

September 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



KINGSPORT
SENIOR CENTER

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 Fall

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	

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

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MAIN SITE CLASSES AND EVENTS

John and Julia 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.

Open Stained Glass, T/TH, 8:00 a.m. – 12:00 p.m. (Starts T, Sept 1), this is open for anyone who has experience working with stained glass. Volunteer Instructors Lynn Davenport/Scott Smith/Helen Lichty will be available to help if needed. (314).

Social Dance Fitness, TH, Sept 3, 10, 17 & 24, 4:30 – 5:30 p.m. \$40 single, \$70 couple, payable at sign up. Looking for a fun way to stay active while learning skills you can use at weddings, cruises, community events, and social gatherings? Join Todd and Louise Dickson for Social Dance Fitness—an enjoyable one-hour class designed especially for senior adults. Each class combines gentle exercise with easy-to-learn social dance steps in a friendly, relaxed atmosphere. Participants will warm up, dance to a variety of rhythms including Cha Cha, Rumba, Country, Foxtrot, Triple Swing, Polka, Waltz, and Night Club Two-Step, and finish with a relaxing cool-down. No dance experience is necessary, and partners will dance together throughout the class. Please sign up prior to class. (302).

Beginner French: Friday's September 4-October 9, 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 September 4-October 9, 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)

End of Summer Cookout at Eastman Cabins: Tuesday, September 10, 2026. 11:30am-1:30pm. \$5.00 plus bring a side dish to share (no desserts). Entertainment provided by Mark Larkins. Sign up now. (Eastman Cabins Shelter #9.)

Advanced Crochet, F, Sept 11 – Oct 16, 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, Sept 11 – Oct 16, 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, Sept 11 – Oct 16, 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)

Farmhouse Table Basket, M, Sept 14, 10:00 a.m., Price: \$35.00, paid at sign up. Weaving Level: Beginner/ Intermediate, Dimensions: 6 ½ "X 26"X 4". Make this basket to add to your table or Fall decor. It will make a nice storage basket or decorative basket for your fall harvest items. It has a solid woven bottom and butterfly knot on the top of the handle. (303).

Spiral Sun catcher with swirl s hook, W, Sept 16, 10:30 a.m. Cost: \$15.00, paid to artisan instructor Judy Valone. Must be able to work with wire wrapping beads. (314)

Flower Arranging Class: "Farm Flowers": Thursday, September 17, 2026. 10:00am. Cost \$10 paid at sign up and \$10 day of class to give to instructor. Instead of going to a flower farm the flower farm is coming to us. Learn about how flowers are planted, cultivated, cut and arranged. Please bring a pint or quart sized jar and stem cutters. Sign up now in the front office. (MPR 2)

Beginning Stained Glass, TH, Sept 17, 8:30am – 2:30pm, Cost: \$10.00 payable at sign up. All supplies provided. (314)

Movie Day: Top Gun "Maverick": Thursday, September 17, 2026. 1:00pm. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must con-

front the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. Popcorn will be served but you must bring your own drink. Sign up now. (Cafeteria)

Intermediate Stained Glass, F, Sept 18, 8:30am – 2:30pm, Cost: \$10.00 payable at sign up. All supplies provided. (314)

Leather Bracelet – M, Sept 21, 9:00 a.m. Cost: \$12.00 for supplies, paid to artisan instructor Betty Smith. (Room 314).

Needle felted Ghost on a Pumpkin, W, Sept 23, 11:00 a.m. Cost: \$12.00 for supplies, paid to instructor Sonia Garcia. Learn how to create a cute ghost on a pumpkin in this beginner friendly class. (314)

Elastic Button Bracelet, W, Sept 23, 1:30 p.m. artisan instructor Esther Richards. Cost: \$10.00, paid to instructor. Max 12. (Room 228)

Autumn Trees with mug painting, F, Sept 25, 11:00 a.m. Cost: \$12.00 for supplies, paid to instructor Sonia Garcia. Paint a fun fall painting with Acrylic. Beginner Friendly Class. (314)

Pumpkin painting, M, Sept 28, 11:00 a.m. Cost: \$12.00 for supplies, paid to instructor Sonia Garcia. Learn beginner friendly Acrylic painting techniques to create a beautiful Fall pumpkin. (314)

Card Making--Monday, Sept 28, 11:00 a.m. We will make 4 cards using Fall-Themed Ephemera and your creativity! Cost is \$15 payable to instructor, Lisa Pecorini. Please bring scissors and adhesives. Max of 16 for this class. (303)

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 now. This is open to members and non-members so spread the word! Free.

Beginning Knitting, TH, Oct 1 – Nov 5, 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 D), stitch markers, scissors, tapestry needles, Class Fee: \$30 to cover materials, paid to instructor. Class size limited to four. (Room 228). *Will not meet on Sept 17*

Sit n' Knit – TH, Oct 1 – Nov 5, 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.

