

Carter Buzz



January / February 2016 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days

Friday, January 1st - New Years Day

Monday, January 18th - Martin Luther King Day

Monday, February 15th - President's Day



I hope you had a wonderful Christmas and are looking forward to a happy and healthy New Year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility.

I'm happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Senior Center provides opportunities for even more seniors to remain active and engaged in our community.

I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve.

Whether you visit the Strang, Halls, Corryton, Carter, South Knox, or the new Karns Senior Center, I look forward to seeing you at one of them in 2016.

Thank you,
Tim Burchett
Knox County Mayor

Greetings from the Knox County Mayor



Many thanks to Blake McCoy, from Independent Insurance Consultants, for generously providing the printing and mailing of the Carter Buzz newsletter.

As another year passes and a new year begins, we **THANK YOU** for all you do!

[Monday, January 4th - 11:00am ... Mighty Musical Monday - Kukuly and the Gypsy Fuego](#)

Enjoy the Mighty Wurlitzer organ and special guest Kukuly and the Gypsy Fuego. In addition to our musical guests, Bill Snyder and Freddie Brabson will play selections on the Mighty Wurlitzer Organ. This is a **FREE** concert at the beautiful Tennessee Theater. Lunch is available for \$5.00. **Bus space is limited, so sign up early.**

[Wednesday, January 6th - 11:00am ... Carter Café and Movie Matinee](#)

Join us for a movie while warming up with our homemade goodies! We will be offering a soup, sandwich, side, dessert, and a drink for \$5.00. Be sure to sign up a week in advance and reserve your lunch today! When we run out of food, the kitchen closes!

[Thursday, January 7th - 10:30am ...Rock Solid - A Fall Prevention Class \(FREE - New Class\)](#)

This new class is designed to help prevent falls with exercises based on Tai Chi principals and movements. Each movement is designed specifically for inside and outside home situations addressing the risks of falling. These movements are slow and gentle, with very low impact on the joints. Come on in and see if this class is right for you!

[Friday, January 8th - 8:30am ... Edward Jones Breakfast Club - Meet and Greet with Darron Kidwell](#)

Come meet Darron Kidwell, the newest advisor with Edward Jones. He will be hosting a Coffee Club that will meet every 2nd Friday of the month and will focus on a market update, and an informal discussion of timely topics. Breakfast Provided.

[Tuesday, January 12th & February 9th - 2:00pm ... Beginner Computer Class - FREE](#)

Linda Ramsey will be here for personal hands on instruction in computer basics. If you want to learn to email, Facebook with family, look up a new recipe, or just play games, she can certainly help you. Bring your laptop or use the lab.

[Wednesday, January 13th - 11:30am ... Reverse Mortgages Program with Dick Coombs](#)

You are invited to come and have a conversation about a Home Equity Conversion Mortgage (HECM), the most common reverse mortgage. It is a federally-insured mortgage loan that, if you qualify, allows you to stop making monthly mortgage payments and begin receiving TAX-FREE money, paid to you in one lump sum, in monthly payments or as a growing, standby line of credit when you need it. And you have complete flexibility in how you decide how to use your loan proceeds. Best of all, you retain ownership of your home and your heirs have no liability. Have more questions, come on in and join the discussion.

[Tuesday, January 19th - ALL DAY ... National Popcorn Day](#)

It's National Popcorn Day! Did you know that Americans eat about 16 billion quarts of popcorn each year, which makes it one of the most popular snacks in the country? Stop by the center today to help celebrate this fun day and grab yourself a bag of popcorn!

[Wednesday, January 20th - 11:30am ... Quality Home Health - Topic: Flu Season](#)

What is the Flu exactly? Did you know that being 65 and older is a risk factor for the Flu? Misty Simpson RN, BSN with Quality Home Health will be discussing this and more about Flu and Pneumonia. She will also be talking about risk factors, prevention, and treatment options. You don't want to miss this opportunity for better health education! **Sign up today!**

[Friday, January 22nd - 9:00am-4:00pm ... Life Line Screening - Call 1-888-653-6441](#)

Carter Senior Center is pleased to offer a preventive health event. Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive, and painless health screenings. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. **To register for any individual screening or the Wellness Package Discounted Screenings, please call 1-888-653-6441. Space is limited, so call today and make your appointment!**

[Friday, January 22nd - 9:00am ... FIELD TRIP - Healthy Living Expo - FREE ADMISSION Senior Day](#)

Join us at the area's largest health and fitness expo! Seniors will find exercise ideas, food samples, FREE health screenings, and an abundance of information from more than 150 exhibitors at the Expo. Always a huge hit is the Eat Right Nutrition Stage that showcases nutrition presentations as well as cooking demonstrations from a variety of vendors in the expo. RSVP today!

[Monday, January 25th - 12:00pm ... Lunch Bunch - Aubrey's](#)

Nobody likes to eat out alone! We have a great group of seniors who are looking for more people to join them. Let's meet at the center and try out the Senior Specials that our local restaurants offer. **Sign up to reserve your spot.**

[Tuesday, January 26th & February 23rd - 2:00pm ... iPad / Tablet Class - FREE](#)

Sometimes technology can be challenging for all of us. Now's the time to learn how to get the most from your iPad / Tablet with these informative classes. Participants will learn how to get the most from their device, keep it up to date with the latest software, and navigate the many apps that are available. **Sign up today!**

[Wednesday, January 27th - 11:30am ... Veterans Services](#)

The Knox County Veterans Office visits our center each month. They provide one-on-one assistance to Veterans and family members. They will explain VA benefits, answer questions, and assist with filing proper forms. Should you have any questions, they welcome any and all inquires regarding Veterans issues or concerns.

