

April 2026

Senior Living

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




KINGSPORT
SENIOR CENTER
the fun begins at 50

TimesNews

Staff:

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

- Director- Shirley Buchanan- shirleyabuchanan@kingsporttn.gov- (423)392-8403
- Program Coordinator — Lori Calhoun- loricalhoun@kingsporttn.gov- (423)392-8405
- Branch Coordinator- Michelle Tolbert- michelletolbert@kingsporttn.gov- (423)392-8404
- Wellness Administrator- Kevin Lytle- kevinlytle@kingsporttn.gov- (423)392-8407
- Program Administrator — Amber Quillen- amberquillen@kingsporttn.gov- (423)392-8402
- Program Administrator – Cameron Waldon- cameronwaldon@kingsporttn.gov- (423) 392-8406
- Program Assistant- Vickie Duncan- vickieduncan@kingsporttn.gov- (423) 343-9713
- Program Assistant- Diane Broyles- dianebroyles@kingsporttn.gov – (423)765- 9047
- Administrative Assistant II- Lainie Eastep- lainieeastep@kingsporttn.gov- (423) 392-8400
- Nutrition Site Manager- (423)246-8060

Policies:

Refund Policy: The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior enter, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

Membership Dues:

For Fiscal year:

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

- \$25.00- Kingsport City Residents
- \$45.00- Sullivan County Residents
- \$70.00- Out of County Residents

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

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



MISSION

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

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness 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: Happy spring!

The Senior Advisory Council meeting will be Thursday, April 16th, 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
- Brenda Eilers
- Xue Xiaoli

- Linda Ford
- Ernie Koehler
- Kenn Naegele
- Rick Valone
- Anna Walters

**Follow us on
Social Media**



Kingsport Senior Center



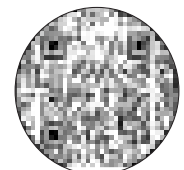
@KingsportSeniorCenter



@KingsportSeniorCenter

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

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



STEADMAN HILL KINGSFORT

Our All-Inclusive Assisted Living Community

*A trusted local leader
in senior living*

Quality, Person-Centered Support

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

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



SENIOR SERVICES

Smile Meeting will be Wednesday, April 15th in the Cafeteria starting at 1pm. If you are a **VOLUNTEER** at the Senior Center, please make sure to keep up with your time and enter your hours on the kiosk outside the office. If you do not know how to enter your time, please see Cameron.

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

Dental Bingo Tuesday, April 14th 10am – 12pm in the Atrium. Brittney Smelcer from Smile On 65+ will be here to play dental bingo and dental trivia in the atrium. Sign up now in the front office.

Carter Trent – Helpful Decision Guides Tuesday, April 7th 10am – 12pm will be held in the Card Room. Robin Buchanan from Carter Trent will discuss helpful decision guides with our seniors and why it is important to decide funeral wishes ahead of time to ensure personal preferences are honored as well as alleviate family stress and save money. Light refreshments provided. Sign up now in the front office.

Mental Health Program - Monday, April 27th 10am – 12pm in the Card Room. Megan Shelton from The Sullivan County Extension Office will be here to discuss Mental Health in older adults. Sign up now in the front office.

Health Education for Diabetes Session – 16-week program – First meeting Tuesday, May 5th 10am – 12pm in the multi – purpose room. The first session

will be an informative session on Health Education for Diabetes then every other week for eight sessions with the following dates: June 1st, 15th & 29th, July 13th & 27th, August 10th & 24th will be one hour sessions based on information on how to deal and live with diabetes. August 31st will be the last session / graduation for the series.

Shred Day- Thursday, May 7th 9am – 1pm in the front parking lot. Shred – A – Way of East Tennessee will set up their truck in the FRONT PARKING LOT for members to dispose of unwanted papers and documents. PLEASE NOTE: ALL DOCUMENTS MUST BE LOOSE (STAPLES ARE HOWEVER ACCEPTABLE) AND FREE FROM BINDERS OR NOTE-BOOKS. ONLY PAPER DOCUMENTS CAN BE ACCEPTED. The truck will be here at 9am – until 1pm or until the truck reaches capacity.

