The center will be closed on the following days:

- **Monday, September 4th** – Labor Day
- **Friday, October 13th** – Staff Retreat (closing @ 11:30am)

September is National Senior Center Month

Every senior center is unique, and we are encouraging folks to see what their local center offers for them – so that they can discover their unique path to aging well! So what does “Discover Yours” mean? "Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery. “Discover Yours” sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore our personal interests and find activities that resonate with us.

“Discover Yours” invites an opportunity for us to focus on personal growth and self-improvement. The theme "Discover Yours" encourages us to tap into our potential, try new things, and uncover hidden talents or passions. “Discover Yours” fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center. Aging masterfully is a core ideal of what many older adults wish to achieve at senior centers. Whether through fitness classes or social activities, senior centers continue to be the experts in their communities on aging.
## September 2023

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**Mon, 4th**
- 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

**Tues, 5th**
- 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

**Wed, 6th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Socially Nutritious
- 10:00 Aging Backward
- 11:00 Chair Volleyball
- 12:00 BINGO
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**Thurs, 7th**
- 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

**Mon, 11th**
- CENTER CLOSED

**Tues, 12th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 10:00 Bible Study
- 11:00 Chair Yoga

**Wed, 13th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Farm Bureau Health
- 10:00 Aging Backward
- 11:00 Chair Volleyball
- 12:00 Baked Goods Bingo
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**Thurs, 14th**
- 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

**Mon, 18th**
- 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

**Tues, 19th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Cards - Rook
- 9:00 Bible Study
- 9:30 Senior Services Walk @ Maryville Greenway
  RSVP 865-288-3761
- 10:00 ZUMBA GOLD
- 11:00 Chair Volleyball
- 1:00 Cardio Craze
- 2:00 Chair Yoga

**Wed, 20th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Aging Backward
- 11:00 Chair Volleyball
- 11:00 Chair Volleyball
- 12:00 SAIL Fitness Class

**Thurs, 21st**
- 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

**Mon, 25th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 9:00 Haircuts By Wendy
- 9:30 REAMS - FLU SHOTS
- 10:00 Quilting
- 10:00 Stretch Class
- 10:00 Toenail Trimming
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class
- 3:00 History Class

**Tues, 26th**
- 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

**Wed, 27th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Hearing Program
- 10:00 Aging Backward
- 10:30 Senior Info and Referral with Wendy
  END OF SUMMER COOKOUT
- 1:15 Seated SAIL
- 2:00 SAIL Fitness Class

**Thurs, 28th**
- 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

**Mon, 29th**
- 8:00 Billiards
- 8:00 Weekday Walkers
- 10:00 Cardio Craze
- 2:00 Guitar Jam

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For more program information, check out our website: Knoxcounty.org/SeniorServices
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**For more program information, check out our website: Knoxcounty.org/Senior Services**
National Senior Citizens Day

What a wonderful surprise our seniors had when the little ones from the Carter Library showed up and handed out special notes in honor of National Senior Citizens Day!

See below their works of Art!
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.
Please join us for this very informative class on Wednesday, September 6 @ 10am.

In this 7 week long nutrition education program, you will...

1. Learn about foods that support your body
2. Learn how to use Facebook groups to make new friends and connect with family and older adults
3. Connect with a Nutrition Ambassador Buddy (undergraduate and high school students) to support each others’ goals
4. Learn how to access and use Zoom

Topics

Session 0: Getting to Know Each Other and Zoom
Session 1: Healthy Food and Friendships
Session 2: Nutrition for Brain Health
Session 3: Nutrition for Bone and Muscle Health
Session 4: Nutrition for Heart Health
Session 5: Healthy Tips for Hydration
Session 6: Time Planning, Shopping, and Cooking

This project is considered research, as we will determine program effectiveness through multiple evaluation methods, such as pre-test, post-test, Interviews, and focus groups. Participation is voluntary and does not impact participants’ ability to receive any benefits to which they are entitled.

For more information...
Contact Whitney Bignell, PhD, RDN, LD/N
Bignell@etsu.edu
(423) 439-7537

This project was supported, in part, by grant #90INU0031 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by ACL/IHS, or the U.S. Government.

SoCIALLY NUTRITIOUS

A VIRTUAL SOCIAL SUPPER CLUB FOR OLDER ADULTS


In this very informative class on Wednesday, September 6 @ 10am.

