November 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

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 December 17, 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
Terry Cunningham
Charles Davenport
Ella Deakins
Brenda Eilers
Xue Xiaoli
Linda Ford
Ernie Koehler
Kenn Naegele
Rick Valone
Anna Walters

Follow us on social media

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

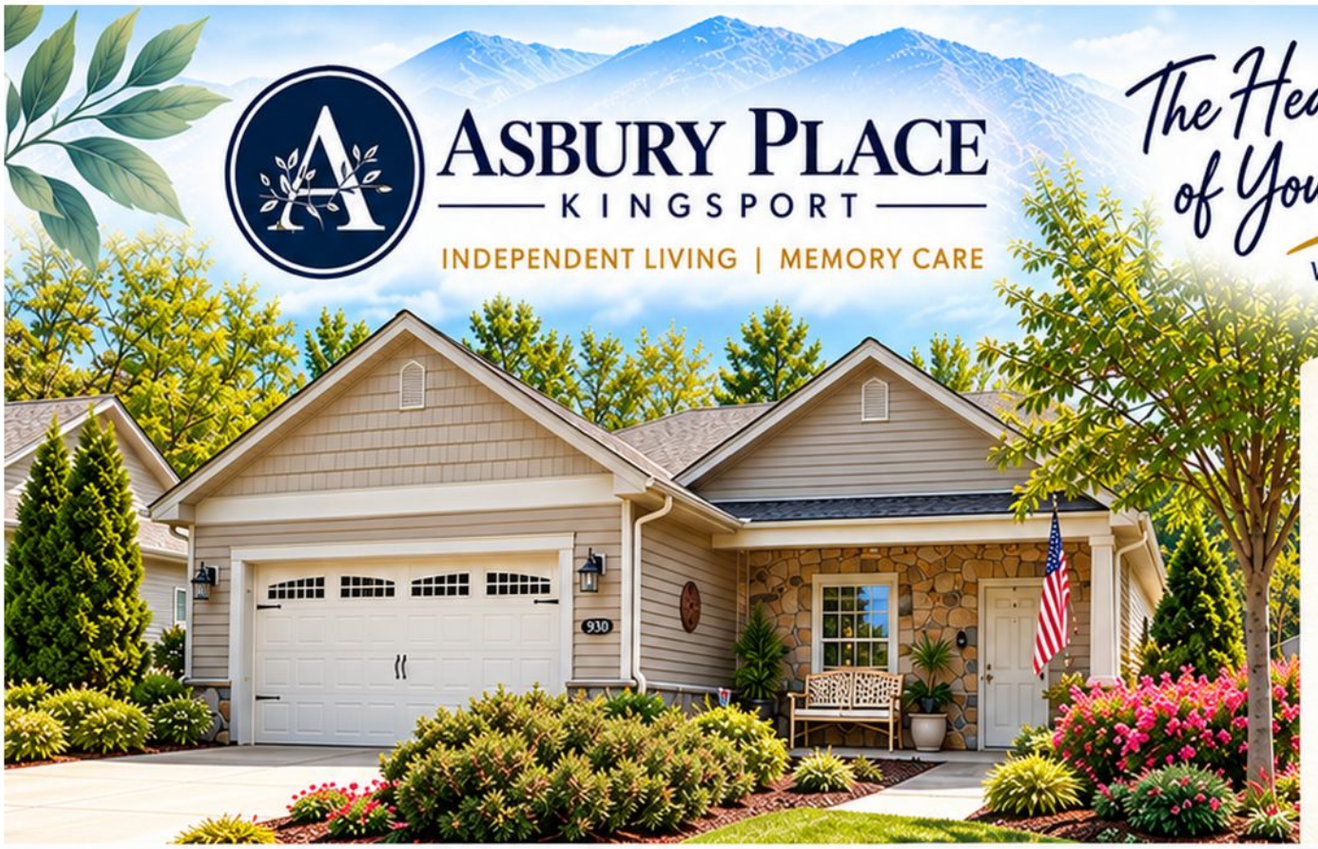
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EQUAL HOUSING OPPORTUNITY

MAIN SITE CLASSES

John, Julia and Floyde 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.

