



Kingsport Senior Center News

MAY 2011

Volume XXIII Edition 5

1200 East Center Street Kingsport,
Tennessee 37660

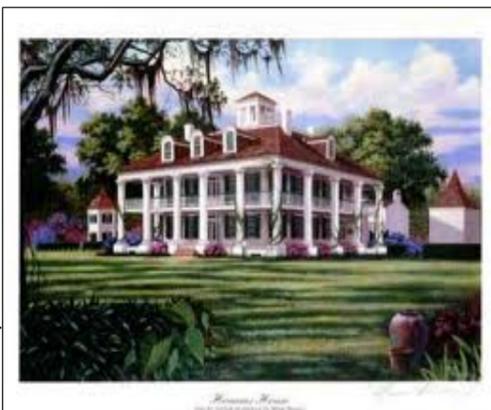
The Kingsport Senior Center Presents a:

7 Day/6 Night Trip to New Orleans & Biloxi

November 13 - 19, 2011

\$849.00 Per Person/Double Occupancy/ \$1089.00 Single
\$250.00 Non-Refundable Deposit Due at Sign-Up*

Price includes deluxe motor coach transportation, 6 nights hotel accommodations including three nights in New Orleans, 6 breakfasts and 4 dinners.



One dinner with entertainment and one dinner at the New Orleans School of Cooking. Two evening receptions at your hotel including hot food & spirits.

- **Guided Tour of New Orleans** - See and experience the food, music, culture and architecture! Enjoy free time in the famous French Quarter.
- **Tour an Old-Fashioned Louisiana Plantation** - Stroll the spectacular grounds in the shade of majestic oak trees, before enjoying a tour of the opulent mansion given by guides in period costumes.
- **Cruise the Mississippi on an Authentic Steamboat** - The two hour cruise from the heart of the French Quarter takes you back to when cotton was king and life was slow and gracious.
- **Visit the Fabulous Imperial Palace Casino in Biloxi, MS** – Includes Bonus Package.
- **Enjoy a Guided Tour of Atlanta, GA** - Includes admission to World of Coca-Cola, a unique downtown museum.
- **Try Your Luck at Harrah's Casino New Orleans**

Must have valid ID *Balance due on August 19, 2011

Sign-Up Begins: Immediately

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.**

May Closings:

***Saturday, May 28, 2011
*Memorial Day, Monday, May 30, 2011**

**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

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WELLNESS

WELLNESS SEMINARS

Radon: Radon is a cancer-causing, radioactive gas. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. In the State of Tennessee, Sullivan County is in the highest potential. Zone 1: Counties have a predicted average indoor radon screening level greater than 4 pCi/L (picocuries per liter). Jan Compton, Environmental Coordinator for the TN Dept. of Environment and Conservation, at the Johnson City Environmental Field Office will speak on **Tuesday, May 3, 2010** in the Card Room at 12:15 pm. Topic of discussion will be "Radon and Other Household Environmental Concerns". Because most people spend a large quantity of time in their home, health risks can be magnified if there is an issue. We will evaluate some potential problems in the home and how to address them. Having an environmentally friendly home can help the occupants live a healthier life. There will be a drawing for a PML Travel, Tours \$250.00 gift certificate. All members are invited and we do hope to see you there.

Lunch & Learn: This seminar will be presented by Dr. Glen Trent, MD with Appalachian Orthopaedic Associates on **Wednesday, May 11, 2011** in Room 239 from 10:30 am to 11:30 am with lunch to follow provided by Indian Path Medical Center. Topic of discussion will be "Osteoporotic Spinal Fractures and Procedures to Correct". You must reserve a seat to attend. Sign up in the Office there is a limit of 50 seats available.

Hearing Workshop: Linda Gemayel, M. S., CCC-A and Danielle Combs, M. S., CCC-A, Audiologists from the Hearing Center at Holston Valley will be at the Center on **Tuesday, May 31, 2011** from 10:00 am to 11:15 am in the Card Room. Topics of discussion will be "What's New with Hearing Aids". There will be a drawing for a Door Prize! All members are invited and we hope to see you there.



