November / December 2019 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, November 11th - Veterans Day
Thursday and Friday, November 28th and 29th - Thanksgiving
Tuesday and Wednesday, 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.

Collection: November 1 - December 1
This year, the Carter Senior Center will be hosting a Senior Angel Tree here in the lobby that contain names of seniors in need of items for Christmas. Please consider picking a name from the tree and providing the requested gift item. The purchased items can be brought to the Center along with the Angel you took so we will know who the item should be delivered to. No matter how big or how small, these seniors can benefit from a thoughtful and generous gift for the holidays. For more information, please stop by the front desk.

Friday, November 8th - 10:00am ... 8th 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! Participants will be separated into 3 different age groups and the winners will be awarded frozen turkey’s compliments of Molly Ford with Trinity Hills. To get your morning started, be sure to stop by and see Spencer O’Neill with Maxim Healthcare as he will be handing out donuts and coffee. Mike Andrews with 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. 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.

“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 years Turkey Trot and for the months of November and December. The Love Kitchen will be distributing them throughout the winter season to all of those in need. Please consider donating to this wonderful cause.

Collection: November 1 - November 25
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.

Get started on your holiday shopping early! Beginning in November, we will be displaying a variety of arts and crafts for sale courtesy of our Art Class students. Jill Cherry Oglesby will have a variety of artwork, mainly painted in acrylics and watercolors on display in the main hallway. Carolyn Hancock is best known for her crafty ideas and whimsical creativity. Be sure to stop on by and check out the display tables, as they will only be available for a limited time.
Monday, November 4th - 11:00am ... Mighty Musical Monday - Scruffy City Orchestra
Enjoy Mighty Wurlitzer organ performances by Freddie Brabson and special guest, Scruffy City Orchestra. Scruffy City Orchestra is Knoxville’s “other orchestra”, a community orchestra composed of volunteer musicians from around the area. Brown bag lunches consisting of a sandwich, chips, and a dessert may be purchased in the lobby for $5.00 while supplies last. Soft drinks, bottled water, popcorn, and candy will also be available for purchase. Bus space is limited.

Wednesday, November 6th - 11:00am ... Healthy Holiday Habits
People want their holidays to be joyful, and while gathering with family and friends can be uplifting, it can also be a time of stress, loneliness, and exhaustion. Maintaining high spirits and good health depends on how we treat ourselves. It’s easy to get caught up in the celebrations and forget to take care of our own health, but the reality is, we all want to get through the holiday season stress-free and healthy. Be sure to join Marcee Mathews from East Tennessee Personal Care as she will be sharing some healthy holiday tips to ensure for a happier holiday.

Wednesday, November 6th - 12:00pm ... Baked Goods “Thanksgiving” Bingo
This month’s Baked Goods Bingo will be all about Thanksgiving and the desserts that go along with the holiday. Instead of bringing a gift, players will bring a Thanksgiving baked good 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 13th - 11:30am ... Name That Tune - Holiday Edition
Come get into the holiday spirit with our Name That Tune Holiday Edition. Musical games are always a great favorite and this game is good for both the memory and mood. Join Elizabeth Rutan-Ram from United Health as she will be playing a variety of holiday songs. And did we forget to mention...she will have some prizes as well that you don’t wanna miss out on!

Friday, November 15th - 1:30pm ... Guitar Jam Party - Pizza & Pie
With Thanksgiving approaching quickly, we all know that turkey is the main attraction! For this months guitar jam party, we are going to try something different. Chuck Naill with Smoky Mountain Hospice will be providing the pizza for this event while the rest of us prepare our favorite dessert...PIE! Whether it’s apple pie, pumpkin pie or pecan pie, nothing brings people together like good food and music for the soul.

Monday, November 18th - 12:00pm ... Lunch Bunch - Texas Roadhouse - *NEW RESTAURANT*
Our Lunch Bunch group is venturing out this month! The next newest restaurant stop will be Texas Roadhouse by the East Town Walmart. 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!

Tuesday, November 19th - 9:45am ... Senior Services Walking Group - Founder's Park
The spotlight for this month’s walk is at Founders Park. Founders Park is located beside the Farragut library. It is a full season park. Did you know that it hosts one of the larger outdoor Christmas displays in Knoxville? Bookfest and The Lawn Chair Summer Concerts are also a few of the events held here. Our walk will be on paved trails which will wind upwards through the woods by whimsical bronze sculptures as well as an outdoor classroom. The walk will be from 2 1/2 to 3 miles. We will meet at the bridge closest to the restrooms. Be sure to RSVP and leave a message at 865-215-5290.