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: Fridays 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: Fridays 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)

Handcrafted Soap Class, M, Nov 9, 11:00 a.m. $10.00 paid at sign up. Ingredients that will be used to make soap, goat's milk, essential oil, skin-safe mica / pigment. Max 15 participants. Instructor: Whitney Cook (Myth and Mire Curiosities) (314)

Open Wood carving, M, Nov 9, 1:30 p.m. bring carving supplies, this is an open time to carve together. No sign up required, walk-ins welcome! (224)

Painting with Robin, M, Nov 16, 10:00 a.m. Cost: $20.00, paid at sign up. Come make your Christmas Gifts! (314)

Turkey Needle Felting, W, Nov 18, 11:00 a.m. Cost: $12.00, paid to instructor Sonia Garcia. Create a cute turkey to adorn your holiday table with beginner friendly needle felting techniques. (314).

Flower Arranging Class: "Turkey Arrangement": Thursday, November 19, 2026. Cost: $10 paid at sign up and $10 day of class to give to instructor. You will make a novelty styled arrangement in the shape of a turkey. Please bring floral stem cutters and a flat plate to put design on. Sign up now. (Multipurpose Room 2)

Beginning Stained Glass, TH, Nov 19, 8:30am – 2:30pm, Cost: $10.00 payable at sign up. All supplies provided. (314)

Intermediate Stained Glass, F, Nov 20, 8:30am – 2:30pm, Cost: $10.00 payable at sign up. All supplies provided. (314)

Card Making--Monday, Nov 23, 11:00 a.m. We will make 4 general cards to replenish our stash. Cost is $15 paid to instructor Lisa Pecorini. Please bring adhesives and scissors. Max of 16. (314)

Watercolor Turkey Painting, T, Nov 24, 11:00 a.m. Cost: $12.00, paid to instructor Sonia Garcia. Create a beautiful watercolor turkey painting that captures the warm colors of fall. Beginner friendly, no painting experience needed. (314)

Winter Puppy Painting, M, Nov 30, 11:00 a.m. Cost: $15.00, paid to instructor Sonia Garcia. Come paint this cute little winter puppy with a bird on his nose. We will use beginner friendly techniques using Acrylic on canvas. (314)

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)

Oval Candle Centerpiece, W, Dec 2, 10:30 a.m. Cost: $15.00, paid to artisan instructor Judy Valone. Bring a glue gun, glue sticks and scissors, all other supplies provided. (314)

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)

Beginning Knitting, TH, Dec 3 – Jan 7 - , 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: $35 to cover materials, paid to instructor. Class size limited to four. (Room 228)

Sit n' Knit – TH, Dec 3 – Jan 7, 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)

Christmas Candy Jar Basket, M, Dec 7, 10:00 a.m. – 1:00 p.m. Cost $20.00, paid at sign up. Size: 4"X 4" X 5"h, Weaving Level: Beginner/Intermediate, make this little jar holder basket, just in time for Christmas! The basket is woven around a small glass jar, which contains its own lid. Fill the jar with candy. It makes a great gift for those on your list that have everything! Choose from the following colors: wine (as shown in the picture), red or hunter green. Please indicate color choice when you preregister for the class. (314)

Popcorn Garland, W, Dec 8 and Dec 9, 1:30 p.m. Cost: $20.00, paid to artisan instructor Esther Richards. Max 10. (314)

Class Art Show: Wednesday, December 9-Friday, December 11, 2026. 10:00am-7:00pm. This is a great time to check out the work done in Michael Farrar's Art Classes. If you have been interested in taking a painting class this is the perfect time to see what you will learn and accomplish in class. You can also talk with the instructor. (Card Room)

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)

