



Kingsport Senior Center News

AUGUST 2011

Volume XXVI Edition 8

1200 East Center Street

Kingsport, Tennessee 37660

"Living Well with Diabetes"

With

Shirlene Booker from UT Extension

Room 230

1:00p.m. to 3:00p.m.

6 Sessions:

Session 1: Wednesday, August 10

Common Problems with Diabetes

Session 2: Thursday, August 18

Facts about Carbs and Healthy Eating Plans

Session 3: Wednesday, August 24

Preventing Complications

Session 4: Thursday, September 1

Dealing with Anger, Frustration

Session 5: Thursday, September 8

Managing Depression, Positive Thinking

Session 6: Thursday, September 15

Blood Sugar Control, Proper Foot Care

Sign-Up Begins: June 30, 2011

***Limit 15 Participants FREE**



CENTER NEWS

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

The Kingsport Senior Center is located at

1200 E. Center Street at the Renaissance Center.

For more information call the Center at (423) 392-8400

<http://seniors.kingsporttn.gov>

Center Hours

Monday thru Friday 8:00 am ~ 7:00 pm

Saturday 9:00 am ~ Noon

See branch site page for more information

***The exercise room & computer lab will close 15 minutes prior to the closing of the Center.**

NOW ACCEPTING

Membership Dues

for Fiscal Year

July 1, 2011-June 30, 2012

\$15 ~ Kingsport Residents

\$35 ~ Sullivan County Residents

\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
buchanans@ci.kingsport.tn.us
423-392-8403

Branch Coordinator
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423-246-8060

WELLNESS

WELLNESS SEMINARS

Acupuncture: Jenna Hayworth, L.Ac. with Tri-Cities Acupuncture & Wellness will be at the Center on **Tuesday, August 9, 2011** at 12:15 pm in the Card Room. Topic of discussion will be "Introduction to Acupuncture & Chinese Herbal Medicine".

Acupuncture is effective in the treatment of a variety of health conditions, including:

***Anxiety *Arthritis *Chronic Fatigue *Common Cold
*Depression *Fertility *Fibromyalgia *Headache
*Hypertension *Irritable Bowel Syndrome
*Menopause Syndrome *Menstrual Disorder *Nausea
*Pain *PMS *Sleep Disturbances *Stress**

All members are invited and we hope to see you there.

Heart Disease and Diabetes: Katy Fuqua, MS, RD, LDN, is inpatient and outpatient clinical dietitian at Indian Path Medical Center will be at the Center on **Tuesday, August 16, 2011** at 12:15 pm in the Card Room. Topic of discussion will be "The Link between Heart Disease and Diabetes." This topic will cover a wide variety of information: carbohydrates, protein, fats, low calorie snacks, portion sizes, and sugar alcohols. All members are invited.

Chronic Obstructive Pulmonary Disease (COPD):

An educational video program designed for those who suffer with COPD, chronic bronchitis or emphysema. It may also be of interest to caregivers and those that want to learn more about COPD. We are delighted to announce *Chronic Obstructive pulmonary Disease (COPD)*, an educational video program, facilitated by Kevin Lytle, Wellness Coordinator on **Tuesday, September 20, 2011** at 12:30 pm in the Card Room.

Attendees will learn about the signs, symptoms and causes of COPD and receive valuable information regarding up-to-date prevention and treatment options. This is an event you will not want to miss, so mark your calendar and plan to attend!

K-Mets Baseball Game

We will depart the Center **Thursday, August 18, 2011** at 4:15 pm for a K-Mets vs Johnson City Cardinals baseball game.

Dinner is on your own at the Outback Steakhouse Restaurant. Cost of bus/van is \$5.00 payable when you sign up and \$3.00 fee for the game payable at the gate. Stop by the office and sign up.

Wii Bowling Tournament

The Tournament will be held on **Tuesday, September 6, 2011** at 9:00 am in the hallway Billiards Room side. Need a minimum of 8 to sign up to have this tournament. This is a singles tournament with highest scores of three games to determine the winners of 1st, 2nd and 3rd place only. Cost is \$2.00 per person payable day of tournament. Sign-up starts on August 10, 2011.

