

Carter Buzz



May / June 2019 Newsletter

Knox County Carter Senior Center

9040 Asheville Highway Knoxville, TN 37924

The center will be closed on

Monday, May 27th - Memorial Day

F.C.E. Treasure Chest Beginning May 1st

The Family, Community, Education group will be hosting a Treasure Chest that will run from **May through November 15**. They will be collecting any and all items for boys and girls to help fill boxes for Operation Christmas Child.

Items can be toys, books, hygiene products, socks, sunglasses, etc.

For more information, please see staff.

Book Club & Movie

The Book Club will be continuing their journey of reading with their next book, **GREAT EXPECTATIONS** for May and June. If you haven't joined in, there's always time! We will have some copies here for you to borrow, so be sure to stop by and check one out. On Tuesday, June 25 @ 1:45pm, we will watch the movie and compare notes. Light refreshments will be served.

Thursday, May 2nd - 1:30pm

Mayor Budget Presentation Meeting

Knox County Mayor Glenn Jacobs will be holding a budget presentation meeting here at the center which will allow taxpayers to ask questions and learn about the budget. **Everyone is invited to attend.**

Monday, May 20th - 9am-12pm - CPR Challenge

Every year during EMS (Emergency Medical Services) Week (May 19th -25th this year) AMR (American Medical Response) provides free CPR (Cardiopulmonary Resuscitation) training nationwide. They teach compression-only CPR, compression-only pediatric CPR and use of an AED (Automated External Defibrillator). This year they are adding "Stop The Bleed" training so in a mass casualty event people know what do to. Last year they trained more than 65,000 people including seniors at one of Knox County's six Senior Centers. The training takes about 20 minutes. **Save A Life!**

NEW CLASS Beginning Friday, June 7th

CORNHOLE & CORNDOGS

Cornhole Players Wanted! Are you looking for something new and fun to do? Starting the first Friday in June @ 11am, we will be offering Cornhole and Corndogs! This activity provides exercise, fellowship, and lots of laughs. Jeff Olsen with Riggs Pharmacy will be providing the Corndogs for a pick-me-up snack. So come on out and toss a few rounds of Cornhole! Be sure to sign up at the front desk.

[Wednesday, May 1st - 10:30am ... Maxim Healthcare Monthly Visit *NEW*](#)

Every first Wednesday of the month, Maxim Healthcare representative Spencer O'Neill, will be here to answer questions and offer important information about home healthcare services. Often, patients realize that their illness restricts activity in their daily lives, making living alone too difficult. If you, or someone you know needs help, be sure to stop by and visit with Spencer and see all the options that Maxim Healthcare has to offer.

[Monday, May 6th - 11:00am ... Mighty Musical Monday - AP Strings - *FREE FIELD TRIP*](#)

Enjoy Mighty Wurlitzer organ performances by Freddie Brabson and special guest, AP Strings. AP Strings is a diverse music ensemble providing the right music and atmosphere for weddings and special events in East Tennessee and Western North Carolina. All members are classically trained and play in area symphonies. They share a love for all music especially for the 1960's and Classical! Brown bag lunches consisting of a sandwich, chips, and a dessert may be purchased in the lobby for \$5.00 while supplies last. **Bus space is limited, so sign up early.**

[Tuesdays in May @ 1:00pm ... Movie Matinee](#)

May 7th...*Second Act* (PG-13) 1:43 min, Comedy - An assistant manager with a stellar record but no college degree makes her unqualified for a big promotion. When a fake resume leads a big financial firm to hire her, it completely changes her life. She then sets out to prove to the world that street smarts matter just as much as, if not more than, degrees and titles.

May 14th...*Jumanji: Welcome to the Jungle* (PG-13) 1:59 min, Comedy - Four teenagers discover a mysterious video game from the '90s while serving detention. When they try to play it, they are transformed into various video-game avatars and dropped into a virtual jungle world in this wild fantasy adventure.

May 21st...*The Miracle Season* (PG) 1:59 min, Drama - After the tragic death of their school's star volleyball player Caroline "Line" Found, the remaining team players must band together to overcome their grief under the guidance of their tough-love coach in hopes of winning the state championship.