StrongerMemory Exercises Class: Tuesdays January 5-March 23, 2027. 9:00am-10:00am. Do you have trouble locating items or remembering recent conversations? Whether you have a diagnosis of cognitive changes or simply want to ensure better brain health, we have a breakthrough program that can help. When we read aloud, do simple math quickly and write by hand, the prefrontal cortex and wide areas of our brain light up. With StrongerMemory, we can activate our neural pathways and our working memory together. This greatly improves our recall, memory and focus. We will read aloud for 15 min, do 15 min simple math and spend 15-20 min doing

See S5

MAIN

From S4

handwriting exercises with prompts. We will conclude by letting students share what they have written if they want to. You will also have exercises to take with you until we meet again. Class is free and limited to 12. Sign up now in the front office or call 423-392-8400. (Computer Lab)

Happy Birthday Dolly! Tuesday, January 19, 2027. 1:00pm-2:00pm. Cost: $10 paid at sign up. Come dressed in your best Dolly costume for a chance to win a prize! Let us spend a day honoring the great, late Dolly Parton. Food to be served and entertainment provided. Sign up begins November 2. (Atrium)

Valentine's Day Party! Friday, February 12, 2027. 1:00pm-2:00pm. Cost: $10 paid at sign up. Food and entertainment provided. Sign up begins December 7. (Atrium)

SENIOR SERVICES

Smile Meeting will be Wednesday, November18th in the cafeteria starting at 1pm. If you are a volunteer at the Kingsport Senior Center, please be sure to log in your hours on the kiosk anytime you are here to volunteer. We are always looking for new volunteers! If you are interested in becoming a volunteer or need help logging your hours please see Cameron Waldon.

Seniors Helping Seniors Senior Showdown: Every 3rd Monday of the month. 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. Make sure you come by the front office to get signed up. FUN – BIG PRIZES – GOOD LAUGHS.

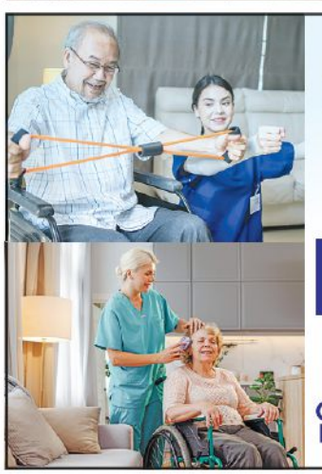
Identity theft happens when someone uses your personal or financial information, like your Social Security number or credit card number, without your permission. There are things you can do to reduce the chance someone will steal your identity. **Kip Parks from HomeWorks Community Lending will be here 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 will be served.**

Open Enrollment Event Tuesday, November 17 starting at 9am – 2pmin the multipurpose room #2. Medicare's Annual Enrollment period each year when Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage. Medicare Counselors from TN State Health Insurance Assistance Program (SHIP) will be on hand to assist with plan comparisons and answer questions. SHIP Medicare Counselors are not affiliated with any insurance or pharmaceutical company. **YOU MUST HAVE YOUR MEDICARE CARD ANF MEDICARE ADVANTAGE CARD (IF ENROLLED) AND A LIST OF THE PRESCRIPTIONS INCLUDING THE DOSAGES**

It is almost that time of year again! Can you believe it? The Senior Center will go 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 is scheduled for Thursday, December 3.** We will leave the center around 8:30am and stop at Cracker Barrel in Boone before heading over to the processing center. We will be there from 1pm – 5pm. Most jobs require standing but they do have jobs for people who need to sit available. If you would like to expierence this opportunity please sign up in the front office. If you have any questions please see Cameron Waldon or call 423-392-8406.

Christmas wrapping for our Be a Santa to a Senior gift's will be on Wednesday, December 9th in the Atrium starting at 9am. If you would like to help with wrapping the gifts, please sign up in the front office. Home Instead In – Home Care Services will be on hand to help with wrapping and delivering of the gifts. We will have light refreshments on hand for Volunteers. If anyone has any small/medium size boxes on hand please save them for us to use for the gift wrapping.





