

October 2026

# Senior

LIVING

KINGSPORT SENIOR CENTER

## Kingsport Senior Center

1200 E Center St.,  
Ste 121, Kingsport, TN  
(423) 392-8400  
Monday-Friday 8AM - 7PM  
Saturday 9AM - 12PM  
Closed Sunday



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

# TimesNews

**Staff:**

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

Director- Shirley Buchanan- shirleyabuchanan@kingsporttn.gov- (423)392-8403  
Program Coordinator - Lori Calhoun- loricalhoun@kingsporttn.gov- (423)392-8405  
Branch Coordinator- Michelle Tolbert- michelletolbert@kingsporttn.gov- (423)392-8404  
Wellness Administrator- Kevin Lytle- kevinlytle@kingsporttn.gov- (423)392-8407  
Program Administrator - Amber Quillen- amberquillen@kingsporttn.gov- (423)392-8402  
Program Administrator – Cameron Waldon- cameronwaldon@kingsporttn.gov- (423) 392-8406  
Program Assistant- Diane Broyles- dianebroyles@kingsporttn.gov – (423)765- 9047  
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](http://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:**

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 October 15, 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        |               |

**Follow us on social media**



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



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

# NEWLY RENOVATED - AVAILABLE NOW!



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**423-830-8502**

[www.kingsportseniorliving.com](http://www.kingsportseniorliving.com)  
100 Netherland Lane, Kingsport, TN 37660



# MAIN SITE CLASSES

**John, Julia and Floyd Senior Express Band will meet every 2nd Thursday of the month from 12:00pm-1:00pm in the Atrium. Come listen and dance to some great music. Free.**

**Fall Paracord Basket, M, Oct 5, 10:00 a.m.** Price: \$30, paid at sign up. Dimensions: 6' diameter X 4" height. Color Choices: Wine/Goldenrod (pictured above), Gold/Brown, Navy/Brown, Gold/Goldenrod, and Green/Brown. This basket is made from wood, rattan, and paracord. The basket has a wood bottom with soft sides made of paracord, and the rim contains a wood hoop, which gives the basket a solid feel. Choose from a variety of color combinations listed above. Please indicate color choice when signing up for the class. (314).

**Biscuits and Bingo, TH, Oct 8, 10:30 a.m.** Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by The Blake (239).

**Painting with Robin, F, Oct 9, 10:00-1:00, Cost: \$25, paid at sign up.** Participants will paint a fall pumpkin scene. Instructor: Robin Wilbanks Hillman. (314).

**Beginning Tatting – M, Oct 12, 19, 26, Nov 2, 9:00 a.m.** Cost: \$20.00 for supplies, paid to artisan instructor Betty Smith (Room 228).

**Learn to make a Quilt Block – M, Oct 12, 1:00 – 6:00 p.m.** In this class you learn how to make a 14x14 quilt block in a quilt as you go style. This is a make and take class. All materials are provided for class, however, if you would like to bring your own fabric feel free to do so. Cost: \$15.00, paid to instructor Theresa Dicocco. Please bring sewing machine if you have one, if not, one will be provided (314).

**Abstract Painting:** Wednesday's October 14-November 18, 2026. 11:00am-1:00pm. 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. Michael Farrar will lead you through some fun exercises to explore the world of abstract painting. Cost is \$20. (Room 303)

**Oil Painting:** Wednesday's October 14-November 18, 2026. 1:00pm-3:00pm. Beginner and intermediate levels welcome. Cost is \$20. (Room 303)

**Flower Arranging "Pumpkins and Gourds":** Thursday, October 15, 2026. 10:00am. In this class you will make a fresh flower oblong arrangement incorporating pumpkins and gourds to celebrate the Fall season. Cost is \$10 at sign up and \$10 day of class to pay to instructor. Sign up September 16.

**Acrylic Painting:** Thursday's October 15-November 19, 2026. 1:00pm-3:00pm. Acrylic paint is fast-drying paint made of pigment suspended in acrylic polymer emulsion. Beginner to intermediate levels welcome. Cost is \$20. (Room 303)

**Beginning Knitting, TH, Oct 15 – Nov 19, 2:00 – 3:00 p.m.** participants will learn how to cast on and basic knitting stitches. Class time is 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: \$35 to cover materials, paid to instructor. Class size limited to four. (Room 228).

**Water Color Painting:** Thursday's October 15-November 19, 2026. 3:00pm-5:00pm. Beginner to intermediate levels welcome. Cost is \$20. (Room 303)

**Sit n' Knit – TH, Oct 15 – Nov 19, 3:00 – 5:00 p.m.** Sit, knit and chat. Have a knitting question/problem? Want to have some dedicated time to work on a knitting project (old or new)? 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 228).

ited to 20. Free. (Room 228).

