

Carter BUZZ



July / August 2024 Newsletter

**Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924
865.932.2939**

The center will be closed on the following days:

Thursday, July 4th - Happy 4th of July

**PARDON
OUR MESS**

A yellow diamond-shaped sign with a black border and a hole at the top, containing the text 'WORK IN PROGRESS' in black capital letters.

**WORK
IN PROGRESS**

As the ADA construction continues outdoors, you will eventually see renovations begin inside our building and start to see the next phase of upgrades. Please know that while the restrooms will be out of order for a few weeks, the library next door will be available for use during senior center hours. All programs and activities will continue as scheduled with hope of minimal disruption.

Thank you for your continued patience.

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

JULY

2024

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

| | | | | |
|---|---|---|--|---|
| <p>1 Come See Caleb! 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 10:30 Senior Coverage Q&A 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class Fitness Room Open All Day</p> | <p>2 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga (NO CLASS) Fitness Room Open All Day</p> | <p>3 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day</p> | <p>4  CENTER CLOSED</p> | <p>5 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day</p> |
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| <p>15 Come See Caleb! 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class Fitness Room Open All Day</p> | <p>16 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 9:30 Senior Services Walk @ Collier Preserve Beaver Creek RSVP 865-288-3761 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga Fitness Room Open All Day</p> | <p>17 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day</p> | <p>18 8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day</p> | <p>19 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day</p> |
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Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

AUGUST 2024

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 |
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KNOX COUNTY SENIOR SERVICES

2024 MONTHLY SENIOR WALKS

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3791

Join us for some fun walks, nature,
socializing and good food

JANUARY 16th at 10:00am

Join Laurie, Eilene, and Carole

WEST TOWN MALL

7600 Kingston Pike 37919

Lunch after the walk in the Food Court

FEBRUARY 20th at 9:30am

Join Robyn and Sue

FORT SANDERS HEALTH & FITNESS CENTER

270 Fort Sanders W. Blvd 37922

Lunch at Sami's Café after walk

MARCH 19th at 10:00am

Join Tara, Patty, and Eilene

BEVERLY PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli after walk

APRIL 16th at 9:30am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's after walk

MAY 21st at 9:30am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak 37764

Bring brown bag lunch to eat at the park

JUNE 18th at 9:00am

Join Robyn and Aliyete

UT ARBORETUM

901 S. Illinois Avenue, Oak Ridge 37830

Lunch at Woody's after walk

JULY 16th at 9:30am

Join April, Tara, and Laurie

COLLIER PRESERVE BEAVER CREEK DUO

330 W. Emory Road, Powell 37849

Lunch at Southern Kitchen Sandwich after walk

AUGUST 20th at 9:00am

Join Susanne and Sue

MARINE PARK GREENWAY TRAIL

2201 Alcoa Highway, Alcoa 37920

Lunch at SoKno Tacos after walk

SEPTEMBER 17th at 10:00am

Join Judy and April

HALLS GREENWAY & HALL SENIOR CENTER TOUR

4405 Crippen Road 37918

Lunch at Bel Air Grill after the walk

OCTOBER 15th at 10:00am

Join Sarah, Jessica, and Kim

SEQUOYAH PARK

1400 Cherokee Blvd. 37919

Lunch at Holly's Gourmet Market & Café after walk

NOVEMBER 19th at 10:00am

Join Susanne and Jessica

HIGH GROUND PARK

1000 Cherokee Trail 37920

Lunch at Round Up after walk

DECEMBER 17th at 5:00pm

Join Judy, Saraha, and Laurie

CHRISTMAS LIGHTS WALK

@ FOUNDERS PARK

405 N. Campbell Station Road 37934

Dinner at Cracker Barrel after walk

Knoxcounty.org/seniors/

Feel free to join us for the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS

& UPDATES ABOUT THE WALKS



FREE BLOOD PRESSURE SCREENING

Every Monday 8am-4pm

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 Fitness Coordinator, Caleb Newsome and will be available every Monday here at the senior center.

**East Tennessee History with
Dr. Henry Wilson
Every Monday @ 3pm**



During the months of July and August, our East Tennessee History class will continue their chronological approach to local history by focusing on, in turn, the tumultuous decades of the 60's and 70's. After a “booming” start to this era, life in East Tennessee, like much of the rest of the country, was disrupted by the sudden development of the “Hippie Counterculture” and the accompanying explosion of protests against the Vietnam war.

CONGRATULATIONS!



A big **SHOUT OUT** to Carter's Dr. Henry Wilson for his outstanding volunteer service the past 8 years. Dr. Wilson was recognized at the RSVP Luncheon and we are so proud of his continued service to our senior center!



The Helping Hands Food Pantry has been open for a year now and has supplied many of our seniors with much needed food. This would not be possible without all of you who have helped donate, and for that, **WE THANK YOU!** The pantry is running low on a lot of staple items and we are looking to **RESTOCK**. Please consider donating and please beware of expiration dates. Thank you all for your continued support and helping feed our seniors in our community.

