

Carter Buzz



March / April 2025 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, April 18th - Good Friday



**DAYLIGHT
SAVING TIME
SPRING FORWARD**

Sunday, March 9th

Remember to set your clocks
AHEAD 1 hour Saturday night.



Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

MARCH

2025

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
3 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Stretch Class 10:30 Senior Coverage Q&A with Teja 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Chat Room Fitness Room Open All Day	4 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga Fitness Room Open All Day	5 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 DROP IN Line Dance Fitness Room Open All Day	6 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day	7 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam Fitness Room Open All Day
10 8:00 Billiards 9:00 No-Cash Poker 10:00 Quilting 10:00 Wisdom Tabling with Ryan 10:00 Stretch Class 1:15 Seated SAIL 2:00 SAIL Fitness Class 3:00 History Chat Room Fitness Room Open All Day	11 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga Fitness Room Open All Day	12 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 Baked Goods BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class Fitness Room Open All Day	13 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social Fitness Room Open All Day	14 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 11:30 Line Dance with Jennifer 2:00 Guitar Jam Fitness Room Open All Day
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31 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 Chat Room Fitness Room Open All Day		* * * * * For more program information, check out our website: Knoxcounty.org/ Senior Services * * * * *		

Carter Senior Center
 9040 Asheville Highway
 Knoxville, TN 37921

APRIL 2025

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



KNOX COUNTY
TENNESSEE

<p>1 8:00 Billiards 9:00 No-Cash Poker 9:00 Bible Study 11:00 ZUMBA GOLD 1:00 Cardio Craze 2:00 Easy Yoga</p> <p style="text-align: center;">Fitness Room Open All Day</p>	<p>2 8:00 Billiards 9:00 No-Cash Poker 10:00 Aging Backward 11:00 Chair Volleyball 12:00 BINGO 1:15 Seated SAIL 2:00 SAIL Fitness Class</p> <p style="text-align: center;">Fitness Room Open All Day</p>	<p>3 8:00 Billiards 9:00 No-Cash Poker 9:30 Improving Mobility w/ Mindful Movements 10:00 Easy Yoga 12:30 ZUMBA GOLD 2:00 Art Social</p> <p style="text-align: center;">Fitness Room Open All Day</p>	<p>4 8:00 Billiards 9:00 No-Cash Poker 10:00 Cardio Craze 2:00 Guitar Jam</p> <p style="text-align: center;">Fitness Room Open All Day</p>	
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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)



KNOX COUNTY SENIOR SERVICES

2025 MONTHLY SENIOR WALKS

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

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

JANUARY 21st at 10:00am

Join Judy and Susanne
WEST TOWN MALL (INDOORS)
7600 Kingston Pike 37919
Lunch after the walk in the Food Court

FEBRUARY 18th at 10:00am

Join Susanne and Tara
FIRST CREEK GREENWAY @ CASWELL PARK
620 Winona Street 37917
Lunch at Ale Rae's

MARCH 18th at 10:00am

Join Jessica and Sue
PELISSIPPI STATE COMMUNITY COLLEGE CAMPUS
10915 Hardin Valley Road 37932
Lunch at Double Dogs (Hardin Valley)

APRIL 15th at 10:00am

Join Kim and Cindy
UT ARBORETUM
901 S. Illinois Avenue, Oak Ridge 37830
Lunch at Soup Kitchen (Oak Ridge)

MAY 20th 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 17th at 9:30am

Join Judy and Sue
HALLS GREENWAY
4405 Crippen Road 37918
Lunch at Litton's

JULY 15th at 9:30am

Join Darrell and Lisa
VILLAGE GREEN NEIGHBORHOOD FARRAGUT
Meet @ West Senior Center/239 Jamestowne Blvd 37934
Lunch at 35 North Grill

AUGUST 19th at 9:00am

Join Laurie and Carole
VICTOR ASHE PARK
4901 Bradshaw Road 37912
Lunch at Caza Brava

SEPTEMBER 16th at 9:30am

Join Tara and Sarah
WORLD'S FAIR PARK
1060 World's Fair Park Drive 37916
Lunch at Calhoun's on the River

