



Kingsport Senior Center News
March 2013
Volume XXI Edition 3
1200 East Center Street
Kingsport, Tennessee 37660

Senior Dance Showcase

Wednesday, April 3, 2013

Theater

6:30pm-8:30pm

Free

Do you love to dance or have you been interested in learning a new dance? The Kingsport Senior Center offers a variety of dance classes for you! The Senior Dance Showcase will give you a preview of all the dance classes we offer here at the Senior Center. Come and see!!!

Refreshments will be served!



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**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665**

**Hours: 9am to 2pm ~ Monday ~ Friday
(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, 2012-June 30, 2013**

\$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
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392-8404

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

Program Leader ~ Marlana Williams
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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

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

**The Senior Center will be closed for
Good Friday/Easter weekend
Friday, March 29, 2013
and
Saturday, March 30, 2013**

WELLNESS

WELLNESS SEMINARS

Dietetic Supplements Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the center on **Tuesday, March 5, 2013** at 12:30 pm in the card room. Topic of discussion: Dietetic Supplements. This will be a really good seminar so be sure to put it on your calendar.

Brown Bag Medicine - Angela Wackowski, PHARM D. with Walgreens will be at the Senior Center on Tuesday, **March 19, 2013** from 9:00 am to 11:00 am in the card room. She will be doing blood pressure checks and checking for correct dosages, drug interaction and answer any other questions you may have regarding your medications. Please remember to bring all prescription medications, as well as those that are non-prescription. This seminar is a free service provided by Walgreens Pharmacy all members are invited, we encourage you to take full advantage of this very good service.

Mini Health Fair: The senior center will host a mini health fair in the hallway billiards room side on **Tuesday, April 9, 2013** from 9:00 am to 11:00 am. Come join us for a day of wellness. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Vendors for this event will be: Comfort Keepers, Elmcroft of Kingsport, Gastroenterology Associates, Grand Court. So mark your calendar for this very important date to be part of the fun.

Fit Test

We will be doing a fitness test on **Wednesday, March 13, 2013** from 9:00 am to 10:30 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 stop by the office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 18, 2013** on the 1st floor from 9:00 am to 11:00 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. More information to come in the next two months. So mark your calendar for this very important date to be a part of the fun.

Time Quote of the Month

Waste your money and you're only out of money, but waste your time and you've lost a part of your life.

Michael LeBoeuf

TOURNAMENTS

Wii Bowling Tournament: The tournament will be held on **Tuesday, March 19, 2013** 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.

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Friday, April 19, 2013** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. 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 ups start on March 27, 2013.

Billiards Tournament: We invite all pool sharks to show off your skill on **Wednesday, April 24, 2013** 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, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room. Sign ups start on March 27, 2013.

Pickleball Tournament: The tournament will be held at Lynn View on **Friday, June 7, 2013** at 10:00 am. 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 ups start on May 15, 2013.

Table Tennis Tournament: We will host a table tennis tournament on **Wednesday, June 12, 2013** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign ups start on May 22, 2013.

LEAN ON PROTEIN

The formula for weight loss: Add, don't subtract. A study from the Netherlands suggests we should **focus on increasing protein intake rather than cutting carbs**. People who followed a high-protein diet lost a similar amount of weight after a year whether they were also limiting carbs or not. Protein should be the centerpiece of your diet because it keeps you full and helps you maintain muscle mass, the researchers say. Dieters consumed half a gram of protein for each pound of their body weight.

