

OCTOBER 2025

Join Us for Living Senior

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



TimesNews

TRICK
OR
TREAT



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

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8404

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Program Administrator — Amber
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(423)392-8402

Program Administrator – Cameron
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(423) 392-8406

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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 processing. A receipt must accompany the request for a refund.

Membership Dues:

For Fiscal year:

July 1, 2025 — June 30, 2026 (we do not prorate)

\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

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

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



MISSION

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

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness 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: Members playing pickleball at VO Dobbins.

The Senior Advisory Council meeting will be Thursday, November 20th, 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



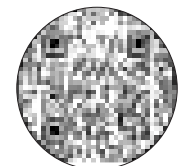
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Senior Center YouTube Channel!**

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STEADMAN HILL KINGSPORT

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



BRANCH PAGE

Lynn View Community Center 765-9047

Hours: M-F, 8:00am – 2:30pm

Evening Yoga (Main Site), M, Oct 6 – Nov 10, 5:30pm, Cost: \$25.00, paid at sign up. Instructor Becky Mills.

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

Biscuits and Bingo, TH, Oct 9, 10:30 a.m. Come out and enjoy a biscuit and a fun game of bingo Limited to 30 participants. Sponsored by Brookdale Kingsport.

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

Beginner Pickleball, T/TH, Oct 14 — 30, 10:00 a.m. Limited to 8 participants. 3 weeks, 6 classes. This is for participants who have never played Pickleball. Cost \$30, paid at sign up. Instructor Anna Walters.

Winterizing Your Home, T, Oct 14, 10:00 a.m. Join us as Instructor Doug Clark explains simple fixes you can do.

Oak Leaf Pin, W, Oct 15, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith.

Beginning Stained Glass, TH, Oct 16, 8:15a.m. – 2:15 p.m., Cost: \$10.00, payable at sign up. All supplies provided.

Intermediate Stained Glass, F, Oct 17, 8:15 a.m. – 2:15 p.m. Cost: \$10.00, payable at sign up. All supplies provided.

Grief Share, F, Oct 17, 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.

Pumpkin Basket Filler, M, Oct 20, 10:00 a.m. Cost: \$12.00, paid to instructor, artisan Betty Smith.

Button Bracelet, T, Oct 21, 10:30 a.m. Each participant will make 1 button bracelet. All supplies will be provided. If you have buttons or beads you want to use you may bring them. Please bring a crimper and pliers if you have them. Max 10 participants. Cost: \$20.00, paid to artisan instructor Sallie McAllister.

Butterbean Auction, W, Oct 22, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

Cardmaking, M, October 27, 11am — 1pm. We will make 4 seasonal cards. Cost is \$12 paid to instructor Lisa Pecorini. Please bring scissors and your favorite adhesives.

Rope Pumpkin, T, Oct 28, 10:00 a.m. – 12 noon, Cost: \$15.00, paid to instructor, artisan Esther Richards.

Spooky Slam Pickleball Tournament, W, Oct 29, 9:00 a.m. Boys and Girls Club, Round Robin tournament for gender doubles teams. 8 teams total, 4 courts. 7 rounds and the 8th game as the championship game for the top 2 teams. Prizes/medals for 1st and 2nd place teams. Break after 4 games, as needed. Winners will be determined by the top scores and wins will be used as a deciding factor in case of a tie. Sponsor:

Needle Felted Fly Agaric Fungi Ornament, W, Oct 29, 11:30 a.m. Cost: \$15 each, paid to instructor Kathryn Jenkins. All materials supplied, but if you needle felting tools or roving/batting, please bring them. These mushrooms measure about 3" tall.

Advanced Crochet, F, Oct 31 — Dec 19, 9:30 – 10:30 a.m. Cost: \$20.00, paid to instructor artisan, Susan Egan. Class is limited to 4 participants. Participants will work on project of choice.

Beginning Crochet, F, Oct 31 – Dec 19, 11:00 – 12:00 p.m. Participants will use basic stitches and learn how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20.00, paid to instructor artisan Susan Egan. Limited to 4 participants.

Intermediate Crochet, F, Oct 31 – Dec 19, 12:30 – 1:30 p.m. Cost is \$20.00, paid to instructor artisan Susan Egan. Class is limited to 4 participants. Participants will make a sampler afghan that uses squares of different designs. Required supplies, a size H hook and four 7 ounce skeins of #4 worsted weight yarn (bring a main color (3) and (1) contrasting color).

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.

