

Carter Buzz



November / December 2016 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days

Friday, November 11th - Veterans Day

Thursday and Friday, November 24th and 25th - Thanksgiving

Friday and Monday, December 23rd and 26th - Christmas



Wishing you all the timeless treasures of Christmas, the warmth of home, the love of family, and the company of good friends.

Confused about MEDICARE? We Make It SIMPLE!

Medicare Annual Enrollment is here! We know that all the news on Medicare insurance companies, premium increases, deductibles rising, and sky rocketing out of pocket costs can be confusing. As your locally owned and independent agency, Independent Insurance Consultants is here to answer all of your questions! The Medicare Annual Enrollment period ends December 7th and we want all Knox County seniors to please call us for your complimentary Medicare insurance and Part D review. MEDICARE Is Confusing. We Make It SIMPLE! 865-691-5571

Blake McCoy
Independent Insurance Consultants
www.iictn.com



Thank you!

Canned Food Drive

For the months of November and December, we will be having a canned food drive to help a local food pantry here in Knoxville. Stop by and drop off your unexpired canned foods. We will also be collecting canned foods for the Turkey Trot. Let's show them how much Carter Cares!



Operation Christmas Child

A PROJECT of SAMARITAN'S PURSE

November 14– November 21

Operation Christmas Child is a program to bless the hearts of children everywhere. Pick up a shoebox, help fill it up, and make a child's holiday special this year! Shoeboxes will be provided to those who would like to participate.



Wednesday, November 2nd - 11:30am ...Veterans Appreciation Celebration - RSVP Required

Let's take time to celebrate and honor our Veterans. The kiddos from the Carter Elementary School Chorus will be here singing a Patriotic Performance. Lunch will be provided to all who attend. Come on out and celebrate our freedom with fun, food, and fellowship!

Friday, November 4th - 10:00am ... 5th Annual Turkey Trot 1-Mile Fun Walk and Lunch

It's that time of year again, so lace up your walking shoes and **sign up today!** Independent Insurance Consultants will be sponsoring our 5th Annual "Turkey Trot" 1-Mile Fun Walk. **The first 65 participants to pre-register for this FREE event will receive a FREE t-shirt!** Participants will be separated into 3 different age groups and the winners will be awarded frozen turkey's compliments of Trinity Hills. Drayer Physical Therapy will be smoking BBQ for lunch at 11:30am. Then, be sure to stop by and visit A Place for Mom, as they will be providing something hot to warm you up! Finally, we have special musical guests, Brandywine to keep your toes tapping. So, come join us for a fun-filled day and please be sure to sign up and bring a side dish or dessert to share. Don't feel like cooking? Donate \$5.00 and we will do the cooking for you! **We ask that each participant bring 2 canned goods at time of registration that will be donated to a local food pantry here in Knoxville.** All participants who have pre-registered, will be entered into the raffle.

Monday, November 7th - 11:00am ... Mighty Musical Monday - Bearden High School Band

The guest performers for the James A. Dick Mighty Musical Monday Program will be the Bearden High School Symphonic Band. 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, November 9th - 11:00am ... Humana - Medicare Open Enrollment

It's that time of year again....Medicare Open Enrollment! Linda Ramsey with Humana will be here to share 2017 Medicare Advantage Plan information. She will be available to answer insurance questions.

Wednesday, November 16th - 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? As your local, independent, senior insurance specialist, IIC understands 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. The Medicare Annual Enrollment begins October 15th.

Friday, November 18th AND December 9th - 8:30am ... 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, November 18th AND December 9th - 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.**

Wednesday, November 23rd - 11:00am ... Carter Café and Movie Matinee

Join us for a movie and our homemade goodies! We will be serving a Butternut Squash Soup, Creamed Corn, Cornbread Muffin, Mini Apple Pie, 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!

Monday, November 28th - 12:00pm ... Lunch Bunch - Puleo's

The Lunch Bunch is a fun group open to everyone! We have a wonderful group and they meet on the 4th Monday of every month. Call to reserve your spot!

