Senior Living

January 2020

Kingsport Senior Center

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KINGSPORT SENIOR CENTER
the fun begins at 50

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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, 2019 - June 30, 2020
$25.00- Kingsport City Residents
$45.00- Sullivan County Residents
$70.00- Out of County Residents
*If you have Silver Sneakers through your insurance company your membership is free.

*The Kingsport Senior Center is now accepting credit and debit cards

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 fa*cility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.*

Location and 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 – 12:00pm
www.kptseniors.net

Branch Sites:

Lynn View:

257 Walker Street Kingsport, TN 37665
Hours of Operation: Monday-Friday, 8:00am - 2:30pm.
423-765-9047

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660
Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

Follow us on Social Media: ***Kingsport Senior Center*** ***@KingsportSeniorCenter*** ***@KingsportSeniorCenter***

Kingsport Senior Center Advisory Council Members:

Mary Porter (Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney
Linda Gemayel
Richard Currie
Peter Shang
Lisa Shipley

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 February 20, 2020 at 12:30pm. It is our hope that this will be a benefit to our seniors, staff, and the council.

View our Annual Report on the KSC website under the About Us Page.

Highlights

Special Event:

Beginner French (8-weeks), 9:00am – 10:00am. **Wednesday's, January 8 – February 26, 2020 |** Room 230 | $56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

New Daily Activities Event:

Jam Session: 12:30pm – 2:00pm (Cafeteria) Every other Thursday beginning Jan. 16. Jerry Cole will host a Jam session every other Thursday. Come listen and dance to some great music.

***Massage Appointments*: (Massage Room)** Marcy Aichel is a licensed LMT and will be doing 30 minute massages for $25 paid to Marcy day of appointment. To make appointment call Marcy at (423) 341-5562.

Extended Trip:

The Kingsport Senior Center Presents
a 9 Days & 8 Nights Trip to Paris & the Heart of Normandy River Cruise
Dates: November 4 – 12, 2020
Call 423-392-8400 for Pricing and more information.
$500 deposit due at sign up ($100 of this deposit is non-refundable); Sign up soon for space availability.
A few of the benefits included in your trip:

- Tour of Paris
- Visit to the Village of Auvers-sur-Oise
- Local Guide Tour of Vernon
- Walking Tour through the center of Old Town
- Full-Day Tour of the historic beaches of Normandy (Alternatively, you may take a tour of Bayeaux)
- Morning Cruise to Les Andelys.
- Visit Chateau de Malmaison and Tuileries
  And SO MUCH MORE!

LIMITED SPOTS AVAILABLE! SIGN UP ASAP!

Day Trips:

OTLB – Burger Bar and Shopping in Downtown Bristol, VA, 10:00am – 4:00pm. **Friday, February 7 |** Bristol, Va. | Cost: $8 and lunch on their own. You will also have an opportunity to go to the nearby Blackbird Bakery to get some last minute shopping gifts or goodies.

Branch Site - Lynn View Community Center:

Jewelry Classes, Fridays- Jan 10, 17, & 24. 11am-1pm, Minimum 2 people, Max 6 people, Cost: $60.This is a 3-part series where we will be making 3 different items. **Copper Bracelets:** Learn to texturize copper wire with different materials, making it flat and fit your wrist nicely. We will then rivet the bracelets to complete the loop. Each student will make 2 bracelets. **Dangling Tapered Bead Pendant:** we will learn how to attach beads to headpins to make them attachable to a chain. This creates a sweet little "bunch" of beads that taper in size for an interesting necklace. Each student will complete 1 pendant with necklace.
Dangling Tapered Bead Earrings: continuing from the pendant class, we will make earrings the same way as the pendant, but having the challenge of making the 2 components match evenly. Each student will complete 1 pair of earrings. *All tools, metal and beads will be provided for the class. However, students should bring gloves, safety glasses and wear clothes comfortable to work in. If you have needle nose pliers or nippers of your own those may be brought. Instructor: Aleta Chandler, MetalSmith. Please sign up by Jan 7.

Wellness:

TN Lady Vols Basketball: We will depart at 9:15am. **Sunday, February 23** for the Lady Vols vs. Vanderbilt. **"Live Pink, Bleed Orange"** game, and we will get a T-Shirt! This game we will be seating in Section 122. Cost is $48 which includes your game ticket and transportation. Game time is 12noon and we will be able to get in at 11am. Sign-ups will start on Thu, Jan 9 in the Office. We have 46 tickets available and a (2) ticket limit per person. We will be stopping to eat after the game at Aubrey's, with dinner on your own. If you have any question contact Kevin at (423) 392-8407.

Senior Services:

Credit & Money Management Workshop, 11:00am – 1:30pm. **Thursday, January 9, 2020** | Computer Lab | Free. Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a 2 hour workshop and lunch will be provided to participants. This is a free workshop and is limited to 25 participants. Come by or call the Front Office to sign up.

Artisan Center:

Read about Betty Smith (January's Artisan of the Month) and her homemade ornaments on our Artisan Center Page!!

Interested in keeping up with events with a digital copy of the newsletter sent to your email?!

Call (423) 392-8400 or stop by Front Office and give us your email!!!
Disclaimer: *The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!*

Special Events

If no sign up date is listed, then you are able to SIGN UP NOW. Sign up in the Front Office or by calling (423)392-8400.

Ballroom Dance – Private Lessons
M/F, 2:30-3:30pm. Contact Emily Matney, 423-579-0826.

Intermediate Line Dance, 12:45pm**. Monday, January 6 – March 16, 2020 |** Gym | Taught by Layna Faye and George McConnel. Free.

Beginner Clay, 10:00am – 3:00pm**. Monday, January 6 – March 16 |** Clay Room | Course taught by Phillip Shivel. Limit to 16 people. Due to the popularity of this class you may only sign one person up at a time. You cannot sign yourself and another person up. Fee: $30 plus yearly $15 firing fee is you haven't paid it already.

Clay 101, 12:00pm – 6:00pm**. Tuesday, January 7 – March 17 |** Clay Room | Susan will teach a 12 week class. The first 6 weeks will be more beginner and the last 6 weeks will be more intermediate level. You would do both hand building and wheel work in this class. Due to the popularity of this class you may only sign one person up at a time. You cannot sign yourself and another person up. Fee: $30 plus yearly $15 firing fee is you haven't paid it already.

