

July 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
4th of
July




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, 6am – 12pm.

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: Happy 4th of July!

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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Kingsport Senior Center (Like and follow us to stay updated on the center; we post here daily)



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

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SENIOR SERVICES

Smile Meeting: Wednesday, July 15 in the cafeteria starting at 1pm. If you are a VOLUNTEER with the Kingsport Senior Center, please keep up with your hours. When you volunteer, you will input your hours into the sign in kiosk. If you do not know how to do this, please see Cameron Waldon.

Join us to learn about LOVE LANGUAGES – Tuesday, July 7 9:00am – 10:30am in the Multipurpose Room 1. Megan Shelton from the Extension Office will be to do a program explaining how there is much more to love languages than romance! In the workshop, we will work together, to identify YOUR personal love language so you can leave with a better idea of exactly what makes YOU happy. Sign up now in the front office.

Financial Education with Knoxville TVA Employees Credit Union-Thursday, July 9 10:00am – 12:00pm in the Multipurpose Room 1. Join us for FINANCIAL GOAL – SETTING, IRA INSIGHTS, and FRAUD AWARENESS. KTVAECU will be here to help with any questions or concerns you may have with your financial needs. Learn how to turn your financial goals into reality, no matter where you are in life, an Individual Retirement account gives you a simple way to prepare for your future, and scams start with a message, call, or request that feels routine. Scammers rely on these tactics to catch you off guard. Sign up now in the front office.

Health Education for Diabetes Session – 16 week program – First meeting Tuesday, July 13 & July 27 9am – 11pm in multipurpose room 1. 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 1, 1gth & 29, July 13 & 27, August 10 & 24 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.

What makes THRIVE at home different? Renova Health Care will be here on Thursday, July 23 10:00am – 12:00pm in the Multipurpose Room 1 to discuss everything that they have to offer. They make caregiving simpler and safer, Helping Families Stay Connected, Cared for & Thriving at Home. What makes Thrive at Home Different – Always a Human Touchpoint, Focus on Reclaiming the Decade of Lost Independence, Care Coordination Engine and Support That Evolves With You. Get signed up today for this informational seminar.

Modern Woodman will be here on Tuesday, August 4 from 10am – 12pm in the Atrium. They will be doing a brief presentation on their fraternal mission, retirement income concepts, and account options, with time for questions and next steps. After their presentation, they will be playing **BINGO!** You will NOT want to miss this **BINGO** event. Make sure you are signed up in the front office!

The CarFit parking lot and Yellow DOT program will be here on Tuesday, August 11 from 10am – 2pm in the back. CarFit is an interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest “fit” for older drivers and their vehicles. When seconds count...count on the Yellow Dot. The Yellow Dot provides first responders with the information they need in case of an emergency. Sign up in the front office.

MAIN SITE CLASSES

Jam Session, with Steele Creek Band, will meet on Thursday, August 13 at 12:00pm in the gym. Free event. Come listen to some great music and dance!

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 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 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 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)

Flower Arranging “Floral Design

MAIN

From S4

with Sunflowers": Thursday, July 16, 2026. 10:00am. Cost: \$10.00 paid at sign up then \$10.00 day of class to give to instructor. In this class you will be creating a one sided arrangement with sunflowers and purple accent flowers. Please bring your stem cutters. All supplies will be available. You can bring a low-sided container of your choice if you desire. In this class you leave with your very own arrangement to show off to your friends. Sign up in the front office.

Wool Felt Sunflower – W, Jul 22, 9:00 a.m. Cost: \$12.00 paid to artisan instructor Betty Smith. This class will also be available via Zoom. (Room 303)

Butterbean Auction, W, Jul 22, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor. (Room 239)

Mosaic Coasters, W/TH, Jul 22 /23, 1:30 p.m. artisan instructor Esther Richards. Cost: \$20.00 (4 coasters, paid to instructor. Max 12. This class will also be available via Zoom. (Room 314)

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. You must sign up for this class in the front office. (Computer Lab)

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. You must sign up for this class in the front office. (Computer Lab)

Card making--Monday, Jul 27 at 11:00am. Theme is Christmas in July. We will make 4 cards. Cost is \$15 paid to instructor Lisa Pecorini. Please bring scissors and adhesives. MAX of 16 for this class. (Room 303)

Wool Felt Christmas Cat – W, Jul 29, 9:00 a.m. Cost: \$12.00 paid to artisan instructor Betty Smith. This class will also be available via Zoom. (Room 303)

Advanced Crochet, F, Jul 31 – Sept 4, 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. (MPR1)

Beginning Crochet, F, Jul 31 – Sept 4, 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. (MPR1)

Intermediate Crochet, F, Jul 31 – Sept 4, 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. (MPR1)

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 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)

Beginner Spanish: Mondays August 24-November 9, 2026.

