

the Kingsport Senior Center News



Health Fair 2015

The Kingsport Senior Center's Health & Wellness Fair is just around the corner! Come join us for a day of wellness. Blood pressure checks, and chair massages. Talk and gain valuable information from our many vendors. Door prizes will be given and you must be present to win. So mark your calendars because you do not want to miss this event! NOTE: Registration will not start until 9:00am!

Tuesday,
June 23, 2015

First Floor

9:00a.m.-
11:00a.m.

FREE

Save the Date: Mark Your Calendars

Senior Center Block Party

Tuesday, July 7,
2015

6:00pm-9:00pm

KSC Senior Fest:

Tuesday July 14-
Thursday, July 15

9:00am-1:00pm

The senior center will close at 4:30pm the week of July 13-17 for FunFest. We will also be closed Friday, July 3 for Independence Day Weekend.



Kingsport Senior Center Staff

- **Director-** Shirley Buchanan
Shirleybuchanan@kingsporttn.gov
392-8403
- **Branch Coordinator-** Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404
- **Wellness Coordinator-** Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407
- **Program Leader-** Marlana Williams-DuPriest
marlanawilliams@kingsporttn.gov
392-8405
- **Program Leader-** Amber Quillen
amberquillen@kingsporttn.gov
392-8402
- **Lori Calhoun**
lricalhoun@kingsporttn.gov
392-8400 **FAX** 224-2488
- **Program Assistant-** Jane Whitson
[janewhitson@kingsporttn.gov](mailto:jane whitson@kingsporttn.gov)
392-8406
- **Branch Program Assistant-** Patti Blackwell
pattiblackwell@kingsporttn.gov
765-0134
- **Nutrition Site Manager-** Sutonia Sizemore
246-8060

Center News

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

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.

Membership Dues

For Fiscal year: July 1, 2014-June 30, 2015

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

Location and Hours of Operation

Main Site: Renaissance Building: (423) 392-8400

1200 E. Center Street
Kingsport, TN 37660

Hours of Operation:

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

www.kptseniors.net

Lynn View Branch Site: (423) 765-9047

257 Walker Street
Kingsport, TN 37665

Hours of Operation:

Monday-Wednesday 9:00am-2:00pm

Closed Thursday and Friday

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



WELLNESS

Seminars

Gastrointestinal Health: Dr. Jason Pizzola with ETSU Family Medicine will be at the center on **Tuesday, June, 2015** at 10:30am in the Card Room. Topic of discussion will be "Gastrointestinal Health": This seminar will cover complications with irritable bowel to gastro-esophageal reflux- and everything in between. This is an event you will not want to miss, so mark your calendar and plan to attend.

Bridging the Gap Program: Jill Wishart, LCSW with Frontier Health will be at the Center on **Thursday, June 11, 2015** at 10:30am in the Card Room. Topic of discussion will be "What Does Mental Health Have To Do With?": This seminar will discuss a narrative case about a client that had previously been independent in their functioning. She developed some medical conditions, which compromised her ability to continue functioning independently. This narrative concludes summarizing the supportive community based behavioral healthcare services available to this client through the Bridging the Gap senior program. These services supported the client to regain functioning independently and remain in their community and in their home. All participants will be asked to complete a post-presentation questioner to assess knowledge gained for this presentation.

Cardiovascular Disease in Women: Dr. Amy Lawrence with ETSU Family Medicine will be at the center on **Tuesday, August 11, 2015** at 10:30am in the card room. Topic of discussion will be "Cardiovascular Disease in Women": This seminar will review causes, signs, symptoms and prevention of heart disease in women. This is an event you will not want to miss, so mark your calendar and plan to attend!

The 3-cup fix

Go ahead and order the venti. Coffee may reduce your risk of liver problems, according to a new study from the National Cancer Institute. People who reported drinking at least three cups of coffee a day (regular or decaffeinated) were 31 percent less likely to have high levels of an enzyme that can indicate liver disease. The study authors believe several compounds found in coffee-including anti-inflammatory substances called diterpenes-may help promote liver health.

Stepping On

Stepping on is a program that has been researched and proven to reduce falls in older people. It consist of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics Include: *Simple and fun balance and strength training. *The role vision plays in keeping your balance. *How medications can contribute to falls. *Ways to keep from falling when out in your community. *What to look for in safe footwear. *How to eliminate fall hazards in your home.

Is this workshop for you?

Stepping On is designed specifically for anyone who: *Is 65 or *Has had a fall in the past year. *Is fearful of falling. *Lives at home. * Does not have dementia.