Want to Manage Money with Confidence -Tuesday, May 12th 10am – 12pm in the MPR. Susan Dotson from Region’s Bank will be here to talk about managing your money with confidence. During the seminar she will provide tips, and action – based advice. She will answer questions and assist you so you can make important financial decisions with confidence.

Blind & Visually Impaired Support Group - Monday, May 19th 10am – 12pm in the Card Room. Karen Quinn Rehabilitation Teacher from the Tennessee Dept. of Human Services will be here to facilitate a support group for the Blind & Visually Impaired. Karen will also discuss ways to stay independent.

DAY TRIPS

Shopping at General Stores & Shops on Wears Valley Rd & Lunch at Sawyer’s Farmhouse Restaurant: Wednesday, April 8, 2026. 8:30am-6:00pm. 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. ***Waiting list only**

OTLB: Fern Valley Farm and a trip to The Dutch Pantry: Tuesday, May 12, 2026. 10:30am-6:00pm. Cost: \$40.00 which covers transportation and lunch. Enjoy a beautiful drive to Fern Valley Farm for a wonderful farm to table meal. The owners of the farm will provide the history to you. After lunch we will take a trip to the Dutch Pantry so you can buy some goodies. Sign up now.



SPRING ARTISAN CRAFT FAIR

Date: April 30th
Time: 9am-2pm
Location: Kingsport Senior Center Atrium
1200 E Center Street
Kingsport, TN 37660



NHC HEALTHCARE KINGSPORT

2025 BEST of the BEST
 Times News - Readers' Choice
 VOTED 2025 BEST NURSING HOME

Customized Physical, Occupational And Speech Therapies
 Specializing In Orthopedic Care, Wound Care, Cardiac And Stroke Recovery
 90 Room Capacity All Are Equipped With High Speed Internet-Cable Tv And Local Phones
 Bistro Dining You Decide...
 Restaurant Menu For All Meals

2300 Pavilion Drive, Kingsport, TN 37660
 (423) 765-9655 • NHCKingsport.com



COMFORT KEEPERS IN HOME SENIOR CARE

- Companion Care • Personal Care
- Light Housekeeping • Errands
- Meal Preparation

ACCEPTING NEW CLIENTS IMMEDIATELY!



Call us today!
423-246-0100
ComfortKeepers.com



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.

Blood Pressure Checks: 10am-11:30am. **Every 2nd Wednesday of the month** | Hallway by the Office | Ronda Freeman, RRT, Senior 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 | Ronda Freeman, RRT, Senior Liaison with Kingsport 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.

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

Woodshop Safety Orientation: 9am-11am. **Monday, Apr 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.

Bird House and Bird Feeder Class: 9am-2pm. **Thursday & Friday, April 9, 10, 16, 17** | Wood Shop | This class will be a 4 - Session Bird House and Bird Feeder Class and you will make two bird houses a Blue Bird and a Wren House, also you make a Bird Feeder. Cost is \$100.00, which covers all your materials; due on first day of class paid to the instructors. Sign up 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.

Mary Kay Fall Pampering Session: 10am. **Wednesday, Apr 1** | 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 15 seats available.

Medicare Educational Event: 11am. **Tuesday, Apr 14** | 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.

Lunch & Learn "Five Wishes": 11am. **Wednesday, Apr 22** | 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, Apr 17.

Memory and Brain Health: 2pm-3pm **Thursday, Apr 23** | Multipurpose Room | Tracey Kendall Wilson, Regional Director, Alzheimer's Tennessee, Northeast, TN-Southwest, VA | Come join Alzheimer's Tennessee to experience fun activities that have been proven to challenge specific parts of your brain, keeping us sharp as possible as our brain's

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

Hiking Trip: We will depart at 9am **Friday, Apr 24** | Laurel Run Trail & Kiner Hollow Trail, Church Hill, TN | Cost is \$5.00 for transportation. Laurel Run Trail & Kiner Hollow Trail is a moderately hiking trail located near Church Hill, Tennessee that features a waterfall. The trails vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring something to eat and drink to stay properly hydrated, we will be eating in the park. Sign-ups start on Thu, Mar 26 in the Office.

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 up in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Apr 27.

Cornhole Tournament, 1pm. **Friday, May 15** | 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 Beth Freeman, Administrator with The Village at Allandale. We will need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Apr 2 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Wed, May 13.

