

November 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



Happy
THANKS
Giving



TimesNews

Staff:

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

Director- Shirley Buchanan- shirleyabu-
chanan@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- vick-
ieduncan@kingsporttn.gov- (423) 343-9713
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: Kingsport Senior Center member making a fall wreath.

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:**

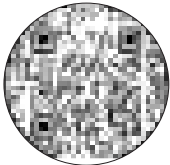
Paul Buonaccorsi	Linda Ford
Terry Cunningham	Ernie Koehler
Charles Davenport	Kenn Naegele
Ella Deakins	Rick Valone
Brenda Eilers	Anna Walters
Xue Xiaoli	

**Follow us on
Social Media**

 **Kingsport Senior Center**
 **@KingsportSeniorCenter**
 **@KingsportSeniorCenter**

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

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



STEADMAN HILL KINGSFORT

Our All-Inclusive Assisted Living Community

*A trusted local leader
in senior living*

Quality, Person-Centered Support

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

Your all-inclusive pricing includes all care needed, medication management and 24-hour nursing staff in addition to 3 meals a day, engaging activities, laundry services, housekeeping, maintenance, transportation, wearable call buttons and more!

*We'd love to help you find the answers to your
questions! Contact us today at 423-830-8502
or KingsportSeniorLiving.com*

1300 Bloomingdale Pike. Kingsport, TN 37660



VIRTUAL CLASSES

Wellness Virtual Classes

- **November 4** — “10 Min Bat Wings Workout / Get Rid of Flabby Triceps!”
<https://youtu.be/iZfcMoYtgoA?si=2VvQwa5g3Tk2RsAp>
- **November 6** — “Triceps Burn-Arm Workout”
https://youtu.be/Y_WzmzB9rDE?si=G64UnSMZJZF780mC
- **November 11** — “7 Min Arm Workout”
<https://youtu.be/Ki612uXIRDw?si=0Q8T7tHbkD0TLUX>
- **November 13** — “10 Min Triceps & Biceps Workout”
<https://youtu.be/TtnFe9HVp70?si=SWWxAkWzBfhsg1>
- **November 18** — “10 Min Arm & Upper Body Strength Workout”
<https://youtu.be/NJQjeNK7gtQ?si=1US11DK81PIIHIQQ>
- **November 20** — “10 Min Standing Arm Workout for Seniors”
https://youtu.be/m1ZIDpp7DeM?si=sPcnA7iqjJ2_Bikb

Senior Services Virtual Programs

- **November 8** – “12 Southern Thanksgiving Recipes”
<https://www.youtube.com/watch?v=o0lrhNSfWC4>
- **November 15** – “2025 Medicare Advantage Open Enrollment”
<https://www.youtube.com/watch?v=gImkPOxja2Y>
- **November 21** – “Essential Vitamins & Supplements for Seniors”
<https://www.youtube.com/watch?v=U3yCtbYAZsI>
- **November 27** – “Operation Christmas Child Overview 2025”
<https://www.youtube.com/watch?v=If-lQpLRcqs>
- **November 29** – “How Does Volunteering Stimulate Seniors?”
<https://www.youtube.com/watch?v=KCfNVDfLYa4>

Events and Virtual Classes

- **November 2** – “5 Hip Pain Tips (No Meds, No Workout)”

<https://www.youtube.com/watch?v=9AS4pXhuiz4>

- **November 5** – “Fall Recipe Marathon 15+ Cozy Fall Dinners, Casseroles, Soups & More”
<https://www.youtube.com/watch?v=56iYjM2bE5o>
- **November 7** – “Watercolor Lighthouse”
<https://www.youtube.com/watch?v=ArpdBjVN9j8>
- **November 9** – “12 Easy DIY Christmas Ornaments”
<https://www.youtube.com/watch?v=27ZNsfAA9UA>
- **November 14** – “DON’T Throw these in the Trash”
<https://www.youtube.com/watch?v=awxXM0lSei4>
- **November 16** – “Oven Roasted Turkey Recipe”
<https://www.youtube.com/watch?v=yPCGiPqph1I&t=19s>
- **November 17** – “Easy Side Dish Recipes for Thanksgiving”
<https://www.youtube.com/watch?v=Fhb4ktiQyZk>
- **November 22** – “16 things to sew and take on your travels.”
<https://www.youtube.com/watch?v=dMuz-f2nM9M>
- **November 25** – “Easy No Bake Desserts”
https://www.youtube.com/watch?v=5BQ_nfRK1m4

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=JK5TcvOIPJk>
- **Piloxing with Terri Bowling**
<https://www.youtube.com/watch?v=fSqmmM3Lsu8>
- **High/Low Aerobics with Terri Farthing**
<https://www.youtube.com/watch?v=sjjDSHzFPsU>



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, November 13th. See you there!

