



# **Kingsport Senior Center News**

**July 2013**

**Volume XXI Edition 7**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

# Harrah's Cherokee Casino

**Friday, August 9, 2013**



**Cherokee, NC**



**8:30am-7:00pm**

**Cost: \$35/\$10 slot voucher free**

**Must have valid photo ID!**



**Sign up begins July 8.**

## 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 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
423-392-8405

Secretary ~ Marsha Mullins  
marshamullins@kingsporttn.gov  
392-8400, **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Nutrition Site Manager ~ Sona Bingham  
246-8060

**The Center will be closed :  
Thursday, July 4**

**July 15-19 (during Fun-Fest) the Senior Center  
will close at 4:30pm.**

# WELLNESS

## White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the Center at 8:15 am on **Thursday, August 1, 2013**. Cost of transportation is \$8.00 per person payable when you sign up. The rental fee for rafting is \$27.00 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 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 go around your ankle. **NOTE:** Flip flops are not allowed on the river. Sign up begins July 10, 2013.

## TOURNAMENT

**Pickleball Tournament:** Due to the summer program schedule for Parks & Rec., the tournament has been rescheduled for **Friday, August 9, 2013** at 10:00 am at Lynn View. This tournament will be doubles playing the best three games, with double elimination. The tournament will be rally score to 11 points, teammates will be drawn randomly; with prizes awarded to 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

## Tournament Winners

**Table Tennis -** Held on Wednesday, June 11, 2013:

Front - L to R - Orval Quisenberry, Nancy Hale, Sondra Tornga  
Rear - L to R - Dave Gander, Charles Gray, Carl Glendenning, Suzanne Glendenning, Mike Bus.

1st Place: Orval Quisenberry/Dave Gender, 2nd Place: Mike Bus/Suzanne Glendenning, and 3rd Place: Charles Gray/Sondra Tornga



## WELLNESS SEMINAR

**Healthy Aging:** Dr. Derrick D'Costa, MD. FAAFP will be at the Center on **Tuesday, July 9, 2013** at 12:30 in the Card Room. Topic of discussion: "Physical Health"

- **Nutrition:** Easy to understand and implement scientific concepts for healthy eating and optimal nutrition.
- **Exercise:** Understanding the numerous proven benefits of exercise as we age. Learning the basics of health enhancing exercise programs to include aerobic exercise, resistance exercise and stretching.
- **Weight Reduction and Maintenance:** Importance of Restorative Sleep and Understanding and treating Allergies.

Dr. D'Costa will be delivering credible science based information, (excerpts from a book on Healthy Aging he is working on), in a simplified and easy to understand format; to help enhance the health and longevity of our Kingsport Seniors. The seminar will be followed by an extensive Q&A session with the audience, regarding any and all medical subjects. This will be a really good seminar so be sure to put it on your calendar.

## LUNCH & LEARNS

**Spinal Awareness:** This seminar will be presented by Dr. Galen Smith, M.D., with Associated Orthopedics, on **Tuesday, July 30, 2013** in Room 239 from 10:30 am to 11:30 am and lunch at 11:30 am. Topic of discussion will be "Treating back pain, vertebral compression fractures, and maintaining a functional quality of life". Lunch will be served and you must reserve a seat to attend. So stop by the office or call 423-392-8400 to sign up, there is a limit of 50 seats available.

**Fall Prevention:** Dr. David Franzus, M.D., Internal Medicine, Gerontology, will be at the Center on **Thursday, August 8, 2013**, in the Card Room from 10:30 am to 11:30 am with lunch sponsored by Crown Cypress Assisted Living at 11:30 Topic of discussion will be "Facts About Falls".

### **Falls and Fall Injuries:**

- Are more common than strokes and can be just as serious in their consequences
- Are the most preventable cause of needing nursing home placement
- Lead to problems with daily activities like dressing, bathing, and walking around

### **Among Adults 70 Years and Older:**

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- In the United States, 16 percent of all Emergency Department visits and almost 7 percent of all hospitalizations are for fall-related injuries

So stop by the office or call 423-392-8400 to sign up, there is a limit of 25 seats available.

