

Carter Buzz



July / August 2016 Newsletter
Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924



The center will be closed on
Monday, July 4th - Happy 4th of July



*******SAVE THE DATE!*******

Knox County Mayor's Senior Appreciation Picnic will be held on Friday, September 16th at John Tarleton Park. There will be great entertainment, a wide variety of vendors, and a delicious lunch. More information to come in the next issue of our newsletter.

YOU DON'T WANT TO MISS THIS!

New Incentive Program



Beginning September 1st, we will be starting a new incentive program. It's the Carter Senior Center Loyalty Card program. The program is designed to encourage participants to be more active and involved in all the programs and activities that the center has to offer.

Here's how the program works: Stop by the center on Thursday, September 1st and pick up your Loyalty Card. Each time you participate in a program, activity, or field trip, your card will get punched. Once you get all "10" holes punched, your card will be entered in our bi-monthly prize drawing. We will also be offering a "Bonus" Incentive! Every time you bring in a friend and have them sign up, you will receive an "extra" punch! It's a win/win!



Wednesday, July 6th - 12:00pm ... West Hills Rehab - Patriotic Parfaits

Come on in and help us celebrate the 4th of July dessert style! Tara Barnett from West Hills Rehab will be here making Patriotic Parfaits. What a sweet way to celebrate!

Friday, July 8th - 10:30am ... FIELD TRIP - Museum of Art & Chocolate Factory

The Knoxville Museum of Art celebrates the art and artists of East Tennessee. They present new art as well as new ideas. Then, the fun stuff happens! After we tour the museum, we will then take a short walk over to the Knoxville Chocolate Factory. Who doesn't **LOVE CHOCOLATE?** This is a **FREE** field trip, and if you are interested in joining us, stop by the center or give us a call, and sign up as space is very limited!

Wednesday, July 13th - 11:00am ... Carter Café and Movie Matinee

Join us for a movie and our homemade goodies! We will be serving Spaghetti with Marinara, Meatballs, Garlic Bread, Mini Cheesecakes, and Water 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!

Wednesday, July 20th - 11:30am ... Clear Captions Snack and Learn

Audiologist studies indicate 1 out of every 3 seniors between the ages of 65 and 80 suffer from hearing loss. This can lead to feelings of isolation and frustration when trying to communicate by telephone. Fortunately, there's a federal program that allows every citizen with hearing loss a landline telephone and Internet access to receive a FREE captioned phone and FREE service to help them remain connected with those who matter most in their lives. To learn more about this product, stop by and get some information.

Monday, July 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, July 26th - ALL DAY ... National Bagelfest Day

Ah, the glorious bagel! Who among us does not love it, crave it? Every year on this day, Bagelfest is celebrated around the world and we are gonna celebrate it too! Many thanks to Cindy Foster from Trinity Hills for sponsoring us! Yum!

Wednesday, July 27th - 11:30am ... Veterans Services

The Knox County Veterans Office visits our center each month. Any veteran or spouse may come in to our center for one-on-one assistance with veterans issues, paperwork, questions, and assist with filing proper forms. **Please call the Veterans Services Office at 215-5645** to register in advance and find out what documents are needed to file a claim.

Wednesday, July 27th - 11:30am ... Potluck - Southern BBQ

There are few things in the South more universally revered than a good ole' southern barbecue potluck. In addition to BBQ pork, brisket, chicken or ribs, a plentiful potluck may include culinary delights like cornbread, baked beans, or potato salad. Joshua Barnett from Mutual of Omaha will be joining us and holding a raffle for a great giveaway. **Sign up and let us know what you are bringing!**

Monday, August 1st - 11:00am ... Mighty Musical Monday - Vocalist Emily Campen

The guest performer for the James A. Dick Mighty Musical Monday Program will be vocalist, Emily Campen. In addition to our musical guest, 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, August 3rd - 11:30am ... Choices in Senior Care - Dementia

Rebekah Wilson, Director of Community Education with Choices in Senior Care will be talking about "Normal Aging versus Dementia". During this presentation, she will discuss the differences between normal age-related memory changes and behaviors/symptoms that are not a normal part of the aging process that may warrant a visit with a healthcare provider. During this discussion, she will address the different types of dementia and symptoms associated with changes in varying parts of the brain. Feel free to bring questions for this engaging and informative talk.