Beginner Dulcimer, 11:00am**. Tuesday, January 7 – March 17 |** Atrium | Purchase book for $9.99. Information on book is in the Front Office. This class is taught by Sharon McCurry.

Intermediate Clay, 10:00am – 3:00pm**. Wednesday, January 8 – March 18 |** Clay Room | Course taught by Phillip Shivel. Limit to 16 people. Due to the popularity of this class you may only sign one person up at a time. You cannot sign yourself and another person up. Fee: $30 plus yearly $15 firing fee is you haven't paid it already.

Beginner Yoga, 5:30 pm. **Wednesday, January 8 – February 12** | Room 302 | Instructor: Becky Mills. Cost is $30.00. This is a beginner yoga class with gentle stretching and exercises to improve balance, posture and strength with mind, body connection for a sense of overall well-being.

Elvis' Birthday Party, 1:30-3:00pm. **Wednesday, January 8** | Room 310 | Bring Elvis memorabilia to share. We will serve Elvis' favorites: Peanut Butter and Nanner, Chips, and Pepsi.1st, 2nd, and 3rd place prices will be given for the Best Elvis Costume Contest.

Quilters! Stop By Today & Warm Up Your Winter Projects!

Join Us For
Local Quilt Shop Day!
Saturday, Jan. 25

- Classes
- Quilting Kits
- And Much, Much More!

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www.berninainstitches.com

Special Events

Beginner French (8-weeks), 9:00am – 10:00am. **Wednesdays, January 8 – February 26, 2020** | Room 230 | $56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Advanced French I (8-weeks), 10:00am – 11:00am. **Wednesdays, January 8 – February 26, 2020** | Room 230 | $56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Advanced French II (8-weeks), 11:00am – 12:00pm. **Wednesdays, January 8 – February 26, 2020** | Room 230 | $56 cash per person paid at sign up. Ghyslaine is going to bring France to you! Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

Flower Arranging Class, 10:30am – 11:30am. **Thursday, January 9** | Multipurpose Room | Instructor: Susan Valentine. $10 cash paid at sign up. Please bring flower and ribbon scissors and green bowl.

Beginner Ballroom, 5:30 pm. **Tuesday, January 14 – February 18** | Room 302| Instructor: Emily Matney. Cost: $40, paid at sign up. Please sign up by: Jan 7.

Manicures, 11:30am – 1:30pm. **Tuesday, January 14** | Multipurpose Room | Cost: $2 paid to manicurist. DB Cosmetology Students will be holding appointments! We can have 6 people per appointment. Appointment times are 11:30am, 12:30pm, and 1:30pm.

Soup Swap Day, 1-2:30pm. **Thursday, January 16** | Card Room | Bring your favorite soup to share with recipe.

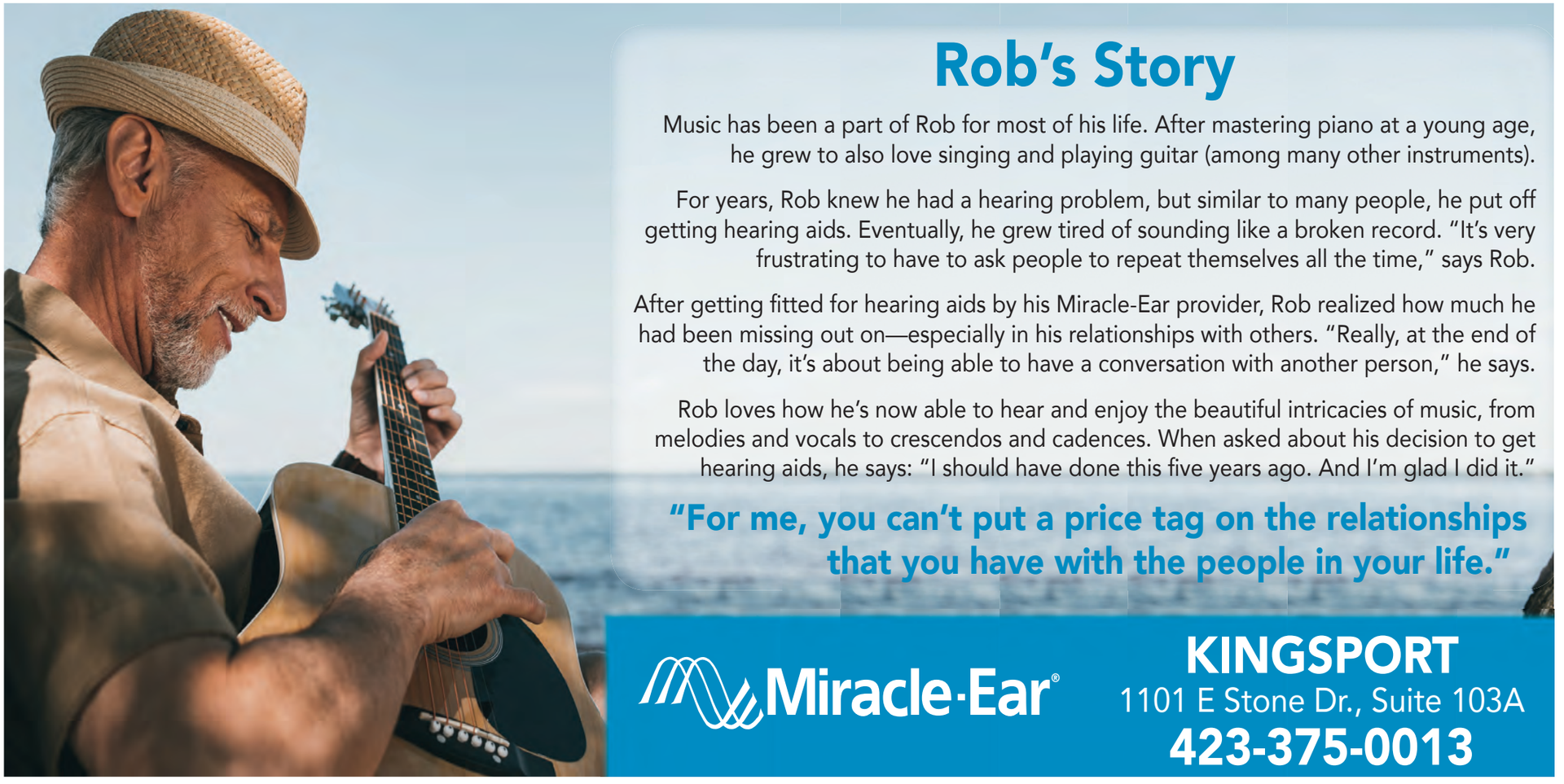
Beginning Sewing, 5:30pm – 7:00pm. **Tuesday & Thursdays, January 21 – March 12** | Room 303 | Taught by Jennifer Rasnake. Bring your machine and thread. You will learn the basics and at the end of the class you will make an item. Max of 10 students allowed.

