January / February 2022 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, January 17th - Martin Luther King Jr. Day
Monday, February 21st - Presidents’ Day

Happy New Year!

Senior Angel Tree

The Senior Angel Tree that we hosted here at the center was a huge success! We received 6 special seniors and I am so proud and amazed by the many blessings from each of you who participated. We had a total of 48 gifts. This would not have been possible without all your help and support. Because of you, these seniors will have a very special Christmas. Thank you for showing them Carter cares.

Last month’s Annual Holiday Food Hop was a huge success! We are able to have these amazing events all because of our amazing sponsors! Thank you to all that attended and a very big thank you to all who hosted a table. We can’t do what we do without you!

CORE Insurance Advisors - Teja Cain & Linda Staffen
Reams Pharmacy - Jeff Olsen
Amedisys - Tina Packer & April Johnson
Laura Copeland - Trinity Hills
Edward Jones - Darron Kidwell & Angelene Lamy
Cigna Healthcare - Andy Williams
Senior Information & Referral - Aliya Mansoor
Tennova Hospice - Shannon Gibson & Jessica Pedersen
Beehive Homes - Kelly Lohman
Familiar Faces - Crystal Palmer-Tate
Smoky Mountain Hospice - Kimberly Martinez

A great big thank you to Suzanne Shinn and the Karns Choir for their beautiful voices!
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*For more program information, check out our website: Knoxcounty.org/Senior Services*
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- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Quilting
- 10:30 Senior Coverage Q&A
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class
- 3:00 History Class

**8**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 12:00 Cooking with Tara (VIRTUAL)
- 1:00 Cardio Craze

**9**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 12:00 cards - Pinochle
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**10**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 12:00 Baked Goods Bingo
- 2:00 History Class
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**11**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - UNO
- 10:00 What’s Poppin’ with Patty
- 10:00 Cardio Craze
- 11:00 Movie Matinee (Valentine Ever After)
- 1:30 Guitar Jam Party (You Float My Boat)

**14 Valentine’s Sweet Treats**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 11:30 Senior Walk Downtown Mural Walking Tour / RSVP 288-3761
- 12:00 Cooking with Tara (VIRTUAL)
- 1:00 Cardio Craze

**15**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 11:30 Senior Walk Downtown Mural Walking Tour / RSVP 288-3761
- 12:00 Cooking with Tara (VIRTUAL)
- 1:00 Cardio Craze

**16**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 12:00 BINGO
- 1:15 Seated SAIL
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- 8:00 Billiards
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- 2:00 SAIL Fitness Class

**18**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - UNO
- 10:00 What’s Poppin’ with Patty
- 10:00 Cardio Craze
- 2:00 Guitar Jam

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**22**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 12:00 Cooking with Tara (VIRTUAL)
- 1:00 Cardio Craze

**23**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 12:00 BINGO
- 10:30 Senior Info and Referral Services
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**24**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 12:00 BINGO
- 10:30 Senior Info and Referral Services
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**25**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - UNO
- 10:00 What’s Poppin’ with Patty
- 10:00 Cardio Craze
- 11:00 Movie Matinee (Love in the Forecast)
- 2:00 Guitar Jam

**28**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Quilting
- 10:00 Toenail Trimming
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class
- 3:00 History Class

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**For more program information, check out our website: Knoxcounty.org/Senior Services**

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East Tennessee History with Dr. Henry Wilson

Every Monday Starting January 10th @ 3pm

Why Do We Call It That?

A Personal Look At How East Tennessee Places Got Their Names

From Strawberry Plains to Pumpkin Center, from Jellico to Carter Mill, East Tennessee is blessed with a wide variety of colorful, if sometimes perplexing, place names. This class will discuss, highlight and explain some of the more distinctive and sometimes mysterious names and places that grace our landscape.

This class meets in-person, but also offers Zoom Online.
Toenail Trimming

January 26th and February 28th
10:00am-1:00pm

*APPOINTMENT REQUIRED*

Most of us don’t really give a lot of consideration to having our toenails cut, but it can be a very important aspect of your healthcare. As we get older, it might get harder to bend over and see what needs to be cut. That’s why we are excited to offer toenail trimmings here at the center. **The cost is $12.00 for both feet.** So, if you are unable to do this yourself, then this service is ideal for the health and safety of you and your feet.

If interested, please stop by the front desk and sign up or give us a call here at the center at 865.932.2939
Baked Goods BINGO

Every 2nd Wednesday of the Month @ 12pm

Bingo here at the Carter Senior Center is so much fun that we decided to change things up a little bit and make it even better! Every second Wednesday of the month, we will play Baked Goods Bingo. Instead of bringing a gift, players will bring a baked good or candy, and game winners will get to choose their very own “sweet” prize. Not a baker?? That’s OK...store bought items are acceptable.
Knox County Senior Services Walk

Tuesday, January 18, 2022 @ 10am

The Maryville College Woods Loop is comprised of several trails. The trail itself is easy to follow. There are many small connections to and from the main trail. The trail is mostly packed dirt with small portions of pavement. The hike is approximately 2.3 miles. We can hike around until we are tired or hungry, which ever comes first! Following the walk/hike, we will meet at “Hot Rods” in Maryville for a great lunch and fellowship.

