

AUGUST 2025

# Senior Living

KINGSPORT SENIOR CENTER



## KINGSPORT SENIOR CENTER

*the fun begins at 50*



### Kingsport Senior Center

1200 E Center St.,  
Ste 121, Kingsport, TN  
(423) 392-8400  
Monday-Friday 8 AM - 7 PM  
Saturday 9 AM - 12 PM  
Closed Sunday

TimesNews

# MISSION

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

**About the Kingsport Senior Center:** The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness enter, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.



## Staff:

**Please call the front office for information:  
(423) 392-8400 (Main Number)**

Director- Shirley Buchanan- shirleyabuchanan@kingsporttn.gov- (423)392-8403

Program Coordinator — Lori Calhoun- loricalhoun@kingsporttn.gov- (423)392-8405

Branch Coordinator- Michelle Tolbert- michelletolbert@kingsporttn.gov- (423)392-8404

Wellness Administrator- Kevin Lytle- kevinlytle@kingsporttn.gov- (423)392-8407

Program Administrator — Amber Quillen- amberquillen@kingsporttn.gov- (423)392-8402

Program Administrator – Cameron Waldon- cameronwaldon@kingsporttn.gov- (423) 392-8406

Program Assistant- Vickie Duncan- vickieduncan@kingsporttn.gov- (423) 343-9713

Program Assistant- Diane Broyles- dianebroyles@kingsporttn.gov – (423)765- 9047

Administrative Assistant II- Lainie Eastep- lainieeastep@kingsporttn.gov- (423) 392-8400

Nutrition Site Manager- (423)246-8060

## Policies:

**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 enter, 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, 2025 — June 30, 2026 (we do not prorate)**

\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

\*If you have Silver & Fit, Renew Active or SilverSneakers through your insurance company your membership is free. Please bring in your member ID number to sign up.

The Kingsport Senior Center accepts credit and debit cards. No American Express.

## Location and Hours of Operation:

### MAIN SITE

**Renaissance Building:**  
1200 E. Center Street  
Kingsport, TN 37660

### Hours of Operation:

Monday-Friday: 8:00am - 7:00pm

Saturday: 9:00am - 12:00pm

[www.kptseniors.net](http://www.kptseniors.net)

423-392-8400

## BRANCH SITES:

### Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation:

Monday-Friday, 8:00am - 2:30pm. 423-765-9047

### Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

Monday - Friday, 8:00am - 11:00am.

### First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

### Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

### V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

**From the cover:** Members letting you know the fun begins at 50!

The Senior Advisory Council meeting will be Thursday, September 18, 2025. at 12:30pm. The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, con-cerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office. It is our hope that this will be a benefit to our seniors staff, and the council.

## Kingsport Senior Center

### Advisory Council Members:

Paul Buonaccorsi

Terry Cunningham

Charles Davenport

Ella Deakins

Brenda Eilers

Xue Xiaoli

Linda Ford

Ernie Koehler

Kenn Naegele

Rick Valone

Anna Walters

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Kingsport Senior Center



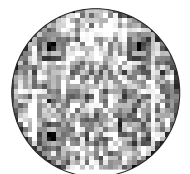
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Subscribe to our new Kingsport  
Senior Center YouTube Channel!

<https://www.youtube.com/@kingsportseniorcenter2443>





STEADMAN HILL KINGSFORT

# Our All-Inclusive Assisted Living Community

*A trusted local leader  
in senior living*

**Quality, Person-Centered Support**

It's a great day at Steadman Hill – and it's the perfect time to discover how our nurturing, secure environment can support people so they can age with grace. It's more than just an assisted living community - it's a place to call home. Respite stays are now available.

*We'd love to help you find the answers to your  
questions! Contact us today at 423-830-8502  
or [KingsportSeniorLiving.com](http://KingsportSeniorLiving.com)*

1300 Bloomingdale Pike. Kingsport, TN 37660



# VIRTUAL CLASSES

## Wellness Virtual Classes

- **August 12** — “Senior Weight Loss: 10-Minute HIIT Walking Workout”  
<https://youtu.be/GH4VJA9aFdQ?si=r5PXHWgta2Wt3jpi>
- **August 14** — “Best Exercises to Lose Weight for Seniors”  
[https://youtu.be/ZKCSikhCH54?si=70\\_nApQRKAeps3MD](https://youtu.be/ZKCSikhCH54?si=70_nApQRKAeps3MD)
- **August 19** — “5 Exercises for Seniors to Lose Belly Fat”  
<https://youtu.be/GQvhi408vAA?si=7FXtLovRZ0goMISk>
- **August 21** — “Exercises for Weight Loss”  
<https://youtu.be/rckn-V6X-aJk?si=1OmzqR4AQA246oKe>
- **August 26** — “5 Sitting Exercises to Lose Belly Fat – Senior Workout”  
<https://youtu.be/xKAYmg-zWqRo?si=oaVrtHwbjOG2xvou>
- **August 28** — “How you can get a Flatter Stomach with 4 Exercises”  
<https://youtu.be/PFP0vp3TUSU?si=PwwYepbDEzEIz7Ft>

## Senior Services Virtual Programs

- **August 8** – “How to avoid telephone scams.”  
<https://www.youtube.com/watch?v=N-h6DyElUnss>
- **August 15** – “Forgetfulness Or Dementia? Knowing The Difference”  
<https://www.youtube.com/watch?v=5c-4CbLkVX74>
- **August 20** – “What Is An Estate Plan, vs. a Trust vs. A WILL?”  
<https://www.youtube.com/watch?v=oUsqwiS93Bg>
- **August 23** – “Why Volunteer?”  
[https://www.youtube.com/watch?v=oi\\_DtV5bPN0](https://www.youtube.com/watch?v=oi_DtV5bPN0)
- **August 27** – “Senior Community Service Employment Program.”  
<https://www.youtube.com/watch?v=cuoN-VPbAicA>

## Events and Virtual Classes

- **August 2** – “4 Easy Southern Recipes That Taste Like Summer”  
[https://www.youtube.com/watch?v=5w-f\\_1Ewij0c](https://www.youtube.com/watch?v=5w-f_1Ewij0c)
- **August 4** – “10 Summer Styling Tricks To Look Thinner”  
[https://www.youtube.com/watch?v=aftyZd\\_cdvc](https://www.youtube.com/watch?v=aftyZd_cdvc)
- **August 5** – “3 Must Do Daily Exercises in 3 Minutes!”  
<https://www.youtube.com/watch?v=ZdM->

mRJam7wY

- **August 9** – “4 Daily Habits for Your BEST Summer”  
<https://www.youtube.com/watch?v=zhR0-dipOHA>
- **August 11** – “12 Tiny Habits That Keep Seniors’ Homes Spotless”  
<https://www.youtube.com/watch?v=3KOy-4fNa7No>
- **August 16** – “Easy Acrylic Night Sky Painting for Beginners”  
<https://www.youtube.com/watch?v=ry-WRrnMj8tg>
- **August 17** – “How to Paint a Simple Beach in Watercolor”  
<https://www.youtube.com/watch?v=9HBP-YzQYCA>
- **August 21** – “9 Best Brain Games for Older Adults”  
<https://www.youtube.com/watch?v=Iu4I-yye-uRU>
- **August 24** – “100 Spanish Words for Beginners”  
<https://www.youtube.com/watch?v=l5j-tYVF-2SM>
- **August 30** – “Blackberry Cobbler Recipe”

