

# **Kingsport Senior Center News**

**November 2011**

**Volume XIX Edition 11**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

## ***THANKSGIVING LUNCH***

***FIRST FLOOR***

***THURSDAY, NOVEMBER 17, 2011***

***11:30 am ~ 1:30 pm***

***SPONSORED BY FRIENDS OF THE SENIOR CENTER***

***MENU***

***TURKEY, DRESSING, TWICE-BAKED POTATOES, ROLLS  
FROM PICCADILLY***

***PALS' SWEET & UNSWEET TEA***

***PLEASE BRING A COVERED DISH***

***SIGN-UPS BEGAN OCTOBER 23, 2011***



## 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  
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, 2011-June 30, 2012**

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

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
[shirleybuchanan@kingsporttn.gov](mailto:shirleybuchanan@kingsporttn.gov)  
392-8403

Branch Coordinator  
Cindy Price  
[cindyprice@kingsporttn.gov](mailto:cindyprice@kingsporttn.gov)  
392-8402

Program Leader  
Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404

Wellness Coordinator ~ Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407

Program Leader  
Marlana Williams  
[marlanawilliams@kingsporttn.gov](mailto:marlanawilliams@kingsporttn.gov)  
423-392-8405

Secretary ~ Marsha Mullins  
[marshamullins@kingsporttn.gov](mailto:marshamullins@kingsporttn.gov)  
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406

Nutrition Site Manager ~ Sona Bingham  
246-8060

**Advisory Council Meeting  
Thursday, November 15, 2011  
12:30  
Room 228**

# WELLNESS

## WELLNESS SEMINAR

**Vertigo Awareness:** Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the Center on Tuesday, November 29, 2011 at 12:30 pm in the Card Room. Topic of discussion will be "Vertigo Awareness": Vertigo is a sensation of motion or spinning that is often described as dizziness. Vertigo is not the same as light-headedness. People with vertigo feel as though they are actually spinning or moving, or that the world is spinning around them. She will cover symptoms, causes, risk factors, test, diagnostics, and treatments. This is an event you will not want to miss, so mark your calendar and plan to attend!

### An Immune System Alarm in Type 2

IT'S WELL KNOWN that type 1 diabetes stems from an immune system gone awry. Now, a study has found that the immune system may play a role in how type 2 develops as well. When the immune system's B cells detect harmful substances in the body, they sound the alarm by causing inflammation or producing proteins called antibodies. Researchers found an abundance of B cells in the fat of obese mice and linked them to the development of insulin resistance, a cause of type 2 diabetes. Eliminating B cells in these mice protected them from insulin resistance. What's more, humans with insulin resistance tested positive for a particular type of antibody that initiates an attack on one's own body, making it more likely that the immune system and B cells contribute to the development of type 2 diabetes. Source: Nature Medicine

### D for Diabetes

Having low vitamin D levels may put you at risk for type 2 diabetes. Researchers studied more than 5,000 people for five years and learned that those with lower-than-average levels of vitamin D had a 57 percent greater risk of developing type 2 diabetes compared with participants with the highest levels. The researchers don't yet know exactly why there's a link between diabetes and vitamin D levels or whether vitamin supplements would help. Other sources of vitamin D include sunlight, egg yolks, fatty fish like salmon, and milk fortified with vitamin D. Source: Diabetes Care

### GO ON A BLENDER

Time to load your secret nutritional weapon: the blender. When Penn State researchers sneaked pureed vegetables into meals, study participants cut their calorie intake by up to 11 percent daily and raised their daily vegetable intake by up to 80 percent. Vegetables can fill you up with fewer calories, the researchers say. Stir cooked squash puree into mac 'n' cheese, or add cooked cauliflower puree to risotto.

## TOURNAMENTS

**Billiards Tournament:** We invite all pool sharks to show off your skill on Wednesday, November 16, 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, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. NOTE: We will play on the first two tables in the billiards room. Sign ups start on October 19, 2011.

**Bowling for Turkeys:** Come join us for a day of fun, bowling at Warpath Lines on Monday, November 21, 2011 at 9:00 am. Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. Cost is \$1.90 plus tax's payable at Warpath Lines. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only. Sign ups start on October 26, 2011.