White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the Center at 8:30 am on **Tuesday, August 23, 2011**. Cost of transportation is \$5.00 per person payable when you sign up. The rental fee for rafting is \$28.00 each (cash only) payable before we depart. Please bring the correct amount, we will not have any change. We need a minimum of 16 to sign up in order for the trip to go. Lunch is on your own at Ruby Tuesday's. We will White Water Raft the Upper Pigeon River which offers 60 plus rapids that include class III and IV whitewater. Be sure to bring a change of clothes, shoes and a towel for after the trip; you will get wet! Foot protection is required. You will need old shoes or sandals that fasten around your ankles.

NOTE: Flip flops are not allowed on the river. Sign-up began July 22, 2011. If you have any questions see Kevin.

Fit Test

We will be doing a fitness test on **Wednesday, August 31, 2011** from 9:00 am to 10:00 am in Kevin's office. We will test Body Fat%, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. Also your blood pressure will be taken. If you plan to participate in this event see Kevin to fill out some paperwork. And sign up for the test. All members are invited and we hope to see you there.

Bike Ride in Damascus VA

Come join us for a day of biking in Damascus, VA. We will depart the Center at 8:15 am **Wednesday, September 9, 2011**. Cost is \$5.00 for transportation payable when you sign up, bike rental fee is \$20.00 each, (cash only) payable before we leave. **NOTE:** Please bring the correct amount, we will not have any change. We need a minimum of 12 on the van in order for this trip to go. The bike ride is 17 miles from White Top to Damascus, which is down hill for the first 14 miles and leveling out the last 3 miles. Lunch is on your own at The Creeper Trail Café or you can pack a lunch. Bikes are available with hand and foot brakes. Sign-up starts Wednesday, August 17, 2011.

Lake Lure Tour

We will depart the Center at 8:30 am on **Wednesday, September 14, 2011** for Lake Lure, NC. Cost is \$5.00 for transportation payable when you sign up, lake lure tour is \$11.00 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered tour boats while your skipper guides you past local attractions and landmarks such as the locations used in filming the popular *Dirty Dancing* and the recently restored historic 1927 Lake Lure Inn and Spa. Listen to the legends, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign ups start Wednesday, August 24, 2011.

DAILY ACTIVITIES AND CLASSES AT THE CENTER

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Quilting ~ 9:00 ~ Room 303
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Strength Training ~ 9:30 ~ Gym
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00 ~ Gym
Pickleball ~ 4:00 ~ Gym

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Massage Therapy ~ 9:45 ~ Multipurpose Room
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 Card Room

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30am ~ Gym

Please Note Classes not meeting during Summer Session will start back in Fall Session beginning the week of September 12th. **Jam Session, Renaissance Strings, Knitting, Ballroom Dance and Karaoke will not meet in August but will start in September.**

HARMONICA LESSONS



Saturdays
9:00a.m. to 10:00a.m.
\$5.00 Paid to Instructor
Sign-up began June 17, 2011

Learn to play harmonica with instructor Bob Swartz. Classes take place in the lounge, and will continue through Fall.

TRAVEL AND SPECIAL EVENTS

Knoxville Museum of Art ~ Friday, August 5, 2011 ~ 9:45a.m. - 4:30p.m. ~ Cost: \$8.00. Lunch is on your own. **Sign-up began:** July 7, 2011.

"Keep it Safe" Your Rights as a Consumer ~ Thursday, August 11, 2011 ~ 12:15p.m. - 1:15p.m. ~ Cost: Free. Location: Card Room. **Sign-up begins:** August 2, 2011.

OTLB The Farmer's Daughter ~ Chuckey, TN ~ Friday, August 12, 2011 ~ 10:45a.m. - 3:30p.m. ~ Cost: \$5.00 Transportation. Lunch is on your own. **Sign-up began:** July 8, 2011.

Widow Support Group ~ Thursday, August 18, 2011 ~ 5:00p.m. ~ **Location:** Multipurpose Room.

Come Play Jeopardy and Learn about Fall Prevention with Gentiva ~ Thursday, August 18, 2011 ~ 12:15p.m. - 1:15p.m. ~ Location: Card Room. Cost: Free. **Sign-up begins:** August 18, 2011.