Monday, November 28th - ALL DAY ... CYBER MONDAY

Cyber Monday is one of the biggest shopping days of the year, when retailers of all kinds bring deep discounts to their online stores. Well here at the Carter Senior Center, we are going to have CYBER MONDAY, Carter Style! No computers or cash needed! **FREE COFFEE ALL DAY...on the house!**

Wednesday, November 30th AND December 28th - 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, November 30th - 11:30am ... Potluck - Arise and Shine Breakfast for Lunch

Breakfast for Lunch Potluck has become one of our favorite Thanksgiving Traditions! Bring a brunch recipe to share and enjoy homemade classics such as sausage, gravy, biscuits, hash brown casserole, cheesy eggs, pancakes, bacon, and more! Please sign up and let us know what you are bringing to ensure a great variety.

Friday, December 2nd - 9:00am ... Humana - Medicare Open Enrollment

If you missed last months program, here's another opportunity! October 15-December 7 is Medicare Open Enrollment. Join Linda Ramsey with Humana to hear more about Humana's Medicare Advantage Plan 2017 plan benefits. She will be available to answer insurance questions.

Monday, December 5th - 11:00am ... Mighty Musical Monday - O'Connor Singing Seniors

Enjoy the Mighty Wurlitzer organ and special guest The O'Connor Singing Seniors. 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, December 7th - 11:30am ... Independent Insurance Consultants Medicare Program

Here's your last chance for Medicare Open Enrollment. Independent Insurance Consultants offer a variety of helpful services for our clients all over Tennessee. We are an authorized representative for many of the Medicare insurance companies. Independent Insurance Consultants will find you the best solution for your Medicare needs and explain to you the difference between a Medicare Supplement and a Medicare Advantage Plan.

Wednesday, December 14th - 11:30am ... Holiday "FOOD" Hopping

The Christmas season is quickly approaching and what better way to get into the spirit then with a Holiday "Food" Hop! There will be various sponsors hosting a "Food" table with varieties such as Pasta, Chip and Dip, Dessert, Hot Cocoa, and many more. We will also be having a special holiday performance from Three Nice Guys Barbershop Quartet, who will be performing classic Christmas Carols. Come join us and get into the holiday spirit!

Friday, December 16th - 1:30pm ... Guitar Jam "Holiday Hoedown" Potluck

Let's go Rockin' Around the Christmas Tree and join us as friends gather to eat, drink, and be merry! Bring a party snack or dish to share and we will sing some of our favorite holiday carols with the Carter Senior Center Guitar Jam band!

Monday, December 19th - 12:00pm ... Lunch Bunch - Cracker Barrel

The Lunch Bunch is a fun group open to everyone! We have a wonderful group and they meet on the 4th Monday of every month. Call to reserve your spot!

Wednesday, December 21st - 11:30am ... White Elephant Gift Exchange and Cookie Swap

It's the most wonderful time of the year! Bring 2 dozen of your favorite Christmas cookies to share and swap, and a small wrapped gift to play a fun Christmas Party Game. We will find out who is naughty and who is nice!

Wednesday, December 28th - ALL DAY ... Ring in the New Year Celebration

The year has come and gone and what a great year it has been! Stop by the center and help ring in the New Year all day long! Special goodies and giveaways while supplies last!

Wednesday, December 28th - 11:30am ... Potluck - Soup and Sandwich

We will fight off the winter chill with the warmth of home cooked soup. Whether you're a cracker, cornbread, roll or sandwich dipper, it doesn't matter to us. Just bring enough of your favorite to share. Please sign up and let us know what you are bringing to ensure a great variety.



**Please Note: There will be NO FITNESS CLASSES
Monday, December 19th - Friday, January 6th**





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



- 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.

(865) 691-5571 • www.iicn.com

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MEDICARE is Confusing. We Make It SIMPLE!