The center will be closed on the following days:
Friday, April 15th - Good Friday

Don’t forget to Spring Forward on Sunday, March 13th. Remember to set your clocks AHEAD 1-hour Saturday night.

The Burlington Branch Library (4614 Asheville Highway) will be offering free, individualized tax preparation for low to moderate income taxpayers, especially those 50 and older through the AARP Foundation Tax-Aide. You must make an appointment by calling 865.2294429 or you can register online at www.volsintax.com
You will need to bring: last year’s tax return, Photo ID, Social Security Card, W-2, 1099, SSA 1099 or RRB 1099 as well. In order to file electronically, both spouses must be present to sign the appropriate forms.

Knox County Primary Election Early Voting...
April 13 - April 28
The Carter Senior Center will be an early voting site and will be held in the multipurpose room. Please note...that for those days, some classes and programs that are held in there, will be moved to a different room. For more information please visit https://www.knoxcounty.org/election/
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For more program information, check out our website: Knoxcounty.org/Senior Services

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Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

Tara Stirone, Coordinator
Patty Vick, Assistant
Phone: 865.932.2939

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

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### April 2022

**Carter Senior Center**  
9040 Asheville Highway  
Knoxville, TN 37921

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

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| 18 **Early Voting**  
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9:30 Senior Walk - Seven Islands Birding Park RSVP 288-3761  
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8:00 Weekday Walkers  
12:00 BINGO  
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2:00 SAIL Fitness Class | 21 **Early Voting**  
8:00 Billiards  
8:00 Weekday Walkers  
9:00 Cards - Pinochle  
9:00 FIELD TRIP - The Wall That Heals  
2:00 Art Class | 15 **CENTER CLOSED** |
| 25 **Early Voting**  
8:00 Billiards  
8:00 Weekday Walkers  
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10:00 Toenail Trimming  
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2:00 Art Class | 29 **Early Voting**  
8:00 Billiards  
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10:00 Cardio Craze  
2:00 Guitar Jam |
This adorable hornet bear was handmade and given to the Carter Senior Center courtesy of Joanne Parsley. Now, we need your help in naming this cute bear. We will have a table in the lobby where you can cast your vote and give this bear a name!

1) Sting  2) Trixy  3) Buzzbee  4) Beatrix
East Tennessee History with Dr. Henry Wilson

Every Monday @ 3pm

Many towering writers from the hills and hollers of East Tennessee have left their mark on literary history, ranging from folksy “local color writers” of the 1800’s to world renowned authors such as James Agee, Cormac McCarthy, and Nikki Giovanni in the modern era. This class will discuss the origins and influences of these and other prominent regional artists, as well as examining short excerpts from their major works.

This class meets in-person, but also offers Zoom Online.
Be an Artist! Paint, Draw, Create! Each one of us has an inner art ability and our own unique creative expression. Whether through drawing, painting, or any other creative activity, a regular practice is a tool that helps us connect to our inner self so that we may become more aligned with who we are and express our creative gifts. You don’t have to know how...just come and try. This is an open class to all....
Join April and Cindy for a walk around Bob Leonard Park. A 50 acre park with four paved greenway trails that loop sections of the park. At the heart of the park, is a beautiful wetlands area with a boardwalk and observation deck. We will walk approximately 3 miles.

Join us for lunch afterwards at Big Kahuna Wings at 12828 Kingston Pike, Knoxville, TN 37934. Check out https://www.bkwings.com/farragut/ to view their menu.

Please RSVP to seniorservices@knoxcounty.org or call 865-288-3761.
If your Humana plan includes an over-the-counter (OTC) allowance, you can use it to get aspirin, ibuprofen, topical pain relievers and more. Over-the-counter (OTC) drugs are nonprescription medications; in other words, you don’t need a doctor’s prescription to purchase them. Depending on your plan, Medicare members may receive an allowance to help them save money on OTC products like vitamins, pain relievers, cough and cold medicines, first-aid supplies and more. Teja Cain, from Core Insurance Advisors, will be here answering questions and helping plan members get set up with ordering supplies. This is a wonderful benefit and if you don’t use it, you lose it. So stop on by and let Teja help you!
Did You Know?

Select Physical Therapy Offers Vestibular Rehabilitation Therapy

Have you fallen in the last 6 months? Are you unsteady, dizzy, or experiencing vertigo? If yes, you may benefit from Select Physical Therapy Vestibular Rehabilitation Therapy. Vestibular Rehabilitation Therapy (VRT) is an individualized physical therapy program designed to address the symptoms of dizziness, vertigo, migraine, nausea, and poor balance. Join Physical Therapist, Daniel Warfield for this informational program. Light refreshments will be served.
Spring Forward

Don’t Fall Down!

SAIL Meet and Greet

Monday, March 21 @ 1pm

It’s Time to Prevent a Fall! Spring is finally here! Although the slippery, icy days of winter are behind us, falls can still occur. Many people are outside walking again, doing yard clean-up, and spring cleaning; all of which, without planning ahead, can lead to a fall. SAIL Exercise is a great way to help prevent falls and also helps with balance and stability while getting a good workout. Be sure to join us for this Meet and Greet and get plugged in! There will be prizes, giveaways, refreshments and demonstrations!
Cardio Drumming

Starting Tuesday, March 22 @ 2pm

Cardio Drumming Is Back...workout while you rockout! This fitness class is the latest exercise craze! March to the beat of your own drum with one of the latest (and most fun!) fitness trends! Cardio drumming takes a simple movement...drumming...and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Come give it a try!
Spring Training Session

Sponsored by Drayer Strawberry Plains

- When: March 23, 2021 @ 10:30 am
- Where: Carter Senior Center- 9040 Asheville Hwy, Knoxville, TN 37924

- Our goal is to provide helpful information to the community of Strawberry Plains in order to help keep everyone happy, healthy, and moving as the warm weather quickly approaches!

