

March 2026

# Senior Living

KINGSPORT SENIOR CENTER

Happy  
St. Patrick's  
Day



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- shirleyabu-  
chanan@kingsporttn.gov- (423)392-8403

Program Coordinator — Lori Calhoun-  
loricalhoun@kingsporttn.gov- (423)392-8405

Branch Coordinator- Michelle Tolbert-  
michelletolbert@kingsporttn.gov- (423)392-  
8404

Wellness Administrator- Kevin Lytle-  
kevinlytle@kingsporttn.gov- (423)392-8407

Program Administrator — Amber  
Quillen- amberquillen@kingsporttn.gov-  
(423)392-8402

Program Administrator – Cameron  
Waldon- cameronwaldon@kingsporttn.gov-  
(423) 392-8406

Program Assistant- Vickie Duncan- vick-  
ieduncan@kingsporttn.gov- (423) 343-9713

Program Assistant- Diane Broyles- diane-  
broyles@kingsporttn.gov – (423)765- 9047

Administrative Assistant II- Lainie  
Eastep- lainieeastep@kingsporttn.gov- (423)  
392-8400

Nutrition Site Manager- (423)246-8060

**Policies:**

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

**Membership Dues:**

**For Fiscal year:**

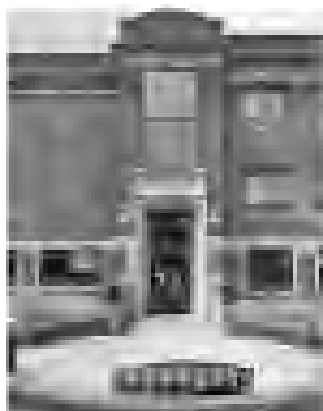
**July 1, 2025 — June 30, 2026 (we do not prorate)**

\$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:** St. Patrick's Day party 2025

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

Linda Ford  
Ernie Koehler  
Kenn Naegele  
Rick Valone

Follow us on  
Social Media



Kingsport Senior Center

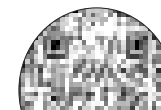


@KingsportSeniorCenter



@KingsportSeniorCenter

Subscribe to our new Kingsport  
Senior Center YouTube Channel!



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](http://KingsportSeniorLiving.com)*

1300 Bloomingdale Pike. Kingsport, TN 37660



# SENIOR SERVICES

**Smile Meeting will be Wednesday, March 18th in the cafeteria starting at 1pm.** If you are a VOLUNTEER here at the center please make sure that anytime you are here at the center that you are keeping up with your time. Anytime you volunteer you need to make sure your putting those times into the computer where you sign in at. If you don't know how to do so come and see Cameron in the front office and she can show you how.

**AARP Tax Aide** – AARP Tax Aides Volunteers are here at the Center again this year doing taxes. Call the front office and get your appointment scheduled. All necessary documents need to be brought the day of your appointment.

**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.

**Financial Fraud Educational Program** Thursday, March 19th 11am – 12:30pm. This event will be held in the card room with Megan Smith from the Sullivan County Extension Office. Sign up now in the front office.

**Lunch and Learn** – Tuesday, March 23rd 10am – 12pm in the multi-purpose room. Cayden Phillips from Modern woodman of America will be here to do an informative & delicious lunch & learn. Chick-fila will be served for lunch. There are a limited number of sign up spots so make sure you get your name on the list early. Learn how to make thoughtful decisions, how to live within your means, how to save money, how to take control of your finances and work with individuals to help them plan for a secure financial future.

**Seasonal Affective Disorder** - Kevin Sheffield from Brookdale will present a program on Tuesday, March 24th 10am – 12pm in the Card Room. Kevin will be presenting a seminar on a type of depression linked to seasonal changes. The disorder – which usually starts in the Fall/Winter and resolves by Spring/Summer – is believed to be caused by decreased sunlight during those months. With all the recent snow and cold weather, I'm sure there are a few out there that has suffered from this disorder. Light refreshments will be served. Sign up now in the front office.

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

**Estate Planning Presentation** Thursday, March 26th 10am – 12pm in the card room. Matthew Sharp from Legal Aid of East Tennessee will be here to do a seminar on Estate Planning. Estate planning is the process of arranging for the management and transfer of a person's assets – including property, finances, and personal belongings – during their lifetime, in the event in incapacity, and upon death. It aims to ensure assets are distributed according to the owner's wishes, minimize taxes, avoid probate, and provide for loved ones with minimal court intervention. Components include creating a will, establishing trusts, appointing beneficiaries, and setting up powers of attorney for medical and financial decisions. Light refreshments will be served. 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 be here to talk about helpful decision guides with our seniors. She will discuss 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. We will provide light refreshments. 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 do a program on Mental Health in older adults. Sign up now in the front office.