Wednesday, January 27th - 11:30am ... Potluck - Chili and Cornbread

Chili and cornbread have always been a staple for every family's celebration. The spicy chili and sweet cornbread are the perfect pairing for all kinds of gatherings. Come join us, and be sure to sign up, and let us know what you are bringing.

Monday, February 1st - ... "Secret Cupid" Balloons

Are you feeling lucky in love? With Valentine's Day right around the corner, we all like to get something special from friends and loved ones. Whether its candy, a card, or even a heart-shaped balloon. Well, here's your chance to be a "secret cupid". Order your heart-shaped balloon between February 1st - February 10th for only \$2.00. Each purchase includes a balloon and candy weight. Balloons will be issued to all Valentine recipients on Friday, February 12th. Love is in the air!

Monday, February 1st - 11:00am ... Mighty Musical Monday - Kathryn Frady Marvel

The guest performer for the James A. Dick Mighty Musical Monday Program will be professional opera singer Kathryn Frady Marvel. She has performed leading roles in many operas, but her repertoire is versatile and includes show tunes and popular music. This is a **FREE** concert at the beautiful Tennessee Theater. Lunch is available for \$5.00. **Bus space is limited, so sign up early.**

Wednesday, February 3rd - 11:30am ... Healthy Lifestyle Lunch and Learn

Have you ever wondered, how do they do it? How do they have that beautiful, pore free complexion or those dazzling white teeth? There is no fountain of youth, but we have some answers to help you be your most beautiful you. Come listen to Tammy Cabrera from the Healthy Lifestyle Wellness Center as she will be doing a presentation on Skin Care and Anti-Aging. Lunch will be provided, but you must RSVP in order to receive one. **So sign up today and reserve your lunch.**

Wednesday, February 10th - 11:30am ... Toxin Free Home with Young Living Essential Oils

Do you know the amount of toxins in your home and body? Do you understand the impact they have on your health and what diseases they may cause? With our indoor environment 2-6x more polluted than the outdoor environment, you're probably more at risk than you realize. During this program, Tracy Rose Denham will introduce you to better living without chemicals. Through the power of essential oils and other natural ingredients, you will learn how to maintain a healthy home and a healthy body.

Friday, February 12th - 8:30am ... Edward Jones Breakfast Club

If you were unable to come and meet Financial Advisor, Darron Kidwell last month, be sure to stop by this month as he will be hosting a Coffee Club that will meet every 2nd Friday of the month and will focus on a market update, and an informal discussion of timely topics. Breakfast Provided.

Friday, February 12th - ALL DAY ... Valentine's Sweet Treats

Is too much chocolate ever enough on Valentine's Day or any other time of year? Come on by and treat yourself to a sweet! We will be offering Valentine's goodies in the lobby while supplies last.

Wednesday, February 17th - 11:30am ... "You Float My Boat" Valentine's Social

In honor of Valentine's Day, Blake McCoy, with Independent Insurance Consultants, will be here scooping out some yummy Root Beer Floats! Find your inner child and join us for a delicious drink! Who says seniors can't enjoy a little nostalgia with this childhood treat!

Wednesday, February 24th - 11:30am ... Veterans Services

The Knox County Veterans Office visits our center each month. They provide one-on-one assistance to Veterans and family members. They will explain VA benefits, answer questions, and assist with filing proper forms. Should you have any questions, they welcome any and all inquires regarding Veterans issues or concerns.

Wednesday, February 24th - 11:30am ... Potluck - Comfort & Cozy Casseroles

Come start your day with the eternal crowd pleaser...Casseroles! It's time to embrace and share your oven-baked creation. There are many varieties to choose from, such as chicken, macaroni, tuna, green bean, and much more! Please sign up and let us know which comfort and cozy dish you will be bringing.

Monday, February 29th - 12:00pm ... Lunch Bunch - Puleo's

The Lunch Bunch group is growing! Come join our great group of seniors for a delicious lunch. Let's meet at the center and try out the Senior Specials that our local restaurants offer. **Sign up to reserve your spot.**

Snow Policy & Inclement Weather

The center is open unless the Knox County Mayor closes executive offices. All fitness classes & Tai Chi classes follow the school closing schedule. Please watch your local television stations for closings, or go online at www.knoxcounty.org for updates.



CARTER SENIOR CENTER
 9040 Asheville Highway
 Knoxville, TN 37924
 Phone / 865-932-2939 Fax / 865-933-6323
 www.knoxcounty.org/seniors
 Hours: Monday –Friday 8:00am to 4:30pm

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 Knox County Senior Services



Tim Burchett, Knox County Mayor
 Buzz Buswell, Director Veterans & Senior Services
 April Tomlin, Senior Services Manager
 Tara Stirone, Coordinator
 Jessica McCall, Assistant

Happy New Year!

- Medicare Part D Plans
- Medicare Advantage Plans
- Medicare Supplement
- Retirement Planning
- Final Expense/ Life Insurance
- Long Term Care Insurance

We Make It Simple

As your local, independent, senior insurance specialist, we understand that everyone's needs and financial situations are different. We represent **MANY** different insurance companies, so we can find you the coverage that will **BEST** fit your needs.

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