

May 2021

# SeniorLiving

## Kingsport Senior Center



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



**Staff:**

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

Director- Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
(423) 392-8403

Branch Coordinator- Michelle Tolbert  
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(423) 392-8404

Branch Assistant- Diane Broyles  
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(423) 765- 9047

Wellness Coordinator- Kevin Lytle  
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(423) 392-8407

Program Coordinator - Lori Calhoun  
loricalhoun@kingsporttn.gov  
(423) 392-8405

Program Leader - Amber Quillen  
amberquillen@kingsporttn.gov  
(423) 392-8402

Program Leader - Beth Freeman  
bethfreeman@kingsporttn.gov  
(423)343-9713

Program Assistant - Cameron Waldon  
cameronwaldon@kingsporttn.gov  
423-392-8406

Secretary - Kelsie Gillum  
kelsiegillum@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, 2020 - June 30, 2021  
\$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 facility 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](http://www.kptseniors.net)

423-392-8400

## 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  
Brenda Eilers  
Kenn Naegele

*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. The meeting is suspended until further notice. It is our hope that this will be a benefit to our seniors, staff, and the council.*

**Subscribe to our new Kingsport Senior Center YouTube Channel!**

[https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view\\_as=subscriber](https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber)



# The Reviews Are In!

## Quality Assisted Living & Memory Care

"We feel so blessed to have you in our lives and appreciate all that is being done by everyone"



- Bonnie Ketron, resident

"It's comforting to know you are there, helping our loved ones."



- David & Susie Kern, family members

Learn about our all-inclusive services, affordable choices, and household-style living.



### SCHEDULE YOUR PERSONAL TOUR!

Call Tammy McKinney, ACLF Administrator/LPN at 423-245-1067 or email [tsmckinney@asbury.org](mailto:tsmckinney@asbury.org)



**1300 Bloomingdale Pike  
Kingsport, TN 37660**



ASBURY PLACE  
Assisted Living at  
STEADMAN HILL

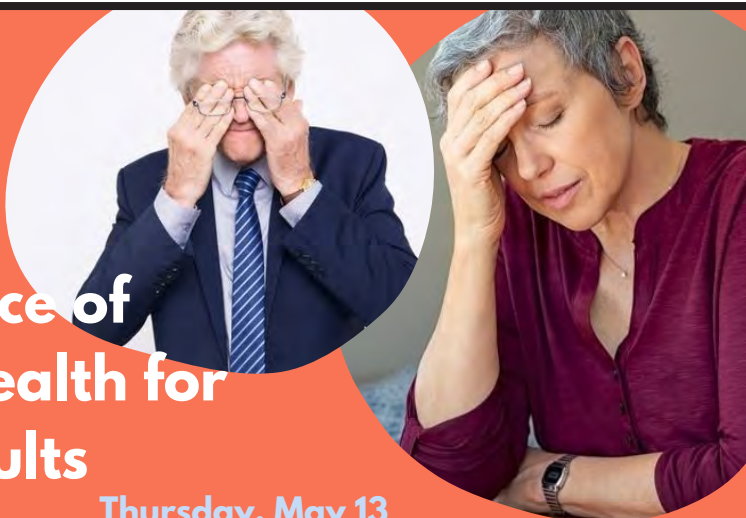
Anticipate More





# SENIOR SERVICES

## Importance of Mental Health for Older Adults



Thursday, May 13  
9:00am  
Room 239

Drew Deakins & Heather Smith with the Upper East TN Human Development Agency will be at the Kingsport Senior Center to discuss the importance of Mental Health in Older Adults, as well as services that may be available to help address these issues.

Sign up in the Front Office or call (423) 392-8400 starting April 26  
Limited to 20 Participants



## INTELLECTUAL WELLNESS / NAME 5

## WELLNESS SEMINAR



Thursday, May 20, 2021  
10:30am Room 239

Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the benefits of Intellectual Wellness as well as conduct an activity that will focus on Intellectual Wellness /Name 5 game.

Sign-ups start on Wed, April 21 in the Office or by calling (423) 392-8400  
There is a limit of 20 seats available.