To RSVP, please call 865.288.3761 or email: seniorservices@knoxcounty.org
Downtown Mural Walking Tour

February 15th at 11:30 am

Meet us at the Knoxville Visitor Center
301 South Gay Street, Knoxville 37902
and we will start our Tour with a
special live music al performance.

Then, we will take off on a 2.3 mile
walking tour of several of our
downtown murals including many
with love-themed photo opportunities!

And last but not least, we will end
our tour with a reward of
Coffee & Chocolates.

RSVP 865-288-3761 or
seniorservices@knoxcounty.org
Guitar Jam

Fridays @ 2pm

Come on in and enjoy the live entertainment and great music!
Movie Matinees

Every 2nd and 4th Friday of the Month @ 11am

“Grumpy Old Men” Friday, January 14
(PG-13) 1h 43min... A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves in across the street. They rekindle a 10-year feud when they both fall for the same widow.

“My Big Fat Greek Wedding” Friday, January 28
(PG) 1h 35min... Family tensions arise after a Greek woman falls in love with a man who is not Greek. She struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

“Valentine Ever After” Friday, February 11
(G) 1h 24min... When an accidental barroom brawl turns a Wyoming vacation into community service, a woman finds love and her true calling in life while performing community service for her involvement in a bar brawl.

“Love In The Forecast” Friday, February 25
(G) 1h 22min... An aspiring meteorologist befriends a neighbor who teaches her the importance of trusting nature and each other. After swearing off dating for a full year, she quickly learns her new commitment has made her a magnet for men.
KNOX COUNTY VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

South Knox- October 20, 2021 9:00 am to 9:30 am
Carter- October 27, 2021 11:30 am 12:00 pm
Halls- November 17, 2021 9:00 to 9:30
West Knox- November 18, 2021 11:00 am to 11:30 am
Corryton- December 14, 2021 10:00 am to 10:30 am
Karns- December 17, 2021 10:00 am to 10:30 am

CALL THE KNOX COUNTY SENIOR CENTER TO SCHEDULE AN APPOINTMENT @ 865.932.2939
Monday, February 14th

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 treat! We will be offering Valentine’s goodies in the lobby while supplies last.
Seated S.A.I.L Exercise

Staying Active and Independent for Life

This class is designed for those who are just starting out and may be unsteady with their balance. Exercise is crucial for leading an active, healthy, happy life. When you think "exercise," you might think "get up and go." But what if you could be active while still sitting? We have great news -- you can! With chair exercises you can perform a seated routine that rivals any you've ever done on your feet! You no longer need to worry that you can’t get the activity you need to be healthy.

If you’re looking for an exercise program that provides modified activities due to age, immobility, balance issues, or you’re recovering from an injury or surgery, this class is for you! A seated workout encompasses far more than movements. Chair based exercises will develop your cardio fitness, muscular strength, and flexibility.

Class Days & Time: Mondays & Wednesdays @ 1:15pm

Class Fee: FREE (Silver Sneaker Members Earn Points)
YOU FLOAT MY BOAT

Guitar Jam Party
Friday, February 11th @ 1:30pm

In honor of Valentine’s Day, Jeff Olsen, with Reams 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!
Cardio Craze is an exercise program specifically designed to help participants improve strength, endurance, flexibility, balance and muscle toning. Come join this fun group!

**CLASS DAYS/TIMES:**
- Tuesdays @ 1:00pm
- Fridays @ 10:00am

**CLASS FEE:**
- $3.00
Thank you to everyone for making our Annual Holiday Food Hop a success!
Knox County Senior Services

Knox County Senior Services is dedicated to serving approximately 145,000 Knox County citizens who are age 50 years or older. All centers are professionally staffed and provide diverse programming specifically geared toward seniors. These programs provide recreation, educational information and social activities. Our senior centers are a great resource for connecting seniors with needed services in our community. Please follow the links for detailed information about each of the six Knox County Senior Centers. The John T. O’Connor Center located in the City of Knoxville is operated by the CAC Office on Aging.

**Mission:** To provide community seniors with diverse quality of life programming for their physical, social and intellectual well-being.

**Senior Centers**
- **Carter Senior Center**
  Phone: 865-932-2939
- **Corryton Senior Center**
  Phone: 865-688-5882
- **West Knox County Senior Center**
  Phone: 865-288-7805
- **Halls Senior Center**
  Phone: 865-922-0416
- **Karns Senior Center**
  Phone: 865-951-2653
- **South Knoxville Senior Center**
  Phone: 865-573-5843

For more information, please visit our website at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)