

Carter Buzz



November / December 2018 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days

Monday, November 12th - Veterans Day

Thursday and Friday, November 22nd and 23rd - Thanksgiving

Monday and Tuesday, December 24th and 25th - Christmas



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

Friday, November 9th - 10:00am ... 7th 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!** This year we are asking that everyone wear their Turkey Trot shirts from years past. We will have some leftover shirts available on the day of the event should anyone need a shirt. Participants will be separated into 3 different age groups and the winners will be awarded frozen turkey's compliments of Trinity Hills. To get your morning started, be sure to stop by the ActiKare table as their staff will be handing out donuts and coffee. Drayer Physical Therapy will be smoking BBQ for lunch at 11:30am, so please be sure to sign up and bring a side dish or dessert to share. Finally, special musical guest, Elvis impersonator, Aaron Texter will be here rockin' and rollin' to some oldies, but goodies. So come on out and join us for a fun-filled day. **We ask that each participant bring 2 pairs of socks at time of registration that will be donated to The Love Kitchen.**



sock drive



"Put A Sock In It" is a non-profit organization that sets out to improve the lives of the homeless by collecting socks and distributing them. Once again, the Carter Senior Center will be teaming up with the Love Kitchen and collecting socks at this year's Turkey Trot. The Love Kitchen will be distributing them throughout the winter season to all of those in need.



Operation Christmas Child

A PROJECT of SAMARITAN'S PURSE

November 1 - November 16

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.



Thursday, November 1st - 2:00pm ... Brain Games - CALLING ALL TRIVIA PLAYERS! *NEW*

Are you looking for a fun group to hang out with? Are you looking for a way to stimulate your brain? Well this is the place to be! Thanks to Dr. Henry Wilson, he will be heading up this team and is looking for a few good players. Brain games is designed to help keep seniors mentally active, provide an opportunity for social interaction, and get some friendly competition going among senior communities throughout the state. So if you are able to answer any questions on Jeopardy, come on out and give this a try! You might learn a few things along the way.

Friday, November 2nd - 10:00am ... Medicare Seminar with Physicians Mutual

Whether you are new to Medicare or have been on it for years, it is never too late to learn about your options. Find out what changes are in store for you in 2019 as it pertains to Medicare. Physicians Mutual will be offering an educational program discussing the differences between Original Medicare with a supplement and a Medicare Advantage Plan. Is your Medicare Supplement Issue Age or Attained Age? Does Medicare even see your bills? Find out the answers to this and more. You will learn how you can make changes to your current plan and how to assess if your current plan is right for you. Unique, patented programs will be discussed, so you don't want to miss this great information!

Friday, November 2nd - 10:00am ... BYO Breakfast/Lunch and Board Games *NEW*

Every Friday beginning at 10:00am, bring your own breakfast/lunch and then stay to play cards, or one of our many board games. We have Dominoes, Scrabble, Yahtzee, Jenga, Boggle, Connect Four, and more. Is there a game that you would like to play that we don't have? Let us know.

Monday, November 5th - 11:00am ... Mighty Musical Monday - Sevierville Senior Singers

The guest performers for the James A. Dick Mighty Musical Monday Program will be the Sevierville Senior Singers. 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, November 7th - 11:30am ... Clear Captions Presentation

Clear Captions is a Federal Communications Commission (FCC) certified telephone captioning provider that provides FREE caption telephones and FREE captioning service to any American with hearing loss. This free captioning service is provided by the Americans with Disabilities Act (ADA), which requires the telecommunication industry to provide functionally equivalent solutions to people with hearing loss that allows them to communicate with the same abilities as someone without hearing loss. All Americans with hearing loss are entitled to this free service and it is their civil right to receive it. To qualify, the individual's hearing loss must be verifiable by a healthcare professional, they must have a home telephone number (landline), and internet access. Local representative, Joyce Taylor, will work with each individual and install the caption phone, program it, and provide training in their home. If you think this is beneficial to you, please be sure to stop by for this informative presentation.

Wednesday, November 7th - 1:00pm ... Baked Goods Bingo

Bingo here at the Carter Senior Center is so much fun that we decided to change things up a little bit and make it even better! Every first Wednesday of the month, we will play Baked Goods Bingo. Instead of bringing a gift, players will bring a baked good or candy, and game winners will get to choose their very own "sweet" prize. Not a baker??? That's OK...store bought items are acceptable.

