

SEPTEMBER 2025

# Senior Living

KINGSPORT SENIOR CENTER

## 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



# KINGSPORT SENIOR CENTER

*the fun begins at 50*



TimesNews

## 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.



# 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 center, 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.

## 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 playing pickleball at VO Dobbins.

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, concerns, 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

## Follow us on Social Media



**Kingsport Senior Center**



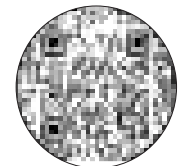
**@KingsportSeniorCenter**



**@KingsportSeniorCenter**

## Subscribe to our new Kingsport Senior Center YouTube Channel!

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





# MAIN SITE CLASSES

## Learn to Speak Mandarin Chinese:

Fridays 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.

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

**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 opera 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.

**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.**

**You and Your Sewing Machine:** Tuesdays September 9-November 18, 2025. 4:30pm-6:30pm. Room 303. Do you struggle to set up your sewing machine? After this sewing workshop, you'll walk away with more confidence and skill to help you tackle your first (or next) DIY Project. Materials will be provided; the student must bring their own sewing machine and thread. Sign up begins August 20th. Limited to 10 people.

• **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 Movie Day: Every Friday in October (minus Halloween):

Friday, October 3rd: "Hocus Pocus".

Friday, October 10th "Hocus Pocus 2".

Friday, October 17: "BeetleJuice".

Friday, October 24th: "BeetleJuice BeetleJuice".

1:00pm. Atrium. Popcorn will be served but bring your own drink.

## Abstract Painting Course:

Wednesdays October 15-November 19, 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 Sept 5.

**Beginner Oil Painting:** Wednesdays October 15-November 19, 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 Sept 5.

**Acrylic Painting:** Thursdays October 16-November 20, 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 Sept 5.

**Watercolor:** Thursday's October 16-November 20, 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 Sept 5.

**Flower Arranging Workshop:** Thursday, October 23, 2025. 10:00am. Multipurpose Room. Have you been interested in our Flower Arranging Class? Then this workshop is for you! In this free workshop, you will make a scarecrow arrangement for the Halloween/Fall season. This workshop will show you what we create in our monthly flower arranging classes. In each class you create a beautiful flower arrangement for your home or as a gift that lasts for weeks. Call the front office at 392-8400 to sign up or come on by! Limited to 20 people. All supplies provided. Sign up begins September 5.

**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.

**Thanksgiving Lunch:** Thursday, November 6, 2025. 12:00pm. Gym. Cost: \$7.00 and bring a side dish to share (no dessert). Please join us for a Thanksgiving Lunch in the gym. Turkey, mashed potatoes, rolls, tea and dessert will be served and everyone will bring a side dish to share. Door prizes will be given. Sign up begins September 12. Must sign up by October 24.

# MAIN SITE CLASSES

**Christmas Lunch:** Thursday, December 4, 2025. 12:00pm. Gym. Cost: \$7.00 and bring a side dish to share (no dessert). Please join us for a Christmas Lunch in the gym. Ham, Mac N Cheese, rolls, tea and

dessert will be served and everyone will bring a side dish to share. Door prizes will be given. Sign up begins October 3. Must sign up by November 14.

**Christmas at Allandale Mansion:** Tuesday, December 16, 2025. 12:00pm. Allandale Mansion. Cost: \$5.00 paid at sign up and bring a wrapped/bagged ornament for the gift exchange game. Come and enjoy the beautifully deco-

rated Allandale Mansion for the Christmas holiday. Food will be provided and we will play Christmas SINGO. SINGO is played like BINGO but with music! Sign up begins Oct 3. Limited to 60 people.

# 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. **NOTE: Neuro Yoga class on Wednesday, Sep 24 and Oct 15 will be canceled, due to the instructor will out!**

**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 | Daniel Winiger, M.Div., Chaplain with Caris Healthcare | The Grief Share Program is offered to our members who have

experienced the death of a family member, or a friend. The program is helpful on how to deal with emotions, tips on surviving social events, and how to find hope for the future. Sign up in Office or by calling 423-392-8400.