**Blue Ride Shredding** will be here for shred day on Thursday, May 7th 9am - 12pm. They 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 notebooks. Only paper documents can be accepted.

# DAY TRIPS

**OTLB: Austin's Steak & Homestyle Buffet & Shopping at Turkey Creek:** Wednesday, March 18, 2026. 9:00am-6:00pm. 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. 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. Sign up began January 20th.

**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 begins February 26th.

MEET THE INSTRUCTOR  
**Larry Eidson**

**Classes Offered**

Wood Working



**Class Information**

Please check newsletter  
for class schedule

**About Me :**

I live in Colonial Heights and married with two children, 13 grandchildren, 6 great grandchildren, and a little dog named Ryker.

► **Why did you choose to be an instructor at KSC?**  
I became an instructor after going into the woodshop and meeting alot of people. I then became a volunteer in the woodshop. It's been a great way to meet new people!

► **How long have you been an instructor at KSC?**  
Ive been an instructor for about 12 years.

► **Fun fact about yourself:**  
The most fun that I have had was the opportunity to play Santa Claus through the Christmas holiday and its something I really enjoy! Also, I am the best looking guy in the woodshop among the volunteers. Come on in and check us out!

# 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 | Bevin Morrell, LPN, Rehab Liaison with Encompass Health. Blood Pressure Checks: 10am-11:30am. Blood Pressure Checks: 10am-11:30am. *Every 4th Wednesday of the month* | Hallway by the Office | Angie Rasic, 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.

**Caregiver Support Group:** 10am-11am. *Every 4th Wednesday of the month* | Multipurpose Room | Vickie Bursleson, BSW, Suncrest Hospice / LHC. Participants will express the challenges in care giving to include the physical,

mental and psychological strain in caring for a patient, or a family member. Vickie will also educate participants on different options for coping with these challenges, validation and coping mechanisms. Sign up in Office or by calling 423-392-8400.

**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 up 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.

**Shuffleboard Tournament:** 9am. **Wednesday, Mar 18** | 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 up 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 calling 423-392-8400, with a deadline to sign up by close of business on Mon,

Apr 27.

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

**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-ups start on Fri, Mar 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.

See S6



Buchanan Monument  
Company

*Honoring Lives*

**WITH COMPASSION AND RESPECT.**  
Let Our Family Help Your Family!

3808 Fort Henry Drive, Kingsport, TN • (423) 239-3649  
buchananmonuments@gmail.com • [www.buchananmonuments.com](http://www.buchananmonuments.com)

# WELLNESS

From S5

## 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 monitor! Sign up in Office or by calling 423-392-8400.

## Mary Kay Fall Pampering Session:

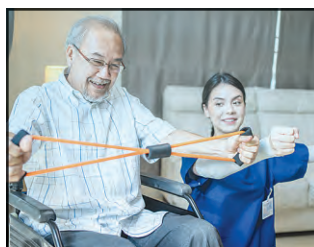
10am. **Wednesday, Apr 1** | Multipurpose Room | Jessica Cain with Mary Kay | Enjoy a relaxing Facial and Spa grade skin treatment. Also each member will receive a Hand and Lip treatment with CC Cream and Mascara. Sign-ups start on Thu, Mar 5 in the Office or by calling 423-392-8400, there is a limit 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-ups will start on Thu, Mar 5 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.



## 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**



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

# Canada & New England Cruise

ROYAL CARIBBEAN'S  
INDEPENDENCE OF THE SEAS

Explore the beauty of New Jersey, Boston, Portland, Nova Scotia, and New Brunswick!

**Your 11 Day/10 Night Package Includes:**

- 10 Day/9 Night Onboard Cruise Ship
- 1 Night of Pre-Cruise Hotel Accommodation
- Stateroom Accommodation
- Shipboard Meals
- Motorcoach Transportation to and from Cruise Pier

**More Information**

Prices are as follows for **Double Occupancy:**

- Inside Cabin: \$1,799 Per Person
- Ocean View Cabin: \$2,099 Per Person
- Ocean View Balcony: \$2,499 Per Person

**Insurance must be purchased:**  
\$199 per person - Inside Cabin  
\$259 per person - Ocean View

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

**Sign-Ups Begin on May 1, 2025**

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

SEPT 16-26, 2026



# 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!*



## 7 Great Reasons to Choose

# TOWNVIEW

of Johnson City

- 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!**



**"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.**



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

**423-328-9068**  
thetownview.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, March 19th. See you there!**

**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.

**Kennedy Dribblers Performance:** Wednesday, March 18, 2026. 5:30pm. Gym. Free. Come out and watch the talented dribblers from Kennedy Elementary School. These children range from Kindergarten to 5th grade and perform amazing ball handling skills. Think of it as the kid version of the Harlem Globetrotters! They put on a fantastic show! No sign up required. Just show up ready to be amazed!