## Daily Activities and Classes at the Center

### Monday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym  
 Tai-chi ~ 8:30 ~ Room 310\*  
 Quilting ~ 9:00 ~ Room 303\*  
 Open Woodshop ~ 9:00  
 High Impact Aerobics ~ 9:15 ~ Gym  
 Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
 Happy Day Singers ~ 9:45  
 Strength Training ~ 10:15 ~ Gym  
 Lap Swimming ~ 11:45-12:45 ~ DB Pool  
 Knitting ~ 1:00 ~ Room 303\*  
 Table Tennis ~ 1:00 ~ Gym  
 Volleyball ~ 4:00 ~ Gym

### Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~ (appointment only)  
 Zumba Fitness ~ 8:15 a.m.  
 Mini Cardio ~ 8:45 ~ Room 302  
 Ceramics ~ 9:00 ~ Ceramics/Clay Room  
 Strength Training ~ 9:30 ~ Gym  
 Basket weaving ~ 9:30-12:30 Room 303\*  
 Renaissance Strings ~ 10:00 ~ Atrium\*  
 Sing Along ~ 10:15 ~ Cafeteria  
 Exercise for Everybody ~ 10:30 ~ Gym  
 Beginning Dulcimer ~ 11:00 ~ Atrium\*  
 Good Neighbors ~ 12:15 ~ Lounge  
 Lap Swimming ~ 11:45-12:45 ~ DB Pool  
 Shuffleboard ~ 1:00 ~ Ceramics Hallway  
 Pickleball ~ 1:00 ~ Gym  
 Basketball ~ 4:00 ~ Gym  
 Ballroom Video Class ~ 4:30pm ~ Room 302

### Wednesday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym  
 Tai-chi ~ 8:30 ~ Room 310\*  
 Open Woodshop ~ 9:00  
 High Impact Aerobics ~ 9:15 ~ Gym  
 Intermediate HandBuilding ~ 10:00 ~ Ceramic/Clay Room\*  
 Strength Training ~ 10:15 ~ Gym  
 Clogging ~ 11:15 ~ Room 302\*  
 Hand and Foot Card Game ~ 12:30 ~ Card Room  
 Lap Swimming ~ 11:45-12:45 ~ DB Pool  
 Table Tennis ~ 1:00 ~ Gym  
 Belly Dancing ~ 1:00 ~ Room 302\*

### Thursday

Zumba Fitness ~ 8:15 a.m.  
 Mini Cardio ~ 8:45 ~ Room 302  
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
 Woodcarving ~ 9:00 ~ Room 303  
 Strength Training ~ 9:30 ~ Gym  
 Beginning Belly Dancing ~ 10:00 ~ Room 302\*  
 Exercise for Everybody ~ 10:30 ~ Gym  
 Beginning Clogging ~ 11:30 ~ Room 302\*  
 Good Neighbors ~ 12:15 ~ Lounge  
 Jam Session ~ 12:30 ~ Cafeteria  
 Lap Swimming ~ 11:45-12:45 ~ DB Pool  
 Volleyball ~ 1:00 ~ Gym  
 Pickleball ~ 4:00 ~ Gym  
 Ballroom Dance ~ 5:00 ~ Room 302\*

### Friday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym  
 Genealogy Group ~ 9:00 ~ Computer Lab  
 Open Woodshop ~ 9:00  
 High Impact Aerobics ~ 9:15 ~ Gym  
 Strength Training ~ 10:15 ~ Gym  
 Lap Swimming ~ 11:45-12:45 ~ DB Pool  
 Pickleball ~ 1:00 ~ Gym  
 Bridge Group ~ 1:00 ~ Card Room  
 Mahjong ~ 1:30 ~ Multipurpose Room  
 Art Class ~ 2:00 ~ Room 303\*

