January / February 2020 Newsletter
Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days
Wednesday, January 1st - New Year’s Day
Monday, January 20th - Martin Luther King Day
Monday, February 17th - Presidents’ Day

Happy New Year!

Welcome our new staff!

Welcome Lindsey Iddins!
The Carter Senior Center welcomes Assistant, Lindsey Iddins. Lindsey is originally from Florida and is wondering if she will ever get used to Tennessee winters! She has an English literature major with a background in Russian language and culture. She’s a fan of fantasy novels and loves to draw in her spare time. She is expecting her first baby boy come May 2020 and she is very excited for this new opportunity and getting to know and work with the Carter community. Be sure to stop on by and say hello!

Holiday “FOOD” Hopping
Wednesday, January 8th @ 11am

Unfortunately, the weather didn’t want to cooperate with us back in December, so we decided to reschedule our event for the New Year. There will be various sponsors hosting a “Food” table with varieties such as Pasta, Chili, 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 fun!

WE JUST WANT TO SAY...
THANK YOU!

Thank you to EVERYONE who participated in the Sock Drive and Operation Christmas Child project. We had such a 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 33 boxes to children in other countries for the holidays. Thank you for showing them that Carter Seniors Care!

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Monday, January 6th - 11:00am ... Mighty Musical Monday - **FREE FIELD TRIP**
This month's Mighty Musical Monday will be featuring a short film set including a cartoon, sing along, and short film accompanied by the Wurlitzer. 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, so sign up early.**

**Tuesday, January 7th - 10:00am ... Drawing 101 with Lindsey *NEW CLASS* **
“I draw like other people bite their nails.” Pablo Picasso. Let’s learn the basics of drawing in our Drawing 101 class. This class is **FREE** and will meet weekly, so come out and earn how to draw the proper circle! The class will be taught by Senior Center Assistant, Lindsey, who enjoys drawing in her free time and has a background in Fine Arts and Art History. Please be sure to bring a sketch pad, ruler, and pencils with you to class.

**Wednesday, January 8th AND February 5th - 1:00pm ... Baked Goods Bingo**
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.

**Wednesday, January 8th - 2:00pm ... Whatever Happened to the Old Schoolhouse?**
Join Dr. Henry Wilson as he will be teaching this class about historic and forgotten houses, churches, hotels, and factories of East Tennessee.

**Thursday, January 9th - 1:00pm ... Spanish Class with Dr. Henry Wilson**
Did you know that research indicates that knowing and using two languages reduces your chance of developing dementia? Apart from proven memory improvement, there is a wonderful social enrichment that occurs when speaking a second language. This class will focus on learning and speaking basic conversational phrases. Any skill level is welcomed to join this fun **FREE** group!

**Wednesday, January 15th - 11:30am ... Humana Go365**
Are you currently enrolled in a Humana Plan? Well then you will definitely want to check this out! Humana Go365 is a wellness and rewards program to help motivate members to take steps to improve and continue a healthy lifestyle. You complete healthy activities, earn points, and get bucks to spend on great items in the Go365 Mall. Be sure to join Teja Cain from Core Insurance Advisors for this informational program.

**Friday, January 17th - 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 kick off the New Year with a Fiesta of Finger Foods. Be sure to see Janice Wade for a variety of foods.

**Wednesday, January 22nd - 11:30am ... Physicians Mutual**
It’s not too late to make changes to your current Medicare program. Come learn about the changes for the 2020 year. All questions welcome. Anyone going on Medicare for 2020 should attend to get the latest information.

**Monday, January 27th - 12:00pm ... Lunch Bunch - O’Charley’s**
This month’s Lunch Bunch group is heading to O’Charley’s on South Mall Road. 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 29th AND February 26th - 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, January 29th - 11:00am ... FREE Blood Pressure Screenings**
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.

Thank you to Linda Ramsey-Staffen from Core Insurance Advisors for sponsoring the activities calendar in the lobby and for their continued support to the Carter Senior Center.
Wednesday, January 29th - 11:30am ... Veterans Services
The Knox County Veterans Office will be visiting the center on a quarterly basis 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 29th - 11:30am ... Potluck - Arise and Shine Breakfast for Lunch
Breakfast for Lunch Potluck has become one of our favorite 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, February 3rd - 11:00am ... Mighty Musical Monday - FREE FIELD TRIP
Enjoy Mighty Wurlitzer organ performances by Freddie Brabson and a special female vocalist who will be singing a set of jazz standards, love songs, and Broadway tunes. 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, so sign up early.

Wednesday, February 12th - 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 12th - 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 then with a Valentine’s Day Bingo Party. Be sure to bring a finger food along with 2 bingo prizes and let’s enjoy each others company while we feast, frolic, and live it up on Valentine’s Day.

Friday, February 14th - 1:30pm ... Guitar Jam Party - “You Float My Boat” Valentine’s Social
In honor of Valentine’s Day, Jeff Olsen from 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 19th - 11:30am ... Physicians Mutual
This is the last chance to make changes to your Medicare program. Those going on Medicare for the first time in 2020 should attend this informational program to get the latest information...the truth and the myths.

Thursday, February 20th ... ALL DAY ... National Cherry Pie Day
It seems only right that we celebrate the cherry pie so close to Presidents Day as we all know the story of President George Washington and the cherry tree. Cherries were, however, one of his favorite foods. Whether you eat it for breakfast, lunch or supper or a slice at every meal, it will be a cherry-filled surprise! Stop by and treat yourself to this delicious guilty pleasure while supplies last.

Monday, February 24th - 12:00pm ... Lunch Bunch - Puleo’s
This month’s lunch bunch will be staying local and heading to Puleo’s. Come join our great group of seniors for a delicious lunch with great conversation.

Wednesday, February 26th - 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 Appetito!

Snow Policy & Inclement Weather
Knox County Senior Centers will now be operating in accordance with the Knox County School inclement weather schedule. If Schools are on a 2 hour delay, the Senior Center will be as well. If Schools are closed, the Senior Center will also be closed.
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 Stirene, Coordinator
Lindsey Iddins, Assistant

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