Daily Activities and Classes at the Center

Monday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym
 High Impact Aerobics ~ 9:15 ~ Gym
 Quilting ~ 9:00 ~ Room 303
 Tai-chi ~ 8:30 ~ Room 310
 Open Woodshop ~ 9:00
 Camera Club ~ Go to www.scphotogroup.com
 Happy Day Singers ~ 9:45
 Beginning Throwing ~ 10:00 ~ Ceramic/Clay Room
 Strength Training ~ 10:15 ~ Gym
 Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Beginning Clogging ~ 10:00 ~ Room 302
 Beginning Belly Dance ~ 11:30 ~ Room 302
 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)
 Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Room
 Strength Training ~ 9:30 ~ Gym
 Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
 Renaissance Strings ~ 10:00 ~ Atrium
 Sing Along ~ 10:15 ~ Cafeteria
 Exercise for Everybody ~ 10:30 ~ Gym
 Good Neighbors ~ 12:15 ~ Lounge
 Jam Session ~ 12:30 ~ Cafeteria
 Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Beginning Dulcimer ~ 11:00 ~ Atrium
 Shuffleboard ~ 1:00 ~ Ceramics Hallway
 Pickleball ~ 1:00 ~ Gym
 Basketball ~ 4:00 ~ Gym
 Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)
 Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Muscular Strength and Range of Movement ~ 8:15 ~ Gym
 High Impact Aerobics ~ 9:15 ~ Gym
 Tai-chi ~ 8:30 ~ Room 310
 Open Woodshop ~ 9:00
 Intermediate Hand Building ~ 10:00 ~ Ceramic/Clay Room
 Strength Training ~ 10:15 ~ Gym
 Hand and Foot Card Game ~ 12:30 ~ Card Room

Lap Swimming ~ 12:30-1:00 ~ DB Pool
 Clogging ~ 11:15 ~ Room 302
 Table Tennis ~ 1:00 ~ Gym
 Belly Dancing ~ 1:00 ~ Room 302

Thursday

Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Woodcarving ~ 9:00 ~ Room 303
 Strength Training ~ 9:30 ~ Gym
 Exercise for Everybody ~ 10:30 ~ Gym
 Jam Session ~ 12:30 ~ Cafeteria
 Good Neighbors ~ 12:15 ~ Lounge
 Lap Swimming ~ 12:30-1:00 ~ 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
 High Impact Aerobics ~ 9:15 ~ Gym
 Genealogy Group ~ 9:00 ~ Computer Lab
 Open Woodshop ~ 9:00
 Strength Training ~ 10:15 ~ Gym
 Lap Swimming ~ 12:30-1:00 ~ 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



TRAVEL AND SPECIAL EVENTS

Safety and Fall Precautions Seminar ~ Card Room ~ Tuesday, March 12, 2013 ~ 12:30pm-1:30pm ~ FREE ~ No sign up required.

OTLB: Blue Rooster Café and downtown shopping ~ Gate City, VA ~ Friday, March 15, 2013 ~ 11:30am-4:30pm ~ Cost: \$5.00/ lunch on your own ~ Sign up's began February 6.

Flat Rock Playhouse: "The Odd Couple" ~ Thursday, April 11, 2013 ~ 9:15am-7:00pm ~ Cost: \$40.00/ Lunch on your own at O'Charley's ~ Sign up's began February 15.



Candle Light Dinner 2013

LYNN VIEW COMMUNITY CENTER OPEN HOUSE

Saturday, March 23, 2013

10:00am-5:00pm

Artists will be selling crafts!

Also baked goods and drinks will be sold!!

COME AND JOIN US!!



Good neighbors making homemade lotion



Sewing Machine Basics Class

TRAVEL AND SPECIAL EVENTS

"Little Women"

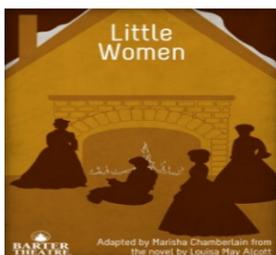
Thursday, March 7, 2013

Barter Theatre

10:30am-5:30pm

Cost: \$32.00

Lunch on your own at Logan's Roadhouse



Experience this adaptation of Louisa May Alcott's beloved novel

Sign up now!!

Bush's Bean Museum & Tour of Forbidden Caverns/Lunch

Tuesday, April 16, 2013

Dandridge/Sevierville, TN

8:00am-6:00pm

Cost: \$8.00/ Lunch on your own

Lunch at Bush's Café



Sign up now!!

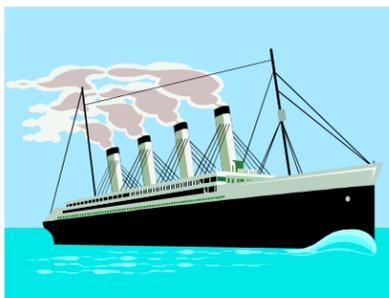
Titanic Museum and Lunch at Applewood Farmhouse

Friday, May 3, 2013

Pigeon Forge

8:45am-5:00pm

Cost: \$45.00 All Inclusive



Sign up's begin March 22.

