Carter Buzz

November / December 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:

Friday, November 11th - Veterans Day

Thursday and Friday, November 24h and 25th - Thanksgiving

Friday and Monday, December 23rd and 26th - Christmas Holidays

Wishing you all the timeless treasures of Christmas, the warmth of home, the love of family, and the company of good friends.

Senior Angel Tree...November 1 - December 1

Once again, 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 and we will be happy to assist you.

Annual Holiday "Food" Hop

Wednesday, December 14 @ 11am

It's the most wonderful time of the year! We are super excited to host our Annual Holiday "Food" Hop again this year and hope you all will be able to join us. We have some amazing sponsors who will be here dishing out some yummy foods and treats! More details inside. Hope to see you there!

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

NOVEMBER 2022

Tara Stirone, Coordinator
Patty Vick, Assistant
Phone: 865.932.2939

MONDAY 8am-4:30pm	TUESDAY 8am-4:30pm	WEDNESDAY 8am-4:30pm	THURSDAY 8am-4:30pm	FRIDAY 8am-4:30pm
KNOX COUNTY TENNESSEE	**1** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 11:00 Chair Volleyball 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	**2** 8:00 Billiards 8:00 Weekday Walkers 10:30 SPARK Program 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	**3** 8:00 Billiards 8:00 Weekday Walkers 9;00 Cards - Pinochle 11:00 Chair Volleyball 2:00 Art Social	**4** 8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam
7 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 10:30 Senior Coverage Q&A 2:00 SAIL Fitness Class 3:00 History Class	**8** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 11:00 Chair Volleyball 12:00 Cooking with April (VIRTUAL) 1:00 Cardio Craze	**9** 8:00 Billiards 8:00 Weekday Walkers 10:00 Select PT Program 12:00 Baked Goods Bingo 11:00 Chair Volleyball 1:15 Seated SAIL 2:00 SAIL Fitness Class	**10** 8:00 Billiards 8:00 Weekday Walkers 9;00 Cards - Pinochle 11:00 Chair Volleyball 2:00 Art Social	**11** Honoring All Who Served Nov.11 VETERANS DAY Honoring All Who Served CENTER CLOSED
14 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 2:00 SAIL Fitness Class 3:00 History Class	**15** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 10:00 Senior Walk @ Lakeshore Park RSVP 865-288-3761 11:00 Chair Volleyball 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	**16** 8:00 Billiards 8:00 Weekday Walkers 8:30 Open Enrollment 9:00 Booster Shots 9:00 VAT Tabling 10:00 Humana Seminar 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	**17** 8:00 Billiards 8:00 Weekday Walkers 9;00 Cards - Pinochle 10:00 AARP Driving Class 11:00 Chair Volleyball 2:00 Art Social	**18** 8:00 Billiards 8:00 Weekday Walkers 10:00 AARP Driving Class 10:00 Cardio Craze 1:30 Guitar Jam Party (Turkey And Fixin's)
21 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 2:00 SAIL Fitness Class 3:00 History Class	**22** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 11:00 Chair Volleyball 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	**23** 8:00 Billiards 8:00 Weekday Walkers 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	**24** happy thanks giving CENTER CLOSED	**25** thanksgiving gather thankful family blessed grateful together blessings november CENTER CLOSED
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	**29** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 11:00 Chair Volleyball 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	**30** 8:00 Billiards 8:00 Weekday Walkers 10:30 Senior Info and Referral with Wendy 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	* * * * * * * * * For more program information, check out our website: Knoxcounty.org/ Senior Services * * * * * * * * *	Happy FALL y'all

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9040 Asheville Highway
Knoxville, TN 37921

December 2022

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Patty Vick, Assistant
Phone: 865.932.2939

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19 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 10:00 Toenail Trimming 1:15 Seated SAIL 2:00 SAIL Fitness Class	**20** 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 11:00 Chair Volleyball 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	**21** 8:00 Billiards 8:00 Weekday Walkers 11:00 White Elephant Gift & Sock Swap 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	**22** 8:00 Billiards 8:00 Weekday Walkers 9;00 Cards - Pinochle 11:00 Chair Volleyball 2:00 Art Social	**23** CENTER CLOSED
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CAC OFFICE ON AGING

Senior Angel Tree

2022

Coming soon...

to a senior center near you!

