

Carter Buzz



March / April 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:

Friday, March 29th - Good Friday



**DAYLIGHT
SAVING TIME
SPRING FORWARD**

Sunday, March 10th

Remember to set your clocks
AHEAD 1 hour Saturday night.



Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37921

MARCH 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>*****</p> <p>For more program information, check out our website: Knoxcounty.org/Senior Services</p> <p>*****</p>			<p>1</p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
<p>4 Come See Caleb!</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>Fitness Room Open All Day</p>	<p>5</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>6</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>Fitness Room Open All Day</p>	<p>7</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>8</p> <p>8:00 Billiards 10:00 Cardio Craze 2:00 Guitar Jam</p> <p>Fitness Room Open All Day</p>
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<p>25 Tech Smart Telehealth</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 11:30 Crafting Social 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class</p> <p>Fitness Room Open All Day</p>	<p>26</p> <p>8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p>Fitness Room Open All Day</p>	<p>27</p> <p>8:00 Billiards 9:00 No-Cash Poker 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>Fitness Room Open All Day</p>	<p>28</p> <p>8:00 Billiards 9:00 No-Cash Poker 10:00 Easy Yoga 11:00 Chair Volleyball 12:30 ZUMBA GOLD 2:00 Art Social</p> <p>Fitness Room Open All Day</p>	<p>29</p>  <p>CENTER CLOSED</p>

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

APRIL 2024

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 Patty Vick, Assistant
 Phone: 865.932.2939

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29 Come See Caleb! 8:00 Billiards 9:00 No-Cash Poker 9:00 Haircuts By Wendy 10:00 Quilting 10:00 Free Smoke Alarm 10:00 Stretch Class 10:00 Toenail Trimming 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Class Fitness Room Open All Day	30 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 10:00 Chair Volleyball 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga Fitness Room Open All Day			* * * * * For more program information, check out our website: Knoxcounty.org/ Senior Services * * * * *



Tennessee Volunteers(Vols) (In)come (Tax)

Income taxes are prepared by IRS trained and certified volunteers at locations in Knoxville, Clinton, and LaFollette.

To make an appointment, you can call the appointment center phone number at 865-229-4229.

[Bearden Central Baptist Church CORE Building](#) (Thursdays)

[Burlington Branch Library](#) (Wednesdays)

[Campbell County Senior Center](#) - LaFollette (Mondays)

[Clinton Public Library](#) (Mondays) **NEW SITE**

[Grace Lutheran Church](#) - Cedar Bluff area (Tuesdays)

[J. T. O'Connor Senior Center](#) (Wednesdays)

[Pellissippi State Community College](#) - West Knoxville (Saturdays)

[Powell United Methodist Church](#) (Thursdays)

[South Knoxville Senior Center](#) (Mondays)



East Tennessee History with Dr. Henry Wilson

Every Monday @ 3pm



The decade after the “Great War” (World War I) was a very eventful, at times tumultuous, period for East Tennessee. Seismic events such as the end of the Great War, the Spanish Influenza Pandemic, the Stock Market Crash & subsequent Great Depression, seem to pile one upon the other, greatly crimping the jubilant impulses of the “Roaring Twenties.” As if that weren’t enough, tentative efforts to establish the first great Eastern National Park (the Smokies) also began during this era. This class will survey these crucial events while discussing how they impacted our distinctive local culture of East Tennessee.

DO YOU NEED A FITNESS ORIENTATION?

Mandatory Fitness Room Orientation is required before you use any exercise equipment.

There will be an orientation EVERY MONDAY – ALL DAY with Fitness Coordinator, Caleb Newsome and Tuesday through Friday @11am with center staff. Please be sure to stop by the front desk and schedule your free orientation.

FREE BLOOD PRESSURE SCREENING

Every Monday 8am-4pm

Have you had your blood pressure checked recently? Did you know that as many as one in three Americans have high blood pressure, or don't even know they have it? Having no warning signs or symptoms makes it dangerous, so it is a



good idea to have your blood pressure checked regularly. Be sure to make time for YOU and YOUR health. Blood Pressure checks will be conducted by Fitness Coordinator, Caleb Newsome and will be available every Monday here at the senior center.



