

February 2026

# SING

KINGSPORT SENIOR CENTER

Kingsport  
Senior Center

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

HAPPY

Valentine's  
DAY



  
**KINGSPORT**  
SENIOR CENTER  
*the fun begins at 50*

TimesNews

**Staff:**

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

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Program Assistant- Diane Broyles- diane-  
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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.



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

423-392-8400

## BRANCH SITES:

### Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation:

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

### Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

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

### First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

### Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

### V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

**From the cover:** Valentine’s Day party 2025

The Senior Advisory Council meeting will be Thursday, February 19th, 2026. 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

Linda Ford  
Ernie Koehler  
Kenn Naegele  
Rick Valone

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Kingsport Senior Center



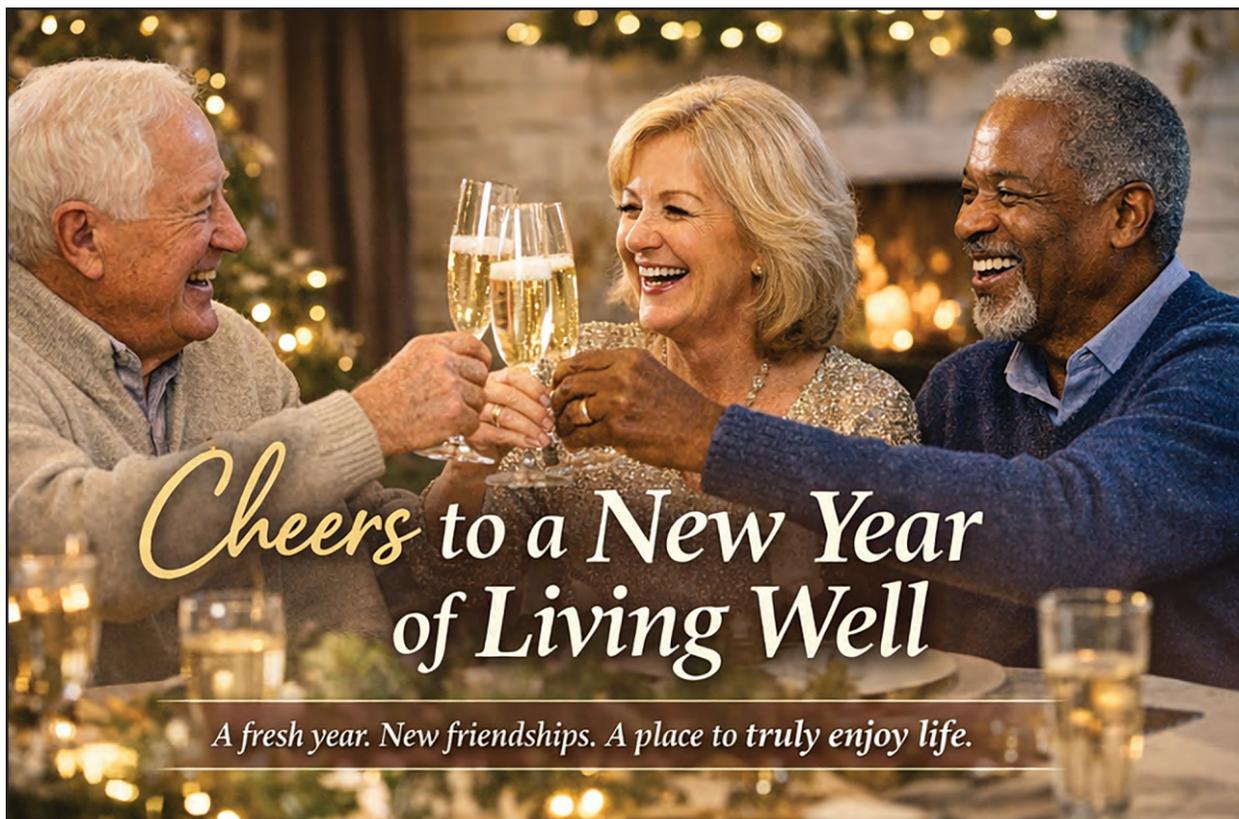
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Subscribe to our new Kingsport  
Senior Center YouTube Channel!