CAC's Senior Angel Tree begins **Monday, November 7**

1. Visit your local senior center from Nov. 7 to Nov. 23
2. Choose a senior and adopt any of their needs!
3. Drop off gifts at the same center by Tuesday, Nov. 29

Questions? Email rsvp@knoxseniors.org

Last year, with your support, we provided 186 seniors with 1,305 gifts. Thank you!

Holiday "Food" Hop

Wednesday, December 14 @ 11:00am

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 Pasta, Chili, Desserts, Hot Cocoa, and many more. So come join us for some great food, and fellowship, and let's get into the holiday spirit!

Welcome Dustin Parker

We want to welcome Dustin Parker, Public Health Fitness Coordinator. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including the Carter Senior Center. He will be available to assist seniors with nutrition, fitness, and exercise plans. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advise on fitness routines. If you would like to schedule a consultation with Dustin, call the Center or stop by the Reception Desk.

TRINITY HILLS OF KNOXVILLE AND
CARTER SENIOR CENTER PRESENT

THANKSGIVING FOOD DRIVE

HELP DONATE TO THE HUNGRY THIS SEASON

ACCEPTING CANNED FOOD & NON-PERISHABLE ITEMS
NOVEMBER 1ST - 30TH

ACCEPTING:

WATER, JUICE, HOT/COLD CEREAL, OATMEAL, SNACKS, CANNED FRUITS/VEGETABLES, PASTA, CANNED SAUCE, MILK, ETC.

DROP-OFF LOCATION:

CARTER SENIOR CENTER

FOR MORE INFO CALL LAURA AT
865-271-8973

sock drive

"Put A Sock In It" is a non-profit organization that sets out to improve the lives of the homeless by collecting socks (new or gently used) and distributing them to those in need. Once again, the Carter Senior Center will be teaming up with the Love Kitchen and collecting socks for the month of November. We are still in need of more donations. The Love Kitchen will be distributing them throughout the winter season. Please consider donating to this wonderful cause.

Love Kitchen
Everybody is God's Somebody

Carter Quilters

For the upcoming holidays, The Carter Quilting group made 145 pillowcases for the local nursing homes in the Carter area. These amazing ladies have worked so hard on these and we are so proud for all they do to help support our seniors and the community! Their next project will be Lap Quilts for Chemotherapy Patients and those who are wheelchair bound. They are always looking for an extra set of hands to help, so if you are interested, they meet every Monday @ 10am.

Join the mission to end isolation and loneliness among seniors! The Carter Senior Center is partnering with “Send Senior Citizens Love” to help bring smiles through the holiday season. We will have plenty of holiday cards by the front desk, so please take one or two and we will make sure it gets to someone needing good cheer!

#SENDSENIORCITIZENSLOVE

THE HAPPY MAIL EFFECT

SPARK

Independence Through Technology

Wednesday, November 2 @ 10:30am

The mission of Spark is to connect people with disabilities in East Tennessee to the adaptive technology tools and services they need to live with maximum independence and dignity.

Spark is an organization that seeks to redefine human potential by making technology accessible to everyone in our community. Through partnerships with vendors, government agencies, and service providers, they provide training and access to the latest technologies. They continuously strive to improve the quality of their services and exemplify everyday values. Interested in learning more? Stop on by and join in on the conversation.

Cooking with April

Tuesday, November 8 @ 12pm

Come join (via Zoom) Senior Services Manager, April Tomlin, as she will be the guest chef in Tara's virtual cooking class! She will be cooking up something tasty that you won't wanna to miss it! Here is what you will need…

Roasted Spaghetti Squash w/ Pesto and Italian Sausage
1 spaghetti squash
2 cups fresh arugula
2 cups fresh basil
1 clove garlic
1 lemon (optional)
½ tsp. Salt
½ cup olive oil
3 tbsp. pine nuts
1/3 cup roasted pecans
1lb. sweet or hot Italian sausage

Join via Zoom
https://knoxcounty.zoom.us/j/98377614344?pwd=Sno1QjBVWTRnSjBEZGg2U1hMZlBTUT09

PELVIC FLOOR THERAPY

WEDNESDAY • NOV. 9 • 10-11 AM

Heather Walker
PT, DPT
Pelvic Floor Specialist

SPEAKER:
Heather Walker, PT, DPT
Pelvic Floor Specialist

WHEN:
Wednesday, November 9, 10-11 AM

WHERE:
Carter Senior Center
9036 Asheville Hwy
Knoxville, TN 37924
P: 865-932-2939

Select PHYSICAL THERAPY

TOPIC:
Do you struggle with leakage or not making it to the restroom in time? Have you experienced leakage with coughing, sneezing, or exercising? These symptoms are increasingly common as we age, but they are not normal, and you don't have to live with them forever! Select Physical Therapy is hosting a presentation on pelvic floor rehabilitation and how it can improve symptoms such as urinary or bowel leakage, pain in and around your pelvis, constipation, prolapse, prostate issues and difficulty with sexual intercourse.

