

Carter BUZZ



November / December 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:

Monday, November 11th - Veterans Day

Thursday and Friday, November 28th and 29th - Thanksgiving

Tuesday and Wednesday, December 24th and 25th - 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 4 - December 3

Once again, the Carter Senior Center will be hosting the Senior Angel Tree here in the lobby that contain items for seniors in need for Christmas. Please note that this year will be a little bit different. All purchased items can be brought to the Center and placed in the box located in the lobby. No matter how big or how small, these seniors can benefit from a thoughtful and generous gift for the holidays. For more information, please see Page 5 inside the newsletter or stop by the front desk and we will be happy to assist you.



Annual Holiday "Food" Hop

Wednesday, December 11 @ 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 an assortment of yummy foods and treats! More details on Page 20 inside the newsletter. Bring your holiday cheer!



Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

NOVEMBER

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>KNOX COUNTY TENNESSEE</p>	<p>***** For more program information, check out our website: Knoxcounty.org/ Senior Services *****</p>			<p>1 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam Fitness Room Open All Day</p>
<p>4 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 Fitness Room Open All Day</p>	<p>5 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 Fitness Room Open All Day</p>	<p>6 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:00 Medicare 101 Seminar 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>7 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day</p>	<p>8 Veterans Donuts 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam Fitness Room Open All Day</p>
<p>11  CLOSED</p>	<p>12 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 Fitness Room Open All Day</p>	<p>13 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:00 Humana Seminar 11:00 Chair Volleyball 12:00 Baked Goods BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day</p>	<p>14 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day</p>	<p>15 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day</p>
<p>18 8:00 Billiards 9:00 No-Cash Poker 10:00 Wisdom Tabling Q&A 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class Fitness Room Open All Day</p>	<p>19 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Senior Services Walk @ High Ground Park 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>20 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:00 United Open House 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>21 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day</p>	<p>22 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam Fitness Room Open All Day</p>
<p>25 8:00 Billiards 9:00 No-Cash Poker 9:00 Haircuts By Wendy 9:30 United Tabling Q&A 10:00 Quilting 10:00 Stretch Class 10:00 Toenail Trimming 1:15 Seated SAIL 2:00 SAIL Fitness Class Fitness Room Open All Day</p>	<p>26 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 Fitness Room Open All Day</p>	<p>27 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:30 Senior Info and Referral 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 2:00 Veterans Outreach 3:00 DROP IN Line Dance Fitness Room Open All Day</p>	<p>28  CLOSED</p>	<p>29  CLOSED</p>

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

DECEMBER

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
2 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 Fitness Room Open All Day	3 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 Fitness Room Open All Day	4 8:00 Billiards 9:00 No-Cash Poker 9:00 Aging Backward 10:00 Cookie Swap & Ornament Exchange 11:30 Christmas BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day	5 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day	6 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day
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16 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class Fitness Room Open All Day	17 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 5:30 Senior Services Walk @ Founders Park RSVP 865-288-3761 Fitness Room Open All Day	18 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 11:00 Left / Right Gift Exchange 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day	19 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day	20 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day
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Don't forget to

Fall Back!



Sunday, November 3

Remember to set your clocks
BACK 1 hour Saturday night

CAC OFFICE ON AGING

Senior Angel Tree

2024



Senior Angel Tree

Donate any of the items below to help support a local senior who has experienced a difficult year. We'll make sure each item makes its way into a stocking for a senior in need.

Acceptable Items:

- Non-slip cozy socks
- Tissue boxes
- Throw Blankets
- \$10 gift card to Kroger
- \$10 gift card to Food City
- Laundry Pods
- Lotion
- Dish Soap
- Bar Soap
- Shampoo

Return donations to this location by Tuesday, December 3rd.



sock drive



It's that time of year again! "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 months of September, October and November. The Love Kitchen will be distributing them throughout the winter season. Please consider donating to this wonderful cause.





Line Dance with Jennifer

FRIDAY, NOVEMBER 1, 8, AND 22 @ 11:30AM
FRIDAY, DECEMBER 13 @ 11:30AM

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! It's fun, great exercise and it will free the dancer in you! So come on out and join instructor, Jennifer Barret and get your YEE HAW on!

