

Carter Buzz



January / February 2024 Newsletter

Knox County Carter Senior Center
9040 Asheville Highway Knoxville, TN 37924
865.932.2939

The center will be closed on the following days:

Monday, January 1—New Years

Monday, January 15th - Martin Luther King Jr. Day

Monday, February 19th - Presidents' Day

Happy New Year!

SENIOR ANGEL TREE

The Senior Angel Tree that we hosted here at the center was a huge success! We received 6 special seniors and I am so proud and amazed by the many blessings from each of you who participated. This would not have been possible without all your help and support. Because of you, these seniors will have a very special Christmas season. Thank you for showing them Carter Cares.



THANK YOU, THANK YOU, THANK YOU...

Last month's Annual Holiday Food Hop was a huge success! We are able to have these amazing events all because of our amazing sponsors! Thank you to all that attended and a very big thank you to all who hosted a table. We can't do what we do without you!

**CORE Insurance Advisors - Teja Cain / Reams Pharmacy - Amy Fox / Trinity Hills - Laura Copeland
Edward Jones - Darron Kidwell & Angelene Lamy / The Providence Group - Andy Williams
Smoky Mountain Hospice - Kimberly Martinez / Texas Roadhouse - Heather Goodwin
Farm Bureau Health - Penny Mayo / Gentiva Hospice - Shannon Gibson / Synergy Health - Hannah Hood
Go Anywhere Travel Destinations - Donna Vineyard / Select Physical Therapy - Nancy Gibson**

And THANK YOU to the KARNs CHOIR for the joyous holiday entertainment!

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

JANUARY 2024

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
1  CENTER CLOSED	2 8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga	3 8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	4 8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social	5 8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam
8 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 11:00 Walking Club Tabling 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class	9 8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga	10 8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 12:00 Baked Goods Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class	11 8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social	12 8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam
15  CENTER CLOSED	16 8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Senior Services Walk @ West Town Mall RSVP 865-288-3761 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga	17 8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 Walking Group Social @ Karns	18 8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social	19 8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam
22 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class	23 8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga	24 8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	25 8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social	26 8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam
29 8:00 Billiards 9:00 No-Cash Poker 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	30 8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga	31 8:00 Billiards 10:00 Aging Backward 10:30 Senior Info and Referral 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class	 KNOX COUNTY TENNESSEE	* * * * * For more program information, check out our website: Knoxcounty.org/Senior Services * * * * *

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

FEBRUARY 2024

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>***** For more program information, check out our website: Knoxcounty.org/Senior Services *****</p>		<p>1</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>2</p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p>5</p> <p>8:00 Billiards 9:00 No-Cash Poker 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>6</p> <p>8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga</p> 	<p>7</p> <p>8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 11:15 Silver Sneakers Presentation 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>8</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>9</p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p>12</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 12:00 Valentine's Day Quill Craft 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p>	<p>13</p> <p>8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>14 Early Voting Begins</p> <p>8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 11:00 Valentine's Card & Craft Exchange 11:30 Baked Goods Valentine's Bingo 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>15 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>16 Early Voting</p> <p>8:00 Billiards 10:00 Cardio Craze 1:30 Guitar Jam Party (You Float My Boat)</p> 
<p>19 Early Voting</p>  <p>CENTER CLOSED</p>	<p>20 Early Voting</p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 9:00 Bible Study 9:30 Senior Services Walk @ Ft. Sanders Health & Fitness RSVP 865-288-3761 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>21 Early Voting</p> <p>8:00 Billiards 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p> 	<p>22 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	<p>23 Early Voting</p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p>26 Early Voting</p> <p>8:00 Billiards 9:00 No-Cash Poker 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>27 Early Voting Ends</p> <p>8:00 Billiards 9:00 Cards - Rook 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Chair Yoga</p>	<p>28</p> <p>8:00 Billiards 10:00 Aging Backward 10:30 Senior Info and Referral 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p>	<p>29</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Chair Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p>	



