

April 2020 Calendar of Local Events



First Friday Monthly Art Walk the streets of downtown Knoxville Market Square area for art, music, food on the 1st Friday of each month. A great way to start each month.

Monday Nights Bearden Beer Market 6:30 pm Join at 4524 Old Kingston Pike for their Group Fun Run or Walk through the neighborhood. Open to all levels of walkers and runners

April 1 Bring Your Own Craft 6-8pm monthly craft club at 1154 McCalla Ave

Wednesday Night Swing 1538 Laurel Avenue beginner lessons are held at 7:45 pm swing dancing is fun and social- meet new people, learn a new hobby, and hear some amazing music (no partner required)

Monday nights at 6:30 Join the Bearden Beer Market 4524 Old Kingston Pike for their Group Fun Run or Walk through the neighborhood. Open to all levels of walkers and runners.

Thursday Night Trivia and Tacos Hops and Hollers- join every Thursday night 8-10 pm for Trivia and enjoy a selection of rotating food trucks every Thursday night

Free Trolley Rides Downtown Knoxville. There are four trolley routes that serve Downtown Knoxville and the UT area. Trolley maps are available at several locations throughout downtown, including Knoxville Station Transit Center Phone 865.215.7800

Imagination Library Free Books. For children 0 – 5 years old. For more information Imagination Library Administrative Assistant, at 865-215-8743 or imaglib@knoxlib.org

April 4 8am-8pm Chalk Walk- 18 Market Square Chalk Artwork featuring over 300 artists (Rain Date: April 5)

April 3 International Dance Competition 7pm at Student Union Auditorium at University of Tennessee

April 10 Good Friday Holiday

April 12 Easter Sunday

April 22 Earth Day

April 23 First Day of Ramadan

Benefits of regular physical activity

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalization or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

A healthier state of mind

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

***Talk to your Medical Provider before starting a rigorous exercise program.**

Resource: www.betterhealth.vic.gov.au