**Caregiver Support Group:** 10am-11am. **Every 4th Wednesday of the month** | Multipurpose Room | Vickie Burleson, 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, Sep 8** | 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.**

**Basic Bowl Turning Class:** 9am-2pm. **Thursday & Friday, Sep 18 & 19** | Woodshop | Larry Eidson and Ron Grooms will be teaching a 2-Session Basic Bowl Turning Class. Cost is \$50.00 which covers all your materials, due on first day of class paid to the instructors. You will make two bowls and learn two different styles of bowl turning. Sign-ups start Fri, Aug 29 in the Office or by calling 423-392-8400. Class is limited to 4 people sign up for class to be held.

**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 up 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 29.**

**Lunch & Learn "Five Wishes":** 11am. **Wednesday, Nov 5** | Multipurpose Room | Melanie Bowman, Caris Representative, with Caris Healthcare | What is Five Wishes? Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as

well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Sign-ups will start on Thu, Sep 18 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, Oct 31.**

**Health Extension for Diabetes:** 10am-11am. **Mondays, Sep 8** | 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- Sep 8, 22, Oct 6, 20, Nov 3, 17.**

**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.



# WELLNESS

**Flu Vaccine Clinic:** 9am-11am.  
Wednesday, Sep 24 | Pinney's  
Prescription Shop | Hallway  
Billiards Room side | Medicare  
part B and TNCARE will cover  
most influenza vaccine this year at  
no charge to the patient. You must  
bring your insurance card  
(Medicare, etc.) so that we may  
record the information and bill  
accordingly. Pinney's will be pro-  
viding Flu vaccine, COVID vaccine,  
Shingles vaccines, Pneumonia vac-  
cine, and the Respiratory Syncytial  
Virus vaccine (RSV). Sign up in the  
Office or you can call 423-392-8400,  
walk-ins are welcome the day of  
the Clinic.

**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 gath-  
ering 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 up in the Office or by  
calling 423-392-8400.

**Mary Kay Fall Pampering Session:**  
10am. **Wednesday, Oct 1** |  
Multipurpose Room | Jessica Cain  
with Mary Kay | Enjoy a relaxing  
Facial and Spa grade skin treat-  
ment. Also each member will  
receive a Hand and Lip treatment  
with CC Cream and Mascara.  
Sign-ups start on Thu, Aug 28 in  
the Office or by calling 423-392-8400,  
there is a limit of 20 seats available.

**Parks & Recreation Youth Basketball:**  
6pm | **Tue, Wed, and Thu** | Gym |  
Parks & Recreation Youth  
Basketball will start on Oct 21-Dec  
18. All Senior Center activities on  
these days will stop at **5:30pm** so  
any gear can be put away and the  
youth basketball goals can be  
attached on basketball goals. Sorry  
for any inconvenience.

**Shuffleboard Tournament:** 9am.  
**Wednesday, Sep 24, 2025** |  
Shuffleboard Courts | This tourna-  
ment will be doubles playing the  
best three games with double elimi-  
nation, 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 up in the Office  
or by calling 423-392-8400, with a  
deadline to sign up by close of busi-  
ness on Mon, Sep 22.

**Table Tennis Tournament:** 1pm.  
**Wednesday, Oct 29** | Gym | This  
tournament will be doubles playing  
the best three games, with double  
elimination. Cost is Free. Prizes  
will be awarded to 1st, 2nd, and 3rd  
place only, sponsored by Jeff  
Kinsler, Realtor/A.H.W.D., RE/  
MAX Rising. We need a minimum  
of 12 players to sign up for tourna-  
ment to be held. Sign-ups start on  
Thu, Sep 25 in the Office or by  
calling 423-392-8400, with a deadline  
to sign-up by close of business on  
Mon, Oct 27.

## 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](https://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

# SENIOR SERVICES

**S.M.I.L.E Meeting will be held on Wednesday, September 17th 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, housekeeping, 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

**Nadeine will be offering an AI Awareness Class here at the center on Tuesdays, September 2 & 29 from 10am – 11am. Call today and get signed up.** Below explains a little about the class.