Did you know? *More than 1/3 of people age 65 or older fall each year? *Falls are the leading cause of injury and hospitalization for trauma and death among older adults. *35% of people who fall become less active. *40% of people who enter a nursing home had a fall 30 days prior. This workshop will be **every Wednesday, 9:00am-11:00am, July 15, 2015-August 26, 2015** in the card room. Sign up will start on Wednesday, June 24, 2015 or call 423-392-8400, there is a limit of 16 seats available The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery Services/Trauma.



1st Annual Veteran's "Take a Flight" 8 Ball

Billiards Tournament

We would like to thank Suzy Cloyd, Community Relations Director with Emeritus at Remington House and Patricia Sooner with Mobile Images for sponsoring our billiards tournament on April 22. This tournament was a huge success with 29 players battling form 1st-6th place honors. There were 118 games played in this double elimination tournament. Congratulations to our winners: 1st place- Wimpy Boogs (Johnson City Senior Center) 2nd place- Gary Deal (Kingsport Senior Center) 3rd place- Jeff Hamblen (Kingsport Senior Center) 4th place- Mike Dixon (Johnson City Senior Center) 5th place- Rodger Robinette (Kingsport Senior Center) 6th place- Chris McGlothlin (Kingsport Senior Center)
Note: For more information on Honor Flight Northeast Tennessee visit www.honorflightnetn.org or call 423-330-6189 or 423-416-4882.

Daily Activities and Classes at the Center

Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 9:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – www.scphotogroup.com
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 1:30pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

Tuesday:

- Massage Therapy: 8:00 am- 2:00 pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 9:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Gym
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 10:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym
- Ballroom Video Class: 4:30pm- Room 302

Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 9:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym

Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Gym
- Lap Swimming: 9:00am- Aquatics Center
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Core & Posture Beginning Belly Dance: 11:30am- Room 302
- Volleyball Lessons- 11:30am- Gym
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Pickleball: 4:00pm- Gym

Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 9:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- Open Woodshop: 9:00am
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium

Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



Travel and Special Events

Cake Decorating with Buttercream-Tuesday, June 2, 9, 16, 23- Lounge-Time: 1:00pm-3:00pm- This is a 2 hour 4 week class- Cost: \$20.00 paid to instructor Donna Chmielnik- Supply list can be picked up in the front office-Sign up now!

Cake Decorating with Fondant-Thursday, June 4, 11, 18, 25- Lounge- Time: 1:00pm-3:00pm- This is a 2 hour 4 week class- Cost: \$20.00 paid to instructor Donna Chmielnik- Supply list can be picked up in the front office- Sign up now!

Cooking with Tracy- Monday, June 8- Cost: \$3.00 paid to instructor- Lounge- 11:00am-1:00pm- Sign up now!

Powerful Tools for Caregivers Workshop-June 8, 15, 22, 29 and July 6, 13- Room 310- 1:00pm-3:00pm- This is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

A Day of Chess and Checkers- Wednesday, June 10-12:30pm-2:00pm- Cafeteria- Free- Facilitated by Jack McDavid- Please bring your checker or chess board. Sign up now!

Summer Vase with Roses- Thursday, June 11- 10:30am-11:30am- Card Room- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors or a sharp knife to cut flowers and a vase with opening no more than 3 inches wide. Sign up begins May 19.

Thank you to Shannon Ball and Waiting to Hear for donating 2 Elvis Tickets for the LampLight Theater on June 13 at 7:00pm- These tickets will be given away at our Father's Day Picnic on June 9 at Eastman Cabins- Sign up now for the Father's Day picnic and a chance to win these tickets!

Beginning Drawing

Friday, May 26, 2015

1:00p.m.-4:00p.m.

Room 303

Cost: \$20.00 paid to instructor
Anne Thwaites

Learn basics on how to draw

Sign up now

Bob Ross Style Painting

Wednesday, May 17, 2015

10:00am-2:00pm

Room 303

Cost: \$50.00 paid to instructor Jay
Holdway

Bring your lunch.

Sign up now



Travel and Special Events

New Asheville Outlet Mall Shopping

Wednesday, July 22

Asheville, NC
8:30am-4:30pm

Cost: \$8.00 for transportation and lunch will be on your own.



The open-air shopping village will features 75 brand outlets and local retailers. Stores include: West Elm, Clarks, Brooks Brothers, Gap, Kitchen Colelction, Nike Factory, Banana Republic, Carter's Babies and Kids, Coach, Dressbarn, Bath & Body Works, Famous Footwear, J. Crew, Christopher and Banks, Bible Outlet, Sunglass Hunt, Tommy Hilfiger and many many more!

