

Carter Buzz



November 2020 Newsletter VIRTUAL Classes and Programs

There will be no classes / programs on the following days:

Wednesday, November 11th - Veterans Day

Thursday and Friday, November 26th and 27th - Thanksgiving



All virtual classes and programs are presented through Zoom. It's quite simple to participate. Pick a program of interest and email the contact listed for that event. You will receive a Zoom invitation which will let you join in with the fun! Should you need any help, just let us know!

Learn Line Dances VIRTUALLY from wherever you are by joining a **LIVE** Line Dance class taught by Tara and Rebecca. Dances in Beginner Classes are perfect if you are just starting out. Patterns are basic and easy to memorize. **Join us every Monday @ 12pm.**



Everyone has their tried-and-true recipes that eventually become a part of the weekly menu. But now that we have been cooped up at home for months on end and constantly cooking, even our favorite recipes can become a bore. There will be a different recipe each class (you'll get notice beforehand so you can pick up ingredients and cook along). Classes are interactive, so you can ask questions as they come up or just enjoy the company of others. Join Tara as she will be showing us some new and exciting, easy recipes that will make your taste buds thank you. **Join us every Tuesday @ 12pm.**

With musicians currently sheltering in place along with the rest of the world, everyone is looking for a way to play music together virtually, hoping to be able to perform for others or just jam together. Whether you're looking to play, sing or just sit and listen, be sure to **join us every Friday from 2pm-3pm.**



Join the Knox County Health Department on **Thursday, November 5 from 3pm-6pm** as they will be offering the public Flu Vaccinations for Children and Families. Flu Mist and Flu Shots will be available • No high-dose flu vaccine will be available • Vaccinations will be at no charge to the individual • Vaccines will be offered to children ages 6 months and up • Walk-in, no appointments. Please wear a mask.



“Sweet” Information Drive Thru

How sweet it is! We have missed everyone so much. Come on by **Thursday, November 12 from 11am-1pm** and visit with Tara and Lindsey and say hello! We will be handing out some sweets along with program information from all of our 6 Knox County senior centers. Even though we aren't able to meet in-person or face to face, we would still love for you to join us virtually for a variety of activities.

Medicare & Muffins

Let's face it...Medicare can be confusing. Enrollees encounter a lot of tough decisions when it comes to choosing the right coverage plan and sorting through all of the different benefit options. Come visit Core Insurance Advisor, Teja Cain on **Wednesday, November 18 from 10am-12pm** as she will be set up in the parking lot here at the center handing out muffins and helping answer questions about advantage plans, dental, vision, prescription and supplemental plans, all from the safety of car.



Donuts & Details...



Got Medicaid and Medicare? You could get more benefits at no extra cost. Come on out **Monday, November 23 from 10:00am-12:00pm** and visit United Healthcare Advisor, Elizabeth Rutan-Ram to learn more. You'll enjoy:
• UnitedHealthcare giveaways • Informational hand-outs • Health information in general.



Also joining us will be Information and Referral Specialist, Sara Mary Wallace. She will be helping those that may have questions, so be sure to stop by and have your questions ready for her. And while you are here, be sure to visit Jeff Olsen from Riggs Pharmacy as he will be handing out donuts while they last. Save on Medicare... you DONUT wanna miss this! Be sure to wear a mask!