Beginner French: Wednesdays November 5-December 10, 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 November 5-December 10, 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 November 5-December 10, 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 November 5-December 10, 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.**

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.**

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.**

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).

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).



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KNOXVILLE

TVA EMPLOYEES CREDIT UNION

MEET THE INSTRUCTOR Jennifer Rasnake

Classes Offered

You and Your
Sewing Machine

Class Information

Tuesdays from 4:30-6:30pm

Room 303

See office for more details



About Me :

Hi! I'm Jennifer Rasnake from Kingsport, Tennessee. I work full-time while continuing my education and pursuing my passion for learning. After previously earning a degree back in 2013, I decided to return to college to earn my associate's dual degree in Anthropology and Criminal Justice. I plan to transfer to ETSU to complete my bachelor's in Anthropology with a minor in Museum Studies, and eventually pursue a master's degree.

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

I love teaching sewing and sharing my passion with others. It's incredibly rewarding to see students learn and grow through creativity and skill.

► How long have you been an instructor at KSC?

Around six years now! It's truly been my privilege. I love meeting all my students; they've been such an inspiration!

► Fun fact about yourself:

I love learning, creating, and traveling. I previously ran a small bespoke business where I created custom costumes for clients. I've also explored blacksmithing, leatherworking, crocheting, hand-embroidery, beginner quilting, linocut printing, playing the fiddle, and even tried my hand at glassblowing! Earlier this year, I volunteered at the Gray Fossil Site for a few months and learned so much there.

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: I am sorry to announce that our last class for Neuro Yoga be on Wednesday, November 26.**

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 Tuesday of the month** | Multipurpose Room | Vickie Bursleson, 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.

Wellness Seminar "Memory and Brain Health": Will not meet in **November and 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, Nov 3** | 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.**

Health Extension for Diabetes: 10am-11am. **Mondays, Nov 3** | 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 — Nov 3, 17, and Dec 1, 2025.**

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 up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

Veterans Brew: 9:30am. **Monday, Nov 10** | Multipurpose Room | **Every 2nd Monday of the Month** | Kamela Easlic, Volunteer Coordinator Preceptor, with Caris Healthcare | Veterans Brew is a monthly gathering of Veterans for the purpose of socializing while enjoying coffee and doughnuts. Also occasionally, a speaker will be scheduled to address topics of interest to the group. Sign up in the Office or by calling 423-392-8400.

Bowling for Turkeys: 12:30pm. **Monday, Nov 24** | Warpath Lanes | Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. **NOTE: You must be a member of the Kingsport Senior Center to compete.** Cost

of each game is \$3.00 and no charge for the shoes payable at Warpath Lanes. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only, sponsored by Michelle Bolling, Owner, Kingsport Adult Day Care. Sign-ups start on Fri, Oct 31 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Fri, Nov 21. **NOTE: You must be a member to sign up!**

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-ups start on Fri, Nov 7 in 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-ups will start on Fri, Nov 7 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 Nov 4-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.

Gymnasium Events Cancelled All gym events for **Thursday, November 20** after 12noon, and all day on **Friday, November 21**, and **Saturday, November 22** will be cancelled due to our Old Fashion Christmas Fair 2025. The Gym will remain closed until 9:30am on **Monday, Nov 24**, to give Action Rentals time to remove the tables. The SilverSneakers Classic Class at 8:15am will be in the Atrium on **Monday, Nov 24**, High/Low Aerobics will be in the Gym and start at 9:30am.

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SENIOR SERVICES

S.M.I.L.E Meeting will be held on Wednesday, November 19th 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.