Billiards Tournament: 9:30am. **Wednesday, Aug 26** | 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-ups start on Thu, Jul 23 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Aug 24.

April is Cancer Prevention and Early Detection Month, reminding us all of the importance of routine cancer screenings. These screenings can mean better outcomes for your health-that means more treatment options, more healthy days ahead, and more time with the people you love.

MAIN SITE CLASSES

Jam Session, with Steele Creek Band, will meet on Thursday, April 23rd at Warriors Path for the Spring Picnic. Sign up for the event to watch them perform.

Beginner French: Fridays April 3-May 8, 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 for this class in the front office.

Intermediate French: Fridays April 3-May 8,

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

MAIN

From S5

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 for this class in the front office.

You and Your Sewing Machine: Tuesdays April 7-June 9, 2026. 4:30pm-6:30pm. Room 303. Have you ever wanted to learn how to use that sewing machine handed down to you? Or did you buy a sewing machine to start a new hobby but don't know how to use it? This class is for you! Jennifer Rasnake will teach you how to use your own sewing machine to make beautiful pieces. There is no cost for this class but you must bring your own sewing machine and thread. Sign up begins March 2nd. Limited to 15 people.

Movie Day: "Unstoppable": Thursday, April 9, 2026. 1:00pm. Cafeteria. Anthony Robels, born with a disability, inspires to be a formidable wrestler. Soon, he conquers his fears through determination and relentless training. Popcorn will be served but must bring your own drink. Come by the front office to sign up or call 423-392-8400.

Flower Arranging Class: "Spring Fling": Thursday, April 16, 2026. 10:00am-12:00pm. MPR. Cost: \$10.00 at sign up plus \$10.00 day of class to give to instructor Philis Fortney. You will work with fresh flowers in mixed colors and learning the easy way to arrange in a vase that will be perfect for any occasion. Please bring a vase of your choice with an opening no larger than 5" and bring wire cutters and scissors with you. All other supplies will be available. Sign up began March 19th.

Beginning Spanish: Mondays April 20-June 29, 2026. Room 303. Cost: \$40.00. This is a beginner level Spanish course. You will learn things from greetings, family members, numbers, colors and important words for trips and travel. After this class you will feel more comfortable with the Spanish language. This class

is limited to 10 people. Sign up now in the front office.

Advanced Spanish: Mondays April 20-June 29, 2026. Room 303. Cost: \$40.00. You must have taken the beginner level course or have beginner level knowledge. This class is limited to 10 people. Sign up now in the front office.

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 began 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. Entertainment by Steele Creek Band

Mother's Day Bruch at Allandale Mansion: Wednesday, May 6, 2026. Allandale Mansion. 12:30pm. Cost: \$8.00. Come and enjoy a nice brunch and entertainment provided by Mark Larkins. You can also tour the beautiful Allandale Mansion and learn the history behind it. Sign up began March 2nd.

Abstract Painting: Wednesdays May 6-June 10, 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 April 1st.

Beginner Oil Painting: Wednesdays May 6-June 10, 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 April 1st.

Acrylic Painting: Thursdays May 7-June 11, 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 April 1st.

Water Color Class: Thursday, May 7-June 11, 2026. 3:00pm. Room 303. Cost: \$20 paid at sign up. Come learn the basic skills and the beauty of watercolor. Sign up begins April 1st.

Trunk Sale- Friday, May 15, 2026. 8:00am-2:00pm. Front Parking Lot. Free. Need to do some spring cleaning/tossing? Sign up for a spot at our trunk sale! Do you love garage/yard sales? Come do some shopping! Call 423-392-8400 to sign up for a spot!

Patriotic Picnic: Thursday, May 21, 2026. Allandale Pavilion. 12:00pm. Cost: \$10.00. We will serve hamburgers with all the

trimmings and sides. Entertainment will be provided. Note: You have to park in the lower parking lot so walking may be required if we do not have access to a golf cart for shuttling. Sign up began March 2nd. Entertainment by Steele Creek Band.


