

Carter Buzz



January / February 2019 Newsletter
Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days

2019

Tuesday, January 1st - *New Year's Day*
Monday, January 21st - *Martin Luther King Day*
Monday, February 18th - *Presidents' Day*

2019

Happy New Year!



Be sure to MARK YOUR CALENDARS!
Mayor Jacobs will be here at the Carter Senior Center on **Wednesday, April 24 @ 11am**. More information to come in the March / April Newsletter.
An Event you don't want to miss!

Thank You!

Thank you to EVERYONE who participated in the Sock Drive and Operation Christmas Child project. We had tremendous response with our community outreach projects that we were able to help the homeless right here in Knoxville by providing warm socks for the winter and sending 30 boxes to children in other countries for the holidays. Thank you for showing them that Carter Seniors Care!



Did you know that reading can help delay the onset of dementia related memory loss? Beginning in January, we will be starting a Book Club with the help of Gloria Austin, Senior Services Floater. The book she has selected will be *To Kill a Mockingbird*. We will have some copies here for you to borrow, so be sure to stop by and pick one up. At the end of February, we will watch the movie and compare notes, along with a question and answer session.








Thank you to Linda Ramsey-Staffen from Core Insurance Advisors for sponsoring the activities calendar in the lobby and for her continued support to the Carter Senior Center.

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37924

January 2018

Tara Stirone, Coordinator
Jessica Sexton, Assistant
Phone: 865.932.2939

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  CENTER CLOSED	2 8:00 Weekday Walkers 12:00 BAKED GOODS BINGO 2:15 SAIL Fitness Class 3:30 Wii Bowling	3 8:00 Weekday Walkers 9:00 Cards - Pinochle 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling	4 8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 2:00 Guitar Jam
7 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 10:30 Senior Coverage Q & A 11:00 Field Trip - Mighty Musical @ TN Theatre 12:00 Art Class 2:15 SAIL Fitness Class	8 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling	9 Monthly Birthday Celebration 8:00 Weekday Walkers 11:30 Life Insurance 1:00 BINGO 2:00 History Class *NEW Session* 2:15 SAIL Fitness Class 3:30 Wii Bowling	10 8:00 Weekday Walkers 9:00 Cards - Pinochle 10:30 FCE Meeting 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling	11 8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 2:00 Guitar Jam
14 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 12:00 Art Class 2:15 SAIL Fitness Class	15 8:00 Weekday Walkers 8:30 Beltone Hearing 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling	16 8:00 Weekday Walkers 11:30 Leaders for Readers 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	17 8:00 Weekday Walkers 9:00 Cards - Pinochle 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling	19 8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 1:30 Guitar Jam Party (Finger Food Fiesta)
21  CENTER CLOSED	22 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling	23 8:00 Weekday Walkers 11:30 Making a Healthy Change 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	24 8:00 Weekday Walkers 9:00 Cards - Pinochle 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling	25 8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 2:00 Guitar Jam
28 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 12:00 Lunch Bunch (In & Out Pizza) 12:00 Art Class 2:15 SAIL Fitness Class	29 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling 	30 8:00 Weekday Walkers 10:30 Senior Info and Referral Services 11:00 FREE Health Screenings 11:30 Veterans Services 11:30 Potluck Luncheon (Casseroles) 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	31 8:00 Weekday Walkers 9:00 Cards - Pinochle 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling 	* * * * * For more program information, check out our website: Knoxcounty.org/Senior Services * * * * *

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Knoxville, TN 37924

February 2018

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*****</p> <p>For more program information, check out our website: Knoxcounty.org/Senior Services</p> <p>*****</p>			<p>1</p> <p>8:00 Weekday Walkers 8:30 Prayer Physical Therapy</p> <p>9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 2:00 Guitar Jam</p>
<p>4</p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 10:30 Senior Coverage Q & A 11:00 Field Trip - Mighty Musical @ TN Theatre</p> <p>12:00 Art Class 2:15 SAIL Fitness Class</p>	<p>5</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling</p>	<p>6</p> <p>8:00 Weekday Walkers 12:00 BAKED GOODS BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p>7</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling</p>	<p>8</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 2:00 Guitar Jam</p>
<p>11</p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class</p>	<p>12</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 2:30 Wii Bowling</p> 	<p>13</p> <p>Valentine's Sweet Treats / Monthly Birthday Celebration</p> <p>8:00 Weekday Walkers 11:30 Valentine's Bingo Party 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p>14</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 10:30 FCE Meeting 12:30 Cardio Craze 2:00 Brain Games 2:00 Wii Bowling</p>	<p>15</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 10:00 BYO Breakfast/ Lunch and Board Games 11:00 Movie Matinee 1:30 Guitar Jam Party (You Float My Boat)</p>
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Wednesday, January 2nd AND February 6th - 12:00pm ... Baked Goods Bingo