<https://www.youtube.com/watch?v=1tn-W7uhZg6E>

## YouTube Videos

- **Silver Sneakers Classic with Terri Bowling**  
<https://www.youtube.com/watch?v=vZmgChx0gnA>
- **Total Body with Terri Bowling**  
<https://www.youtube.com/watch?v=gk-2JmGczBno>
- **Silver Sneakers Yoga with Terri Bowling**  
<https://www.youtube.com/watch?v=8GHMM92jAZQ>
- **Silver Sneakers Boom Fitness with Terri Bowling**  
<https://www.youtube.com/watch?v=JK-5TcvOIPJk>
- **Piloxing with Terri Bowling**  
<https://www.youtube.com/watch?v=fSqm-MM3Lsu8>
- **High/Low Aerobics with Terri Farthing**  
<https://www.youtube.com/watch?v=sjjD-SHzFPsU>
- **Strength/Stretch with Terri Farthing**  
<https://www.youtube.com/watch?v=-9j4WeEi9BZw>





# MAIN SITE CLASSES

**Movie Day “Four Good Days”:** Friday, August 8, 2025. 1:00pm. Atrium. Based on a true story, emerging from a detox clinic, a young addict tries to stay clean while living with her mother for the next four days. Starring Mila Kunis and Glenn Close. Popcorn will be served but you must bring your own drink. Sign up now.

**Learn to Speak Mandarin Chinese:** Friday’s August 8-September 26, 2025. Computer Lab. Come and learn mandarin Chinese taught by Jean Chang. Cost is free but must purchase book off Amazon “A Complete Handbook of Spoken Chinese.” Sign up now. Max of 6 people.

**“SINGO” Cookout at Eastman Cabins Shelter #9:** Wednesday, August 13, 2025. 12:00pm-2:00pm. Cost: \$5.00 paid at sign up and

bring a side dish to share. **(NO DESSERTS).** Join us at Eastman Cabins for a cookout and SINGO provided by Night Moves Mobile DJ. “SINGO” is played just like BINGO except with music. Prizes awarded. Hotdogs will be served with all the trimmings. **Limited to 60 people.** Sign up began June 4th.

**Beginning Spanish:** Mondays beginning August 18 through November 3, 2025. 11:00am-12:30pm. Room 303. This is a beginner level Spanish course. You will learn things from greetings to family members to numbers and colors all the way to important words for trips and travel. After this class you will feel more comfortable with the Spanish language. There is no cost for the class however, you will need to pur-

chase the book which the information will be given to you at sign up. Sign up began June 4. **Waiting list only!**

• **Brain Games Extravaganza:** Tuesday, August 19, 2025. 1:00pm. Computer Lab. This is a day to come see what brain games is all about. Brain games meets once a month and we play a variety of trivia games and puzzles to work the mind. Come and learn the benefits of brain games for seniors. Refreshments will be served. Free. Sign up now in the front office or call 423-392-8400. **Please sign up if you plan to attend that way we know how much food to order.**

• **Clay 101 with Susan Voorhees:** Tuesday, August 19-November 4, 2025. 10:00am-4:00pm. Clay Room. For beginners to intermediate levels. Projects weekly in hand-

building. Instructions available in wheel throwing. Cost is \$30.00 at sign up plus \$25.00 firing fee if not paid for the year. Sign up begins August 6. **Note this class fills up fast. Plan on being here early on sign up day. You can only sign up one person and one class at a time.**

• **Hand-Building with Clay:** Wednesdays August 20-November 5, 2025. 11:00pm-4:00pm. Clay Room. For intermediate levels. Projects bi-weekly. You will learn the basic techniques and have the opportunity to make functional or more sculptural pieces. Instructor: Jess Parks. Cost is \$30.00 at sign up plus \$25.00 firing fee if not paid for the year. Sign up begins August 6. **Note this class fills up fast. Plan on being here early on sign up day. You can only sign up one person and one class at a time.**

## Try a taste of Brookdale life – Enjoy a meal for two on us.

With three Brookdale community options in Kingsport, it’s easy. Come for a visit and find the right place for starting a new chapter, with the right support to help you or your loved one thrive. And while you’re here, you and a guest are invited to enjoy a meal for two on us as you explore all that Brookdale has to offer.

► **Complimentary admission**  
**Call (866) 314-0808 today to schedule a visit.**

[brookdale.com](http://brookdale.com)



**Brookdale Kingsport**  
Assisted Living  
2424 N. John B. Dennis Hwy

**Brookdale Rock Springs**  
Assisted Living  
640 Rock Springs Road

**Brookdale Colonial Heights**  
Assisted Living | Alzheimer’s & Dementia Care  
400 Professional Park Drive

# MAIN SITE CLASSES

• **Advanced Hand-Building with Clay:** Thursdays August 21-November 6, 2025. 11:00am-4:00pm. Clay Room. For advanced levels. Hand-building and wheel throwing. This class is designed to further your knowledge and experience with hand-building. Instructor: Jess Parks. Cost is \$30.00 at sign up plus \$25.00 firing fee if not paid for the year. Sign up begins August 6. **Note this class fills up fast. Plan on being here early on sign up day. You can only sign up one person and one class at a time.**

**Beginner Fusion Dance:** Wednesdays August 20-November 5, 2025. 11:00am-12:00pm. Room 302. You will learn dances such as the lindy hop, Charleston, hip hop and more. It's also a great way to exercise. Instructor, Monica Case-Harman, won a full scholarship to the University of Maryland's music performance program, where she double majored in performance dance and music business. Her Master's degree, also in Music Performance we received at Lee University where she studied operetta and musical theatre performance as well as pedagogy. Monica has spent the last 50 years performing and has been teaching for 40 years. Cost is \$35 paid at sign up.

**Abstract Painting Course:** Wednesdays beginning August 20-September 24, 2025. 11:00am-1:00pm. Room 303. Enjoy the fun of painting without limits! Even if you are a realist painter this class will open new avenues to enhance your style. All painting is decorative.....the realist paints what they see; barns and cows, fields and streams while focusing on depth and shading. Drawing skills are not necessary for the successful abstract artist. The abstract painter can still focus on depth and shading but the important aspects are placement of colors, shapes and texture. Michael will lead you through some fun

exercises to explore the world of abstract painting. You may be the next Jackson Pollock or Georgia O'Keeffe. Cost is \$20 at sign up and you will need to pick up a supply list. Limit 12 people. Sign up now.