A little bit about Jennifer...She moved to Seymour, Tennessee in August of 2017. She first got into dance with the Knoxville Squares and square

danced for 3 years. During that time she was exposed to line dancing and that became her passion. In 2021, she became intricately involved with the Mountain Line Dancers group in Sevierville.

In October of 2023, she assumed management of the group and now leads all the classes at the senior center in Sevierville. She brings with her a masters degree in education and a love for teaching and dancing with others!





MEDICARE 101 SEMINAR

with Ryan Ritter

Free Entry!

Are you asking these questions:

Have there been any changes to Medicare recently?

What is Medicare A, B, C, and D?

What is a Medicare Supplement?

What is Medicare Advantage?

Do I need prescription drug coverage?

When am I eligible for Medicare?

**Call to Reserve Your Spot:
865-503-4516**

Date: 11/06/2024

Location: Carter Senior Center

Time: 10:00 am





FRIDAY, NOVEMBER 8

VETERANS please stop by for Coffee and Donuts as we honor YOU and NEVER forget your sacrifice and service. We Thank You!



**We're ready to
put our Medicare
experience to work
for you**



Humana has been in healthcare for over six decades—and we're just getting started. We put people first, listening to what you really need and want from a Medicare Advantage plan, then helping you find the plan options and benefits that are right for you.

At Humana, we are committed to going above and beyond for our members. That includes connecting you with resources and tools that address not just your physical health, but your mental well-being too.



**Stop by and speak to a licensed Humana sales agent
in your community**

PENNY MAYO
865-518-9161 (TTY: 711)
8 a.m. – 5 p.m.
PMAYO3@HUMANA.COM

Please join us to learn more about 2025 Humana Medicare plans:

Carter Senior Center
9040 Asheville Highway
Wednesday, November 13, 2024 at 10:00 AM

Humana. A more human way
to healthcare®



High Ground Park

Tuesday, November 19th @ 10:00am

High Ground Park commemorates the historic site of Fort Higley. The park features a peaceful walking trail that winds through hardwood forests, wildflowers and native flowering bushes and past the remnants of defensive emplacements such as rifle trenches and a cannon redoubt. High Ground Park features a one-mile trail leading up to the Fort Higley earthworks as well as an auxiliary trail following an old military road. At the highest point at the park, visitors enjoy a panoramic view of the surrounding area from the park's signature red chairs. The park is located at **1000 Cherokee Trail Knoxville, TN 37920.**

No restrooms available. Parking is limited. Meet at far end of the parking lot at stone wall /entrance to trail.

Register by calling or register by emailing: 865-288-3761 or seniorservices@knoxcounty.org



Roundup Restaurant & Ice Cream

3643 Sevierville Pike

Knoxville, TN 37920



Learn about Medicare the easier way

Looking for a fun, no-pressure way to learn more about Medicare? Come to an open house where we'll answer your questions about Medicare and show you how you could take advantage of the benefits of a plan from UnitedHealthcare®. Bring your friends. Bring your neighbors. And bring your questions.

November 20, 2024

10:00 AM

Carter Senior Center

9040 Asheville Highway
Knoxville, TN 37924

For information about attending an open house, contact your local licensed sales agent.

Let's connect today

Get your Medicare questions answered by a local licensed sales agent. There's no obligation or cost to attend.



Ja'el Michael

Licensed Sales Agent

865-264-2147, TTY 711

jaelmichael@yahoo.com

myuhcagent.com/jael.michael

Oct. 15

Medicare Advantage
Annual Enrollment
begins

**United
Healthcare®**

For accommodation of persons with special needs at meetings, call 865-264-2147, TTY 711.

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SPRJ83835

HairCuts by Wendy

**Monday, November 25 &
Monday, December 30**

*** 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.**

You're invited

Come join me for a special event



At UnitedHealthcare®, we offer many Medicare Advantage plans, including plans for those who qualify for Medicaid. Come and join the fun while discovering the right Medicare plan for you. During this event, you can:

- Get your questions answered face to face
- Compare all your plan choices
- Find out if you're missing important health benefits

11/25/2024

9:30 AM - 11:30 AM

Carter Senior Center
9040 Asheville Hwy
Knoxville, TN 37924



Call to learn more

Admission is free of cost. I look forward to seeing you.



