

# Carter Buzz



September / October 2016 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924

**The center will be closed on the following days**



**Monday, September 5 - Labor Day**  
**Friday, September 16 - Senior Picnic**



## 10th Annual Mayor's Senior Appreciation Picnic



Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be held on Friday, September 16th from 11:30am-1:30pm at John Tarleton Park, 3201 Division Street. Please note that all Knox County Senior Centers will be closed the day of the picnic. You are invited to join Mayor Burchett and his staff, for the 10th Annual Mayor's Senior Appreciation Picnic. The celebration is a county-wide tribute to express Knox County's appreciation and commitment to senior citizens. This is a FREE event for all Knox County seniors. There will be free food, activities and live entertainment, featuring The Chillbillies. Enjoy the expo tents where vendors will be set up to give out all sorts of information and giveaways.

To RSVP for the picnic, please call 215-4007 by September 9th. The first 100 seniors to register IN PERSON to go to the picnic at one of the six Knox County Senior Centers, will receive a beautiful t-shirt to wear to the picnic. T-shirts will be available September 1st. T-shirts are courtesy of our Platinum Sponsors, Independent Insurance Consultants (IIC), Northshore Senior Living/Oakwood Senior Living/Knoxville High Senior Living. Be sure to visit their booths for fun activities.



**CAC will be offering FREE transportation. If you would like to register to ride the bus, call and reserve your seat as space is limited!**

## STAND DOWN



For U.S. Military Veterans

Humana is sponsoring a "Veterans Stand Down" clothing drive for local homeless military veterans. We will accept new and gently used clothing, new men's and women's underwear, shoes, socks, towels, razors, shaving cream, tooth brushes, toothpaste, and deodorant. So clean out those closets and help donate for a great cause. Thanks for your support!

### [Friday, September 2nd - 8:30am ... First Friday Breakfast with Drayer / Health Department](#)

This year the Knoxville-Knox County Senior Safety Task Force is promoting Fall Prevention awareness and the theme is "Stop Falls before they Stop you!". Please join us for an informative presentation on how to prevent falls sponsored by Drayer Physical Therapy and the Knoxville-Knox County Senior Safety Task Force. The Senior Safety Task Force will be providing **FREE** home safety tool kits to the first 30 seniors who register. Drayer will be providing breakfast for attendees. In order to receive a **FREE** home safety tool kit, RSVP is required.

### [Tuesday, September 6th - 10:00am ... Golf Club Gurus at Lost Creek Golf Course](#)

Dust off those golf clubs and put on your golfing shoes! Tee time begins at 10:00am SHARP! If you have been looking for a group to play with, here's your chance! The Golf Club Gurus meet once a week. Come enjoy 9-holes of golf. See you on the greens!

### [Wednesday, September 7th - 11:00am ... Carter Café and Movie Matinee](#)

Join us for a movie and our homemade goodies! We will be serving a Cheeseburger, Potato Salad, Bag of Chips, Strawberry Shortcake, 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!

### [Thursday, September 8th - 1:30pm ... Walking Group - New Harvest Park](#)

Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking groups monthly walk. The walk will be 2-3 miles of paved greenway that loops the main park. After the walk, the Farmers Market will be open, and we encourage everyone to stay and enjoy the locally grown produce, herbs, flowers, crafts, and more! Water and snacks will be provided by Susan Parnell with Physiotherapy. Don't forget the sunscreen! For additional information or to sign up, stop by or give the center a call.

### [Friday, September 9th - 8:30am-9:30am ... Blood Pressure Checks by UT Medical](#)

Have you had your blood pressure checked recently? Did you know that as many as one in three Americans have high blood pressure, and one-third of them do not even know they have it? A high blood pressure can increase your chances of developing many diseases such as heart disease, stroke or kidney disease. Nearly 65 million Americans ages six and older have high blood pressure. Having no warning signs or symptoms makes it particularly dangerous, so it is a good idea to have your blood pressure checked regularly. Be sure to make time for you and your health.

### [Friday, September 9th - 8:30am-11:30pm ... Flu Shots by East Tennessee Discount](#)

Did you know that seniors are more likely than anyone else to get the flu or to end up in the hospital because of the flu? The best way to avoid the flu is to get your flu shot! A locally owned pharmacy, East Tennessee Discount Drug, will be here at the center providing flu shots. They can bill your insurance but shots will be provided at a discounted rate of \$20 for those without insurance. So why wait in line at your doctor's office? **Sign up today for your no wait appointment.**

### [Tuesday, September 13th - 10:00am ... FIELD TRIP - Tennessee Valley Fair Senior Day](#)

Seniors age 65+ will receive **FREE ADMISSION** all day. There will be special entertainment, events, and contests for seniors all day. Sign up to take the bus with us from the Center.

### [Wednesday, September 14th - 11:30am ... Gourmet Cooking Class with Terri Geiser](#)

Back in June, we had culinary enthusiast, Terri Geiser here at the center dishing out some tasty samples of the amazing foods she creates. This time, she will be here to cook a full meal which will include BLT Canapes with Basil Mayo, Cinnamon Rubbed Pork Tenderloin with Maple Glaze Roasted Sweet Potatoes, and a Peach and Raspberry Brown Sugar Crisp. Tickets are **\$10.00 per person** for the class and lunch. **RSVP and prepay by September 7th.**

### [Friday, September 16th - 11:30am ... Mayor's Senior Appreciation Picnic](#)

Just a reminder...don't forget to join us for this fun-filled day! **The Center will be CLOSED!** See you there!