9:00am. This is a beginner level Spanish course. You will learn things from greetings to family members to numbers and colors. You will also learn important words for trips and travel. After this class you will feel more comfortable with the Spanish language. Sign up June 1. (Computer Lab)

Advanced Spanish: Mondays August 24-November 9, 2026. 10:00am. Must have taken the beginner Spanish course. Sign up June 1. (Computer Lab)

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

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)

End of Summer Cookout at Eastman Cabins: Thursday, September 10, 2026. 11:30am-1:30pm. \$5.00 plus bring a side dish to share (no desserts). Sign up July 6. (Eastman Cabins Shelter #9.)

Car Show and Food Trucks: Thursday, October 1, 2026. 8:00am-2:00pm. Bring your favorite or most unique car to display in the front parking lot. 1st, 2nd, and 3rd place will be awarded as well as people choice. Please call the front office at 423-392-8400 to sign up for a spot in the front parking lot. A variety of Food Trucks will be available also. Sign up July 20. This is open to members and non-members so spread the word! Free.



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WELLNESS

Veterans Brew: 9:30am. *Every 2nd Monday of the Month* | Multipurpose Room #2 | 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: 9am-10:30am. *Every 1st Wednesday of the month* | Hallway by the Multipurpose Room #1 | Michelle Moffitt, Marketing Liaison, with Wexford House. **Blood Pressure Checks:** 10am-11:30am. *Every 4th Wednesday of the month* | Hallway by the Multipurpose Room #1 | Angie Rasnic, LPN, with The Village at Allandale. No sign-up required.

Woodshop Safety Orientation: 9am-11am. **Monday, Jul 6** | Wood Shop | *Every 1st Monday of the Month*. If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. **NOTE:** Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

Basic Woodworking Class: 9am-2pm. **Thursday & Friday, Jul 23, 24, 30, & 31** | Wood Shop | Larry Eidson, and Norman Estridge will be teaching 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.

The Ear Tour: 10am-1pm. Wednesday, Jul 1 | Multipurpose Room #2 | 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 Oscope 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.

Move & Groove, Strength & Stamina, Stress Release, Balance & Breathe – W, starting Jul 1, 11:00 a.m. - 12:30 p.m. Move & Groove Cardio (30 mins): Get fit with some fun low impact moves & high energy music! Options shared for all fitness levels. Strength & Stamina (30 mins): Build strong bones, muscles & metabolism as we work out using body weight resistance, hand weights, bands & balls. Includes a mix of exercises standing & sitting with options for all fitness levels. Get strong with us! **Stress Release, Balance & Breathe** (30 mins): Come relax, stretch and breathe with us! Increase your flexibility & improve your balance & posture. Includes a mix of exercises standing & sitting with options for all fitness levels. (Room 302)

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 par-

ticipant 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.

Silver Sneakers Chair Yoga: 3pm. **Thursday, Jul 16-Aug 20** | Room 302 | 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. Sign up in the Office.

Functional Cardio: 4pm. **Wednesday, Jul 29-Sep 2** | Room 302 | A high-energy (low impact) workout designed to improve cardiovascular endurance while strengthening the body for daily tasks. Cost is \$25.00 (6 week class). Sign up in the Office.

Pickleball Drills: 10am. **Tuesday/Thursday, Jul 14-30** | Reedy Point Gym | Cost is \$30.00 | Improve your pickleball game from head to toe! Let's engage your "HEAD" game thru strategy and improve you "TOE" game with footwork with "HEAD to TOE", you'll be ready to go! Open to all ability levels. Sign up in the Office.

White Water Rafting: 8:30am. **Wednesday, Aug 5** | Hartford, TN | Cost is \$46.00 for transportation and Rafting Fee. Lunch is on your own at Ruby Tuesday's. We will need a minimum of 20 to sign up in order for the trip to go. You will experience an exhilarating stretch of action on the Upper Pigeon River, featuring Class III rapids. Be sure to bring a change of clothes, shoes, and a towel you will get wet! Foot protection is required, you will need water shoes or tennis shoes that go around your ankles. **NOTE:** Flip flops are not allowed on the river and must be in good physi-

cal shape to be able to get in and out of the raft and to help with padding down the river. Sign-ups start on Thu, July 9 in the Office, with a deadline to sign up by close of business on Friday, Aug 1.