"Ring of Fire" ~ Wohlfahrt Haus ~ Thursday, August 25, 2011 ~ 9:45a.m. - 6p.m. ~ Cost: \$41.00 ticket/transportation. **Sign-up began:** June 24, 2011

Five Oaks Shopping Trip ~ Sevierville, TN ~ Tuesday, August 30, 2011 ~ 9:00a.m. - 5:30p.m. ~ Cost: \$5.00. **Sign-up began:** July 7, 2011.

OTLB Creeker's BBQ/Shopping at Peeble's Department Store ~ Elizabethton, TN ~ Tuesday, September 13, 2011 ~ 10:30a.m. - 4:30p.m. ~ Cost: \$5.00. Lunch is on your own. **Sign-up begins:** August 5, 2011.

Rocky Mount Museum & Living History Site Tour ~ Piney Flats, TN ~ Friday, September 16, 2011 ~ Cost: \$5.00 at sign-up/ \$5.00 day of trip. **Sign-up begins:** August 9, 2011.

"Cabaret" Barter Theatre ~ Abingdon, VA ~ Wednesday, September 21, 2011 ~ 10:30a.m. - 5:30p.m. ~ Cost: \$25.00. Lunch is on your own at Red Lobster. **Sign-up begins:** August 12, 2011.

"Hello Dolly" Wohlfahrt Haus ~ Wytheville, VA ~ Thursday, September 22, 2011 ~ 9:45a.m. - 6.00p.m. ~ Cost: \$41.00. **Sign-up begins:** August 11, 2011.

Dixie Stampede Jubilee Senior Appreciation Day ~ Pigeon Forge, TN ~ Tuesday, September 27, 2011 ~ 10:30a.m. - 5:00p.m. ~ Cost: \$38.00 Transportation/Ticket/Meal. **Sign-up begins:** August 4, 2011.

"The Buddy Holly Story" ~ Flat Rock Playhouse, NC ~ Thursday, October 20, 2011 ~ 9:15a.m. - 7:30p.m. ~ Cost: \$60.00 all inclusive. Lunch buffet at Season's at Highland Lake Inn restaurant included in price. **Sign-up begins:** August 5, 2011.

Sightseeing Tour & Lunch on Lake Norman

Mooresville, NC

Friday, August 19, 2011

8:30a.m. - 6:00p.m.

\$27.00 Lunch/Cruise/Transportation

Sign-Up Began: July 8, 2011

Enjoy the beauty of Lake Norman aboard "The Catawba Queen" for a relaxing lunch and a sightseeing cruise. Price is all-inclusive.



MENU CHOICES:

Sliced Ham W/ Lettuce and Tomato
Sliced Turkey W/ Lettuce and Tomato
Chicken Salad W/ Lettuce and Tomato
2 Hot Dogs with Mustard, Ketchup, Relish
BBQ Sandwich W/Coleslaw

All Plates are served with cookies, chips and pickles, as well as coffee, tea and water. Full-service cash bar will also be available.

TRAVEL AND SPECIAL EVENTS



Downtown Gatlinburg Shopping/Lunch

Friday, September 2, 2011
\$8.00/ Lunch on Your Own
9:30a.m. to 4:30p.m.

Sign-Up Begins August 5



Smokey Mt. Palace Theatre

Gatlinburg, TN

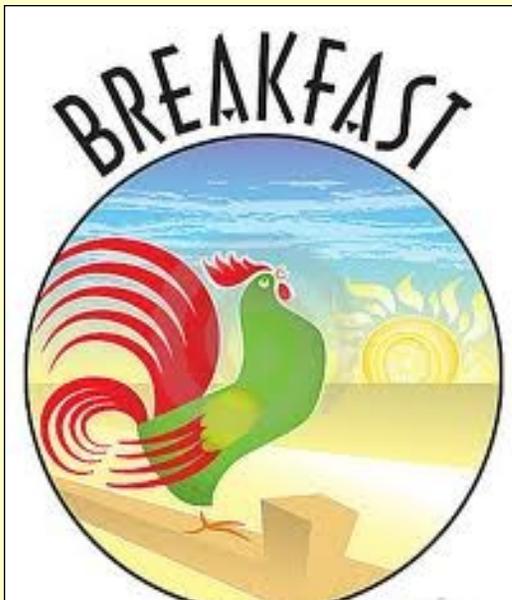
Tuesday, October 11, 2011

\$28.00 Ticket/Bus

10:30a.m. to 6:00p.m.