*Cheers to a New Year  
of Living Well*

*A fresh year. New friendships. A place to truly enjoy life.*

## *Life Here Includes:*

- *Festive community celebrations*
- *Freshly prepared meals & flexible dining*
- *Engaging activities & outings*
- *Welcoming spaces that feel like home*

## *Welcome the New Year at Asbury Place Kingsport*

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- *Beautiful surroundings & scenic views*

  
**Asbury Place**  
Kingsport

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**AsburyPlaceKingsport.com**

*Independent Living • Assisted Living • Memory Care*

# WELLNESS

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

**Caregiver Support Group:** 10am-11am. *Every 4th Tuesday of the month* | Multipurpose Room | Vickie Burlison, BSW, Suncrest Hospice / LHC. Participants will express the challenges in care giving to include the physical, mental and psychological strain in caring for a patient, or a family member. Vickie will also educate participants on different options for coping with these challenges, validation and coping mechanisms. Sign up in Office or by calling 423-392-8400.

**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. **Blood Pressure Checks:** 10am-11:30am. *Every 4th Wednesday of the month* | Hallway by the Office | Angie Rasnic, LPN, with The Village at Allandale. No sign-up required.

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

**Grief Share Program:** 9:30am-11:30am. *Every 3rd Wednesday of the month* | Card Room | Mike Frye, 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.

**Lunch & Learn: Diabetes / Healthy Lifestyle Tips:** 10:30am. **Thursday, Feb 5** | Card Room | Katie Masters, DO, General Internal Medicine Physician with ETSU Health. Come join us for an informative and engaging presentation on diabetes. Dr. Masters will cover the basics of diabetes, healthy lifestyle tips, and ways to better understand and manage the condition. The presentation will include an interactive game to make learning fun and easy, with opportunities for participation and prizes. Sign up in the Office or by calling 423-392-8400, there is a limit of 15 seats available. **NOTE: All members must sign up by the close of business on Fri, Jan 30.** **Medicare Educational Event:** 11am. **Tuesday, Feb 10** |

Card Room | Brian Coggins, with Mid-South Financial Group | This Seminar will provide you with valuable information from a 18 page educational booklet on how Medicare works, and what the participants need to know to make wise decisions regarding Medicare options and any new changes for 2026. Also each participant will receive a copy of the booklet. This will be a good time to get your questions answered by a local agent. Sign up in the Office or by calling 423-392-8400.

**Memory and Brain Health:** 2pm-3pm **Thursday, Feb 26** | Multipurpose Room. Sip your way to a better brain health. Join Alzheimer's Tennessee for a special brain health program exploring how different teas may support memory, focus, and overall cognitive wellness—one cup at a time. Sign up in the Office or by calling 423-392-8400.

**The Ear Tour:** 10am-1pm. **Wednesday, Mar 4** | 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

See S5

## 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.

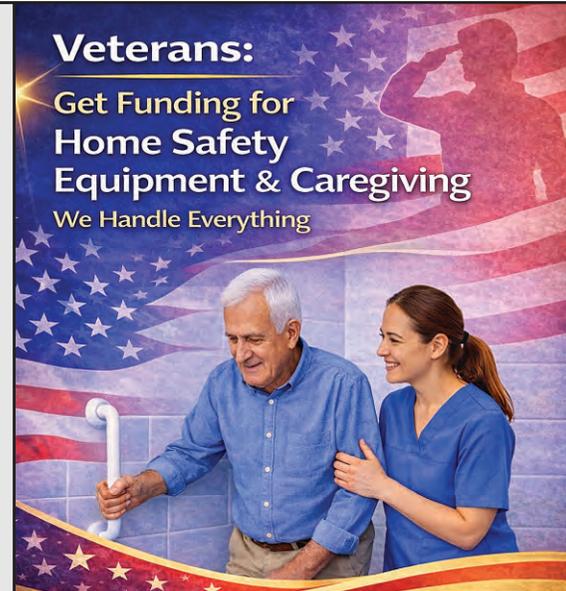
## Health & Safety Update Preventing Bathroom Falls

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.



## Veterans: Get Funding for Home Safety Equipment & Caregiving

We Handle Everything



We coordinate with the VA to help Veterans access eligible benefits for home safety modifications and in-home caregiving support.

- VA grants can cover both home safety modifications AND in-home caregiving hours.
- We handle the paperwork, coordination, and installation so you can safely age in place.

2026  
Veteran Ready Business  
— Tennessee Department of  
Veteran Affairs

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# SENIOR SERVICES

**Smile Meeting, Wednesday, February 18th in the cafeteria at 1pm.** If you are a volunteer with us, please attend this meeting.