CRAFTING SOCIAL

Beginning Monday, March 11th

Do you like to make crafts, but don't have anyone to make them with? Well you're in luck! We are starting a Crafting Social and hope you can join us, as well as bring some crafting ideas to the table. Did you know that any kind of social activity can provide an opportunity to learn new techniques while socializing with others? Now doesn't that sound like fun! So whether you are making jewelry, painting a pot, or just joining in to get some ideas, we hope that you will come in and get creative with us.

Day: Every 2nd & 4th Monday

Time: 11:30am



RESCHEDULED
NEW DATE ANNOUNCED



KNOX COUNTY SENIOR SERVICES
SENIOR WALKING GROUP SOCIAL

KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Monday, March 11th,
2:00 to 4:00pm

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, prizes, 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.

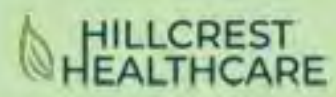
Coordinators from our six senior centers will also be on hand to answer any questions you may have.

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





THURSDAY, MARCH 14TH

Did you know that National Potato Chip Day celebrates America's #1 snack food every year on this day? Millions will enjoy their favorite chip this holiday, so it's a good thing there are so many to choose from, too!

Come on by and share in the saltiness with us as Teja Cain from CORE Insurance Advisors will be here handing out some salty snacks.



Tech Smart Telehealth

March 18-22 & March 25 @ 9am-12pm

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25. Telehealth is the delivery of health care services at a distance through technology, such as conducting medical visits, monitoring patients' vital signs, or sharing test results. **Some of the benefits of telehealth include:**

- Getting care at home, especially for people who can't easily get to their providers' offices.
- Getting care from a specialist who is not close by.
- Getting care after office hours.
- More communication with your providers. Cost savings, convenience, and the ability to provide care to people with mobility limitations, or those in rural areas who don't have access to a local doctor or clinic.
- Reduced exposure to pathogens and support for people with chronic conditions.

Please Note: If you have taken the class before, you may retake it, but WILL NOT be eligible for a computer.

Registration is Required, so please stop by the front desk and sign up as space is very limited.

KNOX COUNTY SENIOR SERVICES

MONTHLY SENIOR WALK



BEVERLY PARK



INTERGENERATIONAL PLAYSPACE

TUESDAY, MARCH 19 @ 10AM

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

seniorservices@knoxcounty.org

FREE FIELD TRIP

Pancake Fest & Senior Expo

O'Connor Center's Annual Fundraiser

Friday, March 22, 2024

7 am - 12 pm

at O'Connor Senior Center



The O'Connor Pancake Fest has become an annual event that spotlights their activities and amazing participants while giving an opportunity for community fellowship. General admission tickets will be **\$5.00 per person** and include a box of pancakes (gluten free and sugar free options available), sausage and choice of juice, water, milk, or coffee. Along with a delicious breakfast there will be live music, local celebrities and elected officials, a Senior Expo, artisan fair and lots of laughs! **Thanks to the CAC, we will be taking a bus to the O'Connor Senior Center FREE of charge. The bus will be leaving at 9AM. Be sure to sign up as seat space is limited!**

HairCuts by Wendy



**Monday, March 25 &
Monday, April 29**

*** 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

Monday, March 25 AND Monday, April 29

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

BY MANA, JAPAN OUTREACH COORDINATOR
AT ASIAN CULTURE CENTER OF TN

JAPANESE CALLIGRAPHY



**Wednesday,
April 3
@ 10:30am**

This workshop, you will try Japanese calligraphy. We will use special black ink, brush, and paper.

*Please come with casual clothes which you would not mind getting dirty.

*Seats are limited 15 only

If interested in signing up for this class, please stop by the front desk and RSVP as space is limited.

Free Nutrition Class



Food



Friends



Fun

Excited about your health goals for 2024?

Join Socially Nutritious - A Virtual Social Supper Club!

East Tennessee State University and University of Tennessee Extension

In this 6-week workshop, you'll:



Talk about foods for:

Strong Muscle and Bones

A Healthy Heart

Better Brain Health

And More!