**Hot Shot Tournament:** We invite all Basketball players to show off your shooting skills on Wednesday, November 30, 2011 at 10:00 am at Lynn View Gym. This tournament will be single play the highest total of points in free throws and three point shots, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person. We will need at least 12 to sign up for tournament to be played. Sign up in the office.

**Pickleball Tournament:** We invite all Pickleball players to show off your skills on Friday, December 21, 2011 at 10:00 am at Lynn View Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person. We will need at least 12 to sign up for tournament to be played. Sign up start on November 23, 2011.



**Zipline trip at Bays Mountain on October 5, 2011**

## Daily Activities and Classes at the Center

### Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
 Tai-chi ~ 8:30 ~ Room 310  
 Quilting ~ 9:00 ~ Room 303  
 Open Woodshop ~ 9:00  
 Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
 Happy Day Singers ~ 9:45 ~ Travel  
 Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC  
 Clay, Beginning Hand building ~ 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 ~

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

### Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
 Tai-chi ~ 8:30 ~ Room 310  
 Open Woodshop ~ 9:00  
 Tai-chi (Beginning) ~ 9:45 ~ First Broad St. UMC  
 Clay, Intermediate & Advanced ~ 10:00 ~ 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 Only) ~ 1:00 ~ Room 302

### Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
 Mini Cardio ~ 8:45 ~ Room 302  
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
 Woodcarving ~ 9:00 ~ Room 303  
 Basic Woodworking (fee) ~ Woodshop  
 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)

### Thursday Continued ~

Jam Session ~ 12:00 ~ Cafeteria  
 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  
 Open Woodshop ~ 9:00  
 Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)  
 Beginning Spanish ~ 10:00 ~ Room 303  
 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  
 Harmonica ~ 9:00am ~ Lounge  
 Table Tennis ~ 10:30am ~ Gym



Enjoying lunch at Little River BBQ  
 October 14, 2011

## TRAVEL AND SPECIAL EVENTS

### **11 Day/10 Night Caribbean Vacation including a 9 day/8 Night Caribbean & Bermuda Cruise Aboard Celebrity's "Summit".** ~ Date is April 27-May 7, 2012 Depart: TBA ~

Minimum for pricing is 25 passengers. Deposit of \$500 is due immediately along with passport, cruise paperwork completed. Final payment is due January 03, 2012. Cut Off date is November 30, 2011. Travel protection is included with price. Included in your price is Non-stop Airfare to San Juan, 2 nights Hotel Accommodations, Cruise, Cabin, Shipboard Meals, Port Charges, Taxes, Travel protection, Transfers in San Juan, Motor Coach Transportation to Airport and from Cape Liberty, NJ, 1 day in New York City with Guide Service. *Prices: \$1724 Per Person Inside Cabin Cat.10, \$1764 Per Person Inside Cabin Cat. 9 \$1824 Per Person Outside Cabin Cat., \$1884 Per Person Outside Cabin Cat. 6, \$1914 Per Person Outside Cabin Cat. 5, \$2224 Per Person Balcony Cabin Cat. A2, (Prices based on Double Occupancy. Cabin Selection Subject to Availability. **Cabin Location & Availability is on a first-time first-serve basis. Sign-up is NOW.***

**Barter-"Wooden Snowflakes" Stage II ~ Abington, VA ~** Thursday, December 1 ~ 10:30 am—5:30 pm ~ Cost: \$25.00/ Bus and Ticket ~ Lunch is on your own at the Red Lobster ~ **Check with the office for space availability.**

**AARP Safe Driving Classes ~ Wednesday, November 2 and Friday, November 4** ~ Location: Room 230 ~ Cost: \$12.00 for Members and \$14.00 for non-members. To recognize and thank Veterans for their dedication and commitment to service, DSP Is proud to offer a free classroom course to ALL veterans—regardless of age—on these dates. There will be no vouchers for the Veterans Promotion. Veterans and or/veterans spouses should bring some form of military identification including/not limited to Military ID (retired, active duty, guard, reserve), discharge papers (DD form 2140, American Legion/VFW card, dependent ID card, etc. to the instructor. All registrations for any given course will be accepted on a first-come, first- served basis. Limited to a maximum of 25 participates. Please call the senior center office to sign-up. **Sign-ups began Oct. 4.**