If you are a **VOLUNTEER** with the Senior Center, please log in your volunteer hours on the Kiosk on the days you are here volunteering. If you need help logging in your hours, please see Cameron.

**AARP Tax Aide** – AARP Tax Aides Volunteers will be at the Center to

help with taxes. Dates are still to be determined, but should become available early February. Please check our Facebook page and website periodically for updates. Once appointments are made, intake forms will be available in the front office. You will need to bring this intake form and all other necessary documents with you to your appointment. For more information, call Cameron

at 423-392-8406.

**Volunteer Appreciation Luncheon will be held on Tuesday, April 21st from 12pm - 3pm in the Atrium.** You must sign up in the front office AND you must be a volunteer with logged hours to attend. Call or come by the front office to get your name on the list.

**Lunch and Learn: Card Room Tuesday, February 24th 10am - 12pm.** Julia Cox, with Asbury Place, will sponsor a

lunch and learn with information on “Live Today with Confidence for Tomorrow”. Enjoy life with more freedom, more connection, and more time for what truly brings you joy. Learn how maintenance – free living, social wellness, and supportive care options can help you thrive. No cost. Please call the front office to sign up at 423-392-8400.

## WELLNESS

From S4

monitor! Sign-ups will start on Thu, Jan 29 in Office or by calling 423-392-8400.

**Woodshop Safety Orientation:** 9am-11am. **Monday, Feb 2** | Wood Shop | *Every 1st Monday of the Month.* If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. **NOTE:** Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

**Basic Bowl Turning Class:** 9am-2pm. **Thursday & Friday, Feb 19 & 20** | Woodshop | This will be a 2-Session Basic Bowl Turning Class and you will make two bowls, and learn two different styles of bowl turning. Cost is \$100.00, which covers all your materials; due on first day of class paid to the instructors. Sign-ups start Fri, Jan 23 in the Office or by calling 423-392-8400. Class is limited to 4 members to sign up for the class to be held.

**Basic Woodworking Class:** 9am-2pm. **Thursday & Friday, Mar 12, 13, 19, 20** | Wood Shop | This class will be a 4-sessions Basic Woodworking Class and you will make a Cutting Board, Serving Tray, and a Cheese Slicer. 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. Sign-ups start Fri, Feb 13 in the Office or by calling 423-392-8400.

Class is limited to 8 members with a minimum of 4 members to sign up for class to be held.

**TN Lady Vols Basketball:** We will depart at 9:30am. **Sunday, March 1** for the Lady Vols vs. Vanderbilt game. This game we will be seating in Section 127. Cost is \$53 which includes your game ticket and transportation. We will stop for lunch at Aubrey's Restaurant before the game. Game time is 2pm and we will be able to get in at 1pm. Sign up in the Office. We will have 42 tickets available and a (2) ticket limit per person.

**Hiking Trip:** 9:30am. **Friday, Mar 13** | Bays Mountain Park | We will hike the Lake Road & Chinquapin Trail rated as advanced | Cost is \$5 for transportation. Be sure to wear your hiking boots and bring your walking stick. Everyone bring something to eat and drink to stay properly hydrated, we will be eating in the park after the hike. Sign-ups will start on Fri, Feb 13 in the Office, with a limit of 20 members for the bus. **NOTE:** Those members who want to drive will not be part of our hiking list, and will be required to pay \$7.00 at the gate if they do not have a Bays Mountain membership.

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

by close of business on Mon, Feb 23.

**Shuffleboard Tournament:** 9am. **Wednesday, Mar 18, 2026** | Shuffleboard Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the score board. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Melanie Bowman, Caris Representative with Caris Healthcare. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Feb 12 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Mar 16.

**Table Tennis Tournament:** 1pm. **Wednesday, Apr 29** | Gym | This tournament will be doubles playing the best of five games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Realtor with Greater Impact Realty. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Mar 12 in the Office or by call-

ing 423-392-8400, with a deadline to sign-up by close of business on Mon, Apr 27.

**February is National Cancer Prevention Month:** The federal government estimates that 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and that more than 600,000 died from their disease. Research shows that more than 40% of these cases and nearly half of the deaths can be attributed to preventable causes-smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others. This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers can dramatically reduce your risk of cancer in many cases.



