

December 2025

Singing

KINGSPORT SENIOR CENTER

Kingsport Senior Center

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


Merry
Christmas



TimesNews

Staff:

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

Director- Shirley Buchanan- shirleyabu-
chanan@kingsporttn.gov- (423)392-8403
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loricalhoun@kingsporttn.gov- (423)392-8405
Branch Coordinator- Michelle Tolbert-
michelletolbert@kingsporttn.gov- (423)392-
8404
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Program Administrator — Amber
Quillen- amberquillen@kingsporttn.gov-
(423)392-8402
Program Administrator – Cameron
Waldon- cameronwaldon@kingsporttn.gov-
(423) 392-8406
Program Assistant- Vickie Duncan- vick-
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Program Assistant- Diane Broyles- diane-
broyles@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 pro-
cessing. 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 com-
pany 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
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.

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
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: Betty Fritz posing at the KSC Old Fashioned Christmas Fair.

The Senior Advisory Council meeting will be Thursday, December 18th, 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



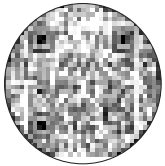
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Subscribe to our new Kingsport Senior Center YouTube Channel!

[https://www.youtube.com/@
kingsportseniorcenter2443](https://www.youtube.com/@kingsportseniorcenter2443)





The seasons are changing.

Now could be the time to make a change in your life.

Retirement living without the hassle.

There's a chill in the air. The leaves are beginning to change.

Make your move now and enjoy a worry-free winter.



Come and experience the beauty of our campus. Residents are hiking our trails, walking their furry friends, and sharing fellowship and fun. Maintenance-free living means no mowing grass, raking leaves, or shoveling snow.

No matter the time of year, Asbury Place Kingsport is exceptional – with gorgeous living options. With limited inventory and winter right around the corner, now is a great time to visit!

Schedule your tour today!

Call 423-830-8502 or

visit KingsportSeniorLiving.com



VIRTUAL PAGE

Wellness Virtual Classes

- **December 2** — “3 Leg Strengthening Exercises for Seniors”
<https://youtu.be/1VhHNrKZpZ4?si=rexwyY3u7xHJoJbq>
- **December 4** — “Leg Strengthening Exercises for Seniors”
<https://youtu.be/I7L5KUIHnic?si=eePnC-FyuJBx7U1j>
- **December 9** — “Stop your Legs from Giving Out with this Exercise”
<https://youtu.be/5VYQaPiLuWE?si=4HzKSyUMxMA8zjRf>
- **December 11** — “Do these Exercise for Stronger Legs”
https://youtu.be/vGQpOub-Rpk?si=6sbanl6zWY_3n_Ar
- **December 16** — “One Incredible Exercise for Stronger Legs”
https://youtu.be/BX1Fq9IJZIM?si=UW_TWVU4G-YoXVDx
- **December 18** — “3 Leg Strengthening Exercises Every Senior”
https://youtu.be/9jMIE3V7OPN8?si=KcJ_FtIeL4tI_HaO

Senior Services Virtual Programs

- **December 8** — “What to Expect When Volunteering at An Operation Christmas Child Processing Center”
<https://www.youtube.com/watch?v=gIbGHFZtnsc>
- **December 14** — “Essential Winter Car Maintenance Tips”
<https://www.youtube.com/watch?v=9EF3l0-pqCM>
- **December 20** — “Winter Safety Tips For Seniors”
<https://www.youtube.com/watch?v=xXYn19nOmVU>
- **December 26** — “Volunteering in Your Community”
<https://www.youtube.com/watch?v=1gP6o2CkvFQ>
- **December 29** — “Grief Share and Surviving the Holidays”
<https://www.youtube.com/watch?v=fN06L9ZDjJ4>

Events and Virtual Classes

- **December 3** — “Best Christmas Ham”
<https://www.youtube.com/watch?v=PPjx87pMjo0>

- **December 5** — “How to Relieve Hip Pain Naturally”
<https://www.youtube.com/watch?v=6tjMOrTT1LU>
- **December 7** — “Christmas Party Games”
https://www.youtube.com/watch?v=y_V0Ult9Nto
- **December 10** — “4 Easy No-Cook Dips”
https://www.youtube.com/watch?v=bm9dz_QAxWM
- **December 13** — “Making Ornaments”
https://www.youtube.com/watch?v=xx2_fZzKT_E
- **December 17** — “Dollar Tree Wood Cutouts Christmas Craft”
https://www.youtube.com/watch?v=4gImxi_4bnw
- **December 19** — “Wassail recipe”
<https://www.youtube.com/watch?v=VCa6dHlrY94>
- **December 21** — “25 Forgotten Cookie Recipes”
<https://www.youtube.com/watch?v=60fHdaudzlaI>
- **December 24** — “Flu Bomb recipe”
<https://www.youtube.com/watch?v=TOSWThdYTag&t=160s>