**Beginning Stained Glass, TH, Oct 15, 8:30am – 2:30pm, Cost: \$10.00 payable at sign up.** All supplies provided. (314)

**Intermediate Stained Glass, F, Oct 16, 8:30am – 2:30pm, Cost: \$10.00 payable at sign up.** All supplies provided. (314)

**Card Making--Monday, Oct 19, 11:00 a.m.** We will make 4 Christmas cards. Cost is \$15 payable to instructor, Lisa Pecorini. Please bring scissors and adhesives. Max of 16 for this class. (314)

**Artisan Meeting, T, Oct 20, 1:00 p.m.** Local artisans from the Tri Cities are welcome to attend. No sign up required. (314)

**Freestyle Painting and Drawing, W, Oct 21, 3:00 p.m.** This class is freestyle painting and drawing with optional instruction. Supplies are provided for you to use before you purchase. (see what you like and don't like). Cost: \$10, paid to instructor Suzanne Barth. Min of 4 for class to go. (314)

**Flower Lite Class, W, Oct 21, 10:30 a.m.** Cost: \$10.00, paid to artisan instructor Judy Valone. Bring a glue gun, glue sticks and scissors, all other supplies provided. (314)

**Barn Quilt, TH, Oct 22, 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. (314)

**Butterbean Auction, W, Oct 28, 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. (Cafeteria)

**Homemade Hand pies, W, Oct 28, 1:30 p.m.** artisan instructor Esther Richards. Cost: \$8.00, paid to instructor. Please bring a rolling pin, measuring cups and spoons. Max 10. (MPR1).

**Advanced Crochet, F, Oct 30 – Dec 18, 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 (228).

**Beginning Crochet, F, Oct 30 – Dec 18, 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 (228).

**Intermediate Crochet, F, Oct 30 – Dec 18, 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. (228)

**Halloween Costume Party:** Friday, October 30, 2026. 1:00pm. Come dressed in your best costume to win a prize! Entertainment provided and food will be served. Cost is \$10.00 paid at sign up. Sign up now. (Atrium)

**Decorative Tobacco Basket, M, Nov 2, 10:00 a.m.** Dimensions: 14"X14", Weaver's Level: Beginner, Price: \$30, paid at sign up. This is a smaller recreated version of a tool used by tobacco farmers to dry their crops. The original version of this basket would be nailed to a wooden hoop, making the basket sturdy enough to hold several pounds of tobacco while it dried. This version is strictly for decorative purposes. It will make a nice addition to your fall decor as a container for a door wreath or wall hanging.(314)

**Spades Tournament:** Tuesday, November 3, 2026. 9:00am. Cost is \$10.00 with lunch provided and prizes awarded to 1st, 2nd, and 3rd place. Partners will be drawn day of tournament. Please bring a snack to share. Must have 12 for tournament to go. Sign up September 1. (Card Room).

**Thanksgiving Lunch:** Thursday, November 5, 2026. 12:00pm. Cost: \$12.00 paid at sign up. You must bring a side dish that will feed 12-15 people. No desserts as we will provide them along with the main dish. Sign up September 14. (Gym)

**Beginner French:** Friday's



**November 20th, 9-4**  
**November 21st, 9-3**

**OLD-FASHIONED**  
**CHRISTMAS**  
**FAIR**

**Event Location: Renaissance Building**  
**1200 E Center Street Kingsport, TN 37660**  
**Sponsored by: The Kingsport Senior Center**

## MAIN

From S4

November 6-December 11, 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:** Friday's November 6-December 11, 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)

**Christmas Tree Decorating:** Tuesday, December 1, 2026. 10:00am. Come and help us decorate our tree at the Senior Center. Sign up October 19. (Atrium)

**Movie Day: "Dolly Parton's 'Christmas on the Square'":** Thursday,

December 3, 2026. 1:00pm. Popcorn will be served but you must bring your own drink. A woman plans to sell a small town with no regard for the people living there, until she receives a miraculous visit. Featuring Dolly Parton and 14 of her original songs. Sign up October 1. (Cafeteria)

**Christmas Lunch:** Thursday, December 10, 2026. 12:00pm. You must bring a side dish to serve 12-15 people. No desserts as we will provide them along with the main dish. Cost is \$12. Sign up October 2. (Gym)

**.. Bake Sale Contributors Needed!**  
**..**

Help support the Old-Fashioned Christmas Fair by sharing your favorite homemade holiday treats! All proceeds from the bake sale go directly toward funding this beloved annual community event.