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# DAY TRIPS

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

**OTLB: Austin's Steak & Homestyle Buffet & Shopping at Turkey Creek:** Wednesday, March 18, 2026. Cost: \$8.00 for transportation with lunch on your own. Enjoy a trip to Knoxville and enjoy lunch at Austin's Steak & Homestyle Buffet. After lunch enjoy shopping at the Turkey Creek Shops. Austin's offers an endless food bar, salad bar

and dessert bar. **Sign up began on January 9th.**

**Shopping at General Stores & Shops on Wears Valley Rd & Lunch at Sawyer's Farmhouse Restaurant:** Wednesday, April 8, 2026. Cost: \$23.00 for lunch and transportation. Enjoy a drive to Pigeon Forge and start off with lunch at the new Sawyer's Farmhouse Restaurant and after enjoy shopping at the unique shops along Wears Valley Rd. Shops will include: Wears Valley General Store, Harper Bros General Merchandise Store, Lainer General Store, Bears Valley Antiques, and shops on Wears Valley Rd. **Sign up begins January 20th.**

MEET THE INSTRUCTOR  
**Phillis Fortney**

**Classes Offered**

Flower Arranging

**Class Information**

Every third Thursday of the Month  
10:00am  
MPR

**About Me :**

I have lived in Kingsport for 36 years near my son and daughter in law with my cat buddy.

► **Why did you choose to be an instructor at KSC?**  
After selling our flower shop of 28 years I was not ready to give up working with flowers. When an opening became available at the KSC I was very excited to be an instructor and continue to share my love for flowers with others.

► **How long have you been an instructor at KSC?**  
3 years- my first class was December 2022.

► **Fun fact about yourself:**  
Beyond my love of flowers I enjoy hot air ballooning. My son is a pilot selling rides and working with several festivals both near and far. Traveling to these events with family is the best! several trips to Albuquerque ranks high on the list of favorites but there is nothing better than our own "FunFest" when the balloons come to town!



## NHC

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**(423) 765-9655 • NHCkingsport.com**



# MAIN SITE

**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: Thursday, February 12th. See you there!**

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

**Flower Arranging Class: "Fresh Floral Centerpiece":** Thursday, February 19, 2026. 10:00am-12:00pm. MPR. Cost: \$10.00 at sign up plus \$10.00 day of class to give to instructor Phillis Fortney. You will make a monochromatic fresh arrangement with a symmetrical style design. Please bring stem cutters and all other materials will be provided. Sign up begins January 15th.

**Movie Day: "The Lost Valentine":** Thursday, February 19, 2026. 1:00pm. Cafeteria. Free. A reporter (Jennifer Love-Hewitt) seeks the truth about a woman's (Betty White) husband (Bill Magnussen), a pilot who never returned from duty in World War II. This is a heartwarming movie you will not want to miss. Popcorn will be served but please bring your own drink. Sign up began January 9th.

**Beginner French:** Fridays February 20-March 27, 2026. 9:00am. Room 303. Ghyslaine is going to bring France to you! Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. Sign up began January 9th. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

**Intermediate French:** Fridays February 20-March 27, 2026. 10:00am. Room 303. This class is for when you are comfortable enough to move on from the beginner class. Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. Sign up began January 9th. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

**Abstract Painting:** Wednesdays March 11-April 15, 2026. 11:00am. Room 303. Cost: \$20 paid at sign up. Enjoy the fun of painting without limits! Even if you are a realist painter this class will open new avenues to enhance your style. Drawing skills are not

necessary for the successful abstract artist. Instructor Michael Farrar will lead you through some fun exercises to explore the world of abstract painting. Sign up begins February 2nd.

**Beginner Oil Painting:** Wednesdays March 11-April 15, 2026. 1:00pm. Room 303. Cost: \$20 paid at sign up. 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. Sign up begins February 2nd.

**Acrylic Painting:** Thursdays March 12-April 16, 2026. 1:00pm. Room 303. Cost: \$20 paid at sign up. 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. Sign up begins February 2nd.

**Water Color Class:** Thursday, March 12-April 16, 2026. 3:00pm. Room 303. Cost: \$20 paid at sign up. Come learn the basic skills and the beauty of watercolor. Sign up begins February 2nd.

**Easter Lunch:** Thursday, March 12, 2026. 12:00pm. Gym. Cost: \$7.00 plus bring a side dish to share (No desserts). Sign up began January 20th.