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).

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)

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. Sign up September 14. (Gym)

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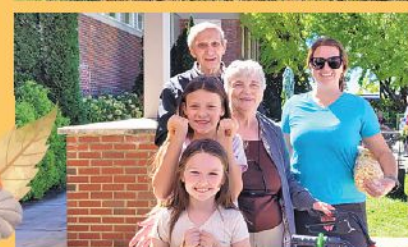
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SENIOR SERVICES

Smile Meeting will be Wednesday, September 16th in the cafeteria starting at 1pm. If you are a VOLUNTEER with the Kingsport Senior Center please be sure to keep up with your hours. When you volunteer, you will need to enter your hours into the check in kiosk. If you need help, please see Cameron Waldon.

Power of Attorney Clinic Tuesday, September 15th in the multi-purpose room starting at 2pm. Matthew Sharp, along with other attorneys from Legal Aid of Tennessee will be here to help attendees complete any necessary legal forms. Get signed up now in the front office.

Financial Education with Knoxville TVA Employees Credit Union Tuesday, October 13th 10am - 12pm in the multi-purpose room #2.

They will be going over financial goal setting, learning how to turn your financial goal into reality. IRA Insights, simple ways to prepare for your future. 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.

Lincoln Heritage Funeral Advantage will be here to talk about family support services and what they offer to individuals and to play BINGO on Tuesday, September 8th in the multi-purpose room #2 from 10am - 12pm. If you would like more information on what they have to offer make sure you get your name on the list.

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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, Sep 14 | 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.

White Water Rafting: 8:30am. Wednesday, Sep 2 | 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 15 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 physical shape to be able to get in and out of the raft and to help with padding down the river. Sign up in the Office, with a deadline to sign up by close of business on Friday, Aug 28.

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.

Evening Yoga: 5:30pm. Mondays, Oct 5-Nov 9 | Room 302 | Instructor Becky Mills | Cost is \$25.00. Sign-ups will start on Tue, Sep 8 in the Office.

Cardio Pickleball: 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-ups will start on Tue, Sep 8 in the Office. Class is limited to 8 members.

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.

Lunch & Learn "What to Know Before you Go": 11am. Wednesday, Sep 16 | Multipurpose Room #2 | Michelle Moffitt, Marketing Liaison with Wexford House | What to Know Before you Go! Michelle will be discussing the different options you will need to when transitioning from a

hospital stay and the options afterwards. Sign up in the Office or by calling 423-392-8400, there is a limit of 20 seats available. **NOTE:** All members must sign up by the close of business on Fri, Sep 11.

Lunch & Learn "Keep Your Mind Strong": 11am. Wednesday, Sep 23 | Multipurpose Room #2 | Rachel Stoner, Sales Manager with Brookdale Rock Springs | Keep Your Mind Strong! Come join us for an engaging discussion on brain health, memory and healthy aging. Learn everyday strategies to support cognitive wellness, recognize normal age-related change and build new habits to keep your brain healthy! Sign up in the Office or by calling 423-392-8400, there is a limit of 20 seats available. **NOTE:** All members must sign up by the close of business on Fri, Sep 18.

Flu Vaccine Clinic: 9am-11am. Wednesday, Sep 30 | Hallway Billiards Room Side | Pinney's Prescription Shop | Medicare part B and TNCARE are going to cover most influenza vaccine this year at no charge to the patient. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Pinney's will be providing Flu vaccine, COVID vaccine, Shingles vaccines,

Pneumonia vaccine, Respiratory syncytial virus vaccine (RSV). Sign-ups start on Thu, Aug 27 in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

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.

Memory and Brain Health: 2pm-3pm Thursday, Oct 22 | Multipurpose Room #2 | 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.

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

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

Slow Flow Yoga: Tuesday and Thursday in Room 239 from 11:00 a.m. - 12:00 p.m. more standing poses and stronger core work (including plank)

than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. We will continue to end the class with Relaxation.

Riverview Park Pickleball (VO Dobbins) - Mondays and Wednesdays, 8:30 - 10:30 a.m. Open play. All skill levels. ***Must be a senior center member to play, please bring membership card.**

Boys and Girls Club - (1 Positive Place) - Mondays, Wednesdays, 9:00 - 1:00 p.m. Pickleball, Open play. All skill levels. **Must be a**

senior center member to play, please bring membership card. *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.**

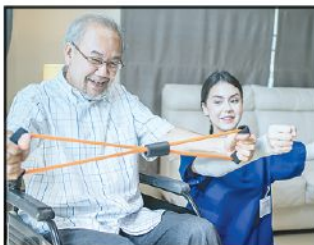


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For more information, please contact Shirley Buchanan
at 423-392-8403