**Sept 2025 AI Awareness Class**  
 • Tuesday, Sept 2 and Sept 30, 10 -11 AM  
 • 8 computer desktop computers available  
 • 6 additional spots for those who bring their own device

AI is here and becoming more prevalent. Come learn what AI is, what it is used for, how you can make the best use of it, and what to watch out for.

Whether you have a little or a lot of computer experience, there's always something new to learn

about using AI.

Topics of Discussion

- How to sign in and use the new computers with the Senior Center Profile
- Review Apps available on the new computers for browsing the Internet
- How to use AI on the internet to find answers to questions
- Where and how else is AI used in daily life.
- Watch outs to protect your identity and keep from getting scammed

**The Kingsport Senior Center will be hosting a one – day Senior Services & Technology Fair on Tuesday, October 7 from 9am – 1pm.** The event will take place on the first floor in and around the atrium. The fair will provide local seniors with resources, health screenings, and information about community programs and services. We will also have vendors on site to help seniors with any questions about electronic devices that you have. The event is free and open to the public.





# DAY TRIPS

- **Day Trips:**

- **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 began 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 began July 25th. Wait list only!

- **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 began July 25th. Wait list only.

- **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.

- **Shopping Trip to West Town Mall in Knoxville:** Tuesday, November 25, 2025. 8:30am-5:30pm. Cost: \$8.00 for transportation with lunch on your own. Enjoy as shopping trip to the West Town

Mall in Knoxville, TN to shop before Christmas! Lunch will be on your own at the Mall. Sign up begins August 29th.

- **Great Smoky Christmas Arts & Crafts Show:** Tuesday, December 2, 2025. 8:15am-5:30pm. Cost: \$8.00 for transportation with lunch on your own. Enjoy a trip to Gatlinburg to the Great Smoky Christmas Arts & Crafts Show at the Gatlinburg Convention Center that starts at 10:00am. The Great Smoky Arts & Crafts Community will have their handcrafted items that include quilts, baskets, jewelry, candles, art, pottery & much more for sale. You will enjoy lunch on your own and time to shop in downtown Gatlinburg. Sign up begins August 29th.



# VIRTUAL CLASSES

## Wellness Virtual Classes

- September 9 — “Gout Relief at Home is Easier than you Think”  
<https://youtu.be/70Oz5nAAVTw?si=4uJHAMixTjpwmdJ>
  - September 11 — “15 Super Foods to Reduce Uric Acid (Gout)”  
<https://youtu.be/98GFOXgLT-MU?si=a1m4aAuYNzSeUT1m>
  - September 16 — “Top 5 Drinks to Reverse High Uric Acid & Gout”  
<https://youtu.be/M5GDxKKFt88?si=dR7aJfI6OdRAa64U>
  - September 18 — “Worse Medications That Cause Gout Attacks”  
<https://youtu.be/E0DdB8Tz08s?si=AXvg4yesjc9zQ65v>
  - September 23 — “How to Treat Gout Pain with the Mediterranean Diet”  
[https://youtu.be/3yX6QLQTi\\_c?si=4wSBv3q1VLOHatNW](https://youtu.be/3yX6QLQTi_c?si=4wSBv3q1VLOHatNW)
  - September 25 — “Eat This to Improve Gout!”  
<https://youtu.be/Qg5YMTXdT0I?si=YRGDjth44TcfXRQJ>
- ## Senior Services Virtual Programs
- September 6 — “Labor Day weekend celebration ideas.”  
<https://www.youtube.com/watch?v=tf-me0qX4f6U>
  - September 8 — “How to get you home ready for the coziest season yet.”  
<https://www.youtube.com/watch?v=RRST68g39N4>
  - September 14 — “Why Seniors who volunteer live longer.”  
[https://www.youtube.com/shorts/a\\_sWk5Sw21A](https://www.youtube.com/shorts/a_sWk5Sw21A)
  - September 20 — “Prepare your vehicle for fall.”  
[https://www.youtube.com/shorts/\\_1U-kFO5r74](https://www.youtube.com/shorts/_1U-kFO5r74)
  - September 27 — “Early fall is the best time to get your flu shot.”  
[https://www.youtube.com/watch?v=35hvU\\_nJ8S4](https://www.youtube.com/watch?v=35hvU_nJ8S4)
- ## Events and Virtual Classes
- September 2- “5 New Leg Exercises Seniors Should Add Daily”  
[https://www.youtube.com/watch?v=ZtuB9\\_StBTk](https://www.youtube.com/watch?v=ZtuB9_StBTk)
  - September 4 — “Blount Mansion” <https://www.youtube.com/watch?v=FUvOYF9vIM0>
  - September 5 — “3 Casseroles Using Rotisserie Chicken”  
<https://www.youtube.com/watch?v=PEag-bAXGr40>
  - September 10 — “Marble Springs”  
<https://www.youtube.com/watch?v=EA-pO-Vp7PTY>