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, Fridays 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.**

MAIN SITE CLASSES

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

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

Friday, October 3rd: "Hocus Pocus".

Friday, October 10th "Hocus Pocus 2".

Friday, October 17: "BeetleJuice".

Friday, October 24th: "BeetleJuice BeetleJuice".

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

Abstract Painting Course: Wednesdays October 15-November 19, 2025. 11:00am-1:00pm. Room 303. Enjoy the fun of painting without limits! Even if you are a realist painter this class will open new avenues to enhance your style. All painting is decorative.....the realist paints what they see; barns and cows, fields and streams while focusing on depth and shading. Drawing skills are not necessary for the successful abstract artist. The abstract painter can still focus on

depth and shading but the important aspects are placement of colors, shapes and texture. Michael will lead you through some fun exercises to explore the world of abstract painting. You may be the next Jackson Pollock or Georgia O'Keeffe. Cost is \$20 at sign up and you will need to pick up a supply list. Limit 12 people. Sign up Sept 5.

Beginner Oil Painting: Wednesdays October 15-November 19, 2025. 1:00pm-3:00pm. Room 303. Learn how the basic shapes and lighting can create beautiful paintings. Oils give you more time to blend and do surface textures on your canvases than other media. We'll start with the basics and move onto landscapes. Come enjoy the fun and creativity. Cost is \$20 at sign up and you will need to pick up a supply list when you sign up. Limit of 12 people. Sign up Sept 5.

Acrylic Painting: Thursdays October 16-November 20, 2025. 1:00pm-3:00pm. Room 303. Acrylic paint is a fast-drying paint made of pigment suspended in acrylic polymer emulsion. Acrylic paints are water soluble, but become water-resistant when dry. Taught by Michael Farrar. The cost is \$20 paid at sign up and you will need to pick up a supply list when you sign up. Limit to 12 people. Sign up Sept 5.

Watercolor: Thursday's October 16-November 20, 2025. 3:00pm-5:00pm. Room 303. This class is

taught with demonstrations and individual student coaching. This allows the beginner to start their journey of discovery of the uniqueness and beauty of watercolor. The veteran watercolorist will work on developing a more personal style using new techniques. Starting with basic techniques and using landscapes as subject matter, students will learn about skies, clouds, mountains, trees, rocks, farm building and more. Each week new tips, tricks and techniques will be shown so other subjects can be approached with confidence. Taught by Michael Farrar. Cost is \$20 paid at sign up and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up Sept 5.

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

You Don't Have to Lose Peace of Mind to Age in Place.

Your home should be the safest place you know. At My Dignity Senior Safe Homes, we install grab bars (including secure bathroom and shower bars), ramps, slip-resistant flooring, improved lighting, widened doorways, and emergency pull cords — giving you the freedom to stay independent without sacrificing safety.

We're a VA-approved provider, serving seniors, veterans, and post-op patients across East Tennessee. And with our 48-hour installation guarantee, peace of mind is never far away.

Call today for your free home safety assessment.



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.



423-600-5554 | www.mydignityseniorsafehomes.com | Independence. Safety. Dignity.

MAIN SITE CLASSES

Halloween Costume Party at the Harvey Barn at Allandale: Friday, October 31, 2025. 1:00pm. Come dressed in your best and enjoy a spooky afternoon at the Harvey Barn. We will need your help to solve a mystery!!! Cost is \$10 paid at sign up. Sign up begins August 15.

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.

WELLNESS

Neuro Yoga: 1pm-2pm. **Every Wednesday** | Room 302 | Kristie Nies, PhD. Neuropsychologist & Registered Yoga Teacher | Neuro Yoga is chair based yoga for brain health, which will build resilience, improve mood, reduce pain, and reduce stress. Cost is free to our members, no yoga experience is required. **NOTE: Neuro Yoga class on Wednesday, Oct 15 will be canceled, due to the instructor will out!**

Blood Pressure Checks: 10am-11:30am. **Every 2nd Wednesday of the month** | Hallway by the Office | Bevin Morrell, LPN, Rehab Liaison with Encompass Health.

Blood Pressure Checks: 10am-11:30am. **Every 3rd Wednesday of the month** | Hallway by the Office | Chelsey Herron, Health & Wellness Director with Brookdale Rock Springs. No sign-up required.