## PEDESTRIAN SAFETY

WEDNESDAY, JUNE 9, 2021  
9:00AM  
ROOM 239

SIGN UP IN THE OFFICE OR CALL (423) 392-8400  
STARTING MAY 17  
LIMITED TO 20 PARTICIPANTS

Lt. Rick Garrison with the TN Highway Patrol, Fall Branch District/Special Programs, will be at KSC to discuss Pedestrian Safety. Lt. Garrison will discuss issues such as ways to keep yourself safe while walking, looking out for pedestrians while driving, as well as what to do if you inadvertently become a pedestrian, such as if your car breaks down.



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Let US Be  
The Easiest Part of  
Your Day*

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- \* Services Covered Under Medicare and Most Insurances\*
- Call our Kingsport office today \* 800-516-6371
- \*\* Free In-Home Consults\*\*

COVID 19 Prevention-Wear Mask-Wash Hands Frequently-Maintain Social Distancing  
*\*We have always been your "Front-Line Heroes" especially during Covid 19*



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)!!

# Virtual Calendar

**5/1/2021** Celebrate the 20th Anniversary of National Salad Month this May  
<https://www.youtube.com/watch?v=JVSBRLwiF0g>

**5/3/2021** 15 Awesome Ideas for Mother's Day  
<https://www.youtube.com/watch?v=ZPSxiV6FLpQ>

**5/3/2021** Fly Away To The Maldives  
<https://www.youtube.com/watch?v=g-LHZL0pnLw>

**5/3/2021** What is Mental Health?  
<https://youtu.be/G0zJGDokyWQ>

**5/4/2021** Arm Exercises for Seniors  
<https://youtu.be/OyaX-TpBifY>

**5/4/2021** 7 EASY + HEALTHY SALADS FOR EVERY DAY OF THE WEEK  
<https://www.youtube.com/watch?v=e63xQTqVgDQ>

**5/4/2021** Germany Virtual Trip  
[https://www.youtube.com/watch?v=li-\\_BLtq58w](https://www.youtube.com/watch?v=li-_BLtq58w)

**5/4/2021** Best Chicken Marinade Ever  
<https://www.youtube.com/watch?v=ONxfNWU38ic>

**5/5/2021** How to Make the Best Steak Marinade  
<https://www.youtube.com/watch?v=CWkXC1NrCOE>

**5/5/2021** Root Cover Up Products  
<https://www.youtube.com/watch?v=gGvCl0CRTC4>

**5/6/2021** How to Make a Bird House from a Tea Pot  
[https://www.youtube.com/watch?v=6q\\_WYLTHS18](https://www.youtube.com/watch?v=6q_WYLTHS18)

**5/6/2021** How Music Can Keep Your Brain Healthy  
<https://youtu.be/-79Nh6ZlvD4>

**5/6/2021** Mother's Day Celebration at the Farmer's Market

**5/6/2021** Upper Body Exercise for the Elderly  
<https://youtu.be/vufpFWq35M8>

**5/6/2021** Dollar Tree Secret to Organize like a Pro in 2021  
<https://www.youtube.com/watch?v=iFwqDZhsSHA8>

**5/7/2021** How to Get Rid of Dandelions  
[https://www.youtube.com/watch?v=mN\\_ZUpJfjvU](https://www.youtube.com/watch?v=mN_ZUpJfjvU)

**5/8/2021** Salads: Cucumber Tomato Avocado Salad Recipe  
[https://www.youtube.com/watch?v=Spl3QF\\_lauc](https://www.youtube.com/watch?v=Spl3QF_lauc)

**5/10/2021** Mental Health Wellness Tips  
<https://youtu.be/NQcYZpITXnQ>

**5/10/2021** Turkey Virtual Trip  
[https://www.youtube.com/watch?v=5K3Jdux\\_DDg](https://www.youtube.com/watch?v=5K3Jdux_DDg)