Sign up begins June 2.

OTLB: Waynesville- Restraunt of Choice

Friday, July 31
Waynesville, N.C.

8:30am-4:30pm

Cost: \$8.00 for transportation and lunch will be on your own



Waynesville is a quaint town with lots of restaurants and café's. This trip will be for you to pick your own restaurant and explore the town with the rest of your time on your own.

Sign up begins June 2.

OTLB: Austin's Steak and Homestyle Buffet

Friday, June 12
Knoxville, TN
9:30a.m-
4:00p.m

Cost: \$8.00 for transportation
Lunch will be on your own



Serving your favorite steak cuts like sirloin, ribeye, chopped, and tips off our fresh-cut menu as well as our home style buffet favorites such as roast beef, southern-style fried chicken, countrmashed potatoes, green beans, pinto beans, macaroni and cheese, cabbage, with the best fresh yeast rolls and much more!

Sign up now.

Barter Theater Presents: "The Marvelous Wonderettes"

Wednesday, June 24

Abingdon, VA

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

Cost: \$30.00 with lunch on your own at Red Lobster



This musical smash takes you to the 1958 Springfield High School prom where we meet The Wonderettes, four girls with hopes and dreams as big as their crinoline skirts! Experience their lives and loves, as the girls perform such classic '50s and '60s songs as "Lollipop," "Dream Lover," "Stupid Cupid," "Lipstick on Your Collar," "Hold Me, Thrill Me, Kiss Me," "It's My Party," and more than 20 other hits! You've never had this much fun at a prom, ever —a must-take trip down memory lane!

Sign up now

Your Page

From the Dancing Corner

JUNE DANCE AT THE RENAISSANCE CENTER

Back by popular demand -- SUNDOWN BAND. SUNDOWN is a 4 piece band based in Kingsport. This group is comprised of seasoned musicians who are veterans of the local music scene. They play a wide variety of music and dance genres.

Lead singer and guitarist Junior Hensley is a founding member of the Sundown Band since the 80's. Lead

guitarist Jimmy Ball spent several years playing at Dollywood. Drummer Jamie Hickman has been playing music for over 25

years. Bassist Mike Smith rounds out the group on bass guitar. Mike says: "We enjoy playing the music and know you will have a good time!"

Friends of the Kingsport Senior Center Presents

JUNE DANCE
 Friday 6/12/2014
 6:30-10 P.M.
 Renaissance Center
 1200 E. Center
 Kingsport, TN
 Admission:
 \$5/person
 SUNDOWN BAND
 Contact: 423.735.7475

Massage Therapy

Mondays and Tuesdays
9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475 to set up your 30 minute appointment
Cost: \$20.00

Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)
Brenda Cunningham
Norma Livesay
Lester Pridemore
Carol Woodard
Pat Breeding

Jean Chang
Carmon Moix
Frances Cottrell
Mary Porter



News to Use

Christmas in July- Woodburning

Santa- Wednesday, July 22, 2015-
Room 303- 9:00am-12:00noon- \$20.00
paid to instructor Sharon Chase-
Students will need to bring their
woodburner with tips- Class fee
includes project materials and
instructions- Sign up begins June 15.

Christmas in July- Santa Tile

Painting- Wednesday, July 29, 2015-
Room 303- 9:00am-12:00noon- \$25.00
paid to instructor Sharon Chase-
Students will need to bring paint
brushes and water container- Class fee
includes project materials and
instructions- sign up begins June 15.

PLEASE SIGN IN! Recently I had to get some data from our Senior Center check in information. I was surprised in finding out that we had over 400 members that never signed in during the year. We use the data obtained through our check in system to gauge many things like:

- Average Daily Attendance
- Attendance at events
- Attendance at classes
- Monthly attendance numbers for grant and community service reports
- Total membership for the year
- Annual city membership
- Annual county membership
- Monthly SilverSneakers reimbursements

These numbers are very important to our annual budget requests, to the Board of Mayor and Alderman, and to our grant requests. Please check in every time you come to the Center so that we will have accurate numbers to tell our story.

Recipe of the Month

Summer Corn and Tomato Pasta

Ingredients:

- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- ¼ cup fresh basil leaves, torn into pieces



Directions:

1. bring a large pot of salted water to a boil and cook pasta until al dente, drain.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally. Until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.
3. Add the vegetable, butter and basil to pasta and toss.
4. Serve

Computer Classes

ipad/ibooks class- Thursday, June 11, 2015- Card Room- 5:00pm-6:30pm- Cost: Free- Must bring your ipad and know your apple ID and password-learn how to use your ipad and how to use ibooks for reading- Instructor: Heather Duby- sign up begins May 18.