- Topics will include:
  - Proper lifting techniques with lifting assessments provided
  - Preventative exercise to avoid strains and sprains
  - Balance and fall screens
  - And more!
A New Class Has Arrived! Chair Volleyball is a physical activity opportunity for older adults. The game can be played by all abilities and activity levels; wheelchair bound to the regularly active. Regular participation in this activity can increase flexibility and stamina. The game is played similar to volleyball with the difference being that the game is played with a 20-inch beach ball and players are seated at all times during play. Sounds fun...doesn’t it? We hope you can join us!
Knox County Senior Services

Complimentary Fitness Room Introduction

Not sure how to use the fitness equipment? Come see Rachel Piotrowski, certified personal trainer and group fitness instructor, and let her show you how they are properly used.

● A thirty-minute consultation gives you a quick overview of the Fitness room equipment.

● She will guide you through the weight room to demonstrate how to adjust and use various pieces of equipment safely and effectively.

● This orientation is designed to give you a basic demonstration of the cardio equipment, free weights and weight machine. It's never too late to start working out!

● Stop by the front desk or call the center to schedule your complimentary orientation.

Friday, March 25 AND Friday, April 22 ... 1pm - 2pm

Knox County Senior Services

Complimentary Fitness Room Introduction
Friday, March 25 AND Friday, April 22
1pm - 2pm

Are you an active senior in need of assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions will be available on Fridays from 1pm-2pm with Jake. To sign-up and reserve a time for your tutoring session, call the Center or stop by the front desk.
Toenail Trimming

March 28th and April 25th
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 are 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
Wednesday, March 30 @ 11:00am

Musical games are always a great favorite and this game is good for both the memory and mood. Join Teja Cain from CORE Insurance Advisors as she takes us back to the old days with some fun songs, all the while reminiscing about the good ole days. And did we forget to mention...she will have some prizes as well that you don’t wanna miss out on!
Fighting cancer takes a huge toll on your body. Up to 90 percent of individuals with cancer experience painful, function-limiting consequences brought on by chemotherapy, radiation and/or surgery. Cancer rehabilitation can help you prepare for treatment and maintain strength throughout your journey so you can get back to the things you care about most.

ReVital is the first nationwide comprehensive cancer rehabilitation program of its kind. ReVital therapists receive extensive training in oncology rehabilitation and understand the unique challenges patients face while undergoing cancer treatment. Join Physical Therapist, Jason Fuller, with Select Physical Therapy for this informative presentation.

Light refreshments will be served.
Coffee & Cake

Friday, April 8 @ 1:30pm

One of the greatest pleasures in life is relaxing, sipping a cup of coffee and nibbling at a freshly baked dessert, while surrounded by the sounds of beautiful music playing in the background. Come on by and join us for some Coffee and Cake and listen to some sweet sounds from our talented Guitar Jam players. Thank you to our sponsor, Andy Williams, from Cigna Healthcare, for providing the assortment of cakes. We look forward to seeing you all there!
Seven Island Birding Park Walk

Date:  Tuesday, April 19, 2022
Time:  10:00 AM
Location: 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee’s premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding expert, Mr. Robert Terrell will be leading our tour. We will meet at 10:00 AM at the parking lot at Seven Islands and begin our walk at 10:15 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! Bottled water provided courtesy of Tennova Hospice. This walk is brought to you by April Tomlin, Senior Services Manager and Darrell Gooding, Coordinator at West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.
Knox County and Mayor Glenn Jacobs are pleased to bring The Wall That Heals to our community. The Vietnam Veterans Memorial in Washington, DC, commonly referred to as “The Wall”, has brought healing to millions of visitors. The Wall That Heals exhibit features a three-quarter scale replica of the Vietnam Veterans Memorial in Washington, D.C. The replica is 375 feet in length and stands 7.5 feet high at its tallest point. Visitors experience The Wall rising above them as they walk towards the apex, a key feature of the design of The Wall in D.C. These are the men and women who gave their all in the Vietnam War. Regardless of whether they were Soldiers, Marines, Sailors, Airmen, or Coast Guardsmen, these fallen men and women stand forever shoulder to shoulder on this memorial. The CAC will be offering FREE transportation for those who wish to attend. Bus space is limited, so be sure to sign up early and reserve your seat.

Deadline to sign-up is Friday, April 8th.
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- April 21, 2022 9:00 am to 9:30 am
Carter- April 27, 2022 11:30 am 12:00 pm
West Knox- May 12, 2022 11:00 am to 11:30 am
Halls- May 18, 2022 9:00 to 9:30
Corryton- June 7, 2022 10:00 am to 10:30 am
Karns- June 17, 2022 10:00 am to 10:30 am

CALL THE KNOX COUNTY SENIOR CENTER TO SCHEDULE AN APPOINTMENT @ 865.932.2939
Wear your Red, White, and Blue in honor of the men and women who have bravely served our country. Jeff Olsen with Reams Pharmacy will be supplying the hot dogs while our Senior Services Manager, April Tomlin, will be grilling them for us. To make the day even more special, we will be having some live musical entertainment. Courtesy of the Tennessee Jewels. Sure to be a wonderful day of food and fun, so come join us! RSVP Required, so be sure to sign up at the front desk.

Wednesday, May 25 @ 11am
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 programing 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.

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**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

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