### Saturday

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

**\*Any class with an asterisk next to it will resume week of August 26th unless otherwise specified\***

**Senior Advisory Council  
 Will meet July 18, 2013  
 12:30 p.m.  
 Room 228**

## TRAVEL AND SPECIAL EVENTS

### **Flat Rock Playhouse Presents:** **"Les Miserables"**

Thursday, August 8, 2013

Flat Rock, NC

9:15am-7:00pm

\$44.00 plus lunch on your own

Lunch at Cracker Barrel

This international sensation may be the most popular musical in the world. Epic, grand and uplifting, *Les Misérables* packs an emotional wallop that has thrilled audiences for a generation, and now for the first time, it will be on the Flat Rock stage. Set in early 19th-century France, *Les Misérables* is the story of Jean Valjean, a French peasant of abnormal physical and moral strength, and his never-ending quest for redemption. After serving 19 years in jail for having stolen a loaf of bread for starving relatives, Valjean decides to break his parole and start his life anew, but he is relentlessly tracked down by a police inspector named Javert. Along the way, Valjean and his cohorts get swept into a revolutionary period in France, where a group of young idealists make their last stand at a street barricade. Our all-new production will feature a cast of thirty performers and a new production design that will make this musical a "can't miss" summer event!

**Sign up now!**

### **Senior Services Fair**

Tuesday, September 17, 2013

1st Floor

9:00am-11:30am

For more information contact Marlana Williams at 392-8405

### **Wood burning Class**

Friday, August 16, 2013

9:00am-1:00pm

Room 303

Cost: \$45.00 payable to instructor day of class.

Instructor: Michele Howe

Maximum of 10 participants

Supplies, wood, and patterns are provided but bring wood burning tool if you have one!

The project will be 8in x 10in

**Sign up begins July 16.**



## TRAVEL AND SPECIAL EVENTS

### **Wohlfahrt Haus Presents:** **"The Fabulous 50's"**

Wednesday, August 21, 2013  
Wytheville, VA  
9:45am-7:00pm  
Cost: \$44.00 all inclusive

Back by popular demand, Wohlfahrt Haus' smash hit The Fabulous Fifties returns to the stage with Johnny and Susie and the rest of the gang. This glance at a simpler time features all the hits you remember as well as a "one-eyed, one-horned" special appearance. Grab your Bobbi socks and poodle skirts and "stroll" down memory lane in this one of a kind show that captures the FUN and FEEL of America's Dream decade.

**Sign up begins July 11.**

### **OTLB: Alamo Steakhouse**

Friday, August 16, 2013

Pigeon Forge, TN

9:30am-4:30pm

Cost: \$8.00/Lunch on your own.

\*Menu located at front desk.



**Sign up begins August 2.**

### **Travelers! Help us plan!**

The Kingsport Senior Center travel committee has chosen to consider two different larger trips for 2014. We need your help in determining the level of interest for both.

**Please call Marlana 423.392.8405, or Shirley 423.392.8403, to express your interest in either or both of these trips.** This will help us determine whether or not to consider making the reservations.

### **17 Days and 16 Night Vacation Including a 15 Day/14 Night Australia & New Zealand Cruise Aboard Celebrity's "Solstice" January 19-February 3, 2014**

Includes: Time in Sydney, Australia, Hobart, Tasmania, and many different sites in New Zealand.

Prices include round-trip airfare, 2 night hotel accommodations in Atlanta, GA, Cruise, Cabin, Shipboard Meals, Port charges, Taxes and Transfers in Auckland and Sydney

Prices: \$4849.00 per person, Inside Cabin~~\$5399.00 per person, Balcony Cabin

### **Dancing with the Stars: At Sea Aboard Holland America's Nieuw Amsterdam 8 Days/7 Nights ~~ January 5-13, 2014**

Experience the excitement of Dancing with the Stars during your cruise, with celebrity hosts and professional dancers—You won't want to miss the opportunity to learn from the pros and experience the dazzling productions and glamorous costumes. Participate in a complementary dance class based on the dance routines from the ABC smash hit show, Dancing with the Stars.

