



# CARTER BUZZ

VOLUME 6, ISSUE 6  
November, December 2009

CARTER SENIOR CENTER  
9040 Ashville Highway



Honorable Mike Ragsdale,  
Knox County Mayor  
Hemal Tailor, Director,  
Senior Services  
Jeanne Hastings, Coordinator  
Carter Senior Center  
(865)932-2939  
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***Hours of Operation: Monday to Friday 8:00-4:30***

## Mayor's Annual Senior Picnic

On Wednesday September 30<sup>th</sup> over 500 Knox County senior citizens enjoyed the 4<sup>th</sup> annual Mayor Senior Appreciation Picnic. The picnic, which was held at the beautiful Tommy Schumpert Park in Knoxville, was filled with fun, food, and music. This was a fantastic free event that brought together seniors from all of the county's senior centers. There were also vendors from area businesses and a mini health fair.

We would like to thank our vendors that donated their time and products that helped make our event so successful. Our sponsors included Mayfield Ice Cream, Sheppard Exposition, Parkview Farragut, Mercy Health Partners, East Tennessee Personal Care, Halls Business and Professionals Association and Senior Citizens Home Assistance Service. If not for all of our volunteers this picnic would not have been so successful.

A special thank you goes to Hemal Tailor, Director of Senior Services, for all of the planning and organization of this year's picnic. Because of her hard work and dedication, this year's picnic was a great success.

A big thank you goes to Mayor Mike Ragsdale for all of the hard work and support that he has given to the senior citizens of Knox County. His efforts are helping us all lead happier, healthier lives.

## Spa Day—

Come join us on **Friday November 20th at 10:00 AM** for a few hours of pampering and relaxation. We will have three massage therapist from Knoxville Massage Therapy Center giving free massages. We will also have a representative from Mary Kay Cosmetics providing free makeovers and facials. Come on in and recharge your energy.

*We will be closed:*

*Veterans Day—Wednesday, November 11th*

*Thanksgiving—November 26th and 27th*

*Christmas—December 24th and 25th*

## One Year Anniversary celebration Friday, Nov. 13 Open House

### TIME DOES FLY WHEN YOUR HAVING FUN.

It is hard to believe that we have been open for one year. **Come join us on Friday, November 13 at our 10am to 2pm Open House and Anniversary celebration.** If you have not had a chance to utilize this wonderful facility we would like to encourage you to do so. This would be a great day to get started on your path to great health. The Carter Senior Center is not just a place to become healthy, fit and have fun it is also a place to meet your neighbors and make new friends.

The Carter Senior Center currently has 351 registered members. We offer a wide range of activities such as BINGO, quilting, holiday parties, guitar playing, golf lessons , cardio exercise class, and Tai Chi. We also enjoy a large computer room with free high speed Internet and offer instruction on how to use the computer as well as surfing the world wide web. The crown jewel of our facility is the state of the art fitness room. The fitness room offers four treadmills, two elipticals, three sitting bicycles and a universal weight lifting center. There are also two televisions so you don't have to miss your favorite programs while you exercise. We offer one to one instruction on the use of each machine so don't be afraid to ask . **Hope to see you soon.**

### Volunteers Needed

***Are you ready to be a Read With Me Volunteer? Join hundreds of volunteers who go to classrooms across the County every week to read with school children in grades K through 3rd grade.***

***The goal of this program is to help improve the literacy level of our early readers. How that happens varies depending on the students' needs in the classroom. Some teachers use volunteers to read to the entire class, others have volunteers help with small group readings, and still others work with individual students.***

***Your commitment? We ask you to commit to go to the same classroom for (up to) one hour a week for the course of the school year. You can pick a school that is convenient for you and close to your work or residence. The Read With Me coordinator at the school will work with you and your teacher to arrange a schedule.***

***If a weekly commitment is not possible in your schedule, but you would like to share a classroom, with a friend, spouse or coworker, please let us know at the time of sign-up.***

**Way to sign up:**

**Online: [www.knoxcounty.org/rwm/pdfs/volform.pdf](http://www.knoxcounty.org/rwm/pdfs/volform.pdf)—and fax to 215-2002**

**Or**

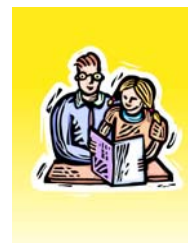
**Mail: Download and print the form and mail to:**

**Read With Me**

**400 Main Street**

**Suite 615**

**Knoxville, TN 37902**



### Calling All Crafters

On **Tuesday, November 10th at 2:00** we will have our first monthly craft session. The November craft project will be making creative Christmas cards. All supplies will be provided. On December 15th at 2:00 our second craft gathering will be creative Christmas gift wrapping. We are hoping that these two projects will be the start of a regular craft day at the Carter Senior Center. Everyone is welcome to attend.

## Lumbar Spinal Stenosis

Need relief from lumbar spinal stenosis? Well now you have options. Lumbar Spinal Stenosis (LSS) can be a painful debilitating condition; If you feel you have lost some of your quality of life, please attend our **free presentation**. At this informative event you will learn more about Lumbar Spinal Stenosis and learn about innovative treatments and the latest technologies. This will be a great opportunity to meet other people with Lumbar Spinal Stenosis.

Please **RSVP** to attend this event. Call Jeanne at **932-2939**.

**Presented By: Dr. Brad Segebarth— Orthopedic Surgeon**

**Where: Carter Senior Center**

**When: Friday November 13th—9:00 AM**



### Life Video

On **Monday November 16th at 1:00**, Eric Richter, Director of Digital Media Solutions, Inc. will be coming to the Carter Senior Center to talk to us about creating Life videos of our lives.

With the help of Digital Media Solutions, you can now pass down first-hand accounts of your life for all your future generations.. A journal is a nice way to communicate about your life to the generations that will follow.

For more information please go to, [www.inmylife.biz](http://www.inmylife.biz) RSVP—932-2939

### Christmas Party



Christmas is right around the corner. It is time to begin planning our Christmas events. The members of the Carter Senior Center are planning a Christmas party on **December 23rd at 11:00**. Please bring a covered dish to share. Following our lunch please join us in a game of Christmas BINGO. Please bring a Christmas BINGO prize. Please RSVP—932-2939

### National Kidney Foundation

The National Kidney Foundation will be at the Carter Senior Center on **Tuesday November 10th at 8:00AM**. They will be discussing issues concerning kidney health as well as how to become a kidney donor.

### First Aid For Seizures

On **Friday November 13th at 10:00 AM**, Paula Ellis will be at the Carter Senior Center to discuss what to do in the event you witness a person having a seizure. This will be a beneficial session for people that care for or know someone that has a seizure disorder.



### Edward Jones Financial Advisors

Gary Stuart, a local Edward Jones financial advisor, will be hosting a coffee club at **10:00am every first Tuesday** of the month at Carter Senior Center:

The coffee club is an informal gathering whereby Edward Jones financial advisors provide an update on the stock market and the economy in a relaxed environment. So if your wondering what you should be investing in during this difficult time in our nations economy then come for free advise from our Edward Jones advisement team.



The Honorable Mike Ragsdale, Knox County Mayor  
Hemal Tailor, Director , Senior Services  
Jeanne Hastings, Carter Coordinator  
Joe Addante, Center Assistant



**Have a safe and happy holiday season.**

**The Carter Library has invited the members of the Carter Senior Center to join them in game night every Tuesday at 6:00 PM.**

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**CARTER SENIOR CENTER**

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**CARTER SENIOR CENTER HOURS:**

**Monday through Friday 8:00—4:30**

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