The center will be closed on the following days:
Tuesday, July 4th - Happy 4th of July

TIPS FOR SENIORS DURING THE SUMMER

GET THE RIGHT AMOUNT OF WATER
Talk to the doctor about ways to stay hydrated if you have fluid restrictions.

BEWARE OF HOT SURFACES
Touch surfaces lightly with your elbow. Wear shoes with solid soles.

KEEP YOUR LIVING SPACE COOL
Move seating and beds away from sunny spots. Look out for bugs and pests coming indoors. Service the AC and indoor fans.

GO OUTSIDE IN THE COOLER PARTS OF THE DAY
This includes the early morning or evening. Wear sun hats, long sleeves, and sunscreen.

AVOID OVERLY DRY SKIN
Use moisturizer after bathing to prevent microcuts.

STORE MEDICATION AND FOOD IN COOL PLACES
Check labeling on medication bottles for storage recommendations and never store in direct sunlight.
### Monday, July 3
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Quilting
- 10:00: Stretch Class
- 10:30: Senior Coverage Q&A
- 1:00: Seated SAIL
- 2:00: SAIL Fitness Class
- 3:00: History Class

### Tuesday, July 4
- 8:00: Billiards (Center Closed)

### Wednesday, July 5
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Aging Backward
- 11:00: Chair Volleyball
- 12:00: BINGO
- 1:15: Seated SAIL
- 2:00: SAIL Fitness Class

### Thursday, July 6
- 8:00: Billiards
- 9:00: No-Cash Poker
- 10:00: Chair Yoga
- 11:00: Chair Volleyball
- 12:30: ZUMBA GOLD
- 2:00: Art Social

### Friday, July 7
- 8:00: Billiards
- 8:00: Weekday Walkers
- 9:00: UT Mammo Unit
- 10:00: Cardio Craze
- 2:00: Guitar Jam

### Monday, July 10
- 8:00: Billiards
- 8:00: Weekday Walkers
- 9:00: Olympics @ Corryton
- 10:00: Quilting
- 10:00: Stretch Class
- 1:00: Seated SAIL
- 2:00: SAIL Fitness Class
- 3:00: History Class

### Tuesday, July 11
- 8:00: Billiards
- 9:00: Bible Study
- 9:30: Senior Services Walk @ UT Gardens / Third Creek
  RSVP 865-288-3761
- 11:00: Chair Volleyball
- 12:30: ZUMBA GOLD
- 2:00: Art Social

### Wednesday, July 12
- 8:00: Billiards
- 10:00: Chair Yoga
- 11:00: Chair Volleyball
- 12:30: ZUMBA GOLD
- 2:00: Art Social

### Thursday, July 13
- 8:00: Billiards
- 10:00: Cardio Craze
- 2:00: Guitar Jam

### Monday, July 17
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Quilting
- 10:00: Stretch Class
- 1:00: Seated SAIL
- 2:00: SAIL Fitness Class
- 3:00: History Class

### Tuesday, July 18
- 8:00: Billiards
- 8:00: Weekday Walkers
- 9:00: Cards - Rook
- 9:00: Bible Study
- 9:30: Senior Services Walk @ UT Gardens / Third Creek
  RSVP 865-288-3761
- 11:00: Chair Volleyball
- 12:00: VIRTUAL Cooking
- 1:00: Cardio Craze
- 2:00: Chair Yoga

### Wednesday, July 19
- 8:00: Billiards
- 8:00: Weekday Walkers
- 9:00: Bible Study
- 9:30: Senior Info and Referral with Wendy
- 10:00: Aging Backward
- 11:00: Chair Volleyball
- 12:00: Baked Goods Bingo
- 1:15: Seated SAIL
- 2:00: SAIL Fitness Class

### Thursday, July 20
- 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

### Friday, July 21
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Cardio Craze
- 2:00: Guitar Jam

### Monday, July 24
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Quilting
- 10:00: Stretch Class
- 9:00: Haircuts By Wendy
- 10:00: Toenail Trimming
- 10:00: Travel Agent / Lobby
- 1:15: Seated SAIL
- 2:00: SAIL Fitness Class
- 3:00: History Class

### Tuesday, July 25
- 8:00: Billiards
- 8:00: Weekday Walkers
- 9:00: Cards - Rook
- 9:00: Bible Study
- 11:00: Chair Volleyball
- 1:00: Cardio Craze
- 2:00: Chair Yoga

### Wednesday, July 26
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:30: Alzheimer’s Program
- 10:30: Alzheimer’s Program
- 1:30: Guitar Jam Party
  (BYOBanana)

### Thursday, July 27
- 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

### Friday, July 28
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Cardio Craze
- 1:30: Guitar Jam Party
  (BYOBanana)

### Monday, July 31
- 8:00: Billiards
- 8:00: Weekday Walkers
- 10:00: Quilting
- 10:00: Stretch Class
- 1:00: Seated SAIL
- 2:00: SAIL Fitness Class
- 3:00: History Class

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

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Financial exploitation can occur in a variety of ways.

