

Carter BUZZ



January / February 2025 Newsletter

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

The center will be closed on the following days:

Wednesday, January 1 - New Years

Monday, January 20th - Martin Luther King Jr. Day

Monday, February 17th - Presidents' Day

Happy New Year!

SENIOR ANGEL TREE

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



MANY SPECIAL THANKS...

Last month's Annual Holiday Food Hop was a huge success, even despite the snowy weather! 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 / Humana - Penny Mayo / Trinity Hills - Laura Copeland

TVA Credit Union - Tamika Gary / Wisdom Insurance - Ryan Ritter

United Realty - Christine Chenot / Hillcrest Healthcare - Tina Smith

Wellington Manor - Talbot Fields / Gentiva Hospice - Shannon Gibson / Synergy Health - Hannah Hood

S.A.I.L. Instructor - Terri Geiser / Carter Seniors - Judy Matthews, Ann Adcock & Connie Lane

And a special THANK YOU to our Violinist, ALLY FINCK and SANTA for the joyous holiday entertainment!

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

JANUARY 2025

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

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



2
8:00 Billiards
9:00 No-Cash Poker
9:30 Improving Mobility w/
Mindful Movements
10:00 Easy Yoga
12:30 ZUMBA GOLD
2:00 Art Social
Fitness Room Open All Day

3
8:00 Billiards
9:00 No-Cash Poker
10:00 Cardio Craze
2:00 Guitar Jam
Fitness Room Open All Day

6
8:00 Billiards
9:00 No-Cash Poker
10:00 Quilting
10:00 Stretch Class
1:15 Seated SAIL
2:00 SAIL Fitness Class

7
8:00 Billiards
9:00 No-Cash Poker
9:00 Bible Study
11:00 ZUMBA GOLD
1:00 Cardio Craze
2:00 Easy Yoga

Fitness Room Open All Day

8
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

Fitness Room Open All Day

9
8:00 Billiards
9:00 No-Cash Poker
9:30 Improving Mobility w/
Mindful Movements
10:00 Easy Yoga
12:30 ZUMBA GOLD
2:00 Art Social

Fitness Room Open All Day

10
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

13
8:00 Billiards
9:00 No-Cash Poker
10:00 Quilting
10:00 Stretch Class
10:30 Senior Coverage Q&A
with Teja
1:15 Seated SAIL
2:00 SAIL Fitness Class

Fitness Room Open All Day

14
8:00 Billiards
9:00 No-Cash Poker
9:00 Bible Study
11:00 ZUMBA GOLD
1:00 Cardio Craze
2:00 Easy Yoga

Fitness Room Open All Day

15
8:00 Billiards
9:00 No-Cash Poker
10:00 Aging Backward
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

16
8:00 Billiards
9:00 No-Cash Poker
9:30 Improving Mobility w/
Mindful Movements
10:00 Easy Yoga
12:30 ZUMBA GOLD
2:00 Art Social

Fitness Room Open All Day

17
8:00 Billiards
9:00 No-Cash Poker
10:00 Cardio Craze
2:00 Guitar Jam

Fitness Room Open All Day



CLOSED

21
8:00 Billiards
9:00 No-Cash Poker
9:00 Bible Study
10:00 Senior Services Walk
@ West Town Mall
RSVP 865-288-3761
11:00 ZUMBA GOLD
1:00 Cardio Craze
2:00 Easy Yoga

Fitness Room Open All Day

22
8:00 Billiards
9:00 No-Cash Poker
10:00 Aging Backward
10:00 Tax Freeze / Tax Relief
11:00 Chair Volleyball
12:00 BINGO
1:15 Seated SAIL
2:00 SAIL Fitness Class

Fitness Room Open All Day

23
8:00 Billiards
9:00 No-Cash Poker
9:30 Improving Mobility w/
Mindful Movements
10:00 Easy Yoga
12:30 ZUMBA GOLD
2:00 Art Social

Fitness Room Open All Day

24
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

27
8:00 Billiards
9:00 No-Cash Poker
9:00 Haircuts By Wendy
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

28
8:00 Billiards
9:00 No-Cash Poker
9:00 Bible Study
11:00 ZUMBA GOLD
1:00 Cardio Craze
2:00 Easy Yoga