Stroke Support Group: 11:30am-12:30pm. **Every 2nd Wednesday of the month** | Lounge | Bevin Morrell, LPN, Rehab. Liaison with Encompass Health: The Rehabilitation Hospital of Kingsport. Providing education,

encouragement and support for stroke survivors, families and caregivers. Sign up in Office or by calling 423-392-8400.

Grief Share Program: 9:30am-11:30am. **Every 3rd Wednesday of the month** | Card Room | Daniel Winiger, M.Div., Chaplain with Caris Healthcare | The Grief Share Program is offered to our members who have experienced the death of a family member, or a friend. The program is helpful on how to deal with emotions, tips on surviving social events, and how to find hope for the future. Sign up in Office or by calling 423-392-8400.

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

nisms. Sign up in Office or by calling 423-392-8400.

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

Woodshop Safety Orientation: 9am-11am. **Monday, Oct 6** | Wood Shop | **Every 1st Monday of the Month.** If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign up. **NOTE:** Wood Shop hours are Mon, Tue, & Wed from 8am-3pm.

Basic Woodworking Class: 9am-2pm. **Thursday & Friday, Oct 16, 17, 23,**

24, 30, & 31 | Wood Shop | Larry Eidson, & Ron Grooms will be teaching a 6-sessions Basic Woodworking Class. Cost is \$175.00, which covers all your materials; with \$87.50 due on first day of class paid to the instructors and the final payment is due on the last day. This class will cover all the Safety Requirements to work in the Woodshop and teach you how to use the equipment the correct way. You will make a Cutting Board, Serving Tray, and a Cheese Slicer. Sign-ups start Fri, Sep 26 in the Office or by calling 423-392-8400. Class is limited to 10 people with a minimum of 6 to sign up for class to be held.

Mary Kay Fall Pampering Session: 10am. **Monday, Oct 27** | Multipurpose Room | Jessica Cain with Mary Kay | Enjoy a relaxing Facial and Spa grade skin treatment. Also each member will receive a Hand and Lip treatment with CC Cream and Mascara. Sign up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

WELLNESS

Health Extension for Diabetes:

10am-11am. Mondays, Oct 6 | 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 — Oct 6, 20, Nov 3, 17, and Dec 1, 2025.

Veterans Brew: 9:30am. Monday, Oct 13 | 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.

The Ear Tour: 10am-12noon. **Wednesday, Oct 29** | Multipurpose Room | Aubri Stogsdill, Hearing

Instrument Tech with Acuity Hearing Center | Do you hear, but not understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign-ups start on Thu, Oct 2 in Office or by calling 423-392-8400

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. **NOTE: All member must sign up by the close of business on Fri, Oct 31.**

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.

Tuckaleechee Caverns: 9am. **Friday, Oct 24** | Townsend, TN | Cost is \$33.00 for transportation and Cave Tour. We need a minimum of 20 to sign up in order for trip to go. Lunch is on your own at Quaker Steak and Lube. Tuckaleechee Caverns known as the “Greatest Site under the Smokies” is the highest rating Cave or Cavern of the Eastern United States. **NOTE:** There are about 87 steps you will have to go down & back up, so be sure you are able to handle this. Wear a good pair of comfortable shoes, and dress appropriate for the caverns the temperature inside is 58 degrees year round. Sign-ups start on Tue, Sep 30.

Table Tennis Tournament: 1pm. **Wednesday, Oct 29** | Gym | This tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes

will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Realtor/A.H.W.D., RE/MAX Rising. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Sep 25 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Oct 27.

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

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.

SENIOR SERVICES

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

S.M.I.L.E Meeting will be held on Wednesday, October 15st 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.

POWER OF ATTORNEY CLINIC THURSDAY, SEPTEMBER 18 2:00PM TO 4:00PM IN THE ATRIUM. PRE – REGISTRATION IS REQUIRED BY SEPTEMBER 4. TO PRE – REGISTER, CONTACT LEGAL AID OF EAST TENNESSEE AT 423 – 928 – 8311 OR 423-392-8400. YOU CAN ALSO COME BY THE SENIOR CENTER OFFICE TO SIGN UP.

Matthew Sharp from Legal Aid will be here along with several of their volunteer attorney’s to speak with our senior’s on how to complete power of attorney forms. Attendees will complete the necessary legal forms with the guidance from an attorney on site. Signups will start July 1st on. We will be serving light refreshments.

