I am excited to be serving as your next County Mayor. As I’ve said throughout my campaign, I believe Knox County is a wonderful place and my priority as Mayor is to make it even better for all for who live here. You may have heard me say, “Together We Win” over the last several months. For me, it’s more than a slogan it’s a philosophy. If we work together as a community, we can make Knox County an irresistible place to live and work.

During the first few months of being in office, I will be traveling throughout the county – including stops at all six senior centers to listen to what matters most to residents. I want to remind everyone that the local government works for you, not the other way around. I’m looking forward to meeting with you and learning what you feel can make Knox County even better.

Is there a program or activity that you don’t see offered here at our center? We are going to be revamping our monthly calendar and need your input. If you have an idea you would like to share, please stop by and let us know and you will be entered into the raffle drawing for a restaurant gift card. We look forward to hearing your suggestions.

Friday, November 9th

It’s that time of year again, so lace up your walking shoes! We are celebrating our 7th Annual “Turkey Trot” 1-Mile Fun Walk. Be sure to save the date and mark your calendars. More information to come in the November / December newsletter.
Wednesday, September 5th - 11:30am ... Fraud: Internet and Phone Scams
Are you an older adult? Do you have savings? Do you live alone? Then be on the lookout for scammers. Scammers use the internet or telephone to trick millions of people every year into sending money or giving out personal information. Scammers can be polite and charming. They may say they work for a company that you recognize. They may know your name or certain things about you and make you feel special. Scammers may offer prizes, products, or services and they want you to say “yes” quickly. They say you must act right away and may even try to scare you by saying you could be taken to court or to jail. Join Alicia Griego from First Tennessee Bank as she will be here discussing what you need to know and what you need to do so you don’t become a victim. Refreshments Provided.

Wednesday, September 5th - 2:00pm ... East Tennessee History Class...Uncle Sam Comes to Appalachia: Oak Ridge, TVA, and the Smoky Mountains
During the 1930’s and early 40’s, three major federal projects left their mark on East Tennessee while offering a wide range of new unimaginined opportunities for progress and development. These big government initiatives also uprooted and disturbed large numbers of local citizens. This class will briefly outline and summarize the goals, effects, and responses to these sudden intrusions on the previously isolated Southern Appalachian culture and economy.

Wednesday, September 12th - Monthly Birthday Celebration
It’s birthday time and we are celebrating YOU all month long! If you have a birthday in September, stop by and grab yourself a piece of cake, courtesy of Linda Ramsey with Core Insurance Advisors. No birthday is complete without a tasty treat! Birthday Blessings to all!

Wednesday, September 12th - 8:30am ... Beltone FREE Hearing Screenings
Did you know that 1 in 4 people suffer from hearing loss? It’s a natural progression as we age to suffer from hearing loss and the severity can vary from person to person. Hearing Specialist, Michael Murphy, with Beltone Hearing Center will be here cleaning and checking hearing aids for free. Be sure to stop by!

Wednesday, September 12th - 11:30am ... Savvy Savings for Seniors: Holiday Edition
Gabrielle Blake will be here teaching her Savvy Savings for Seniors class and will help you learn tips and tricks to using coupons, finding local senior discounts, and saving money on daily purchases. She will also discuss the upcoming holiday season and share tools for saving money on holiday meals and gifts.

Tuesday, September 18th - 9:45am ... Walking Group - The Cove at Concord Park
Join us at The Cove at Concord Park (11808 Northshore Drive, Knoxville 37922) for the walking groups monthly walk. The trail is just about 2.6 miles, which loops around the park and along Fort Loudon Lake. What a way to jump start your day! Water and snacks will be provided by Linda Ramsey with Core Insurance Advisors. Don’t forget the sunscreen! For additional information or to sign up, stop by or give the center a call.

Tuesday, September 18th - 2:00pm ... Line Dance Class
Yee Haw! Line Dance class is back! Join line dance instructor, Ron Schneider as he will be teaching us all the ins, outs, ups, downs, boot scoots, and boogies of line dancing. Even if you have two left feet, bring them, and give this class a try! A guaranteed good time for all! $2.00 per class.

Wednesday, September 19th - 11:30am ... Falls Prevention with Select Physical Therapy
Did you know that 1 in 4 Americans aged 65+ falls each year? According to the U.S. Centers for Disease Control and Prevention, an elderly American is treated in the emergency room for injuries sustained in a fall, and every 19 minutes and elderly American dies from a fall. In fact, falls are the leading cause of fatal injury. Even if an elderly individual is not injured from a fall, it can lead to a fear of falling that can have devastating effects on function. You can prevent these injuries and loss of function with simple changes around your house and awareness of safety hazards in the community.

Friday, September 21st - 1:30pm ... Guitar Jam Party - Lemonade and Lyrics
When life gives you lemons, you should make lemonade and the true beauty of musical lyrics is that it connects people. Come join and bring a friend or main "squeeze", and let’s say goodbye to summer with a refreshing drink of lemonade and listen to some good lyrics. Linda Ramsey with Core Insurance Advisors will be sponsoring and providing the lemonade, while you bring a side dish or dessert for all to share.

Monday, September 24th - 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, September 26th - 10:30am ... FREE Health Screenings
Freedom Senior Living will be conducting free health screenings on blood pressures, blood sugars, and oxygen levels this month. It is not necessary to fast for blood sugar testing. However, to get an accurate scoring, please do not eat more than 2 hours prior to testing.