**Beginner Oil Painting:** Wednesdays beginning August 20-September 24, 2025. 1:00pm-3:00pm. Room 303. Learn how the basic shapes and lighting can create beautiful paintings. Oils give you more time to blend and do surface textures on your canvases than other media. We'll start with the basics and move onto landscapes. Come enjoy the fun and creativity. Cost is \$20 at sign up and you will need to pick up a supply list when you sign up. Limit of 12 people. Sign up now.

**Flower Arranging Class "Creative Fresh Floral Arrangement"** Thursday, August 21, 2025. we will be working with a monochromatic color combining textures and shapes to make a very creative fresh floral arrangement. This is a class you do not want to miss out on. This class meets monthly and each month you leave with your very own, handmade, and customized piece to show off to your family and friends. Each arrangement will also last a few weeks with proper care. Cost: \$10.00 at sign up and \$10 day of class. You do not want to miss this class!

**Acrylic Painting:** Thursdays beginning August 21-September 25, 2025. 1:00pm-3:00pm. Room 303. Acrylic paint is a fast-drying paint made of pigment suspended in acrylic polymer emulsion. Acrylic paints are water soluble, but become water-resistant when dry. Taught by Michael Farrar. The cost is \$20 paid at sign up and you will need to pick up a supply list when you sign up. Limit to 12 people. Sign up now.

**Watercolor:** Thursdays beginning August 21-September 25, 2025. 3:00pm-5:00pm. Room 303. This class is taught with

demonstrations and individual student coaching. This allows the beginner to start their journey of discovery of the uniqueness and beauty of watercolor. The veteran watercolorist will work on developing a more personal style using new techniques. Starting with basic techniques and using landscapes as subject matter, students will learn about skies, clouds, mountains, trees, rocks, farm building and more. Each week new tips, tricks and techniques will be shown so other subjects can be approached with confidence. Taught by Michael Farrar. Cost is \$20 paid at sign up and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up now.

• **Wii Bowling Day:** Tuesday, August 26. 1:00pm. Multipurpose Room. This is for anyone wanting to learn how to Wii Bowl, learn about the league and meet our current "Up Your Alley" team. Pizza and drinks will be served. Free. Sign up now in the front office or call 423-392-8400. **Please sign up if you plan to attend that way we know how much food to order.**

**Beginner French:** Wednesdays September 3-October 15, 2025. 9:00am. Room 230. Ghyslaine is going to bring France to you! Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

**Advanced French:** Wednesdays September 3-October 15, 2025. 10:00am. Room 230. This class is for when you are comfortable enough to move on from the beginner class. Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or**

**CALL 392-8400.**

**Intermediate French:** Wednesdays September 3-October 15, 2025. 11:00am. Room 230. Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

**Intermediate French II:** Wednesdays September 3-October 15, 2025. 12:00pm. Room 230. Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

• **Fall Picnic at the Park:** Thursday, September 25, 2025. 12:00pm. Warriors Path State Park Shelter #5. Come and enjoy music from "The Bill Copas Band" and a nice BBQ lunch with baked beans, mac n cheese, chips, and banana pudding provided by Braeden's. Shelter is located next to basketball court on duck island. Door prizes given. Cost is \$8.00. **Note: Seating available but you can also bring a lawn chair to sit outside of the shelter. Also, you will need to walk from the parking area to the shelter.** Sign up now in the front office.

**Halloween Costume Party at the Harvey Barn at Allandale:** Friday, October 31, 2025. 1:00pm. Come dressed in your best and enjoy a spooky afternoon at the Harvey Barn. Food and entertainment will be provided and TBA. Cost is \$10 paid at sign up. Sign up begins August 15.



# WELLNESS

**Neuro Yoga:** 1pm-2pm. **Every Wednesday** | Room 302 | Kristie Nies, PhD. Neuropsychologist & Registered Yoga Teacher | Neuro Yoga is chair based yoga for brain health, which will build resilience, improve mood, reduce pain, and reduce stress. Cost is free to our members, no yoga experience is required.

**Blood Pressure Checks:** 10am-11:30am. **Every 1st Wednesday of the month** | Hallway by the Office | Justin Taylor, Representative with Caris Healthcare. **Blood Pressure Checks:** 10am-11:30am. **Every 2nd Wednesday of the month** | Hallway by the Office | Bevin Morrell, LPN, Rehab Liaison with Encompass Health. **Blood Pressure Checks:** 10am-11:30am. **Every 3rd Wednesday of the month** | Hallway by the Office | Chelsey Herron, Health & Wellness Director with Brookdale Rock Springs. No sign-up required.

**Stroke Support Group:** 11:30am-12:30pm. **Every 2nd Wednesday of the month** | Lounge | Bevin Morrell, LPN, Rehab. Liaison with Encompass Health: The Rehabilitation Hospital of Kingsport. Providing education, encouragement and support for stroke survivors, families and caregivers. Sign up in Office or by calling 423-392-8400.

**Grief Share Program:** 9:30am-11:30am. **Every 3rd Wednesday of the month** | Card Room | **NOTE:** Grief Share Program has been postponed, due to the facilitator is unable to continue facilitating the Grief Share Program due to a recent change in his schedule. We are working on getting another facilitator, sorry for any inconvenience.

**Caregiver Support Group:** 10am-11am. **Every 4th Wednesday of the month** | Multipurpose Room | Vickie Burlison, BSW, Suncrest Hospice / LHC. Participants will

express the challenges in care giving to include the physical, mental and psychological strain in caring for a patient, or a family member. Vickie will also educate participants on different options for coping with these challenges, validation and coping mechanisms. Sign up in Office or by calling 423-392-8400.

**Memory and Brain Health:** 2pm-3pm. **Every 4th Thursday of the month** | Multipurpose Room | Topic of discussion "Use it or Lose it" Speaker: Tracey Kendall Wilson, Regional Director; Alzheimer's TN. Brain Health is important throughout the continuum of life but seems to be more of a focus as we age. Join Alzheimer's Tennessee for an interactive and fun way to keep ourselves as sharp as possible. Sign up in the Office or call 423-392-8400.

**Woodshop Safety Orientation:** 9am-11am. **Monday, Aug 4** | Wood Shop | **Every 1st Monday of the Month.** If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. **NOTE:** Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

**The Ear Tour:** 10am-1pm. **Wednesday, Aug 6** | Multipurpose Room | Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | Do you hear, but not understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign up in Office or by calling 423-392-8400.

**Health Extension for Diabetes:**

10am-11am. **Mondays, starting on Aug 18** | Computer Lab | Lydia Hoskins, MS Extension Specialist with UT/TSU Extension, Sullivan County. Do you need help better managing your diabetes? Health Extension for Diabetes is for people who have been diagnosed with either type 1 or type 2 diabetes. HED is an American Diabetes Association education and support program that helps participants with better self-management of their condition. Sign up in the Office or by calling 423-392-8400. **NOTE:** Bi-Weekly- Aug 18, Sep 8, 22, Oct 6, 20, Nov 3 17.

