



Kingsport Senior Center News

JUNE 2011

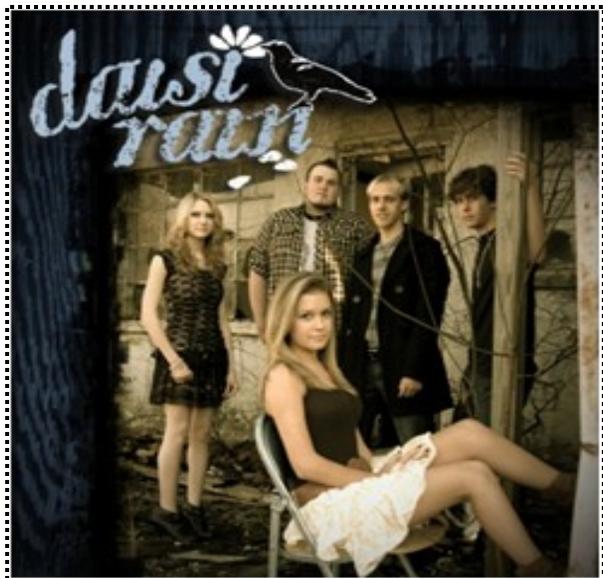
Volume XXIV Edition 6

1200 East Center Street

Kingsport, Tennessee 37660



Senior Fest 2011



Block Party

July 8

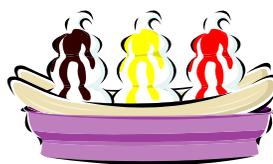
5:00pm - 9:00pm

Featuring: "Daisi Rain"

Free Admission!

Please bring a canned food item for Second Harvest Food Bank.

Games! Food! Fun!



July 18-22, 2011

9:00am – 2:00pm

Free Admission!

Please bring a canned food item for
Second Harvest Food Bank.

- **"Eating Healthy on a Budget"**
- **"How to Stop Smoking"**
- **Senior Olympics Breakfast***
- **Senior Dance Showcase**
- **Banana Splits by the Yard**
- **Chinese Cooking Demo**
- **"Dandy Don's Cowboy and Western Show"**

* Sponsored by Health South



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.**

**Membership Dues
for Fiscal Year
July 1, 2010-June 30, 2011**

\$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
Cindy Price
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Nutrition Site Manager ~ Sona Bingham
423-246-8060

WELLNESS

WELLNESS SEMINARS

Chronic Obstructive Pulmonary Disease (COPD): A 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, June 21, 2011** at 12:15 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! No sign-up required.

Acupuncture: Jenna Hayworth, L.Ac. with Tri-Cities Acupuncture & Wellness will 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 | *Indigestion |
| *Arthritis | *Irritable Bowel Syndrome |
| *Chronic Fatigue | *Menopause Syndrome |
| *Common Cold | *Menstrual Disorders |
| *Depression | *Nausea |
| *Fertility | *Pain |
| *Fibromyalgia | *PMS |
| *Headache | *Sleep Disturbances |
| *Hypertension | *Stress |

For more information visit: www.tricitiesacupuncture.com
All members are invited and we hope to see you there. No sign-up required.

Billiards Tournament

We invite all pool sharks to show off your skill on **Wednesday, June 22, 2011** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person! Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first two tables** in the billiards room.

K-Mets Baseball Game

We will depart the Center **Friday, July 1, 2011** at 3:30 pm for a K-Mets vs Elizabethton Twins baseball game. Dinner is on your own at the Lone Star 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. Sign ups start on Wednesday, June 1, 2011.

HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 14, 2011** on the 1st floor from 9:00 am to 11:30 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. So mark your calendar for this very important date to be a part of the fun.

