

May 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

HAPPY  
*Mother's*  
DAY



  
**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.

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](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:** Happy Mother's Day!

The Senior Advisory Council meeting will be Thursday, June 18th, 2026, at 12:30 pm. 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, concerns, and suggestions. Please present your concern, suggestions, 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>



# MORE LIVING. LESS WORRY.

Trade the stress of homeownership for a lifestyle filled with connection, convenience, and peace of mind.



- Maintenance-Free Living • Flexible Dining Options
- Housekeeping & Transportation
- Utilities, Cable & Internet Included
- Full Kitchens & Spacious Floor Plans
- Vibrant Social Life & Events



**NOW OFFERING BEAUTIFULLY  
UPDATED APARTMENTS**



100 Netherland Lane, Kingsport, TN  
423-830-8500  
AsburyPlaceKingsport.com

*Independent Living • Memory Care*



# SENIOR SERVICES

**Smile Meeting will be Wednesday, May 20th 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, please be sure you are entering your time into the kiosk where you sign in. If you need help with entering your time, please see Cameron.

**Health Education for Diabetes Session – 16 week program – First meeting Tuesday, May 5th 9am – 11pm 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, 1gth & 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 NOTEBOOKS. 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 Confi-**

**dence Tuesday, May 12th 10am – 12pm in the multi – purpose room.**

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 be talking about ways to stay independent.

**Positive Aging sessions with Specific Topics – Tuesday, June 9th Multi-Purpose Room 10am – 12pm.** Megan Shelton will be here from The Sullivan County Extension Office to talk about Positive Aging in Senior's. Sign up now in the front office or call 423-426-0123.

**Medicare Information and PLINKO Thursday, June 25th 10am in the Multi-Purpose Room 1.** Medicare Counselors from the Tennessee State Health Insurance Assistance Program (SHIP) will be on hand to answer your questions regarding Medicare and other resources that may be available to you. SHIP Medicare Counselors are not affiliated with any insurance or pharmaceutical company.

# MAIN SITE CLASSES

**Jam Session, with Steele Creek Band, will meet on Thursday, May 21 at Allandale Pavilion for the Patriotic Picnic. Sign up for the event to watch them perform.**

**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 began 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 began 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 began 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 began 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! **(Spots are full!)**

**Flower Arranging Class: "Japanese**

**Style Design": Thursday, May 21, 2026. 10:00am. Multipurpose Room.** You will learn two completely different forms of arranging with fresh flowers, Ikebana (Japanese style) and Pave design. Please bring a shallow container of your choice and stem cutters. Cost is \$10 at sign up and \$10 day of class for instructor Phillis Fortney. **Sign up now in the front office.**

**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.**

**Movie Day: "The Housemaid": Thursday, June 11, 2026. 1:00pm. Cafeteria.** Hoping for a fresh start, a young woman becomes a live-in maid for a wealthy couple who harbour sinister secrets. Popcorn will be served but must bring your own drink. **Come by the front office to sign**

**up or call 423-392-8400.**

**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.**

**Father's Day Picnic with SINGO: Thursday, June 18, 2026. Allandale Pavilion. 12:00pm-2:00pm. Cost: \$10.00.** Come have a hotdog and celebrate Father's Day with us. SINGO will be played and sides and dessert will be served. **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 April 20th.**

**Beginner French: Fridays July 17-August 21, 2026. 9:00am. Room 303.** Ghyslaine is going to bring France to you! Book needed: Barron's E-Z French by Christopher Kendris

# 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 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, May 4** | Wood Shop | **Every 1st Monday of the Month.** If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. NOTE: Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

**Basic Bowl Turning Class: 9am-2pm. Thursday & Friday, May 21, & 22** | Woodshop | This will be a 2-Session Basic Bowl Turning Class and you will make two bowls, and learn two different styles of bowl turning. Cost is \$100.00, which covers all your materials; due on first day of class paid to the instructors. Sign up in the Office or by calling 423-392-8400. Class is limited to 4 members to sign up for the class to be held.

**Memory and Brain Health: 2pm-3pm Thursday, Jun 25** | 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.

**Medicare Educational Event: 11am. Tuesday, Aug 11** | 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.

**Cornhole Tournament, 1pm. Friday, May 22** | 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 up 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.

**Shuffleboard Tournament: 9am. Wednesday, Sep 30** | 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 La'Reina Childers, Business Development Specialist I, with Knoxville TVA Employees Credit Union. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Aug 6 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Sep 28.