Wednesday, August 3rd - 2:00pm ... History of East Tennessee Sports and Recreation

Over the last 100 years, sports and the great outdoors have played a major role in shaping the history and culture of East Tennessee. From the early days of baseball, through the glory days of General Neyland's Football Vols, all the way to the national dominance of Pat Summitt's Lady Vols, East Tennesseans have always been fascinated by sports. This class will not only discuss these major figures and events in our sports history, but will also pay our respects to such lesser known heroes like local racecar legend, A.J. "Pete" Kreis. Along the way, we will talk about what our fascination with sports reveals about our distinctive culture and character.

Thursday, August 4th - ALL DAY ... National Chocolate Chip Cookie Day

We all love those tasty hidden nuggets of blended cocoa. Whether you're a fan of dark, milk, or white chocolate, this is definitely a day for everyone to appreciate. Chocolate chip cookies are one of America's favorites! Did you know that a total of seven billion chocolate chip cookies are consumed every year and that it is estimated that the average person will eat about 35,000 cookies in their lifetime? So stop by the center and grab yourself one, or even two and enjoy!

Wednesday, August 10th - 11:30am ... Edward Jones Lunch and Learn

Incidents of fraud are on the rise and scammers' tactics are becoming more complex. This presentation will help give seniors the information they need to *Outsmart the Scammers*. During this program, they will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps seniors can take to help protect themselves and loved ones. **Sign up today! R.S.V.P. is required.**

Wednesday, August 17th - 11:30am ... Mutual of Omaha - Budgeting on a Fixed Income

Mutual of Omaha representative Joshua Brandt, and Laura Barker with Premier Solutions International will be your guides for Budgeting on a Fixed Income. Come learn how to maximize your dollars, prepare for long term care expenses, help keep medical costs low, consolidate investments, protect yourself against identity theft, and much more! How Much Can You Save? Come on by and join in on the discussion. **Snacks Provided.**

Monday, August 22nd - 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.**

Wednesday, August 24th - 11:00am ... Accuquest Hearing Screenings - FREE

Join Dr. Bobbie L. McCue, Audiologist to learn more about how we hear and understand, as well as what the newest devices and technologies are to assist with hearing impairment. Hearing loss is usually physically asymptomatic, but can affect not only the person with the impairment, but also those who communicate with that person. A person does not need to have a severe loss to suffer the consequences of hearing loss; which may include social isolation, degraded quality of daily living, aggravation, and strains on interpersonal relationships. Dr. McCue will also be providing FREE EAR CANAL and HEARING Screenings, so sign up today and get your hearing checked.

Thursday & Friday, August 25th & August 26th - 12:00pm ... AARP Driving Course

AARP instructor, Carolyn Rambo will be here at the center offering a 2-day, 4-hour safety driving course, so tune up your driving skills and update your knowledge of the rules of the road. Many insurance companies provide a discount upon completion of this course! If you are an AARP member, the class fee is \$15 and \$20 for non-members. Must have at least 10 participants to have a class. **Call 932-2939 to register!**

Wednesday, August 31st - 11:30am ... Veterans Services

The Knox County Veterans Office visits our center each month. Any veteran or spouse may come in to our center for one-on-one assistance with veterans issues, paperwork, questions, and assist with filing proper forms. **Please call the Veterans Services Office at 215-5645** to register in advance and find out what documents are needed to file a claim.

Wednesday, August 31st - 11:30am ... Potluck - Hot Dog Grillout

It's Grillin' Time! The grill is hot and the drinks are icy cold! What a great way to celebrate summer than with a Hot Dog Grill Out! Blake McCoy, from Independent Insurance Consultants will be providing the hot dogs, and you bring all the sides and fixin's. We will also be having live musical entertainment, courtesy of Bobby Johnston, one of Carter's own musicians. And what better way to complete the day, then with a juicy slice of watermelon provided by Amanda Spencer from Blue Harbor Senior Living. So join us for some hot eats and cool treats! **Sign up and let us know what you are bringing!**

Visit Knoxville NEEDS Volunteers

Visit Knoxville Volunteers is for anyone interested in giving back, meeting new people, and encouraging community growth and participation through assisting with the needs of visiting group events. Some volunteer opportunities include: Sporting Events, Festivals, Conferences, Exclusive Shopping Events, Information Booths and much more! For more information, contact Heather Fawver at 865-342-9144.





CARTER SENIOR CENTER
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