Youtube Classes

- **Silver Sneakers Classic with Terri Bowling**
<https://www.youtube.com/watch?v=vZmgChx0gnA>
- **Total Body with Terri Bowling**
<https://www.youtube.com/watch?v=gk2JmGczBno>
- **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=JK5TcvOlPJk>
- **Piloxing with Terri Bowling**
<https://www.youtube.com/watch?v=fSqmMM3Lsu8>
- **High/Low Aerobics with Terri Farthing**
<https://www.youtube.com/watch?v=sjjDSHzFPsU>
- **Strength/Stretch with Terri Farthing**
<https://www.youtube.com/watch?v=9j4WeEi9BZW>



WELLNESS

Caregiver Support Group: 10am-11am. Every 4th Tuesday 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.

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 | Multipurpose Room | 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.

Wellness Seminar "Memory and Brain Health": Will not meet in December due to the holidays. The next meeting will be 2:00pm-3:00pm Thursday, Jan 22, 2026 and every 4th Thursday of the month in the Multipurpose Room.

Woodshop Safety Orientation: 9am-11am. Monday, Dec 1 | 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.**

Veterans Brew: 9:30am. Monday, Dec 8 | Multipurpose Room | Every 2nd Monday of the Month | Dayla Capallia, Volunteer Coordinator, 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 up in the Office or by calling 423-392-8400.

Holiday Music and Memories: 10:30am. Wednesday, Dec 10 | Multipurpose Room |

Heather Cash, Owner: Heart of a Daughter Care Management. Come listen to your favorite Holiday music and share some of your special memories about the Holidays. Also enjoy some hot apple cider with pastries while learning about the Health Benefits of music. Sign up in the Office or by calling (423) 392-8400.

Cornhole Tournament, 1pm. Friday, Dec 12 | Gym | The 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 Theresa Redmond, Assistant Director of Sales with The Blake at Kingsport. We will 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 business Wed, Dec 10.

Parks & Recreation Youth Basketball: 6pm | Tue, Wed, and Thu | Gym | Parks & Recreation Youth Basketball will start on Dec 2 — 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.

TN Lady Vols Basketball: We will depart at 9:30am. Sunday, March 1, 2026 for the Lady Vols vs. Vanderbilt game. This game we will be seating in Section 111. Cost is \$56 which includes your game ticket and transportation. We will stop for lunch at Aubrey's Restaurant before the game. Game time is 2pm and we will be able to get in at 1pm. Sign-ups will start on Thu, Jan 22, 2026 in the Office. We will have 44 tickets available and a (2) ticket limit per person.

Take This in Vein: Give your vascular system a mineral bath: Potassium may help your heart by protecting against blood vessel stiffening, say University of Delaware scientists. Study participants who consumed more of the mineral did better on blood vessel function tests, possibly because potassium counteracts

the harmful effects of high sodium. Move closer to the USDA-recommended daily goal of 4.7 grams with a potato (1.6g) or ½ cup of tomato sauce (0.4g).

Fowl up Your Diet: Three cheers for chicken! A new study review from China suggests that eating poultry can protect your liver. The scientists found that people who ate the most white meat, such as poultry, reduced their risk of hepatocellular carcinoma (HCC), the most common type of liver cancer, by an average of 31 percent. And those who chowed down on fish cut their HCC risk by 22 percent. The scientists believe that the polyunsaturated fatty acids in these foods may block a protein that can mutate and lead to HCC. Just raising your intake to two or more servings of white meat or fish a week may give your liver some love.

Arabica Coffee: Do a big favor for your genes: Brew up a cup of these beans. Men who drank 25 ounces of black arabica coffee-no milk, no sugar-daily for a month showed 27 percent fewer DNA strand breaks than study participants who drank plain old water, a study in the European Journal of Nutrition found. Arabica beans are high in chlorogenic acid, an antioxidant that does DNA guard duty.



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MAIN SITE CLASSES

Jam Session will be held every 2nd Thursday of the month from 12:00pm-1:00pm in the Atrium. Come sing along and dance to some great music performed by the Steele Creek Band! No sign up required. Next jam session will be Thursday, December 11th. See you there!