### [Monday, September 19th - 9:00am ... FIELD TRIP - Harrah's Casino](#)

It's that time of year again! Harrah's Casino is offering up a great deal that you just can't pass up! You pay \$30.00 and get \$25.00 in Harrah's money to play. This is a comfortable and beautiful trip over the mountain with Rocky Top Tours. Who knows? You may come back a big winner! Sign up and pay by September 12th. Very limited seating. **Sign up and pay early to reserve your seat!**

### [Wednesday, September 21st - 11:30am ... Amedisys Dementia Training Lunch and Learn](#)

Laura Copeland from Amedisys will be here at the center offering a 30-minute training course to help others understand the importance of Dementia. The Purple Cities Alliance has begun the journey toward making Knoxville one of the first Dementia Friendly Cities in the U.S. and serve as a model for other communities across the country. Join us and learn how to help those with Dementia feel safer and better cared for in our community. Lunch to be served after training. **RSVP Required.**

### [Friday, September 23rd AND October 14th - 8:30am ... Edward Jones Coffee Club](#)

Darron Kidwell will be here discussing current market conditions, general news happenings, and other concerns or interest that participants need answers to. He will also have an informal discussion of recent events in the investment world and news in general. **Breakfast Provided.**

### [Monday, September 26th - 12:00pm ... Lunch Bunch - Cracker Barrel](#)

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, September 28th AND October 26th - 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, September 28th - 11:30am ... Potluck - Football Finger Foods**

Football season is finally here, and only in the South, is game day more celebrated than any other event. From wings, to cheese dips, meatballs, and nachos, there is always something to eat with your fingers. So get those creative juices flowing, and let us know what you will be bringing! **Go Vols!**

### **Monday, October 3rd - 11:00am ... Mighty Musical Monday - Holston Middle School Choir**

The guest performers for the James A. Dick Mighty Musical Monday Program will be the Holston Middle School Choir. 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, October 5th - 11:30am ... Medicare Education Seminar - Physicians Mutual**

Stop by and listen about the Medicare and Healthcare changes that will be happening in 2017. A representative will be discussing the differences between Original Medicare with a supplement and a Medicare Advantage Plan. Is your Medicare supplement issue age or attained age? Do you have the right drug plan (Part D) for you? Join us and find out the answers to all this and more.

### **Tuesday, October 11th - 1:45pm ... Walking Group - UT Arboretum Walk**

Join the group at UT Arboretum (901 S. Illinois Avenue, Oak Ridge 37830) for the walking groups monthly walk. Prepare for an approximate 3-mile walk. The walk will be over graveled pathways and will include traversing some fairly steep inclines. Following the walk, there will be a tour from the Arboretum Director, Kevin Hoyt, who will provide information about the variety of trees, and projects at the Arboretum. For additional information or to sign up, stop by or give the center a call.

### **Wednesday, October 12th - 9:00am to 4:00pm ... Mobile Mammogram - Call 305-9753**

October is Breast Cancer Awareness Month. UT's Mobile Mammography Unit will be onsite, so schedule your appointment for a digital screening mammogram. Insurance is filed for each participant. Those without insurance can call for grant funding to cover the cost.

### **Wednesday, October 12th - 11:00am ... Humana Medicare Seminar**

October will start Medicare Open Enrollment. If you are a Humana Medicare Advantage plan member, join Linda Ramsey as she shares with you 2017 Plan Benefits!

### **Friday, October 14th - 8:30am-9:30am ... Blood Pressure Checks by UT Medical**

Last month, we began offering blood pressure checks for FREE! If you weren't able to stop by, and have yours checked, here's another opportunity. Kathy Timme, a UT registered nurse, will be stopping by monthly to offer this free service. Developing a healthy lifestyle can help you reduce your risks of developing high blood pressure, so be sure to exercise daily and have yourself checked regularly.

### **Friday, October 14th - 1:00pm ... FIELD TRIP - Three Rivers Rambler Train Ride - FREE**

All Aboard! Join us for a train ride back in time. You are invited to take a ride on Knoxville's historical Three Rivers Rambler courtesy of our generous sponsor, Blake McCoy of Independent Insurance Consultants. Due to limited seating on the train, each Knox County Senior Center has 45 available spots for this trip. It is imperative that if you sign up, you attend, as a courtesy to the sponsor. Bus space is limited, so sign up early. **Deadline to sign-up is Friday, October 7th.**

### **Wednesday, October 19th - 11:30am ... Independent Insurance Consultants Medicare Program**

MEDICARE Is Confusing. We Make It SIMPLE! With all the questions revolving around the insurance company mergers, are you aware of the changes to your Medicare and Part D insurance? How will plan changes affect you? IIC understands that everyone's needs and financial situations are different. They represent **MANY** different insurance companies, so they can find you the coverage that will **BEST** fit your needs. Got questions? Stop by and have them answered.

### **Monday, October 24th - 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.**

### **Wednesday, October 26th - 11:30am ... Potluck - Cornbread and Chili**

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, October 31st - ALL DAY ... Halloween TREAT YOURSELF!**

We are gonna celebrate Halloween, "Carter Style"! At Halloween time, there are costumes, trick or treating, and lots of candy. Well, we can promise you, that when you stop by on Halloween, there will be no tricks, just treats! So come on by, and sample the tasty treats, and delicious sweets that will be too good to eat!

**For more information or to register for programs, please call 865-932-2939**



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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changes affect you?

With all the questions revolving around the insurance company mergers, are you aware of the changes to your Medicare and Part D insurance? How will plan

**OCTOBER 15<sup>th</sup>**

**Medicare Annual Enrollment begins**