May 28th...*Five Feet Apart* (PG-13) 1:20 min, Drama - Teenagers Stella and Will spend most of their life in the hospital due to their diagnosis of cystic fibrosis. Their high risk of infection means they must stay six feet apart from each other. Despite the mandated distance, the pair support one another. They eventually fall in love and try to reclaim one foot of the space between them, staying five feet apart instead.

[Wednesday, May 8th - 11:30am ... Mother's Day Celebration 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 Celebration! Linda Ramsey-Staffen and Teja Cain with Core Insurance Advisors will be providing a beautiful luncheon for all the Moms and special ladies here in the center.

[Monday, May 13th - 1:00pm ... Brain Games Competition - Corryton Senior Center](#)

An active brain is more likely to be a healthy brain. The science is still catching up, but common sense tells us that as we age it's important to keep challenging ourselves, to keep learning new things. It's also important to spend time with other people. Brain Games meets both goals by giving seniors yet another reason to attend one of Tennessee's many great senior centers. So mark your calendars and make plans to join us at Corryton Senior Center for a friendly trivia competition between the Knox County Senior Centers. There will be light refreshments and everyone is invited to attend. **Call 688-5882 by May 6 to register.**

[Wednesday, May 15th - 11:30am ... Balance Presentation](#)

We all know that as we get older, one of the first things that we don't often realize is that we're using balance on a day-to-day basis, until we start to lose it. Whether you're a beginner or up for a challenge, chair exercises are a great way to build your balance. You will work a wide range of muscles, and they can even help you with daily activities. Best of all, they are safe and easy to do at home without supervision. Be sure to join Kirk Shepard from Anthem as he will be demonstrating these exercises. **Light Refreshments.**

[Friday, May 17th - 1:30pm ... Guitar Jam Party - Red, White, and Bluegrass](#)

Bluegrass has brought more people together and made more friends than any music around the world. Joyce Taylor from Clear Captions will be sponsoring this patriotic event with red, white, and blue goodies. Please be sure to bring a finger food for all to share. Come let freedom ring and show how proud we are to be an American. Don't forget to wear your Red, White, and Blue!

[Monday, May 20th - 12:00pm ... Lunch Bunch - O'Charley's *NEW RESTAURANT*](#)

Our Lunch Bunch group is branching out! The newest restaurant stop will be O'Charley's on South Mall Road. We'd love for you to join us as we have a great group of seniors who are looking for more people to join them. Happy Eating!

[Wednesday, May 22nd - 11:30am ... Patriotic Bingo Party sponsored by East Tennessee Personal Care](#)

Mark your calendars...it's time for another 2 hour bingo marathon! With Memorial Day just around the corner, what better way to celebrate than with another round of Bingo Extravaganza! Marcee Mathews from East Tennessee Personal Care will be our special guest caller and will be bringing some prizes and patriotic goodies to share. Please be sure to bring 2 bingo prizes and a finger food for all to share and enjoy.

[Wednesday, May 29th AND June 26th - 10:30am ... Senior Information and Referral Services](#)

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, May 29th - 11:00am ... FREE Blood Pressure Checks *NEW*](#)

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 a CNA courtesy of Smoky Mountain Hospice and will be available every other month here at the senior center.

Wednesday, May 29th - 11:30am ... All-American Hot Dog Potluck

Wear your Red, White, and Blue in honor of the men and women who have bravely served our country. Classic comfort food is always welcome at a potluck, and here's the perfect choice. This month's potluck we will be having Hot Dogs...All-American style! We will be providing the hot dogs, so please be sure to bring a side dish to share.

Monday, June 3rd - 10:00am ... Walking Tai Chi *NEW CLASS*

This **FREE** weekly class includes gentle exercise to improve balance, energy, and relieves stress. The class will begin with warm-ups, followed by 5 minutes of casual walking. We will stop at 8 stations along the way to perform each of the 8 pieces of Brocade and will do 3 different methods of Tai Chi walking. The 8 pieces of Brocade is a 1,000 year old Chinese breathing exercise designed to improve health and mental awareness. Each of the Tai Chi walking movements are from the Yang and Song styles. Participants should be able to walk slowly for about 30 minutes. Also, please know that the Tai Chi walking and the 8 movements will not be done up or downhill. This class will be lead and taught by certified Tai Chi instructor, Don Parsley.