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 decorated 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.

Flower Arranging Class: "Fresh Pine": Thursday, December 18, 2025. 10:00am-12:00pm. MPR. Cost: \$10.00 at sign up plus \$10.00 day of class to give to instructor Phillis Fortney. You will make an arrangement with fresh pine to help decorate the porch and welcome holiday guests. Please bring your own stem clippers that will cut heavy stems. Red velvet ribbon will be provided or bring your own ribbon that better matches your décor. Sign up began November 5th.

Movie Day: "A Bluegrass Christmas": Thursday, December 18, 2025. 1:00pm. Atrium. Popcorn will be served; must bring own drink. Katie Pendleton finds her family's horse sanctuary on the brink of closure when its biggest donor withdraws support. Katie and attorney Grant Breckenridge, the donor's son, must convince her famous grandfather, retired bluegrass legend Ben Pendleton, to perform a Christmas benefit concert to raise the money in time. When pain in Ben's past causes him to refuse, Katie and Grant must navigate old wounds and growing tensions to save the sanctuary. Sign up now.

Beginner French: Fridays January 2-February 6, 2026. 9:00am. Room 303. 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. Sign

up begins December 5th. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

Advanced French: Fridays January 2-February 6, 2026. 10:00am. Room 303. 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: Fridays January 2-February 6, 2026. 11:00am. Room 303. 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. Sign up begins December 5th. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

Intermediate French II: Fridays January 2-February 6, 2026.. 12:00pm. Room 303. 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.

Hello 2026! We will celebrate a brand New Year on Wednesday, January 7, 2026 at 1:00pm in the Atrium. Casino games such as Slots, Spin the Wheel and Texas Hold'em will be played and party foods will be served. Come celebrate the New Year with us! Cost is \$6.00 paid at sign up. Sign up begins November 12th.

Clay 101 with Susan Vorhees: Tuesdays, January 6-March 17, 2026. 10:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For beginners to intermediate levels. Projects weekly in hand building. Instruction available in wheel throwing. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the class you may only sign one person up at a time and one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quick. (around 7am).

You and Your Sewing Machine: Tuesdays, January 6-March 17, 2026. Room 303. 4:30pm-6:30pm. Cost: Bring your own sewing machine and thread. Do you struggle to set up your sewing machine? After this sewing class, 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. Taught by Jennifer Rasnake. Sign up began November 14th.

Hand Building with Clay: Wednesdays, January 7-March 18, 2026. 11:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For intermediate levels. Projects bi-weekly. Taught by Jess Parks. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the class you may only sign up one person at a time and only one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quickly. (around 7am).

Advanced Hand Building with Clay: Thursdays January 8-March 19, 2026. 11:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For advanced levels. Hand building and wheel throwing. Taught by Jess Parks. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the class you may only sign up one person at a time and only one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quickly. (around 7am).

Advanced Fusion Dance: Wednesdays January 21-March 18, 2026. 9:45am-11:00am. Room 302. No fee (must have taken beginner class). Taught by Monica Case-Harmon. Sign up began November 14th.

Beginning Fusion Dance: Wednesdays January 21-March 18, 2026. 11:00am-12:00pm. Room 302. Cost: \$35.00 paid at sign up. This class incorporates rag-time moves, the Charleston, the Lindy-Hop and Hip-Hop as well as Latin style dancing. Think of it as the Rockettes meet Zumba. Have fun dancing and get a great workout while you're at it. Must have 8 for class to go! Sign up began November 14th.

"Souper" Bowl Party! Friday, January 30, 2026. 1:00pm. Atrium. Cost: 5.00 and bring a soup recipe to share. We will serve soup and play Super Bowl Trivia. Everyone will bring their favorite soup recipe to share and we will make copies for everyone to take home with them. Sign up began November 14th.

Valentine's Party: Friday, February 13, 2026. 1:00pm. Atrium. Cost: \$5.00. Come and celebrate Valentine's with us! Entertainment will be provided by Mark Larkins. Refreshments will be served. Sign up begins December 13th.

SENIOR SERVICES

S.M.I.L.E Meeting will be held on **Wednesday, December 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.