Bob Ross Style Painting, 10:00am – 2:00pm. **Wednesday, January 21** | Room 303 | Fee: $50 paid to instructor day of class. Supplies are covered in the fee. Please bring your lunch.

Make Your Own Centerpiece, 1:00pm – 2:30pm. **Thursday, January 23** | Cafeteria | Bring supplies. Sandra will help you create your own centerpiece with the supplies you buy. You will need: 2 rolls of burlap or mesh (or your choice), pipe cleaner to match the color of mesh you choose, ribbon (whatever color you want), and a 14 inch wire wreath. You will also need to purchase whatever item you choose to put in the middle of the centerpiece. (See photos for more detail) 16 person max.

Reverse Tie-Dye Class, 1:00pm – 2:30pm. **Thursday, January 30** | Multipurpose Room | Fee: $3 and bring supplies: Dark color T-Shirt (has to be 100% cotton), Spray bottle, and a piece of card board. This class allows for 12 students only.

Dance & Dine this Valentine's, 6:00pm – 9:00pm. **Friday, February 14** | Gym | Cost: $12 per person. North Fork Catering will be catering this lovely dinner. Deadline to sign up is 2/3/20.



Wellness

To sign up for an event, stop by the Front Office or call (423) 392-8400.

Blood Pressure Checks: Jessica Maskew, MC with Asbury Place Kingsport will be at the Center on **Thursday, Jan 2** for blood pressure checks from 10am - 12noon and *every 1st Thursday of the month*, in the Hallway by the Office.

Woodshop Safety Orientation: 9am. **Monday, Jan 6 |** Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call (423) 392-8407 to sign-up. **NOTE:** We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all wood workers please come and help.

Support Group "Restless Legs Syndrome": 12:30pm**. Tuesday, Jan 7 |** *Every other 2nd Tuesday of the month* | Card Room | A guide to understanding RLS disease and ailments associated with it that's interrupting your sleep. Sign up in the Office or by calling (423) 392-8400.

Wellness Seminar "Osteoarthritis": 10:30am**. Tuesday, Jan 14 |** Card Room | Dr. Josiah Becker, ETSU Family Physicians will discuss various options available for the treatment of OA, with special attention given to benefits of strength training. Sign-ups start on Wed, Dec 18 in the Office or by calling (423) 392-8400.

Wellness Seminar "Knowing the Signs-Being a Smart Healthcare Neighbor": 10:30am**. Thursday, Jan 23 |** Card Room | Dr. Holly Berndt, Holston Medical Group will discuss how to identify the signs of when someone may be experiencing diabetic shock, stroke and other outcomes caused by chronic conditions. Sign up in the Office or by calling 423-392-8400.

Wellness Seminar "Memory and Brain Health": 2pm – 4pm**. Thursday, Jan. 23 |** Tracey Kendall Wilson, Regional Director with Alzheimer's Tennessee will discuss "What's new in Alzheimer's Research". There's lots of information that exists and at times seems contradictory and confusing. Join us to learn about new insights and debunk some myths that we have heard for years. We meet *every 4th Thursday of the month* in the Multipurpose Room. Memory Screenings will be available. Sign up in the Office or call 423-392-8400.

Wellness Seminar "How to Age at Home Safely": 10:30am**. Tuesday, Jan 28 |** Card Room | Deborah Glaze, CNA will discuss home safety for the aging population. Inside, outside, and personal safety will be discussed. We will present ideas on how to age in the home of your choice, safely for as long as possible. Sign up in the Office or by calling (423) 392-8400.

Wellness Seminar "TN Yellow Dot Program": 10:30am. **Tuesday, Feb 11** | Card Room | Edie Cannon with Brookdale Colonial Heights to discuss the TN Yellow Dot Program. Yellow Dot is designed to supply first responders with an individual's medical information in the event of an emergency. The information can mean the difference between life and death in the "Golden Hour" immediate following a serious accident. Sign-ups start on Wed, Jan 15 or by calling (423) 392-8400.

Wellness Seminar "Exercise for Health and Exercise Prescription": 10:30am. **Tuesday, Feb 18** | Dr. Tyler Schmitz, ETSU Family Physicians will discuss the impact of physical deconditioning, basics of cardiovascular and strength training exercises, and how to get started with an exercise prescription. Sign-ups start on Fri, Jan 17 in the Office or by calling (423) 392-8400.

Wellness Seminar "Be Well BINGO": 10:30am. **Tuesday, Feb 25** | Card Room | Chastyn Webster with Sullivan County Regional Health Department will doing Be Well BINGO. This bingo will provide activity's using healthy nutrition examples as tiles in lieu of numbers and letters. Winners of the different bingo rounds will select a prize that will be displayed. After bingo there will be a short exercise / movement workshop for participants that will encompass varying abilities. Sign-ups start on Wednesday, Jan 29 or by calling (423) 392-8400.

Hiking Club: 9am. **Wednesday, Jan 22** | Turtle Ridge Trail, Johnson City, TN | Cost is $8.00 for transportation. Turtle Ridge Trail is a 0.9 mile lightly trafficked loop trail located near Johnson City, Tennessee that features a river and is good for all skill levels. **NOTE:** Elevation Gain: 177 feet, Route type: Loop. The trail is primarily used for walking, trail running, and nature trips and is accessible year-round. Be sure to wear your hiking boots and bring your walking stick, something to drink and dress according to the weather. Lunch will be on your own at Dairy Queen. Sign up in the Office.

Basic Woodworking Class: 9am - 2pm. **Thursday & Friday, Jan 23 - Feb 14** | Wood Shop | Johnny Chandler and Johnny Clark will be teaching a 4 week Basic Woodworking Class. Cost is $125, which covers all your materials; with $62.50 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 all the equipment the correct way. You will make a Butcher Block and a Foot Stool. Sign up in the Office or by calling (423) 392-8400. Class is limited to 8 people with a minimum of 5 to sign up for class to be held, deadline to sign-up is Tue, Jan 21.