**Painted Snowman Christmas Ornament Class ~** Thursday, November 3, 2011 ~ 9 am to Noon ~ Location: Card Room ~ Cost is \$15.00 per person. Cost is for supplies that will be provided by instructor Rhonda Begley. See example in hallway display case. **Sign-ups began Oct. 21.**

### **Easy Incredible Edible Gifts ~ Card Room ~**

Wednesday, November 9 ~ 10:00 am—11:00 am ~ Instructor: Terry Ahrens from Food City ~ **Sign-up before November 3.**

**Charles Dickens "A Christmas Carol" ~ Barter Theatre ~ Abingdon, VA ~** Wednesday, November 23, 2011 ~ depart at 10:30 return by 5:30 pm ~ Cost: \$25.00. Lunch at Ruby Tuesdays ~ **Check with office for availability.**

**Christmas Tree Decorating Party ~ First Floor Atrium ~** Wednesday, November 30, 2011 ~ 12:30 pm ~ **Sign-up began Oct 31st.** Refreshments provided by Natural History Museum.

**Out To Lunch Bunch ~ The Partridge & Pear Restaurant ~ and Shopping at The Christmas Place ~ Pigeon Forge, TN** ~ Friday, December 2, 2011 ~ depart at 9:30 am return by 4:30 pm ~ Cost: \$8.00 for transportation/lunch is on your own. Menu is availability at the Senior Center office. **Sign-up begins Nov. 3rd.**

**Christmas Lunch ~ Tuesday, December 20** ~ First floor ~ Please bring a covered dish ~ 11:30am. ~ **Ham, potatoes, rolls provided by Senior Center. Sign-ups begin: Nov 21st.**

**Tracy's Tea House ~ Colonial Heights, Kingsport** ~ Friday, January 13, 2012 ~ 11:45 am to 2:00 pm. ~ Cost: Free ~ Lunch is on your own. **Sign-up begins December 7.**

**Mental Health Resources for Senior Citizens ~ Fred Myer, Speaker for N.A.M.I.** ~ Location: Card Room ~ Thursday, January 26, 2012 ~ 12:30 to 1:30 ~ No Cost ~ **Refreshments will be provided.**



## Your Page

### **Crocheted Fabric Pots**

Tuesday, November 22 and Tuesday,  
November 29

10am to 12 noon

Card Room

\$24.00 paid day of sign-up

\$5.00 material fee due first class

List of supplies will be available at sign-up.

Basic single crochet ability/preparation  
is necessary before first class.

Meet Cindi Huss of

"Dancing Threads Studio"

This is a two hour class—Tuesday  
November 22 and one hour class on  
November 29 to finish.

**Sign-ups began October 26**

These Pots Make a Great Gift!



### **Felted Geode Ornaments**

Wednesday, November 16, 2011

9 to 11 am

Card Room

Call is a two hour class

\$24.00 paid day of sign-up

\$5.00 day of class for materials; list of

Supplies available at sign-up

Basic single crochet ability/preparation before  
class necessary

Meet Cindi Huss of "Dancing Threads Studio"

Sign-ups began October 26



### **Library Book Day**

Thursday, November 17, 2011

Time: 9-11 am

Table in front of the Senior Center Office

### **Massage Therapy**

Fridays

with Debra Defrieze

30 minute massage \$15.00,

call (423)791-4693

Schedule appointments by calling and pay massage  
therapist day of appointment

### **Basic Wood Working**

Tuesday's and Thursday's

Next class begins: November 8th

Time: 9:00am—2:00pm

Instructor: Howard Osborne

Cost: \$50.00, please pay at sign-up

## TRAVEL AND SPECIAL EVENTS

**PML Travel & Tours ~ Huntsville/Scottsboro, Alabama ~ March 22-24, 2012.** In beautiful Huntsville Alabama you can shop at the Bridge Street Town Centre where there's a unique blend of upscale specialty stores as well as your favorites. Visit "Unclaimed Baggage Ctr.", Harrison Brothers Hardware Store & the Book Nook. Have dinner at the Historic Huntsville Depot, tour the depot hearing the rattle of the tracks & the engineer's whistle as you experience life on the rails in 1860. Listen to Andy the robotic ticket agent as he tells of Alabama's railway history. and experience a romantic gondola ride. You will think you are in the heart of Venice, Italy. All this for \$355 Dbl., Triple: \$334, Quad: \$314. Single: \$474. **Sign up ASAP.**



**Must have minimum of 30 signed up to go. \$100 deposit due 01/02/12. Balance due by 02/01/12**

### SHIP MEDICARE ENROLLMENT

Enrollment will be in the Computer Lab on Tuesday, **November 8, 2011 from 9 am until 12 noon.** Sign-ups began September 28.