ONE ON ONE DEVICE ASSISTANCE WITH NADINE MCMACKIN WILL BE outside the atrium on **Tuesday, December 2, Thursday, December 4, Tuesday, December 9, Thursday, December 11, Tuesday, December 16 and Thursday, December 18** 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

Christmas Wrapping Part Tuesday, December 9th 9am – 12pm in the Atrium – We will be having our annual gift wrapping party for gifts collected from our Be A Santa To A Senior Tree in the atrium. This event is sponsored by Home Instead in Home Senior Care. Let us know if you would like to help wrap gifts, listen to some Christmas music and enjoy some light refreshments.

Lunch and Learn Card room Tuesday, January 6th 10am – 12pm. **Julia Cox from Asbury Place** will be here to do a lunch and learn. The program will be based on **Live Today with Confidence for Tomorrow**. Enjoy life with more freedom, more connection, and more time for what truly brings you joy. Learn how maintenance – free living, social wellness, and supportive care options can help you thrive. Lunch will be provided by Asbury Place.

Need Help With Energy Bills? Upper East Tennessee Human Development Agency will be here with their RV in the front parking lot on **Tuesday, January 13 from 9am – 3pm** to take applications for those needing assistance and seeing if they qualify. People wishing to sign up for an appointment will need to bring the following items with them: copy of state id, social security cards for everyone in the home, 12 month utility history or number of months at address and copy of current energy bill and proof of income from the last thirty days. Call today and get your name on the list for an appointment.

How to clean out google storage & clear up storage with Nadine McMackin. Nadine will be outside the atrium on **January 7th & 21st** from **10am – 12pm** to show people how to cleanup their storage on their computers or phones. She will also show people how to clean out their google storage. Call and get your name on the list if you're interested.

EVER WANTED TO VOLUNTEER FOR SAMARITAN'S PURSE OPERATION CHRISTMAS CHILD? NOW IS YOUR TIME. JOIN US AS WE TRAVEL OVER TO BOONE NORTH CAROLINA ON DECEMBER 6, 2025 TO HELP PACK SHOEBOXES. LIMITED SPACES AVAILABLE SO CONTACT OUR FRONT OFFICE AND GET YOUR NAME ON THE LIST. WE WILL BE LEAVING THE CENTER AT 8:30AM AND STOPPING FOR BREAKFAST THEN TRAVELING ON THE BOONE FOR OUR 1PM – 6PM SHIFT.



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KNOXVILLE



TVA EMPLOYEES CREDIT UNION

DAY TRIPS

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 began August 29th. (Waiting List Only)**

Christmas at Array Show and Lunch at Harpoon Harry's: Wednesday, December 17, 2025.

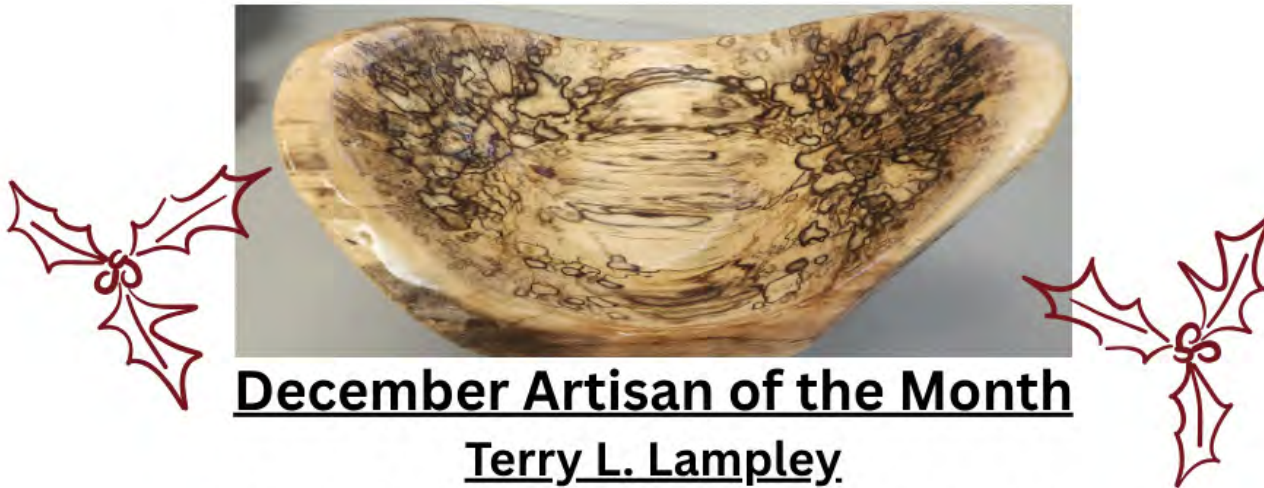
9:00am-8:00pm. Cost: \$54.00 which includes lunch, transportation and the show. Enjoy a trip to Pigeon Forge for lunch at Harpoon Harry's and a Christmas show at Array Show at the Mountain of Entertainment Theater. The two-hour Christmas extravaganza at the Array Variety Show promises to delight audiences. Experience the talents of world-class vocalists as they serenade you with beloved Christmas classics and enchanting new favorites. Be mesmerized by captivating Yuletide dancers, whose performances embody the joy and magic of the holidays. Array Variety Show is a symphony of sights and sounds that will warm your heart and leave you filled with the spirit of the season.