Tuesdays in June @ 1:00pm ... Movie Matinee

June 4...*My Big Fat Greek Wedding* (PG) 1:35 min, Comedy - A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

June 11...*My Big Fat Greek Wedding 2* (PG-13) 1:33 min, Comedy - Toula's family throws an even bigger Greek wedding for her parents, who learn they never officially tied the knot. Meanwhile, she deals with a daughter who's eager to escape from her overbearing clan.

June 18...*Aquaman* (PG-13) 2:23 min, Action - To preserve the balance between the surface world and the ancient civilization of Atlantis, Arthur Curry returns to his home to challenge his half-brother King Orm. With very few allies and resources, his only hope of defeating the tyrannical ruler is with the Trident of Atlan.

Wednesday, June 5th - 11:00am ... Whole Notes Harmony - Sound Therapy

Everything is made of vibration, including ourselves. All the great spiritual and scientific teachings say that the Universe began with a Song, a Word, a Bang - a Sound. Connecting with sound can bring us back to the Whole. Join Jan Coe as she will demonstrate Sound Therapy and how sound relaxes you and helps you to let go of stress. Sound from bowls and gongs helps quiet your mind, relax tight muscles, and loosen emotional block. Sound benefits your whole being and helps you touch your own source of inner peace and harmony.

Wednesday, June 12th - 11:30am ... Rise Above Crime

Please join Emma Parrott from the Office on Aging for this important informational program. Rise Above Crime is a free program that supports older adults who have been victimized by crime. Services are provided by caring professionals that aim to help individuals to overcome the trauma of physical, sexual, or psychological violence; neglect; or economic exploitation or fraud. If you or someone you know is a victim of abuse, please call the Rise Above Crime Program at 865 -524-2786. They are ready to provide any help you, your family member, or friend may need.

Monday, June 17th ... Donuts for Dads

Father's Day has become a day to not only honor fathers, but all men who act as a father figure. To celebrate Father's Day, Linda Ramsey-Staffen with Core Insurance Advisors will be stopping by and bringing donuts in honor of dads. Come by early to make sure you get one!

Wednesday, June 19th - 11:30am ... Tooth Wisdom Project

SMILE ON 60+ is a statewide initiative with the goal of improving the overall health of low-income, mobile seniors age 60+ through access to oral healthcare services and community education. SMILE ON 60+ will evaluate, educate, and navigate seniors into dental homes and then transport, treat, and repeat. Free oral health kits that include toothbrush, toothpaste, and information about Smile On 60+ Dental program will be available for all participants attending the program. Get Smart About Your Mouth!

Thursday, June 20th - 1:00pm ... Brain Games Competition - Karns Senior Center

Do you enjoy Trivia or simply learning new things? If so, then you should make plans to join us at Karns Senior Center for a little friendly trivia competition between our Knox County Senior Centers. Everyone is invited to attend. We will have teams of three, so sign up with two other friends or plan on making new ones! Light refreshments will be served. Call 951-2653 by June 13 to register.

Friday, June 21st - 1:30pm ... Guitar Jam Party - Sweet and Salty

Have you ever needed something sweet after a meal? Do you ever finish your dessert and realize you crave a bite of something salty? That is the need for the balance of sweet and salty on our palates that makes this combination so addicting. Teja Cain from Core Insurance Advisors will be here showing us an array of desserts that contain both sweet and salty! Your taste buds won't even know what to do with themselves. Don't forget to bring a finger food for all to share.

Monday, June 24th - 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, June 26th - 11:30am ... Potluck - Mexican Fiesta!

Calling all senioritas and senores. You won't have to go South of the Border for our Mexican Potluck Fiesta! Grab your sombrero and join us for some enchiladas, burritos, tacos, and more! Be sure to let us know what great Mexican dish you are bringing! Mucho Bueno!

Friday, June 28th - 10:00am ... FIELD TRIP - Oakes Daylily Festival - *FREE FIELD TRIP*

Join daylily lovers from around the country! Oakes Daylily Farm in Corryton has a 6 acre garden with over 200 varieties on display. Enjoy a hayride through the growing fields, walk amongst the display beds, or simply relax to the music of local artists. Each guest will receive a free daylily. **We will be taking a bus from the center, so be sure to sign up today!**



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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