OCTOBER 21st at 10:00am

Join Eilene and Aliyete
WEST HILLS PARK/JEAN TEAGUE GREENWAY
421 North Winston Road 37909
Lunch at The Tomato Head

NOVEMBER 18th at 10:00am

Join Sarah and Jessica
CORRYTON SENIOR CENTER WALKING TRAIL
9331 Davis Drive, Corryton 377921
Lunch at Round Up after walk

DECEMBER 16th at 5:00pm

Join Saraha, Carole and Laurie
CHRISTMAS LIGHTS WALK
@ LAKESHORE PARK
5930 Lyons View Pike 37919
Hot Chocolate provided

Knoxcounty.org/seniors/

**Feel free to join us for the dutch treat lunches
JOIN OUR EMAIL LIST FOR FINAL DETAILS
& UPDATES ABOUT THE WALKS**



Attention Pickers, Grinners, and Fans alike:

Did you know that Knox County Senior Centers have multiple “Jam” options just for you? Check out the list below, put in day of the week order, and start making your rounds to fill your need to JAM!

Guitar Jam Mondays 1:30-3:30 Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

Music Jam first Mondays of every month 1:30 (WEST)

Gospel Singing fourth Monday of every month 1:00-3:00 Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

Corryton Jam Tuesdays at 1:30 Open to anyone who plays acoustic instruments and has an open audience (CORYRYTON)

Music Jam first Wednesday of every month 1:00-3:00 Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

South Knox Opry Thursdays 9:00-12:00 Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

Guitar Jam Fridays at 2:00 Open to anyone who plays acoustic instruments and has an open audience (CARTER)

Knox County Senior Centers:

- Carter 9040 Asheville Highway Knoxville TN 37924 865-932-2939
- Corryton 9331 Davis Drive Corryton TN 37721 865-688-5882
- Halls 4405 Crippen Road Knoxville TN 37918 865-922-0416
- Karns 8042 Oak Ridge Highway Knoxville TN 865-951-2653
- South 6729 Martel Lane Knoxville TN 37920
- West 239 Jamestowne Road Suite 101 Knoxville TN 37934



Join us for a day of Gaming Fun!

Cost is \$40 per person



BRISTOL

March 4

April 8

May 6

We depart Farragut at 7:00am 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 5:30pm and Farragut by 6:30pm.

Call 865-523-2796 to register as seats are limited for these trips!

**Farragut Pickup Location:
Cracker Barrel, 116 N Campbell Station Rd**

**Knoxville Pickup Location:
WalMart, 3051 Kinzel Way**

***Guests receive \$10 in free slot play when registering for a players card upon arrival!**



OLYMPUS
Car & Coach

**2425 Burnside St
Knoxville, TN 37921
(865) 523-2796**



HISTORY CHAT ROOM

Mondays @ 3pm

**Come join us on Mondays for
this new discussion group...**

~ History Chat Room ~

**History topics can range from
local to international to
anything in-between.**

**Bring your ideas and input
for a lively conversation.**



Line Dance with Jennifer

Friday, March 14 and March 28 @ 11:30am

Friday, April 11 and April 25 @ 11:30am

Let the fun begin! Put on those dancing shoes and join line dance instructor, Jennifer Barrett for some high stepping fun. Learn basic country line dances in a comfortable, welcoming, fun-filled

class! It's fun, great exercise and it will free the dancer in you! Classes will be held on the 2nd and 4th Friday of every month.



Class Fee: \$2.00

March Senior Services Walk

Pellissippi State Hardin Valley Campus

Tuesday, March 18th, 10:00 AM

Join Sue and Jessica for a 1.5 mile loop walk on the Pellissippi State College campus. We will meet at the open parking lot (01) overlooking the duck pond. The path is all paved with beautiful views of the pond and greenspace surrounding the campus.

Where: 10915 Hardin Valley Rd., Knoxville, TN 37933

When: Tuesday, March 18th at 10:00 am

Lunch: We will meet for lunch at Double Dogs immediately after at 10639 Hardin Valley Road.

Call 865-288-3761 or email seniorservices@knoxcounty.org to register!