Hiking Club: We will at 9:15am. **Wednesday, Feb 19** | Warriors Path State Park | Cost is $5 for transportation. Sinking Waters Trail is a 2 mile lightly trafficked loop trail at Warriors Park that features a river and is good for all skill levels. Three loops comprise of this trail narrated by signs in the trail telling of the first settling family in the area. The boardwalk at the bottom of the trail circles a series of small sink hold where the water trickles into (perhaps more so in the rainy season). **NOTE:** Elevation Gain: 354 feet Route Type: Loop. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park. Sign-ups will start on Fri, Jan 24 in the Office. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at 423-392-8407.

Wellness

Hiking Club: We will depart at 9am. **Wednesday, Mar 18** | Laurel Run, Church Hill, TN | Cost is $8 for transportation. Laurel Run Trail is a 4.3 mile moderately hiking trail located near Church Hill, Tennessee that features a waterfall. **NOTE:** Elevation Gain - 620 feet. While grades vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park. Sign-ups will start on Wed, Feb 19 in the Office. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at (423) 392-8407.

Table Tennis Tournament: 1pm. **Wednesday, Feb 26** | Gym | This tournament will be doubles playing the best three games, with double elimination. We need a minimum of 12 players to sign up for tournament to be held. Cost is **Free.** Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Melanie Bowman, Community Relations Manager with Dominion Senior Living. Sign-ups start on Wed, Jan 29 in the Office or by calling (423) 392-8400, with a deadline to sign-up by close of business on Mon, Feb 24.

Corn Hole Tournament, 1pm. **Wednesday, Mar 11** | Gym | This tournament will be doubles playing the best three games, with double elimination. We will need at least 12 to sign up for tournament to be played. Cost is **Free**. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Heather Cash, Community Relations Manager with Everlan by Dominion. Sign-ups start on Wed, Feb 12 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Mon, Mar 8.

Billiards Tournament: 9:30am. **Wednesday, Apr 22** | Billiards Room | This will be an 8-ball tournament singles play best of three games with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jill M. Rust, Sales & Marketing Manager with Brookdale Rock Springs. **NOTE**: We will play on all **four tables** in billiards room. Sign-ups start on Wed, Mar 25 in the Office or by calling (423) 392-8400, with a deadline to sign up by close of business on Mon, Apr 20.

Shuffleboard Tournament: 9am. **Wednesday, May 27** | 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**. We need at least 12 to sign up for tournament to be played. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Melissa Ingle, Sales Manager with Brookdale Kingsport. Sign-ups start on Wed, Apr 22 in the Office or by calling (423) 392-8400, with a deadline to sign up by close of business on Tue, May 26.

TIME TO TAKE STALK: Vegetables are well known for their cancer-fighting potential. Now British researchers have discovered that eating broccoli could shield you from the wrath of diabetes. In a test-tube study, the scientists found that sulforaphane, a chemical derived from cruciferous vegetables, switches on genes that produce enzymes that protect your blood vessels from the damage linked to high levels of blood glucose. The compound also appears to increase levels of disease-fighting antioxidants, which do battle with the free radicals created by raging blood sugar.

STEALTH HEALTH FOOD – GINGER: This fresh, sweet-tasting root is used primarily in Asian cooking.

• **Why it's Healthy** – Beyond its role in aiding digestion, ginger may also have cancer-fighting capabilities. That's because it contains 6-gingerol, a nutrient that's been shown to stop the growth of colon-cancer cells, according to researchers at the University of Tennessee.

• **How to Eat it** – Grate 1 tablespoon of peeled fresh ginger (discard the skin), and heat it with 1 tablespoon of peanut or canola oil, a chopped garlic clove, and half of a small white onion as the base for your next stir-fry.

INSTANT POT & AIR FRYER COOKING SCHOOL

Learn How to Make Them Invaluable Cooking Tools in Your Kitchen!

Meadowview Convention Center
Cumberland Amphitheater – Kingsport, TN
January 20th at 7PM
January 21st at 2PM and 7PM

Double Tree Hotel
Johnson City, TN
January 27th at 7PM
January 28th at 2PM and 7PM

TICKET ARE $25 EACH

Presented By:

ZEN OF SLOW COOKING

All Tickets Include:
The Instant Pot Bible
(a $19.99 Value!)

The Perfect Companion Gift This Christmas!

TimesNews Johnson City Press

For Tickets Visit
CONTESTS.TIMESNEWS.NET
or mail in this form with your check.

Please check your date and location preference.

- ☐ Kingsport- Jan 20 at 7PM
- ☐ Kingsport - Jan 21 at 2PM
- ☐ Kingsport - Jan 21 at 7PM
- ☐ Johnson City - Jan 27 at 7PM
- ☐ Johnson City - Jan 28 at 2PM
- ☐ Johnson City - Jan 28 at 7PM

Name _____

Email _____

Phone _____

Please mail your check and this form to:
Johnson City Press – Attn: Instant Pot School
204 W Main Street
Johnson City, TN 37604

Senior Services

If no sign up date is listed, then you are able to SIGN UP NOW. Sign up in the Front Office or by calling (423)392-8400.

Credit & Money Management Workshop, 11:00am – 1:30pm. **Thursday, January 9, 2020** | Computer Lab | Free. Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a 2 hour workshop and lunch will be provided to participants. This is a free workshop and is limited to 25 participants. Come by or call the Front Office to sign up.

What is REAL ID? 10:30 – 11:30am. **Thursday, January 23** | Computer Lab | Free. Lieutenant Rick Garrison with the Tennessee Highway Patrol, Fall Branch District/Special Programs, will be at the KSC to discuss and answer any questions regarding the REAL ID driver license requirements that will go into effect October 1, 2020. Call (423) 392-8400 to sign up.

Ask a Library Geek, 10:00am – 12:00pm. **January 29, February 19, & March 25** | Computer Lab | Would you like to get setup to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule you one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423) 392-8400. Sign up begins 1/8/20.

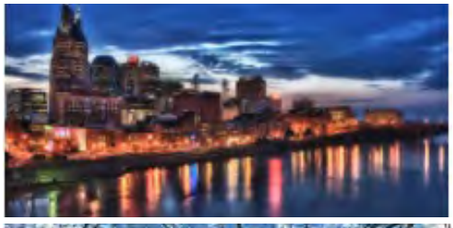
"Share the Love" to benefit Isaiah117 House, February 3 – April 3 | Front Office | Beginning in Feb. and ending in April, come by the Kingsport Senior Center and help support the Isaiah117 House/Sullivan County Expansion by choosing a Heart from our "Share the Love" tree. Each Heart represents on child who is awaiting placement in the Foster Care system in Sullivan County. On the heart, items are listed that can be purchased to benefit these children, such as clothes, underwear, pj's, shoes, diapers, etc. There will also be hearts for the purchase of gift cards for overall needs of the house. After purchasing the items, please return them to the KSC with the heart, to be kept until the House officially opens in the Spring.