First District Tennessee Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:

- Carter
- Greene
- Hancock
- Hawkins
- Johnson
- Sullivan
- Unicoi
- Washington

This year's District Olympics start on **Monday, May 23, 2011** and run through **Friday, May 27, 2011** with golf on **Tuesday, May 17, 2011** at Cattails of Meadowview, Kingsport.

For more information visit the website: www.tnseniorolympics.com or call Teresa Sutphin at 423-722-5120



Joan Wilder R.N. (retired) takes Maxine Darnell's blood pressure during the recent Fit Test.

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



Omega Challenge



TRAVEL AND SPECIAL EVENTS

United Healthcare Information Booth ~ Tuesday, May 3, 2011 ~ 9:00a.m. to 1:00p.m. ~ Cost: Free. **No sign-up required.**

Essential Oils: "Preparing for Summer and Fun" ~ Tuesday, May 3, 2011 ~ 10:00a.m. ~ Cost: Free. Location: Card room. **No sign-up required.**

Harrah's Casino ~ Cherokee, NC ~ Thursday, May 5, 2011 ~ Departs at 9:00a.m. returns at 7:00p.m. Cost: \$35.00 per person. **Valid photo ID required. Sign-up began: April 5, 2011.**

"A Stitch in Time" 14th Annual Quilt Show , Big Stone Gap, VA ~ Friday, May 6, 2011 ~ Departs at 10:00a.m.. Returns at 4:30p.m. Cost: \$5.00 transportation fee/\$3.00 cash day of trip. Lunch on your own at Bonanza Restaurant in Wise, VA. **Sign-up began: April 5, 2011.**

Manicures ~ Tuesday, May 10, 2011 ~ 11:30A.M. to 1:30P.M. ~ Cost: \$2.00 paid to manicurist. Location: Room 303. **Sign up began: April 13, 2011.**

Senior Crime Academy ~ Thursday, May 12, 2011 ~ 9:00a.m. to 3:00p.m. ~ Cost: Free. Location: Atrium, card room. Includes light lunch. **Sign-up begins: Immediately.**

Singles Senior Dinner ~ Thursday, May 14, 2011 ~ 3:00p.m. to 5:00p.m. ~ Bring covered dish.

AARP Safe Driving ~ Wednesday, May 18, 2011 & Friday, May 20, 2011 ~ 9:00a.m. to 1:00p.m. ~ Location: Room 230. Cost: \$12.00 Member/\$14.00 Non-Member. **Sign-up began: April 20, 2011.**

Widowed Persons Support Group ~ Thursday, May 19, 2011 ~ 5:00p.m. to 6:00p.m. ~ Location: Multipurpose room. Cost: Free.

North Carolina Farmer's Market/Lunch at Stone Ridge Tavern ~ Asheville, NC ~ Friday, June 3, 2011 ~ Departs: 8:30a.m. Returns: 4:30p.m. Cost: \$5.00/transportation. Lunch is on your own. **Sign-up begins: May 5, 2011.**

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

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 begins: May 3, 2011.**

Changing Your Diet for Better Health ~ Thursday, June 23, 2011 ~ 12:15p.m. - 2:00p.m. ~ Location: Card room. Cost: Free. **Sign-up begins: May 3, 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 begins: May 6, 2011.**

Mamma Mia! ~ Belk Theatre Charlotte, NC ~ July 27- 29, 2011 ~ Cost: \$225.00 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.**

Wohlfahrt Haus "Ring of Fire" Wytheville, VA ~ Thursday, August 25, 2011 ~ Departs at 9:45. Returns at 6:00p.m. Cost: \$41.00 transportation/ticket. **Sign-up begins: June 24, 2011.**



Kingsport Senior Center Dance Showcase 2011

TRAVEL AND SPECIAL EVENTS

Overnight Trip to Mardi Gras Casino and Resort, Charleston, WV ~ Tuesday, August 29-30, 2011 ~ Departs: August 29, 2011, 9:00a.m. Returns at approx. 9:00p.m. August 30, 2011. Cost: \$175.00 Double/\$165 triple, quad.