Sign up began September 26th.

OTLB: The Farmer's Daughter & Shopping at the Country Market: Friday, January 9, 2026. 10:15am-4:00pm. Cost: \$30.00 which includes lunch and transportation. Enjoy a scenic drive and family style lunch at the Farmer's Daughter Restaurant and after lunch enjoy shopping at the Country Market beside the restaurant. **Sign up began October 31st.**

OTLB: Vivian's Table Restaurant and Blackbird Bakery: Wednesday, February 11, 2026. 10:00am-4:30pm. Cost: \$34.00 for lunch and transportation. Enjoy a lunch in the Bristol Hotel at Vivian's Table and after enjoy a trip to Black Bird Bakery. **Sign up begins November 26th.**

ARTISAN OF THE MONTH



December Artisan of the Month

Terry L. Lampley

**"My woodworking skills was taught to me by my son,
who was taught by his grandfather.**

All three generations now craft various items from bowls, furniture and ornaments.



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.

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.

Holiday Card Painting, T, Dec 2, 11:00 a.m., Beginner friendly, no painting experience needed. Cost \$10.00 Create beautiful watercolor cards that capture the holiday season. These cards are perfect for gifting or home. Instructor Sonia Garcia. This class will also be available via Zoom.

Christmas Centerpiece, W, Dec 3, 10:30 a.m. All supplies included. Cost: \$15.00, paid to artisan instructor Judy Valone.

Charmed Pearl Necklace, M, Dec 8, 11:00 a.m. Customize your Christmas with this cute pearl necklace with several charms. Choose from a range

of beautiful charms. Cost \$10.00 paid at sign up. This class will also be available via Zoom.

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

Stick Rope Christmas Tree, W, Dec 10, 10:00 a.m. – 12 noon, Cost: \$15.00, paid to instructor, artisan Esther Richards. Participants will make 3 trees. Price includes all supplies.

Crystal Snowflake, TH, Dec 11, 11:30 a.m. Make two beautiful snowflakes with pearls and glass beads. These sparkle in the light and make a great winter decoration. Cost \$10.00, paid at sign up. This class will also be available via Zoom.

Holiday Hearts Snowman Christmas Ornament, F, Dec 12, 10:00 a.m. Cost: \$10.00, paid at sign up. Instructor artisan Betty Smith. This class will also be available via Zoom.

Holiday Hearts Star Christmas Ornament, M, Dec 15, 10:00 a.m. Cost: \$10.00, paid at sign up. Artisan instructor Betty Smith. This class will also be available via Zoom.

Button Necklace or Bracelet, T, Dec 16, 10:30 a.m. All supplies will be provided. If you have buttons or beads you want to

use you may bring them. Participants can make more than one item. Max 15 participants. Cost: \$10.00, paid to artisan instructor Sallie McAllister.

Beginning Stained Glass, TH, Dec 18, 8:15a.m. – 2:15 p.m., Cost: \$10.00, payable at sign up. All supplies provided.

Intermediate Stained Glass, F, Dec 19, 8:15 a.m. – 2:15 p.m. Cost: \$10.00, payable at sign up. All supplies provided.

January Basket Class, M, Jan 5, 10:00 a.m. Mail Wall Basket, Dimensions: 12"X8", Price: \$30, Weaver's Level: Beginner, this stylish basket will help you organize all your incoming mail. Hang it on a special hanger or a doorknob. The basket is wide enough to hold magazines and large envelopes.

Evening Yoga (Main Site), M, Jan 12 – Feb 23, 5:30pm, Cost: \$25.00, paid at sign up. Instructor Becky Mills.

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

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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, 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.

Senior Living

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Are you looking to connect with a dedicated and dynamic audience? Want your business to be seen and remembered? Join us in our mission to enrich the lives of seniors by advertising in our exclusive monthly publication, Senior Living, proudly produced in partnership with Times News and Kingsport Senior Center.