**Lunch & Learn "Brain Health":** 11am. **Wednesday, Sep 3** | Multipurpose Room | Rachel Stoner, Sales Manager with Brookdale Rock Springs | Rachel Stoner will discuss what makes up a healthy brain? What are the functions of our brain, and are

there lifestyle changes that can help keep your brain healthy. Also you will learn tips and tricks of how to keep your brain healthy. Sign-ups will start on Thu, Jul 31 in the Office or by calling 423-392-8400, there is a limit of 20 seats available. **NOTE: All member must sign up by the close of business on Fri, Aug 30.**

**Medicare Educational Event:** 11am. **Tuesday, Sep 23** | Card Room | Brian Coggins, with Mid-South Financial Group | This Seminar will provide you with valuable information from a 20 page educational booklet on how Medicare works, and what the participants need to know to make wise decisions regarding Medicare options and any new changes for 2025. This will be a good time to get your questions answered by a local agent. Sign up in the Office or by calling 423-392-8400.



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# WELLNESS

**Flu Vaccine Clinic:** 9am-11am. **Wednesday, Sep 24** | Pinney's Prescription Shop | Hallway Billiards Room side | Medicare part B and TNCARE are going to cover most influenza vaccine this year at no charge to the patient. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Pinney's will be providing Flu vaccine, COVID vaccine, Shingles vaccines, Pneumonia vaccine, Respiratory syncytial virus vaccine (RSV). Sign-ups start on Thu,

Aug 21 in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

**Spa Day-Nails & Hands Pampering Session:** 10am. **Wednesday, Aug 20** | Multipurpose Room | Heather Cash, Owner: Heart of a Daughter Care Management | Enjoy a relaxing day of nail and hand pampering, with Heather Cash and Brenda Gilliam. They will be painting your nails and your hands with a lotion treatment. Sign up in the Office or by calling 423-392-8400, there is a limit of 15 seats available.

**Veterans Brew:** 9:30am. **Monday, Sep 8** | Multipurpose Room | **Every 2nd Monday of the Month** | Kamela Easlic, Volunteer Coordinator Preceptor, with Caris Healthcare | Veterans Brew is a monthly gathering of Veterans for the purpose of socializing while enjoying coffee and doughnuts. Also occasionally, a speaker will be scheduled to address topics of interest to the group. Sign-ups will start on Thu, Aug 7 in the Office or by calling 423-392-8400.

**Billiards Tournament:**

9:30am. **Wednesday, Aug 27** | Billiards Room | This tournament will be an 8-ball tournament singles play best of three games with double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Kim Howell, Marketing Liaison with Visiting Angels. **NOTE:** We will play on all **four tables** in billiards room. Sign up in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Aug 25.

**Shuffleboard Tournament:** 9am. **Wednesday, Sep 24, 2025** | Shuffleboard

Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the score board. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Melanie Bowman, Caris Representative with Caris Healthcare. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Aug 21 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Sep 22.

# SENIOR SERVICES

**S.M.I.L.E Meeting will be held on Wednesday, August 13st at 1pm in the cafeteria. If you are interested in becoming a Volunteer here at the center, make plans to attend our monthly meetings where we go over our Volunteer Opportunities. If you have any questions regarding Volunteering or how to become one, contact Cameron Waldon at 423-392-8406 or come by the front office.**

**The Library Geek** will be here the second and fourth Wednesday of the month through December in the Computer Lab, from 10:30am – 12:00pm. Would you like to get setup to use free library eBooks, audiobooks, and online magazines? Have a computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how? If you have any accounts, such as Apple or Google, please

have passwords ready. Sorry, no device hardware or software troubleshooting. Only 3 appointments available each day, so schedule your one on one time with a Kingsport public library librarian today. Call today to get your name on the list. 423-392-8400.

**Neal Bowes from Oasis will be here along with DaryRon Steffy owner of Seniors Helping Seniors on Tuesday, September 9 from 10am – 11am.**

They provide in home nonmedical care, such as assistance with bathing and dressing, house-keeping, meal prep, and so on. One thing that makes them very unique is that they only hire caregivers over 40 – and usually retirement AGE. This way, the caregiver is more likely to be able to connect authentically with the care receiver, giving

them more of a companion. Neal and DaryRon work well together and their services complement each other. Once a person's needs exceed what can be met by in – home – care, Neal can help them choose an assisted living option. They will both offer a presentation and will be available for any questions after the presentation. Whether you're planning ahead or need help now, this is a great opportunity to get clear, compassionate guidance from trusted local professionals. **Refreshments will be served so make sure you get signed up starting July 1 in the front office!**

**POWER OF ATTORNEY CLINIC THURSDAY, SEPTEMBER 18 2:00PM TO 4:00PM IN THE ATRIUM. PRE – REGISTRATION IS REQUIRED BY SEPTEMBER 4. TO PRE – REGISTER, CONTACT LEGAL AID OF EAST**

**TENNESSEE AT 423 – 928 – 8311 OR 423-392-8400. YOU CAN ALSO COME BY THE SENIOR CENTER OFFICE TO SIGN UP. Matthew Sharp from Legal Aid will be here along with several of their volunteer attorney's to speak with our senior's on how to complete power of attorney forms. Attendees will complete the necessary legal forms with the guidance from an attorney on site. Signups will start July 1st on. We will be serving light refreshments.**

**ONE ON ONE DEVICE ASSISTANCE WITH NADINE MCMACKIN WILL BE HELD IN THE COMPUTER LAB EVERY TUESDAY & THURSDAY FROM 10AM – 11:30AM.** Call the front office to get signed up if you need assistance with your computer, tablet or phone. 423-392-8400



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**Family**



**Fun**



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*of Johnson City*

1. Convenience! All included in rent: Utilities, cable, transportation to doctors appointments & shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful homestyle meals & more!
2. Spacious & Airy Apartment Homes! Mountain & Downtown views in a warm inviting community.
3. Community Features! Chapel, Ice Cream Parlor, Dining Room & Cafe, Movie Theater, Library, Media Centers & Meeting Rooms, Events & Activity Spaces & a Fitness Center with state-of-the-art equipment!
4. Outdoor Features! Large, beautiful Courtyard with paved walking paths & comfortable seating areas throughout, electronic gate access, a putting green, horseshoes & a bird sanctuary!
5. Exceptional Staff! Concierge, security, maintenance, activities & dining.
6. Location! Located in Downtown Johnson City within walking distance to parks, festivals, library & dining, convenient to I-26, Senior Center, Veterans & Medical Services.
7. Activities Galore! There's plenty to do, choose as much or as little as you would like! 55+ Welcome Home to TownView!