In this 7 week long nutrition education program, you will...

1. Learn about foods that support your body
2. Learn how to use Facebook groups to make new friends and connect with family and older adults
3. Connect with a Nutrition Ambassador Buddy (undergraduate and high school students) to support each others’ goals
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Topics

Session 0: Getting to Know Each Other and Zoom
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Session 2: Nutrition for Brain Health
Session 3: Nutrition for Bone and Muscle Health
Session 4: Nutrition for Heart Health
Session 5: Healthy Tips for Hydration
Session 6: Time Planning, Shopping, and Cooking

What is this program?
Socially Nutritious is a Virtual Supper Club for older adults hosted by university students with additional support by youth Nutrition Ambassadors.

Who is this?
This program is brought to you by East Tennessee State University, University of Tennessee Extension in partnership with First Tennessee Area Agency on Aging and Disability.

What are the goals of this program?
• To decrease food insecurity and loneliness among congregate meal participants in Northeast Tennessee
• To enhance food resource management skills and connection to resources
• To increase social opportunities for outside of daytime senior center programming
• Participants will receive additional touch points each week to assess current challenges and needs
East Tennessee History with Dr. Henry Wilson
Every Monday @ 3pm

Spotlight on Roane County

Our long-running East Tennessee history class will shift our focus to the prominent county Southwest of Knoxville named after renowned early citizen & founding father Archibald Roane. Strategically located near the confluence of several major rivers at the base of the Cumberland Plateau, Roane County has served a vital role in the history and development of Tennessee, a role that continues to this day. Join us with Roane County native and former starting quarterback for the Rockwood Tigers, Harold Taylor, as he elaborates more in depth about this county.
Wednesday, September 13 @ 10am

The Alphabet Soup of Medicare...A, B, C, and D. Don’t make the recipe more difficult than it is. It is all about timing. Join Penny Mayo, from Farm Bureau Health Plans as she will be here talking about the special plans only used for Medicare. We all know that Medicare can be complicated, but it doesn't have to be. Farm Bureau Health Plans can help you with things like: • How and when to enroll in Medicare • How to avoid Medicare late enrollment penalties • Handling the transition from employer coverage to Medicare and what type of plan makes the most sense for you.
"S.A.I.L.* DAY IN THE PARK"
FRIDAY, SEPT. 15, 2023
10:00 A.M.

COME JOIN US FOR THE 3RD ANNUAL S.A.I.L. DAY AT LAKESHORE PARK FOR A FUN HOUR OF EXERCISE, GREAT MUSIC, VARIOUS EXHIBITS (SEE BELOW), FOOD TRUCK, ICE CREAM TRUCK, RAFFLE DRAWING, & OTHER GIVEAWAYS.

EXHIBITS presented by:

*Stay Active & Independent for Life

- doTERRA - Leah Crawford
- Equalize Sports & Therapeutic Massage - Ingrid Beverly
- Knox Physical Therapy - Dr. Lee Easley
- Lakeshore Park Conservancy - Julieanne Foy
- LifeWave - Ann Lorimer
- The Empirical Herbalist - Ruth Shelton
Senior Walk—Maryville Greenway

Date: September 19th, 2023

Time: 9:30 AM

Location: Springbrook Pavilion, 1561 Dalton Street, Alcoa, TN 37701

Distance: Two miles

Join Judy and April for a senior walk at the Maryville Greenway. Walk begins at Springbrook Pavilion. These trails have plenty of trees, benches and squirrels everywhere! There are plenty of picnic tables if you want to bring your lunch or you can join us after the walk for lunch dutch treat delicious Mediterranean meal at the locally owned Yassin’s Falafel House and only 5 minutes from our walk. Located at 12 Hamilton Crossing Dr, Alcoa, TN 37701.

If you are interested in attending, please RSVP by calling 865-288-3761 or emailing seniorservices@knoxcounty.org
LET’S SEND SUMMER OFF IN STYLE! We cannot think of a better way than with a good, old-fashioned cookout...with great food and friends! And there’s nothing better than having a cookout with all the sides and fixin’s, courtesy of all our amazing sponsors! Many thanks to Jeff Olsen (Reams), Teja Cain (CORE Insurance), Penny Mayo (Farm Bureau), Laura Copeland (Trinity Hills), Andy Williams (Providence Group), Shannon Gibson (Gentiva), Sean Wilson (Legacy) and Ashley Wolard (Quality Home Health).

