

# the Kingsport Senior Center News



## 2015 Block Party

Come and join us at the Kingsport 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 who will be attending the Block Party. Entertainment will be provided by Grand Theft Audio in the gymnasium. You will not want to miss this event!

Door prizes will be given

Tuesday,  
July 7, 2015

Kingsport Senior  
Center

6:00pm-9:00pm

## 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](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** 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-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Lori Calhoun**  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8400 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Branch Program Assistant-**  
Patti Blackwell  
[patriciablackwell@kingsporttn.gov](mailto:patriciablackwell@kingsporttn.gov)  
765-9047
- **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, 2015-June 30, 2016

\$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](http://www.kptseniors.net)

### **Lynn View Branch Site: (423) 765-9047**

257 Walker Street  
Kingsport, TN 37665

### **Hours of Operation:**

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

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



# WELLNESS

## Seminars

**Medication Safety:** Kelley Maiden, Instructor with King College along with 4 students will be at the center on **Thursday, July 9, 2015** at 10:30am in the Card Room. Topic of discussion will be "Medication Safety": This seminar is a 2 hour session that will include medication safety topics for older adults. It will include side effects from commonly used medications, how to safely dispense medications using devices such as use of pill boxes, medication security, and use of containers that are easily used, the importance of carrying an updated list of medications at all times in case of emergency. This is an event you will not want to miss, so mark your calendars and plan to attend.

**Debunking the Myths of Diabetes:** Ashley Bates, PharmD with Cave's Drug Store will be at the center on **Tuesday, July 21, 2015** at 10:30am in the Card Room. Topic of discussion will be "Debunking the Myths of Diabetes": It seems as if everyone has an opinion on how to improve diabetes control. From fad diets to extreme exercises. There are hundreds of myths surrounding diabetes. In this informative and exciting class, we'll explore these myths and discover which ones are true or false. You won't want to miss this exciting event!

**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 calendars and plan to attend!

## White Water Rafting

Come join us for a day of White Water Rafting on the Upper Pigeon River. We will depart the center at 8:15am on **Thursday, July 23, 2015**. Cost of transportation is \$8.00 per person payable when you sign up. The rental fee for rafting is \$27.00 each (cash only) payable before we depart. Please bring the correct amount, we will not have any change. We need a minimum of 20 to sign up in order for trip to go. Lunch is on your own at Ruby Tuesday's. We will raft the Upper Pigeon River which offers 60 plus rapids that include class III and IV white-water. Be sure to bring a change of close, shoes and towel; you will get wet! Foot protection is required! No flip flops allowed! You must be in good physical condition to be able to get in and out of raft and also help paddling down river. Sign up begins July 1, 2015.

## 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.



## Lake Lure Tour

We will depart the center at 8:30am on **Wednesday, August 12, 2015** for Lake Lure, NC. Cost is \$8.00 for transportation payable when you sign up, Lake Lure tour is \$11 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered boats while your skipper guides you past local attractions and landmarks such as the locations used to film the popular Dirty Dancing movie and the recently restored historic 1927 Lake Lure Inn and Spa. Sign up begins Wednesday, July 8, 2015.

## Lunch and Learn

Kim Jones, LBSW Rehabilitation Liason with HEALTHSOUTH Rehabilitation Hospital will be at the center on **Tuesday, August 18, 2015** at 11:30am in the Card Room. Topic of discussion will be "What Do I Do Now?": This seminar will be a slide show presentation for anyone who might find themselves having to make decisions for extended care after an illness or injury. The differences between inpatient rehab, skilled care, outpatient therapy and home health will be discussed. Sign up begins Wednesday, July 22 and 20 seat limit.

## 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- 3:00pm- 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](http://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: 9:00am-3:00pm- 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
- Bingo: 9:00am-Cafeteria
- 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

**!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.

**Cooking with Tracy-** No class in July. Will resume in August.

**Cake Decorating-** No class in July or August. Will resume in September.

**Camera Club Scavenger Hunt-** Monday, August 24, 2015- 10:00am-12noon- Room 239- FREE- Instructor Claude Kelly- **Sign up begins July 24.**

**Savvy Social Security Planning-** Tuesday, August 25, 2015- Lynn View Community Center- 9:30am-10:30am- Free- Facilitator: Ron Matthews- **Sign up begins July 24 but must sign up by August 18.**

**Farmer's Daughter Outing (Kiwans Tower Residents ONLY)** – Friday, September 25, 2015- Greenville, TN- 10:00am-2:30pm- Cost: \$8.00 for transportation and lunch on your own. Sign up with Michelle after bingo on August 19.