Sign-Up Begins August 9

Cirque de Chine is an incredible show that features the amazing skills, grace and illusions of China's best acrobatic troupes. The show lasts 2 hours with a 15 minute intermission. Lunch is on your own at Logan's Roadhouse restaurant.



Remington House Breakfast

Cafeteria

Tuesday, August 16, 2011

9:00a.m. to 10:30 a.m.

Free

Sign-Up Begins August 2, 2011



TRAVEL AND SPECIAL EVENTS

"Good Neighbors" July Barge Ride and Picnic at Bays Mountain



"The Road to Appomattox"

Barter Theatre

Abingdon, VA

Thursday, September 8, 2011

\$25.00 Transportation/Ticket

This new, yet historically accurate story follows the footsteps of Robert E. Lee's final journey to Appomattox brilliantly woven together with a parallel story of the present-day lives of a husband and wife.

Lunch is on your own at Logan's Roadhouse.

Sign-up begins August 5, 2011.

NEWS TO USE

Are You a Retired Engineer?

Are you a retired engineer? We would like to know.

The City Manager has asked us to help compile a list of all retired engineers living in the region. Please help us by stopping by the office and adding your name to the list.

Thank you in advance for your help with this.



Guitar Lessons



Wednesdays
1:00pm to 3:00pm
Room 303
\$5.00 / 30 Minute Lesson
Sign-Up in Office

A TASTY TREAT FROM MARSHA

Summer Vegetable Ratatouille

2 onions, sliced into thin rings
3 cloves garlic, minced
1 medium eggplant, cubed
2 zucchini, cubed
2 medium yellow squash, cubed
2 green bell peppers, seeded and cubed
1 yellow bell pepper, diced
1 chopped red bell pepper
4 Roma (plum) tomatoes, chopped
1/2 cup olive oil
1 bay leaf
2 tablespoons chopped fresh parsley
4 sprigs fresh thyme
Salt and pepper to taste

Directions:

1. Heat 1 1/2 tablespoons of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.
2. In a large skillet, heat 1 1/2 tablespoons of olive oil and sauté the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.
3. Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoons olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sautéed add them to the large pot as was done in step 2.
4. Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.
5. Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.
6. Remove the bay leaf and adjust seasoning.



YOUR PAGE

****Volunteers Needed****

The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few volunteers who are willing to be trained to give the presentation to home - bound seniors. The requirement will be to give 5 presentations over the next 12 months. Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402

From the Dancing Corner

Rascals will rock on August 12th with ***Big Band Theory***. Although the theme is country, the band will play a variety of hits from the 30's to the 80's. Marc Strand plays trumpet and leads the band. Patti Quarles plays keyboards.

The special annual event, the **Senior prom**, will be held at the Boys and Girls Club on Saturday, August 20. The band ***Kids Our Age*** will be featured along with a full catered

dinner. For those who attended last year's prom, you'll

remember the great spread of food and dessert, the wonderful door prizes, and the fabulous music of this very popular band, interlaced with line-dancing intervals. It all added up to a wonderful experience that night. Can we top that? Well, you have to be the judge and let us know!

Tickets for specific tables at the prom have been on sale since July, so hurry and get yours from someone at the sales table at the Senior Center, or from Angela Price at 288-5239. Most of the proceeds from the \$20 tickets will benefit the Senior Center.

**August Dance with Live Music from Big Band Theory Friday, August 12, 7:00pm - 10:00pm
Rascals Teen Center, 125 Cumberland St,**

Just for Singles Fun Dinner

August 11, 2011

Cafeteria

3:00p.m. - 5:00p.m.

No sign-up required; walk-ins welcome!
Please bring a covered dish.

Library Book Day

Thursday, August 18, 2011

Time: 9-11 a.m.

Table in front of the Senior Center office.



Massage Therapy Appointments

Fridays with Debra Defrieze
30 minute massage \$15.00,
call (423)791-4693

Schedule appointments by calling and pay
massage therapist day of appointment.

Generations Online Internet Class

Mondays, Wednesdays and Fridays
1:00 p.m. to 5:00 p.m.

This is an opportunity to learn how to use the internet, the lingo, how to use a mouse, send email and how to use a search engine. Class is free. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. See "peer coach" during designated times to make arrangements to take class.