And did we mention that we will also be having some live entertainment courtesy of Preston Kessler! He is 19 years old and a recent graduate of Clinton High School. Sharing his God-given talents is a passion of Preston's. Whether it's singing our National Anthem at high schools or Tennessee Smokies Stadium, or singing gospel songs in churches, residential facilities and community centers, or even on local TV or radio stations, Preston is always excited and grateful for every opportunity to do what he loves. A true blessing awaits anyone fortunate enough to be able to hear Preston, and be impacted by such a pure heart and “genuine spirit.”
2023 Fall Prevention Awareness Event

STAY ON YOUR FEET, ... Y’ALL

Join us at the
John T. O’Connor Senior Center
Friday, September 22, 2023 • 8:30 - 11:30 a.m.

Falls are preventable
- Learn how to make your home safer
- Get your vision checked
- Talk with a pharmacist about your medications
- Learn which exercises help prevent falls
- Get a balance screening

Visit fall prevention stations and receive a FREE Deluxe Daily Living Assistance Kit

Presented by Knoxville-Knox County Senior Safety Task Force and the following partners:
With Thanksgiving approaching quickly, we all know that turkey is the main attraction! So for this month's guitar jam party, we are going to try something different. Bobby Johnston, with the Carter Guitar Jam group will be providing the pizza for this event while the rest of us prepare our favorite dessert...PIE! Whether it’s apple pie, pumpkin pie or pecan pie, nothing brings people together like good food and music for the soul.
Carter Senior Center has a TEAM! This year’s walk will be held at Zoo Knoxville. The Alzheimer’s Association Walk to End Alzheimer’s is the world’s largest fundraiser to fight the disease. We all either know someone or have a loved one fighting this battle. If you are interested in joining our team, please stop by the front desk and register. There is no fee to register and anyone who joins our team will be able to walk and then enjoy the remainder of the day visiting the Zoo.

Thanks to the CAC, we will be taking a bus to the Zoo from the Senior Center FREE of charge. The bus will be leaving at 8AM. Be sure to sign up as seat space is limited!
Meet Wendy Fancher, licensed cosmetologist, and hair stylist. She 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.

Haircuts by Wendy

Monday, September 25 & Monday, October 30
* 9am – 3pm *

Basic Cut - $17.00
*Dry Cuts Only*

Appointment Required
Wednesday, September 25th @ 9:30am...
Reams Pharmacy Flu, Pneumonia & Shingles Shots
It’s that time of year! Don’t let the flu season get you down. Did you think that getting older would exempt you from getting vaccinations? No such luck. Certain shots are of great importance for mature adults, and may keep you from contracting a painful or life-threatening illness. Fortunately, it’s easier than ever to take advantage of this health benefit. A pharmacist from Reams Drug Store will be here at the center providing flu, pneumonia, and shingles shots. Don’t wait...Vaccinate! As an added incentive, the first 12 people to sign up and have their Flu Shot done, will receive a sweet treat, courtesy of Jeff Olsen from Reams Pharmacy. Don’t delay, sign up today for your no wait appointment.

Wednesday, October 25th @ 10:00am...
Reams Pharmacy Flu, Pneumonia & Shingles Shots
Did you know that seniors are more likely than anyone else to get the flu or to end up in the hospital because of the flu? The best way to avoid the flu is to get your flu shot! Jeff Olsen from Reams Pharmacy will be giving away a sweet treat to the first 12 people who sign up and get their Flu Shot. So why wait in line at your doctor's office? Sign up today for your no wait appointment.
Toenail Trimming

September 25 and October 30
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
Annual Hearing Health Presentation
Carter Senior Center

BUYER BEWARE
Are you concerned about overpaying for hearing aids?
Does my current Health Insurance pay for hearing aids?
Why are hearing aids so expensive if I need them?

Join us for Coffee & Doughnuts
Wednesday September 27th at 10:00am

Find out the TRUTH about your hearing health and get ALL your questions answered from a hearing industry expert!

Seating is limited and will fill up fast for this event
So don’t wait to set your reservation
RSVP at the Front Desk 865-932-2939
Thank you to the Bible Study Group for putting this amazing Food Pantry together. We pray that our seniors will be blessed and appreciate those who helped give to support others in need.