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**Hobbies**

"I like being in the center of downtown & close to lots of different entertainment. I particularly like TownView because of the staff & the effort they take to make this place home. It is my home." - Jim P.



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# DAY TRIPS

• **Wait list only Wohlfahrt Haus Dinner Theatre “Fabulous 50’s & 60’s”:** Wednesday, August 20, 2025. 9:45am-6:05pm. Cost is \$65.00 per person all inclusive. Enjoy a drive to the newly re-opened Wohlfahrt Haus in Wytheville, VA. Slap on those blue suede shoes and be ready to shake rattle and roll! Come rock to the memoalbe hits of the oldies such as It’s My Party, Splish Splash, Johnny B Goode, Surfin’ USA and more! **Sign up began June 27th.**

• **Limited spots available OTLB: Fisher & Company and Shopping in Downtown Tazewell, VA:** Wednesday, August 27, 2025. 8:15am-5:00pm. Cost is \$8.00 to cover transportation. Lunch will be on your own at the restaurant. Enjoy a drive to beautiful Tazewell, VA for lunch at the famous Fisher & Company, which is a family owned restaurant located in an authentic 1907 general store. Serving traditional southern cuisine, it is favorite among locals. Enjoy shopping after lunch. **Sign up began June 27th.**

**Titanic Museum Guided Tour & Lunch:** Thursday, September 4, 2025. 8:15am-4:30pm. Cost is \$55.00 which includes; transportation, guided tour and lunch. Discover the Titanic where history comes to life through authentic artifacts and immersive exhibits. Step into the past, walk the hallways of history, and honor the passengers and crew of the legendary ship. Their story is more than history- it’s a journey of remembrance and discovery. Walk the grand stair case, touch the 28 degree water, explore artifacts, and discover the fate of an actual Titanic passenger. Guided tour is at 10:30am and lunch will proceed

after. **Sign up began July 11th.**

• **Local & Regional History Group: “Blount Mansion Tour”:** Tuesday, September 30, 2025. 9:15am-6:00pm. Knoxville, TN. Cost: \$20 which includes transportation and guided tour. Lunch will be at your own at Calhoun’s on the river at 11:30am. Tour will begin at 2:00pm. Blount Mansion is a historic site known as “The Birthplace of Tennessee”. It was the home of William Blount, the only governor of the Southwest Territory, who also played a key role in Tennessee becoming the 16th state. The mansion served as the territory’s capitol and is now a museum, preserving its history and significance. Limited to 25 people. **Note: this tour requires a lot of walking. Sign up begins August 1st.**

**OTLB- Carvers Orchard & Applehouse Restaurant:** Thursday, October 9, 2025. 9:00am-4:30pm. Cost: \$20.00 which includes lunch and transportation. Enjoy a scenic drive to Cosby, TN to Carvers and Applehouse Restaurant that is nestled in the foothills of the Great Smoky Mountains with stunning views. Enjoy a delicious lunch and shopping in the candy and orchard stores on the property. **Sign up begins July 25th.**

**Trip to Blowing Rock, NC for Shopping and Lunch:** Wednesday, October 22, 2025. 8:30am-5:00pm. Cost: \$8.00 for transportation with lunch on your own. Enjoy a beautiful Fall drive to Blowing Rock, NC where the streets have quaint boutiques, art galleries, antique stores and wonderful restaurants in this small mountain village. Some

restaurants: Storie Street Grille & Bar, Six Pence Pub, Social on Main and the Town Tavern.

**Note: This trip will require walking and standing for long periods of time. Sign up begins July 25th.**

**OTLB: Grace Meadows Farm “The Kitchen” Restaurant:** Thursday, November 13, 2025. 10:40am-4:30pm. Cost: \$35.00 which includes your lunch and transportation. Enjoy a drive to the beautiful Farm at Grace Meadows and a delicious lunch at The Kitchen where they offer mouthwatering dishes crafted from fresh, local ingredients and enjoy time to explore the farm and shop in the gift shop. **Sign up begins August 28th.**

**Wohlfahrt Haus Dinner Theatre “Motown Christmas Show”:** Wednesday, November 19, 2025. 9:45am-6:05pm. Cost: \$65.00 which includes transportation,

show ticket and lunch. Christmas just got a little smoother. Motown Christmas will combine the sounds of the Motor City and the spirit of Christmas for an unforgettable night of music and fun. Motown’s timeless hits have played as a soundtrack for American families for the last eight decades, the Wohlfahrt Haus is honored to spotlight the iconic legacy of Motown with festive celebration for the holiday season. Lunch includes: pita chips and cheese dip, garden salad, oven roasted turkey with gravy and spiced cranberry jam, cinnamon honey mashed sweet potatoes, green bean casserole and a cherry chocolate Christmas cobbler. **Sign up begins August 28th.**

## Artisan



**Old Fashioned Christmas Fair**

Accepting Vendor applications starting August 1st, 2025

CONTACT INFORMATION:  
Phone: 423-765-9047 or 423-341-3856 (cell)  
Email: michelletolbert@kingsporttn.gov

**NOVEMBER 21 & 22, 2025 (Friday & Saturday)**

Event Location: Renaissance Building  
1200 E Center Street Kingsport, TN 37660

Sponsored by: The Kingsport Senior Center

The Kingsport Senior Center is hosting the 6th Annual Old Fashioned Christmas Fair bringing to you some of the region’s best crafters in one event.



# BRANCH PAGE

## Lynn View Community Center 765-9047

Hours: M-F, 8:00am – 2:30pm

**Basket class**, M/T, Aug 4/5 (2 day class), 10:00 a.m. – 1:00 p.m. Small Hamper Dimensions: 40” around the top of the basket and 11” tall. Weaver’s Level: Beginner to Intermediate Time required: 8 hours or two 4-hour classes. This basket is a good project for someone who has woven a few baskets and is looking for something different. The weaver will learn how to triple twine and how to shape a basket that starts out as a rectangle and gradually becomes round at the top. It makes a great storage baskets for towels, yarn or magazines! When signing up for the class please indicate if you would like the decorative band at the top to be wine/navy/seagrass or brown/navy/seagrass. Since this is a larger basket, it will require two consecutive days to complete it. Price: \$50.00, paid at sign up. Please sign up and pay by July 28.

**Beginner Drawing Class**, T, Aug 5th, 12th and 19th 11am -12:30.

Participants will continue by drawing by studying a still life and learning more techniques. We will build upon the first session. Any new students are still welcome to come to join us per session \$10, to instructor. Please bring the following materials: kneaded eraser, polymer or pink eraser, drawing paper ( I recommend a 11x 14 size paper, weight- 90 lbs or more), hard surface or paper pad as a support, drawing pencils and sharpener or x-acto knife, other materials like charcoal if you have them.

**Advanced Crochet**, F, Aug 8 – Sept 12, 9:30 – 10:30 a.m. Cost: \$20.00, paid to instructor artisan, Susan Egan. Class is limited to 4 participants. Participants will work on project of choice.