Wednesday, September 26th - 10:30am ... Senior Information and Referral
If you have questions about Medicare, transportation, grief support, home health or volunteer opportunities, stop by and meet with Sara Mary Wallace. She is a Licensed Master Social Worker and Certified Information & Referral Specialist in Aging / Disability. Whether it’s a fun activity or serious concern, she is here to listen and will be happy to assist you.

Wednesday, September 26th AND October 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 filing proper forms.

Wednesday, September 26th - 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!
Friday, September 28th - 8:30am ... Riggs Pharmacy Flu, Pneumonia & Shingles Shots
It's that time of year! Don't let the flu season get you down. Did you think that getting older would exempt you from getting vaccinations? No such luck. Certain shots are of great importance for mature adults, and may keep you from contracting a painful or life-threatening illness. Fortunately, it's easier than ever to take advantage of this health benefit. A pharmacist from Riggs Drug Store will be here at the center providing flu, pneumonia, and shingles shots. Don't wait...Vaccinate! Sign up today for your no wait appointment.

Monday, October 1st - 11:00am ... Mighty Musical Monday - 90th Anniversary
This special Mighty Musical Monday falls on the same day as the theatre's opening – October 1 (1928). In addition to celebrating the theatre's 90th Anniversary, we will also honor Dr. Bill Snyder as he retires as the theatre's House Organist, a position he has held since 1979. Beckey Thomas, vocalist and former theatre instructor at Central High School, will perform in addition to music by Freddie Brabson on the Mighty Wurlitzer organ. Freddie will assume the role of House Organist at this event as Dr. Bill Snyder retires. This is a FREE concert at the beautiful Tennessee Theater. Lunch is available for $5.00.
Bus space is limited with a $3.00 Bus Fee.

Wednesday, October 3rd - 11:00am ... Annual Notice of Change with Core Insurance Advisors
Medicare Open Enrollment is upon us! For current Humana Medicare Advantage Plan members! Linda Ramsey with CORE Insurance Advisors will be here to share plan benefit updates at our Annual Notice of Change meeting. For additional information, please call 877-404-8060.

Monday, October 8th - 9:00am ... 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 for those without insurance. So why wait in line at your doctor's office? Sign up today for your no wait appointment.

Wednesday, October 10th ... Monthly Birthday Celebration
It's birthday time once again and we are calling all October birthdays to come on out to the center and share your birthday with others. Linda Ramsey with Core Insurance Advisors will be bringing the cake and all you need to bring is yourself. Because what would a birthday be without cake and friends? Birthday Blessings to all!

Wednesday, October 10th - 11:30am ... Beltone Hearing Presentation
If you're curious about the world of better hearing, we invite you to learn why hearing health is very important. At Beltone, they take a personalized approach to hearing care. Come listen about hearing health and prevention as well as hearing aid technology. Every hearing care solution they offer is tailored to the patient's individual needs. Be sure to stick around after the presentation as Beltone will be offering free checks for earwax build-up, clean and service hearing aids, and hearing screenings.

Wednesday, October 17th - 11:30am ... Your Life Your Legacy with Dignity Memorial
Plan to make it right! Join us to discover 4 simple steps to planning your final arrangements. Taking this first step can help bring peace of mind to yourself and your family. You'll have an opportunity to receive a FREE planning guide to help with all your final arrangements. Refreshments Provided.

Friday, October 19th - 1:30pm ... Guitar Jam Party - Cornbread and Chili
Fall carries more gold in its pocket than all the other seasons. Let's celebrate such a beautiful time of year with Cornbread and Chili. Jeff Oslen with Riggs Pharmacy will be sponsoring this months Guitar Jam party and will be providing the chili. Be sure to sign up with Janice Wade and let her know what you will be bringing.

Monday, October 22nd - 12:00pm ... Lunch Bunch - Cracker Barrel
This month's lunch bunch will have special guests attending. Alicia Griego and Kassandra Richardson with First Tennessee Bank will be joining the lunch bunch group, so be sure to join the group for lunch and enjoy some fun and fellowship. Sign up to reserve your spot.

Wednesday, October 24th - 11:00am ... Medicare Seminar with Linda Ramsey
It's that time of year again....Medicare Open Enrollment! Linda Ramsey with Core Insurance Advisors will be here to share 2019 Medicare Advantage Plan information. She will be available to answer insurance questions.

Wednesday, October 31st - 8:30am - 4:00pm ... One-On-One with Sara Mary Wallace
Medicare Open Enrollment runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D -Prescription Drug Plans. It is important to review your Part D coverage every year because premiums, co-payments or the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you’re taking can affect if a plan is right for you. Sara Mary Wallace, a SHIP trained, volunteer Medicare Counselor at Senior Information and Referral, will have a limited number of appointments available. If you would like assistance in reviewing your 2018 Medicare Part D options, please call the her at 865-546-6262 to schedule an appointment. If you are unable to schedule an appointment with her, but would like free, unbiased assistance reviewing 2018 Medicare plans, you can contact AMOS-Affordable Medical Options for Seniors at (865) 524-2786, or SHIP-State Health Insurance Assistance Program at 1-877-801-0044. Please be sure to bring your Medicare insurance card and all medications with you.

Wednesday, October 31st - 11:30am ... Potluck - Soup and Sandwich
With fall in full swing, cold weather is just around the corner. There’s no better way to stay warm then with a bowl 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.

Wednesday, October 31st - 11:30am ... Celebrating 10 Years
Carter Senior Center is 10 years old or should I say we are 10 years young! To celebrate, we will be having cake and punch after the potluck, so please be sure to stop by and celebrate with us. Thanks to everyone for making our center so wonderful!
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