

June 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

HELLO
SUMMER




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

TimesNews

Staff:

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

Director- Shirley Buchanan- shirleyabuchanan@kingsporttn.gov- (423)392-8403
 Program Coordinator - Lori Calhoun- loricalhoun@kingsporttn.gov- (423)392-8405
 Branch Coordinator- Michelle Tolbert- michelletolbert@kingsporttn.gov- (423)392-8404
 Wellness Administrator- Kevin Lytle- kevinlytle@kingsporttn.gov- (423)392-8407
 Program Administrator - Amber Quillen- amberquillen@kingsporttn.gov- (423)392-8402
 Program Administrator – Cameron Waldon- cameronwaldon@kingsporttn.gov- (423) 392-8406
 Program Assistant- Vickie Duncan- vickieduncan@kingsporttn.gov- (423) 343-9713
 Program Assistant- Diane Broyles- dianebroyles@kingsporttn.gov – (423)765- 9047
 Administrative Assistant II- Lainie Eastep- lainieeastep@kingsporttn.gov- (423) 392-8400
 Administrative Assistant I- Carol Anderson- carolanderson@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 Center, 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, 2026 - June 30, 2027 (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 Center, a Computer Lab, a Pottery Workshop with three kilns, Basketball Court, Shuffleboard, Pickleball, a Billiards Room, and a Wood Workshop. Activities offered are exercise programs, intellectual programs, social programs, wellness programs and special events. *Go to our Kingsport Senior Center Website and view our 'About Us' page to check out our Annual Report.

LOCATION & 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 - Noon

www.kptseniors.net

BRANCH SITES:

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660;
 Monday – Friday, 8am – 11am.

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Lynn Garden Baptist Church:

301 May Ave, Kingsport, TN 37665

VO Dobbins:

301 Lewis Street, Kingsport, TN 37660

TNT Sports Complex:

600 E Main Street, Kingsport, TN 37660

Reedy Pointe Community Center:

1022 Reedy Pl, Kingsport, TN 37660

From the cover: Hello summer!

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, suggestion, or comment in writing to the Senior Center office, and it will be presented at the following meeting on June 18, 2026. at 12:30pm. 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	Linda Ford
Terry Cunningham	Ernie Koehler
Charles Davenport	Kenn Naegele
Ella Deakins	Rick Valone
Brenda Eilers	Anna Walters
Xue Xiaoli	

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

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SENIOR SERVICES

Smile Meeting will be Wednesday, June 17 in the cafeteria starting at 1pm. If you are a **VOLUNTEER** with the Kingsport Senior Center, please be sure you are keeping up with your hours. When volunteering, enter your hours into the kiosk where you sign in. If you are not sure how to log your hours please see Cameron Waldon.

Positive Aging sessions with Specific Topics – Tuesday, June 9, 2026. Multi-Purpose Room 1. 10:00am – 12:00pm. 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 25, 2026. 10:00am. 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, June 11 at 12:00pm in the gym. Free event. Come listen to some great music and dance!

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 1).

Wool Felt Magnet – W, June 10, 9:00 a.m. Cost: \$12.00 paid to artisan instructor Betty Smith. This class will also be available via Zoom. (Room 303)

Biscuits and Bingo, TH, June 11, 10:30 a.m. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by Asbury. (Room 239).

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)

Clay for True Beginners: Thursday, June 15-August 13, 2026. 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 began May 13. (Clay Room)

Flower Arranging Class: "Illusions" with fresh roses: Thursday, June 18, 2026. 10:00am. You will create an "Illusion" arrangement of fresh roses (June flower of the month). Creating an unusual look with fresh flowers. A shallow container will be provided or you may 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. (Multipurpose Room 2)

Father's Day Picnic with SINGO: Thursday, June 18, 2026. 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 20. (Allandale Pavilion)

Card making--Monday, June 22 at 11:00am. We will use simple stamping techniques to make 4 cards. Cost is \$15 paid to instructor Lisa Pecorini. Please bring scissors and favorite adhesives. MAX of 16 for this class. Sign up in office. (Room 303)

MEET THE INSTRUCTOR Terri Bowling

Classes Offered

- ✓ Silver Sneakers Classic
- ✓ SS Yoga Stretch Class
- ✓ Total Body Conditioning

Class Information

Please check newsletter for class schedule



About Me :

My name is Terri and I live in Kingsport, TN with my husband, Rick and my son.

► Why did you choose to be an instructor at KSC?

I chose to be a fitness instructor at KSC because I have a passion for helping people aged 50+ live healthier, more active lives. I enjoy empowering them to improve their fitness, feel more confident, and enjoy life to the fullest!