**Beginning Crochet**, F, Aug 8 – Sept

12, 11:00 – 12:00 p.m. Participants will use basic stitches and learn how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20.00, paid to instructor artisan Susan Egan. Limited to 4 participants.

**Intermediate Crochet**, F, Aug 8 – Sept 12, 12:30 – 1:30 p.m. Cost is \$20.00, paid to instructor artisan Susan Egan. Class is limited to 4 participants. Participants will make a sampler afghan that uses squares of different designs. Required supplies, a size H hook and four 7 ounce skeins of #4 worsted weight yarn (bring a main color (3) and (1) contrasting color).

**Pickelball 102**, T/TH, Aug 12 — 28, 10:00 a.m. Limited to 8 participants. 3 weeks, 6 classes. It’s time to rise and shine! Heighten your PB fundamentals and radiate confidence when you complete this class. The sessions will be student scripted. Open to all players who have completed a beginner PB course. We put fun in “fun”damentals! Cost \$30.00, paid at sign up. Instructor Anna Walters.

**Drums Alive** – W, Aug 13 – Sept 24, 1:30 p.m. DRUMS ALIVE is a program that uses drumming, music, movement and science to make health and wellness more than just effective, it make it irresistibly fun and totally engaging! It combines traditional physical fitness with creative expression for healthy brain exercise, too. We will be using pilates balls as drums and everyone gets a pair of drumsticks to make some joyful noise! NOTE: Lynn View is the first Kingsport site to offer this internationally celebrated program!

**Biscuits and Bingo**, TH, Aug 14, 10:30a.m. Come out and enjoy a biscuit and a fun game of bingo. Limited to 30 participants. Sponsored by Asbury Kingsport.

**Wool Felt Pin**, M, Aug 18, 10:00 a.m.

Pin will feature a cat sitting in front of the moon. In this class very basic embroidery stitches will be used. Cost is \$10.00 paid to artisan instructor Betty Smith.

**Button Bracelet**, T, Aug 19, 11:00 a.m. Cost: \$20.00, paid to artisan instructor Sallie McAllister. Supplies needed: 1 button, approximately 18” of Tiger Tail Wire, 2 Crimp beads, largish seed beads to cover the button loop and button leadup about 1 ½ to 2 inches, Assorted decorative beads to cover the length you want your bracelet to be. 4 – 6 inches. They may be a mix of lampwork or other large decorative beads, “E” beads, spacers, chain, charms or tags.

**Grief Share**, F, Aug 15, 11:00 a.m. This grief support group will meet monthly with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.

**Card Making**, M, Aug 25, 11:00 a.m. We will learn some new paper techniques as we make 4 cards. Cost is \$12 paid to instructor, Lisa Pecorini. Please bring scissors and adhesives.

**Rainforest Traveler’s Necklace**, T, Aug 26, 11:00 a.m. Learn how to create this colorful Czech glass and wood necklace using beginner friendly techniques. The necklace is accented with a copper compass, perfect for you or your favorite globetrotter. \$15, paid to instructor

Sonia Garcia all materials included. **Fabric Bowl**, W, Aug 27, 10:00 a.m. – 12 noon, Create a bowl that you can use for a catch all, flower pot, etc. Cost: \$10.00 for 2 bowls.

**Butterbean Auction**, W, Aug 27, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

**September Basket Class**, T, Sept 2, 10:00 a.m. A Continuous Spray Bottle with a woven cover. Weaver Level: Beginner. This fun project will be a nice addition to your basket weaving tool kit. It features a continuous spray water bottle which has a wood bottom and woven decorative cover. The bottle is 9 ½ “ tall and holds 10 oz. The price for the class is \$15 which includes the bottle.

**Preserving Family Stories**, W, Sept 17, 11:00 a.m. Cost: \$10.00. Terry Shaw of Howling Hills Publishing will lead an interactive workshop on writing family stories. We’ll cover the key elements of a story and the importance of identifying your audience. We’ll discuss ways to gather information and deal with conflicting memories. We’ll also weigh what to include and to exclude. Bring your ideas and preferred writing tools!

# NHC

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BRILLIANCE OF THE SEAS

**PUERTO RICO, ARUBA, ST. CROIX, BARBADOS, AND MORE!**

**January 31, 2026 - February 11, 2026**

**Your 12 Day/11 Night Package Includes:**

- 12 Day/ 11 Night Cruise aboard Brilliance of the Seas
- 1 Night Hotel Accommodations In San Juan, Puerto Rico
- Guided Tour of San Juan
- Shipboard Meals
- Round-trip Airfares
- And more!

**Prices starting at \$2,899.00**  
(Prices based on double occupancy)

**Sign-ups begin April 1**

- ▶ \$500.00-First Deposit due day of sign-up
- ▶ \$750.00-Second Deposit due by June 5, 2025
- ▶ Final Deposit due by August 8, 2025
- ▶ Travel Protection starting at \$318.00 (purchase at time of initial deposit)

See office for more details or contact Shirley Buchanan @ 423-392-8403

# NEW YORK CITY Christmas

December 8-11, 2025

**DOUBLE OCCUPANCY (PER PERSON) \$1799**

**SINGLE OCCUPANCY \$2369**

**INSURANCE (PER PERSON) \$259**

**INCLUDES**

- 4 Day / 3 Night Stay Inside The City
- 3 Breakfasts at Hotel
- 1 Wonderful Dinner at New York Restaurant
- Guided Tour of NYC including Rockefeller Center, Macy's Department Store, Radio City Music Hall, and much more Holiday Sights!
- Orchestra Seating for a Fabulous Broadway Show
- Standard Taxes, Meal Gratuities, & Baggage Handling
- Deluxe Motor Coach Transportation

**FOR INFORMATION PLEASE CONTACT SHIRLEY BUCHANAN 423-392-8403**

# Explore Portugal

OCTOBER 6-13 2026

**PORTUGAL'S COASTAL CROWNS: LISBON & PORTO**

**Your 8 Day/6 Night Package Includes:**

- Roundtrip Airfare
- 6 Nights of Hotel Accommodations (3 Nights in Lisbon/3 Nights in Porto)
- 6 Breakfasts & 3 Dinners including a Fado Dinner Show
- Guided Tours and Scenic River Cruise
- Wine Tasting at a Traditional Portuguese Vineyard
- And More!!