Lake Lure Tour: 8:30am. **Friday, Aug 28** | Lake Lure, NC | Cost is \$26.00 for transportation and Boat Tour Fee. Lunch is on your own at La Strada at Lake Lure. Discover the beauty, charm, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign-ups start on Thu, July 30 in the Office, with a deadline to sign up by close of business on Friday, Aug 14.

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.

Limited Availability

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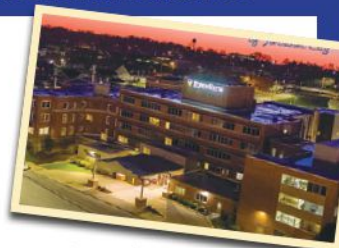


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- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Café, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful 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 and dining; convenient to I-26, Senior Center, Veterans and Medical Services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

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BRANCH SITE CLASSES

Lynn Garden Baptist Church

Core conditioning, 9:00 a.m. Mondays and Wednesdays (9:30 a.m.) 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, 9:00 a.m. Mondays and Wednesdays (9:30 a.m.) in the cafeteria. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

Silver Sneakers Classic, 9:00 -10:00 a.m. Tuesday and Thursday.

Cardio Drumming, 11:00 a.m. Fridays, Upbeat exercise class using pilates ball and drumsticks with volunteer instructor Mary Ann Leach.

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Tuesday and Thursday

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

First Broad Street United Methodist Church

Total Body Workout: Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. *No class VBS July 13, 15, 17.

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). No Class VBS July 13-17.

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. *No class: July 9, (VBS July 14-16), 23, 30.

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 Pointe 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

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 began May 29. *Wait list only!

Trip to Ripley's Aquarium of the Smokies with Lunch at the Aquarium: Thursday, August 13, 2026. 8:15am-5:30pm. Cost: \$30.00;

includes transportation, ticket and lunch voucher. Enjoy a drive to Gatlinburg with admission tickets to the Ripley's Aquarium of the Smokies to escape the heat. You will also receive a lunch voucher for the Aquarium. Voted best U.S. Aquarium by USA Today Readers, Ripley's Aquarium of the Smokies is a must-see. Marvel at 12-foot sharks, a giant sea turtle, thousands of exotic sea creatures and playful penguins in the state of the art tunnels and 340-foot long glide path deep beneath the water. Visitors can touch Horseshoe Crabs, Jellyfish, and Stingrays. The Aquarium offers hourly dive and feeding shows. Sign up begins June 26.

Trip to Buc-ee's and Parrot Mountain & Gardens: Tuesday, August 18, 2026. 8:15am-5:30pm. Cost: \$36.00; includes transpor-

tation and Parrot Mountain admission. Make sure to bring your camera on this trip! Enjoy a stop at Buc-ee's to pick up lunch or other goodies and then take a drive over to Parrot Mountain & Gardens where you can sit on their decks overlooking the Smoky Mountains and listen to the sounds of tropical birds while enjoying lunch from their deli or food from Buc-ee's. Parrot Mountain & Gardens is nestled in four acres of beautiful landscaped gardens where you can enjoy walking around the gardens and grounds to see hundreds of beautiful tropical birds and thousands of flowers, plants, and trees. Have your picture taken sitting their unique butterfly, peacock and dragonfly benches and enjoy the soothing sounds of the picturesque waterfall in the gardens. Sign up begins June 26.

MEET THE INSTRUCTOR

Sherry Bowlin

Classes Offered
Basket Weaving

Class Information
Tuesdays @ 9:00AM
Room 303



About Me :

My name is Sherry Bowlin. I am from Pennington Gap, VA and have lived in Kingsport since 1998. I have been married for 35 years and 1 daughter. I also have 2 cats and a fish aquarium.

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

I enjoyed the basket weaving class for several years. When we realized our instructor might not be returning, the ladies in the class asked me if I would be the instructor.

► How long have you been an instructor at KSC?

I have been the basket weaving instructor since August 2024.

► Fun fact about yourself:

I enjoy many different hobbies; crochet, embroidery, needle felting, sewing, English paper piecing, drawing, and basket weaving.

EXTENDED TRAVEL TRIPS



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So much to do and see in the beautiful Royal Naval Dockyard in Bermuda
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CLASSES & DAILY 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: 6:00am - 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 239): Upbeat exercise class using Pilate's ball and drumsticks.

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)

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: 6:00am-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 Senior Center member to play, please bring membership card.

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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.

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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

CLASSES

From S10

-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 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 239) get a great workout using drumsticks and a yoga ball. Equipment provided.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

Thursday:

Lap Swimming: 6:00am-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.

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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: 6:00am-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.

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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 2) 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) 6:00am-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

DAY TRIPS

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- Memory Care
- Respite Care for your short term needs
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