Samsung Galaxy Tab S Class- Thursday, June 18, 2015- Card Room- 5:00pm-6:30pm- Cost: Free- Must bring your Samsung tablet and know your google log-in information- Instructor: Heather Duby- Sign up begins May 18.

Manicures

We will not have manicures again until August. Dobyns-Bennett cosmetology students will be out for the summer.

Library Book Day

No Library Book day until further notice.
 **We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Please see list on page 15.
 Thank you.

Karaoke

Will not meet until September

SMILE: Volunteers Wanted

Attend SMILE meeting- Thursday, June 11 at 2:00pm in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



Benefits of Meditation with Lee Stone

Lee began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programming Psychotherapy and Clinical Hypnotherapy. Come and learn how to meditate and all the health benefits it has to offer.

Located in room 306 on Tuesday and Thursday at 9:30am.

Contact the front office for more information.

Spring Classes 2015

Classes begin week of April 6, 2015 through week of June 22, 2015 unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This is a volunteer led class that will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

Core & Posture Belly Dance for Beginners (women only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing- (Women Only)

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

Camera Club

Please visit website for meeting times. Instructor: Claude Kelly
Website:

www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$10 annual firing fee**

Clay (Beginning Hand-Building)

- Monday- Beginning April 20-July 6
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

Clay (Intermediate Hand Building)

- Wednesday- Beginning April 22-July 8
- Sign up starts April 8
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people
- Pre-requisite must have taken

Clogging (Beginning)

- Thursday (will begin on April 30-June 4)
- Time: 10:00-11:30am
- 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

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

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

Spring Classes 2015

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

Jam Session

- Thursday
- Time: 12:30pm
- Location: Cafeteria

Bring your instrument and play with the group, dance or just enjoy the music!

***Jam Session will not meet until Fall class session 2015.**

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

Knitting Class

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

Lap Swimming

- Monday-Friday
- Time: 9:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

Mahjong

- Monday
- Time: 1:30pm
- Location: Card Room
- Instructor: Jean Chang

Beginners to advanced player's welcome.

Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

Piano Lessons

- Thursday
- Time: 2:00pm-4:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

Quilting

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

Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

SilverSneakers Classic

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

Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:0am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

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

Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1st Monday of each month at 9:00am

Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

Spring Classes 2015 Branch Site Schedule

Classes end week of June 22 unless otherwise noted.

Core Conditioning

- Monday & Wednesday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (April 28-June 2)

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00
- Must be right handed, call for materials list 765-9047

Intermediate Crochet (April 28-June 2)

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Bring your own pattern

Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Private Personal Training with Chris Hicks

- Call for appointment: 723-9967
- Call for prices

Artist and Crafters Monthly Breakfast

- 2nd Tuesday of each month
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047

Yoga

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

SilverSneakers Classic

- Monday & Wednesday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

Piloxing

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

Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

Pickleball

- Monday & Wednesday
- Time: 10:00am-Noon
- Location: Lynn View

SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

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

SilverSneakers Yoga

- Monday & Wednesday
- Time: 11:00am
- Location: Lynn View
- Instructor: Chris Hicks

Artisans 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 more information.

765-9047

visit our website

www.kingsportseniorartisancenter.com

and like our facebook page

Kingsport Adult Education Classes



Adult Education

Job Skills

Be on the look for a National Electric Code (Commercial) class to start up in September! For more info

Beginning Chinese Class

Wednesdays 11 classes 3:15-4:45 p.m. Instructor: Jean Chang
 Fee: \$55 per child or \$75 for child with a parent

All classes subject to cancellation if enrollment does not meet minimum requirements. Minimum number varies by class. Fees will be returned in full if the end of class if 2 weeks prior to start date.

JOB SKILLS

Wednesdays 11 classes 4:45 p.m. Instructor: Jean Chang

Fee: \$55 per child or \$75 for child with a parent

Location: Kingsport Renaissance Center

Beginning Pottery Workshop

Wednesday, April 28, 2015

1:00 p.m. - 5:00 p.m.