Be safe and don’t give out personal information to anyone you don’t know.

**Some common SCAMS include:**
- IRS Scams
- Mortgage Scams
- Securities/Investment Scams
- Real Estate Scams
- Romance Scams
- Mail Delivery Scams
- Lottery Scams
- Gift Card Scams

AARP Fraud Watch Network Helpline: 877-908-3360

Our toll-free service is available Monday-Friday 8am-8pm ET

STAY SAFE!
The Signs of Hunger are Not Always Obvious... There are so many seniors here in Knox County, right here in Strawberry Plains, that are in danger of going to bed hungry every night. What are WE going to do about it? What are YOU going to do about it? The Carter Bible Study Group has put together the Helping Hands Food Pantry to help make a difference, and we need your help to succeed. With your help we can make sure that no senior in our area has to go to bed hungry. We can do it with everyone’s help! In the coming weeks / months, you will see a food pantry located in the center, filled with items that seniors are in need of. We are asking that we as a community, help keep this pantry fully stocked as much as we can. Please help us by donating non-perishable food items to help benefit those in need. All items will go to our seniors who frequent our senior center.

**Items Needed:**

- Peanut Butter
- Jelly
- Ketchup
- Mustard
- Mayo
- Pickles
- Canned Soup
- Canned Fruit
- Canned Vegetables
- Canned Stew
- Canned Fish
- Canned Beans
- Macaroni and Cheese
- Instant Mashed Potatoes
- Dry Beans
- Rolled Oats
- Canned Tuna in Water
- Canned Chicken
- Brown Rice
- Graham Crackers
- Vanilla Wafers
- Pudding
- Ramen Noodles
- Instant Oatmeal
- Powdered Milk
- Pasta Sauce
- Canned Tomatoes
- Pasta
- Biscuits
- Pancake Mix
- Syrup
- Dried Fruits
- Honey
- Broth / Stock
- Crackers
- Chips
- Rice Cakes
- Granola Bars
- Stuffing
- Rice
- Cereal
- Tea Bags
- Toilet Paper
- Toothpaste
- Paper Towels
- Soap
- Shampoo
- Conditioner
- Deodorant
- Dry Soup
- Applesauce
- Nuts
- Toothbrush
- Jell-O
The Carter Bible Study Group, along with the Carter Senior Center, will be collecting school supplies for the surrounding elementary schools from now until the end of July. These supplies will be distributed to teachers before students arrive for school in August.

You can help by dropping off the supplies at Carter Senior Center in a box that will be provided for you in the hallway. If you prefer to make a cash donation, please see Joann Arnold, or email her pjarnold25@comcast.net She will make sure your money will be well spent on school supplies.

Details for the supplies needed are below and will be in the next Carter Senior Center newsletter. This is a great opportunity for you to help your community and will be greatly appreciated by the teachers and the schools.

Colored Pencils  Loose Leaf Notebook Paper  Clorox Wipes
Dividers        Kleenex Tissues          Kid Scissors
Cap Erasers     Band-Aids              Pencils
Highlighters    Ziploc Bags            Playdoh
Red Ink Pens    Over the Head Headphones Crayons
Glue Sticks     Washable Markers       Hand Sanitizer

Playground / Recess Items:
Basketballs  Kickballs  Soccer Balls
Sidewalk Chalk  Jump Ropes  Bubbles
Proudly bearing the name of one of East Tennessee’s most prominent founding fathers, Blount County has a rich, complex, and inspiring history. From the founding of Maryville in 1795 (and its aptly named trailblazing college) to its thrilling Civil War history, to the coming of ALCOA and the Great Smoky Mountains National Park, Blount County history offers a rich tapestry of local color and landmark events. Please join us during the month of July as we focus on this vital region of East Tennessee in our continuing discussion of local history. This class meets in-person, but also offers Zoom online.
New Class Alert*

Every Thursday @ 12:30pm

Zumba Gold was designed for the active older adult, the true beginner, and seniors who may be limited physically. Zumba Gold is done at a much lower intensity, but with the same great Latin styles of music and dance. This class strives to improve balance, strength, flexibility and most importantly, the heart. So join Instructor, Deana Linkous for this fun and exciting class!

*Class fee: $1.00
2023 Senior Center Olympics

Corryton Senior Center VS Carter Senior Center

Monday, July 10

10:00 AM to 2:00 PM

Corryton Senior Center

Ladder Ball
Walk ½ - 1 Mile
Corn Hole
Billiards
Chair Volleyball
Bucket Toss
Darts
Peanut Butter Tic Tac Toe

Come and compete in one or all of our sports! Who will win the most games? Prizes for 1st, 2nd, and 3rd Place.