And compete in the Dancing with the Stars: at Sea Competition

Visit Grand Turk, Turks and Caicos, San Juan, Puerto Rico, St. Thomas, and Half Moon Cay, Bahamas, while on cruise in the Eastern Caribbean!

Price includes roundtrip airfare from Tri Cities Regional Airport, cruise, port charges, fees, taxes, and transfers to/from ship.

Prices range from \$2135.00 to \$2665.00, depending on cabin category selection.

## Your Page

### From the Dancing Corner

No dance in July. Will resume in August.



**Volunteer needed to help scrapbook for the City of Kingsport. If interested contact the Senior Center office at 392-8400.**

### Senior Fest 2013 Block Party

**Friday, July 5th**

**5:00 - 8:00 p.m.**

**Front parking lot**

**Free Admission with a canned food item for Second Harvest Food Bank**

**Featuring DJ Larry Brooks**

**Visit local vendors : Smoky Mountain Home Health and Hospice, Home Instead Senior Care, Life Care Center of Gray, CrestPoint Health, Aid and Assist at Home, LLC., UnitedHealthCare, Walgreens**

**Door prizes, yard games, food and fun!**

### Bob Ross Style Painting Class

Wednesday, July 17, 2013

Room 303

10:00am-2:00pm

Cost: \$50.00 payable to Instructor

Instructor: Jay Holdway

All items for class will be provided.

**Sign up began June 19.**



**Winners of door prizes at the health and wellness fair**

## NEWS TO USE

### **Seminar:** **TN Regulatory Authority**

Tuesday, August 13, 2013  
12:30pm-2:00pm  
Card Room  
FREE

Come and learn about free/ lost cost services provided for seniors.

Speaker: Vivian Wilhoute

Light refreshments provided

**Sign up begins July 5.**

### **Massage Information:**

Cheryl Merrican will be taking over massage from 9-2 every Tuesday. Anyone wanting to schedule a massage will need to call Cheryl at 423-791-4222.

Debra Defrieze will be leaving July 29 for Kampala, Uganda in Africa. She will be working with special needs children at Heritage International School which serves the children of missionaries working in the nearby villages. She will return in June 2014.

### **A Tasty Treat from Marsha**

#### **Oven Baked Fajita**

##### **Ingredients:**

- 1 pound boneless, skinless chicken breasts cut into slices
- 2 tbsp vegetable oil
- 2 tsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/4 tsp seasoned salt
- 1 (15oz) can diced tomatoes with green chilies (Rotel)
- 1 Medium onion, sliced
- 1/2 red bell pepper, cut into strips
- 1/2 green bell pepper, cut into strips

##### **Directions:**

- Preheat oven to 400 degrees. Place chicken strips in dish.
- In a small bowl combine the oil, chili powder, cumin, garlic powder, oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat.
- Next add tomatoes, peppers, and onions to the dish.
- Bake uncovered for 20-25 minutes or until chicken is done and vegetables are tender.



## Computer Classes

**Must sign up in advance of first class**

### How to buy a computer tablet: Ipad, etc

Saturday, July 6

9:30am-11:30am

\$10.00 payable day of class to instructor

Instructor: Jamie Cyphers

**Sign up by July 3rd.**

### P.C. Basics

Saturday, July 13

9:30am-11:30am

\$10.00 payable day of class to instructor

Instructor: Jamie Cyphers

**Sign up by July 10.**

### Social Media 101 : Facebook and Twitter included

Saturday, July 20

9:30am-11:30am

\$10.00 payable day of class to instructor

Instructor: Jamie Cyphers

**Sign up by July 18.**



## Generations Online Internet Class

Mondays, Wednesdays and Fridays

1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.

Please call 392-8433.