Free Tax Preparations by AARP, 9:00am – 1:00pm. **Every Thursday February 6 – April 9** | Computer Lab | AARP representatives will be at the KSC to provide FREE tax preparations for Seniors. There will be 4 available appointments each hour starting at 9:00am until 1:00pm. Members will need to call the Front Office at (423) 392-8400 to sign-up or stop by the Front Office to make an appointment. Members must pick up a form in the Front Office and have it filled out before their tax appointment, and everyone must bring a photo ID, Social Security Card, and last years tax information. If anyone has any tax related questions and need information they can contact AARP by sending an email to taxaide@charter.net and they will answer your questions. Sign up begins 1/13/20.

Estate Planning Clinic – Professional Assistance with creating Wills & Power of Attorneys, 2:30pm – 4:30pm. **Wednesday, February 26** | Computer Lab | Free. Christy Harris with Legal Aid of East TN will be here with a team of Attorneys and Paralegals that will assist members with simple Last Will and Testaments, Durable Power of Attorneys, and Advanced Healthcare Plans. Call the Front Office at (423) 392-8400 to sign up. Limited to 20 people and each person will need to fill out a form the day of the event and will be assisted in order of completion of the form. Volunteers will be helping to assist with filling out the forms. Sign up begins 2/3/20.

Extended Travel Trips

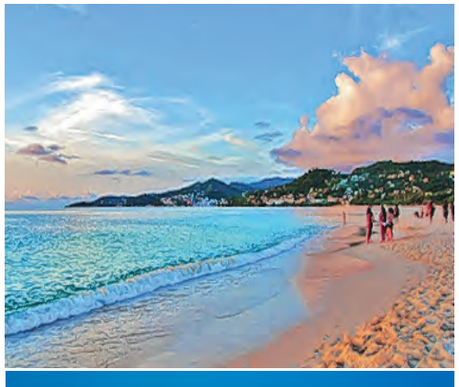
Signups for these trips have already begun. Call 423-392-8400 For More Information. Check out our website or stop by the office to see the official PML Trip Flyer.
Insurance is due at sign up.



The Kingsport Senior Center Presents a 4 Days & 3 Nights Trip to Nashville, TN

Dates: September 13 – 16, 2020

Double Occupancy/person = $699
Single Occupancy/person = $879
$300 due at sign up. Final payment is due 6/3/2020
A few of the benefits included in your trip:
Dinner Show at the Nashville Nightlife Theater
3 Evening Receptions at your Hotel including Hot Food & Spirits
Guided Tour of Nashville
Evening at the Grand Ole Opry
Explore Downtown
Explore Opryland Resort
Shopping at Opry Mills Mall



The Kingsport Senior Center Presents the Ultimate Caribbean Cruise with the Panama Canal aboard Royal Caribbean's "Serenade of the Seas"

Dates: January 19 -31, 2020

Double Occupancy: $2,624/person
Inside Cabin
$2,824/person Outside Cabin
$3,424/person Balcony Cabin
$550 deposit due at sign up; Final Payment due by Sept. 1
A few of the benefits included in your trip:
Broadway-style shows
Casino Royale
Venture into the Canal Zone
Puerto Limon, Costa Rica
Colon, Panama
Cartagena, Colombia
Oranjestad, Aruba
Willemstad, Curacao
Sign up soon for space availability.

The Kingsport Senior Center Presents a 4 Day & 3 Night Trip to Myrtle Beach, SC

Dates: May 4 – 7, 2020

Double Occupancy/person = $629
Single Occupancy/person = $789
Deposit of $200 due at sign up and final payment due 2/21/2020.
A few of the benefits included in your trip:
Carolina Opry
Motor City Musical: A Tribute to Motown
"ONE!" The Show at The Alabama Theater
Alabama Theater Backstage Tour
Explore Broadway at the Beach
Enjoy Myrtle Beach's Sandy Beach or Relax by the Pool

The Kingsport Senior Center Presents a 9 Days & 8 Nights Trip to Paris & the Heart of Normandy River Cruise

Dates: November 4 – 12, 2020

Call 423-392-8400 for Pricing and more information.
$500 deposit due at sign up ($100 of this deposit is non-refundable); Sign up soon for space availability.
A few of the benefits included in your trip:
Tour of Paris
Visit to the Village of Auvers-sur-Oise
Local Guide Tour of Vernon
Walking Tour through the center of Old Town
Full-Day Tour of the historic beaches of Normandy
(Alternatively, you may take a tour of Bayeaux)
Morning Cruise to Les Andelys.
Visit Chateau de Malmaison and Tuileries
And SO MUCH MORE!

The Kingsport Senior Center Presents a 5 Day & 4 Nights Trip to New York City at Christmas Time

Dates: December 6 – 10, 2020

Double Occupancy/ person = $1024
Single Occupancy/person = $1244
$300 deposit due at sign up; Final Payment due 8/26/2020
Trip Insurance Pricing = $119 for Double/Triple/Single Occupancy
Payment for insurance has to be paid at sign up and must be a separate payment in check or card. Checks are to be made out to PML Travel and Tours.
A few of the benefits included in your trip:
Orchestra Seating for the Radio City Music Hall Christmas Spectacular
New York City Guide Service
Local Guide Tour of Vernon
Visit to the Rockefeller Center featuring the Christmas Tree
"A Slice of Brooklyn Pizza Tour"
Orchestra Seating for a Fabulous Broadway Show
'Top of the Rock' for the Best View of the City
Time to Explore & Shop
A Visit to Chinatown and Little Italy
And SO MUCH MORE!

Day Trips

If no sign up date is listed, then you are able to SIGN UP NOW in the Front Office.

OTLB – Davy Crockett Restaurant, 9:45am – 3:00pm. **Friday, January 10, 2020** | Morristown, TN | $8 and lunch on your own. After lunch we will be making a stop at Yoder's Market in Bulls Gap for goodies. Sign up begins 11/27/19.