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

DAY TRIPS

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

Trip to Blowing Rock, NC for Shopping and Lunch: Wednesday, October 22, 2025. 8:30am-5:00pm. Cost: \$8.00 for transportation with lunch on your own. Enjoy a beautiful Fall drive to Blowing Rock, NC where the streets have quaint boutiques, art galleries, antique stores and wonderful restaurants in this small mountain village. Some restaurants: Storie Street Grille & Bar, Six Pence Pub, Social on Main and the Town Tavern. **Note: This trip will require walking and standing for long periods of time. Sign up began July 25th. (Waiting List Only!)**

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

Wohlfahrt Haus Dinner Theatre "Motown Christmas Show": Wednesday, November 19, 2025. 9:45am-6:05pm. Cost: \$65.00 which includes transportation, show ticket and lunch. Christmas just got a little smoother. Motown Christmas will combine the sounds of the Motor City and the spirit of Christmas for an unforgettable night of music and fun. Motown's timeless hits have played as a soundtrack for American families for the last

eight decades, the Wohlfahrt Haus is honored to spotlight the iconic legacy of Motown with festive celebration for the holiday season. Lunch includes: pita chips and cheese dip, garden salad, oven roasted turkey with gravy and spiced cranberry jam, cinnamon honey mashed sweet potatoes, green bean casserole and a cherry chocolate Christmas cobbler. **Sign up began August 28th. (Waiting List Only)**

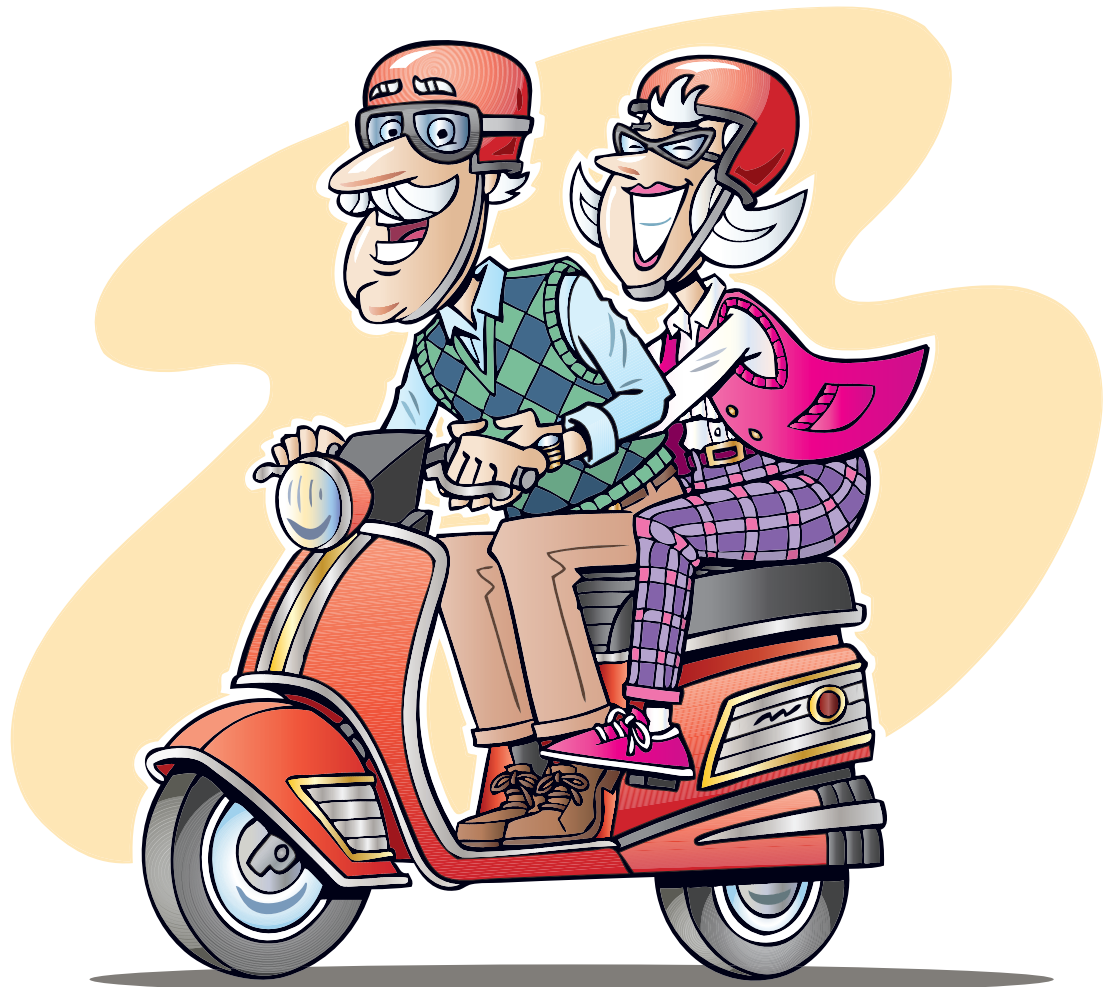
Shopping Trip to West Town Mall in Knoxville: Tuesday, November 25, 2025. 8:30am-5:30pm. Cost: \$8.00 for transportation with lunch on your own. Enjoy as shopping trip to the West Town Mall in Knoxville, TN to shop before Christmas! Lunch will be on your own at the Mall. **Sign up**