**Computer lab is available for use unless a class is scheduled.**

## **KARAOKE**



**Will resume in September!**

## **Genealogy Group**

9:00am Friday's  
Computer lab

## **Library Book Day**

Thursday, July 18, 2013

# Spring 2013 BRANCH SITE SCHEDULE

## Core Conditioning

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Drawing

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Will resume in August

## Advanced Drawing

- Wednesday
- Time: 9:00am - 11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Will resume in August

## Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- **WILL NOT MEET JUNE & JULY**

## Line Dance - Intermediate

- Monday
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- **WILL NOT MEET JUNE & JULY**

## Advanced Yoga

- Tuesday and Thursday
- 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

## Artist and Crafters Monthly Breakfast

- No July meeting—
- resume Tuesday, August 13
- 9:30am
- Lynn View Branch Site
- Please call for reservation

## Strength Training

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

## Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Zumba Fitness

- Tuesday 10:45am
  - Location: Lynn View Branch Site
  - Instructor: BJ Goliday
  - Minimum of 8 students required
- Will resume in August

## SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

## Piloxing (WILL NOT MEET JUNE & JULY)

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

## Total Body Workout

### **WILL NOT MEET JUNE & JULY**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2

## Game Day

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

## Pickleball

- Monday, Wednesday & Friday
- Time: 2:00pm - 4:00pm
- Lynn View Branch Site

Will resume in August

## Ageless Grace (WILL NOT MEET JUNE & JULY)

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

## Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## Zumba Gold (lower impact)

- Wednesday and Friday
- Time: 11:00am
- Lynn View Community Center
- Instructor: Rita Justis

Will resume in August

### **Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Diane at 423 765 9047.

Visit our website

[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)

And like us on Facebook



**Kingsport**  
**Adult Education**

Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

**JOB SKILLS**

**21ST CENTURY JOB SEEKING \*NEW**

- 8 weeks
- Fee \$100
- Instructor: Jamie Cyphers
- Wednesday 6:00pm - 8:00pm
- Location: Computer Lab, Senior Center
- Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview

**2008 National Electric Code (Commercial)**

- 8 Weeks
- Fee: \$70
- Monday 6:00pm - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

**2008 National Electric Code (Residential)**

- 8 Weeks
- Fee \$70
- Monday 6:00pm-8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

**Beginning Heating Ventilation and Air Conditioning Certification Preparation**

- Part II
- 10 Weeks
- Fee: \$165
- Tuesday 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take

your certification test. Must have a minimum of 5 students. Must pre-register.

***CULTURAL/ARTS/CRAFTS***

**Card Making Workshop**

- Instructor: TBA
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make five cards and take materials home to make five additional cards.

**Beginning Clay**

- 8 weeks class
- Tuesday, 6:00pm-8:00pm
- Fee: \$60 plus \$10 clay and \$10 firing fee
- Instructor: TBA
- Minimum: 8 students
- Maximum: 15 students

This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete eight different projects.

***HEALTH/EXERCISE***

**Beginning Golf Lessons**

- 6 weeks class
- Fee: \$25
- Tuesday, 6:00pm
- Instructor: TBA
- Call for more information

**Personal Training with Chris**

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

**Zumba Fitness**

- 6 weeks
- \$25 fee per session
- Thursday, 5:15pm
- Instructor: Becky Mills
- Location: Lynn View Community Center, Cafeteria

**Piloxing**

- Tuesday, 6:00pm
- Instructor: Becky Mills
- Limited to 15 participants
- \$30.00 payable first night of class

***DANCE CLASSES***

**Beginning Line Dance**

- 8 weeks class
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursday, 6:30pm - 8:00pm
- Location: Lynn View Community Center

**Couples Dance**

- 8 weeks class
- Dates same as Line Dance
- Fee: \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Wednesday, 6:30pm - 8:00pm
- Location: Lynn View Community Center

**Salsa Dance**

- 4 weeks class
- Fee: \$10 for 4 weeks/8 classes
- Tuesday and Thursday
- Time: 1:00pm
- Room 302, Renaissance Center
- Instructor: BJ Goliday



\* Call for starting dates where not listed.

