

Carter Buzz



January / February 2012 Newsletter
Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924

The center will be closed on the following days:



Monday, January 2 - New Year's Day

Monday, January 16 - Martin Luther King Day

Monday, February 20 - President's Day



A very special thanks to Heather Hashbarger and Senior Financial for providing our newsletters!

Greetings from Mayor Tim Burchett - As 2011 comes to a close, I want to wish all Knox County residents a very Merry Christmas and a Happy New Year. The holiday season is a time when we naturally reflect on the past year and look forward to the one to come. When I look back at 2011, I am pleased to see a Knox County Government that is more efficient, service-oriented and committed to saving our taxpayers' money. Citizens' trust in the work that we do is higher than it has been in recent history, and that is largely due to the hard work and commitment of our county employees. They deserve our continued thanks. I wish I could say definitively that the coming year will bring robust growth in the overall economy, but no one can say that for sure. Instead, as we look forward, I am committed to ensuring that Knox County continues to operate with a focus on being a good steward of taxpayer money by making sure that we are living within our means. Once again my staff and I would like to wish you happy holidays and thank you for your continued support of senior centers.

Friday, January 20, 9:00am to 3:00pm - Healthy Living Expo – Knoxville Convention Center - Seniors will be admitted free today! There will be over a hundred exhibitors providing information on health, exercise, nutrition, and green living. We are currently taking names and contact information for those who are interested in taking a shuttle from the Senior Center to the Expo. Call to sign up 932-2939.

Carter's Corner –Happy New Year Everybody! - We are excited to begin a new year with you and hope to make it the best yet! Many people look forward to the new year for a new start. Make your New Year's resolution to get started or continue with a healthy fitness routine. We have an exercise room with treadmills, stationary bikes, elliptical, and weight machines. You can even watch your favorite television show while you exercise. Check out our various exercise classes detailed in our Health and Wellness Programs section of this month's newsletter. We have so much to offer, please join us for a healthy and happy 2012!



Thanks, Rebecca and Tara

Thanks to the Carter Quilters for their generous donations!

Health and Wellness Programs

Monday, Wednesday, and Friday at 9:00am - Senior Fitness Class - This class consists of gentle stretching, low impact walking, and chair exercises. This is a great class for beginners and it is **free!**



Mondays 1:00pm - Beginners Line Dance— Get your boots on and get ready to boogie! This **free** class is ideal for anyone wanting to start dancing and get some exercise using basic line dancing steps.

Mondays 2:15pm - Ageless Yoga -This is a **free** video follow along class with floor and standing routines that will teach you new skills for breathing, exercise, and relaxation and meditation.

Tuesday and Thursday at 10:00am - Zumba Fitness for Seniors - (Starting January 5th) - Do you want an energetic work out, like to have fun, and love music? Then, this is the class for you! It is a Latin inspired dance fitness program that encourages you to go at your own pace and let the music carry you along. It has been so successful, we have added a second day. **\$2.00 a class.**

Tuesday and Thursday at 11:30am - Cardio Class – Cardio is for the active senior who needs a little easier workout but focuses on keeping young at heart. We do NOT go to the floor with this class, so most active seniors can get a great workout here. Light hand weights are optional. **\$2.00 a class.**

Wednesday 11:45pm –Flex Stretch - This class is about creating balance in the body through strength and flexibility. Bring a mat and towel. **\$2.00 a class.**

Thursday 12:30pm -Tai Chi - Tai Chi improves strength, flexibility, balance and coordination through gentle flowing postures. **Free.**



Thursday 1:30pm - Beginners Plus Line Dance - A faster paced class that expands on the beginning foundation and adds some more complexity with some turns. **Free.**

Tuesday at 1:30pm and Wednesday at 2:00 pm and Thursday at 2:30 pm - Wii Bowling - We have a great group of Wii Bowlers who have a “ball” while getting a little exercise. Come on in and give it a try! **Free.**

Friday, January 6 - 11:00am - First Friday Movie Matinee - “Snow Men” -We will be watching a heartfelt and humorous coming of age movie, the “Snow Men.” It tells a story about 3 unlikely heroes and the winter that changed their lives forever. Snacks Provided!



Second Monday of Every Month –11:30am - Super Seniors - New members are welcome! This social group meets for food, fellowship, and entertainment. It is free, just bring a dish to share.

Second Thursday of Every Month –10:30am - Family, Community, Education (F.C.E.) - F.C.E. is a service oriented group that meets with a covered dish lunch to plan and participate in projects for the community.

Mondays 12:30 pm (Starting January 23rd) - Crafts with Wendy –



We will be crafting some beautiful jewelry and neat household items including a Valentine’s Birdhouse. Come by and pick up a project and material list or give us your email address and we can send you a weekly craft update.

Friday, January 13 –10:30am - CPR Class - Rural Metro will be here to teach us CPR techniques being used for children, infants, and adults. The best way to administer CPR techniques is constantly being improved upon. While the basics may remain the same, you may find out new knowledge that could lead to you saving someone else's life.



Wednesday, January 18 –11:30am –"Lunch and Learn" - Stryker Program on Arthritis –RSVP

Dr. Brian S. Edkin who specializes in Adult Reconstructive Surgery at Knoxville's leading Orthopedic Care Center will be here to discuss arthritis and the treatments and advancements in the care of arthritis. Lunch will be provided so please RSVP today to reserve your spot.



Wednesday, January 25 - 11:30am – Potluck "Soup and Sandwich"



We will fight off the winter chill with the warmth of home cooked soup. Whether you are a cracker, cornbread, roll, or sandwich dipper it doesn't matter to us. Just bring enough of your favorite to share.

Friday, February 3 - 11:00am - First Friday Movie Matinee - "Groundhog Day"

This 1993 comedy film stars Bill Murray as an egocentric TV weatherman who wakes up the day after Groundhog Day to find himself repeating the day again, and again, and again. Snacks provided!



Wednesday, February 8 –11:30am –"Lunch and Learn" - Cornerstone Senior Services –RSVP

Travis Hague of Cornerstone Senior Services will be with us to explain the 5 most common mistakes made in retirement. Come and enjoy a provided lunch and learn ways to lower your healthcare costs, save money on taxes, and finally take care of the estate planning you may have been waiting to do. Cornerstone Senior Services is not an insurance company so you will be given unbiased information that empowers you to make the best decision for yourself. Please RSVP 932-2939 and bring a friend, you won't want to miss this!

Tuesday, February 14 - Happy Valentine's Day - Roses are red, violets are blue, come by all day we have a sweet treat for you!



Friday, February 17– National Random Acts of Kindness Day



The entire country is challenged today to do something kind for a friend or stranger for no reason at all. Please check out our new "Help Wanted" board in the ballroom. Feel free to leave a message if you need help with something or pick a project where you could help out. When you help someone else, you help yourself!

Wednesday, February 29 -11:30am –Potluck "Chili and all the Fixins" with the Texas Roadhouse Line Dancers - RSVP - We'll have you yelling "Yee-Haw" due to the heat of the chili or the beat of the music! The Texas Roadhouse Line Dancers will be performing their legendary dances while we sample everyone's version of their favorite chili dishes. The "Roadies" may even get you up on the dance floor to learn a dance or two. So wear your dancing shoes and be ready for an afternoon of good food and fun!



CARTER SENIOR CENTER

9040 Asheville Highway

Knoxville, TN 37924

Phone / 865-932-2939 Fax / 865-933-6323

www.knoxcounty.org/seniors

Hours: Monday –Friday 8:00am to 4:30pm

Tim Burchett, Knox County Mayor

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Rebecca Quarles, Coordinator

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