Wednesday, November 14th ... Monthly Birthday Celebration

It's birthday time and we are celebrating YOU all month long! If you have a birthday in November, 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!

Friday, November 14th - 11:00am ... Medicare Sales Seminar - Core Insurance Advisors

If you missed last month's program, here's another opportunity! Medicare Open Enrollment is only available until December 7th. So join Linda Ramsey, with Core Insurance Advisors to hear more about the 2019 Medicare Advantage Plan benefits. She will be available to answer insurance questions.

Thursday, November 15th - 9:00am to 4:00pm ... UT Mobile Mammography - Call 305-9753

In the interest of promoting good health and regular breast health check-ups to women across the East Tennessee area, the UT Medical Center operates a mobile mammography unit dedicated to offering mammograms across the region. 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, November 21st - 11:30am ... Thanksgiving Bingo Party

It's Turkey Time in Tennessee! We are thankful for family and friends that we have here at Carter. We will be hosting a Bingo Marathon and turkey dinner, so come gather and give thanks by bringing a side dish for all to share. Jeff Olsen with Riggs Pharmacy will be generously providing turkeys for this Thanksgiving party. Please be sure to let us know what you are bringing. Happiness is YELLING...BINGO!

Monday, November 26th - 12:00pm ... Lunch Bunch - Aubrey's

The Lunch Bunch is a fun group that is open to anyone and everyone! We have a wonderful group that meets on the 4th Monday of every month. Come socialize and make new friends.

Wednesday, November 28th - 10:30am ... FREE Health Screenings

Freedom Senior Living will be conducting free health screenings on blood pressures, blood sugars, and oxygen levels. 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, November 28th AND December 19th - 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, November 28th AND December 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 filing proper forms.

Wednesday, November 28th - 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.

Monday, December 3rd - 11:00am ... Mighty Musical Monday - Christmas Celebration featuring the Akima Singers

Join us at the Tennessee Theatre for a Mighty Musical Monday Christmas Celebration featuring the Akima Singers. The singers' repertoire is a selection of medleys including love songs from WWII, country hits made famous by female country artists, a collection of old time gospel favorites, and a medley of Broadway show tunes. In addition to our musical guest, Freddie Brabson will play selections on the Mighty Wurlitzer Organ with a collection of Holiday songs. 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, December 5th - 11:30am ... Select Physical Therapy Balance Screenings

Statistics show that **one out of every three people over 65 will fall**, and that number steadily increases with age. Of those who do fall, as few as 28% return to their home after hospitalization, and over half that number require ongoing care in a skilled nursing facility. In physical therapy, they challenge balance in a safe environment to allow the body to relearn the proper balance strategies and improve reaction time. Having better balance can help offset any balance issues due to medications or vision. Be sure to stop by for a **FREE** balance screening.

Wednesday, December 5th - 1:00pm ... Baked Goods Bingo & Ornament Exchange

This month, in conjunction with our Baked Goods Bingo, we will be having an Ornament Exchange as well. We are asking that each player bring a baked good as their bingo gift, along with an ornament to share. We will play a fun game and exchange ornaments where everyone will leave with an ornament to add to their home collection.

Wednesday, December 12th ... Monthly Birthday Celebration

It's birthday time once again and we are calling all December 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, December 12th - 11:30am ... Holiday "FOOD" Hopping

The Christmas season is quickly upon us and what better way to get into the spirit than with a Holiday "Food" Hop! There will be various sponsors hosting a "Food" table with varieties such as Donuts, Biscuits, Desserts, Hot Cocoa, and many more. So come join us for some great food, fellowship, and caroling and let's get into the holiday spirit!

Wednesday, December 19th - 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. To help offset all those sweets, please be sure to bring a finger food for all to enjoy. We will find out who is naughty and who is nice!

Monday, December 31st - 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! We will have special goodies while supplies last!

Monday, December 31st - 12:00pm ... Lunch Bunch - Cracker Barrel

The Lunch Bunch group is growing! If you're looking for some good company and conversation, come join our great group of seniors for a delicious lunch and great fellowship. They meet every 4th Monday of the month. See you there!



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

Glenn Jacobs, Knox County Mayor

Buzz Buswell, Director Veterans & Senior Services

April Tomlin, Senior Services Manager

Tara Stirone, Coordinator

Jessica Sexton, Assistant

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