Julianne Foy, Executive Director of Lakeshore Park Conservancy will be our guest speaker. Julianne will speak to us about the future changes to the park as well as its history.

KNOX COUNTY SENIOR SERVICES

LAKESHORE PARK

5930 LYONS VIEW PIKE

KNOXVILLE, TN 37919

NOVEMBER 15TH@10:00am

Join Carole and Robyn for a walk around Lakeshore Park. Lakeshore has 185 acres located along the Tennessee River. It is the most visited public park in Knoxville touting approximately 1 million annual visitors.

Lakeshore is a four-season park hosting concerts, weddings, ballgames, and events.

We will walk along the boardwalk and paved walkways for approximately 2.5 miles.

Come and see Lakeshore's beauty for yourself!

Join us for lunch afterwards at HAM'N GOODYS 314 S Northshore Drive, Knoxville, TN

Please RSVP to seniorservices@knoxcounty.org or call 865-288-3761

~ *GET TO KNOW YOUR PARKS!* ~

MEDICARE OPEN ENROLLMENT Assistance

LeShea Pridham, SHIP* Counselor from the CAC Office on Aging, will be at Carter Senior Center assisting with Medicare Open Enrollment.

*SHIP counselors are trained to provide free, in-depth, unbiased, one-on-one health insurance counseling and assistance to Medicare beneficiaries.

Wednesday, November 16

8:30 am—3:30 pm

Appointment required!

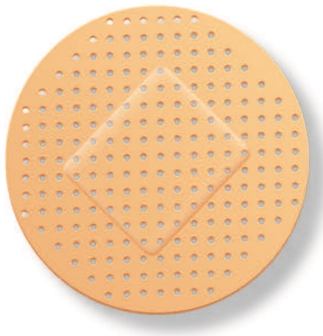
CALL LeShea @ 865-524-2786

or email: leshea.pridham@knoxseniors.org

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37924
865-932-2939

Come get your FREE updated booster!

COVID-19 Vaccination Clinic



Carter Senior Center

9040 Asheville Hwy, Knoxville

- **Pfizer Bivalent, ages 12+**
- **Moderna Bivalent, ages 18+**

When:
Wednesday, November 16
9 a.m. - noon

Seniors! Get your updated booster here!

Please wear a mask and sanitize your hands.

TN Department of Health
This project is funded under a grant contract with the State of Tennessee.

KNOX COUNTY TENNESSEE HEALTH DEPARTMENT

10/18/22

Wednesday, November 16 @ 9am

Looking for a place to volunteer and help others? Volunteer Assisted Transportation is a nonprofit, volunteer-driven program working to ensure that everyone can find a best option for getting around their community, no matter age or ability. No one should get sick or go hungry because they have barriers to independent travel. Volunteer Assisted Transportation provides door-through-door transportation for seniors and people with disabilities who require assistance for travel to medical appointments, errands, and other fun activities! Stop by their table and see what they have to offer!

Humana Informational Seminar

Wednesday, November 16 @ 10am

If you missed last months program, here's another opportunity! Medicare Open Enrollment is only available until December 7th. So join Teja Cain with CORE Insurance Advisors to hear more about Humana's Medicare Advantage Plan 2023 plan benefits. She will be available to answer insurance questions. This program is for current Humana members. If you're interested in learning more about Humana Gold Plus or any other advantage plan and are unable to attend the meeting, please call or text Teja Cain at 865-661-4451 to schedule your private appointment.

Thursday, November 17 and Friday, November 18
10:00am - 2:00pm

Sign up to save on auto insurance!

Decrease the probability of a crash in today's fast paced world.

~SPACE IS LIMITED~

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Don't forget your I.D. and AARP card.