Back Left: Tony Lawson / Back Right: Phil and Cindy Ballard
Front Row Left to Right: Teresa Lawson, Roganne Norwood, Teresa Braden and JoAnn Arnold

Special Thanks to Phil Ballard for his donation of the pantry so that we are able to fill it with food for our seniors.
Annual Notice of Change

Wednesday, October 4 @ 10am

Medicare is always changing so it’s important that you come on by and learn about the plan changes for the 2024 Humana Gold Plus plan. 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.
Financial Fraud and Scam Awareness Presentation & Workshop

Wednesday, October 11 @ 9am

Join April Tomlin, Senior Services Manager, for this important awareness presentation and workshop on how to spot and avoid SCAMS. This is a critical topic because 1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone and it’s only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and even have a little quiz at the end. “I hope you will join me in fighting scammers!” April says, “It will be fun and interactive, and you will leave with some great resources.” To sign up for this free and informative presentation and workshop call the Center or stop by the Reception Desk.
Medicare Seminar

Monday, October 16 @ 11am

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.
Ijams & Forks of the River Walk

Date: Tuesday, October 17, 2022
Time: 10:00 AM
Location: Ijams Nature Center, 2915 Island Home Ave., Knoxville, TN 37920

Join us on Tuesday, October 17 when we will begin by walking a portion of the Will Skelton Greenway spanning through Ijams Nature Center and Forks of the River Wildlife Management area operated by TWRA (Tennessee Wildlife Resource Agency). This walk will be approximately 3 miles in length. We will meet up at the Ijams Welcome Center (2915 Island Home Ave) at 10:00 AM. The walk will be over paved and graveled trails. There are few places to sit and rest along the way but be prepared for some walking. Wear appropriate footwear and bring bottled water for hydration. Feel free to bring a brown bag lunch and enjoy Ijams Nature Center after the walk. This walk will be lead by Darrell Gooding, Coordinator at West Knox County Senior Center and Eilene Collins, Floating Assistant. To RSVP call 865-288-3761 or email Senior.Services@KnoxCounty.org.
Comprehensive Cancer Care
In Your Community

Wednesday, October 18 @ 10am
Join us to learn about the comprehensive, world-class cancer care and free oncology patient support services that Thompson Cancer provides throughout East Tennessee.

We will highlight the Thompson Proton Center and proton therapy; Thompson Cancer’s most recently added cancer treatment service and one of the most innovative, precise forms of radiation tradition treatments available.
AGING ADULT RESOURCE FAIR

WHEN
October 20, 2023
10am-2pm

WHERE
Carter Senior Center
9036 Asheville Highway, Knoxville, Tennessee 37924

FEATURING
Medication Take Back & Document Shredding
(Two legal boxes of documents per person)

A wide variety of organizations and businesses that serve Knox County will be present to answer questions and explain programs that are available to assist families, caregivers, and older adults in our community!!

For vendor information please contact Detective Nina Hummel at nina.hummel@knoxsheriff.org or Misty McPhetridge with MDC at mmcphetridge@metrodrug.org

There will also be Food Trucks and an Ice Cream Truck in the parking lot
WHAT IS PICKLEBALL?
1. A fun sport that combines many elements of tennis, badminton, and ping-pong.
2. Played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net.
3. Played with a paddle rather than a tennis racket and plastic ball rather than a tennis ball.

So Basically...
Pickleball is a paddle sport game created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join Cindy Petty, assistant at the West Knox County Senior Center, as she will be teaching this exciting new sport for our seniors. Come learn how to play this great new game! We’ll provide all the equipment, you bring your game face! Thanks to the CAC, we will be taking a bus to Halls Senior Center from the Senior Center FREE of charge. The bus will be leaving at 12pm. Be sure to sign up as seat space is limited!
Elderly & Disabled Veterans
Property Owners Tax Relief
and Tax Freeze

Wednesday, October 25 @ 10:30am

If you are 65 or over, own your primary residence, and your income in 2022 was $33,460 or below you may qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was $44,940 or below you may qualify for Tax Freeze. As previously announced, in October 2024 the 2023 income is expected to be $60,000.