Veterans Upward Bound from ETSU – Tuesday, November 18th 10am – 12pm – Jessica Kelso Education Coordinator for Veterans Upward Bound at ETSU will be at the center to discuss their program. This is a program that works with eligible veterans who are interested in obtaining their GED / HISET and / or higher education credential, such as certification, diploma, or degree. All services, books, supplies, and instruction are provided FREE OF CHARGE to eligible veterans. If you would like to: Improve your computer / smart phone / technology skills? Explore career options or change jobs? Complete

your GED? Improve your math or English skills? Prepare for education beyond high school? Enroll in pre – college preparation classes? Obtain financial assistance for college? Challenge yourself; open your mind to new ideas; and develop a positive, success – oriented attitude? If you said “yes” to any of these questions – then Veterans Upward Bound may be what you need!!!! Veterans Upward Bound offers you all these services FREE if you meet eligibility requirements. Take advantage of the many benefits VUB has to offer. Call and sign up today!

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

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.

HAVE YOU BEEN INTERESTED IN VOLUNTEERING FOR SAMARITAN'S PURSE OPERATION CHRISTMAS CHILD? THIS IS YOUR TIME! JOIN US AS WE TRAVEL OVER TO BOONE NORTH CAROLINA ON DECEMBER 3, 2025 TO HELP PACK SHOEBOXES. LIMITED SPACES AVAILABLE SO CONTACT OUR FRONT OFFICE AND GET YOUR NAME ON THE LIST. 423-392-8400

DAY TRIPS

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 began 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 began August 28th. (Waiting List Only)**

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 began August 29th. (Limited spots available)**

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 begins October 31st.**

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- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access, a putting green, horseshoes and a bird sanctuary!
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
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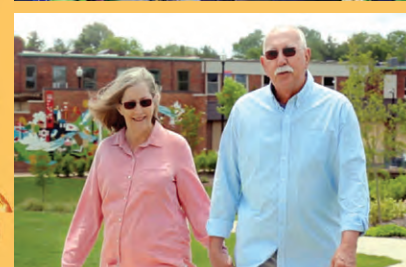
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CHRISTMAS FAIR

November 21st, 9-4

November 22nd, 9-3

OLD-FASHIONED
CHRISTMAS
FAIR

Event Location: Renaissance Building

1200 E Center Street Kingsport, TN 37660

Sponsored by: The Kingsport Senior Center



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.

November Basket Class, M, Nov 3, 10:00 a.m. Pie Tote, Weaver's Level: Beginner/Intermediate, Price: \$40. If you enjoy baking pies and fall goodies then this is a fun project for you! The basket has a wood bottom and wire handle which gives the basket extra strength for carrying all your fall goodies. The side of the basket exhibits a technique known as triple twinning which gives the basket a decorative band. The band can be woven using a variety of colors. Please specify at sign up which color you prefer, brown or red. Instructor: Vicki Jackson.

Fancy Fall Necklace, W, Nov 5, 11:00 a.m., this beautiful fall necklace has Tiger Eye chip gemstones, Sparking Clover beads and hints of iridescent reds and greens. Perfect for any Thanksgiving dinner or autumn event. See sample in the main LV office. Cost \$18.00 paid at sign up, price includes all tools and supplies. Instructor Sonia Garcia. This class will also be available via Zoom.

Holiday Hearts Sheep Christmas Ornament, F, Nov 7, 10:00 a.m. Cost: \$10.00, paid at sign up. Instructor artisan Betty Smith. This class will also be available via Zoom.

Grinch Wreath and Fabric Christmas Tree, M, Nov 10, 10:00 a.m. – 12 noon, Cost: \$20.00, paid to instructor, artisan Esther Richards. Max 7. Price includes all supplies.

Christmas Ornaments, W, Nov 12, 10:30 a.m. You will make a frazzled snowman, miniature wreath, wire ribbon angel. All supplies included. Cost:

\$13.00, paid to artisan instructor Judy Valone.

Bear Ornament, TH, Nov 13, 10:30 a.m. Cost: \$12.00, paid to instructor Suzanne Barth. All supplies provided. The ornament will be painted on a wooden base.

Pickleball 102, T/TH, Nov 13, 10:00 a.m. It's time to rise and shine! Polish your pickleball fundamentals and radiate confidence on the court when you complete this class. Open to players who have completed a beginner PB course. We will put the "fun" in fundamentals. Class limited to 8 players. 6 classes in 3 weeks. Cost: \$30.00, paid at sign up. Instructor Anna Walters.