Ja'el Michael

Licensed Sales Agent

865-264-2147, TTY 711

jaelmichael@yahoo.com

<https://www.myuhcagent.com/jael.michael>



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. For accommodations of persons with special needs at meetings call 865-264-2147, TTY 711. ©2023 United HealthCare Services, Inc. All Rights Reserved.

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SPRJ84672

Toenail Trimming

Monday, November 25 AND December 30
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



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.

Corryton- November 6, 2024 2:00 pm to 4:00 pm

Karns- November 8, 2024 8:00 am to 10:00 am

Halls- November 20, 2024 2:00 pm to 4:00 pm

West - November 21, 2024 1:30 pm to 4:00 pm

South- November 22, 2024 8:30 am to 11:00 am

Carter- November 27, 2024 2:00 pm to 4:00 pm

Corryton- December 9, 2024 2:00 pm to 4:00 pm

Karns - December 13, 2024 8:00 am to 10:00 am

Halls- December 18, 2024 2:00 pm to 4:00 pm

West- December 19, 2024 1:30 pm to 4:00 pm

South- December 27, 2024 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO

SCHEDULE AN APPOINTMENT





Cookie Swap

Wednesday, December 4 @ 10:30am

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.



it's
Cookie
Time!





Wednesday, December 4 @ 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.





Holiday "Food" Hop

Wednesday, December 11 @ 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!





Guitar Jam Presents...

Cookies and Cocoa

Friday, December 13 @ 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 some cookies to share and we will sing some of our favorite holiday carols with the Carter Senior Center Guitar Jam band!



KNOX COUNTY SENIOR SERVICES

FOUNDERS PARK: LIGHT THE PARK WALK

405 N CAMPBELL STATION RD, FARRAGUT, TN 37934

Tuesday, December 17th at 5:30PM

Join Judy, Sarah, and April for a holiday lights walk at Founders Park! We will meet in front of the Knox County Public Library (417 N. Campbell Station Rd) and stroll for approximately 1.5 to 2 miles.

The pathways are paved, and there are some hills.

Penny Mayo/Humana will be providing hot chocolate and coffee!

Afterwards, you are free to join us for dinner at Cracker Barrel (716 N. Campbell Station Rd) for an end-of-day meal!

If you're interested in participating, please pre-register by emailing seniorservices@knoxcounty.org or call (865) 288-3761.





RIGHT/LEFT GIFT EXCHANGE GAME

Wednesday, December 18 @ 11am

The game is simple: Everyone stands in a circle around a table holding the gift they brought.

Someone will read the story out loud, and every time you hear the word “left” everyone passes their gift to the left. Every time you hear “right” everyone passes their gift to the right. Whatever gift you are left holding at the end of the story, is yours!

**WHEN THE STORY SAYS “LEFT”
PASS THE PRESENTS LEFT!**

**WHEN THE STORY SAYS “RIGHT”
PASS THE PRESENTS RIGHT!**

**WHATEVER GIFT YOU’RE
HOLDING AT THE END IS YOURS!**

**THANK
YOU**

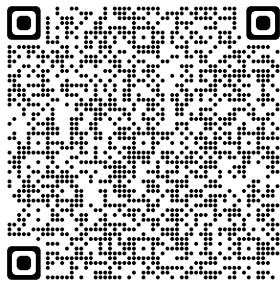
TO ALL OUR VALUED
SPONSORS



All the things that we do here at the Carter Senior Center are mostly provided by our amazing sponsors. We are able to do what we do because of them and we THANK YOU!

MANY THANKS...

Core Insurance Advisors
Trinity Hills Assisted Living
Andrews Physical Therapy
Humana
United Real Estate Solutions
Smoky Mountain Hospice
Gentiva Hospice
Synergy Home Care
Edward Jones
TVA Credit Union
Wellington Manor of Knoxville
Modern Woodmen
Hillcrest Healthcare
Smile On 65+
Wisdom Insurance Network
Senior Financial Group
Sacred Ground Hospice House



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



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.



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.



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>

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