12 Day/11 Night New England Vacation Royal Caribbean's "Explorer of the Seas" ~ September 14 - 25, 2011 ~ Cost: \$1649.00 to \$2099.00 per person. \$250.00 deposit. Final balance due by June 3, 2011. **Sign-up:** Immediately.

Disney's "Beauty and the Beast"



Barter Theatre Main Stage

Wednesday, June 1, 2011
10:30 a.m.

\$25.00 Tickets/Transportation
Lunch is on your own at Allison's
Sign-up began: April 13, 2011

Disney's Beauty and the Beast has become an international sensation that has been played to over 35 million people worldwide! It's the classic story about Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress.

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.

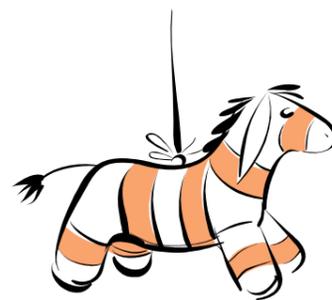
Sign-up began: April 6, 2011



Join us for a Cinco de Mayo Lunch!

Thursday, May 5, 2011

Mexican food, entertainment, music and more!
The celebration will take place in Room 310 of the Kingsport Senior Center. Sign-up began: April 5, 2011. Cost: \$3.00



TRAVEL AND SPECIAL EVENTS



Ramsey House Plantation Tour

Knoxville, TN

Wednesday, June 15, 2011

9:30a.m. to 4:30p.m.

\$5.00 at sign-up/ \$5.00 day of trip

Lunch is on your own at Puleo's Grille .

Historic 1797 house museum with guided tours.
Visitors Center, museum shop, exhibits and more.

Sign-up begins: May 11, 2011.

Mother's Day Breakfast

Monday, May 9, 2011

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

Cafeteria

Enjoy eggs, bacon, biscuits with butter and jelly, fruit cups, coffee and orange juice. Sponsored by Legacy Home Care.

FREE!

Sign-up began: April 11, 2011

OTLB/ Shopping - The Grove Arcade, Asheville, NC

Friday, May 20, 2011

\$5.00 Transportation/Lunch on your own
Galleries, specialty shops and restaurants.

Please wear walking shoes!

Sign-up began: April 6, 2011



Learn to Play the Pennywhistle!

The pennywhistle is a captivating instrument for all ages. It is a traditional end-blown flute, indigenous to the British Isles, and became popular in the 1800's. The instrument's popularity has increased in recent years with the growing interest in Celtic music. All styles of music can be played on the pennywhistle.

This class will provide group and individualized instruction starting with the fundamentals.

You do not need to read

music to take this class and the pennywhistle is an easy instrument to learn and fun to play! Walton's Irish Tin Whistle and Book are included in the fee for the 8 week class. The whistle is in the key of D and the book is excellent. Solo songs and duets/trios will be taught. Come join this exciting class and experience the joy of playing a Celtic instrument!

Cost for 8 week , one hour class is \$70.00, which includes your instrument and book.

Martha Egan also teaches group and private lessons for flute, pennywhistle, and other instruments. She has taught classes in Kingsport, Johnson City and Elizabethton.

Bright's Zoo Tour

Limestone, TN

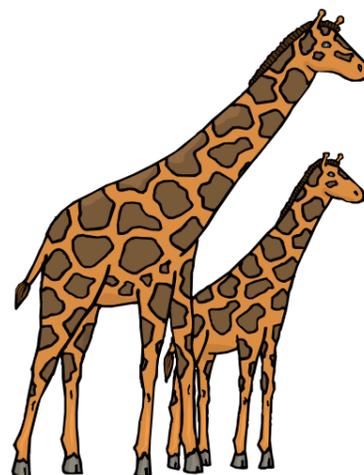
Tuesday, May 25, 2011

9:00a.m.