- September 13 — “Fashion Trends for Women over 50”  
<https://www.youtube.com/watch?v=IYotB-COWgpM>
- September 17 — “How to Play Bridge”  
<https://www.youtube.com/watch?v=2Iom-nCvxWzM>
- September 19 — “Shuttle Tatting | Earrings Tutorial” <https://www.youtube.com/watch?v=sm8nuPhEgNY>
- September 24 — “Sign Language for Beginners”  
<https://www.youtube.com/watch?v=0Fcw-zMq4iWg>
- September 26 — “What CAN You Plant in a Mid-Summer Garden?”

- <https://www.youtube.com/watch?v=FBxYN-BlxZaY>
  - September 30 — “Fresh, Inexpensive Cooking for Seniors”  
<https://www.youtube.com/watch?v=9GnhO-PUDINM>
- ## Facebook Classes – September 2024
- Mon, Wed, Fri — SilverSneakers Classic with Terri Bowling
  - Mon, Wed, Fri — Total Body with Terri Bowling
  - Mon, Wed, Fri — SilverSneakers Yoga with Terri Bowling
  - Tues, Thurs — SilverSneakers Boom Fitness with Terri Bowling
  - Tues, Thurs — Piloxing with Terri Bowling
  - Mon, Wed, Fri — High/Low Aerobics with Terri Farthing
  - Mon, Wed, Fri — Strength/Stretch with Terri Farthing





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- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library and dining; convenient to I-26, Senior Center, Veterans and Medical Services.
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# 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.

• **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.



# DAILY ACTIVITIES

• **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.**

• **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.

• **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 Wednesday's.

• **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.

• **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.

• **Pickleball: 9:00am-1:00pm (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.



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# DAILY ACTIVITIES

- **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.
- **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

## Monica Case-Harmon



### Classes Offered

Beginner & Advanced Fusion Dance

### About Me :

My husband Bill and I live in Tellico Hills, behind the Fairacres community of Kingsport. We are a blended family with a daughter, son-in-law, and granddaughter who live in Greenville, SC. We have a son who lives in Charleston, WV.

▶ **Why did you choose to be an instructor at KSC?**  
I wanted to teach at KCS to share my knowledge of exercise physiology and dance with the Senior Center of Kingsport. Because I believe in regularly continuing my education with coursework that is scientifically evidence-based, I hope to offer people 50 years and older ways to live a healthful life that work for them. I also regularly learn from the students who take my classes, and I appreciate the sharing of knowledge I receive from them.

▶ **How long have you been an instructor at KSC?**  
I have been teaching at the Senior Center since 2021.

▶ **Fun fact about yourself:**  
I went to my students for this question, and one of them said: "How much you enjoy teaching your classes. The class is fun, and that's a fact."