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Sign-ups begin April 1

- ▶ **\$500.00-First Deposit due day of sign-up**
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- ▶ **Final Deposit due by August 8, 2025**
- ▶ **Travel Protection starting at \$318.00
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**See office for more details or contact Shirley
Buchanan @ 423-392-8403**

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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**

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2026**

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Your 8 Day/6 Night Package Includes:

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PRICES AND DEPOSIT INFORMATION

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- Final Payment Due by May 23, 2026

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

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

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Ghyslaine Imbert

Classes Offered **French**

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Intermediate
Intermediate II
Advanced



Class Information

6 week course
Wednesdays
See office for more details



About Me :

My name is Ghyslaine Imbert. I come from Caracassonne, France. I have been living in Kingsport since 1997. I love America so much that I became an American citizen in 2004.

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

I feel so fortunate to be bilingual! I want to share my knowledge of the French language, the French culture and the French history.

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

I have been teaching French since 2018. I offer different levels of learning; beginner, intermediates, and advanced.

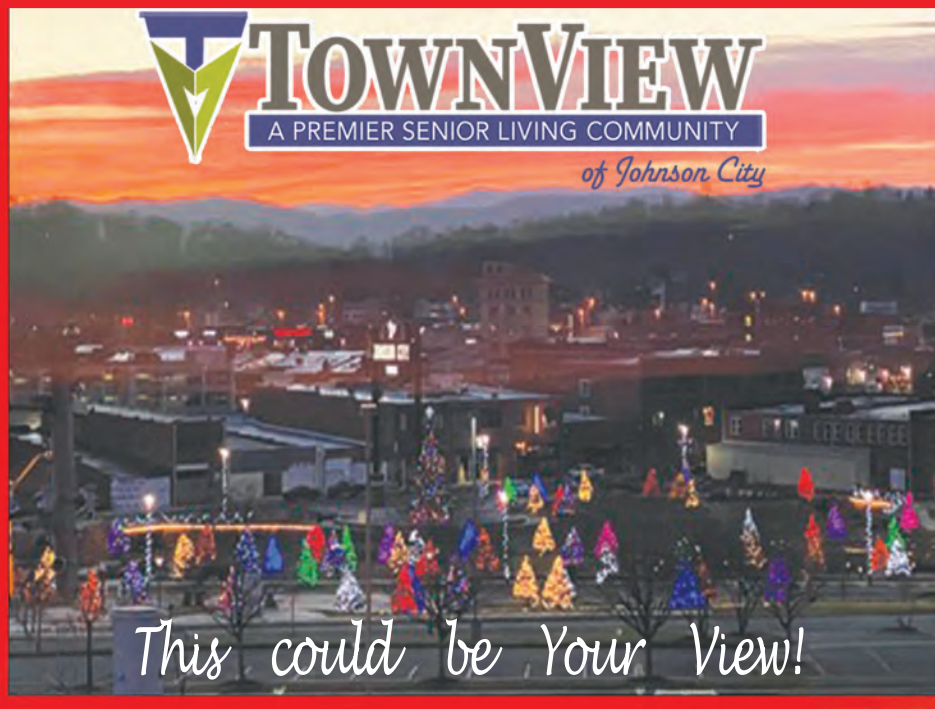
► **Fun fact about yourself:**

I have two kittens who are bilingual too! I go to France once a year to visit my son Eric and his family, who live in Paris and my daughter, Beatrice and family, who also live in France.

Wishing you a Merry Christmas &
a Happy New Year!



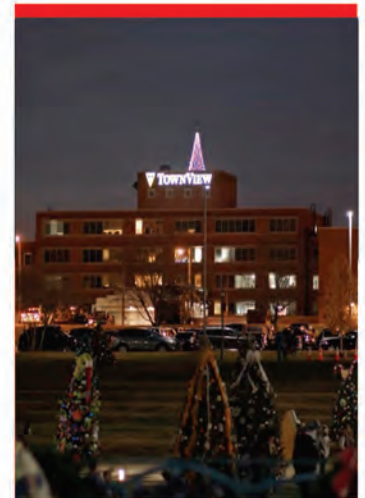
Our TownView Tree #74 is located in King Commons Park (near the Johnson City landmark sign)



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DAILY ACTIVITIES

Classes run the week of January 5-March 16 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)

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.

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.

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.

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.

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

DAILY ACTIVITIES

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 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.

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-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.

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 exer-

cises 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



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- 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

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- 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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