Member Fee: $20.00

Non-Member Fee: $25.00

United Healthcare Member Fee: FREE

Guitar Jam Thanksgiving Party

Friday, November 18 @ 1:30pm

Gather round, give thanks, and dig into a delicious, traditional homemade Thanksgiving meal and all the fixins'! The Guitar Jam group will be hosting a Thanksgiving Dinner you don't wanna miss! Jeff Olsen, from Reams Pharmacy, will be providing the turkey, and those planning on attending, please be sure to bring a side dish to share. This is a meal you certainly don't want to miss! So come on out, enjoy this bountiful meal and let us all give thanks for the many blessings bestowed upon us throughout the year!

MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP.
MAY YOUR POTATOES'N GRAVY...
HAVE NARY A LUMP,
MAY YOUR YAMS BE DELICIOUS,
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER
STAY OFF OF YOUR THIGHS.

Happy Thanksgiving!

Toenail Trimming

November 28th and December 19th
10:00am-2:00pm

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.

PLEASE NOTE:

As of January 1st, the cost for toenail trimmings will increase to $13.00. Thank you for your continued support!

Mighty Musical Monday at the Tennessee Theatre Christmas Celebration

Monday, December 5 @ 11:00am

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! They are pulling out all the stops for this holiday edition.

Please note that we will not be providing lunch, but concessions will be available for purchase.

Transportation will be provided from the center. Sign up early to reserve your spot for this FREE field trip!

Cookie Swap

Wednesday, December 8 @ 11:00am

It's the most wonderful time of the year! Bring 2 dozen of your favorite Christmas cookies to share and swap. To help offset all those sweets, please be sure to bring a finger food for all to enjoy.

Christmas BINGO & Ornament Exchange

Wednesday, December 8 @ 11:30am

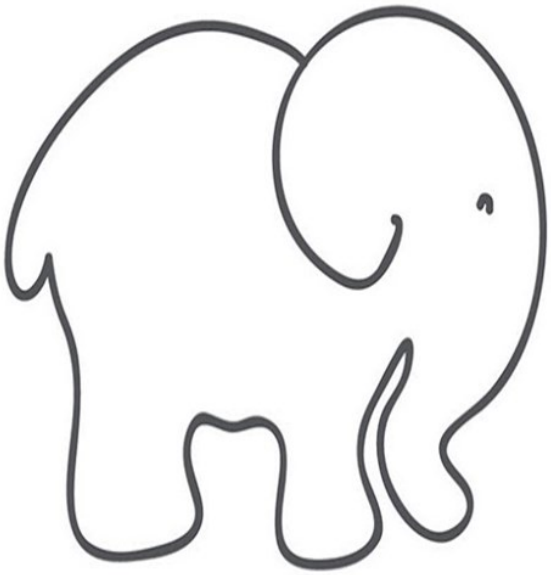
This month, we will be playing Christmas Bingo, along with an Ornament Exchange as well. We are asking that each player bring 2 bingo gifts, along with an ornament to share. We will play a fun game and exchange ornaments where everyone will leave with an ornament to add to their home collection.

Guitar Jam Presents...

Cookies and Cocoa

Friday, December 16 @ 1:30pm

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!



WHITE ELEPHANT gift exchange

Wednesday, December 21 @ 11am

Come join us for our annual White Elephant Gift Exchange. We ask that each participant bring a small wrapped gift. Re-gifting is strongly encouraged! The more outrageous the gift, the better! Be sure to sign up today!

SECRET SANTA SOCK SWAP

Wednesday | Dec. 21 | @ 11:00am

Join us for a fun gift exchange!
Bring a pair of new socks –
ANYTHING FESTIVE, UGLY, OR COZY!

Senior Services Senior Holiday Lights Walk

Tuesday, December 13th at 5:30pm

~FOUNDERS PARK~

Join us on Tuesday, December 13th for a Holiday Lights Walk at Founders Park We will meet in front of the Knox County Public Library (417 N. Campbell Station Road) and from there stroll to the Park. If you join us for the entirety of the walk anticipate about a two mile walk. The pathways are paved. There are some hills. This self-guided walk is hosted by April Tomlin, Knox County Senior Services Manager and Darrell Gooding, Coordinator of West Knox County Senior Center.
If you're interested in participating, please pre-register by emailing seniorservices@knoxcounty.org or calling 865-288-3761.

Beverages provided by Teja Cain compliments of Core Insurance Advisors of Knoxville

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.

Robert "Buzz" Buswell
Director
Robert.Buswell@knoxcounty.org

April Tomlin
Senior Services Manager
April.Tomlin@knoxcounty.org

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

KNOX COUNTY
TENNESSEE

For more information, please visit our website at www.knoxcounty.org/seniors