How You Can Help: Bake your favorite dessert recipe. Package the treats by cutting them into individual servings and placing them into clear plastic bags. Drop off your packaged donations on Thursday, November 19, before 4:30 PM. Thank you for your generosity and for helping make this year's fair a sweet success!

## SENIOR SERVICES

**Smile Meeting will be Wednesday, October 21st in the cafeteria starting at 1pm.** If you are a VOLUNTEER at the Kingsport Senior Center, please be sure to log your hours on the kiosk. If you need help, please see Cameron. We are always looking for new volunteers! If you are interested in being a volunteer, please come to the next scheduled meeting.

**Every third Monday of the month Seniors Helping Seniors will be at the Senior Center for Senior Showdown.** It will be fun – filled competition featuring trivia, music, games, and exciting challenges! Gather your friends, test your skills, enjoy some friendly competition, and earn pints towards the Senior Showdown Champion. The Showdown will start at 1pm in the multi – purpose room #2. Sign up in the front office. **FUN – BIG PRIZES – GOOD LAUGHS**

**Financial Education with Knoxville TVA Employees Credit Union Tuesday, October 13th 10am – 12pm in the multi-purpose room #2.** They will address financial goal setting, learning how to turn your financial goal into reality, IRA Insights, and simple ways to prepare for your future. In addition, fraud awareness, most scams start with a message, call, or request that feels routine. What makes it fraud is the pressure to act before you verify. Call the front office and get your name on the list now.

**Senior Scams - Tips to Prevent Fraud,** presented by Kevin Sheffield, Sales Manager at Brookdale Kingsport Senior Living will be at the Senior Center on **Monday, October 19 at 10am.** He will do a presentation on Senior Scams and how to prevent them from happen-

ing. This event is held in the multi – purpose room #2. Sign up now in the front office. Light refreshments to be served.

Identity theft happens when someone uses your personal or financial information, like your Social Security number or credit card number, without your permission. There are things you can do to reduce the chance someone will steal your identity. **Kip Parks from HomeWorks Community Lending will be here on Tuesday, November 10 at 10am in the multi – purpose room #2 to do a presentation on how to Spot, Avoid, and report Identity Theft.** Sign up now in the front office to be able to attend. Light refreshments to be served.

It is almost that time of year again! Can you believe it? The Senior Center will travel back over to Boone North Carolina for the Samaritan's Purse "PACK SMILES ACROSS THE MILES" project. Do you want to pack a shoebox with us and help a child in need? This is such an awesome experience! Millions of children worldwide receive gift – filled shoeboxes each year, and this is your chance to be a part of this wonderful experience. The event, scheduled for **Thursday, December 3.** You will leave the center at 8:30am and stop at Cracker Barrel in Boone before heading over to the processing center. You will be there from 1pm – 5pm. Most jobs require standing but they do have jobs for people who need to sit available. If this is something that you would like to be a part of you can sign up in the front office and if you have any questions ask to speak to Cameron Waldon. This is such a wonderful opportunity and experience.

# DAY TRIPS

**Curklin's Restaurant & Festival of Christmas Trees at Southwest Virginia Museum-** Thursday, December 17, 2026. 9:45am-4:30pm.

Cost: \$36 which includes lunch, transportation and museum fee. Enjoy a drive to Big Stone Gap, VA and lunch at Curklin's Restaurant. Curklin's is located in the Historic Mutual Pharmacy Building and offers family friendly atmosphere and you will enjoy a meal with your choice of chicken tenders or chopped steak with mashed potatoes and mac and cheese. After lunch, you will visit the Southwest Virginia Museum

which is a four-story Victorian Mansion and is transformed into a dazzling winter wonderland. Sign up begins October 23.

**OTLB: Dan'l Boone Inn & Shopping at Mast General Store:** Friday, November 6, 2026. 9:00am-5:30pm. Cost: \$39, which includes lunch and transportation. Enjoy a trip to Boone, NC and lunch at Dan'l Boone Inn. Dan'l Boone Inn offers down-home Southern Comfort food served family-style in one of the town's oldest buildings. After lunch, you will stop at the Mast General Store to shop for goodies. **Sign up Oct 2.**



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\$5,399 Per Person - Double Occupancy

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Starting at \$1,399 per person

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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:** 9am-10:30am. **Every other 2nd Wednesday of the month** | Hallway by the Multipurpose Room #1 | Brooke Segrest, RRT Clinical Rehab Liaison, with Encompass Health. **Blood Pressure Checks:** 9am-10:30am. **Every 3rd Wednesday of the month** | Hallway by the Multipurpose Room #1 | Kevin Sheffield, Sales Manager, with Brookdale Kingsport Senior Living.

