

Carter Buzz



November / December 2023 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 10th - Veterans Day

Thursday and Friday, November 23rd and 24th - Thanksgiving

Friday and Monday, December 25th 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 6 - November 28

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 13 @ 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 2023

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	<p>*****</p> <p>For more program information, check out our website: Knoxcounty.org/Senior Services</p> <p>*****</p>	<p>1</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Humana Seminar 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>2</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>3</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p>6</p> <p>8:00 Billiards 8:00 Weekday Walkers 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</p>	<p>7</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 9:00 Bible Study 10:00 ZUMBA GOLD 11:00 Chair Volleyball 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>8</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 United Healthcare 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>9</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	 <p>CENTER CLOSED</p>
<p>13</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 10:00 Stretch Class 1:00 SAIL Fall Festival 3:00 History Class</p>	<p>14</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 9:00 Bible Study 10:00 ZUMBA GOLD 11:00 Chair Volleyball 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>15</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cigna Seminar 10:00 Aging Backward 11:00 Chair Volleyball 12:00 Baked Goods Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>16</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>17</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Apple Cider & Snacks with April 10:00 Cardio Craze 1:30 Guitar Jam Party (Turkey And Fixin's)</p>
<p>20</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p>	<p>21</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 9:00 Bible Study 10:00 Senior Services Walk @ New Harvest Park RSVP 865-288-3761 10:00 ZUMBA GOLD 11:00 Chair Volleyball 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>22</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Aging Backward 11:00 Chair Volleyball 12:00 Baked Goods Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	 <p>CENTER CLOSED</p>	 <p>CENTER CLOSED</p>
<p>27</p> <p>8:00 Billiards 8:00 Weekday Walkers 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 3:00 History Class</p>	<p>28</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 9:00 Bible Study 10:00 ZUMBA GOLD 11:00 Chair Volleyball 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>29</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Devoted Seminar 10:00 Aging Backward 10:30 Senior Info and Referral with Wendy 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>30</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

DECEMBER

2023

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>*****</p> <p>For more program information, check out our website: Knoxcounty.org/Senior Services</p> <p>*****</p>			<p>1</p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>
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CAC OFFICE ON AGING

Senior Angel Tree

2023



The Senior Angel Tree kicks off **Monday, November 6**. Last year, with your support, we provided 241 Knox County residents with 1,602 gifts. Thank you!

How does it work?

- Visit your local senior center from Nov. 6th - 22nd
- Choose a senior and adopt any of their needs!
- Return gifts to the same center by Tues, Nov. 28th

Want to volunteer? Help us call participants in October to get their wish list, and help us wrap presents in December!

Contact RSVP at 865-524-2786 or rsvp@knoxseniors.org





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.





Operation Christmas Child

A PROJECT of SAMARITAN'S PURSE

November 1– November 20

Operation Christmas Child is a program to bless the hearts of children everywhere. Pick up a shoebox, help fill it up, and make a child's holiday special this year! Shoeboxes will be



provided to those who would like to participate. Limited supply available. See staff for more details.



WREATHS — *across* — AMERICA

The goal. . .
A wreath on each
Veterans' headstone
in the three Veterans'
cemeteries in Knox
County. There is
no Federal or State
funding for this effort.

You can help with a
donation of \$17 per
wreath.

Please donate at knoxwreaths.org • click on
Optimist Club of Knoxville

or

mail **this flyer** and check payable to
Wreaths Across America
KNOXWREATHS
PO Box 50054, Knoxville, TN 37950



FLIERS COURTESY OF  **CENTRIWORKS**

Humana®

Humana Informational Seminar

Wednesday, November 1 @ 10am

If you missed last month's 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 2024 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.



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



During November, our East Tennessee History class will focus on Knox County's neighbors to the North & Northeast: Union & Jefferson County. Please join us as we unravel such mysteries as why Union County has produced so many famous musicians and how Maynardville and Strawberry Plains got their names, as well as why so many people have tried to burn down the famous railroad bridge at Strawberry Plains.



UnitedHealthcare®

WEDNESDAY, NOVEMBER 8 @ 9AM

**2024 UnitedHealthcare
Medicare Presentation**

A representative will be here from UnitedHealthcare to speak about plan updates for the East Tennessee 2024 benefits. They will be discussing their Medicare Advantage products, and will have an agent available to assist individuals and answer any questions as needed.



IN HONOR OF OUR
VETERANS

THURSDAY, NOVEMBER 9

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



Sponsored By:
Andrews Physical Therapy

**Hosted by
American Legion Post 2**

**Knoxville's 98th
Veterans Day
Parade**

**Friday, Nov. 10th, 2023
10:40 AM
Gay Street**

**Special guest appearance near the
reviewing stand: Challenger**





**Stay Active
& Independent
for Life (SAIL)**

Fall Festival

Monday, November 13 @ 1pm

It's Time to Prevent a Fall as the Fall season is finally here! With the slippery, icy days of winter approaching, falls are even higher. SAIL Exercise is a great way to help prevent falls and also helps with balance and stability while getting a good workout. Be sure to join us for our Fall Festival and get plugged in! There will be **FREE** Balance Screenings courtesy of Drayer Physical Therapy, Crafts with Susanne, Games, Prizes, Giveaways, and Refreshments. Hope you can join us for this fun-filled experience!