NEW

OTLB – Burger Bar and Shopping in Downtown Bristol, VA, 10:00am – 4:00pm. **Friday, February 7** | Bristol, Va. | Cost: $8 and lunch on their own. You will also have an opportunity to go to the nearby Blackbird Bakery to get some last minute shopping gifts or goodies.

Menu for January

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED NEW YEARS HOLIDAY	2 Spaghetti w/meat sauce Italian Mix Vegetables Applesauce Graham Crackers Texas Toast	3 Beans &Ham Soup Brussel Sprouts Peach Crisp Cornbread
6 Oven Fried Chicken Breast Macaroni & Cheese Mix Vegetables Pineapple Tidbits WW Roll	7 Meatballs w/gravy Steamed Rice Okra & Tomatoes Applesauce WW Roll	8 Egg Patty Sausage Grits Orange Juice Biscuit w/gravy	9 Soup Beans Oven Browned Potatoes Turnip Greens Fruit Cocktail Cornbread	10
13 Beef Goulash Green Peas Buttered Corn Oatmeal Creme Cookie WW Bread	14 Chili Dog w/mustard & onions Potato Wedges Baked Beans Coleslaw WW Bun	15 Chicken, Broccoli & Rice Casserole Steamed Carrots Baked Apples WW Roll	16 Polish Sausage w/ cabbage Whole Boiled Potatoes Stewed Tomatoes Fruited Yogurt Cornbread	17 Chopped Steak w/ gravy Scalloped Potatoes Green Beans Tropical Fruit WW Bun
20 CLOSED MLK BIRTHDAY HOLIDAY	21 Meatloaf Mashed Potatoes Green Peas Chocolate Pudding WW Bread	22 Chicken & Dumplings Glazed Carrots Sweet Corn Fudge Cookie Biscuit	23 Beef Vegetable Soup Steamed Rice Baked Apples Cornbread	24 BBQ Pork Riblet Au Gratin Potatoes Baked Beans Tropical Fruit WW Bun
27 Breaded Chicken Tenders Rice Pilaf Broccoli Mandarin Oranges WW Bread	28 Breaded Pork Chop Macaroni & Cheese Peas & Carrots Oatmeal Cookie WW Roll	29 Chicken Parmesan Pasta w/marinara sauce Italian Mix Vegetables Applesauce Texas Toast	30 Potato Soup w/ham & cheese Brussel Sprouts Peaches Fruited Yogurt Cornbread	31 Sloppy Joe Potato Wedges Green Beans Vanilla Pudding WW Bun

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE ½ CUP OR 1 PORTION UNLESS INDICATED OTHERWISE / ALL ENTREES ARE 3 OZ. / MENU MAY CHANGE DUE TO SNOW SCHEDUELE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS.

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. ($2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

BUY YOUR TICKETS NOW FOR

Dance & Dine

THIS VALENTINES!

Friday, February 14 | Gym | 6-9pm
$12 per person
Dinner will be catered by
North Fork Catering

Deadline to signup will be Feb. 3, 2020

TN LADY VOLS BASKETBALL

Live Pink, Bleed Orange

LADY VOLS VS. VANDERBILT

SUNDAY, FEB. 23

THIS GAME WE WILL BE SEATING IN SECTION 122.
COST IS $48 WHICH INCLUDES YOUR GAME TICKET AND TRANSPORTATION. GAME TIME IS 12 NOON AND WE WILL BE ABLE TO GET IN AT 11AM.
WE HAVE 46 TICKETS AVAILABLE AND A (2) TICKET LIMIT PER PERSON. WE WILL BE STOPPING TO EAT AFTER THE GAME AT AUBREY'S, WITH DINNER ON YOUR OWN.
IF YOU HAVE ANY QUESTION CONTACT KEVIN AT 423-392-8407

SIGN-UPS WILL START 1/9/20 IN THE OFFICE.

Happy New Year!

2020

From All of us at the Kingsport Senior Center!!!

Classes

& Daily Activities

Monday

Lap Swimming: 8:00am - 11:00am (Aquatics Center) (First come first serve)

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.

Basic Tai-Chi: 9:00am (Room 302) (Jan 6- March 9) - 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. This class is designed for individuals taking Tai-Chi for the first time.

Brain Games: 1:00 – 3:00pm (Computer Lab) We will play a variety of trivia games each Monday! ***NEW***

Open Woodshop: 8:00am - 3:00pm (Woodshop)

Quilting: 9:00am (Room 303)

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.

Happy Day Singers: 9:45am (location varies) This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Mondays.

Beginning Clay: 10:00am (Clay Room) (Jan 6- March 9): Hand building. This is for our beginners.

Strength Training: 10:15am (Gym)

Beginning Line Dance: 11:30am (Gym) (Jan 6- March 9)

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | Come play checkers and chess! If you don't know how to play, we will teach you! Cards can still be played during this time too.

Intermediate Line Dance: 12:45pm (Gym) (Jan 6- March 9)

Knitting: 1:00pm (Room 303) This class is open to individuals of all expert levels.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

***Massage Appointments*: (Massage Room)** Marcy Aichel is a licensed LMT and will be doing 30 minute massages for $25 paid to Marcy day of appointment. To make appointment call Marcy at (423) 341-5562.

Tuesday

Lap Swimming: 8:00am (Aquatics Center)

Open Woodshop: 8:00am -3:00pm (Woodshop)

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Ceramics: 9:00am (Ceramics Room) (Jan 7 - March 10) In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00am (Room 303) (Jan 7 - March 10) This class is open to individuals of all expert levels.

Strength Training: 9:30am (Gym)

Renaissance Strings: 10:00am (Atrium) (Jan 7 - March 10) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Sing Along: 10:15am (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.

Exercise for Everyone: 10:30am (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) (Jan 7 - March 10) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a $10.00 cost. It's fun to play with a group of dulcimers!

Advanced Pickleball: 11:30am (Gym)

Clay 101: 12:30pm (Clay room) (Jan 7 - March 10) This is a six weeks beginner course and then a six weeks intermediate course.

Bowling: 12:30pm at Warpath Lanes

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Open Pickleball: 1:45pm (Gym)

Basketball: 4:00pm (Gym) - Played alone or in groups.

Rook: 4:00pm (Card Room) Please bring a snack to share with others.

Karaoke: 4:00pm (Cafeteria) - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share.

Wednesday

Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) - You'll have a chair for seated exercises and standing support.

Open Woodshop: 8:00am - 3:00pm (Woodshop)

Tai-Chi: 9:00am (Room 302)

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.