Join us for a FREE Medicare seminar

Learn more about Devoted Health’s 2025 Medicare Advantage plans, and find out which one is right for you. Our team can answer important questions, like:

- ✓ How much you could save with a Devoted Health Medicare Advantage plan
- ✓ What benefits are usually included in Medicare Advantage plans
- ✓ What extra Medicare Advantage benefits you could be getting

Wednesday, March 26th

10:00 am
Carter Senior Center
9040 Asheville Hwy,
Knoxville, TN 37924



Call to RSVP 865-661-4451
Teja Cain, Devoted Health licensed sales agent

Enrollment may be limited to specific times of the year, unless you qualify for a Special Election Period.

For accommodation of persons with special needs at sales meetings call 1-800-835-8833 (TTY 711). A licensed sales agent will be on site with plan materials and enrollment applications.

Devoted Health is an HMO and/or PPO plan with a Medicare contract. Our D+ENPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Devoted Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-338-6833 (TTY 711). To file a complaint with Devoted Health, call us at 1-800-835-8833 (TTY 711). To file a complaint with Medicare, call 1-800-MEDICARE (TTY 1-877-486-2048), 24 hours a day/7 days a week. If your complaint involves a broker or agent, be sure to include their name when you file your complaint. #1742_25L73 ©



KNOX COUNTY

VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

March

Karns- March 7th, 2025 8:00 am to 10:00 am
Corryton- March 11th, 2025 2:00 pm to 4:00 pm
Halls- March 19th, 2025 2:00 pm to 4:00 pm
Carter- March 26th, 2025 2:00 pm to 4:00 pm
West - March 27th, 2025 1:30 pm to 4:00 pm
South- March 28, 2025 8:30 am to 11:00 am

April

Corryton- April 8th, 2025 2:00 pm to 4:00 pm
Karns - April 11th, 2025 8:00 am to 10:00 am
Halls- April 16th, 2025 2:00 pm to 4:00 pm
Carter- April 23rd, 2025 2:00 pm to 4:00 pm
West- April 24th, 2025 1:30 pm to 4:00 pm
South- April 25th, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO
SCHEDULE AN APPOINTMENT





AUTHOR MEET & GREET



TOGETHER AGAIN!!!

Book Launch For...

CATDRAGONS

BY JOANN PARSLEY



Friday, March 28th 12:30pm-1:30pm

COME MEET AND GREET THE AUTHOR

AND ENJOY A FREE DUNKIN' DONUT

~NO PURCHASE REQUIRED~

HairCuts by Wendy

**Monday, March 31 &
Monday, April 28**

*** 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 31 AND April 28

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

PANCAKE FEST



O'CONNOR SENIOR CENTER

FRIDAY, APRIL 4, 2025
7 AM - 12 PM

O'CONNOR SENIOR CENTER - 611 WINONA STREET, KNOXVILLE, TN 37917

ENJOY PANCAKES, SAUSAGE, AND JUICE, WATER, MILK, OR COFFEE
SENIOR EXPO • ARTISAN FAIR • LIVE MUSIC • LOCAL CELEBS

KNOXVILLE'S SWEETEST FUNDRAISER!



TICKETS \$5

PURCHASE IN ADVANCE ONLINE OR AT THE CENTER, OR DAY OF AT THE EVENT

PLACE TO-GO ORDERS IN ADVANCE ONLINE OR BY CALLING 865-523-1135



*SUGAR-FREE AND GLUTEN-FREE OPTIONS AVAILABLE. *DELIVERY IS NOT AVAILABLE

KNOXSENIORS.ORG/PF2025

your new fav!

Get your books signed!

APRIL 5-6

We've got workshops, too



check out the panels

...AND COFFEE

BOOKS FROM ALL GENRES!

BOOK FESTIVAL KNOXVILLE

... AND MIMOSAS

KNOXVILLE

CONVENTION

CENTER

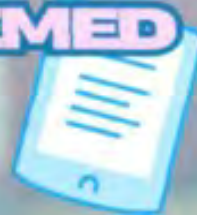
DID YOU HEAR...

Charlaine Harris & James Dashner will be there!