begins August 29th.

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

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 begins September 26th.**



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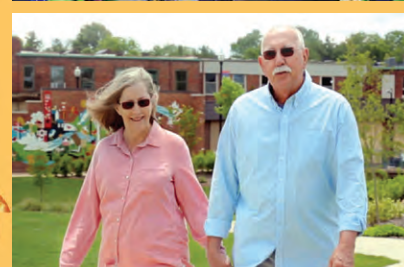
7 Great Reasons to Choose TOWNVIEW of Johnson City

- 1. Convenience!** All included in rent; utilities, cable, transportation to doctor appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-style meals a day & more!
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- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Café, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 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.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library and dining; convenient to I-26, Senior Center, Veterans and Medical Services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

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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



VIRTUAL CLASSES

Wellness Virtual Classes

- **October 7** — “How to Fix your Fatty Liver at Home...5 Tips”
<https://youtu.be/on-KAjbQhtU?si=jqwOW3aekNBi33pF>
- **October 9** — “12 Weird Sign That Show You’re Having Liver Damage”
https://youtu.be/jVz78aTWgpg?si=F_khVnT4O5x4umeq
- **October 14** — “Lemon Water Mistakes That Can Damage Your Liver”
https://youtu.be/Gbec0HmXY10?si=iY_OB_OGFSNjQBJ
- **October 16** — “The Best Foods to Clean Out Your Liver”
<https://youtu.be/xcs9x01gB18?si=rLdVa9ASrW7EsMDC>
- **October 21** — “5 Exercises to Reverse Fatty Liver in 20 Minutes a Day”
<https://youtu.be/iAOJFiZJbWw?si=mZCvPcxhps769tM>
- **October 23** — “How to Treat and Reverse Non-Alcoholic Fatty Liver Disease”
<https://youtu.be/Im2uLDKeT1k?si=9Z54uvzvY38SzrrR>

Senior Services Virtual Programs

- **October 8** — “Medication safety for seniors”
<https://www.youtube.com/watch?v=RtZRKqckwpc>
- **October 15** — “When should you change batteries in smoke detectors?”
<https://www.youtube.com/watch?v=-hJZc4-F-Ok>
- **October 20** — “Understanding durable powers of attorney”
<https://www.youtube.com/watch?v=v14pHxBFHqo&t=64s>
- **October 25** — “What are some easy volunteer opportunities for seniors?”
<https://www.youtube.com/watch?v=z6KNqCJcLJM>
- **October 27** — “Five essential vitamins for winter.”
<https://www.youtube.com/shorts/AU0ruZuUPLc>

Events and Virtual Classes

- **October 2** — “How to Make a Coil Basket For Beginners”
<https://www.youtube.com/watch?v=0iv9hBMQQTw>
- **October 4** — “How to Play Bunco”
<https://www.youtube.com/watch?v=XhQnraJx9v8>
- **October 5** — “How to Play Hand and Foot!”
<https://www.youtube.com/watch?v=owuxotiNjI4>
- **October 9** — “How to Make a Coil Pot with Clay”
<https://www.youtube.com/watch?v=E6CcYS7CEQw>
- **October 11** — “Halloween Cocktails”
<https://www.youtube.com/watch?v=eAE31wtecNE>
- **October 17** — “4 Jiffy Corn Muffin Mix Hacks”
<https://www.youtube.com/watch?v=IVaMeqCk5LU>
- **October 19** — “Life Changing or Problem Solving Things Over 50”
<https://www.youtube.com/watch?v=HfMCUPzDFr0>
- **October 21** — “3 Miracle Exercises For Hip Pain”
<https://www.youtube.com/watch?v=cNMICPmhQXg>
- **October 24** — “Iron Scrubber Painting Technique for Beginners”
<https://www.youtube.com/watch?v=HZJXPm0nhgY>
- **October 30** — “Conway Scenic Railroad NotchTrain”
https://www.youtube.com/watch?v=GK28_WtdKSg