► How long have you been an instructor at KSC?

Over 20 years! It blesses me to teach class 5 days a week and hear that they enjoy coming to class and feel the love from each person. I'm so blessed and thank you God for using my fitness classes as a ministry unto YOU!

► Fun fact about yourself:

I have my own Health and Wellness business. I genuinely love seeing people surprise themselves with what their bodies can still do!

MAIN

From S4

Ribbon Shakers, W, June 24, 10:00 a.m. artisan instructor Esther Richards. Cost: \$15.00, paid to instructor. Max 12. This class will also be available via Zoom. (Room 303)

Butterbean Auction, W, June 24, 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. (Room 239)

Abstract Painting: Wednesdays July 1-August 5, 2026. 11:00am. 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 June 1. (Room 303)

Beginner Oil Painting: Wednesdays July 1-August 5, 2026. 1:00pm. 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 June 1. (Room 303)

Acrylic Painting: Thursdays July 2-August 6, 2026. 1:00pm. 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 June 1. (Room 303)

Water Color Class: Thursdays July 2-August 6, 2026. 3:00pm. Cost: \$20 paid at sign up. Come learn the basic skills and the beauty of watercolor. Sign up begins June 1.

(Room 303)

Beginning Knitting, TH, July 2 – Aug 6, 2:00 – 3:00 p.m. participants will learn how to cast on and basic knitting stitches. Class time will be dedicated to practicing and learning how to deal with the inevitable errors (all knitters make them – even the most experienced). All materials needed for a beginner knitter will be provided. Just bring yourself, and a little patience. Reference materials will also be provided. Materials: 32 inch Circular, Knitting Needle Size US 8.0(5mm), enough Red Heart acrylic yarn to practice and make a scarf, crochet hook (size I), stitch markers, scissors, tapestry needles, Class Fee: \$30 to cover materials. Class size limited to four. (Room 314).

Intermediate/Advanced Knitting – TH, July 2 – Aug 6-3:00pm, Sit, knit and chat. Have a knitting question/problem? Want to have some dedicated time to work on a knitting project? Want to learn how to read a knitting pattern? This session will be dedicated to working on your new or ongoing projects. Bring your knitting projects, questions and problems and we will help each other and find answers together. No charge. Class size limited to 20. Free. (Room 314).

Grilling Bucket Basket- M, July 6-10:00am-weaving level: intermediate/ beginner, dimensions: 32" diameter X 10" height (2-gallon bucket), Price: \$45, paid at sign up. Make this bucket just in time for summer grilling needs. The bucket is food safe, and a lid may be purchased at Lowes. Choose from four colors cottage garden, deep forest, hearthside or painted dessert. Please indicate which color you would like when signing up for the class. (MPR 1)

Beginner French: Fridays July 24-August 28, 2026. 9:00am. 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 9. You must sign up for this class in

the front office. (Room 303)

Intermediate French: Fridays July 24-August 28, 2026. 10:00am. 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 9. You must sign up for this class in the front office. (Room 303)

Rook Tournament: Thursday, August 6, 2026. 9:00am. Cost: \$10.00 paid at sign up. Lunch will be provided. Partners will be drawn day of tournament. You can pick up a set of rules at sign up. Sign up begins June 1. (Card Room)

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

Clay 101 with Susan Vorhees: Tuesdays August 25-November 10, 2026. 8:00am-12:00pm. This class is a combination of hand building and wheel throwing. Beginners are welcomed. Cost: \$50.00 plus \$100.00 firing fee. Sign up will begin on August 5 at 2:00pm. Class is limited to 14 people. (Clay Room)

Learn Sign Language: Tuesdays August 25-September 29, 2026. 1:00pm-2:00pm. Have you ever

wanted to learn something new or have a new talent? This is the class for you. Pat Stillwell has 40+ years of sign language experience. Cost: \$30.00 paid at sign up. Class is limited to 15 people. (Room 303)

You and Your Sewing Machine: Tuesdays August 25-November 10, 2026. 4:30pm-6:30pm. Do you struggle to set up your sewing machine? After this sewing workshop, you will walk away with more confidence and skill to help you tackle your first (or next) DIY project. Some materials will be provided. The student must bring his or her own sewing machine and thread. Sign up begins June 1. (Room 303)

Hand Building with Clay: Wednesdays August 26-November 11, 2026. 11:00am-4:00pm. Instructor Jess Parks. The basic techniques are easy to learn and the range of forms you can produce endlessly. You will have the opportunity to make functional or more sculptural pieces. Each class will have demos. Cost: \$50.00 plus \$100.00 firing fee. Sign up will begin on August 5 at 2:00pm. Class is limited to 14 people. (Clay Room)

Advanced Hand Building with Clay: Thursdays August 27-November 12, 2026. 11:00am-4:00pm. Instructor Jess Parks. This is an advanced level pottery class. You will learn to create more forms that are complex and are encouraged to develop their own style. Cost: \$50.00 plus \$100.00 firing fee. Sign up will begin on August 5 at 2:00pm. Class is limited to 14 people. (Clay Room)



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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 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.