Appointments will be 30 min. each. Starting this year Medicare Annual Enrollment Period will be October 15—December 7. You will be able to join, switch or drop your Medicare Part D or Medicare Advantage coverage at this time. Medicare Part D and Medicare Advantage plans change their coverage and costs each year so it is important to review your plan and compare it others on the Market every fall. We are partnering with the Tennessee State of Health Insurance Assistance Program (TN SHIP) and ETSU's Gatton's School of Pharmacy to provide free and objective assistance in comparing Part D and Medicare Advantage plans. Trained Medicare Counselors will be on hand at the Senior Center to assist you. For more information and to set an Appointment please call the Senior Center at **392-8400.**

### Widowed Persons Support Group

Multi-Purpose Room  
Thursday, November 17, 2011  
5:00 pm

### Manicures

Provided by DB Cosmetology Students  
Tuesday, November 08, 2011  
Appointment time 11:30 to 1:30, 1 hour each  
Cost: \$2.00 paid to manicurist  
Call Senior Center Office to schedule appointment

### \*NEW\*

### ARTISTS AND CRAFTERS MONTHLY BREAKFAST

3RD TUESDAY EACH MONTH

November 15, 2011

9:30 a.m.

Lynn View Art Gallery  
257 Walker Street

Come share ideas, make new friends. Bring a piece of your art or craft to show.

Please call to sign up in advance so we know how much food to order. 423-392-8400



## TRAVEL AND SPECIAL EVENTS

### **Make Jewelry Gifts for the Holidays**

Location: Card Room  
Thursday, November 10, 2011  
10 am—12 noon  
Cost \$10.00 paid to the instructor  
Netta Shephard

Earrings, pendant or pin are the choices for the class. Assortment of beads, silver, etc. will be available. Pliers will be available for \$10.00. Other supplies will be available for an additional fee.

**Sign-ups began  
Oct. 11.**

### **S.A.L.T. Council Meeting**

Location; Cafeteria

November 08, 2011

8:30 am—9:30 am

Purpose of these meetings is to involve more Seniors in the "Seniors and Law Enforcement Task Force" to increase awareness.

Instructor: Teresa Bright with  
Comfort Keepers

### **COMING IN JANUARY 2012**

### **Informational Central: LifeLine With Mountain States Health Alliance**

Location: Card Room

Tuesday, February 7, 2012

12:15pm — 1:15 pm

Speaker: Melissa Johnston

### **What's New with Essential Oils**

Card Room

Wednesday, November 16, 2011

10 am– 11:30

\$5.00 paid to instructor , Jamie Hyatt, RN and  
Becky Wall

This presentation will include the latest research on Frankincense and cancer. The information presented is for anyone interested in learning more about therapeutic grade essential oils.

### **Guitar Lessons**

Wednesdays ~ 10:00am  
through the week of Thanksgiving  
Room 303

Instructor—Jim Cornielson  
Cost is \$5.00 paid to instructor

## NEWS TO USE

### **The Sullivan County Sheriff's Auxiliary**

is conducting its 10th Annual Needy Children's Toy Drive. Last year they provided Christmas Gifts for 1145 needy children. They have grown every year and expect a larger number of children this year. The only way they can accomplish their goal of making sure every child in our area has a Merry Christmas is through donations & support from our community. They will appreciate any assistance we can render. Please bring your new or gently used toys to the Kingsport Senior Center Office by **Dec. 9**. They can also be dropped off at the Lynn View Community Center (Senior Ctr. office) between the hours of 9 am and 2 pm. Contact Willard Gullion at 335-3811 for more information. Thank you in advance for your generosity.

### **Lynn View Veterans Day Potluck Luncheon**

**Lynn View Cafeteria  
257 Walker St.**

**11/11/11**

**11:30 am until 1:00 pm**

**Cost: Free**

**Honoring our Men and Women  
Veterans of the  
US Army, US Marines, US Navy,  
US Air Force, US Coast Guard**

**Please sign up in the senior center  
Office or at the Lynn View Community  
Center (9a-2p)**

### **A TASTY TREAT FROM MARSHA**

A savory yeast bread made with mozzarella cheese and Sundried tomatoes. A recipe for bread machines.