**5/10/2021** "Brother Louie" – Dance Fitness with weighted hula hoops  
<https://www.youtube.com/watch?v=3bq1X93FCVY>

**5/10/2021** How to Mulch a Garden Bed  
<https://www.youtube.com/watch?v=VGyZ9YZOr94>

**5/11/2021** Memory Stones (ONLY 3 ingredients!)  
<https://www.youtube.com/watch?v=74VjBr3KbZA>

**5/11/2021** 10 Minute Tone Your Arm Workout for Women Over 50  
<https://youtu.be/8E7civOit64>

**5/11/2021** Positano Virtual Trip

<https://www.youtube.com/watch?v=Khonj4jwBvQ>

**5/11/2021** 15 Natural Ways to Get Rid of Mosquitoes in Your Yard  
<https://www.youtube.com/watch?v=TpchhT5IOEw>

**5/12/2021** 20 Detailing Tips and Tricks  
<https://www.youtube.com/watch?v=TV6IDxuiagc>

**5/12/2021** 93 Year old performs same dance routine 74 years later  
<https://www.youtube.com/watch?v=IbLARik3Eec>

**5/13/2021** Simple Greek Salad  
[https://www.youtube.com/watch?v=mT\\_MvR0-TTE](https://www.youtube.com/watch?v=mT_MvR0-TTE)

**5/13/2021** Tone up Arms, Batwings for Seniors  
[https://youtu.be/z-\\_lgQe9NJs](https://youtu.be/z-_lgQe9NJs)

**5/13/2021** How to Clean and Crisp Edging in a Lawn  
<https://www.youtube.com/watch?v=eqVB9ynVbp0>

**5/14/2021** Enjoying Walking and Hiking with these Apps  
<https://www.youtube.com/watch?v=1BlvPmVaLuo>

**5/15/2021** How to Make EASY DIY Hummingbird Feeder  
<https://www.youtube.com/watch?v=yX8XmH76VgM>

**5/17/2021** WHO: Let's talk about Depression – Focus on Older People  
<https://youtu.be/DXZZcdFXTtY>

**5/17/2021** 10 Best Places To Visit In Brazil  
<https://www.youtube.com/watch?v=q7zdJ-nMrIE>

**5/17/2021** Cookout Side Dishes  
<https://www.youtube.com/watch?v=LOedCpHz0qQ>

**5/17/2021** Classic Homemade Caesar Salad Recipe  
[https://www.youtube.com/watch?v=\\_YcJ2Sfdl3U](https://www.youtube.com/watch?v=_YcJ2Sfdl3U)

**5/18/2021** Needle Felting for beginners  
<https://www.youtube.com/watch?v=PnkVLApVejc>

**5/18/2021** Basic Pressure Washing Tips for Beginners  
[https://www.youtube.com/watch?v=d9uulq\\_mj5U](https://www.youtube.com/watch?v=d9uulq_mj5U)

**5/18/2021** 5 Minute HIIT Arm Workout for Seniors  
<https://youtu.be/dLSY8-cSleU>

**5/18/2021** 10 Best Places To Visit In Mexico  
[https://www.youtube.com/watch?v=\\_gWGwPp09CA](https://www.youtube.com/watch?v=_gWGwPp09CA)

**5/19/2021** 69 People Who Took Their Backyard Fences To Another Level  
<https://www.youtube.com/watch?v=Z51P8hbXAw>

**5/19/2021** 6 Beginner Fishing Mistakes  
<https://www.youtube.com/watch?v=BJnhnJxMwXc>

**5/20/2021** Hand Exercises for Seniors  
[https://youtu.be/Y\\_Ug9C9BMus](https://youtu.be/Y_Ug9C9BMus)

**5/20/2021** Top 10 Picnic Tips  
<https://www.youtube.com/watch?v=DzWI0zZ60v4>

**5/20/2021** Banana Bread for One  
<https://www.youtube.com/watch?v=D1klzue-OO4>

**5/21/2021** Memorial Day Picnic at Allandale Pavilion

**5/21/2021** Mexican Salad - Healthy Salad Recipe  
<https://www.youtube.com/watch?v=eP0-6MYo4cl>

**5/23/2021** How To Make Bath Bombs  
[https://www.youtube.com/watch?v=J\\_YeSGiNUoQ](https://www.youtube.com/watch?v=J_YeSGiNUoQ)