**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.

**Woodshop Safety Orientation:** 9am-11am. **Monday, Oct 5** | 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.

**Turkey, Pumpkin, & Jack-o-lantern Class:** 9am-2pm. **Thursday & Friday, Oct 15, 16, 22, & 23** | Wood Shop | Instructors Larry Eidson, and Norman Estridge. This 4-session class you make a Turkey, Pumpkin, and a Jack-o'-lantern. Cost is \$125.00, which covers all your materials; due on the first day of class paid to the instructors. Sign-ups start Fri, Sep 25 in the Office or by calling 423-392-8400. Class is limited to 6 people with a minimum of 4 to sign up for

class to be held.

**Parks & Recreation Youth Basketball:** 6pm. | **Tue, Wed, and Thu** | Gym | Parks & Recreation Youth Basketball will start on **Oct 20-Mar 2027.** All Senior Center activities on these days will stop at **5:30pm** so any gear can be put away and the youth basketball goals can be attached on basketball goals. Sorry for any inconvenience.

**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 up in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Oct 26.

**Bowling for Turkeys:** 12:30pm. **Monday, Nov 23** | Warpath Lanes | Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. **NOTE:** You must be a member of the Kingsport Senior Center to compete. Cost of each game is \$3.00 and no charge for the shoes payable at Warpath Lanes. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only, sponsored by Michelle Bolling, Owner, Kingsport Adult Day Care. Sign-ups start on Fri, Oct 16 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Fri, Nov 20.

**NOTE: You must be a member to sign up!** **Move & Groove, Strength & Stamina, Stress Release, Balance & Breathe:** 11am-12:30pm. **Every Wednesday** | Atrium | Get fit with some fun low impact moves and high energy music! Options for all fitness levels. Build strong bones, muscles, and metabolism using body weight resistance, hand weights, bands and balls. Includes a mix of exercises standing and sitting with options for all fitness levels. Come relax, stretch and breathe to increase your flexibility and improve your balance and posture. Includes a mix of exercises standing and sitting with options for all fitness levels.

**Silver Sneakers Chair Yoga:** 3pm. **Every Thursday** | 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.

**Evening Yoga:** 5:30pm. **Mondays, Oct 5-Nov 9** | Room 302 | Instructor Becky Mills | Cost is \$25.00. Sign up in the Office.

**Aerobic Pickleball Drills:** 10am-11am. **Tuesday & Thursday, Oct 6-Nov 10** | Reedy Point Gym | Instructor Anna Walters | Do you want to pump up your pickleball game in 2025? Try Cardio Pickleball! These sessions will feature games that are fun, fast paced and fitness focused for all ability levels. Come join us for a "moving" experience! Cost is \$30.00. Sign up in the Office. Class is limited to 8 members.

**Medicare Educational Event:** 11am. **Tuesday, Oct 6** | 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.

**Intro to Services Provided by P & S Pharmacy:** 11:30am. **Wednesday, Oct 7** | Multipurpose Room #2 | April Light, with P&S Pharmacy will discuss their Convenience Packaging, Med sync, Free Delivery, Blood Pressure Checks, Medication Reviews, and a Q & A Session. Refreshments will be provided. Sign up in Office or by calling 423-392-8400.

**Dining with Diabetes:** 11am-1pm. **Mondays, Oct 12, 19, 26** | Multipurpose Room #1 | Cost is \$20, paid to the instructor | Megan Shelton, M.A., FCA Agent with Sullivan County Extension Office. This 3-session program is a nutrition education program designed for people with

≡ COMING SOON! ≡

# SENIOR

## Living

EXPO



**WEDNESDAY, OCTOBER 14, 2026**

**9:00 AM – 1:00 PM**

**KINGSPORT SENIOR CENTER**

1200 E CENTER STREET • KINGSPORT, TN

A DAY OF RESOURCES, CONNECTIONS & COMMUNITY



**DEADLINE TO RESERVE A SPOT IS**  
**FRIDAY, SEPTEMBER 25, 2026**



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**TimesNews**

# BRANCH SITE CLASSES

## Lynn Garden Baptist Church – (301 May Ave)

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.

**Colonial Heights United Methodist Church - (631 Lebanon Rd)**

**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 - (100 E Church Circle)**

**Total Body Workout**: Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout con-

sists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

**Restorative Yoga**: Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m. Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body (typically from student requests).