### Class Information

See front office for more details on class schedule



# 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
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- 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

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**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



# NEW YORK CITY Christmas

**December 8-11, 2025**



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

**SINGLE OCCUPANCY**  
**\$2369**

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

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**(423) 765-9655 • NHCkingsport.com**





# ARTISAN OF THE MONTH



## September Artisan of the Month

### JENNIFER FORTUNE

**“I learned to embroidery & crochet from my great grandmother during the summer visits. I enjoyed crafting with the children, often making their Halloween costumes. I spent 12 yrs. working in elementary classrooms as an assistant and teacher. Since joining the KSC I have enjoyed taking up my previous skills & learning new ones.”**



# BRANCH PAGE

## Lynn View Community Center 765-9047

**Hours:** M-F, 8:00am – 2:30pm

**Core conditioning,** 9:00 a.m. Mondays and Wednesdays in the cafeteria. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination of these gadgets. You perform traditional weight-training movements in a class setting.

**Silver Sneakers Classic,** 10:00 a.m. Mondays and Wednesdays in the cafeteria. 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 Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

**Silver Sneakers Classic,** 9:00 -10:00 a.m. Tuesday and Thursday in the cafeteria.

**Low Impact Aerobics,** 9:00 – 10:00 a.m. Fridays in the cafeteria. Join us & get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning & strengthening in addition to low impact cardio.

**Stretch & Flex!** 10:00 — 11:00am Fridays in the cafeteria. 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 — your choice! Bring a yoga mat if you have one to use alongside the chairs provided.

**Scrabble Day,** 11:00 a.m. TH, Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

**Blood Pressure Checks,** M, 8:45 a.m. – 10:00 a.m., with volunteer Nancy Greene, the first Wednesday of each month at 9:00 a.m. provided by Holston Rehab and the third Wednesday each month from 8:30 – 10 a.m. provided by Brookdale Kingsport. No sign up required.

**Crafting Hodge Podge,** TH, 12:00 p.m. bring a craft project you're working on and enjoy chit-chat and fun while working on your project.

**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.

**Hand Quilting Group** – T/TH (meets weekly), 10:00 a.m. – 12:00 p.m. 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.

**Open Sewing,** W/F (meets weekly), 9:00 – 11:00 a.m. No sign up required. Join others working on sewing projects. Beginner – advanced levels welcome. Projects are incorporated for a continued learning experience to share tips and design methods.

**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.

**Pickleball Drills,** T/TH, Sept 9 – 25, 10:00 a.m. Improve your pickleball game from head to toe! Let's engage your “head” game thru strategy and improve your “toe” game with footwork. With “head to toe”, you'll be ready to go! Open to all ability levels.

**Plumbing,** T, Sept 9, 10:00 a.m. Join us as Instructor Doug Clark explains simple fixes you can do.

**Artisan Meeting,** T, Sept 9, 1:00 p.m. Local artisans from the Tri Cities are welcome to attend. Check out our artisan center events coming up that we are attending and how you can join us. No sign up required.

**Trunk Sale,** F, Sept 12, 8:00 a.m. – 12 Noon, like a yard sale, selling items from the trunk of your car.

**Needle Felted Butterflies,** T, Sept 16, 11:30 a.m. Cost: \$12 each, paid to instructor Kathryn Jenkins. All materials supplied, but if you have tools and roving/batting, please bring them. Will

make as a brooch, but could be an ornament or other accessory.

**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!

**Beginning Stained Glass,** TH, Sept 18, 8:15a.m. – 2:15 p.m., Cost: \$10.00, payable at sign up. All supplies provided. Participants will make a leaf.

**Witch's Cauldron Wreath,** TH, Sept 18, 10:30 a.m. – 12:30 p.m. Cost: \$30.00, payable to instructor; artisan Karen Young. Example in office. Max 12.

**Advanced Crochet,** F, Sept 19 – Oct 24, 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, Sept 19 – Oct 24, 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, Sept 19 – Oct 24, 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).

**Intermediate Stained Glass,** F, Sept 19, 8:15 a.m. – 2:15 p.m. Cost: \$10.00, payable at sign up. All supplies provided. Participants will make a spider and spider web.