"Songs My Mother Taught Me" With Lorna Luft

An electrifying celebration of the legend, the music and the memories of Judy Garland.

Thursday, May 16, 2013

Flat Rock, NC

9:15am-7:00pm

Cost: Ticket and bus \$44.00

Lunch on your own at O'Charley's.



Your Page

From the Dancing Corner

MARCH DANCE AT THE RED ROOM

The Dance Committee under the auspices of the Friends of the Kingsport Senior Center is proud to announce the booking of *Scat Cats and the Welles Brothers* for the March Dance. The *Scat Cats* were a premier dance band arising in the old Douglas High School in Kingsport while the Welles brothers are from Bluff City. Long-time fans of the bands may remember them from a variety of names. Each band formed nearly 50 years ago, built on styles based around horn sections and a rhythm and blues backbone. The Wells Brothers featured a more vocals-heavy style, while the Scat Cats were more instrumental-based. Several members have been replaced over the years, but the spirit and sounds from this group persist. Donnie Flack was the original drummer and notes:

"We run the gamut from the 1950s on up to the '90s. We do beach music, Creedence Clearwater Revival's 'Proud Mary,' Van Morrison tunes, the Temptations, James Brown. We'll do Motown, Stax, Sam and Dave."

The Flacks, who founded the Scat Cats, and the Wells Brothers are family – cousins. Neither Wells and his brothers nor his cousins in the Scat Cats became household names from coast to coast; but they sure played shows well beyond the Tri-Cities -- Miami, New York, Detroit, Cleveland, Washington, D.C. – they got around. Music was their ticket.

Come out and welcome this group on March 8, 2013. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$8.00 per person or \$15.00 per couple. Please DO NOT bring food to this dance. A concession stand is available.

THE RED ROOM is located at Highway I-81, Exit 66, 234 Carolina Pottery Drive, Blountville.

Friends of the Kingsport Senior Center presents

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THE RED ROOM
234 Carolina Pottery Drive
Blountville, TN

Admission: \$8 per person
Or \$15 per couple

Friday, March 8, 2013 6:30-10 PM



SCAT CATS

Contact:
423 245-7925

Reverse Mortgages: Are They Right For You?

Thursday, March 14, 2013
12:30pm-1:30pm
Card Room
FREE

REFRESHMENTS PROVIDED!

NO SIGN UP REQUIRED

Bob Ross Style Painting

Wednesday, March 20, 2013
Room 303
10:00am-2:00pm
Cost: \$48.00 payable at sign-up

Instructor: Jay Holdway



Sign up's began February 21

NEWS TO USE

Anyone interested in teaching an upholstery class?

If so, contact Michelle at 423-392-8404.



Tips for Dementia Prevention

Thursday, April 4, 2013
12:30pm-1:00pm
Card Room

Refreshments provided!

No sign up required!

Bean Luncheon

Friday, March 8, 2013
Room 239
11:15am-1:00pm
\$4.00 per person

Purchase tickets in front of office from Publicity Committee member.

A Tasty Treat from Marsha

Cinnamon Granola Bars

Ingredients:

1/4 cup butter, softened
1 cup packed brown sugar (I use *Splenda*)
1 egg
2 tablespoons ground flaxseed
2 tablespoons honey
2 cups old-fashioned oats
1 cup all-purpose flour
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 cup raisins (optional) may substitute chopped nuts

Directions:

In a large bowl, beat butter and brown sugar until crumbly, about 2 minutes. Add egg; beat well. Stir in flax and honey. In a small bowl, combine the oats, flour, cinnamon and soda; stir into creamed mixture until blended. Gently stir in raisins and/or nuts.

Press into an 11 x 7 baking dish coated with cooking spray. Bake at 350 degrees for 14-18 minutes or until set and edges are lightly browned. Cool. Cut into bars. Batter will be very stiff and finished product may be a bit crumbly when using *Splenda*.

Borrowed from *Taste of Home*

Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

BASIC INTERNET

Tuesdays: March 5, 12, 19, 26 1:00 p.m.—3:30 p.m. \$25.00

MICROSOFT WORD

Tuesdays: February 19, 26, March 5, 12, 19, 26 1:00 p.m.—3:30 p.m. \$25.00

e-BAY AND AUCTION SITES

ONE DAY SEMINAR: Tuesday, April 9. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

Waiting list for Excel and Email being taken

***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

Manicures

Wednesday, March 13, 2013

Multipurpose Room

11:30am-1:30pm

Cost: \$2.00 paid to manicurist

Provided by: DB Cosmetology

Sign up now!