**May is Healthy Vision Month - Healthy Lives, Healthy Eyes:** You've heard that the eyes are the window to the soul-but did you know they're also a window to your health? When you make healthy lifestyle choices, like eating a balanced diet and staying physically active, you are also protecting your vision. In fact, there are several health conditions, like diabetes or high blood pressure that can increase your risk of some eye diseases. Making healthy choices for your overall health can protect your eye health, too.



## 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



## MAIN

From S4

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 July 17-August 21, 2026. 10:00am. Room 303. This class is for when you are comfortable enough to move on from the beginner class. Book needed: Barron's E-Z French by

Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. **Sign up began January 9th. You must sign up for this class in the front office.**

**National Senior Citizens Day:** Friday, August 21, 2026. 10:00am-2:00pm.

Atirum. Come celebrate National Senior Citizens Day with us. A variety of vendors will be set up with information. Light refreshments will be served. Vendor Bingo will be played for chance to win prizes. **This is a free event. No sign up required.**

# BRANCH SITE CLASSES

**Lynn View Community Center**  
765-9047  
Hours: M-F, 8:00am – 2:30pm

**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, 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.

**Barn Quilt,** TH, May 7, 10:30 a.m. Cost: \$80, payable day of class. All supplies furnished. 8 participants required for class to go. These are weatherproof boards and are 2x2 ft. Choose from seven patterns. Max 12 participants. Instructor Carol Mitchell.

**How to Draw Rose in Colored pencil,** M, May 11, 11:00 a.m. Join us for a tutorial on how to draw pink rose. Cost \$5.00 paid to instructor Sonia Garcia. This class will also be available via Zoom.

**Patriotic Flower Wreath,** T, May 12, 10:00 a.m. Please bring needle nose pliers. Cost: \$25, paid to artisan instructor Karen Young. Max 12 participants.

**Tree of Life Sun Catcher –** W, May 13, 10:30 a.m. Cost: \$10.00 paid to artisan instructor Judy Valone.

All supplies included.

**Duck Painting in Acrylic,** TH, May 14, 11:00 a.m. Cost: \$7.00 paid to instructor Sonia Garcia. Paint this lovely duck on small canvas with beginner friendly painting techniques. This class will also be available via Zoom.

**Wool felt Cherries,** M, May 18, 10:00 a.m. All supplies provided. Cost: \$12.00, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

**Card Making,** M, May 18, 11:00 a.m. We will make four cards with a Coastal Theme. Cost is \$15 paid to instructor Lisa Pecorini. Please bring favorite adhesives and scissors.

**Pickleball Tournament at TNT Sportsplex –** T, May 19, 10:00 a.m. (9:30 a.m. warm-up) – 12:00 p.m. 8 Teams for a mixed doubles tournament. 4 Courts. Round Robin. May 19th. Start time 9:30 and end time 1200 pm. break after 4 games & as needed. 7 rounds and the 8th game is the championship playoff for the two top teams. Same for 3rd place if needed. Prizes/ medals for the 1st and 2nd place teams, can have a 3rd place if you want. The top scores will determine winners and wins will be used as a deciding factor in case of a tie.

**Upcycle Your Old Greeting Cards,** T, May 19, 10:30 a.m. Join Sallie McAllister to construct these decorative and useful tiny boxes. You may bring your own cards or use what is provided. Cost: FREE.

**Wool felt Watermelon,** W May 20, 10:00 a.m. Cost: \$12.00, paid to artisan instructor Betty Smith. This class will also be available via Zoom.

**Bright Flowers Watercolor Painting,** TH, May 21, 11:00 a.m. Create a lovely watercolor painting with these beautiful summer blooms. Cost: \$5.00 paid to instructor Sonia Garcia. This class will also be available via Zoom.

**Grief Share,** F, May 22, 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.

**Tassel Bookmark,** W, May 27, 10:00 a.m. artisan instructor Esther Richards. Cost: \$15.00, paid to instructor. Max 12. This class will also be available via Zoom.

**Visiting Angels sponsor Butterbean Auction,** W, May 27, 12:30 p.m. Butter beans and prizes. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

**Hanging Storage Basket,** M, Jun 1, 10:00 a.m. Dimensions: 8"X8"X16" h, Weaving Level: Intermediate, Cost: \$20 payable at sign up. Make this unique hanging storage basket, which can be used in a variety of ways. It can be used to keep produce dry, or it can be used as a decorative wall hanging. The uses are really endless. The basket is formed by a technique known in the basket world as twinning, where two weavers are woven at the same time. The shape can be molded around almost any shape that is rounded. For this class we will use a balloon to help shape the basket. The shaping can be difficult for beginner basket weavers, hence the intermediate weaving level.