**5/24/2021** Aging Well, Planning Well Mental Wellbeing for Seniors  
<https://youtu.be/DpNf1Q-ifw0>

**5/24/2021** The 5 Most Mysterious Temples  
<https://www.youtube.com/watch?v=KEtspdNjHEw>

**5/25/2021** Punch Needle vs Rug Hooking : What's the Difference?  
<https://www.youtube.com/watch?v=rZmf9dKnCnE>

**5/25/2021** Mediterranean Chickpea Salad  
<https://www.youtube.com/watch?v=PrJH8QFfmtFE>

**5/25/2021** 5 Easy Camping Meals  
[https://www.youtube.com/watch?v=P82\\_avveB0E](https://www.youtube.com/watch?v=P82_avveB0E)

**5/25/2021** Arm Circuit for Senior  
<https://youtu.be/HePmYM-hvaH0>

**5/25/2021** Fiji Islands Virtual Trip  
<https://www.youtube.com/watch?v=TB6n7I52gzc>

**5/26/2021** How to Restore a 30 Year Old Deck  
[https://www.youtube.com/watch?v=8eQhrVbOp\\_4](https://www.youtube.com/watch?v=8eQhrVbOp_4)

**5/27/2021** DIY Lemon Body Butter ONE  
<https://www.youtube.com/watch?v=8IBV2TKz-1g>

**5/27/2021** Best Yard Games  
<https://www.youtube.com/watch?v=m76IEEtGXA8>

**5/27/2021** 6 Tips to Protect Your Mental Health During COVID-19  
<https://youtu.be/45w-kqpWVGk>

**5/27/2021** 15 Minute Workout for Toned, Sculpted Arms  
<https://youtu.be/mHw61smGTdG>

**5/28/2021** Refreshing Summer Drinks to Cool You Down  
<https://www.youtube.com/watch?v=8kU7d-kk8-g>

**5/29/2021** 5 Homemade Salad Dressings  
<https://www.youtube.com/watch?v=A6mxdKtJ0yl>

**5/30/2021** 8 Things You Can Do to Improve Your Mental Health  
<https://youtu.be/3QIfkeA6HBY>

**5/31/2021** How To Make Aloe Vera Soap - For Beginners  
<https://www.youtube.com/watch?v=XexcPGCO6SM>

**5/31/2021** May 31: CLOSED MEMORIAL DAY

## Facebook Classes

**Mon, Wed, Fri, May 2021** – SilverSneakers Classic with Terri Bowling

**Mon, Wed, Fri, May 2021** – Total Body with Terri Bowling

**Mon, Wed, Fri, May 2021** – SilverSneakers Yoga with Terri Bowling

**Tue, Thu, May 2021** – SilverSneakers Boom Fitness with Terri Bowling

**Tue, Thu, May 2021** – Piloxing with Terri Bowling

**Mon, Wed, Fri, May 2021** – High/Low Aerobics with Terri Farthing

**Mon, Wed, Fri, May 2021** – Strength/Stretch with Terri Farthing

**Tues, Thurs, May 2021** - Silver Sneakers Classic with Brenda Byrd

**Tues, Thurs, May 2021** - Silver Sneakers Yoga with Brenda Byrd



**1 & 2 BDRMs Available Now**

**ALL INCLUSIVE Starting at \$1700/MO**

# TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY  
of Johnson City



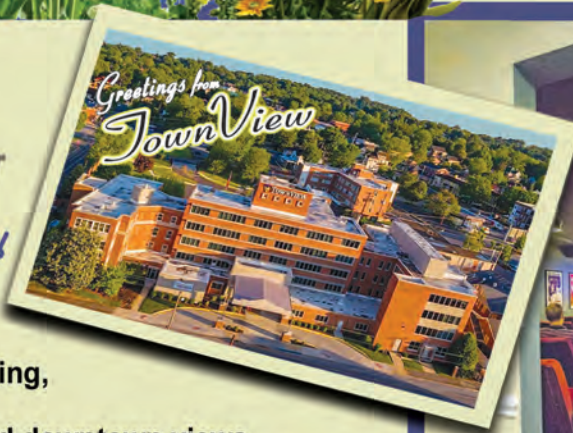
*Spring into a more independent lifestyle  
-where home maintenance and yard work  
are a thing of the past!*



I could not ask for more safety or consideration than the management has offered during 2020. We have been quarantined voluntarily, served our meals at our apartment door, kept informed with a daily news contact, delivered messages and packages, all from a friendly supportive staff, throughout this crazy year. I for one am very glad to have been here at TownView.