Fitness Room Open All Day

29
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

30
8:00 Billiards
9:00 No-Cash Poker
9:30 Improving Mobility w/
Mindful Movements
10:00 Easy Yoga
12:30 ZUMBA GOLD
2:00 Art Social

Fitness Room Open All Day

31
8:00 Billiards
9:00 No-Cash Poker
10:00 Cardio Craze
2:00 Guitar Jam

Fitness Room Open All Day

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

FEBRUARY 2025

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>3</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 10:30 Senior Coverage Q&A with Teja 1:15 Seated SAIL 2:00 SAIL Fitness Class</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>4</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>5</p> <p>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</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>6</p> <p>8:00 Billiards 8:30 FREE FIELD TRIP-Anastasia 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>7</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>
<p>10</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Wisdom Tabling with Ryan 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>11</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>12</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 10:00 Valentine's Wreath Craft 11:30 Baked Goods Valentine's Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>13</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>14</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>
<p>17</p> <div style="text-align: center;">  <p>CLOSED</p> </div>	<p>18</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Senior Services Walk @ First Creek Greenway-Caswell RSVP 865-288-3761 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>19</p> <p>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</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>20</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 AARP Games @ Halls 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>	<p>21</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam</p> <p style="text-align: center; color: red;">Fitness Room Open All Day</p>
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 <p>KNOX COUNTY TENNESSEE</p>	<p>*****</p> <p>For more program information, check out our website: Knoxcounty.org/ Senior Services</p> <p>*****</p>			



I N C L E M E N T

Weather Policy



Knox County Senior Centers will be operating in accordance with the Knox County School inclement weather schedule. If Schools are on a 2-hour delay, the Senior Center will be as well. If Schools are closed, the Senior Center will also be closed. You can also visit www.knoxcounty.org for updated closures or delays.

KNOX COUNTY SENIOR SERVICES

2025 MONTHLY SENIOR WALKS

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

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

JANUARY 21st at 10:00am

Join Judy and Susanne
WEST TOWN MALL (INDOORS)
7600 Kingston Pike 37919
Lunch after the walk in the Food Court

FEBRUARY 18th at 10:00am

Join Susanne and Tara
FIRST CREEK GREENWAY @ CASWELL PARK
620 Winona Street 37917
Lunch at Ale Rae's

MARCH 18th at 10:00am

Join Jessica and Sue
PELISSIPPI STATE COMMUNITY COLLEGE CAMPUS
10915 Hardin Valley Road 37932
Lunch at Double Dogs (Hardin Valley)

APRIL 15th at 10:00am

Join Kim and Cindy
UT ARBORETUM
901 S. Illinois Avenue, Oak Ridge 37830
Lunch at Soup Kitchen (Oak Ridge)

MAY 20th 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 17th at 9:30am

Join Judy and Sue
HALLS GREENWAY
4405 Crippen Road 37918
Lunch at Litton's

JULY 15th at 9:30am

Join Darrell and Lisa
VILLAGE GREEN NEIGHBORHOOD FARRAGUT
Meet @ West Senior Center/239 Jamestowne Blvd 37934
Lunch at 35 North Grill

AUGUST 19th at 9:00am

Join Laurie and Carole
VICTOR ASHE PARK
4901 Bradshaw Road 37912
Lunch at Caza Brava

SEPTEMBER 16th at 9:30am

Join Tara and Sarah
WORLD'S FAIR PARK
1060 World's Fair Park Drive 37916
Lunch at Calhoun's on the River

OCTOBER 21st at 10:00am

Join Eilene and Aliyete
WEST HILLS PARK/JEAN TEAGUE GREENWAY
421 North Winston Road 37909
Lunch at The Tomato Head

NOVEMBER 18th at 10:00am

Join Sarah and Jessica
CORRYTON SENIOR CENTER WALKING TRAIL
9331 Davis Drive, Corryton 377921
Lunch at Round Up after walk

DECEMBER 16th at 5:00pm

Join Saraha, Carole and Laurie
CHRISTMAS LIGHTS WALK
@ LAKESHORE PARK
5930 Lyons View Pike 37919
Hot Chocolate provided

Knoxcounty.org/seniors/

**Feel free to join us for the dutch treat lunches
JOIN OUR EMAIL LIST FOR FINAL DETAILS
& UPDATES ABOUT THE WALKS**





TECH SMART KNOX SENIORS

KNOXSENIORS.ORG
A PROGRAM OF THE CAC OFFICE ON AGING

Are you age 60+ & live in Knox County?