Location: Kingsport Renaissance Center

Cultural/Arts/Crafts

Classes are administered by The Health/Exercise

For more information or to sign up for a Monday's April 20- June 1, 2015
 723-8400

4:30p.m-7:00p.m
 Clay Room

- ❖ Instructor: Jess Parks
- ❖ Cost: \$40 for members and \$50 for non members
- ❖ Sign up now!
- ❖ Contact: 723-8400

Beginning Clay Workshop

Saturday, June 20, 2015
 Fees will be \$215

- ❖ 10:00am-3:00pm
- ❖ Clay Room
- ❖ Instructor: Jess Parks
- ❖ Cost: \$30.00 Senior Center members
- ❖ \$40.00 non members

Fee doesn't include clay this is \$15.00 for Saturday workshop

Location: Kingsport Renaissance Center



Plutch

Location: Kingsport Renaissance Center



Personal Training with Chris

- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

Pound Fit

- ❖ Wednesday, June 10- July 22, 2015
- ❖ 5:00pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor
- ❖ Cost: \$30.00 for 6 weeks class due 1st day of class
- ❖ Additional Pound Fit class will be held July 29-September 9.





TUESDAY,
July 7

'15 BLOCK PARTY
6:00PM-9:00PM

Come and join us at the Senior Center for food, fun, dancing and entertainment. Hotdogs will be served with all the trimmings, as well as other goodies. Special thanks to all our wonderful vendors!

Entertainment will be provided by Grand Theft Audio.

Door Prizes will be given!

Kingsport Public Library Overdue Books

(If you have any of these books please return them to the Kingsport Senior Center as soon as possible. Thank you)

- Charles Kuralt's American [large print]/ Charles Kuralt
- Tomorrow's Promise/Sandra Brown
- The Minor Adjustment Beauty Salon/Alexander McCall Smith
- April Food Dead [large print]: a death on demand mystery/Carolyn Hart
- Murder of a Pink Elephant [large print]: A Scumble River Mystery/Denise Swanson
- Bleeding Hearts [large print]/ Susan Wittig Albert
- Death of a Gentle Lady [large print]/ M.C. Beaton
- Storm Front [large print]/ John Sandford
- Ghost Ship: a novel from the NUMA files/ Clive Cussler and Graham Brown
- Lost Lake/ Sarah Addison Allen
- Ender's Game/ Orson Scott Card
- Child of Mine/ David and Beverly Lewis
- Murder in Murray Hill: a Gaslight Mystery/ Victoria Thompson
- Nine Lives to Die: a Mrs. Murphy Mystery/ Rita Mae Brown & Sneaky Pie Brown
- Where Courage Calls: a when calls the heart novel/ Janette Oke and Laurel Oke Lo
- A Plain Man/ Mary Ellis
- Shadow Spell/ Nora Roberts
- Missing You/ Harlan Coben
- Deadly Stakes: a novel/ J.A. Jance
- The Lost Bird [large print]/ Margaret Coel
- Murder at the Opera [large print] : a Capital Crimes novel/ by Margaret Truman
- Buried Prey [sound recording]/ John Sandford
- Before I go to Sleep: a novel/ S.J. Watson
- Miss Julia Rocks the Cradle [sound recording] / by Ann B. Ross
- Friends Forever [large print] : a novel/ Danielle Steel
- The Wicked Deeds of Daniel McKenzie [sound recording]/ Jennifer Ashley
- Last Chain on Billie: how one extraordinary elephant escaped the big top/ carol
- Rain on the dead/Jack Higgins.
- Robert B. Parker's The Bridge [large print]/ Robert Knott

KSC Senior Fest 2015

Mark your calendars!! Kingsport Senior Center Senior Fest will be held on Tuesday, July 14 through Thursday, July 16 from 9:00am-1:00pm. Schedule is as follows and is subject to change:



Tuesday: July 14

9:00am- Breakfast
 10:00am- The Ready's Seminar- Card Room
 10:15am- Sing along- Cafeteria
 10:30am- Corn hole Tournament- Gym
 11:00am- Renaissance Strings
 11:30am- Total Black-Out game- Gym

T-shirt Contest: Wear this years FunFest t-shirt.

Door Prizes will be given at 12:30pm in the gym.

Wednesday: July 15

9:00am- Breakfast sponsored by HealthSouth
 10:30am- Minute to Win It Games- Gym
 11:30am- Pie contest followed by Pie eating contest- Gym
 12:30pm- Hand and Foot Demo

T-shirt contest: Wear a local high school t-shirt.

Door prizes will be given at 12:30pm in the gym.

Thursday: July 16

9:00am- Woodcarvers Demo- Atrium
 10:00am- Staff skit "Whose Line Is It Anyway?"
 11:30pm- Lunch sponsored by Elmcroft- Gym

T-shirt contest: Wear your favorite shirt from the beach.

Door prizes will be given at 12:30pm in the gym.

The Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660

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