

# Carter Buzz



**May/ June 2024 Newsletter**

**Knox County Carter Senior Center  
9040 Asheville Highway Knoxville, TN 37924  
865.932.2939**

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

**Monday, May 27th - Memorial Day**

**Wednesday, June 19th - Emancipation Day**

**UNDER  
CONSTRUCTION**

As most of you have seen, construction for the ADA upgrades has begun here at our center. We are so excited to be able to improve our center with all the upgraded ADA accessibilities for all who attend and utilize our center. Construction will be done in phases which may affect parts of the building, but the center will remain open and operational during this time. We thank you in advance and appreciate your patience.

Carter Senior Center  
9040 Asheville Highway  
Knoxville, TN 37921

# MAY 2024

Tara Stirone, Coordinator  
Patty Vick, Assistant  
Phone: 865.932.2939

**MONDAY**  
8am-4:30pm

**TUESDAY**  
8am-4:30pm

**WEDNESDAY**  
8am-4:30pm

**THURSDAY**  
8am-4:30pm

**FRIDAY**  
8am-4:30pm

 <p><b>KNOX COUNTY TENNESSEE</b></p>	<p>*****</p> <p><b>For more program information, check out our website: <a href="http://Knoxcounty.org/SeniorServices">Knoxcounty.org/Senior Services</a></b></p> <p>*****</p>	<p><b>1</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>2</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>3</b></p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p><b>Fitness Room Open All Day</b></p>
<p><b>6</b> <b>Come See Caleb!</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class <b>10:30 Senior Coverage Q&amp;A</b> 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>7</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>8</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward <b>10:30 Mother's Day Party</b> 11:00 Chair Volleyball 12:00 Baked Goods BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>9</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>10</b></p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p><b>Senior Prom @ Halls Senior Center - 1pm-3pm</b></p> <p><b>Fitness Room Open All Day</b></p>
<p><b>13</b> <b>Come See Caleb!</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class <b>11:30 Crafting Social</b> 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>14</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>15</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>16</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>17</b></p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p><b>Fitness Room Open All Day</b></p>
<p><b>20</b> <b>Come See Caleb!</b></p> <p>8:00 Billiards 9:00 No-Cash Poker <b>9:00 Haircuts By Wendy</b> 10:00 Quilting 10:00 Stretch Class <b>10:00 Toenail Trimming</b> 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>21</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study <b>9:30 Senior Services Walk @ Seven Islands Birding Park</b> <b>RSVP 865-288-3761</b> 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>22</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>23</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>24</b></p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p><b>Fitness Room Open All Day</b></p>
<p><b>27</b></p>  <p><b>MEMORIAL DAY</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>28</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>29</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward <b>10:30 Senior Info with Lisa</b> 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>30</b></p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p><b>Fitness Room Open All Day</b></p>	<p><b>31</b></p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p><b>*National Senior Health &amp; Fitness Day</b></p> <p><b>Fitness Room Open All Day</b></p>

Carter Senior Center  
 9040 Asheville Highway  
 Knoxville, TN 37921

# JUNE 2024

Tara Stirone, Coordinator  
 Patty Vick, Assistant  
 Phone: 865.932.2939

<b>MONDAY</b> 8am-4:30pm	<b>TUESDAY</b> 8am-4:30pm	<b>WEDNESDAY</b> 8am-4:30pm	<b>THURSDAY</b> 8am-4:30pm	<b>FRIDAY</b> 8am-4:30pm
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**East Tennessee History with  
Dr. Henry Wilson  
Every Monday @ 3pm**



Much like the rest of the country, World War II left its mark on East Tennessee in many ways. After the shock of Pearl Harbor, East Tennesseans volunteered in droves to answer the call of their country, and the local economy was similarly mobilized—especially in support of the top secret Manhattan Project in Oak Ridge. After the war, profound economic and sociological aftereffects shaped our local history through the “Baby Boom” decade of the 1950’s. This class will survey the major events and historical watershed moments of these two landmark decades.

# FREE BLOOD PRESSURE SCREENING

**Every Monday 8am-4pm**

Have you had your blood pressure checked recently? Did you know that as many as one in three Americans have high blood pressure, or don't even know they have it? Having no warning signs or symptoms makes it dangerous, so it is a



good idea to have your blood pressure checked regularly. Be sure to make time for YOU and YOUR health. Blood Pressure checks will be conducted by Fitness Coordinator, Caleb Newsome and will be available every Monday here at the senior center.





# DROP IN LINE DANCING

**EVERY WEDNESDAY @ 3PM**

Let the fun begin! Put on those dancing shoes and join us for some high stepping fun. Learn basic country line dances in a comfortable, welcoming, fun-filled class! Its fun, great

exercise and it will free the dancer in you!

All are welcome!



**DANCE TIME!**

**YEE HAW!**

# Carter Bible Study Outreach

# Isaiah 117

changing the way foster care begins

The Carter Bible Study Group needs your help! Their newest outreach is to help The Isaiah 117 House here in Knoxville.