Woodshop Safety Orientation: 9am-11am. **Monday, Jun 1 | 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.

Silver Sneakers Chair Yoga: 3:00pm. **Thursdays June 4-July 9, 2026.** Room 302. Chair strength is a blend of chair yoga and strength training. Participants begin with classic yoga poses, followed by a short-seated lightweight section and 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.

Advanced Skills Pickleball Class: 10:00am. **Tuesdays/Thursdays June 9-June**

25, 2026. Reedy Pointe Gym. Learn to spin, stack, poach and other advanced actions in this class. Cost: \$30.00 paid at sign up.

Functional Cardio: 4:00pm. **Wednesdays June 10-July 15, 2026.** Room 302. A high-energy (low impact) workout designed to improve cardiovascular endurance while strengthening the body for daily tasks. Cost \$25 paid at sign up.

Butterfly House and Chess Board Class: 9am-2pm. **Thursday & Friday, Jun 11, 12, 18, & 19** | Wood Shop | Larry Eidson, and Norman Estridge will be teaching a 4 - Session Butterfly House & Chess Board Class. Cost is \$100.00, which covers all your materials; due on first day of class paid to the instructors. You will make a Butterfly House and a Chess Board using Walnut, Cherry, and Cedar wood. Sign-ups start Thu, May 21 in the Office or by calling 423-392-8400. Class is limited to 8 people with a minimum of 4 to sign up for class to be held.

Strength and Balance Screening 11am. **Wed, Jun 24** | Multipurpose Room | K.C. Ogbonnay, Physical Therapist with EverStrong PT and Wellness, under DR KC LLC. Have you fallen in the last year, or worry about falling? Do you feel unsteady when walking and have difficulty with stairs, walking on uneven ground when carrying groceries? Do you have joint pains and dizziness? KC will be doing different strength and balance test, these test will let you know if you are a low, moderate, or high fall risk based on your scores. Sign-ups start on Thu, May 28 in Office or by calling 423-392-8400.

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.

The Ear Tour: 10am-1pm. **Wednesday, Jul 1** | Multipurpose Room Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | Do you hear, but not understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign-ups will start on Thu, Jun 4 in 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. In addition, 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.

Hiking Trip: We will depart at 9:15am. **Friday, Jun 19** | Warriors Path State Park | Cost is \$5 for transportation. Sinking Waters Trail is a lightly trafficked loop trail at Warriors Park that features a river and is good for all skill levels. Three loops comprise of this trail narrated by signs in the trail telling of the first settling family in the area. Everyone bring a bag lunch with something to drink, we will be eating in the park. Sign-ups will start on Fri, May 29 in the Office.

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.

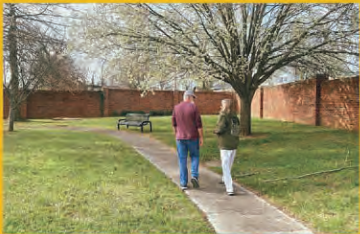
Table Tennis Tournament: 1pm. **Wednesday, Oct 28** | Gym | This tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Greater Impact Realty. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Sep 10 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Oct 26.

June is PTSD Awareness Month: There are currently about 12 million people in the United States with PTSD. Even though PTSD treatment work, most people who have PTSD do not get the help they need. Posttraumatic stress disorder (PTSD) is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It's normal to have stress reactions to these types of events, and most people start to feel better after a few weeks. If symptoms last longer than a month and are causing problems in your life, it could be PTSD. Everyone with PTSD-whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events-needs to know that effective treatments can reduce symptoms and lead to better quality of life.

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**Downtown
Events**



Celebrations

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BRANCH SITE CLASSES

Lynn Garden Baptist Church

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. ***No class the week of June 22 – 26 due to VBS***

Silver Sneakers Classic, 10:00 a.m. Mondays and Wednesdays in the cafeteria. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support. ***No class the week of June 22 – 26 due to VBS***

Silver Sneakers Classic, 9:00 -10:00 a.m. Tuesday and Thursday. ***No class the week of June 22 – 26 due to VBS***

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. ***No class June 2nd and 4th due to parking lot being repaved at the church***.