Multipurpose Room

**Silver Sneakers Chair Yoga,** TH, Jun 4, 3:00 p.m. Chair Strength is a blend of chair yoga and strength training. Participants begin with classic yoga poses, followed by a short-seated light-weight section and a standing balance section. The class concludes with a final yoga segment in their seats. This class is perfect for anyone who enjoys yoga with a little variety. Room 302.

**Intro to Chair Canning –** T, June 9 and W, June 10: 9:00 a.m. - 12:00 pm, Cost: \$100, all supplies provided. The instructor will provide the square form, 2.5-mm cane, and all needed tools. Moderate hand strength and no recent shoulder, arm, or hand injuries are recommended. Multipurpose Room.

**Advanced Crochet,** F, June 12 – July 17, 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. Room 303.

**Beginning Crochet,** F, June 12 – July 17, 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. Room 303.

**Intermediate Crochet,** F, June 12 – July 17, 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. Room 303.



**“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.

*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!**

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

**423-328-9068**  
 thetownview.com

### Wellness Virtual Classes

- **May 12** - "2-Minute Exercise Relaxes the Muscle that Wakes you up at Night"  
<https://youtu.be/LubFkU2yFMU?si=Z39ySItBox2G5SZh>
- **May 14**- "Wake Up to Pee too Often at Night"  
[https://youtu.be/cJ6zVZ9jJVg?si=maMK\\_tRLiPggP314](https://youtu.be/cJ6zVZ9jJVg?si=maMK_tRLiPggP314)
- **May 19** - "3-Bedtime Exercises to Empty your Bladder Fast"  
<https://youtu.be/3fcx4CBdoLI?si=Fn0Ges0e0XpAsrK3>
- **May 21** - "Poor Leg Circulation? 30-Second Test + 3 Fast Fix"  
<https://youtu.be/GXPdPdor00A?si=fufv1jdAFP9iFRH9P>
- 
- **May 26** - "Walking Won't Make your Legs Stronger"  
<https://youtu.be/vwTjSS-19tI?si=1j5J7RXJUSNdoVOO>
- **May 28** - "Improve Balance Instantly with this 1 Simple Trick (50+) "  
<https://youtu.be/nyZWgVqRzdg?si=z7s0a1CG5SzL0DE1>

### Senior Services Virtual Programs

- **May 9** – "Deep clean your entire house in one day."  
<https://www.youtube.com/watch?v=SH3SXUpluVc>
- **May 13** – "Gardening tips for Seniors"  
<https://www.youtube.com/watch?v=RqPIg0wWTck>
- **May 19** – "How can Seniors find Volunteer opportunities."  
<https://www.youtube.com/watch?v=x7B0geACpKg>
- **May 27** – "The History of Memorial Day?"  
<https://www.youtube.com/shorts/ISZSzk4s8Sg>
- **April 29** – "What's the best kept secret in Senior Living options?"  
<https://www.youtube.com/watch?v=0wpa9nng1EA>

### Events and Virtual Classes

- **May 2** – "Turn Your Backyard Into a Peaceful Haven."  
<https://www.youtube.com/watch?v=WJR1rL0Y0Gg>
- **May 5** – "Lemon Dessert Recipes"  
<https://www.youtube.com/watch?v=DKKCSpVT0qY>
- **May 7** – "The Perfect Tiny House Layout for Seniors"  
<https://www.youtube.com/watch?v=b3VcyrhZNU8>
- **May 11** – "Glazing Basics"  
<https://www.youtube.com/watch?v=fVlwe14V4Aw>
- **May 15** – "15 Kitchen Hacks You Need to Know!"  
[https://www.youtube.com/watch?v=\\_pND7bpqpWY&t=4s](https://www.youtube.com/watch?v=_pND7bpqpWY&t=4s)
- **May 18** – "Acrylic Painting for"  
<https://www.youtube.com/watch?v=CFULyTf-RzM>
- 
- **May 20** – "USE ANY SIZE SCRAPS!?"  
<https://www.youtube.com/watch?v=9EktOdcC7Cw>
- **May 23** – "Learn Sign Language"  
<https://www.youtube.com/watch?v=RhQvlq-mZtA>
- **May 25** – "Stretch & Massage All 18 Hip Muscles in 3 minutes"  
<https://www.youtube.com/watch?v=IujJEvvobiw>
- **May 30** – "Popular Line Dances"  
<https://www.youtube.com/watch?v=vuB0zWyMxfg>