YOU'RE SO VEIN

Need some inner motivation? New Mayo Clinic research shows that losing just a few pounds can expand your arteries. ***When healthy people gained 9 pounds, their blood vessels showed a decreased ability to dilate, a risk factor for high blood pressure, stroke, and erectile dysfunction.*** After the weight loss, the vessels reverted to their original state. Study author Virend Somers, M.D., Ph.D., says each fat cell is "a factor for deleterious substances, including adipokines, which cause inflammation." Gradual weight loss is best: It helps prevent regain later, he says

Quote of the Day: A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. - Paul Dudley White

Table Tennis Tournament

Our Table Tennis Tournament held on Wednesday, April 20, 2011 was a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. 1st place: John Thomasson & Charles Shelton 2nd place: Charles Gray & Joyce Manis, and 3rd place: Bill Elderbrock & Nancy Hale.



Table Tennis Tournament - 04/20/2011

1st Row - L to R: Nancy Hale, Sandra Tornga, Don Salyer, Joyce Manis, Bill Elderbrock

2nd Row - L to R: Rodney Gray, John Thomasson, Al Clark, David Gander, Charles Shelton, Miklos Bus, Charles Gray, Michael Manis

TRAVEL AND SPECIAL EVENTS

Healthy Pets with Essential Oils ~ Tuesday, June 7, 2011 ~ 10:00a.m. - 11:30a.m. ~ Location: Card room. Cost: \$5.00 paid to instructor. **Sign-up begins:** June 1, 2011.

Ramsey House Plantation Tour ~ Knoxville, TN ~ Wednesday, June 15, 2011 ~ 9:30a.m. ~ Lunch is on your own at Puleo's Grille. Cost: \$5.00 transportation/ \$5.00 day of trip. **Sign-up began:** May 11, 2011.

Father's Day Breakfast ~ Thursday, June 16, 2011 ~ 9:00 a.m. to 10:00 a.m. ~ Location: Cafeteria. Cost: Free. **Sign-up began:** May 18, 2011.

Widowed Persons Support Group ~ "Spring Forward into the Stream of Life with the Widowed Persons Support Group" ~ Thursday, June 16, 2011 ~ 5:00p.m.-6:00p.m. ~ Location: Multipurpose room. Cost: Free.

Barter Theatre ~ "Alfred Hitchcock's The 39 Steps" ~ Stage II ~ Thursday, June 23, 2011 ~ 10:30a.m. to 5:30p.m. ~ Lunch on your own at Allison's. Cost: \$25.00 Tickets/ Transportation. **Sign-up began:** May 3, 2011.

Changing Your Diet for Better Health ~ Thursday, June 23, 2011 ~ 12:15p.m. - 2:00p.m. ~ Location: Card room. Cost: \$10.00. **Sign-up began:** May 3, 2011.

"How to Make Your Money Work for You" ~ Ron Bedford, Preferred Tax-Free Retirement ~ Tuesday, June 28, 2011 ~ Location: Multipurpose room. Cost: Free.

Tuckaleechee Caverns ~ Townsend, TN ~ Wednesday, June 29, 2011 ~ Departs at 9:00a.m. ~ Cost: \$5.00 transportation/ \$14.00 cash day of trip. **Sign-up begins:** May 18, 2011.

Wohlfahrt Haus, Wytheville, VA ~ "American Bandstand" ~ Thursday, June 30, 2011 ~ Departs at 9:45a.m. Returns at 6:00p.m. Cost: \$41.00. **Sign-up began:** May 6, 2011.

Card Making with Chalk Pencils ~ Wednesday, July 20, 2011 ~ 9:00a.m. - 1:00p.m. ~ Location: Room 303. Cost: \$10.00 paid to instructor. **Sign-up begins:** June 20, 2011.

Stacy Makes Cents "Coupons and Cost Saving Tips" ~ Wednesday, July 20, 2011 ~ 10:00a.m. - 11:30 a.m. ~ Location: Card room. Cost: Free. **Sign-up begins:** June 20, 2011.

Mamma Mia! ~ Belk Theatre Charlotte, NC ~ July 27- 29, 2011 ~ Cost: \$255.00 pp/double occupancy. Trip includes shopping at Northlake Mall, Daniel Stowe Botanical Gardens, World of Coca-Cola in Atlanta and more. **Sign-up began:** April 6, 2011.