#### **Mozzarella and Sun-Dried Tomato Bread**

7/8 cup warm water  
1/2 cup shredded mozzarella  
1/2 cup of sun-dried tomatoes, rehydrated & chopped  
2 tablespoons of olive oil  
2 3/4 cups bread flour  
1 1/2 tablespoons granulated sugar  
1 teaspoon garlic powder  
1/2 tablespoon salt  
2 1/2 teaspoons active yeast

1. Place ingredients in the bread machine pan in the order suggested by the manufacturer.
2. Select Basic bread cycle and start machine.

Makes one (1 1/2 pound) loaf.

#### **Wanted**

**Participant needs a ride from Nickelsville to the Senior Citizen Center. For more information, please call the Senior Center office at 392-8400**

**Participants doing the Senior Walk with Walgreens who have not registered need to come by the senior center office and see Kevin on how to keep track of your steps in a walking journal.**

## Fall 2011 Branch Site Class Schedule

### **Core Conditioning**

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

### **Drawing with the Right Side of your Brain**

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

### **Lap Swimming**

- M-F
- Time: 12:30 - 1:00 pm
- 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

### **Artist and Crafters Monthly Breakfast**

\*See page 7 Travel and Special Events

### **Strength Training**

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

### **Tai-Chi (Beginning Level)**

- Mondays & Wednesdays
- 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: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

### **Total Body Workout**

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

### **Couponing Group**

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

### **Game Day**

- 3rd Tuesday of Month (Nov. 15))
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: Nina Ketron
- Sequence and variety of board games



Exercise Room at Lynn View



Branch site at First Broad Street United Methodist Church



Lynn View Branch Site



Boys and Girls Club Branch Site

# Kingsport

## Adult Education

Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

### JOB SKILLS

#### Beginning Computer Literacy

- 6 Weeks (Beginning October 10th)
- Fee \$70 Mondays 6:00pm - 8:00pm
- Instructor: TBA
- Tuesdays 6:00 - 8:00pm
- Location: Computer Lab, Lynn View CC

#### 2008 National Electric Code (Commercial)

- 8 Weeks (Beginning September 12)
- Fee: \$70
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

#### 2008 National Electric Code (Residential)

- 8 Weeks (Begins January 23rd)
- 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

- 10 Weeks
- Fee: \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions 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

- Thursday, November 10th
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

#### Fly Tying

- 8 weeks
- Tuesdays
- 6:00 p.m. - 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

#### Learn how to make Cake Pops

- 2 hour workshop
- Monday
- October 3rd
- 6:00 p.m. - 8:00 p.m.
- Instructor: Holly Ralph, Owner of Sweet Creations
- Location: Renaissance Center
- Fee: \$15
- Minimum of 6 required for class
- Location: Kingsport Senior Center

#### French

- Saturdays (Begins September 17th)
- Time: 9:00am
- Location: Renaissance Center, Card Rm
- Fee: \$30, please pay instructor, Fay Saffari

#### Couponing Group

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Community Center
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th, 5:30 pm



### HEALTH/EXERCISE

#### Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)

#### Beginning Golf

- Thursdays
- 6 weeks
- 5:30 p.m.
- Instructor: Wallace Ketron
- Fee: \$25

#### Zumba Fitness

##### **6 weeks**

- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria
- Session 1 Begins September 15
- Session 2 Begins November 3

### DANCE CLASSES

#### Beginning Line Dance

- 8 weeks
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

#### Trail Dance

- 8 week class
- Dates same as Line Dance
- Fee \$25 or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

#### Hula Dance

- 8 week class
- Fee: \$30
- Mondays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center