~ Carol Y

## 7 Great Reasons to Choose TOWNVIEW of Johnson City



- 1. Convenience!** All included in rent: utilities, cable, transportation to doctor appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with walking paths, raised garden beds, games & picnic area, fire pit and gated parking.
- 5. Exceptional staff!** 24 hours a day concierge; Additional on-site staff includes security, maintenance, housekeeping, activities and dining.
- 6. Location!** Walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Welcome Home!** Don't just live, Thrive at Town View in a warm and inviting home-like atmosphere!



**Call Today to schedule a Private Tour!**

**423-328-9068**

114 West Fairview Ave., Johnson City, TN 37604

thetownview.com



# MOTHER'S DAY PARTY

THURSDAY, MAY 6, 2021  
1:00-3:00PM  
KINGSPORT FARMER'S MARKET

Sign up starts April 5



Join us for a nice lunch and entertainment!



## FATHER'S DAY PICNIC FISH FRY

Thursday, June 17, 2021  
11:30am-2:00pm  
Allandale Pavilion

**\$5.00 FOR MEAL**  
**SIGN UP IN THE FRONT OFFICE**  
**STARTING APRIL 19**

Bring Your Fishing Poles & Worms!



KINGSPORT SENIOR CENTER

## TRUNK SALE

Friday, June 4, 2021  
8:00am-2:00pm  
Front Parking Lot

Come by the Front Office to reserve your spot starting April 26

## PATRIOTIC PICNIC



FRIDAY, MAY 21  
ALLANDALE PAVILION  
11:30AM-1:00PM  
SIGN UP STARTS MARCH 15  
\$5.00 PAYS FOR ENTIRE MEAL



# SMILE MEETING

WE WILL HAVE A VOLUNTEER MEETING  
WEDNESDAY, MAY 12  
2:00PM IN THE CAFETERIA

Contact Beth Freeman for more information about our Volunteer program  
(423)343-9713 or bethfreeman@kingsporttn.gov

# Brain Games



Mondays,  
beginning  
May 3  
1:30-3:30pm  
Computer Lab

Limited to 12 Participants

## Making Informed Decisions About Hospice & Home Health



WEDNESDAY, MAY 19 | 10:00AM

ROOM 239

SIGN UP IN THE OFFICE OR CALL (423) 392-8400 STARTING MAY 1  
LIMITED TO 20 PARTICIPANTS

Shannon Morelock, Community Educator for Smoky Mt. Home Health & Hospice, will be the Center to discuss Hospice & Home Health issues. Shannon will cover topics such as what is Hospice today? What is Home Health today? What are patient and families rights in making informed decisions? Join us to find answers to these questions & more.



## Princeton

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Johnson City, TN 37601  
www.PrincetonTransitionalCare.com



# Pack Us Into Your Summer Fun!

ASBURY PLACE  
Kingsport  
Anticipate More



## Join Our Meet the Residents Virtual Summer Series!

There's a lot to unpack when it comes to making the right choice for your retirement. Join us for a lively online Q&A with fascinating, friendly Asbury Place residents!

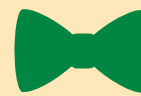
Hear about:

- The continuing care model and continuum
- Our affordable, active and social lifestyle
- How we support aging better for longer!