Flat Rock Playhouse "Hairspray" ~ Flat Rock, NC Wednesday, August 3, 2011 ~ 9:15a.m. - 7:30p.m. ~ Cost: \$39.00. Lunch is on your own at Cracker Barrel. **Sign-up begins:** June 3, 2011

OTLB Ridgewood Barbecue, Bluff City, TN ~ Friday, July 29, 2011 ~ 10:15a.m. ~ Cost: \$5.00. **Sign-up begins:** July 6, 2011.

Folkmoot USA Performance

Flat Rock, NC

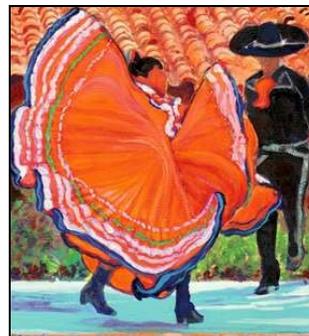
Wednesday, July 27, 2011

\$28.00

9:15a.m. - 6:30p.m.

Sign-Up Begins June 7, 2011

Folkmoot USA is a celebration of the world's cultural heritage through folk music and dance. It is held every summer across the beautiful mountains of Western North Carolina. Folkmoot features performances, a parade, and workshops by up to 350 performers from 6 different countries.



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
Clay, Beginning Throwing ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Multipurpose Room
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Piano Lessons ~ 1:30 ~ Multipurpose Room
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Clay, Intermediate & Advanced ~ 9:00 ~ Ceramics/Clay Room
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
Ballroom Dance ~ 5:00 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Massage Therapy ~ 9:45 ~ Multipurpose Room
Beginning Spanish ~ 10:00 ~ Room TBA
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
French Class ~ 9:00am ~ Card Room
Table Tennis ~ 10:30am ~ Gym



TRAVEL AND SPECIAL EVENTS



Seminar:

"How to Stop Smoking"

Thursday, July 21, 2011

1:00p.m. - 2:00p.m.

Card Room

Sign-Up Begins June 23, 2011

Refreshments, homemade cookies

Free!

New Orleans/Biloxi **7 Days/6 Nights**

November 13-19, 2011

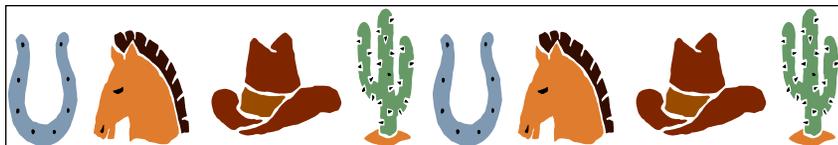
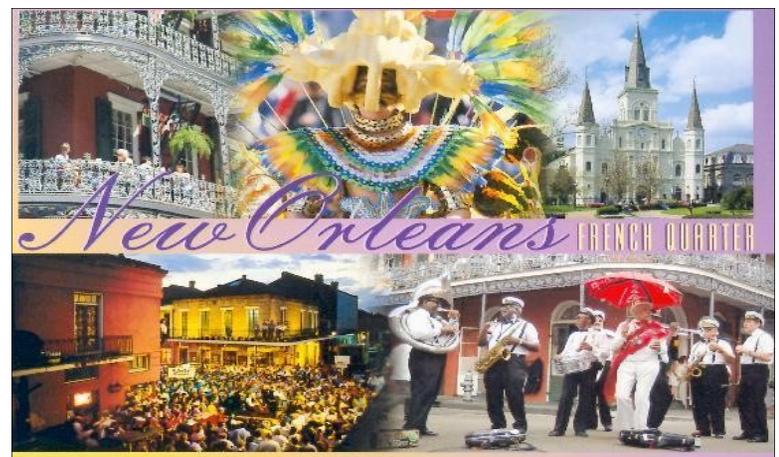
\$849.00 Per Person/Double Occupancy

\$1089.00 Single

Visit Beautiful historic New Orleans, Louisiana, Biloxi, Mississippi and Atlanta, Georgia. A trip to Harrah's Casino is also included in this trip. \$250.00

Non-refundable deposit due at sign-up.