**PRICES AND DEPOSIT INFORMATION**

- Double Occupancy: \$3,999.00 - Insurance \$438.00
- First Deposit \$250.00 Due Day of Sign-ups
- Second Deposit \$1000.00 Due by January 15, 2026
- Final Payment Due by May 23, 2026

**SIGN-UPS BEGIN MAY 1, 2025**

FOR MORE INFORMATION, CONTACT SHIRLEY BUCHANAN @ 423-392-8403

# Canada & New England Cruise

ROYAL CARIBBEAN'S INDEPENDENCE OF THE SEAS

**Explore the beauty of New Jersey, Boston, Portland, Nova Scotia, and New Brunswick!**

**Your 11 Day/10 Night Package Includes:**

- 10 Day/9 Night Onboard Cruise Ship
- 1 Night of Pre-Cruise Hotel Accommodation
- Stateroom Accommodation
- Shipboard Meals
- Motorcoach Transportation to and from Cruise Pier

**SEPT 16-26, 2026**

**More Information**

Prices are as follows for **Double Occupancy:**

- Inside Cabin: \$1,799 Per Person
- Ocean View Cabin: \$2,099 Per Person
- Ocean View Balcony: \$2,499 Per Person

Insurance must be purchased:  
\$199 per person - Inside Cabin  
\$259 per person - Ocean View

\$250 Deposit due day of sign up  
\$750 Deposit due by December 12, 2025  
Final payment due by April 15, 2026

**Sign-Ups Begin on May 1, 2025**

For More Information, Please Contact Shirley Buchanan @ 423-392-8403



# DAILY ACTIVITIES

Classes run the week of August 18-November 3 except for exercise classes which are on going.

## Monday:

**Lap Swimming: 8:00am — 12:00pm (Aquatics Center) (First come first serve)**  
**Basketball: 8:00am-10:00am (Lynn View Community Center):** Stop by the office to get a ball.

**Open Woodshop: 8:00am — 3:00pm (Woodshop)**

**Silver Sneakers Classic: 8:15am (Gym)** — You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

• **RiverView Park Pickleball: 8:30am-10:30am (VO Dobbins)**- Open play. All skill levels. Must be a senior center member to play, please bring membership card.

**Core Conditioning: 9:00am (Lynn View Community Center)**- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

**Machine Quilting** — M (meets weekly), 9:00 — 11:00 a.m. Cost: \$15, per block (size 12x12), per week, paid to instructor Theresa Dicocco. In this class you learn several different quilt blocks, from cutting fabric to sewing the blocks together to create a sampler quilt of 12 different blocks. All materials are provided for class, however, if you would like to bring your own fabric for a special project feel free to do so.

**High/ Low Impact Aerobics: 9:15am (Gym)** — At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

• **Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)**- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

• **Class week of June 10-14, will be in the Atrium at the main site.**

• **Basic Tai-Chi: 10:00am (Room 302)** — Tai Chi is an ancient Chinese martial art form often referred to as the practice of “meditation in

motion”. Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

• **Pickleball: 10:00am-2:00pm (Lynn View Community Center)**

• **SilversSneakers Classic: 10:00am (Lynn View Community Center)**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

• **Strength Training: 10:10am (Gym)**

• **Stretch Class: 10:50am (Gym)**

• **Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239):** Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body.

• **No class week of June 10-14.**

• **Beginning Line Dance: 11:30am (Gym)**

• **Intermediate Line Dance: 12:45pm (Gym)**

• **Table Tennis: 2:00pm (Gym)**

• **Volleyball: 4:00pm (Gym)**

• **Horseshoes: Open play (singles or doubles) (back of senior center)**

• **Tuesday:**

• **Lap Swimming: 8:00am-12:00pm (Aquatics Center)**

• **Open Woodshop: 8:00am -3:00pm (Woodshop)**

• **Basketball: 8:00am-10:00am (Lynn View Community Center):** Stop by the office to get a ball.

• **Boom Move & Mind Fitness: 8:30am (Gym)** — Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility.

Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

• **Basket Weaving: 9:00am (Room 303)** — This class is open to individuals of

all expert levels.

• **SilversSneakers Classic: 9:00am (Lynn View Community Center)**- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

• **Silver Sneakers Yoga: 9:00am (Colonial Heights United Methodist Church)**- SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

• **Strength Training: 9:45am (Gym)**

• **Pickleball: 10:00am-2:00pm (Lynn View Community Center)**

• **Sing Along: 10:00am (Cafeteria)** is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

• **Clay 101: 10:00am-3:00pm (Clay Room)**- This is a beginner and intermediate level course.

• **Hand Quilting Group —10:00 a.m. — 12:00 p.m. (Lynn View Community Center)** Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.

• **Exercise for Everyone: 10:45am (Gym)** — A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.




**ASSISTED LIVING**

**AT-HOME CARE**

<ul style="list-style-type: none"> <li>• Daily Cooked Nutritious Meals &amp; Snacks</li> <li>• Spacious Single &amp; Shared Apartments</li> <li>• 24/7 Nursing Care &amp; Support Staff</li> <li>• Pleasant &amp; Cheerful Living Areas</li> <li>• Seasonal Sunroom with Library</li> <li>• Nurse &amp; Emergency Call System</li> <li>• Beauty Salon &amp; Barber Shop</li> <li>• Laundry, Linen, &amp; Housekeeping</li> <li>• Variety of Activities &amp; Entertainment</li> <li>• Transportation- Appointments &amp; Events</li> <li>• Walking Paths, Park Benches, &amp; Veranda</li> </ul>	<ul style="list-style-type: none"> <li>• Assistance With Daily Living &amp; Care</li> <li>• Diet Specific Meal Planning &amp; Preparation</li> <li>• Grooming, Bathing, &amp; Dressing</li> <li>• Laundry Service &amp; Light Housekeeping</li> <li>• Medication Reminders &amp; Organization</li> <li>• Transportation- Appointments &amp; Events</li> <li>• Shopping, Errands, &amp; General Assistance</li> <li>• Companionship, Supervision, Safety</li> <li>• Emotional, Physical, &amp; Social Health</li> <li>• Organization &amp; Peace of Mind</li> </ul>
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**Resident Aids, CNA's, LPN's**