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. "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



**Tuesday, March 19, 2013
4:00pm
Cafeteria**

Genealogy Group

Friday's ~ Computer lab

9:00am



Library Book Day

Thursday, March 21

Spring Classes 2013

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Art Class - Painting

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

Ballroom Dance

- Thursday
- Time: 5:00pm - 6:00pm
- Location: Room 302
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka, Fox Trot and cut a rug

Basic Woodworking

- Classes are 6 weeks
- Begins Tuesday, March 12
- Senior Center Woodshop
- 9 to 11 am
- Tuesdays and Thursdays
- Cost: \$50, materials not included
- Instructor: Howard Osborne

Massage Therapy

Tuesdays with Debra Defrieze
30 minute massage
Cost: \$15.00
call (423)791-4693

Ballroom Video Class

- Tuesdays
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

Basket weaving

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Mondays
 - Time: 11:30am-12:30pm
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin. Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

- Please visit website for meeting times
- Instructor: Claude Kelly
 - Website: www.scphotogroup.com

Ceramics

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay (Beginning Throwing)

- Mondays
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00

Clay (Beginning Hand Building)

- Tuesdays
 - Time: 6:00pm-8:00pm
 - Location: Ceramic Room
 - Instructor: TBA
 - Fee: \$45.00 for members
 \$60.00 non members
 8 person minimum
 15 person maximum
- 8 different projects will be completed.

Clay (Intermediate Hand Building)

- Wednesdays
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00

Clogging - (Beginning)

- Mondays
- Time: 10:30am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Spring 2013 Classes Continued

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Atrium
- Instructor: Peggy Ferrell
- Learn to play this beautiful Instrument

Exercise for Everybody

- Tuesdays & Thursdays
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- Inspirational singing at nursing homes

Jam Session

- Tuesdays & Thursdays
- Time: 12:30 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

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

Mahjong

- Fridays
- Time: 1:30pm-3:30pm
- Location: Multipurpose Room
- Cost: FREE
- Instructor: Jean Chang

Mini Cardio Exercise Class

- Tuesdays, Thursdays
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucile Hincke and Jan Fenelon

SilverSneakers Muscular Strength and Range of Movement

- Monday, Wednesday & Friday (ongoing)
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Mondays & Wednesdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome



Ron Smith shows off his box of chocolates he won from Carla Dunn, Elmcroft Assisted Living, during blood pressure checks on Valentine's Day.

Spring 2013 BRANCH SITE SCHEDULE

Core Conditioning

- Tuesday & Thursday
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

Beginning Drawing

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

Advanced Drawing

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

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

Artist and Crafters Monthly Breakfast

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

Strength Training

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Yoga

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

Zumba Fitness

- Tuesdays 10:45am
- Thursdays 11:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

Silver Sneakers Yoga Stretch

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

Silver Sneakers Muscular Strength and Range of Movement

- Mondays & Wednesdays
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesdays & Thursdays
- 9:30 a.m.
- 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

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

Game Day

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

Pickle-ball

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

Ageless Grace

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

Walking

- Monday-Friday
- Time: 9:00 a.m.—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
- 11:00
- Lynn View Community Center
- Instructor: Rita Justis



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

Beginning Computer Literacy

- 6 Weeks
- Fee \$70
- Instructor: TBA
- Wednesdays 6:00 - 8:00pm
- Location: Computer Lab, Lynn View CC

2008 National Electric Code (Commercial)

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

2008 National Electric Code (Residential)

- 8 Weeks
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification Preparation

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

There will be 1 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 5 cards and take materials home to make additional 5 cards.

Beginning Clay

- 8 week class
- Tuesdays, 6-8 pm
- 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 8 different projects.

