

## May 2020 Calendar of Local Events

MAY

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

**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.

**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](mailto:imaglib@knoxlib.org)

**Scottish Dance Class** March 7 101 South Central Street at Boyd's Jig and Reel. For novices and professionals, this Scottish dance class is a fun way to experience Scottish culture

**Bingo at Barleys** 5-7pm April 5 Family friendly event with themed Bingo. Come out, dressup, play Bingo, and win fun prizes!

**Free Concert Series on the Square** every Thursday May 7- June 25 at 8pm-10pm. Come for a wide variety of genres performed by local bands. Check the City of Knoxville Special Events Facebook Page for weather-related cancellations.

**Knoxville Flea Market** 5441 Clinton Highway open Friday 2pm-6pm, Saturday 10am-6pm, Sun 10am-4pm. One of the nations finest Flea Markets featuring dealers from across the country

**May 16 Children's Festival of Reading** 10am-3pm in Downtown Knoxville. Enjoy arts and crafts, games, music, food, and activities. Watch performances by world-class children's book authors and illustrators.

## **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](http://www.betterhealth.vic.gov.au)