Holiday Hearts Reindeer Christmas Ornament, F, Nov 14, 10:00 a.m. Cost: \$10.00, paid at sign up. Artisan instructor Betty Smith. This class will also be available via Zoom.

Watercolor Fall Card Painting, M, Nov 17, 11:00 a.m. create beautiful watercolor cards that capture the warm colors of fall. These cards are perfect for gifting or home decorating. Beginner friendly, no painting experience needed. Cost \$12.00 paid at sign up. This class will also be available via Zoom.

Evening Yoga (Main Site), M, Nov 17 – Dec 22, 5:30pm, Cost: \$25.00, paid at sign up. Instructor Becky Mills.

Chair Volleyball, T, Nov 18, 1:00 p.m. Enjoy a friendly game of volleyball. Sponsored by Asbury Kingsport.

Christmas Mug in Colored Pencil, W, Nov 19, 11:00 a.m. draw a colorful Christmas mug and learn a variety of colored pencil tips and techniques. Drawing can be converted to a card or framed when completed. Beginner Friendly. Supplies are included, but you are welcome to use your own. Cost \$10.00 paid at sign up. This class will also be available via Zoom.

Beginning Stained Glass, TH, Nov 20, 8:15a.m. – 2:15 p.m., Cost: \$10.00, payable at sign up. All supplies provided.

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December 8-11, 2025



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FOR INFORMATION PLEASE CONTACT
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Your 12 Day/11 Night Package Includes:

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Prices starting at \$2,899.00
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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**
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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



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Your 8 Day/6 Night Package Includes:

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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



BRANCH PAGE

Intermediate Stained Glass, F, Nov 21, 8:15 a.m. – 2:15 p.m. Cost: \$10.00, payable at sign up. All supplies provided.

Grief Share, F, Nov 21, 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.

December Basket Class, M, Dec 1, Mini Christmas Swing Tote, Weaving level: Intermediate, Dimensions: 3”X5”X2” (not including handle), Price: \$20.00 paid at sign up. This is a small market basket with a wood bottom and a swing handle. It would be a great gift filled with greenery or candy or could be used as a special one of kind Christmas ornament. Please sign up by Nov 21.

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, 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.**

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Health & Safety Update Preventing Bathroom Falls

According to the CDC, most senior falls happen in the bathroom. Simple equipment like shower chairs can help — but experts at the Department of Veterans Affairs (VA) warn that securely installed grab bars in showers, tubs, and near toilets are the most effective way to prevent accidents.



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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)

Silvers Sneakers 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.

Silvers Sneakers 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.

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

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

Strength Training: 10:10am (Gym)

Stretch Class: 10:50am (Gym)

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

Beginning Clay: 11:00am-4:00pm (Clay Room) Hand building. This is for beginners.

Hand & Foot Card Game: 12:30pm (Card Room) Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards — the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

Thursday:

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

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

Boom Move & Mind Fitness: 8:30am (Gym) — Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

Bingo: 9:00am (Cafeteria)

Woodcarving: 9:00am (Room 303) —

In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

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

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

• **Pickleball: 9:00am-12:00pm (TNT Sports Complex)**- Open play. All skill levels. **Must be a senior center member to play, please bring a membership card.**

Strength Training: 9:45am (Gym)

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

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

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets)

Exercise for Everyone: 10:45am (Gym)

— A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Scrabble Day: 11:00am- (Lynn View Community Center) Bring your lunch and a drink, enjoy a game of scrabble.

Intermediate Clay: 11:00am-4:00pm (Clay Room)

Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239): More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.

Crafting Hodge Podge: 12:00pm (Lynn View Community Center) Bring a craft or project and talk with others.

Shuffleboard: 1:00pm (Ceramics Hallway) — All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 1:00pm (Gym)

Volleyball: 4:00pm (Gym)

Friday:

Lap Swimming: 8:00am-12:00pm (Aquatics Center) (First come first serve)

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

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

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 con-

sists 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



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

AMENITIES:

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

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



WE HAVE 2 LOCATIONS TO SERVE YOU:

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



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