# Senior Fest '13

## Daily Schedule

### **Monday, July 15**

Biscuits for the first 100 participants provided by Friends of the Senior Center (shuffleboard hallway)

8:30a.m.-Tai-Chi demo (front lawn)

8:30 & 9:15a.m.– Aerobic Demo (gym)

9:00a.m.-Noon– Music by Harry and Jan Rose Hall (atrium)

9:00a.m.-Quilt Show for current quilting class participants (multipurpose room)

9:00a.m.-Bottle Ball Toss (atrium)

10:00a.m.– Corn hole tournament sponsored by Care Central (outside atrium, shuffleboard hallway)

10:15a.m.– Strength training (gym)

11:00a.m.-Happy Day Singers (atrium)

12:30p.m.– Door prizes– must be registered and present to win (inside atrium)

### **Tuesday, July 16**

Mini muffins for the first 50 participants provided by Perkins (shuffleboard hallway)

Free Chair Massage demo by Cheryl Merrican (ceramic room hallway)

8:15a.m.– Zumba demo (gym)

9:00a.m.– Music by Harry and Jan Rose (inside atrium)

9:00a.m.– Flower arranging with Janet, Fresh Market (card room)

9:00a.m.– Basket Making, observe class (room 303)

9:30a.m.– Ping Pong Bounce (atrium, shuffleboard hallway)

10:00a.m.– Renaissance Strings Perform (atrium)

10:15a.m.– Sing Along (Cafeteria)

10:30a.m.– Exercise for Everybody (Gym)

11:00a.m.– Cake Walk sponsored by Emeritus at Kingsport (card room)

12:30p.m.– Door Prizes– must be registered and present to win ( inside atrium)

## **Wednesday, July 17**

Bojangles Bo Berry Biscuits for first 50 participants  
(shuffleboard hallway)

8:30a.m.– Senior Olympic Breakfast  
sponsored by HealthSouth Rehabilitation  
Hospital of Kingsport (cafeteria)

9:00a.m.– Piano Music by Freda Karsnak  
and Eddie Skelton (atrium)

9:00a.m.– Open Woodshop

9:00a.m.– Aerobics for the brain:  
Improving Brain Function (room 239)

10:30a.m.– Aerobics for the brain: Food  
for thought (room 239)

10:30a.m.– Hand and Foot Card demo  
(card room)

12:30p.m.– Door Prizes– Must be  
registered and present to win (atrium)

## **Thursday, July 18**

8:15a.m.– Zumba Demo (gym)

8:30a.m.– Aerobics for the Brain: Nudging  
Your Neurons (room 239)

9:00a.m.– Bingo (cafeteria)

9:00a.m.– Corn Hole Toss (outside atrium,  
shuffleboard hallway)

10:00a.m.– Aerobics for the Brain:  
Sharpening the Brain (room 239)

10:00a.m.– Healthways lunch-Brain  
fitness/exercise demos (front lawn)

Menu: BBQ Chicken, baked beans, potato salad,  
macaroni salad, coleslaw, brownie, chocolate chip  
cookie, tea (sweet/un) or water. (First come first  
serve.) Catered by Two Dad's Café and Catering

Lunch sponsored by Healthways and AARP

12:30p.m.– Door Prizes– Must be  
registered and present to win (inside  
atrium)

## **Friday, July 19**

Bojangles Bo Berry Biscuits for the first 50 participants (shuffleboard hallway)

8:30a.m.– Omega Challenge– Face Race (computer lab)

9:00a.m.– Music by Harry and Jan Rose Hall (atrium)

9:00a.m.— Pastry 101— \*Must pre-register and pay \$2.00 in the senior center office by  
July 12th\* (lounge)

9:00a.m.– Shuffleboard Slide (atrium, shuffleboard hallway)

9:30a.m.– Genealogy Seminar : featuring Donna Briggs and Betty Jane Hylton  
\*Pre-registration is suggested\* (room 239)

11:00a.m.– Gladys Midnight and The Peeps also New Vision Youth Skit (2nd floor  
theater)

12:30p.m.– Door prizes-Must be registered and present to win (inside atrium)

# A Special Thanks To Our Senior Fest Sponsors!!

Friends of the Senior Center

AARP

Tommy Lee Hulse (Arbitration and Mediation)

Eastman Credit Union

Food City

Asbury Place Kingsport

First Kingsport Credit Union

CrestPoint Health

Care Central, Inc.