KNOX COUNTY
TENNESSEE



OBSERVED 2024 HOLIDAYS

Monday, January 1, 2024
Monday, January 15, 2024
Monday, February 19, 2024
Friday, March 29, 2024
Monday, May 27, 2024
Wednesday, June 19, 2024
Thursday, July 4, 2024
Monday, September 2, 2024
Monday, November 11, 2024
Thursday, November 28, 2024
Friday, November 29, 2024
Tuesday, December 24, 2024
Wednesday, December 25, 2024

New Year's
Martin Luther King Jr. Day
Presidents' Day
Spring Holiday
Memorial Day
Emancipation Day (Juneteenth)
Independence Day
Labor Day
Veterans Day
Thanksgiving Day
Thanksgiving Holiday
Winter Holidays
Winter Holidays



I N C L E M E N T

Weather Policy



Knox County Senior Centers will be operating in accordance with the Knox County School inclement weather schedule. If Schools are on a 2-hour delay, the Senior Center will be as well. If Schools are closed, the Senior Center will also be closed. You can also visit www.knoxcounty.org for updated closures or delays.



Welcome

Fitness Coordinator

Caleb Newsome

We want to welcome Caleb Newsome, Public Health Fitness Coordinator. Caleb has twenty years experience in the fitness industry and has worked with high risk populations, individuals experiencing heart disease and joint replacements. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including the Carter Senior Center. He will be available to seniors to help assist with nutrition, fitness, and exercise guidance and plans. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advice on fitness routines, as well as personal training, small group training, and classes on health and fitness topics for the senior population. Now's the best time to schedule your free consultation with Caleb, and it's easy to do—just stop by the front desk or call the Center.

Please note: Caleb has a rotating schedule between the senior centers, so please see the front desk for scheduling and to sign up for a fitness room orientation or consultation.

KNOX COUNTY SENIOR SERVICES

2024 MONTHLY SENIOR WALKS

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3791

Join us for some fun walks, nature,
socializing and good food

JANUARY 16th at 10:00am

Join Laurie, Eilene, and Carole

WEST TOWN MALL

7600 Kingston Pike 37919

Lunch after the walk in the Food Court

FEBRUARY 20th at 9:30am

Join Robyn and Sue

FORT SANDERS HEALTH & FITNESS CENTER

270 Fort Sanders W. Blvd 37922

Lunch at Sami's Café after walk

MARCH 19th at 10:00am

Join Tara, Patty, and Eilene

BEVERLY PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli after walk

APRIL 16th at 9:30am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's after walk

MAY 21st at 9:30am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak 37764

Bring brown bag lunch to eat at the park

JUNE 18th at 9:00am

Join Robyn and Aliyete

UT ARBORETUM

901 S. Illinois Avenue, Oak Ridge 37830

Lunch at Woody's after walk

JULY 16th at 9:30am

Join April, Tara, and Laurie

COLLIER PRESERVE BEAVER CREEK DUO

330 W. Emory Road, Powell 37849

Lunch at Southern Kitchen Sandwich after walk

AUGUST 20th at 9:00am

Join Susanne and Sue

MARINE PARK GREENWAY TRAIL

2201 Alcoa Highway, Alcoa 37920

Lunch at SoKno Tacos after walk

SEPTEMBER 17th at 10:00am

Join Judy and April

HALLS GREENWAY & HALL SENIOR CENTER TOUR

4405 Crippen Road 37918

Lunch at Bel Air Grill after the walk

OCTOBER 15th at 10:00am

Join Sarah, Jessica, and Kim

SEQUOYAH PARK

1400 Cherokee Blvd. 37919

Lunch at Holly's Gourmet Market & Café after walk

NOVEMBER 19th at 10:00am

Join Susanne and Jessica

HIGH GROUND PARK

1000 Cherokee Trail 37920

Lunch at Round Up after walk

DECEMBER 17th at 5:00pm

Join Judy, Saraha, and Laurie

CHRISTMAS LIGHTS WALK

@ FOUNDERS PARK

405 N. Campbell Station Road 37934

Dinner at Cracker Barrel after walk

Knoxcounty.org/seniors/

Feel free to join us for the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS

& UPDATES ABOUT THE WALKS



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



In its nearly 250 years of settlement, East Tennessee has had plenty of time to accumulate a variety of legends, myths, folklore, and mysteries, ranging from the mysterious Melungeon people in the far northeast to persistent reports of “wampus cats,” “painters,” and Bigfoots. In addition, several mysterious, unsolved disappearances have occurred in our vast forests and remote mountains (especially the Smokies), as well as scattered accounts of mysterious lights flashing through our backwoods. Please join us as we try to finally get to the bottom of these enduring East Tennessee mysteries.