CUTE BOOK-THEMED VENDORS



KNOXVILLEBOOKFESTIVAL.COM





Get Screened
for Stroke and
Cardiovascular
Disease Risk

GET STARTED

Get Life Line Screening Package For Only

\$149 (50% savings)

Thursday, April 10th...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.



You're invited to a Life Line Screening event!

**Where: Carter Senior Center
9040 Asheville Hwy
Knoxville, TN 37924**

When: Thursday, 4/10/2025



Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk Screenings.**

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend: Anyone over the **age of 40**

Special Pricing for \$159

- Carotid Artery Disease Screening
- Peripheral Artery Disease Screening
- Atrial Fibrillation Screening
- Abdominal Aortic Aneurysm Screening
- Plus a FREE Hypertension Screening

4 ways to book your appointment...

Scan here:



Call 888-814-0466
and use promo
code: HSCA001

Visit
LLSA.SOCIAL/HSCA

Text the word
"circle" to
216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

April Senior Services Walk

UT Arboretum at Oak Ridge

901 S Illinois Ave, Oak Ridge, TN 37830

Join us on Tuesday, April 15th at 10am. We will meet in the parking lot. There are 7 miles of trails from casual to serious hiking with Butterfly trail of 0.5 miles and rated easy. Come enjoy a short walk with Kim and Cindy.

After you have worked up an appetite, eat with us at the Soup Kitchen, 47 E. Tennessee Ave., Oak Ridge, TN 37830

RSVP at seniorservices@knoxcounty.org or call 865-288-3761





Tuesday, April 22nd

Who doesn't love Jelly Beans? Did you know that it takes 7 to 21 days to make a single Jelly Bean and that enough Jelly Beans were eaten in the last year to circle the earth more than five times? From good old cherry or buttered popcorn to more adventurous flavors like latte and chili mango...so many flavors! Hillcrest Healthcare will be here sponsoring **“Guess How Many”** so be sure to stop by the center and see if you can guess how many Jelly Beans are in the jar for a chance to win! We will also have some Jelly Beans for you to sample.





COMMUNITY PROJECT ALERT!

Please drop off and donate any regular size grocery bags here at the center as we will be collecting them to help with Finders Keepers Thrift Store. They are a volunteer based store where all profits go back into the community. If you would like to help with this project, please reach out to Betty Leake @ 865-591-4073 or stop by the front office to sign up and volunteer.



Lunch Cruise on the Star of Knoxville Tennessee Riverboat Company

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

Friday, May 30th

\$37.78 per person

Boarding starts 11:30am / Sails 12:00-1:30pm



~TBD~

SIGN-UP IS REQUIRED!

Payment will be made directly to the Tennessee Riverboat via a link or phone number we will provide. We will also be happy to help you sign up and process your payment.

Feel free to drive or carpool.
There is also plenty of parking!

★ **SAVE THE DATE** ★

rummage

sale



Thursday, June 5th
8:30am - 2:30pm

**Fall Cleaning? Have Stuff to Sell?
OR...Come Find Your Treasure!**

**HOME GOODS • KITCHEN • CRAFTS
CLOTHING • BOOKS • ARTWORK**

**Vendor Booths must be reserved no later
than Friday, May 23rd**



Space is Limited...Reserve Your Spot Today!

SAVE The DATE

MAIN STREET, USA

featuring...The Tennessee Jewels



**Wednesday, June 25
@ 10:30am...**

Be sure to mark your calendars and join us for a special performance from the Tennessee Jewels! More information to come in the May / June newsletter.



presents 14 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

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Sevierville First United Methodist Church
214 Cedar St., Sevierville 37862

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Emerald Ave United Methodist Church
1620 N. Central St, Knoxville 37917
Corner of E. Emerald and N. Central St
Parking in the rear

Last Saturday
Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Kodak Church
2923 Bryan Rd, Kodak 37764

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

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

First United Methodist Church
121 East Meeting St, Dandridge 37725

West End Baptist Church
116 West End St, Newport 37821



VETERAN URGENT CARE RESOURCES



Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

Call 888-901-6609 if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call 866-620-2071 if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.
- Your region listed on the card to check your eligibility.



CHECK YOUR ELIGIBILITY!

FIRST, CALL:
1-800-MyVA411
(1-800-698-2411)
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.

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