For the last 2 months, our Bingo group has changed things up a little bit. Bingo is fun to begin with, but playing Baked Goods Bingo is even better! Every first Wednesday of the month, we play Baked Goods Bingo. This month they will be bringing a gift along with a baked good or candy, and game winners will get to choose their very own "sweet" prize. **For more information, be sure to stop by the front desk.**

Monday, January 7th AND February 4th - 10:30am - 12:30pm ... Senior Coverage Q & A

Every first Monday starting in January, Teja Cain with Core Insurance Advisors will be here to assist anyone that may have questions pertaining to Medicare insurance. Be sure to stop by and say hello.

Monday, January 7th - 11:00am ... Mighty Musical Monday - Irish Band - Four Leaf Peat

Enjoy Mighty Wurlitzer organ performances by Freddie Brabson and special guests, Four Leaf Peat. Four Leaf Peat is Tennessee's premier Traditional Irish Band and has been performing locally and regionally since 2004. By taking their years of musical training, and building on Irish influences like The Bothy Band, Planxty, Flying Cloud & Silly Wizard, to more modern twists on Traditional music such as Dervish, Open the Door for Three & Lunasa; Four Leaf Peat has built its own brand of Irish music which celebrates the musical bridge that spans the Atlantic. 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, January 9th ... Monthly Birthday Celebration

It's birthday time and we are celebrating YOU! If you have a birthday in January, stop by and grab yourself a cupcake in the lobby, courtesy of Linda Ramsey-Staffen with Core Insurance Advisors. No birthday is complete without a tasty treat! Birthday Blessings to all!

Wednesday, January 9th - 11:30am ... Life Insurance Educational Seminar

Do you have life insurance? Do you have the right kind of policy? Do you have enough? Dave Fisher with Transamerica will be here to help you understand the different types of policies, how much coverage you really need and answer any questions you may have. **Light refreshments will be served.**

Wednesday, January 9th - 2:00pm ... You're Not From Around Here, Are You? How to Talk in East

Tennessee - NEW CLASS The people of East Tennessee have developed their special "dialect" and ways of talking because of its unique location nestled in the Southern Appalachians, wedged in between the Midwest, Northeast, and the South. East Tennessee has their own ways of communication that others just can't and don't understand. This class will discuss the distinctive words and ways of talking characteristics of our area, as well as surveying some of our more colorful phrases, expressions, proverbs, and sayings.

Thursday, January 10th - 10:30am ... Family, Community, and Education (F.C.E.) Meeting

At FCE Meetings you will find friends, fun, and fellowship along with a strong community commitment. The FCE group meets every 2nd Thursday of the month and host various events throughout the year. Over the years the FCE group have completed many projects for the community and family. If you are looking for a group that cares about the community you live in, cares about its members and can offer you skills and experiences, then we would love to have you as a FCE member! The group is open to everyone, so be sure to bring a friend.

Tuesday, January 15th - 8:30am ... Beltone Hearing - NEW DAY

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, January 16th - 11:30am ... Leaders for Readers presented by Tennessee House Representative

Roger Kane The Knox County Mayor's office is proud to introduce Leaders for Readers: a new volunteer program to help selected first, second and third grade students improve their reading skills. This program aims to increase the number of children reading at grade level by pairing volunteers with individual students who just need a little "nudge". As a volunteer, you can have a direct and significant impact on a child's life. If you are able to make a one hour per week commitment for the entire school year to help students read, we encourage you join. Please be sure to join us for this very important presentation.

Friday, January 18th - 1:30pm ... Guitar Jam Party - Finger Food Fiesta

Let's welcome the New Year by coming together and making new memories to last forever. With all the wonderful and delicious treats overloading our bellies from the holiday season, we decided to kickoff the New Year with a Fiesta of Finger Foods. Be sure to see Janice Wade for a variety of foods.

Wednesday, January 23rd - 11:30am ... Making a Healthy Change

Are you struggling with healthy eating, exercising, or reducing stress? Making a healthy change isn't simple, but we are here to help with 7 simple steps for making a healthy change. Join Linda Ramsey-Staffen from Core Insurance Advisors for this very informative presentation.

Monday, January 28th - 12:00pm ... Lunch Bunch - In and Out Pizza

This month's Lunch Bunch group is heading to In & Out Pizza. For those of you wanting to try this restaurant, here's your chance! And there's no better way to do it then with friends. So if you're looking for some good company and conversation, come join our great group of seniors for a delicious lunch and great fellowship.