**St. Patrick's Day Celebration:** Tuesday, March 17, 2026. 1:00pm. Atrium. Cost: \$5.00. We will have finger foods and will play SINGO! Don't forget to wear your green! Sign up began January 20th.

**Learn Sign Language (For Beginners):** Tuesday, March 24-April 28, 2026. 1:00pm-2:00pm. Room 303. Want to learn a new skill or have you ever been interested in learning sign language? Now is your chance! This is a 6-week beginner class taught by Pat Stillwell that teaches you all the basics of sign language. Cost is \$30.00 paid at sign up. Must have 8 for class to go. 10-person max. Sign up begins February 2nd.

**Spring Picnic at Warriors Path State Park:** Thursday, April 23, 2026. Shelter #5. 12:00pm. Cost is \$8.00 and bring a side dish to share (no desserts). Sign up begins February 13th. **Note: You have to park in the parking lot and will need to walk to the shelter. You can also bring a lawn chair to sit in.**

# BRANCH CLASSES

## 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. No sign up required.

**Crafting Hodge Podge**, TH, 12:00 p.m. bring a craft project you're work-

ing on and enjoy chit-chat and fun while working on your project.

**Advanced Hand Quilting**, T/TH, Feb 1 - 29, 11:00 a.m. - 12:00 p.m. More advanced quilters gather each day and quilt together on projects.

**February Basket Class**, M, Feb 2, 10:00 a.m. Swing Market Basket, Weaving Level: Beginner, Size: 8"X5 1/2" X 4 1/2", Price: \$30, this basket has a solid woven bottom with a wooden swing type handle. A basket buckle can be added, choose from a snowman or mitten ceramic buckle. Please specify at sign up which buckle you would like.

**Beginner Machine Quilting** - M, Feb 9 - 23, 10:00 - 12:00 p.m. Cost: \$15, for one quilt block (size 12x12), paid to instructor Theresa Dicocco. In this class you learn how to make a quilt block, from cutting fabric with a rotary cutter to forming your block of either a 4 or 9 patch design. 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.

**Intermediate Machine Quilting** - F, Feb 13 - May 1, 10:00 - 12:00 p.m. Cost: \$50, paid to instructor Theresa Dicocco. In this class you will learn to quilt as you go, putting blocks together, learning a new quilt block each week, ending with a completed quilt. Must have taken the beginner machine quilting class. 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.

**Cute As A Button Valentine Heart**, M, Feb 9, 10:00 a.m. All supplies provided. Cost: \$12.00, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

**Beginner Pickleball**, T/TH, Feb 10 - 26, 10:00am. 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.

**Watercolor Valentine's Day Card**, T, Feb 10, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Use watercolor to create a variety of colorful cards to gift to your loved ones, or use for display. This class will also be available via Zoom.

**Biscuits and Bingo**, TH, Feb 12, 10:30a.m. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by The Villages of Allandale.

**Introduction to ACEO's/ Artist Trading Cards**, W, Feb 18, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Join in the fun of the Artist Trading card trend on social media. This class will guide you to make 3 small artworks in different mediums to keep or trade with other artists. Collage, watercolor, drawing stenciling and stamping will be used. This class will also be available via Zoom.

**Beginning Stained Glass**, TH, Feb 19, 8:15am - 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided. Participants will make a simple heart.

**Intermediate Stained Glass**, F, Feb 20, 8:15am - 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided. Participants will make a framed heart.

**Grief Share**, F, Feb 20, 11:00 a.m.

This grief support group will meet the 3rd Friday of the month with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.

**Card Making**, M, Feb 23, from 11am to 1pm. We will learn how to use peg stamps to make 4 unique cards. Cost is \$12, paid Instructor: Lisa Pecorini and all supplies are included. Bring your favorite adhesives (glue, tape runner, glue stick) and scissors.

**Drawing Class: Eyes, nose and mouth**, T, Feb 24, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Join us for a tutorial on how to draw these tricky facial features. This class will also be available via Zoom.

**Spring Flower Fabric Tote**, W, Feb 25, 10:00 a.m. artisan instructor Esther Richards. Participants will have

See S8



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# BRANCH

From S7

kits with all supplies provided. Cost: \$20.00, paid to instructor. Limited to 9 participants. This class will also be available via Zoom.

**Butterbean Auction**, W, Feb 25, 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.

**Tulip Wreath Class**, TH, Feb 26, 10:30 a.m. – 12:30 p.m. Cost: \$30.00, payable to instructor, artisan Karen Young. Example in office. Max 12.