Wednesday, November 20th - 11:00am ... Humana Medicare Seminar
If you missed last months program, here’s another opportunity! Medicare Open Enrollment is only available until December 7th. So join Teja Cain to hear more about Humana’s Medicare Advantage Plan 2020 plan benefits. She will be available to answer insurance questions.

Wednesday, November 27th AND December 18 - 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 27th - 11:00am ... FREE Blood Pressure Checks
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, November 27th - 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 the turkeys for this Thanksgiving party. Please be sure to let us know what you are bringing. Happiness is YELLING...BINGO!
Monday, December 2nd - 11:00am ... Mighty Musical Monday - Christmas Celebration
Join us for a Mighty Musical Monday Christmas Celebration featuring Freddie Brabson on the Mighty Wurlitzer organ along with some very special guests and performers! This 90-minute program will surprise and delight to kick off the holiday season! We’re pulling out all the stops for this holiday edition. Brown bag lunches consisting of a sandwich, chips, and a dessert may be purchased in the lobby for $5.00 while supplies last. Soft drinks, bottled water, popcorn, and candy will also be available for purchase. Bus space is limited.

Tuesdays & Thursdays beginning December 3rd - 1:00pm ... Classic Christmas Movies
Movies have a way of bringing people closer. The moments that we laugh at funny situations during the show remind us of the importance of family and being able to celebrate good times with each other. It’s also a time to let go of the serious moments and to relax and enjoy each other’s company. We hope you enjoy the season with these heart-warming movies.

Tuesday, December 3rd - The Most Wonderful Time of the Year
Thursday, December 5th - The Man Who Invented Christmas
Tuesday, December 10th - Jingle All The Way
Thursday, December 12th - Holiday Inn
Tuesday, December 17th - The Lemon Drop Kid
Thursday, December 19th - The Santa Clause

Wednesday, December 4th - 11:30am ... Holiday Christmas Ornaments
Christmas is closer than you think and decorating your home is one of the most exciting things to do during the holiday season. You don’t need to be a crafting pro to make something truly breathtaking and even beginners can have fun making the easiest of ornaments with the right tools. Join Elizabeth Rutan-Ram from United Health as she will be supplying all the materials and showing us how to make a pinecone tree. Please be sure to RSVP so we have enough supplies for everyone.

Wednesday, December 4th - 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 8th - 11:00am ... Holiday “FOOD” Hopping
The Christmas season is quickly upon us and what better way to get into the spirit then 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. We will also be having a special holiday performance from the Karns Senior Center Choir, who will be performing classic Christmas Carols. So come join us for some great food, fellowship, and caroling and let’s get into the holiday spirit!

Friday, December 13th - 1:30pm ... Guitar Jam Party - Cookies & Cocoa
The greatest holiday memories are often paired with a mug of homemade hot cocoa and fresh baked cookies. So why not join us for a cookies and hot cocoa party with friends this holiday season. Let’s go Rockin’ Around the Christmas Tree as we gather to eat, drink, and be merry! Bring a party snack or dish to share and we will sing some of our favorite holiday carols with the Carter Senior Center Guitar Jam band!

Monday, December 16th - 12:00pm ... Lunch Bunch - Aubrey’s
This month’s lunch bunch will be heading to Aubrey’s, 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 with great conversation.

Tuesday, December 17th - 10:00am ... Senior Services Walking Group - Sterchi Hills Greenway
Join Corryton Senior Center Coordinator, Jill Green and Corryton Senior Center Assistant, Belynda Jenkins on a trek around the flat to gently rolling hills on the Sterchi Hills Greenway (1145 Dry Gap Pike, Knoxville 37918). The trail stretches from the west end of Sterchi Hills Park all the way to the east end of Tommy Schumpert Park. Distant ridge-top views augment the horizon while a creek lazily flows along both ends of the trail. The greenway covers 2.2 miles of paved ground. We will meet at the entrance of the park. Be sure to RSVP and leave a message at 865-215-5290.

Wednesday, December 18th - 10:00am ... Holiday Christmas Bracelets
Making jewelry can be fun and creative, and combining it with the Christmas holiday allows you to create a wonderful gift for family, friends or even yourself! Join Marcee Mathews from East Tennessee Personal Care as she will be here showing us the simple yet elegant way to make a Christmas bracelet. Please be sure to RSVP so we have enough supplies for everyone.

Wednesday, December 18th - 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!

Tuesday, 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!
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
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