**Flower Arranging Class- "Easter Themed":** Thursday, March 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 create a silk arrangement for your door to welcome guests for the Easter holiday. Please bring wire cutters and scissors with you. All other supplies will be available. Sign up begins February 19th.

**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 began February 2nd.

**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 IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

**Intermediate French:** Fridays April 3-May 8. 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.

**Clay 101 with Sue:** Tuesdays April 7-June 9, 2026. 10:00am-4:00pm. Clay Room. Cost: \$50.00 plus \$25.00 firing fee if not already paid for the year. This class is for beginners to intermediate levels. You will have projects bi-weekly in hand building. Instruction in wheel throwing available. Supplies and tools not included. Limited to 12 people. Sign up begins March 4th. Note: Due to the popularity of this class you can only sign up one person at a time. Also, plan to arrive early as this class fills up quickly.

**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.

**Hand-Building with Clay:** Wednesdays April 8-June 10, 2026. 11:00am-4:00pm. Cost: \$50.00 plus \$25.00 firing fee if not already paid for the year. Taught by Jess Parks. This class is for intermediate levels. Project bi-weekly. Supplies and tools not provided. Limited to 12 people. Sign up begins March 4th.

**Advanced Hand-Building with Clay:** Thursdays April 9-June 11, 2026. 11:00am-4:00pm. Cost \$50.00 plus \$25.00 firing fee if not paid for the year. Taught by Jess Parks. This class is for advanced levels only. Hand building and wheel throwing. Supplies and tools not provided. Limited to 12 people. Sign up begins March 4th.

**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.

**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 begins March 2nd.

**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! Sign up for a spot begins March 6th.

**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 begins March 2nd.

# BRANCH SITE

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

## Branch Site Class Descriptions March 2026

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

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.,

# BRANCH

From S8

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.

**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.

**Beginner Machine Quilting** – M, March 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.

**Irish Gnomes**, M, March 9, 12:30 p.m. Please bring an empty coffee creamer bottle (please remove the label), all other supplies will be provided. Cost: \$10.00, paid to instructor Carol Konclan.

**Ribbon Flower Bouquet**, W, March 11, 10:30 a.m. All supplies provided. Cost: \$10.00, paid to artisan instructor Judy Valone.

**Acrylic Cow Painting**: TH, March 12, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Paint a lovely spring cow with beginner friendly acrylic painting techniques. This class will also be available via Zoom.

**Wool Felt Bee**, M, March 16, 10:00 a.m.

All supplies provided. Cost: \$12.00, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

**My Plate (Nutrition Classes)**, T, March 17, 24, 31. 10:30 a.m. This series of classes include start simple, make a plan for home, make a plan for grocery shopping and celebrate success! Facilitated by Susan Lachmann, TNCEP Program Assistant II. Must have minimum of 4 participants for class to go.

**Pickleball 102**, T/TH, March 17 – Apr 2, 10:00am. It's time to rise and shine! Polish your pickleball fundamentals and radiate confidence on the court when you complete this class. Open to players who have completed a beginner PB course. We will put the "fun" in fundamentals. Class limited to 8 players. 6 classes in 3 weeks. Cost: \$30.00, paid at sign up. Instructor Anna Walters.

**Spring Lamb Colored Pencil Drawing**, W, March 18, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Draw a beautiful Spring lamb in a flower patch using beginner friendly colored pencil techniques. This class will also be available via Zoom.

**Beginning Stained Glass**, TH, March 19, 8:15am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided.

**Intermediate Stained Glass**, F, March 20, 8:15am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided.

**Grief Share**, F, March 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, March 23, 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.

**Spring Easter Egg**, W, March 25, 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, Mar 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.

**Wool Felt Birdhouse**, TH, March 26, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith. This class will also be available via Zoom.

**Lighthouse Ink and Watercolor Painting**, M, March 30, 11:00 a.m. Cost: \$8.00, paid to instructor Sonia Garcia. Join

us for a tutorial on how to draw a beautiful lighthouse in ink and watercolor. This class will also be available via Zoom.

**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, 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. Choose 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.

**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.

**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

See S8

# NHHC

## HEALTHCARE KINGSFORT



**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

# BRANCH

From S8

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.

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

### Monday:

**Lap Swimming: 6-00am - 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: 6-00am-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: 6-00am-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

# DAILY

From S10

-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 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 Wednesday's.

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

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

**Thursday:**

**Lap Swimming: 6-00am-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)**- 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 motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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

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

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

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

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

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

**Bunco will be played every month on the second Thursday at 10-30am in the Card Room.** Bunco is a dice game where

each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets)

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

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

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

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

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

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

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

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

**Friday:**

**Lap Swimming: 6-00am-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.

**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



## 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](mailto:alison@prestonplacesuites.com)