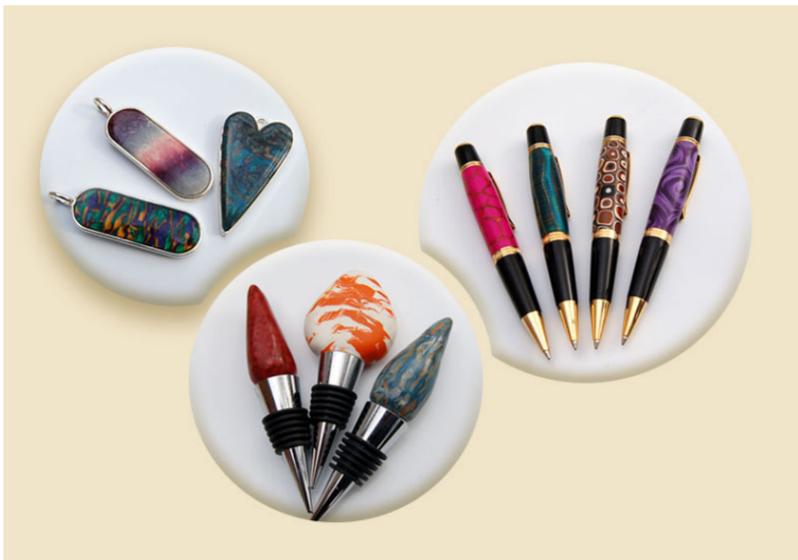


HEALTH RYTHMS with Jenny

### **Polymer Clay Class**

Tuesday, November 15, 2011  
 Time: 9:00am - 2:00pm  
 Cost: \$15.00, pay at sign-up  
 Instructor: Cathy Hood  
 Sign-up begins: November 1st

Participants will make a necklace pendant during this class



### **Chinese Cooking Class**

Senior Center Lounge  
 Wednesday, November 16, 2011  
 1:00 pm  
 Cost: \$2.00 due at sign-up  
 Instructor: Hang Lei

**Please sign-up in the senior center office by Monday, November 14th before Noon**

### **Be A Santa to A Senior Present Wrapping Party**

Sponsored by Home Instead Senior Care  
 Thursday, December 8, 2011  
 12:30 pm until 2:00 pm  
 Location: Card Room  
 No Cost  
Sign-up begins November 9, 2011

#### Note

"Be A Santa to A Senior" tree goes up November 1 outside the Senior Center Office so stop by and get a name



## From the Dancing Corner

As the weather turns cool, dancing in the evening at Rascals brings out the warm and comfy feelings. Being with friends, listening to the music, and dancing with your partner or friends are very appealing alternatives to sitting in front of the tube. What's more, the band is everyone's favorite: ***The Mailmen!*** When Jerry Hanger and his group of musicians show at Rascals, the place really rocks. So come join us for a wonderful evening of fun fellowship, good food  
And dancing.

The theme for this dance is Pilgrims and Indians! Dress up as you like or just join us in any attire you prefer. See you at the Rascals.

### **November 11 Dance with Live Music from the Mailmen**

**When: Friday, November 11, 2011**

**Time: 7: 00 pm—10:00 pm**

**Where: Rascals Teen Center  
125 Cumberland Street  
Kingsport**

**The cost is \$5.00 per person.**

**Please bring a dessert or snack to share.**



## COMING IN THE FALL OF 2012 Ten Day Spirit of Ireland Tour— Inclusive Package

Passport is required

The dates are October 16-25, 2012

Cost is \$2925 pre-paid double occupancy  
Single occupancy is \$3400.00 ~ \$500 is due immediately to hold reservation ~ \$1000.00 is due April 2, 2011 ~ Final payment is due June 1, 2012 ~ Travel protection is included in package. Will be staying 3 nights in Dublin (1st night & last 2 nights), 2 nights in Killarney and 2 nights in Galway. Dine on 7 full Irish Breakfasts, 5 full Irish Dinners to include a Traditional Irish Evening with Dinner and Entertainment at the Abbey Tavern. Trinity College, Blarney Castle, Rock of Cashel, Skellig Experience, Lakes of Killarnary, O'Briens Tower, etc. are a few of the places you will visit. Also enjoy a panoramic views from a Catamaran Cruise on Killary Harbour. For Information &/or reservations please **contact 392-8403 Shirley Buchanan**

### **Dromoland Castle-Ireland**





***ALLANDALE CHRISTMAS DANCE***

***ALLANDALE MANSION  
TUESDAY, DECEMBER 06, 2011  
\$10.00 PER PERSON  
6:00 PM TO 9:00 PM  
CATERED BY SUGAR & SPICE  
BAND IS RETRO ROCK IT***



***SIGN-UP BEGINS NOVEMBER 7th  
Tickets are limited to two per person.***

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

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