YouTube Videos

- **Silver Sneakers Classic with Terri Bowling**
<https://www.youtube.com/watch?v=vZmgChx0gnA>
- **Total Body with Terri Bowling**
<https://www.youtube.com/watch?v=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>

• Strength/Stretch with Terri Farthing

<https://www.youtube.com/watch?v=9j4WeEi9BZW>



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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
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Insurance must be purchased:

\$199 per person - Inside Cabin
\$259 per person - Ocean View

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

Sign-Ups Begin on May 1, 2025

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

NEW YORK CITY Christmas

December 8-11, 2025

DOUBLE
OCCUPANCY
(PER PERSON)

\$1799

SINGLE
OCCUPANCY

\$2369

INSURANCE
(PER PERSON)

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INCLUDES

- 4 Day / 3 Night Stay Inside The City
- 3 Breakfasts at Hotel
- 1 Wonderful Dinner at New York Restaurant
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FOR INFORMATION
PLEASE CONTACT
SHIRLEY BUCHANAN
423-392-8403

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February 11, 2026

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- Guided Tour of San Juan
- Shipboard Meals
- Round-trip Airfares
- And more!

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

Sign-ups begin April 1

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

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

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OCTOBER
6-13
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Your 8 Day/6 Night Package Includes:

- Roundtrip Airfare
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- Wine Tasting at a Traditional Portuguese Vineyard
- And More!!

PRICES AND DEPOSIT INFORMATION

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

SIGN-UPS
BEGIN
MAY 1, 2025

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

KINGSPORT PARKS AND RECREATION MASTER PLAN PUBLIC MEETING

Kingsport Parks and Recreation Master Plan Public Meeting

The Kingsport Parks and Recreation Department is developing a new master plan with short-term and long-term goals, which aim to cultivate a stronger community through exceptional programs, facilities and recreational opportunities.

With that in mind, the City of Kingsport needs the community's help. Kingsport's Parks and Recreation Department has launched an online citizen survey and will be hosting public meetings to receive feedback from the community.

"The master plan will serve as a roadmap for the next five years of Parks and Recreation in Kingsport, guiding thoughtful decisions about how facilities, programs, and resources are managed and developed," said Assistant City Manager Michael Borders. "Participation in the citizen survey and public meetings helps to ensure that resources are deployed where they will most benefit the Kingsport community."

The Senior Center will be

participating in the new Parks and Recreation Master Plan. Please stop by the office if you need help taking the survey. We will have iPads and volunteers to help you complete the online survey. Please be sure to complete this survey and relay your vision for the future and the Kingsport Senior Center.

The survey will be open for three weeks and is available for Kingsport residents now, at the following link: <https://bit.ly/kpr-survey>

Four public, drop-in style meetings will be held in September and October at the following location:

- September 27 (9 a.m. to 12 p.m.) at the Kingsport Farmers Market.

- October 2 (4 p.m. to 6 p.m.) at the Kingsport Aquatic Center.

- October 23 (2 p.m. to 4 p.m.) at the Kingsport Renaissance Center Atrium. This will be the Senior Center's P&R Master Plan Meeting Please plan to attend and lend your vision for the Kingsport Senior Center

- October 27 (5:30 p.m. to 7 p.m.) at the V.O. Dobbins, Sr. Complex Douglass Room.

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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: 6:00am — 12:00pm
Monday - Friday (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.

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.

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.

DAILY ACTIVITIES

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

*Living life with ease—
and loving it!*



The Village
At Allandale

Wherever you are in The Village at Allandale, you'll feel right at home. We are proud to be the only assisted living facility in the area to offer the innovative trend of smaller homes rather than a traditional, larger medical facility for assisted living. In addition to resident rooms, each of our buildings has a kitchen, dining room, and living/family room.

Our compassionate and friendly caregivers assist residents with everyday tasks so they can enjoy a full and active lifestyle. We also provide memory care for individuals with Alzheimer's disease and dementia. You'll have access to fresh and engaging opportunities for personal growth, whether recreational, educational, or spiritual. Explore each of our facilities to find which one is the best fit for you, and learn more about the many wonderful amenities, services, and programs we offer.



- Assisted Living Care
- Memory Care
- Respite Care for your short term needs
- Choices participant

The Village
At Allandale

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