## Beginning Drawing

Friday, July 24, 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, July 15, 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

### **OTLB: "Proper" with stop at Mast General Store**



Friday, August 14, 2015  
Boone, NC  
9:00am-4:30pm  
Cost: \$8.00 with lunch on your own

Check out the online menu at [www.propermeal.com](http://www.propermeal.com) or stop by the front office to pick up a menu.

**Sign up begins July 6**

### **Trout Fishing & Gem Mining with a Picnic Lunch**

Wednesday,  
September 9, 2015  
Grand Father  
Mountain Trout Farm  
8:30am-4:30pm  
Cost: \$8.00 for transportation plus



bring your picnic lunch. We will have coolers to put your drinks in

They have live web cam

They provide equipment, bait and will even clean the fish for you. Trout is \$6.95 per pound. Pay for what you catch. Gem mining come in \$15, \$20, \$30, \$40 buckets that can be shared.

**Sign up begins July 16**

### **Fort Chiswell Ride Through Zoo and Lunch at PeKing**



Wednesday, August 26, 2015  
Wytheville, VA  
8:15am-4:30pm

Cost: \$18.00 for zoo and transportation.  
Lunch will be on your own.

At the zoo, each person will be given a cup of food for the animals.

**Sign up begins July 14.**

### **Dixie Stampede Senior Day**

Tuesday, September 22, 2015  
Pigeon Forge, TN  
10:00am-6:00pm  
Cost: \$40 for ticket and transportation

Senior Day will include health fair and pre-show with show and lunch at 2:00pm.

Be sure to eat a late breakfast or bring a snack because meal will not be until 2:00.



**Sign up begins July 15**

# Your Page

## From the Dancing Corner

### **JULY DANCE AT THE RENAISSANCE CENTER**

**There will be no dance in July. Will resume in August.**

## **We Need You!!**

### **Woodshop Volunteers Sought for Saturdays**

The Senior Center would like to open the woodshop on Saturdays from 9:00am-12noon. We feel that this would allow seniors who are still working the availability to use the woodshop. In order to be a volunteer you would need to go through the woodshop safety course and also some additional training for our Woodshop Volunteers. It would be great to have 4 to 5 people who would like to volunteer so that we could alternate Saturdays and no one would be overwhelmed with coming in each Saturday. Opening the woodshop on Saturdays would allow that senior who is involved with a DIY project to have access to the woodshop. If you are interested in becoming a Saturday or any other day volunteer in the woodshop please see Kevin Lytle or give him a call at 392-8407.

## **Senior Center Travel**

In an effort to offer trips and travel that our members want and will support, we need to hear from you. Where would you like to go in 2016/2017/2018? Would you like educational trips, cruises, or land tours? We would like to plan ahead so that everyone will have adequate time to decide and pay for the trip. Please stop by the office and let us know or drop an email to [shirleybuchanan@kingsporttn.gov](mailto:shirleybuchanan@kingsporttn.gov). If you have visited a great restaurant or would like to recommend one please let us know and we can schedule for our OTLB.

## 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 now.

### **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 now.

**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

### Bacon Cheddar Stuffed Burgers

#### Ingredients:

2 lbs ground beef  
1 teaspoon salt  
½ teaspoon pepper  
¼ teaspoon garlic powder  
¼ cup onion, minced fine  
9-10 slices of bacon  
8 ounces cheddar cheese shredded  
6 hamburger buns



#### Directions:

Fry bacon until crisp; crumble

Combine beef, salt, pepper, garlic powder and onion and shape into 12 large, thin patties.

Top six patties with 1 tablespoon bacon and 1 tablespoon cheese (this is approximate-use what looks right).

Place remaining 6 patties on top of cheese/bacon topped patties and press edges to seal.