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# DAILY ACTIVITIES

- **Beginner Dulcimer: 11:00am (MPR)**  
Learn to play the Appalachian/Lap Dulcimer in this class. The “Mel Bay-First Lessons” dulcimer book. It’s fun to play with a group of dulcimers!  
• **Note: Must attend first day of class; cannot join mid-session.**
- **Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239):** More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.
- **Bowling: 12:30pm at Warpath Lanes**
- **Shuffleboard: 1:00pm (Ceramics Hallway)** — All levels of experience are welcome, with tournaments held semi-annual.
- **Open Pickleball: 1:00pm-4:00pm (Gym)**
- **Open Card Play: 1:00pm-7:00pm (Card Room).**
- **Badminton: 4:00pm-6:30pm (gym)**
- **Wednesday:**
- **Lap Swimming: 8:00am-12:00pm (Aquatics Center)** — (First come first serve)
- **Basketball: 8:00am-10:00am (Lynn View Community Center):** Stop by the office to get a ball.
- **Silver Sneakers Classic: 8:15am (Gym)** — You’ll have a chair for seated exercises and standing support.
- **Open Woodshop: 8:00am — 3:00pm (Woodshop)**
- **RiverView Park Pickleball: 8:30am-10:30am (VO Dobbins)-** Open play. All skill levels.
- **Must be a senior center member to play, please bring membership card.**
- **Core Conditioning: 9:00am (Lynn View Community Center)-** This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.
- **Open Sewing, 9:00 – 11:00 a.m. (Lynn View Community Center)** No sign up required. Join others working on sewing projects. Beginner – advanced levels welcome.
- **High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.
- **Croquet: 9:30am (Front Lawn)**
- **Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)-** Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.
- **Class week of June 10-14, will be in the Atrium at the main site.**
- **Silversneakers Classic: 10:00am (Lynn View Community Center)-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.
- **Pickleball: 10:00am-2:00pm (Lynn View Community Center)**
- **Strength Training: 10:10am (Gym)**
- **Stretch Class: 10:50am (Gym)**
- **Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239):** Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body.
- **Beginning Clay: 11:00am-4:00pm (Clay Room)** Hand building. This is for beginners.
- **Hand & Foot Card Game: 12:30pm (Card Room)** Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards — the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.
- **Table Tennis: 1:00pm (Gym)**
- **Basketball: 4:00pm (Gym)**
- **Thursday:**
- **Lap Swimming: 8:00am-12:00pm (Aquatics Center)**
- **Basketball: 8:00am-10:00am (Lynn View Community Center):** Stop by the office to get a ball.
- **Boom Move & Mind Fitness: 8:30am (Gym)** — Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.
- **Bingo: 9:00am (Cafeteria)**
- **Woodcarving: 9:00am (Room 303)** — In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.
- **Silver Sneakers Yoga: 9:00am (Colonial Heights United Methodist Church)-** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- **Silversneakers Classic: 9:00am (Lynn View Community Center)-** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.
- **Pickleball: 9:00am-12:00pm (TNT Sports Complex)-** Open play. All skill levels.
- **Must be a senior center member to play, please bring a membership card.**
- **Strength Training: 9:45am (Gym)**
- **Pickleball: 10:00am-2:00pm (Lynn View Community Center)**
- **Hand Quilting Group – 10:00 a.m. – 12:00 p.m. (Lynn View Community Center)** Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.
- **Bunco will be played every month on the second Thursday at 10:30am in the Card Room.** Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco’s, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: “At least I got something” (picked from score sheets)
- **Exercise for Everyone: 10:45am (Gym)** — A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.
- **Scrabble Day: 11:00am- (Lynn View Community Center)** Bring your lunch and a drink, enjoy a game of scrabble.
- **Intermediate Clay: 11:00am-4:00pm (Clay Room)**
- **Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239):** More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.
- **Crafting Hodge Podge: 12:00pm (Lynn View Community Center)** Bring a craft or project and talk with others.
- **Shuffleboard: 1:00pm (Ceramics Hallway)** — All levels of experience are welcome, with tournaments held semi-annual.
- **Cornhole: 1:00pm (Gym)**
- **Volleyball: 4:00pm (Gym)**
- **Friday:**
- **Lap Swimming: 8:00am-12:00pm (Aquatics Center) (First come first serve)**
- **Basketball: 8:00am-10:00am (Lynn View Community Center):** Stop by the office to get a ball.
- **Silver Sneakers Classic: 8:15am (Gym)** You’ll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.



# DAILY ACTIVITIES

• **Low Impact Aerobics: 9:00am (Lynn View Community Center):** Join us and get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning and strengthening in addition to low impact cardio.

• **Open Sewing- 9:00 – 11:00 a.m. (Lynn View Community Center)** No sign up required. Join others working on sewing projects. Beginner – advanced levels welcome.

• **High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

• **Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)-** Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

• **Class week of June 10-14, will be in the Atrium at the main site.**

• **Tai Chi: 10:00am (Room 302)** Tai Chi is an ancient Chinese martial art form often referred to as the practice of “meditation in motion”. Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

• **Pickleball: 10:00am-2:00pm (Lynn View Community Center)**

• **Stretch & Flex!: 10:00am (Lynn View Community Center)-** Enjoy stretching,

increasing your flexibility & balance & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair- no floor work required! Optional floor exercises may be offered towards the end of class but these can also be chair-based. Bring a yoga mat if you have one to use alongside the chairs provided.

• **Strength Training: 10:10am (Gym)**  
• **Stretch Class: 10:50am (Gym)**  
• **Cornhole: 1:00pm (Gym)**  
• **Bridge Group: 1:00pm (Atrium)** This is an intermediate level Bridge group. If interested please contact the front office.

• **Mahjong: 1:30pm (Multipurpose Room)** Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

• **Open Pickleball: 4:00pm (Gym)**  
• **Saturday:**  
• **Lap Swimming (Aquatic Center) 8:00am-11:00am**  
• **Basketball: 9:00am (Gym)** — Played alone or in groups.

• **Table Tennis: 10:30am (Gym)**  
• **Rooms available for use from 9:00am-12:00pm:**  
• - Exercise Room  
• - Billiards Room  
• - Computer Lab  
• - Clay Room

# INSTRUCTOR OF THE MONTH

Meet the Instructor

**MICHAEL FARRAR**

## CLASSES OFFERED

Beginner Oil

Watercolor

Acrylic

Abstract



## ABOUT ME :

**My name is Michael Farrar. My wife, Pam, our dog, Bo Wiggly, and I, live in Kingsport.**

▶ **Why did you choose to be an instructor at KSC?**

I wanted to pass my knowledge and 6 decades of experiences onto others.

▶ **How long have you been an instructor at KSC?**

Six years.

▶ **Fun fact about yourself:**

I would rather paint abstracts than eat lunch!

## CLASS INFORMATION

- ✔ Each class is a 6-week course
- ✔ Fee - \$20 per class
- ✔ See front office for more details





## Privately Owned Assisted Living Community With No Additional Care Charges Or Hidden Fees

### AMENITIES:

- Medication assistance
- Personalized care with around-the-clock licensed nursing staff
- Positive, nurturing team of dedicated caregivers
- 2 room suites. Each room has a living room, bedroom, bathroom and walk-in shower & small kitchenette
- Dining and activities
- Community outreach
- Housekeeping and Laundry Services

As a privately, locally owned assisted living facility, we're able to focus on the "little things" that matter - the personal touches that make living at Preston Place "home".



### WE HAVE 2 LOCATIONS TO SERVE YOU:

- Preston Place Suites is an assisted living community that promotes independence and socialization.
- Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.



**Thank You  
For Voting Us Kingsport  
Times News Readers Choice  
#1 BEST ASSISTED LIVING  
For 11 Years In A Row.**

**WE APPRECIATE  
YOUR VOTES!!**

Stop by to tour or call us at 423-378-6623 and hear about our Summer Specials. You can also email us at [alison@prestonplacesuites.com](mailto:alison@prestonplacesuites.com)



2001 N. John B. Dennis Hwy., Kingsport, TN 37660 | 423-378-6623 | [www.prestonplacesuites.com](http://www.prestonplacesuites.com)