Clay for True Beginners: Thursday, June 15-August 13, 2026. Clay Room. 8:00am-12:00pm. Cost: \$50.00 plus \$25.00 firing fee if not paid for the year. This class is for true beginners ONLY. David Meade will teach you the basics of clay and get you feeling like an expert in no time. A syllabus and supply list will be given out at sign up. 14-person max. Sign up begins May 13th.

MEET THE INSTRUCTOR

Sue Voorhees

Classes Offered

Clay 101



Class Information

Please check newsletter for class schedule

About Me :

I currently live in Rogersville and have for the last 3 years. I grew up in Spring Lake, NJ at the Jersey Shore with my mom, dad and 7 other siblings. I have a son and daughter.

- ▶ **Why did you choose to be an instructor at KSC?**
I have been involved with clay for over 20 years. I came to the Senior Center and discovered the full clay room. I started with 2 day workshops and have been here ever since.
- ▶ **How long have you been an instructor at KSC?**
I've been teaching at the Senior Center for 11 years.
- ▶ **Fun fact about yourself:**
I was working in the field of plumbing for a large part of my life. I started as a gopher for my father-in-laws plumbing and heating family business in NJ for 10 years. I love being active. I love to hike, walk, mow and swim. I used to run and have completed about 20 marathons. I try to live in the moment, and fail most of the time, but I love life and learning.



TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY
of Johnson City



*Spring into a more independent lifestyle
-where home maintenance and yard work
are a thing of the past!*



“I’ve made great friends here and the people are so nice and friendly. The staff is wonderful and always so accommodating to us.”

~ Barbara M.

7 Great Reasons to Choose



- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and trips, socials, events, bi-weekly housekeeping, 3 flavorful home-style 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, 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, shopping and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There’s plenty to do, choose as much or as little as you would like!

55+ Welcome Home to TownView!



Call Today to Schedule a Visit with Us!
114 West Fairview Ave., Johnson City, TN 37604

423-328-9068
thetownview.com

BRANCH SITE 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.

Cardio Drumming, 1:30 p.m. Wednesdays in the cafeteria. Upbeat exercise class using a Pilates ball and drumsticks with volunteer instructor Mary Ann Leach.

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 and 1st Wednesday of the month with Michelle Moffitt, Facility Liaison, Holston Rehab. No sign up required.

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

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

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

April Basket Class, M/T, April 6 & 7, 10:00 a.m. Berry Gathering Swing Tote, Dimensions: 16"X10"X 5", Weaver's Level: Intermediate/ Beginner, time to weave basket: 8 hours or two class periods, Cost: \$55.00, paid at sign up. This basket has plenty of room for 6 square pints of berries or various produce items from the local farmer's market or your backyard garden. It has a solid woven bottom and two wood swing handles. Chose from one of the following colors for the decorative band around the top of the basket: red, blue, yellow, black, brown, or green. Please specify which color you wish to make when signing up for the class.

Beaded Dragonfly – W, Apr 8, 10:30 a.m. Cost: \$7.00 paid to artisan instructor Judy Valone. All supplies included to make 1 dragonfly.

Needle Felted Pastel Mushroom, W, Apr 8, 11:30 a.m. Cost: \$15.00, paid to instructor, Kathryn Jenkins. Make one of these in your favorite

color. All materials supplied, but bring your own needle felting tools, if you wish. This is a fun, relaxing project.

Biscuits and Bingo, TH, Apr 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.

Woodland Gnome, M, Apr 13, 10:00 a.m. All supplies provided. Cost: \$12.00, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

Still Life Painting in Acrylic - T, Apr 14, 11:00 a.m. Cost: \$18.00, paid to instructor Sonia Garcia. Recreate this painting by Pisitkhun Swaphituk on a small canvas. This class will also be available via Zoom.

Pickleball Drills, T/TH, Apr 14 – Apr 30, 10:00am. Improve your Pickleball game from head to toe! Let's engage your "head" game thru strategy and improve your "toe" game with footwork. With "head to toe", you'll be ready to go! Open to all ability levels. Max 8 participants. Cost: \$30, paid at sign up.

Beginning Stained Glass, TH, April 16, 8:15am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided.

Intermediate Stained Glass, F, April 17, 8:15am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided.

Grief Share, F, April 17, 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.

Itty Bitty Grape Hyacinth, M, Apr 20, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith. This class will also be available via Zoom.