Wednesday, January 30th AND February 27th - 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.

Humana

**Special thanks to Humana for sponsoring
the Carter Buzz newsletter.**

Wednesday, January 30th - 11:00am ... FREE Health Screenings - NEW TIME

Starting in January, Freedom Senior Living will be conducting free health screenings on blood pressures, blood sugars, and oxygen levels **every other 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, January 30th - 11:30am ... Veterans Services

Beginning in January, the Knox County Veterans Office will now be visiting the center QUARTERLY to provide one-on-one assistance to veterans and family members. They will explain VA benefits, answer questions, and assist veterans and family members with filing for their VA benefits. They will be available for 30 minutes, but will see everyone who shows up. As always no appointments are required.

Wednesday, January 30th - 11:30am ... Potluck - Comfort & Cozy Casseroles

Come start your day with the eternal crowd pleaser...Casseroles! It's time to embrace and share your oven-baked creation. There are many varieties to choose from, such as chicken, macaroni, tuna, green bean, and much more! Please sign up and let us know which comfort and cozy dish you will be bringing.

Friday, February 1st - 8:30am ... Drayer Physical Therapy - Helpful Hints, Planning and Goal Setting for the New Year Setting resolutions at the start of a New Year can be effective if you create goals that are realistic and you make them fun in some way. Mike Andrews from Drayer Physical Therapy will be here to help us learn how to start an exercise program that can be effective and help maintain your goals throughout the year. **Light breakfast will be provided.**

Monday, February 4th - 11:00am ... Mighty Musical Monday - Vocal Finalists from the ACE Awards

Enjoy Mighty Wurlitzer organ performances by Freddie Brabson and special guests, vocal finalists from the ACE Awards. The ACE Awards is a competition for area middle and high schoolers with singing, acting, dance, and writing categories. This MMM will feature some of the competition's vocal finalists. Come see some of Knoxville's budding young vocalists! 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, February 13th - ALL DAY ... Valentine's Sweet Treats

Is too much chocolate ever enough on Valentine's Day or any other time of year? Come on by and treat yourself to a sweet! We will be offering Valentine's goodies in the lobby while supplies last.

Wednesday, February 13th ... Monthly Birthday Celebration

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

Wednesday, February 13th - 11:30am ... Valentine's Bingo Party

Valentine's Day isn't just for couples – everybody can celebrate! It's the perfect time to show love and affection to all the people you care about and there's no better way to celebrate than with a Valentine's Day Bingo Party. Joyce Taylor from Clear Captions will be hosting a Bingo Marathon and a BYO (Bring Your Own) Crockpot Dish party. Please be sure to let us know what you are bringing. Enjoy each others company, feast, frolic, and live it up on Valentine's Day.

Friday, February 15th - 1:30pm ... Guitar Jam Party - "You Float My Boat" Valentine's Social

In honor of Valentine's Day, Jeff Olsen, with Riggs Pharmacy, will be here scooping out some yummy Root Beer Floats! Find your inner child and join us for a delicious drink! Who says seniors can't enjoy a little nostalgia with this childhood treat!

Wednesday, February 20th - 11:30am ... Name that Tune with Katie Ownby

Musical games are always a great favorite and this game is good for both the memory and mood. Join Katie Ownby from United Healthcare as she takes us back to the old days with some fun songs, all the while reminiscing about the good ole days. And did we forget to mention...she will have some prizes as well that you don't wanna miss out on! Hope to see you there!

Monday, February 25th - 12:00pm ... Lunch Bunch - Puleo's

This month's lunch bunch we will have special guests attending. Alicia Griego and Cassandra 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. Come join our great group of seniors for a delicious lunch and great fellowship.

Wednesday, February 27th - 11:30am ... Potluck - Mama Mia, It's Italian!

You can smell the garlic in the air! Let's splurge and enjoy one of our favorites - Italian Potluck. Sign up to let us know what you are bringing so that we will have a great variety! **Buon Appetitio!**

Thursday, February 28th - 1:45pm ... Book Club Movie - To Kill a Mockingbird

There are usually differences in two different versions of something. This can often be seen when a book is made into a movie. There are many similarities and differences in the book and movie versions. We will be watching the movie and then comparing notes., so be sure to come on by and let us know what you think. Light refreshments will be served.

Snow Policy & Inclement Weather

The center is open unless the Knox County Mayor closes executive offices. Please be advised that we DO NOT operate on the Knox County Schools schedule. Be sure to watch your local television stations for closings, or go online at www.knoxcounty.org for updates.



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

“Friend” Us on Facebook
Knox County Senior Services

