piano or violin. Her father worked for New York central railroad and she'd still love to take a long train ride. She dresses in fabulous style, has a great sense of humor and is always kind. Keep dancing, Jean! We love you!