Sign-up began: April 6, 2011



"Dandy Don's" Cowboy & Western Show

Thursday, July 21, 2011

10:00a.m. to Noon

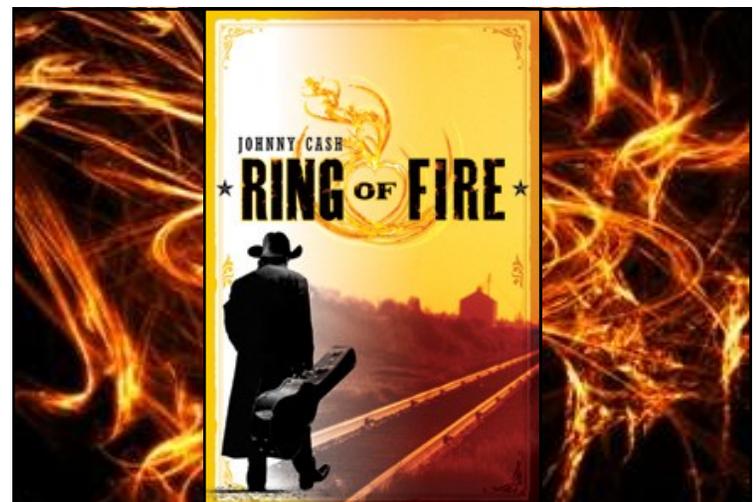
Theater

Free!

No sign-up required.



If you know the music of Gene Autry, Roy Rogers, and The Sons of the Pioneers, you will enjoy "Dandy Don's" western themed show of music, comedy, tall tales and more!



Johnny Cash "Ring of Fire"

Thursday, August 25, 2011

\$41.00 Ticket/ Transportation

Wohlfahrt Haus, Wytheville, VA

Sign-Up Begins: June 24, 2011

The story of the legendary "Man in Black" is told through his music, and features over 30 of his greatest hits.

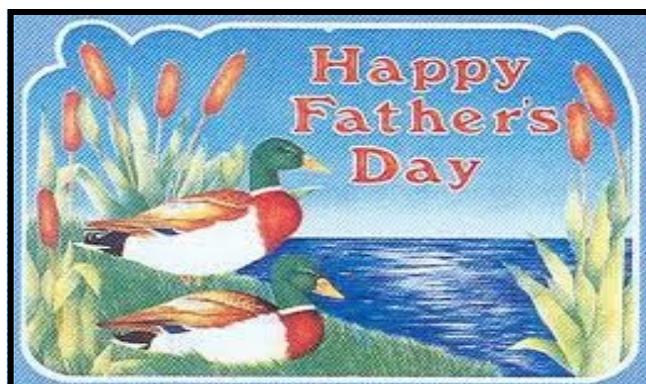
NEWS TO USE

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.



Woodshop Clean Up Days

Have you been wondering about when the woodshop will re-open? We are looking at opening the wood shop in late August or early September. In order for this to happen we need you!! We have established the following dates as "clean-up" dates for the month of June: June 1st, 8th, 22nd, 29th, every Wednesday in June except the 15th which is our Wellness fair. We will start at 9:00 am each day and work as long as we can. The Senior Center will need all of our woodshop volunteers to come out and help us reorganize and set up the two new pieces of equipment that we have now received. One is a new planer and the other is a new drum sander. We also need to form a list of volunteers that would be willing to conduct open shop times. If you will let me know I will gather a list in June and we will begin meeting in July to set up a schedule and to have volunteer training. If you have any questions about this please see Shirley Buchanan for further information.