AARP Safe Driving Classes

Wednesday, August 3 - Thursday, August 4
9:00a.m. to 1:00p.m.

Room 230

\$12.00 Members/ \$14.00 Non-Members
Refreshments

Sign-Up Began July 12

KINGSPORT SENIOR CENTER
Fall 2011
Session III
Computer Class Schedule

Fall Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433.

Basic Computer

6 class sessions \$25

Tuesdays, September 6, 13, 20, 27, October 4, 11.
9:00am to 11:30am

Internet Basics

4 class sessions \$25

Thursdays, September 29, October 6, 13, 20
1:00pm to 3:30pm

Microsoft Word

4 class sessions \$25

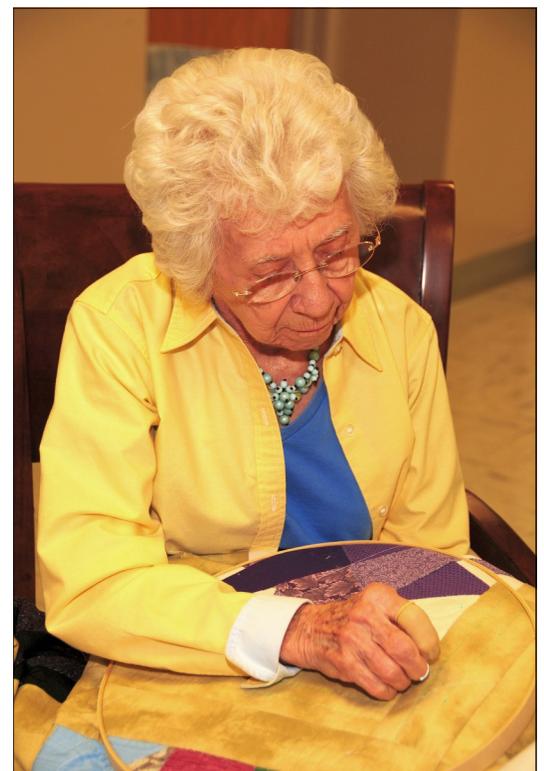
Wednesdays, September 28, October 5, 12, 19
9:00am to 11:30am

Internet Security and Hard Drive Clean-Up

One Day Seminar \$10

Tuesday, October 18, 2011

9:00am to 11:30am and 1:00pm to 3:00pm



SUMMER 2011 BRANCH SITE CLASS SCHEDULE

Lap Swimming

- M-F
- Time: Call office for times
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys & Girls Club beginning 8-8
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys & Girls Club beginning 8-8
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal Training with Tony

- Call for appointment ~ 423-963-0653
- Call for Prices
- Instructor: Tony Mays

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays & Fridays
- Time: 10:45am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor

Total Body Workout

- Wednesdays (Beginning 8-10)
- Time: 9:30-11:00
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

Strength Training

- Tuesdays & Thursdays
 - Time: 9:00am
 - Location: Lynn View branch site
 - Instructor: Chris Hicks
 - Cost: FREE to members.
 - Learn to properly use weight equipment to increase strength.
- Class ends August 25th. Watch September newsletter for new class.

***You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**

***NEW TREADMILL*
We have our new treadmill at Lynn View! Come try it .**

Branch Site Locations

Lynn View Community Center

257 Walker Street
Kingsport, TN 37665
(423) 765-0134

First Broad United Methodist Church

100 E Church Circle
Kingsport, TN 37660
(423) 392-8402

Boys & Girls Club

1 Positive Place
Kingsport, TN 37662
(423) 392-8402

V. O. Dobbins Community Center

301 Louis Street
Kingsport, TN 37660
(423) 392-8402



The Kingsport Artisan Center

The Artisan Center at the Lynn View Branch is searching for artists and their work.

We are making plans to implement a new marketing strategy which will include signs, a website and other media advertising. If you are interested in selling your art at our Consignment Center, please email samples of your work along with a brief artists biography to price@ci.kingsport.tn.us or call Cindy Price at 392-8402. It is not necessary to be a member of the Kingsport Senior Center, but you must be 50 years of age or older.





Seminar
Disaster Preparedness for Seniors

Tuesday, September 6, 2011

12:15p.m. to 1:15p.m.

Card Room

Sign-Up Begins August 11

Limit 25

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

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