Intermediate Clay: 10:00am (Clay Room) (Jan 8 - March 11) In this class you will hand-build and use the pottery wheel.

Strength Training: 10:15am (Gym)

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 Wednesdays.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

Daily Activities & Classes

Thursday

Lap Swimming: 8:00am (Aquatics Center)

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Bingo: 9:00am (Cafeteria)

Ceramics: 9:00am- (Ceramics Room) (Jan 9 - March 12) - In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Woodcarving: 9:00am (Room 303) - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

Strength Training: 9:30am (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: 10:30am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Intermediate Dulcimer: 11:00am (Atrium) (Jan 9 - March 12) This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Jam Session: 12:30pm – 2:00pm (Cafeteria) Every other Thursday beginning Jan. 16. Jerry Cole will host a Jam session every other Thursday. Come listen and dance to some great music.

Volleyball: 1:00pm (Gym)

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 4:00pm (Gym)

Advanced Round Dance (Cued Ballroom Dancing) Phases IV-VI, 4:00-6:00pm. **Thursdays** in Room 302. Free. Max of 6 students. Do not need a partner. Sign up now. If you don't have experience but are interested in learning more, the instructors can direct you to classes for beginning and intermediate round dance.

Spades: 5:00pm (Card Room) Played in partners or solos. The object is to take at least the number of tricks that were bid before play of the hand began.

Friday

Lap Swimming: 8:00am (Aquatics Center) (First come first serve)
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.

Tai Chi- 9:00am (Room 302) (Jan 10 - March 13)

Genealogy Club: 9:00am (Computer Lab) Join us for class and our instructors will help you discover the history of your ancestors.

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.

Movement Health Qigong - Liu Zi Jue – Yi Jin Jing "Five Change": 10:00am (Room 302) (Jan 10 - March 13) - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

Strength Training: 10:15am (Gym)

Advanced Pickleball: 11:30am (Gym)

Bridge Group: 1:00pm (Atrium) This is an intermediate level Bridge group. If interested please contact the front office.

Mahjong: 1:00pm (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

Open Pickleball: 1:45pm (Gym)

Cornhole: 4:00pm (Gym)

Saturday

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

Table Tennis: 10:30am (Gym)

S.M.I.L.E.

S.M.I.L.E. Volunteers will be meeting **Wednesday, January 15,** at 2:00pm in the cafeteria. S.M.I.L.E. stands for Seniors Making Individual Lives Exciting. Meetings include discussion of upcoming volunteer opportunities. If you are interested in becoming a volunteer, please come by the Senior Center office.

The SMILE program is open to all of our senior members that volunteer. The meeting invitation includes volunteers in all areas of the Center including, the Happy Day singers, wood shop volunteers, volunteer instructors, welcome desk greeters, and event volunteers, etc. At each volunteer meeting we discuss upcoming events, volunteer needs within the center and the community, and we also have a guest speaker at each meeting. Occasional food and drinks will be served as well. Please come join the group if you volunteer at the Center!

Christmas Memories are Precious

THE BLAKE AT KINGSPORT IS HELPING PRESERVE AND PROTECT MEMORIES WITH CUTTING-EDGE TECHNIQUES.

Our ***"It's Never Too Late"*** memory care program focuses on the resident's social, spiritual, cognitive, physical and emotional well-being through the integration of technology.

We want to wish you all a happy and healthy holiday season, and we invite you to call us at (423) 246-1100 to learn how we can enrich the life of your loved one!

THE BLAKE AT KINGSPORT

It's Never 2 Late
dignity through technology

Spirited Tennessee Living | 915 HOLSTON HILLS DRIVE | KINGSPORT, TENNESSEE 37664 | WWW.BLAKEATKINGSPORT.COM

Kingsport Senior Artisan Center

Like us on Facebook!

Kingsport Senior Artisan Center

Shop with us Online:
Go to our website (www.kptseniors.gov)
Mouse over Branch Sites and Click Artisan Center
Click the "Shop the Artisan Center" button

JANUARY ARTISAN OF THE MONTH

BETTY SMITH

MEDIUM: FABRIC

I AM A BLOUNTVILLE NATIVE. I HEARD ABOUT THE ARTISAN GALLERY THROUGH THE WEBSITE.I HAVE BEEN WORKING IN FABRIC FOR 40 YEARS. NATURE AND ALL THE BEAUTIFUL COLORS I SEE EVERYWHERE IS WHAT INSPIRES MY CREATIVITY.

The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography. The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

Monthly Artist Breakfast: 10:00am on the 2nd Tuesday of the Month in the Artisan Center Gallery. Gallery artists and potential artists/craftspeople are invited to attend.

Location: in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing!

Hours: Monday-Friday from 8:00am - 2:30pm
Like us on Facebook!
Kingsport Senior Artisan Center
257 Walker Street
Kingsport, TN 37665
423.765.9047
michelletolbert@kingsporttn.gov

It doesn't just feel like it. It is *home.*

Here you become family. Even though it's a different place, it still has the comforts of home with people who care about you. And we'll be right here for you with a helping hand.

Brookdale Rock Springs
Assisted Living
640 Rock Springs Road
Kingsport, Tennessee 37664

For more information, call **(423) 212-5005** or visit **brookdale.com**.

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Bringing **New Life** to Senior Living®

BROOKDALE SENIOR LIVING

Branch Sites *Classes*

Lynn View Community Center
257 Walker St., Kingsport, TN 37665
765-9047
New Hours:
M-F, 8:00am – 2:30pm

Silver Sneakers Classic, 10 a.m. Mondays, Wednesdays and Fridays 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, 8:30-9:30 a.m. Tuesday and Thursday in the cafeteria.

Core conditioning, 9 a.m. Mondays, Wednesdays and Fridays 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 Yoga, 11 a.m. Mondays, Wednesdays and Fridays in the cafeteria. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. No sign up required.

Corn Hole, 9 a.m. – 2 p.m. Weekdays. Boards are available in the office at Lynn View to play Monday – Friday. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

Scrabble Day, 11am. Thursdays. Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

Drawing on the Art Experience, 10 a.m. – noon. Tues, Jan 7 – Mar 24 in the cafeteria. The students will be working individually in oil, acrylic or watercolor. There will be a critique session in the beginning of class and a short teaching session. Must have drawing skills and provide your own supplies. Class is limited to 15 participants, must sign up before class. Sign up began Dec 11. Please sign up by Jan 3.