**Interested in learning how
to use a laptop computer?**

**Need help purchasing an
affordable laptop computer?**

We can help!



After completing this 15-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25 (Retail value \$150).

Classes are Monday—Friday; 3 hours per day.

Call for class locations.

Give us a call to learn more!
865-524-2786

This project is funded under a Grant Contract with the State of Tennessee.

Attention Pickers, Grinners, and Fans alike:

Did you know that Knox County Senior Centers have multiple “Jam” options just for you? Check out the list below, put in day of the week order, and start making your rounds to fill your need to JAM!

Guitar Jam Mondays 1:30-3:30 Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

Music Jam first Mondays of every month 1:30 (WEST)

Gospel Singing fourth Monday of every month 1:00-3:00 Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

Corryton Jam Tuesdays at 1:30 Open to anyone who plays acoustic instruments and has an open audience (CORYRYTON)

Music Jam first Wednesday of every month 1:00-3:00 Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

South Knox Opry Thursdays 9:00-12:00 Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

Guitar Jam Fridays at 2:00 Open to anyone who plays acoustic instruments and has an open audience (CARTER)

Knox County Senior Centers:

- Carter 9040 Asheville Highway Knoxville TN 37924 865-932-2939
- Corryton 9331 Davis Drive Corryton TN 37721 865-688-5882
- Halls 4405 Crippen Road Knoxville TN 37918 865-922-0416
- Karns 8042 Oak Ridge Highway Knoxville TN 865-951-2653
- South 6729 Martel Lane Knoxville TN 37920
- West 239 Jamestowne Road Suite 101 Knoxville TN 37934





COMMUNITY PROJECT ALERT!

Please drop off and donate any regular size grocery bags here at the center as we will be collecting them to help with Finders Keepers Thrift Store. They are a volunteer based store where all profits go back into the community. If you would like to help with this project, please reach out to Betty Leake @ 865-591-4073 or stop by the front office to sign up and volunteer.

Chair Volleyball



EVERY WEDNESDAY @ 11AM

Calling All Chair Volleyball Players! We Miss You! Come in and join us for this fun and entertaining class. Did you know that regular participation in this activity can increase flexibility and stamina all while being seated in a chair? So join us Every Wednesday and come get your laughter on!



Line Dance with Jennifer

FRIDAY, JANUARY 10 AND 24 @ 11:30AM

FRIDAY, FEBRUARY 14 AND 28 @ 11:30AM

Let the fun begin! Put on those dancing shoes and join line dance instructor, Jennifer Barrett 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! Classes will be held on the 2nd and 4th Friday of every month.



Class Fee: \$2.00

Too cold or snowy for an outdoor walk?
Walk at your local mall!



Jan. 21st @ 10:00 AM
West Town Mall (indoors)
7600 Kingston Pike 37919

Join Susanne and Judy at West Town Mall for
an indoor walk and window shopping!
Meet us just inside the mall entrance near
The Cheesecake Factory (East side of the mall)
@ 10:00 AM. After our walk we will have
Lunch in the food court.

**Please RSVP for the walk by calling 865-288-3761
or email seniorservices@knoxcounty.org**

WEDNESDAY, JANUARY 22 @ 10AM



TAX FREEZE / TAX RELIEF

ELDERLY & DISABLED VETERANS PROPERTY OWNERS

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below?

Are you 65 and over, own your primary residence and your income was \$60,000 or below?



YOU MAY QUALIFY

If you are a disabled veteran, widow(er) of a DV own your primary residence, you may qualify for tax freeze

**Applications are open
October 1, 2024-April 5,
2025**

For information: 865-215-2554

Sign-up Events

- Jan 8, 9 A.M. Corryton Senior Center 9331 David Dr. Corryton, TN
- Jan 10, 9:30 A.M. West Knox County Senior Center 239 Jamestown Blvd. Suite 101 Farragut, TN
- Jan 14, 10 :30 A.M -Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN
- Jan 16, 1 P.M. Halls Senior Center 4405 Crippen Rd. Knoxville, TN
- Jan 22, 10 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN
- Jan 28, 10 A.M. South Knox Senior Center 6729 Martel Lane Knoxville, TN

HairCuts by Wendy

**Monday, January 27 &
Monday, February 24**

*** 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, January 27 AND February 24

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

Primary Players

Children's Theatre Group

is proud to present

A

ANASTASIA

THE MUSICAL
YOUTH EDITION



Book by Terrence McNally

Music by Stephen Flaherty

Lyrics by Lynne Ahrens

Inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical.