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

## Riverview Park Pickleball (VO Dobbins)

- Mondays and Wednesdays, 8:30 – 10:30 a.m. Open play. All skill levels. **\*Must be a senior center member to play, please bring membership card.**

**Boys and Girls Club – (1 Positive Place)** – Mondays, Wednesdays, 9:00 – 1:00 p.m. Pickleball, Open play. All skill levels. **\*Must be a senior center member to play, please bring membership card. \*Play resumes Aug 3\***

**TNT Sportsplex – (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.**

## WELLNESS

From S8

diabetes or those at risk for diabetes and their caregivers. This will be a hands-on cooking class to help you manage your blood sugar and your health, and show you some healthy cooking techniques and enjoy sampling the meals for each class. Class is limited to 8-15 participants. Sign up in the Office or by calling 423-392-8400.

**Mary Kay Fall Pampering Session**: 10am-1pm. **Wednesday, Oct 21** | Multipurpose Room #2 | Jessica Cain with Mary Kay | Enjoy a relaxing Facial and Spa grade skin treatment. Also each member will receive a Hand and Lip treatment with CC Cream and Mascara. Sign-ups start on Fri, Sep 25 in the Office or by calling 423-392-8400, there is a limit of 15 seats available.

**Memory and Brain Health**: 2pm-3pm **Thursday, Oct 22** | Multipurpose Room #2 | Speakers: Tracey Kendall Wilson, Regional Director, Alzheimer's Tennessee, Northeast, TN-Southwest, VA, and Arwen Byrd with Seniors Helping Seniors | Topic of discussion "Small Habits that Create a Big Difference in Brain Health" will be focusing on communication, relationships, activity and how to

best manage those facets to boost brain health. Sign up in the Office or by calling 423-392-8400.

**Lunch & Learn: MAKO Total Knee Surgery**: 11:30am. **Tuesday, Oct 27** | Multipurpose Room #1 | Dr. Lindsay Remy, Stryker Orthopedics. Dr. Remy will give a brief presentation about total knee surgery with details on when it is necessary to seek surgery, the surgery process, and the healing process. There will also be a display table that will have bone models for demonstration, brochures will be available to keep, and giveaway items also. Sign-ups will start on Wed, Sep 30 in the Office or by calling 423-392-8400, there is a limit of 20 seats available. **NOTE: All member must sign up by the close of business on Wed, Oct 21.**

**Orange you glad you Didn't Fall Bingo** 11am. **Wednesday, Oct 28** | Multipurpose Room #2 | Brooke Segrest, RRT Clinical Rehab Liaison, with Encompass Health will doing Hip BINGO just like regular BINGO with a Hip Educational twist. Sign-ups start on Wed, Sep 30 in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**Medication Safety & Overdose Prevention**: 11:30am-1pm. **Wednesdays, Nov. 4** | Multipurpose Room #2 | Lisa Christian & Marcus Carter with Sullivan County Anti-Drug Coalition. Topic of discussion "Boots on

the Ground" approach to overdose where everyone lets us know when they know of a particular drug and report to SCAD. Also, be a buddy to

their friends who are at risk of accidentally or intentionally overdose. Sign-ups will start on Thu, Oct 8 in the Office or by calling 423-392-8400.

# NHC

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# DAILY CLASSES & ACTIVITIES

## 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: 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.

**Silversneakers 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: 1:00pm (Atrium):** 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.

**Silversneakers 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)**

**Cardio Drumming: 5:30pm (Atrium)** - Upbeat exercise class using yoga ball and drumsticks with volunteer instructor Mary Ann Leach. **\*Bring a yoga ball with you.**

## 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 Senior Center member to play, please bring membership card.**

**Open Pickleball: 9:00am-1:00pm**

# DAILY

From S10

**(Reedy Pointe Community Center)-** Open play. All skill levels. **\*Must be a senior center member to play. Please bring membership card.**

**Core Conditioning: 9:30am (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.

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

**Silversneakers Classic: 10:15am (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.

**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 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 inter-

ested in learning a new card game, or have played before, then join us on Wednesday's.

**Cardio Drumming: 1:00pm (Atrium)** 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.

**Silversneakers 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)**

**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 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.**

**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.

**Cardio Drumming: 1:00pm (Atrium)** get a great workout using drumsticks and a yoga ball. Equipment provided.

**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 levels are welcome.

**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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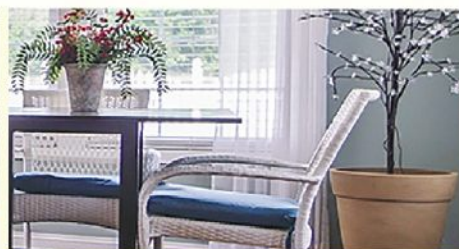
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