"**Remembering When" Fall and Fire Safety,** 12:30 p.m. Tues, Jan 7. This is the first in a series of classes that will be presented by the Kingsport Fire Department. Please sign up by Jan 3.

Beginning Crochet, 11:00 –Noon, Fri, Jan 10 – Feb 14. Participants will use basic stitches and learn how to make a scarf and dish cloth. Cost: $20.00 paid to instructor. Call Lynn View and sign up by Jan 3. Class is limited to 4 participants.

Intermediate Crochet, 12:30 – 1:30 a.m., Fri, Jan 10 – Feb 14. Cost is $20.00 paid to instructor. Class is limited to 4 participants. Please call Lynn View and be signed up by Jan 3.

Advanced Beginner Crochet, 9:30 – 10:30 a.m., Fri, Jan 10 – Feb 14. Cost: $ 20.00 paid to instructor. Please call Lynn View and be signed up by Jan 3. Class is limited to 4 participants.

Jewelry Classes, Fridays- Jan 10, 17, & 24. 11am-1pm, Minimum 2 people, Max 6 people, Cost: $60.This is a 3-part series where we will be making 3 different items. **Copper Bracelets:** Learn to texturize copper wire with different materials, making it flat and fit your wrist nicely. We will then rivet the bracelets to complete the loop. Each student will make 2 bracelets. **Dangling Tapered Bead Pendant:** we will learn how to attach beads to headpins to make them attachable to a chain. This creates a sweet little "bunch" of beads that taper in size for an interesting necklace. Each student will complete 1 pendant with necklace. **Dangling Tapered Bead Earrings:** continuing from the pendant class, we will make earrings the same way as the pendant, but having the challenge of making the 2 components match evenly. Each student will complete 1 pair of earrings. *All tools, metal and beads will be provided for the class. However, students should bring gloves, safety glasses and wear clothes comfortable to work in. If you have needle nose pliers or nippers of your own those may be brought. Instructor: Aleta Chandler, MetalSmith. Please sign up by Jan 7.

Chalk Silk Screen Painting, 11:30 a.m. Tues, Jan 14. Discover your hidden talent with Chalk Silk Screen Painting. This is a beginner class. The fee will be $15 dollars paid to instructor Theresa Mautner, all supplies provided and you will be taking home your creation. Need 4-6 participants for class to go. Please sign up by Jan 10.

Blood Pressure Checks, Mon, Jan 20, from 10 a.m. – 12 p.m., with volunteer Nancy Greene and on the fourth Wednesday of the month by Crown Cypress. No sign up required, walk-ins welcome!

Dining with Diabetes, Mon, Jan 27 – Feb 17, 12:30 p.m. Cost: Free. This is a 3 week, hands-on learning program designed for people with diabetes or those at risk for diabetes. All family members will benefit from the healthy eating information taught in this program. Participants will learn practical skills for day-to-day- food choices, how to analyze recipes for nutritional content, how to identify and monitor the amounts of carbohydrates, fat, and sodium eaten, how to modify recipes, how to identify "healthy" fats, how to use artificial sweeteners, food safety, the importance of physical activity in managing blood sugar, and more. Sign up by: Jan 13.

Basic Home Repairs, Tues, Jan 21, 12:30 p.m. This class will teach you basic things you can do yourself before you call a repair person. Please sign up by Jan 14.

Butterbean Auction, 12:30 p.m. Wed, Jan 22. 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. Please call Lynn View at 765-9047 and sign up by Jan 15.

Card making, Mon, Jan 27 from 11am to 1pm in the lounge. It's another year and a great time to learn something new! We will be using rubber stamps, ink, paper and a few other tricks to make 4 birthday cards. (We can all replenish our stash at this time of year!) Cost is $10, paid to instructor, and all supplies are included. Sign up by Jan 24.

Tai Chi for Arthritis, 12:30pm, Tues, Jan 28 – Mar 3. This is an evidence-based program that helps to improve balance, flexibility, and strength. It is also a great stress reducer. This class is appropriate for any ability, including those with balance or mobility issues as there is a seated version also. This is a beginner class for anyone wanting to learn tai-chi. Cost is $6 per class, paid to instructor: Rachel Dean, MPH, Family and Consumer Science Agent, TNCEP Sullivan County. Please sign up by Jan 21.

Personal Safety, Wed, Jan 29, 12:30 p.m. Presented by Lt. Steve Hammonds, Executive Director 911 City of Kingsport Police Department. Learn proven police strategies and self-defense techniques, local crime trends, what should you be looking for, local resources and tools that are available to anyone, what are your limits, how could your life style effect your ability to defend yourself. Please sign up by Jan 22.

Cookie Tin Valentine, Friday- Jan 31. 11am-1pm, Minimum 2 people, Max 6 people, Cost: $10. We will cut shapes out of old cookie tins and then nail them to a wooden plate. We can also hammer a phrase into metal that will be attached at the bottom. These make sweet notes that will hang from a wire as a 3-dimensional mini-card. Each student will make 1 Valentine- approx. 2" x 3". Students will need to bring 1 pair of gloves (either gardening or leather gloves). Instructor: Aleta Chandler, MetalSmith. Please sign up by Jan 28. *This class will be offered again on Fri, Feb 7.

Biscuits and Bingo, 10:30 a.m. TH, Feb 13. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 50 participants. Please sign up by Feb 6.

Pickleball is played in the gym at Lynn View on Mon, Wed and Fri from 9:00am – 2:00pm and on Tuesday/Thursday (sponsored by Parks and Rec) 9:00 am – Noon. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. Please sign in on the computer if you are 50 or older.

Branch Sites *Classes*

First Broad Street United Methodist Church

Total Body Workout: Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

Piloxing: Tuesday and Thursday at 9:30am. Piloxing is pilates, boxing, and dancing that give you a great cardio workout.

Core Yoga: Tuesday and Thursday from 11:00 -11:30am. Mat yoga. Includes breath, abdominal and arm strength building.

Yoga: Tuesday and Thursday from 11:30am – 12:00pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation.

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Monday and Wednesday 11:00 a.m. – Noon 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.

George Washington Apartments, Friendship Manor Apartments, Forest Ridge Manor Apartments, Kiwanis Towers Apartments

bi- annual activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Aquatics Center

Monday - Friday, 8:00 a.m. – 11:00 a.m. lap swimming with your Senior Center membership card is free and you will receive a 20% discount on swim classes.

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