Comfort Keepers

Price Less Foods

Mac's Medicine Mart

Smoky Mountain Home Health and Hospice

Aid and Assist At Home, LLC

Walgreens

UnitedHealthCare

Elmcraft Senior Living of Kingsport

Life Care Center of Gray

Home Instead Senior Care

ETSU Natural History Museum/  
Gray Fossil Site

Mason Jar Eatery & Catering Co.

Two Dad's Café N Catering

Still Transfer

Emeritus at Kingsport

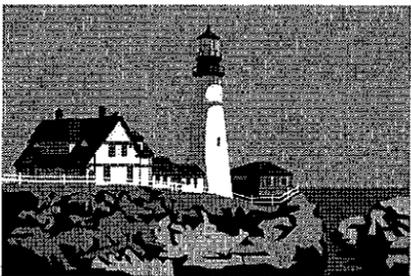
HealthSouth Kingsport

# PML Travel & Tours and Kingsport Senior Citizens Center



Presents a Fabulous  
**9 Day/8 Night Canada & New England Cruise**  
Aboard Royal Caribbean's "*Grandeur of the Seas*"

**Date: October 16 – October 25, 2013**



*New England and eastern Canada have an unmistakable charm, history and natural beauty all their own, and there's no better time to visit than the fall. The foliage is brilliant in every imaginable color, lighthouses dot the coastline, and there's always an authentic lobster bake going on somewhere.*

**Price: \$1444.00 Per Person Inside Cabin Cat. N**  
**\$1494.00 Per Person Inside Cabin Cat. M**  
**\$1744.00 Per Person Outside Cabin Cat. I**  
**\$1784.00 Per Person Outside Cabin Cat. H**  
**\$1824.00 Per Person Outside Cabin Cat. G2**

(Prices Based on Double Occupancy. Cabin Selection Subject to Availability)

### **Included in Your Price:**

1 Night Hotel Accommodations with Breakfast, 1 Dinner on the Overnight, Visit to Baltimore's Inner Harbor, Cruise, Cabin, Shipboard Meals, Port Charges and Taxes.

Motor Coach to and from Baltimore Pier (minimum of 30 paying passengers required)

**Travel Protection: Cancellation Policy is Severe. Travel Protection can be purchased at \$145.00 per person for Cats N & M, \$171.00 per person for Cat I and \$199.00 per person for Cats H & G2 – double occupancy. Travel Protection should be purchased at the time of initial deposit to ensure full benefits.**

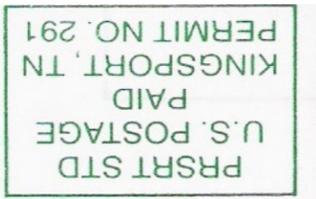
### **Payment Schedule:**

1. **\$250.00 per person is due with names immediately, to hold your reservation.** Cabin selection will go to the earliest bookings. The cruise line reserves the right to lower our inventory or raise our prices at anytime.
2. Final payment is due by July 2, 2013.
3. Travel Protection, on an individual basis, should be forwarded to PML Tours as people give their initial deposit.

Fuel surcharges by all transportation companies may be assessed.



PML Travel & Tours 750 Rte 73S, Ste 204, 2<sup>nd</sup> Floor, Marlton, NJ 08053 Toll Free: 800-872-4868 Fax: 856-983-8434



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

## **Ballroom Dance Workshops**

Wednesday, July 24  
And  
Wednesday, July 31

2:00pm-4:00pm

Room 302

Cost: \$20.00 per person payable first day of class.

Instructor: Lance Halverson

This is a beginner class, focusing on night club two step.

**Sign up begins July 1.**