Connect with Nutrition Students



Meet an Accountability Partner
(Nutrition Ambassador)



Make new friends in a private
Facebook group



Try new recipes together

Carter Senior Center

Thursday mornings, 9:00 a.m. - 10:30 a.m..

Starts **April 4th, 2024**

9040 Asheville Highway
Knoxville, TN 37924

Spaces are limited - register today!
Contact Tara Stirone, Coordinator!

Click below to register, or scan QR code



Help us learn what works!

This research study seeks to reduce the risk of malnutrition, food insecurity, and loneliness among older adults through a hybrid nutrition education program. You may participate in the program without enrolling in the study, but we encourage you to consider registering to help us improve this program for next time!

For more information, contact:

Dr. Whitney Bignell

Email: bignell@etsu.edu

Phone: (423) 439-7537

<https://www.sociallynutritious.org>

This project was supported, in part by grant number 90INNU0031, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16th, 9:30AM



OPEN TO THE
PUBLIC ONCE
A YEAR!



Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, used to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 25 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37928)

There are no restroom facilities on property.

Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org





Get Screened
for Stroke and
Cardiovascular
Disease Risk

GET STARTED

Get Life Line Screening Package For Only
\$149 (50% savings)

Thursday, April 18th...9am-4:30pm

1

Carotid Artery Screening (Plaque)

Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque – one of the leading causes of stroke.

2

Peripheral Arterial Disease Screening

Uses ultrasound and blood pressure measurements to check for peripheral arterial disease (plaque buildup) in the lower extremities.

3

Abdominal Aortic Aneurysm (AAA)

Ultrasound is used to screen for the existence of an aneurysm (enlargement) in the abdominal aorta that could lead to a ruptured aortic artery.

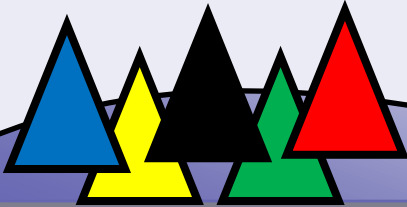
4

Atrial Fibrillation

A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.

FREE FIELD TRIP

Enhance Your Life Expo



@ Corryton Senior Center

**Friday, April 26
11:00am-2:00pm**

You're invited to our first annual expo including local resource vendors, lunch, and shop our House Mountain Quilters Guild tables.

Vendors include:

Hillcrest Health Care (Lunch Sponsor)

Farm Bureau Insurance

Morning Pointe

Inspirit

Comfort Keepers

Office on Aging

Select Medical Group

RSVP

State Farm Insurance

American House

Nuclear Care Partners

Volunteer Assisted Transportation

Go Anywhere Travel Destinations

And more!



American
Red Cross



DO YOU NEED A SMOKE ALARM?

Monday, April 29 @ 10am

The American Red Cross is making homes safer through the **Home Fire Campaign**. With the help of local volunteers and partners, the American Red Cross is installing **FREE** smoke alarms in homes that don't have them, and educating people about fire safety. At no cost to you, they will demonstrate some simple changes in your home that will help protect you and your family against fire. In addition, the Red Cross will install a **FREE** smoke alarm within your home. James Pesterfield from the American Red Cross will be here at the center answering questions, so be sure to stop by and say hello.

Save the Date

SENIOR PROM



Put on your
Dancing Shoes
and join us on
Friday, May 10th
for a Senior Prom
@ Halls Senior
Center. More details
to come in the
May / June
newsletter.



**Lunch Cruise on the Star of Knoxville
Tennessee Riverboat Co.**

Wednesday, May 29 @ 11am

**Sightseeing cruises are the perfect way to
see Knoxville and the Tennessee River.**



**BBQ Pork, Baked Beans,
Mac & Cheese, Potato
Salad, Coleslaw, Rolls,
Apple Cobbler, and Non-
Alcoholic Beverages**

RSVP Required

Boarding begins 11:30am

Sails 12pm-1:30pm

Cost: \$39.88

Address:

**300 Neyland Dr.
Knoxville, TN 37902**



presents 13 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 Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

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

Starting March 30th
West End Baptist Church
116 West End St, Newport 37821

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