A TASTY TREAT FROM MARSHA

Fresh Lemon-Berry Tart

Cooking spray

1 -(16.5 ounce) package refrigerated sugar cookie dough, thinly sliced

1/4 cup prepared lemon curd

4 1/2 cups assorted berries (such as sliced strawberries, blueberries, raspberries)

1/4 cup sugar-free strawberry preserves, melted (such as Smucker's)

1. Preheat oven to 375 degrees.
2. Coat a 12- inch pizza pan with cooking spray; line with parchment paper. Place dough slices on parchment, pressing together to form a large cookie. Bake at 375 degrees for 16 minutes or until lightly browned; cool 20 minutes on wire rack.
3. Spread lemon curd evenly over cookie. Arrange berries on top of lemon curd; brush with strawberry preserves. Cut tart into 12 slices. Yield: 12 servings (serving slice: 1 slice)

Weight Watchers Points Plus value: 6

Who's Afraid of a Little Mouse?

Think back to when you were first learning how to use the mouse. Can you remember how difficult it was for you? For many of us, the mouse has become second nature. Try this--if you are right handed, try using the mouse with your left hand (and vice versa). Pretty hard isn't it?

The best way to help seniors over their reluctance to try the computer is to let them sit down and use it. Request a reluctant elder to help you evaluate this new program called "**Generations on Line**". Ask her or him to read the directions aloud and do what it says.

If an older learner is having a hard time with the mouse have them try two-handed "mousing"; use one hand to move the mouse and the other to click.

Suggestion: playing Solitaire is a good way for many people to practice their "mousing" skills.

YOUR PAGE

From the Dancing Corner

What comes to your mind when you think of your high school years? Remember Elvis Presley? Remember the poodle skirts, the cat-eye glasses and saddle shoes? Remember the last time you wore them? Remember those you ran around with?

If you are so inclined, get out your poodle skirts, don your saddle shoes, come to the sock hop dance on June 10th and see what you might recall! As always, dressing for the theme is optional. The band for the evening will be your favorite: *The Mailmen*. Jerry Hanger and his band will bring us exciting music and a great time!

June Dance with The Mailmen

Friday, June 10, 2011 7:00PM - 10:00PM

Rascal's Teen Center

125 Cumberland Street, Kingsport, TN

Cost: \$5.00 per person. Please bring a dessert or snack to share.

****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

If you would like to volunteer for SeniorFest activities, please contact Michelle Tolbert at 392 -8404.



Dance Showcase

Just for Singles Fun Dinner

June 9, 2011

Cafeteria

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

No sign-up required; walk-ins welcome!

Please bring a covered dish.

Library Book Day

Thursday, June 16, 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.

KINGSPORT SENIOR CENTER SPRING 2011 Session I Class Schedule

Classes began the week of April 18th
Classes end the last week of June
(Unless otherwise specified)

Spring 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.

We are creating a list of interest for e-mail and Excel computer classes, if interested and to be put on the list, please call 392-8400.

EBay Class

Tuesday, June 7, 2011

9:00AM - 11:30AM

Cost: \$5.00



Generations Online Internet Class

Monday, Wednesdays and Fridays

1:00 PM - 5:00 PM

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. A "peer coach" will be there to assist you. Contact the peer tutor in the computer room to make sure there is a computer available for you.



Senior Fest 2010

SPRING 2011 BRANCH SITE CLASS SCHEDULE

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyys-Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

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

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club 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: 10:30am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Total Body Workout

- Wednesdays
- Time: 9:00am - 10:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

New 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.
- Begins Thursday, June 2, 2011. 8 weeks

New Zumba -Salsa -Hip Hop Fitness/ Exercise Class

- Tuesdays & Thursdays
- Time: 6:00p.m.
- Location: VO Dobbins Community Center. Begins May 17.
- Instructor: BJ Goliday
- Cost: \$50.00 for 6 weeks. Senior Center members \$25.00.
- Adult Ed is open to adults 18 and over.
- Sign-up at Senior Center.

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

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



Kingsport Senior 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 artist 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.

SCHOOL SUPPLY DRIVE



June - July 2011
Front Office Hallway
New Items Only Please
**Accepting pens, pencils, notebooks, crayons, markers,
folders and backpacks.**

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

PRSR STD
U.S. POSTAGE
PAID
KINGSPORT, TN
PERMIT NO. 291