**Grief Share,** F, Sept 19, 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.

**Magnetic Pumpkin,** T, Sept 23, 10:30 a.m. Cost: \$7.00, paid to Instructor; artisan Judy Valone.

**Decoupage Coasters,** W, Sept 24, 10:00 a.m. – 12 noon, Cost: \$15.00, paid to instructor; artisan Esther Richards.

**Butterbean Auction,** W, Sept 24,

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.

**Silk Ribbon,** F, Sept 26, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith. Participants will stitch a sampler/journal in embroidery and silk ribbon showcasing various embroidery stitches on a large linen sampler.

**Wool Felt,** M, Sept 29, 10:00 a.m. Potted Sunshine Design. Cost: \$12.00, paid to instructor; artisan Betty Smith.

**Fall Napkin Basket,** M, Oct 6, 10:00 a.m. Weaver's Level: Beginner; size: 7 1/2" X 7 1/2" X 4", Cost: \$30, paid at sign up. This napkin basket will add color and character to your countertop or fall table. It has a solid woven bottom and mixture of various fall colors. The basket is large enough to hold most napkins. Instructor Vicki Jackson.

**Beginner Basket Weaving,** M, Oct 13, time: 10:00 am to 2:00 pm, Price: \$20, paid at sign up (covers cost of materials needed to make the basket), tools needed for the class: pencil, hammer, flat head screwdriver, tape measure, kitchen type shears, and clothespins. If you ever wanted to learn the art of basket weaving but did not know where to start, then this is the class for you! Learn the fundamentals of basket weaving by making a napkin basket. The basket is a 7"X7", and it has an open weave bottom. The class will be taught by a skilled basket weaver who has been weaving baskets for 25 years.

**Barn Quilt** – TH, Oct 30, 11:00 a.m. Cost: \$80, payable day of class. All supplies furnished. 8 participants required for class to go. These are weather proof boards and are 2x2 ft. Choose from seven patterns. Max 12 participants. Instructor Carol Mitchell.

**Basketball** is played at Lynn View from 8-10 a.m. M-F. Stop by the office and get a ball and shoot some hoops with us!

**Pickleball** is played in the gym at Lynn View Monday — Friday 10:00am – 2:00pm. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their

mettle. This is Open Pickleball for all skill levels.

- **Must be a senior center member to play, please bring membership card.**

- **Colonial Heights United Methodist Church**

- **Silver Sneakers Yoga:** Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers 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 movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**First Broad Street United Methodist Church**

- **Total Body Workout:** Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

**Restorative Yoga:** Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m. 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 (typically from student requests)

- **Slow Flow Yoga:** Tuesday and Thursday in Room 239 from 11:00 a.m. — 12:00 p.m. 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. We will continue to end the class with Relaxation.

**Riverview Park Pickleball (VO Dobbins)** — Mondays and Wednesdays, 8:30 – 10:30 a.m. Open play. All skill levels. Must be a senior center member to play, please bring membership card.

**Boys and Girls Club, (1 Positive Place)** — Mondays and Wednesdays, 9:00 – 1:00 p.m. Pickleball, Open play. All skill levels. Must be a senior center member to play, please bring membership card.

**TNT Sports Complex – (600 E. Main Street)** – Tuesdays and Thursdays, 9:00 a.m. – 1:00 p.m. Pickleball, Open play. All skill levels. Must be a senior center member to play, please bring membership card.





## Memory Care for those with Alzheimer's disease and other dementia related diseases



### A secure assisted living experience

Preston Place II offers a beautiful, comfortable and secure assisted living experience that provides specialized care for Alzheimer's disease and other dementia-related conditions. Accommodating 33 residents, our one-level floor plan is staffed by a Certified Dementia Care Team trained to provide the additional support that your loved one requires.

With Preston Place II, you will have peace of mind in knowing that the one you love is thriving in a caring home environment designed to meet their very special needs.

Additionally, our 24-hour nursing team is available to not only administer medications, but also to secure round-the-clock emergency call response.

### 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.



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For 11 Years In A Row and  
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