What is the Isaiah 117 House you ask? When children are removed from their homes out of concern for their safety, they are usually brought to a child welfare services office to await placement. This wait can be a few hours to several days. These children often have nothing with them and are scared, lonely, hungry, and in dirty clothing.

Isaiah 117 provides a comforting home where these children instead can be brought to wait – a place that is safe with friendly and loving volunteers who provide clean clothes, smiles, toys, and snuggly blankets. This space allows children to receive the comfort and care they need while child welfare staff can do the necessary paperwork and identify a good placement.

**~ Collection Dates will be for the Month of May ~**

If you are able to donate, we thank you in advance!

## **Items Needed:**

**Playing Cards, Uno Cards, Hot Wheels & Match Box Cars,  
Journals and Notepads**

*Happy*

# **MOTHER'S DAY**

wed, May 8 10:30-11:15

Carter Senior Center

Japanese Origami

message card making

*Thank  
you!*





# Mother's Day Potluck

Wednesday, May 8 @ 10:30am

It's Mother's Day again and what better way to celebrate than by having a potluck luncheon! There are few things in this world beloved more than mom. Moms are the embodiment of eternal

love and devotion. Sick and need caring for? Mom's there with a bowl of chicken soup. Had your heart broken? Mom's using her sleeve to dry your tears. As inherently selfless creatures, you know that they deserve a day all to themselves one, that celebrates everything that they stand for. Come and celebrate Moms with this special Mother's Day Potluck Luncheon!

Dessert will be provided by Penny Mayo from Farm Bureau Health Plans. Be sure to sign up at the front desk and let us know what you will be bringing.





*A Night To*  
**REMEMBER**  
SENIOR PROM CELEBRATION!

ALL SENIORS WELCOME!

LIGHT REFRESHMENTS & A DJ

FRI, MAY 10<sup>TH</sup> FROM 1PM-3PM

AT THE DOOR

**\$5**

HALLS SENIOR CENTER  
4405 CRIPPEN RD,  
KNOXVILLE, TN 37918

**\$5**

AT THE DOOR

DRESS CODE: DRESS IN YOUR BEST.



# Muffins for Moms



## Monday, May 13

There are few things in this world beloved more than mom. Moms are the embodiment of eternal love and devotion. Sick and need caring for? Mom's there with a bowl of chicken soup. Had your heart broken? Mom's using her sleeve to dry your tears. As inherently selfless creatures, you know that they deserve a day all to themselves, one that celebrates everything that they stand for. Come and celebrate Moms with this special Mother's Day treat! Teja Cain with Core Insurance Advisors will be providing Muffins for all the Moms and our special ladies here in the center.



# National Buttermilk Biscuit Day

## Tuesday, May 14th

There's nothing quite like a flaky, buttermilk biscuit paired with jam, honey, maple syrup, or butter to send your taste buds into overdrive. These flakey, carby treats emerged in the pre-Civil War era as an inexpensive addition to meals. When people realized these robust bread products absorbed the gravy on their plates better than plain bread, biscuits soared in popularity and the version that we all know and love, the buttermilk biscuit, was born. Be sure to stop on by and grab yourself one and indulge with some homemade jellies and jams made by Ann Adcock.



# HairCuts by Wendy

**Monday, May 20  
& Monday, June 24**

**\* 9am – 3pm \***

**Basic Cut - \$17.00**

**\*Dry Cuts Only\***

**Appointment  
Required**



**Wendy Fancher, licensed cosmetologist, and hair stylist will be here every last Monday of the month to offer haircuts. Should you need hair services, please call the center at 865-932-2939 and set up an appointment as she only has a limited number of space available.**

# Toenail Trimming

**Monday, May 20 AND Monday, June 24**

**10:00am-4:00pm**

**\*APPOINTMENT REQUIRED\***

Most of us don't really give a lot of consideration to having our toenails cut, but it can be a very important aspect of your healthcare. As we get older, it might get harder to bend over and see what needs to be cut.

That's why we are excited to offer toenail trimmings here at the center. **The cost is \$13.00 for both feet.** So, if you are unable to do this yourself, then this service is ideal for the health and safety of you and your feet.



If interested, please stop by the front desk and sign up or give us a call here at the center at 865.932.2939

# Seven Island Birding Park Walk

**Date:** Tuesday, May 21, 2024

**Time:** 9:30 AM

**Location:** 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email [SeniorServices@knoxcounty.org](mailto:SeniorServices@knoxcounty.org).





# Donuts

Monday,  
June 17th

Stop by  
and grab a  
donut in  
honor of  
“dads”  
while  
supplies  
last!

# for Dads

We  
❤️  
Our  
Dads!



Sponsored by Teja Cain with Core Insurance Advisors



# UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

JUNE 18<sup>th</sup> at 9AM

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at Woody's, located on 114 Union Valley Rd, Oak Ridge, TN 37830. This is a 2 minute drive from the Arboretum.



Make sure to RSVP to 865-288-3761 or email

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



# VETERAN URGENT CARE RESOURCES

URGENT CARE

Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

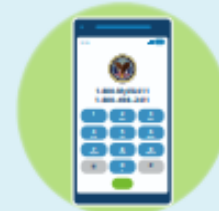
Call 888-901-6609 if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call 866-620-2071 if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



CHECK YOUR ELIGIBILITY!