**English Paper Piecing**, F, Feb 27, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith. This class will also be available via Zoom.

**Advanced Crochet**, F, Feb 27 – Apr 10, 9:30 – 10:30 a.m. Cost: \$ 20.00 paid to instructor. Class is limited to 4 participants. Participants will work on project of choice.

**Beginning Crochet**, F, Feb 27 – Apr 10, 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. Limited to 4.

**Intermediate Crochet**, F, Feb 27 – Apr 10, 12:30 – 1:30 p.m. Cost is \$20.00 paid to instructor. 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). Limited to 4.

**March Basket Class**, M, March 2, Oval Storage Basket, Weaving Level: Beginner/Intermediate, Size: 10"X7 1.2"X 6"h Price: \$30, This is an oval shaped basket with a wood bottom. The side of the basket has a decorative multicolored band. It makes a great storage basket for your remote controls or it can be used as decorative storage basket for a coffee table or nightstand. The main colors for the decorative band are: black, grey and cream. The secondary color is a color of your choice: pink, green, red, blue or brown. Please indicate which secondary color you prefer when you sign up for the class.

**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 stand-

ing 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.

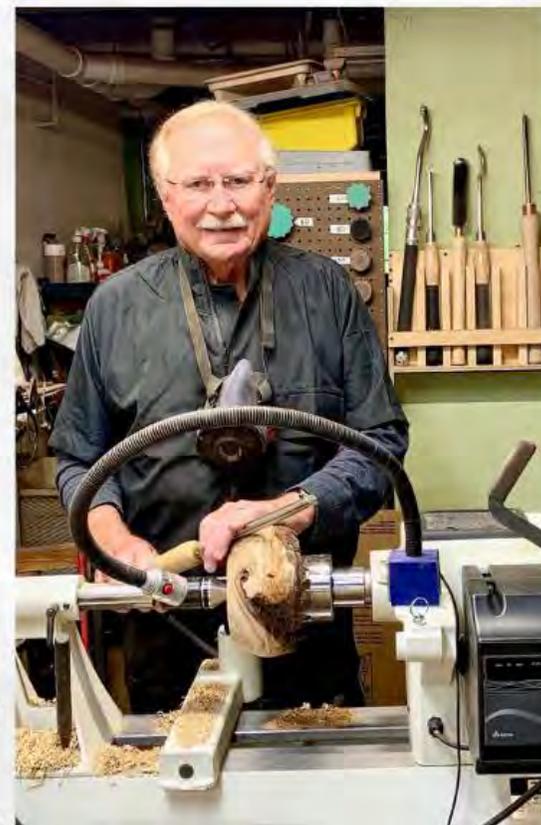
**TNT Sports Complex - (600 E. Main Street)** - Tuesdays and Thursdays, 9:00 a.m. – 1:00 p.m. Open play. All skill levels. \*Must be a senior center member to play, please bring membership card.

## ARTISAN GERALD (JERRY) FRITZ *Wood Craftsman*

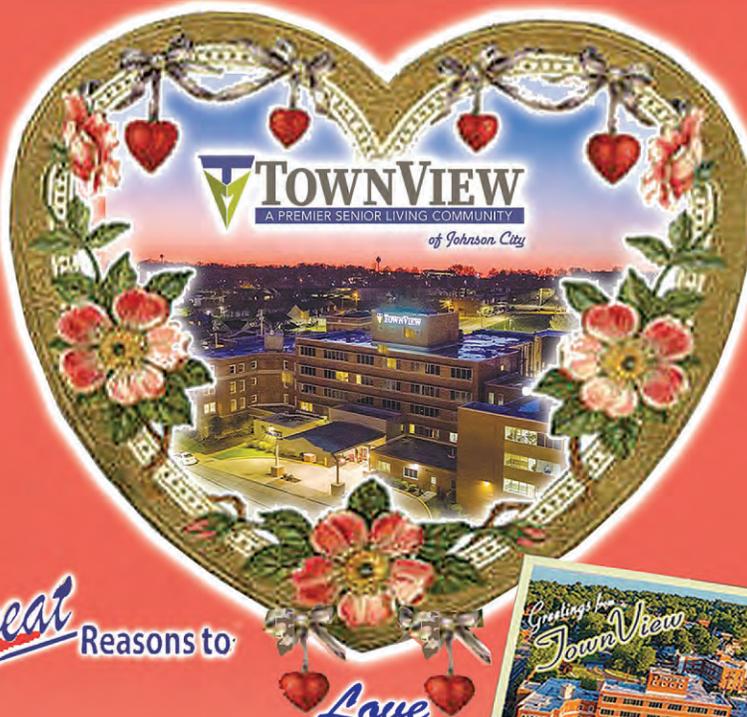
- **Born in Kingsport in 1945**
- **Graduated from DB in 1963.**
- **Graduated from VA Tech in 1967.**
- **Served in the U.S. Navy for 22 years as an Engineering Duty Officer from which he retired in 1989.**
- **Resides in KPTS w/his wife Betty (DB Alumni '63) & his 2 Labradors.**