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2024 Times-News READERS CHOICE

DAY TRIPS

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. (Wait List Only!)**

Shopping Trip to Asheville Outlets and Lunch on your own: Tuesday, December 8, 2026. 8:45am-5:30pm. Cost: $12 for transportation with lunch on your own. Enjoy a before Christmas shopping trip to the Tanger Asheville Outlet Shops in Asheville, NC. There are approximately 60 to 70 stores and shops. Some of the featured shops include Dillards, Coach, Columbia, Crocs, Lucky Brand, Old Navy Outlet, Nike Outlet, Sketchers, Under Armour, and much more! Lunch will be on your own at the outlet. Some food and snack options include Wicked Pie Pizza, China Max Restaurant, Auntie Anne's, Lindt Chocolate Shop and Overlook Coffee Collective. **Sign up Nov 6.**



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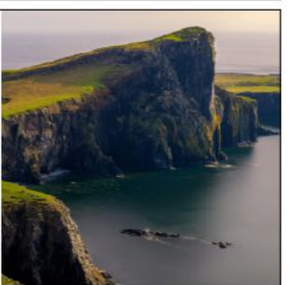




$5,024 - Double Occupancy
$6,374 Single Occupancy

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





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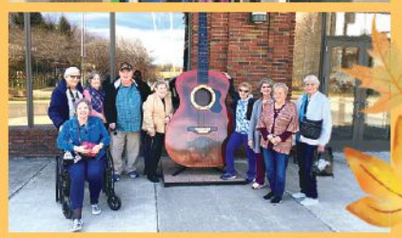
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For more information, please contact Shirley Buchanan at 423-392-8403















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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, Nov 2 | 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.

Christmas Theme Class: 9am–2pm. **Thursday & Friday, Nov 5, 6, 12, & 13** | Wood Shop | Instructors Larry Eidson, and Norman Estridge. This 4 - Session class you make a Christmas Wreath Sled and Snoopy Sled. Cost is $125.00, which covers all your materials; due on first day of class paid to the instructors. Sign-ups start Fri, Oct 23 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.

Basic Woodworking Class: 9am–2pm. **Thursday & Friday, Dec 3, 4, 10, & 11** | 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-ups start Fri, Nov 13 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.

Parks & Recreation Youth Basketball: 6pm. | Tue, Wed, and Thu | Gym | Parks & Recreation Youth Basketball will start on Nov 3–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.

Gymnasium Events Cancelled All gym events for **Thursday, November 19** after 12noon, and all day on **Friday, November 20, and Saturday, November 21** will be cancelled due to our Old Fashion Christmas Fair 2026. The Gym will remain closed until 9:30am on **Monday, Nov 23**, to give Action Rentals time to remove the tables. The SilverSneakers Classic Class at 8:15am will be in the Atrium on Monday, Nov 23, High/Low Aerobics will be in the Gym and start at 9:30am.

Shuffleboard Tournament: 9am. **Wednesday, Nov 4** | 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, Knoxville TVA Employees Credit Union. We need at least 12 to sign up for tournament to be played. Sign up in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Nov 2.

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 up 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!

Cornhole Tournament, 1pm. **Friday, Dec 11** | Gym | The 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 La'Reina Childers, Business Development Specialist I, Knoxville TVA Employees Credit Union. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Nov 12 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Dec 7.

Memory and Brain Health: Will not meet in **November and December** due to the holidays. The next meeting will be 2:00pm–3:00pm **Thursday, Jan 28, 2027** and *every 4th Thursday of the month* in the Multipurpose Room.

Medication Safety and 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 up in the Office or by calling 423-392-8400.

Lunch & Learn "Intro to Services Provided by P & S Pharmacy": 11:30am. **Wednesday, Dec 16** | 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-ups will start on Fri, Nov 13 in Office or by calling 423-392-8400, there is a limit of 20 seats available.