Grill or broil for 3-4 minutes per side until done. We like ours well done.

The last 2 minutes of cooking top patties with remaining bacon and cheese.

Serve on buns.

**Computer Classes**

**ipad/ibooks class-**

Wednesday, July 22, 2015-  
Card Room- 5:00pm-6:30pm-  
Cost: Free-Instructor: Heather  
Duby- Must bring your ipad  
and know your apple ID and  
password- learn how to use  
the ipad and how to use  
ibooks for reading. Sign up  
begins June 30.



**OMEGA Challenge Practices:** July 13-17 at  
2:00pm in the computer lab. July 13-Word  
Challenge; July 14-Geography Challenge; July 15-  
Face Race; July 16- Math Challenge; July 17-  
Hands on Challenge. No sign up required.

**Computer Lab Senior Fest 2015 Scheudle:**  
9:00am-1:00pm daily will be computer lab open  
house. 9:00am-11:00am will be genealogy club  
help sessions. No sign up required.



**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.

**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, July 9 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.



# 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](http://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

- 3<sup>rd</sup> 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 1<sup>st</sup> Monday of each month at 9:00am

## Zumba

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

# Summer Classes 2015 Branch Site Schedule

Classes end week of June 22 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday (begins July 10)
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet (Sept 8)

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

## Intermediate Crochet (Sept 8)

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

## Art Class (Sept 1)

- 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

- 2<sup>nd</sup> Tuesday of each month; no July meeting
- 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 & Friday (begins July 10)
- 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.
- Will meet in room 302 week of July 13-17.

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling
- Will meet in room 302 until July 20.

## Pickleball

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

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor
- No class July 13-17.

## 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

- Tuesday & Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Begins July 14

## 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](http://www.kingsportseniorartisancenter.com)  
and like our facebook page

# Kingsport Adult Education Classes



## Adult Education

### Job Skills

Be on the look out for National Electric Code (Commercial) and HVAC classes to start in

### Beginning Chinese Class

Wednesdays 11 classes

Chang Fee: \$55 per child

All classes subject to cancellation. Minimum 10 days in advance. Contact Michelle at 392-8404.

### JOB SKILLS

Wednesdays 11 classes

Chang Fee: \$55 per child

Local Art Renaissance Center

Workshop

Wednesday, April 28, 2015

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



Local Art Renaissance Center

### Cultural/Arts/Crafts

Classes are administered by The Health/Exercise Center. For more information or to sign up for a class to be offered in the fall, call 723-8400.

### ARTS



### Personal Training with Chris

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

Instructor: Jean Child with a parent

Minimum 10 days in advance. Fees will be

Chinese Class Wednesday, June 10- July 22, 2015

- ❖ 5:30pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor

Instructor: Jean Child with a parent

- ❖ Cost: \$30.00 for 6 weeks class due 1st day of class
- ❖ Additional Pound Fit class will be held July 29-September 9.



# Brain Teasers

	9			1				
	3						2	7
6						4		
	2		6	8	7			3
7				3				1
					5		1	
					9	6	4	
		8	2		3			

**Across**

- 1. Complex in design
- 7. Vaporization of a solid
- 10. Actress Lupino
- 11. Recurring theme
- 12. Confined
- 14. A musical pause
- 15. Gloomy, in poetry
- 16. Dwarf buffalo
- 18. Magma
- 21. 1000 kilograms
- 23. Cover
- 24. Verticality
- 26. Decipher

	1	2	3	4	5	6		
7							8	9
10				11				
12			13		14			
		15						
16	17				18		19	20
21				22		23		
24					25			
		26						

**Down**

- 1. Guy
- 2. Forfeited
- 3. L
- 4. Not brilliant
- 5. Ethically indifferent
- 6. Passed sideways
- 7. Take in slowly
- 8. It is (poetic)
- 9. Eastern newt
- 13. Hypnotic state
- 16. Consumed food
- 17. Neither \_\_\_\_
- 19. Workbench attachment
- 20. Commercials
- 22. And so forth
- 25. Negative

## **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-sponsored by Brookdale of Kingsport  
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  
9:30am-Bingo-Cafeteria  
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

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