FIRST, CALL:  
**1-800-MyVA411**  
(1-800-698-2411)  
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

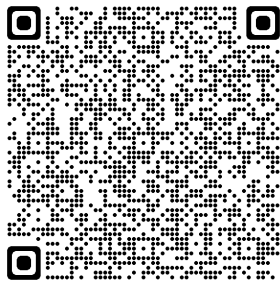
<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.





presents 13 free breakfasts for Veterans and guests monthly  
Coffee at 8:00 am - Chow line 8:30 am

### **First Saturday**

Elks Lodge #160  
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church  
214 Cedar St., Sevierville 37862

### **Second Saturday**

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Kodak Church  
2923 Bryan Rd, Kodak 37764

### **Third Saturday**

Community Center  
1708 West Emory Rd, Powell 37849

First United Methodist Church  
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

### **Last Saturday**

Oliver Springs DAV  
Tri-County Chapter 26  
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church  
3110 Wears Valley Rd, Sevierville, 37862  
Located approximately 7 miles S of  
Pigeon Forge and 8 miles NE of Townsend

### **Starting March 30th**

West End Baptist Church  
116 West End St, Newport 37821

For more information or to sponsor a  
breakfast call 865-604-4443



## 2nd Annual Senior Center Olympics



Corryton Senior Center

VS



Carter Senior Center

Ladder  
Ball

M&M  
Game

Walk ½ - 1  
Mile

Corn  
Hole

**Friday, July 12**

**@ Corryton  
Senior Center**

**10:00am-12:00pm**

**Lunch 1:00pm-2:00pm**

Bean Bag  
Baseball

Billiards

Chair  
Volleyball

Bucket  
Toss

Darts

Peanut  
Butter  
Tic Tac Toe

**SAVE THE DATE!**

**Come and compete in one or all of our games!**

**Who will win the most games?**

**Prizes for 1st, 2nd, and 3rd Place**



# Need a 3D Mammogram?

Mobile Mammography  
Screening Appointments

**Thursday, July 25**

**11:30am - 4pm**

Appointment is required.

**Carter Senior Center**

9040 Asheville Hwy, Knoxville 37924

**To Schedule an Appointment**

**Please call 865-839-7426**

Insurance will be billed. Women ages 40+ without health insurance should ask if they qualify for funding to cover the cost of the screening.



## Criteria for Mobile Mammography Screening:

- Age 40+
- No current breast problems (lump, pain, nipple discharge, burning)
- Not pregnant and stopped breastfeeding for at least six months
- No personal history of breast cancer
- Must be able to climb stairs independently
- At least one year since your last screening mammogram
- Inform us if you have breast implants (will take 2 appointment times)
- Only patient allowed on mobile unit



# interfaith dental

A smile changes everything.

## SMILE ON 65+ Patients



### Am I eligible for SMILE ON 65+?

SMILE ON 65+ client eligibility criteria:

- The client must be a minimum of 65 years old;
- be a Tennessee resident;
- have an income level below 200% poverty, and
- be dentally uninsured.

### What services are offered through SMILE ON 65+? \*

\*Limits may apply.

- Emergency Care, X-Rays, and Exams
- Fillings
- Dentures and Partial
- Crowns
- Root Canals
- Cleanings and Preventive Care
- Periodontal Treatment (gum disease)
- Transportation assistance in the form of travel vouchers are available based on need
- Case Management, through Community Dental Health Coordinators (CDHCs), is available to help older adults navigate available services and eliminate barriers to treatment

Services not covered by SMILE ON 65+ may be offered by the clinic on a sliding fee scale.



### What is the cost to receive services in SMILE ON 65+?

Older adults that meet eligibility will be asked to contribute a facility fee of \$25 at each appointment for covered services.

### How do I become a SMILE ON 65+ Patient?

If you believe you meet the eligibility criteria, please call the SMILE ON 65+ hotline at 1-800-509-6055.

# Knox County Senior Services

Knox County Senior Services is dedicated to serving approximately 145,000 Knox County citizens who are age 50 years or older. All centers are professionally staffed and provide diverse programming specifically geared toward seniors. These programs provide recreation, educational information and social activities. Our senior centers are a great resource for connecting seniors with needed services in our community. Please follow the links for detailed information about each of the six Knox County Senior Centers. The John T. O'Connor Center located in the City of Knoxville is operated by the CAC Office on Aging.

**Mission:** To provide community seniors with diverse quality of life programming for their physical, social and intellectual well-being.



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## Senior Centers

### [Carter Senior Center](#)

Phone: 865-932-2939

### [Corryton Senior Center](#)

Phone: 865-688-5882

### [West Knox County Senior Center](#)

Phone: 865-288-7805

### [Halls Senior Center](#)

Phone: 865-922-0416

### [Karns Senior Center](#)

Phone: 865-951-2653

### [South Knoxville Senior Center](#)

Phone: 865-573-5843



KNOX COUNTY  
TENNESSEE

For more information, please visit our website at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)