Items Needed:

| | |
|-------------------------|---------------|
| Peanut Butter | Pasta |
| Jelly | Biscuits |
| Ketchup | Pancake Mix |
| Mustard | Syrup |
| Mayo | Dried Fruits |
| Pickles | Honey |
| Canned Soup | Broth / Stock |
| Canned Fruit | Crackers |
| Canned Vegetables | Chips |
| Canned Stew | Rice Cakes |
| Canned Fish | Granola Bars |
| Canned Beans | Stuffing |
| Macaroni and Cheese | Rice |
| Instant Mashed Potatoes | Cereal |
| Dry Beans | Tea Bags |
| Rolled Oats | Toilet Paper |
| Canned Tuna in Water | Toothpaste |
| Canned Chicken | Paper Towels |
| Brown Rice | Soap |
| Graham Crackers | Shampoo |
| Vanilla Wafers | Conditioner |
| Pudding | Deodorant |
| Ramen Noodles | Dry Soup |
| Instant Oatmeal | Applesauce |
| Powdered Milk | Nuts |
| Pasta Sauce | Toothbrush |
| Canned Tomatoes | Jell-O |



DROP IN LINE DANCING

EVERY WEDNESDAY @ 3PM

Let the fun begin! Put on those dancing shoes and join us for some high stepping fun. Learn basic country line dances in a comfortable, welcoming, fun-filled class! Its fun, great

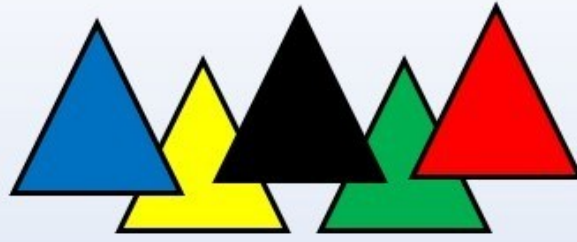
exercise and it will free the dancer in you!

All are welcome!



DANCE TIME!

YEE HAW!



2024 Corryton Senior Center Olympics



*Corryton Senior Center
9331 Davis Dr, Corryton, TN*

Ladder
Ball

Rice/Paper
Clips Game

M&M
Game

Friday, July 12

Bucket
Toss

Walk &
Basketball
Toss

10:00am-1:00pm

Building
w/Spaghetti

Corn
Hole

Cup
Stacking

Billiards/
Darts

Peanut
Butter
Tic Tac Toe

Putt-Putt

**Come compete in our games!
Who will win the most games?
Prizes, Food, and Fun!**



Knox County Senior Services Monthly Senior Walk

Tuesday, July 16 @ 9:30am

Join us for the walking group's monthly walk at Collier Preserve Beaver Creek Duo (330 West Emory Road, Powell 37849). This 12-acre park features a soft trail along with an ADA walkway, nature path, native plants garden, arboretum, birding platform and a tranquil natural setting for observing wildlife.

Collier Preserve sits adjacent to the Powell Branch Library, and we ask that those participating in the walk, park in that lot at the Library.

Following our walk, feel free to join us for lunch (dutch treat) at Southern Kitchen Sandwich Co. (2307 West Emory Road, Powell 37849). Be sure to RSVP by leaving a message at **865-288-3761 or you can email seniorservices@knoxcounty.org**

Need a 3D Mammogram?

Mobile Mammography
Screening Appointments

Thursday, July 25

11:30am - 4pm

Appointment is required.

Carter Senior Center

9040 Asheville Hwy, Knoxville 37924

To Schedule an Appointment

Please call 865-839-7426

Insurance will be billed. Women ages 40+ without health insurance should ask if they qualify for funding to cover the cost of the screening.



Criteria for Mobile Mammography Screening:

- Age 40+
- No current breast problems (lump, pain, nipple discharge, burning)
- Not pregnant and stopped breastfeeding for at least six months
- No personal history of breast cancer
- Must be able to climb stairs independently
- At least one year since your last screening mammogram
- Inform us if you have breast implants (will take 2 appointment times)
- Only patient allowed on mobile unit

HairCuts by Wendy

**Monday, July 29 &
Monday, August 26**

*** 9am – 3pm ***

Basic Cut - \$17.00

Dry Cuts Only

**Appointment
Required**



Wendy Fancher, licensed cosmetologist, and hair stylist will be here every last Monday of the month to offer haircuts. Should you need hair services, please call the center at 865-932-2939 and set up an appointment as she only has a limited number of space available.

Toenail Trimming

Monday, July 29 AND Monday, August 26
10:00am-4:00pm

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 \$13.00 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

GUIITAR JAM PARTY



SUMMER ICE CREAM SOCIAL

Friday, August 16 @ 1:30pm

We all scream for ice cream! With summer in full swing, there is no better way to beat the heat than with an Ice Cream Social! Stop on by and join sponsor [Kimberly Martinez with Smoky Mountain Hospice](#) as she will be supplying us with an assortment of cool treats.



Marine Park Greenway Walk

Date: Tuesday, August 20th at 9:00 am

Address: 2201 Alcoa Highway, 37920

Marine Park offers a peaceful setting alongside the Tennessee River. The Knox/Blount Greenway spans from Marine Park, along the shore of the Tennessee River, passes the Cherokee Farm Innovation campus and connects to the Neyland Greenway via the J.E. "Buck" Karnes Bridge. The paved, out-and-back walk features views of the river on one side and grassy areas on the other. **Be aware, there are no restrooms on site.**

Join us for lunch after at SoKno Tacos at 3701 Sevierville Pike

Make sure to RSVP to 865-288-3761 or email seniorservices@knoxcounty.org

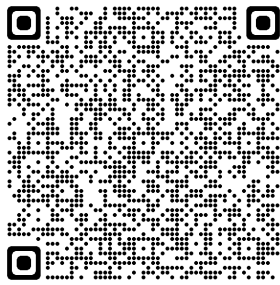


Happy National Senior Citizens Day!

Wednesday, August 21

This day was created as a day to support, honor, and show appreciation to our seniors and to recognize their achievements and the contributions they make to our communities. Seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks! So today we celebrate and honor you! Stop in today for a special “thank you” treat.





presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th

West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443



VETERAN URGENT CARE RESOURCES

URGENT CARE

Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

Call 888-901-6609 if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call 866-620-2071 if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

<https://www.va.gov/find-locations>



CHECK YOUR ELIGIBILITY!

FIRST, CALL:
1-800-MyVA411
(1-800-698-2411)
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.

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.



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