Cigna

MEDICARE SEMINAR

Wednesday, November 15 @ 10am

Cigna Medicare Advantage plans provide the same benefits as Part A and Part B (also called Original Medicare) under one plan. A Medicare Advantage plan from Cigna can also offer some additional benefits not covered by Original Medicare. Join Andy Williams from The Providence Group and come learn about Cigna's exciting 2024 Medicare Advantage benefits!



APPLE CIDER & SNACKS WITH APRIL

**FRIDAY, NOVEMBER 17
@ 9AM**

As the weather gets colder and the leaves start to fall, we start to think about all the wonderful things that come with the autumn season. One of our favorites is apple cider! This delicious drink is perfect for chilly days. Apple Cider Day is celebrated every year in November. The day celebrates the rich and fruity beverage that fills our hearts and bodies with warmth. They say an apple a day keeps the doctor away, but a glass of apple cider at the end of a long day can rejuvenate the soul. Apple cider is one of the greatest joys of the Autumn season. So come on over to the center and enjoy a hot cup of cider and some snacks along with Senior Services Manager, April Tomlin.

Guitar Jam Thanksgiving Party

Friday, November 17 @ 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! 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!

NEW HARVEST PARK



KNOX COUNTY SENIOR SERVICES SENIOR WALK

TUESDAY, NOVEMBER 21 @ 10AM

Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group's monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister's (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at **865-288-3761 or you can email seniorservices@knoxcounty.org**

HairCuts by Wendy

**Monday, November 27 &
Monday, December 19**

*** 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

November 27 AND December 19

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



Devoted Health

Medicare Seminar

Monday, November 29 @ 10am

Learn about Devoted Health, the fastest growing Medicare Advantage plan nationally, coming to Tennessee for 2024! Devoted Health's mission is to dramatically improve the health and well-being of older Americans by caring for every person like family. Join Teja Cain with Core Insurance Advisors, as she presents a brand-new plan to our Knoxville market. If you are unable to attend this special program, please call or text Teja at 865-661-4451 to schedule your private appointment.





Cookie Swap

Wednesday, December 6 @ 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.



it's
**Cookie
Time!**



Christmas

BINGO

& Ornament Exchange

Wednesday, December 6 @ 11:00am

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 13 @ 11AM

The Christmas season is quickly upon us and what better way to get into the spirit than with our Annual Holiday Food Hop! There will be various sponsors hosting a “Food” table with varieties such as Pasta, Chili, Desserts, Hot Cocoa, and many more. We will also be having a special holiday performance from the Karns Senior Center Choir, who will be performing classic Christmas Carols. So come join us for some great food, fellowship, and caroling and let’s get into the holiday spirit!





Guitar Jam Presents...

Cookies and Cocoa

Friday, December 15 @ 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!

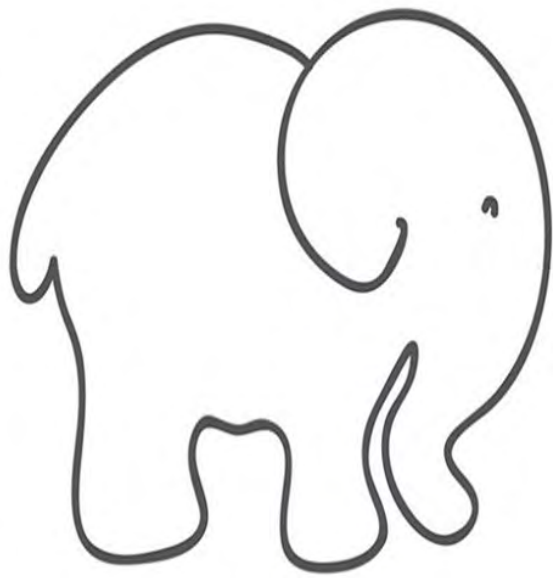
Join Susanne, April and Judy for our
Senior Christmas Lights Walk

The Cove at Concord Park
11808 S. Northshore Drive, 37922

December 19th, 5:30 p.m.

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





WHITE ELEPHANT *gift exchange*



Wednesday, December 20 @ 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. 20 | @ 11:00am

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





KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Wednesday,
January 17th, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org





presents 10 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 Methodist Church
1615 Price Ave, Knoxville 37920

Kodak United Methodist Church
2923 Bryan Road, Kodak 37764

Third Saturday

Community Center
1708 West Emory Road, Powell 37849

Dandridge

First United Methodist Church
121 East Meeting St, Dandridge 37725

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

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

**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
Farm Bureau Health Plans
The Providence Group
Smoky Mountain Hospice
Gentiva Hospice
Synergy Home Care
Select Physical Therapy
Go Anywhere Travel Destinations
Edward Jones
Reams Pharmacy
Legacy Capital Advisors
Quality Home Health
Drayer Physical Therapy
First Bank

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