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.**

No Play till after Summer break - 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. Pickleball, Open play. All skill levels. ***Must be a senior center member to play, please bring membership card.**

Reedy Point Community Center – (1022 Reedy Pl) – M/W/F, 9:00 a.m. – 1:00 p.m. Pickleball, Open play. All skill levels. ***Must be a senior center member to play, please bring membership card.**

DAY TRIPS

Elvis “The King Comes Home” Show at the Grand Majestic Theater: Wednesday, June 3, 2026. 9:45am-6:00pm. Cost: \$49.00, which includes lunch, transportation and show. Enjoy a trip to Pigeon Forge to the Grand Majestic Theater to start with lunch at 1:00pm that includes country fried chicken, mashed potatoes, green bean casserole, dessert and drink. The Elvis “The King Comes Home” show starts at 2:00pm. The Legend returns in a special tribute show! Elvis Presley reigns as the King of Rock ‘n’ Roll! “The King Comes Home” is one-of-a-kind music tribute featuring Elvis’s hits from his early recordings, his movies, his legendary 1968 television special, and his sold-out 2 year run at the International Hotel and Las

Vegas Hilton. Sign up began April 30. ***Wait list only!**

Lunch at the Lakehouse Restaurant on Lake Lure & Shopping in Chimney Rock: Wednesday, July 15, 2026. 8:30am-6:00pm. Cost: \$8.00 for transportation with lunch and shopping on your own. Enjoy a drive to Lake Lure to enjoy lunch with a beautiful view on the newly re-opened Lake Lure. Lunch will be at 11:30am at the Lake House Restaurant and while driving you will have a beautiful view of Lake Lure to see all the progress after Hurricane Helene. After lunch, enjoy a drive to see the newly opened Lake Lure and then a drive to Chimney Rock to shop at some of the newly opened shops in the quaint little town. **Sign up begins May 29.**





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DAILY CLASSES & ACTIVITIES

Classes will begin the week of August 24 thru the week of November 9 with the exception of exercises classes and lap swimming which are ongoing.

Monday:

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

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.

Open Pickleball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. *Must be a senior center member to play. Please bring membership card.

Core Conditioning: 9:00am (Lynn Garden Baptist Church 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. 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.

Stretching and Tai-Chi Walk: 9:30am (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.

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

Strength Training: 10:10am (Gym)

Tai-Chi Quan: 10:15am (Room 302): Easy to follow. Increases flexibility, muscle strength and tone. Improves respiration and balance. Good for the joints.

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)

Cardio Drumming: 1:30pm (Room 302): Upbeat exercise class using Pilate's ball and drumsticks.

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)

Boom Move & Mind Fitness: 8:30am (Gym) - Workout that 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 Garden Baptist Church Cafeteria)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a 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.

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)

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. (Room 303) 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 (Atrium) 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)

Silver Sneakers Classic: 8:15am (Gym) - you will 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

DAILY

From S10

Senior Center member to play, please bring membership card.

Open Pickelball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. *Must be a senior center member to play. Please bring membership card.

Core Conditioning: 9:00am (Lynn Garden Baptist Church 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. 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.

SilversSneakers Classic: 10:00am (Lynn Garden Baptist Church Cafeteria)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a 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.

Hand building with Clay: 11:00am-4:00pm (Clay Room) Not for begin-

ners.

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 drumsticks and a yoga ball. Equipment provided.

Table Tennis: 1:00pm (Gym)
Basketball: 4:00pm (Gym)

Thursday:

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

Boom Move & Mind Fitness: 8:30am (Gym) - Workout that 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)

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

SilversSneakers Classic: 9:00am (Lynn Garden Baptist Church)- 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)
Hand Quilting Group – 10:00 a.m. – 12:00 p.m. (Room 303) 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) enjoy a game of scrabble.

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

Crafting Hodge Podge: 12:00pm (3rd floor hallway) 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)

Silver Sneakers Classic: 8:15am (Gym) you will have a chair for seated exercises and standing support. Your instructor can

modify the exercises for your fitness level.

Open Pickelball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. *Must be a senior center member to play. Please bring membership card.

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 (16 form Chan Style) 9:30am (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. Is good for the internal body.

Strength Training: 10:10am (Gym)
Stretch Class: 10:50am (Gym)
Cornhole: 1:00pm (Gym)
Bridge Group: 1:00pm (Card Room)

This is an intermediate level Bridge group. If interested please contact the front office.

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

Open Pickleball: 4:00pm (Gym)

Saturday:

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

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

Table Tennis: 10:30am (Gym)
Rooms available for use from

9:00am-12:00pm:

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

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



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