Lunch sponsored by Reams Pharmacy, Cigna, Quality Home Health & Core Insurance
Time for a 3D Mammogram?

UT Medical Center’s Mobile Mammography Unit will provide screenings at

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37924
Friday, July 14
9am- 4pm Appointment is required.

Criteria for Screening Mammogram:
- Age 40+
- No current breast problems (such as lump, pain, nipple discharge, burning)
  - No personal history of breast cancer
- At least one year since your last screening mammogram
- Inform us if you have Breast implants (will take 2 appointment times)
- It’s recommended to wait 4 weeks after last COVID-19 vaccine shot/booster
  - The reason is a side effect of the vaccine can be swollen lymph nodes, which can result in recalling for diagnostic testing.

Insurance is filed for each participant.
Women age 40+ without insurance, call to qualify for free mammogram.

To schedule an appointment please call the
UT Breast Health Outreach Program at
865-839-7416(cell)
Or
Email Lking@utmck.edu
KNOX COUNTY SENIOR SERVICES WALK
JULY 18TH @ 9:30

The UT Gardens – Knoxville Guided Tour and Third Creek Greenway Walk

Join Dustin and Laurie and get ready for a truly enchanting experience as we gather at the entrance to UT Gardens for a guided walking tour of UT Gardens proudly sponsored by Caris HealthCare.

We kindly ask you to RSVP, securing your place on this exclusive tour limited to 20 spots. Reach out to us at (865) 288-3761 or via email at SeniorServices@knoxcounty.org to secure your spot. Don't delay, as parking passes are limited and in high demand.

Prepare to be captivated as we delve into the breathtaking beauty of UT Gardens. Moreover, we have an extra treat in store for you! Caris Representative, Casey Parker, will be joining us on this unforgettable stroll.

Directions

UT Gardens Address: 2518 Jacob Drive, Knoxville, TN 37996

Visitor parking is directly across from the entrance to the UT Gardens and is marked with signs for “2-Hr Visitor Parking.” The 2-Hour Visitor Parking spaces do not require parking passes. We will have 20 additional Parking Passes available for those who sign up that will be given to you upon arrival to display in your car dash.

After the tour and walk, join us for lunch afterwards at:

Calhoun’s On The River: 400 Neyland Dr, Knoxville, TN 37902
Meet Wendy Fancher, licensed cosmetologist, and hair stylist. She will be here every 4th 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.

**Haircuts by Wendy**

**Monday, July 24 & Monday, August 28**

* 9am – 3pm *

**Basic Cut - $17.00**

*Dry Cuts Only*

**Appointment Required**
Toenail Trimming

July 24th and August 28th
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.
Local Travel Agent, Donna Vineyard

Monday, July 24 and Monday, August 28 @ 10am

It’s SUMMERTIME, school’s out and who wants to take a trip? Love going on vacations, but hate to do all the planning? Come on by and see Local Travel Agent, Donna Vineyard and let her build a vacation that’s tailored just for YOU! She will find the best value for your budget, while including exclusive upgrades, added amenities, and excursions that fit your personality—perfectly.
National Bagelfest

Wednesday, July 26

Ah, the glorious bagel! Who among us does not love it, crave it? Every year on this day, Bagelfest is celebrated around the world, so we’re gonna celebrate it too! Come on by and grab yourself one while supplies last! Many thanks to Jeff Olsen from Reams Pharmacy for sponsoring us!
Music engages seniors at every age! If you like playing the guitar or just love to listen to music, then step into Guitar Jam with us every Friday. The talent is amazing! So come on over and connect with others who love to play music and sing.
We’re pretty pumped about our August Guitar Jam party and it’s something we’re sure your going to go B-A-N-A-N-A-S over. Bring your own banana and our sponsors, Jeff Olsen (Reams Pharmacy), Laura Copeland (Trinity Hills), and Hannah Hood (Synergy Home Care) will supply the ice cream and all the toppings for everyone to make their own banana splits. There will be a special guest appearance, so be sure to mark your calendars and join us for this fun event!
HEALTHY LIVING FOR YOUR BRAIN AND BODY
FROM THE LATEST RESEARCH

An education program presented by the Alzheimer’s Association®

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

July 26th | 10:30 AM
Carter Senior Center
9040 Asheville Highway
Light Snacks Will Be Provided

RSVP
Darron Kidwell @ 865-540-8178
Did you know that when it comes to exercise, seniors should focus on activities that are low-impact and that involve the entire body? Swimming, water walking, and water aerobics are all excellent options for seniors because it provides the opportunity to exercise without putting extra strain on joints and helps you stay more flexible. It is one of the best exercises for cardio health because it combines both aerobic and anaerobic activity. Also, the resistance of the water helps improve muscle strength and posture. Regularly transitioning between different strokes can help strengthen the muscles around the hips and core, both of which are essential for maintaining balance.