If you are a Disabled Veteran, Widow(er) of a Disabled Veteran and own your primary residence, you may qualify for Tax Relief of $680.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

Applications are open
October 5, 2023 — April 5, 2024
You must sign up every year.
Wednesday, October 25 @ 12pm

There is no such thing as being too old for Halloween and no one knows how to celebrate a holiday better than YOU! Halloween is all about having fun, dressing up, and of course eating way too much candy, but here at the Carter Senior Center, we play BINGO! Join us for a Spooktacular time as we will be having a bingo marathon. Be sure to bring 2 prizes, as well as a finger food for all to share!
Halloween
TREAT YOURSELF!

Tuesday, October 31st
ALL DAY

We are gonna celebrate Halloween, “Carter Style”! At Halloween time, there are costumes, trick or treating, and lots of candy. We can promise you, that when you stop by on Halloween, there will be no tricks, just treats! So come on by, and sample the tasty treats, and delicious sweets that will be too good to eat!
Some of the things that did not exist in the 1940s and 1950s
(Or were not part of my world ~ Courtesy of Jim Coppock - a depression product of East Knoxville)

interstate highways, disposable diapers, remote controls, cell phones, bottled water, television (before the mid-1950s), plastic bags, zip lock bags, artificial Christmas trees, computers, air conditioning, ball point pens, duct tape, contact lenses, Barbie dolls, hand held hair dryers, electric razors, digital clocks, outdoor grills, golf carts, bass boats, Styrofoam, twist ties, credit cards, self-service gas stations, T-shirts with printed images, ATMs, direct deposits, bar codes, jet passenger aircraft, lasers, pantyhose, yoga, dishwashers, clothes dryers, electric blankets, water filters, recording cassettes and CDs, drip-dry clothes, polio vaccine, frozen foods, Xerox machines, plastic bottles, aluminum cans, pull top tabs, birth control pills, medical insurance, robots, open heart surgery, joint replacement surgery, hiking shoes, microwave ovens, thong underwear, zip codes, indoor dogs, satellites, display screens, smoke alarms, tanning beds, Tylenol, Ibuprofen, child safety seats, automatic garage door openers, sweet and low, cremations, pizza, yogurt, identified food allergies, McDonald’s, national motel chains, 911 emergency service, helicopters, space rockets, contact lenses, laparoscopic surgery, sleep studies, furnace filters, digital photography, paint rollers, seatbelts in cars, face masks on football helmets, super bowl, automatic car washes, bikini swimwear, Gore-Tex, electric can openers, luggage with wheels, electric toothbrushes, aerosol sprays, stereo sound, automatic ice makers, home security systems, grocery carts, painted lines on roads, student back packs, pre-nuptials, cremations, call centers, cross walk signals, FM radio, fiber optics, dog parks, leaf blowers, string trimmers, riding mowers, women as doctors, lawyers, preachers or managers - a few women as school principals
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
Coming soon!

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
**United Veterans Council of East Tennessee**

presents 10 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

<table>
<thead>
<tr>
<th>First Saturday</th>
<th>Last Saturday</th>
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<tbody>
<tr>
<td>Elks Lodge #160</td>
<td>Oliver Springs DAV</td>
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<tr>
<td>5600 Lonas Drive, Knoxville 37909</td>
<td>Tri-County Chapter 26</td>
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<tr>
<td>Sevierville</td>
<td>530 Kingston Ave, Oliver Springs 37840</td>
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<tr>
<td>First Methodist Church</td>
<td>Knoxville DAV Chapter 24</td>
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<tr>
<td>214 Cedar St., Sevierville 37862</td>
<td>2600 Holbrook Dr, Knoxville 37918</td>
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<td><strong>Second Saturday</strong></td>
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<tr>
<td>Hillcrest Methodist Church</td>
<td>Louisvile VFW Post 5154</td>
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<tr>
<td>1615 Price Ave, Knoxville 37920</td>
<td>2561 Hobbs Rd, Louisville 37777</td>
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<tr>
<td>Kodak United Methodist Church</td>
<td>Wears Valley Methodist Church</td>
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<tr>
<td>2923 Bryan Road, Kodak 37764</td>
<td>3110 Wears Valley Road, Sevierville, 37862</td>
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**Third Saturday**
Community Center
1708 West Emory Road, Powell 37849

Dandridge
First United Methodist Church
121 East Meeting St, Dandridge 37725

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.

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**Robert “Buzz” Buswell**  
Director  
Robert.Buswell@knoxcounty.org

**April Tomlin**  
Senior Services Manager  
April.Tomlin@knoxcounty.org

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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

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