### Facebook Classes – May 2026

- Silver Sneakers Classic with Terri Bowling  
<https://www.youtube.com/watch?v=vZmgChx0gnA>
- Total Body with Terri Bowling  
<https://www.youtube.com/watch?v=gk2JmGczBno>
- Silver Sneakers Yoga with Terri Bowling  
<https://www.youtube.com/watch?v=8GHMM92jAZQ>
- Silver Sneakers Boom Fitness with Terri Bowling  
<https://www.youtube.com/watch?v=JK5TcvOIPJk>
- Piloxing with Terri Bowling  
<https://www.youtube.com/watch?v=fSqmMM3Lsu8>
- High/Low Aerobics with Terri Farthing  
<https://www.youtube.com/watch?v=sjjDSHzFPsU>
- Strength/Stretch with Terri Farthing  
<https://www.youtube.com/watch?v=9j4WeEi9BZw>



### SCENIC, HISTORIC, & MYTHICAL SCOTLAND

OCTOBER 4 - OCTOBER 11, 2027  
\$5,399 Per Person - Double Occupancy

4-Star Hotel Accommodations | Fabulous  
Breakfasts & Dinners | Motorcoach Transportation |  
See The Highlands & Loch Ness  
AND MUCH MORE!

For more information, please contact Shirley Buchanan  
at 423-392-8403



6 DAY/5 NIGHT BERMUDA CRUISE  
Royal Caribbean Independence of the Seas  
JUNE 4 - JUNE 10, 2027

Departing from Cape Liberty, New Jersey  
So much to do and see in the beautiful Royal Naval  
Dockyard in Bermuda  
Shipboard Meals  
Starting at \$1,399 per person

For more information, please contact Shirley Buchanan  
at 423-392-8403



## THE MAJESTIC NATIONAL PARKS June 22 - July 1, 2027

Round-Trip Airfare  
Deluxe Motor Coach Transportation  
Fully Escorted Trip with an Expert Guide

### National Parks:

Grand Teton, Yellowstone, Glacier, Zion, Canyonland, Arches  
And Enjoy One Night in Las Vegas!



\$5,024 - Double Occupancy  
\$6,374 Single Occupancy

For more information, please contact Shirley Buchanan at  
423-392-8403

# NHC



## HEALTHCARE KINGSPORT

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



# DAILY CLASSES

**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)**

**SilversSneakers Classic: 10:00am (Lynn View Community Center)**- Have fun and move to the music through

a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

**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.

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

SilverSneakers ball are offered for resistance. A chair is available if needed.

**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

# CLASSES

From \$10

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.

**Cardio Drumming: 1:30pm (Room 302)** Get a great workout using drum sticks and a yoga ball. Equipment provided.

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

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

## Thursday:

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

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

**Boom Move & Mind Fitness: 8:30am (Gym)** - Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular

improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

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

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

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

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

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

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

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

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

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

Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets)

**Exercise for Everyone: 10:45am (Gym)**

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

**Scrabble Day: 11:00am- (3rd floor hallway)** Bring your lunch and a drink, enjoy a game of scrabble.

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

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

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

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

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

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

## Friday:

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

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

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

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

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

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

**Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)**- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

**Tai Chi: 10:00am (Room 302)** Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

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

**Stretch & Flex!: 10:00am (Lynn View Community Center)**- Enjoy stretching, increasing your flexibility & balance & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair- no floor work required! Optional floor exercises may be offered towards the end of class but these can also be chair-based. Bring a yoga mat if you have one to use alongside the chairs provided.

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

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

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

**Bridge Group: 1:00pm (Atrium)** This is an intermediate level Bridge group. If interested please contact the front office.

**Mahjong: 1:30pm (Multipurpose Room)** Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

**Open Pickleball: 4:00pm (Gym)**

## Saturday:

**Lap Swimming (Aquatic Center)** 8:00am-11:00am

**Basketball: 9:00am (Gym)** - Played alone or in groups.

**Table Tennis: 10:30am (Gym)**  
Rooms available for use from 9:00am-12:00pm:

- Exercise Room
- Billiards Room
- Computer Lab
- Clay Room

*Living life with ease—  
and loving it!*



The Village  
At Allandale

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

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

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



The Village  
At Allandale

200 Strickland Ct., Kingsport, TN 37660  
**423-256-0002**  
[www.thevillageatallandale.com](http://www.thevillageatallandale.com)

To schedule a tour, please call  
**423-256-0002**  
or email  
[admin@thevillagealf.com](mailto:admin@thevillagealf.com)