**RSVP today at 423-900-2296  
or [AsburyPlaceKingsport.org](http://AsburyPlaceKingsport.org)**



**Meet the Mothers!**  
May 6<sup>th</sup> at 2 p.m.



**Meet the Fathers!**  
June 17<sup>th</sup> at 10 a.m.



**Meet the Veterans!**  
July 1<sup>st</sup> at 2 p.m.



**Meet the Teachers!**  
August 12<sup>th</sup> at 10:30 a.m.

**Stop by and see us at  
the Kingsport BrewHaHa!**



**Friday, May 7<sup>th</sup>, 6:30 to 9 p.m. outside  
the Meadow View Convention Center.**



# DAY TRIPS



## OTLB FERN VALLEY FARM

FRIDAY, JUNE 11, 2021  
BUS LEAVES AT 10:30AM  
\$29.00 INCLUDES LUNCH &  
TRANSPORTATION

SIGN UP STARTS APRIL 27



Enjoy a beautiful drive to Fern Valley Farm for a wonderful farm to table meal. The owners of the farm will provide the history of the farm and a tour of the facility for our Members. After lunch we will take a trip to the **Dutch Pantry** so you can buy some goodies to take home!

## Country Tonite Show & Lunch at Applewood Farmhouse Restaurant

TUESDAY, MAY 18, 2021

BUS LEAVES AT 10:15AM

\$40.00 INCLUDES LUNCH, SHOW & TRANSPORTATION

SIGN UP NOW

MASKS WILL BE REQUIRED



# SENIOR SERVICES

## May 2021 Senior Services Programs:

### May 3 - What is Mental Health?

Mental Health at Work YouTube video <https://youtu.be/G0zJGDokyWQ>

### May 6 -How Music Can Keep Your Brain Healthy

AARP Answers YouTube Video <https://youtu.be/-79Nh6ZlvD4>

### May 10 - Mental Health Wellness Tips

Psych Hub YouTube Video <https://youtu.be/NQcYZpITXnQ>

### May 17 - WHO: Let's talk about Depression – Focus on Older People

World Health Organization YouTube video <https://youtu.be/DXZZcdFXTtY>

### May 24 - Aging Well, Planning Well Mental Wellbeing for Seniors

Abbotsford Family Practice YouTube Video <https://youtu.be/DpNf1Q-lfw0>

### May 27 - 6 Tips to Protect Your Mental Health During COVID-19

Sparkol YouTube Video <https://youtu.be/45w-kqpWVGk>

### May 20 - 8 Things You Can Do to Improve Your Mental Health

Psych2Go YouTube video <https://youtu.be/3QIfkeA6HBY>



# EXTENDED TRAVEL TRIPS

## Rhine River Cruise

NOVEMBER 1-NOVEMBER 9, 2021

8 DAYS, 4 COUNTRIES, 10 PORTS, AND MORE

\$3,099/person - Window Cabin

\$3,599/person - French Veranda

\$3,899/person - Balcony

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## Paris - Heart of Normandy Cruise

NOVEMBER 3-NOVEMBER 11, 2021

8 DAYS, 6 PORTS, AND MORE

**\*\*VERY LIMITED SPACE AVAILABLE\*\***

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## NYC AT CHRISTMAS

DECEMBER 5-DECEMBER 9, 2021

DINNERS, GUIDED TOURS, BROADWAY  
SHOW, AND MORE!

\$1,024/person - Double Occupancy

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## Ireland

MARCH 12-MARCH 19, 2022

WATCH THE DOBYNS-BENNETT BAND PERFORM AT  
THE ST. PATRICK'S DAY IN DUBLIN

SIGHTSEEING, KISS THE "BLARNEY STONE," AND MORE!

\$3,499 - Double Occupancy

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403





# 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) (April 19 - June 14)** - 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: 1:30 – 3:00pm (Computer Lab)** We will play a variety of trivia games each Monday! \*NEW\*

**Open Woodshop: 8:30am - 3:00pm (Woodshop)**

**Quilting: 9:00am (Room 303) (April 19-June 14)**

**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.

**Beginning Clay: 10:00am (Clay Room) Begin date: TBD** Hand building. This is for our beginners.

**Strength Training: 10:15am (Gym)**

**Beginning Line Dance: 11:30am (Gym) (April 19 - June 14)**

**Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | Begins June 1**  
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) (April 19 - June 14)**

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

**Table Tennis: 2:00pm (Gym)**

**Volleyball: 4:00pm (Gym)**

## Tuesday

**Lap Swimming: 8:00am (Aquatics Center)**

**Open Woodshop: 8:30am -3:00pm (Woodshop)**

**Boom Move & Mind Fitness: 8:30am (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) (April 20 - June 15)** (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) (April 20 - June 15)** This class is open to individuals of all expert levels.