From the play by Marcelle Maurette as adapted by Guy Bolton

Sensory Friendly Show: 10am Thursday, Feb 6th

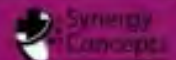
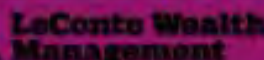
**All Performances At
The Clayton Center For The Arts
In Maryville**

Tickets: \$5 per person

60 minute runtime, No Intermission

Penny Mayo with Humana is providing us free tickets. Cost for bus \$10.00.

Lunch is own your own at Kickback Jacks.



ANASTASIA is presented by arrangement with Concord Theatricals. www.concordtheatricals.com



Valentine's Wreath Craft

Wednesday, February 12 @ 10am

How do you spread the love on Valentine's Day? The holiday itself serves as a heartwarming reminder to show those closest to you just how much you love them – and in our opinion – handmade Valentine's Day crafts are much more meaningful than flowers and chocolates. Join Senior Services Floater, Lisa Page, as she will be here teaching this easy, yet fun craft! Lisa will be showing us how to make a Valentine's Wreath that is sure to spruce up your home. **The class is FREE** and **reservations are required** in order to make sure we have enough supplies. Stop by the front desk to sign up!





WEDNESDAY, FEBRUARY 12 @ TIAM

Valentine's Day isn't just for couples... it's a day where everyone can celebrate! It's the perfect time to show love to all the people you care about and there's no better way to celebrate then with a Valentine's Day Bingo Party. We are asking that each player bring 2 bingo gifts, along with a finger food to share.

February Senior Services Walk

First Creek Greenway at Caswell Park

620 Winona St, Knoxville 37919

Meet at the back parking lot of the O'Connor Senior Center
Tuesday, February 18th at 10:00am

Come enjoy a short, brisk walk with Tara and Susanne and
then warm up with a yummy lunch at

Ale' Rae's

Located at

937 N Broadway

RSVP at seniorservices@knoxcounty.org or 865-288-3761





Come Play With AARP!

Come join us for fun board games and a FREE lunch, provided by Ryan Ritter (Wisdom Insurance Network), Brittany Shultz (Amedisys) and Deborah McMillan (Arosa Care). Bring your friends or come and make some new ones. This event is FREE! An AARP membership is NOT required.

→ **WHEN: THURSDAY, FEBRUARY 20**

→ **TIME: 10:00AM-2:00PM**

→ **WHERE: HALLS SENIOR CENTER**

Transportation will be provided by CAC. Space is limited, so sign up at the front desk with staff. Registration to attend the event is required.

NOTE: Photos will be taken. By participating you agree to have your photo taken.



AARP
Tennessee



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.

January

Corryton- January 7th, 2025 2:00 pm to 4:00 pm

Halls- January 15th, 2025 2:00 pm to 4:00 pm

West - January 23rd, 2025 1:30 pm to 4:00 pm

Karns- January 24th, 2025 8:00 am to 10:00 am

Carter- January 29th, 2025 2:00 pm to 4:00 pm

February

Corryton- February 11th, 2025 2:00 pm to 4:00 pm

Karns - February 14, 2025 8:00 am to 10:00 am

Halls- February 19th, 2025 2:00 pm to 4:00 pm

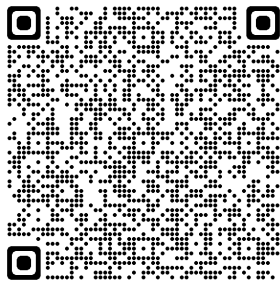
Carter- February 26, 2025 2:00 pm to 4:00 pm

West- February 27, 2025 1:30 pm to 4:00 pm

South- February 28, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO SCHEDULE AN APPOINTMENT





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.



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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



KNOX COUNTY
TENNESSEE

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