HEALTH/EXERCISE

Beginning Golf Lessons

- 6 weeks (Beginning 2nd Tuesday in April, 2013)
- Fee: \$25
- Tuesdays 6:00 p.m.
- Instructor: TBA
- Begins April, 2013
- 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
- New sessions, March
- \$25 fee per session
 - 5:15
 - Thursdays
 - Instructor: Becky Mills
 - Location: Lynn View Community Center, Cafeteria

Piloxing

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

DANCE CLASSES

Beginning Line Dance

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

Couples Dance

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

Salsa Dance

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

KINGSPORT SENIOR CENTER ARTS SHOW
MARCH 22-APRIL 26, 2013

AREA SENIORS ARE INVITED TO FEATURE THEIR ARTS AND CRAFTS IN A SHOW IN THE 2ND FLOOR ATRIUM GALLERY: MARCH 22nd-APRIL 26th.

WORKS ELEGIBLE ARE: DRAWINGS, PAINTINGS, SCULPTURE, PRINTS, FIBER ART AND HAND BUILT CERAMIC WARE.

ALL ENTRIES MUST HAVE BEEN COMPLETED WITHIN THE LAST TWO YEARS. ONLY ORIGINAL WORKS OF ART WILL BE ACCEPTED. ARTISTS MUST BE 50 YEARS OF AGE. THIS IS A JURIED SHOW AND ALL JUDGING DECISIONS ARE FINAL.

*All artists assume the risk associated with showing work. Kingsport Senior Center and the City of Kingsport are not liable for any damage or loss.

AWARDS ARE AS FOLLOWS: 1ST PLACE-\$75; 2ND PLACE-\$50; 3RD PLACE \$25; AND PEOPLE'S CHOICE AWARD- \$25.

ENTRY FEE IS \$5.00 FOR THREE PIECES, ANY ADDITIONAL ENTRY WILL COST \$2.00— Payable in the senior center office. PLEASE DROP OFF ARTWORK BETWEEN March 4-8, 2013, 8am-7pm, IN THE SENIOR CENTER OFFICE.

A reception recognizing artists will be held at 12:30pm on MARCH 22nd.

REGISTRATION AND ENTRY FORM (Please Print)

Name: _____

Address: _____

Phone: _____

ENTRY CATEGORIES:

Name of Piece	Medium	Price
#1 _____	_____	_____
#2 _____	_____	_____
#3 _____	_____	_____

HANDICAP PARKING-MY STORY-BE AWARE

Eileen Thompson

Are you aware that parking on the isle or crosshatch lines of a handicap parking space will get you a citation? Not many handicapped citizens are aware of this fact unless they have been issued a ticket.

I recently was ticketed for parking on the isle or crosshatch lines of a handicap parking space. I have handicap parking tags on my vehicle. I chose to appear in court and plead my case. I was surprised to see the courtroom filled with other handicapped citizens also choosing to plead their case. We were greeted by a clerk of the court. The clerk briefly explained the inner workings of the court and what to expect when the Judge convened.

The courtroom erupted in chatter, questions being asked, along with reasons given why they were parked on the isle lines. Not one person in the room had any knowledge that it was illegal to park on the isle lines of a handicapped parking space. I was aware that pleading. "I didn't know" was not going to be a viable defense.

In the end, myself and everyone who appeared in court pleaded guilty and was given a reduced fine set forth by the judge.

Below is the Code of Ordinance regarding Handicap Parking:

Article IV. Stopping, Standing and Parking

Division 1. Generally—Kingsport, TN Code of Ordinances

Sec. 98-228 Reserved parking for disabled person.

(e) It is violation of this section for any person to park a motor vehicle so that a portion of such a vehicle encroaches into a parking space designated for disabled person in a manner which restricts, or reasonable could restrict, a person confined to a wheelchair from exiting or entering a motor vehicle properly parked within such parking space designated for disabled persons. It is further a violation of this section for any person to park a motor vehicle so that any portion of such vehicle encroaches in any area adjacent to a parking space designated for disabled persons where such area is marked by hatch, cross hatch or diagonal lines or as otherwise designated pursuant to the publications listed in T.C.A. 55-21-104.

(f) Any person violating this section shall be guilty of an offense and upon conviction shall pay a fine of \$50.00 to \$100.00 for each offense. Each shall constitute a separate offense.

Easter Lunch

Tuesday, March 26, 2013

First Floor

11:30am-1:30pm

Cost: Bring a covered dish



Sign up's begin March 4.

Easter Egg Hunt

Monday, April 1, 2013

Front Lawn

12:30pm-1:30pm

FREE

Sponsored by New Vision Youth



Sign up's begin March 4.

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

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