At
Knox County Senior Centers

Join Teja Cain as she will be here to do sign ups
and answer any questions.

Monday, January 8 @ 11am

IT'S FREE TO JOIN

WALK WHEN YOU WANT / AT YOUR OWN PACE

WALKING IS GREAT EXERCISE

IT'S ALWAYS MORE FUN TO WALK WITH A FRIEND

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

Take that first step to better health !



NO EXCUSES... EVEN IF IT IS A COLD JANUARY!!

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory**... as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email

seniorservices@knoxcounty.org

**WEST TOWN
MALL**

(INDOORS)

JANUARY 16TH

@10:00am

**7600 KINGSTON PIKE
37919**





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



HairCuts by Wendy

**Monday, January 29 &
Monday, February 26**

*** 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

January 29 AND February 26

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



Silver Sneakers

Silver Sneakers Presentation

Wednesday, February 7th @ 11:15am

Silver Sneakers is an overall wellness program that helps you improve your health and live the life you want.

The program offers free fitness programs at a variety of locations. These include some Senior Centers, Gyms, and other locations, such as therapy offices. These programs can be in-person or online.

The presentation will identify where the programs are offered, how to sign up, and how members can earn points for attending the classes.

Also there will be an explanation of a program designed for the member to contribute to a college fund for children in their extended family.



Valentine's Quill Craft

Monday, February 12 @ 12pm

What is Quilling, you ask? Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The paper is rolled, looped, curled, twisted, and otherwise manipulated to create shapes that makeup designs to decorate greetings cards, pictures, boxes, etc. Quilling starts with rolling a strip of paper into a coil and then pinching the coil into shapes that can be glued together. There are easy techniques and different sized paper that are used to create abstract art, flowers, and portraits among many things.

Join Quill Instructor, Susan Bernard, as she will be here teaching this easy, yet fun craft!

The class is FREE and **reservations are required** in order to make sure we have enough supplies. Stop by the front desk to sign up!





**2024 Presidential Preference Primary &
Knox County Primary Election**

Wednesday, February 14 - Tuesday, February 27

The Carter Senior Center will be an early voting site and will be held in the multipurpose room. Please note...that for those days, some classes and programs that are held in there, will be moved to a different room. For more information please visit

<https://www.knoxcounty.org/election/>



Valentine's Day Card and Candy Exchange

FEBRUARY 14 @ 11AM

Valentine's Day is not just about celebrating love within our close circle of family and friends; it's also an opportunity to extend that love to our community. Valentine-themed activities can be a lot of fun, so this year, we are going to have a Card & Candy Exchange during our Bingo time. Please be sure to let us know if you are coming so that everyone will receive a card and some candy.



Wednesday, February 14 @ 11:00am

Valentine's Day isn't just for couples... it's a day where everyone can celebrate! It's the perfect time to show love to all the people you care about and there's no better way to celebrate then with a Valentine's Day Bingo Party. We are asking that each player bring 2 bingo gifts, along with a finger food to share.



You Float My Boat

Guitar Jam Party

Friday, February 16th @ 1:30pm



In honor of Valentine's Day we will be scooping out some yummy Root Beer Floats! Find your inner child and join us for a delicious drink! Who says seniors can't enjoy a little nostalgia with this childhood treat!



Knox County Senior Services **SENIOR WALK**

Tuesday, February 20th at 9:30 am

Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-

star amenities for the entire family and offer a wide variety of month-to-month memberships.

We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message

at [865-288-3761](tel:865-288-3761) or you can 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

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