Drawing Class: How to draw a face, T, Apr 21, 11:00 a.m. Cost: \$5.00, paid to instructor Sonia Garcia. Join us for a tutorial on how to draw a face. Use easy beginner friendly tips for drawing a full face. This class will also be available via Zoom.

Catch All Cutting Board, W, April 22, 10:00 a.m. artisan instructor

Esther Richards. Participants will have kits with all supplies provided. Cost: \$15.00, paid to instructor. Max 12. This class will also be available via Zoom.

Butterbean Auction, W, April 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.

Card Making, M, April 27, 11:00 a.m. We will make 4 Easter/Spring cards using "Stamps and Stickers". Cost is \$15, paid to instructor Lisa Pecorini. All supplies are included. Bring your scissors and adhesives.

Budgies in a basket painting in watercolor, W, April 29, 11:00 a.m. Cost: \$5.00, paid to instructor Sonia Garcia. Create a lovely watercolor painting with these beautiful budgies! This class will also be available via Zoom.

Basket of Posies, M, May 4, 10:00 a.m. Weaver Level: Beginner, Dimensions: 3 1/2" diameter X 3" tall, Price: \$10. Weave a cute little basket for spring flowers! This little basket has a wood disc for the bottom. The side uses both twining and continuous weave to create decorative bands. Choose from two color combinations, country garden or deep forest. Country garden is a combination of purple, green and pink and deep forest is a combination of purple, blue and green. The handle can be a wrapped handle (as shown) or a braided handle. Please designate color choice when signing up for the class. Flowers not included in the kit.

Advanced Crochet, F, April 24 – May 29, 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, April 24 – May 29, 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.

BRANCH

From S8

Intermediate Crochet, F, April 24 – May 29, 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.

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

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

test their mettle. This is Open Pickleball for all skill levels. *Must be a senior center member to play, please bring membership card.

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

First Broad Street United Methodist Church

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

Restorative Yoga: Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m. Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses,

lots of breath work and some stretches that will target certain parts of the body (typically from student requests).

Slow Flow Yoga: Tuesday and Thursday in Room 239 from 11:00 a.m. - 12:00 p.m. more standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. We will continue to end the class with Relaxation.

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

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

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

KINGSPORT SENIOR CENTER PRESENTS

New Orleans

6 days/ 5 nights
JUNE 7-JUNE 12, 2026
\$1299.00 PP
DOUBLE OCCUPANCY

BREAKFASTS
DINNERS
GUIDED TOURS
DINNER CRUISE

FRENCH QUARTER
CASINO

PACKAGE INCLUDES:

- 5 night hotel accommodations; 3 nights in New Orleans
- 5 breakfasts; 3 dinners- One dinner at the New Orleans School of Cooking
- One dinner cruise on an authentic steamboat
- Guided Tour of New Orleans
- Historic French Quarter
- Beau Rivage Casino and Harrah's Casino

For information and /or reservations, please contact Shirley Buchanan at 423-392-8403

Sign up now

Kingsport Senior Center Presents

Branson MO

6 DAY/5 NIGHT
November 15–November 20, 2026

Package Includes:

- 5 night hotel stay, including 3 nights in Branson
- 5 breakfasts, 1 lunch and 2 evening receptions at hotel
- 2 wonder dinners to include
 - Dinner Cruise on the Branson Belle Showboat
- 5 Fabulous Shows in Branson
- Visit The Branson Landing

PRICE \$1299
per person/Double Occupancy

MORE INFO :
© Contact Shirley Buchanan at 423-392-8403

Travel protection can be purchased at \$145.00/person– double occupancy

DAILY ACTIVITIES

Classes run the week of April 6-June 8, 2026 except for exercise classes and lap swimming which are ongoing.

Monday:

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.

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.

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

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.

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.

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



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



A secure assisted living experience

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

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

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

WE HAVE 2 LOCATIONS TO SERVE YOU:

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



Thank You
For Voting Us Kingsport
Times News Readers Choice
#1 BEST ASSISTED LIVING
For 11 Years In A Row and
#1 Retirement Facility!

WE APPRECIATE YOUR VOTES!!

Stop by to tour or call us at 423-378-6623 and hear about our Summer Specials. You can also email us at alison@prestonplacesuites.com