Move & Groove, and Get Strong: 11am. **Every Wednesday** | Atrium | Have fun getting fit with low impact cardio moves & high energy music! Increase upper body & bone strength using body weight resistance, weights, & bands. All fitness levels are welcome! Options shared for standing & sitting.

Balance & Breathe and Get Strong: 11:45am. **Every Wednesday** | Atrium | Increase flexibility, low body, & core strength, & improve your balance & posture! Get strong & fit by using resistance bands, balls, & chairs, and learn to breathe & relax for stress release! All fitness levels are welcome! Options shared for standing & sitting.

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, Nov 9 - Dec 21** | Room 302 | Instructor Becky Mills | Cost is $25.00. Sign up in the Office.

Beginner Pickleball: 10am-11am. **Tuesday & Thursday, Nov 3 - 19** | Reedy Point Gym | Instructor Anna Walters | Cost is $30.00. Sign up in the Office. Class is limited to 8 members.

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.





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 Pickelball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. *Must be a senior center member to play. Please bring membership card.
Core Conditioning: 9:00am (Lynn Garden Baptist Church Cafeteria)- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.
High/ Low Impact Aerobics: 9:15am (Gym) - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.
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: 1:00pm (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.
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)
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.

See S11

DAILY

From S10

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

Core Conditioning: 9:30am (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.

Strength Training: 10:10am (Gym)

SilversSneakers 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 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.

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

Pickleball: 9:00am-12:00pm (TNT Sports Complex)- Open play. All skill levels. *Must be a Senior Center member to play, please bring 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 Pickelball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. *Must be a senior center member to play. Please bring membership card.

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

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

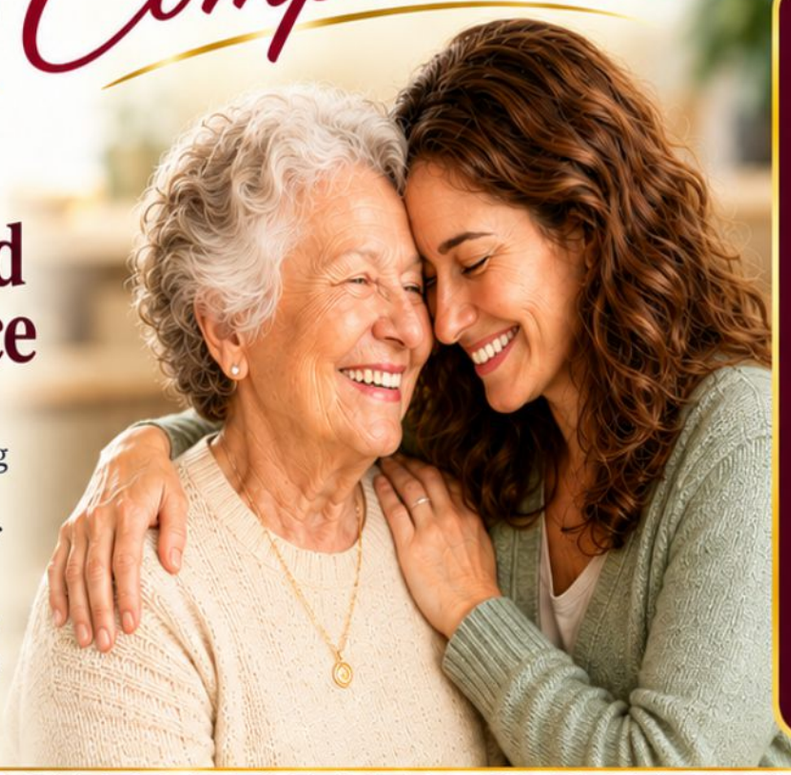
- Billiards Room

- Computer Lab

- Clay Room

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Preston Place II offers a beautiful, comfortable and secure assisted living experience that provides specialized care for Alzheimer's disease and other dementia-related conditions.

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