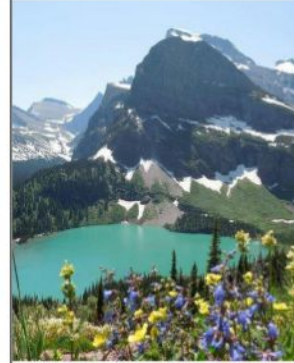
THE MAJESTIC NATIONAL PARKS

June 22 - July 1, 2027

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

National Parks:

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



\$5,024 - Double Occupancy

\$6,374 Single Occupancy

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

DAY TRIPS

Fall Shopping & Lunch to Gatlinburg Harvest Festival: Wednesday, September 30, 2026. 8:30am-6:00pm. Cost: \$12.00; includes transportation. Lunch will be on your own. Enjoy a beautiful drive to Gatlinburg and time on your own for shopping and lunch during the Gatlinburg Harvest Festival. This festival is located in downtown Gatlinburg with fall displays, scarecrows, and if you want to participate in a scarecrow

scavenger hunt by using your device to download the Visit Gatlinburg App on your phone and walk to locate each of the 30 unique scarecrows. **Must be able to walk and stand for extended amounts of time on this trip.** Sign up August 2.

OTLB: Carvers Orchard & Applehouse Restaurant: Thursday, October 8, 2026.

9:00am-4:30pm. Cost: \$25, which includes your lunch and transportation. Enjoy a scenic drive to Cosby, TN to Carvers Applehouse & Restaurant that is nestled in the foothills of the Great Smoky Mountains with stunning views. At Carvers enjoy a delicious lunch and after enjoy shopping in the candy stores and the orchard stores on the property. Sign up begins August 26.

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)

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 (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

CLASSES

From \$10

-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: 1:00pm (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)

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 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

MEET THE INSTRUCTOR

Esther Richards

Classes Offered

Assorted Handmade Crafts and More

Class Information

Last Wednesday of every month

See office for more details



About Me :

My name is Esther Richards. I live in Church Hill, TN with my 4 fur babies (cats).

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

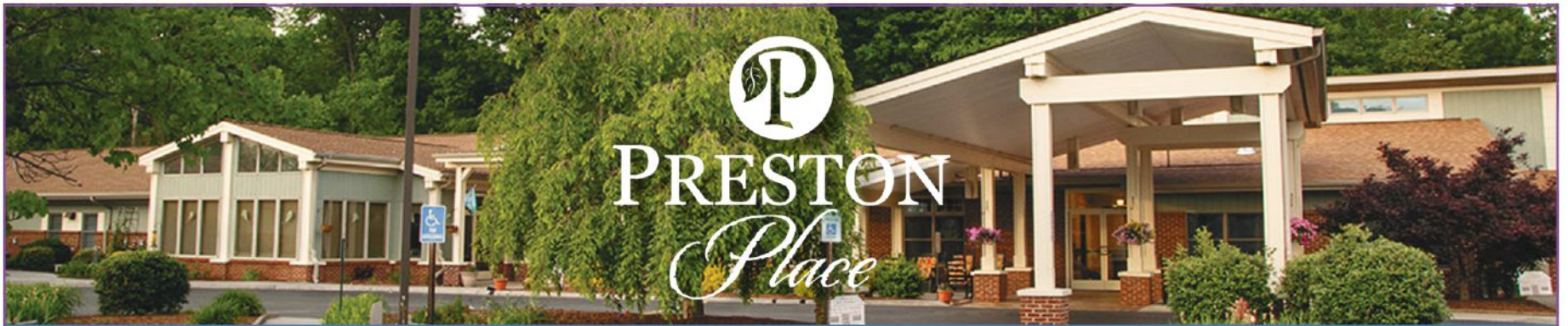
I have always loved making crafts. I strongly believe this is a gift that I have. I like teaching others because they inspire me. I challenge myself each month to come up with new ideas for classes.

► **How long have you been an instructor at KSC?**

I have been an instructor for 5 years.

► **Fun fact about yourself:**

I moved from California 6 years ago with my fur babies. Making crafts is therapy to me. I participate in craft events all year. I am so blessed to have the Senior Center where I have made many friends.



Privately Owned Assisted Living Community With No Additional Care Charges Or Hidden Fees

AMENITIES:

- Medication assistance
- Personalized care with around-the-clock licensed nursing staff
- Positive, nurturing team of dedicated caregivers
- 2 room suites. Each room has a living room, bedroom, bathroom and walk-in shower & small kitchenette
- Dining and activities
- Community outreach
- Housekeeping and Laundry Services

As a privately, locally owned assisted living facility, we're able to focus on the "little things" that matter - the personal touches that make living at Preston Place "home".



WE HAVE 2 LOCATIONS TO SERVE YOU:

- Preston Place Suites is an assisted living community that promotes independence and socialization.
- Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.



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#1 BEST ASSISTED LIVING
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YOUR VOTES!!**

Stop by to tour or call us at 423-378-6623 and hear about our Summer Specials. You can also email us at alison@prestonplacesuites.com



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