**The love of wood working was passed down from his father and grandfather whose philosophy was "The Wood I chop will warm me Twice".**



# Love Living at Townview



7 Great Reasons to Love TOWNVIEW of Johnson City



"I love TownView because the people are friendly and the staff is wonderful!"

- Alice C

- 1. All inclusive!** All included in rent: utilities, cable, transportation to doctor appointments and chartered bus adventures, socials, events, bi-weekly housekeeping. Three flavorful homestyle meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, 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.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, shopping and dining; convenient to Interstate 26, Senior Center, Veterans Affairs Medical Center 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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# DAILY ACTIVITIES

**Classes run the week of January 5-March 16 except for exercise classes which are on going.**

## Monday:

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

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

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

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

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

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

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

**Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)-** Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. \*Class week of June 10-14, will be in the Atrium at the main site.

**Basic Tai-Chi: 10:00am (Room 302)** - Tai Chi is an ancient Chinese martial

art form often referred to as the practice of “meditation in motion”. Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

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

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

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

**Stretch Class: 10:50am (Gym)**

**Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239):** Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body. \*No class week of June 10-14.

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

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

**Table Tennis: 2:00pm (Gym)**

**Volleyball: 4:00pm (Gym)**

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

## Tuesday:

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

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

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

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

**Basket Weaving: 9:00am (Room 303)** - This class is open to individuals of all expert levels.

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

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

**Strength Training: 9:45am (Gym)**

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

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

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

**Hand Quilting Group -10:00 a.m. - 12:00 p.m. (Lynn View Community Center)**

Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.

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

**Beginner Dulcimer: 11:00am (MPR)**

Learn to play the Appalachian/Lap Dulcimer in this class. The “Mel Bay-First Lessons” dulcimer book. It’s fun to play with a group of dulcimers! \*Note: Must attend first day of

class; cannot join mid-session.

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

**Bowling: 12:30pm at Warpath Lanes**  
**Shuffleboard: 1:00pm (Ceramics Hallway)** - All levels of experience are welcome, with tournaments held semi-annual.

**Open Pickleball: 1:00pm-4:00pm (Gym)**  
**Open Card Play: 1:00pm-7:00pm (Card Room).**

**Badminton: 4:00pm-6:30pm (gym)**

## Wednesday:

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

**Silver Sneakers Classic: 8:15am (Gym)** - You'll have a chair for seated exercises and standing support.

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

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

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

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

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

**Croquet: 9:30am (Front Lawn)**  
**Total Body Workout: 9:30am (First Broad Street United Methodist Church Room**

# DAILY ACTIVITIES

From S10

**239)- Total Body Workout** consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

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

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

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

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

**Stretch Class: 10:50am (Gym)**

**Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239):**

Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body.

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

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

**Table Tennis: 1:00pm (Gym)**

**Basketball: 4:00pm (Gym)**

**Thursday:**

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

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

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

class, we relax our body and mind.

**Bingo: 9:00am (Cafeteria)**

**Woodcarving: 9:00am (Room 303)** - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

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

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

**Pickleball: 9:00am-12:00pm (TNT Sports Complex)**- Open play. All skill levels.

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

**Strength Training: 9:45am (Gym)**  
**Pickleball: 10:00am-2:00pm (Lynn View Community Center)**

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

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

“At least I got something” (picked from score sheets)

**Exercise for Everyone: 10:45am (Gym)** - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

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

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

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

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

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

**Cornhole: 1:00pm (Gym)**

**Volleyball: 4:00pm (Gym)**

**Friday:**

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

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

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

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

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

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

**Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)**- Total Body Workout consists of upper and lower body 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

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and loving it!*



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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.

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