* Please be sure to bring a swim suit and towel, and shower items if you plan on showering afterwards. There will be OPEN SWIM following the class should anyone feel like staying in the water *

Thanks to the CAC, we will be taking a bus to the Pool from the Senior Center FREE of charge. The bus will be leaving at 9AM. Be sure to sign up as seat space is limited!
CONCORD PARK GREENWAY

AUGUST 15TH @ 9:00 AM

MEET AT THE COVE PARK PAVILION
11808 S. NORTHSHORE DRIVE, 37922

Why not start your day with a walk beside waters blue?! Join Carole and Darrell for a morning walk with sights of Summer...Sailboats, ducks, fishing, swimming, and volleyball all along the Concord Greenway.

We will walk approximately 3 miles which will include the recently completed pedestrian bridge. We are starting extra early to beat the summer heat but still remember to bring your hydration!

We love to support our local businesses! We will be gathering at Fruition Cafe @ 129 W. End Ave, 37934 for a bite afterwards.

Please RSVP to www.seniorservices@knoxcounty.org or call 865-288-3761.
Friday, August 18 @ 1:30pm

We all scream for ice cream! With summer in full swing, there is no better way to beat the heat then with an Ice Cream Social! Stop on by and join sponsor Kimberly Martinez with Smoky Mountain Hospice as she will be supplying us with an assortment of cool treats.
Monday, August 21

This day was created as a day to support, honor, and show appreciation to our seniors and to recognize their achievements and the contributions they make to our communities. Seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks! So today we celebrate and honor you! Stop in today for a special “thank you” treat.
Come join us each week as the Bible Study group dives into the books of Matthew, Mark, Luke, and John. Bible teachings and lessons are kept simple and designed with the beginner in mind. While there is much more to learn, this study will bring you to the place where you can creatively and accurately share God’s word with others. Join Teresa Braden as she will be leading these discussions. Should you need a Bible prior to the class, please let us know.
Mobile Meals

PURSE DRIVE

Donations Accepted Until The End Of July

Donate a Purse. Feed a Senior.

Drop off new or like-new purse donations at these locations during normal business hours:

CAC Office on Aging
2247 Western Ave 37921

Redbud Kitchen
906 Sevier Ave 37920

Palm Village
4485 Kingston Pike 37919

Chico’s Turkey Creek
11321 Parkside Dr 37934

Lulu’s Tea Room
3703 W Beaver Creek Dr 37849

Mac’s Pharmacy
125 S. Peters Rd 37923

Please do not donate purses that are badly stained or have holes, rips, or tears.

Jewelry donations can be dropped off at:

East Tennessee Personal Care, an Amedisys Company
1225 Weisgarber Rd Suite S290, Knoxville, TN 37909

Donations will be used for The Power of the Purse Fundraiser, helping to fund meals and daily safety checks for homebound seniors in Knox County.

knoxseniors.org/mobile | 865-524-2786 | @KnoxCountyMobileMeals
Every day, we have a clear choice – we can grow older or we can age backwards. Why focus on strengthening muscles? Because our muscle cells are the keys to our longevity. You can choose to keep your body youthful, strong, vital and pain-free well into your golden years with a few simple steps. Aging Backwards introduces you to a revolutionary approach to healthy aging that is bringing new life to seniors, no matter their chronological age. Based on everyday movement, workouts build core strength, lengthen and tone muscle, increase flexibility, and mobility. Everyone, no matter their age—can benefit from the knowledge and advice provided in Aging Backwards. It’s never too late to take control of your body so that aging doesn’t get in your way! Join instructor, Martha Coppock for this **FREE** class and keep moving!
Join us for a day of Slots Fun!

Cost is $40 per person

August 1       August 12     September 5
        October 3       November 7

We depart Farragut at 7:10am and Knoxville at 8am in order to arrive at the casino at 10am. You’ll have until 3pm to test your luck! We arrive back in Knoxville by 6pm. Call 865-523-2796 to register! Seats are limited for these trips!

Guests receive $25 in free slot play upon arrival at the casino!

Farragut Pickup Location:
Cracker Barrel, 116 North Campbell Station Rd

Knoxville Pickup Location:
WalMart, 3051 Kinzel Way
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
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.

**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

**Robert “Buzz” Buswell**

Director
Robert.Buswell@knoxcounty.org

**April Tomlin**

Senior Services Manager
April.Tomlin@knoxcounty.org

For more information, please visit our website at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)