\$5.00 Bus/ \$15.00 Ticket

Pack a picnic lunch to enjoy in the picnic area. See monkeys, camels, cats and other animals . Please wear comfortable walking shoes.

Sign-up's began: April 5th



NEWS TO USE



Intergenerational Easter Egg Hunt with New Vision Youth



Do You Receive Social Security or Are You Getting Ready to Apply?

You can apply for Social Security and/or Medicare [online](#).

Instructions on how to apply online or access other Social Security services have been provided to us by the Social Security Office, and are available in the Senior Center Computer Lab. Note: You need to sign up for Medicare at 65 years of age even if you are not planning to apply for Social Security at that time.

A TASTY TREAT FROM MARSHA

Makeover Mexican Roll-Ups

- 1 (8 ounce) fat-free cream cheese
- 1 (8 ounce) fat-free sour cream
- 1 cup (4ounces) shredded reduced-fat cheddar cheese
- 1 can (4ounces) chopped green chilies, drained (may substitute vegetables, red onions, peppers, etc.)
- 4 green onions, chopped
- 1 can (4 1/2 ounces) chopped ripe olives, drained
- 1 tsp. garlic powder
- 5 flour tortillas(10 inch) room temperature
- Salsa, optional

In a small bowl, combine the first seven ingredients. Spread over tortillas. Roll up tightly and wrap in plastic wrap. Refrigerate for 1 hour or until firm. Unwrap and cut into thin 1 inch slices. Serve with salsa if desired. Makes about 4 dozen.



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

Kids Our Age returns to Rascals for an encore performance on May 13th. We saw some crazy hats at their previous engagement, and anyone with a sombrero could really use it for the May theme: Mexico, Si!

This three-man band will play a wide variety David Riggs (lead singer and guitarist), Jim Lane (keyboard player) and Jim Philyaw (the drummer) will play a wide range of dance music. Including waltz, shag, fox trot and swing, but your ears will perk up when they get into some of the most popular Latin tunes.

Wear what you like; just plan to be at Rascal's to join in on the fun Friday, May 13, 2011.

May Dance with Live Music from *Kids Our Age*

Friday, May 13, 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

1 Hour Manicures

Provided by DB
Cosmetology Students
Cost: \$2.00, paid to
manicurist

Tuesday, May 10th Time: 11:30 a.m.

Last appointment at 1:30 p.m.

Please sign-up in the office.



Just for Singles Fun Dinner

Thursday, May 12, 2011

Time: 3:00p.m. to 5:00p.m.

Where: Cafeteria

No sign-up required; walk-ins welcome!

Please bring a covered dish.

Library Book Day

Thursday, May 19, 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.

Basic Computer

6 Sessions: April 19, 26 May 3, 10,17, 24

Tuesdays 9AM - 11:30AM

Cost: \$25.00

Internet Class

4 Sessions: April 28, May 5, 12, 19

Thursdays 1:00PM - 3:30PM

Cost: \$25

EBay Class

Tuesday, June 7, 2011

9:00AM - 11:30AM

Cost: \$5.00

Microsoft Word

6 Sessions - April 19, 26, May 3, 10, 17, 24

Tuesdays 1:00PM - 3:30PM

Cost: \$25.00 for class

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.

Email Day Seminar

May 26, 2011 9:00Am -11:30AM

1:00PM - 3:30PM

Cost: \$10.00



SPRING 2011 BRANCH SITE CLASS SCHEDULE

Core Conditioning

- Mondays & Wednesdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyms-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 ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Step Aerobics

- Mondays & Wednesdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 – 60 minute workout for all ages and abilities.

Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

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

Water Aerobics (starting date to be announced)

- Time: 7:00 AM
- Location: Dobyms-Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays
- **Sign-up in office**

Total Body Workout

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

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

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.



Kingsport Senior Artisan Center at Lynn View

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



**** SAVE THESE DATES ****

Senior Fest Block Party: July 8th

FunFest Parade: July 15th

Senior Fest: July 18th to 22nd

If you would like to volunteer for Senior Fest events,
please contact Michelle or a staff member

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

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