**Strength Training: 9:45am (Gym)**

**Renaissance Strings: 10:00am (Atrium) (April 20 - June 15)** 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.

**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) (April 20 - June 15)** 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: 12:00pm (Gym)**

**Clay 101: 12:30pm (Clay room) Begin date: TBD** 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: 2:00pm (Gym)**

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

**Rook: 4:00pm (Card Room) Begins June 1** Please bring a snack to share with others.

**Karaoke: 4:00pm (Cafeteria) begin date: TBD** - 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: 8:30am - 3:00pm (Woodshop)**

**Tai-Chi: 9:00am (Room 302) (April 21 - June 16)**

**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) Begin date: TBD** 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)**





# CLASSES & Daily Activities

## Thursday

**Lap Swimming: 8:00am (Aquatics Center)**

**Boom Move & Mind Fitness: 8:30am (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) Begins June 1**

**Ceramics: 9:00am- (Ceramics Room) (April 22 - June 17)** - 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: 9:45am (Gym)**

**Bunco will be played every month on the second Thursday at 10:30am in the Card Room. Begins June 1** 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.

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

**Volleyball: 1:00pm (Gym)**

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

**Cornhole: 4:00pm (Gym)**

**Spades: 5:00pm (Card Room) Begins June 1** 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) (April 23 - June 18)**

**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)** - 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: 12:00pm (Gym)**

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

**Mahjong: 1:30pm (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: 2:00pm (Gym)**

**Cornhole: 4:00pm (Gym)**

## Saturday

**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/Ceramic Room

## LINE DANCE IS BACK!

MONDAYS IN THE GYM  
APRIL 19-JUNE 28

- BEGINNING CLASS: 11:30AM
- INTERMEDIATE CLASS: 12:45PM
- MAXIMUM PARTICIPANTS PER CLASS IS 40
- BIRTH YEARS DO NOT APPLY, ANYONE CAN ATTEND





# WELLNESS

**Woodshop Safety Orientation:** 9am. **Monday, May 3** | 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) 392-8400 or (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.

**Wellness Seminar “TN Yellow Dot Program”:** 10:30am. **Tuesday, May 11** | Room 239 | Spring Thompson, ED of Brookdale Colonial Heights will be discussing 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-up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Obesity & Metabolic Syndrome”:** 10:30am. **Tuesday, May 18** | Room 239 | Dr. David Emerine, ETSU Family Physicians. Dr. Emerine will discuss the definition of Metabolic Syndrome & links to overweight, obesity and comprehensive evaluation, medical nutrition therapy, referral Bariatric Surgery, self-management, physical activity, psychosocial assessment and care. Assemble suitable test plan for patients with Metabolic Syndrome. Lifestyle modification, pharmacotherapy and surgery. Sign-up in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Intellectual Wellness / Name 5”:** 10:30am. **Thursday, May 20** | Room 239 | Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the benefits of Intellectual Wellness as well as conduct an activity that will focus on Intellectual Wellness / Name 5 game. Sign-up in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Memory and Brain Health”:** 2:00pm–4:00pm. **Thursday, May 27** | Every 4th Thursday of the month in the Room 239. Tracey Kendall Wilson, Regional Director with Alzheimer’s Tennessee. Topic of discussion “Relax!” When we think of the word relax it probably brings up many thoughts and ideas. Is reducing risk of dementia and keeping your brain healthy one of them? If not, it should be. Relaxation and all that goes along with it have been found helpful in the reduction of dementia and delay. Sign-up in the Office or call 423-392-8400, walk-ins are welcome and there is a limit of 20 seats available.

**Wellness Seminar “Leaving a Legacy”:** 10:30am | **Thursday, Jun 17** | Room 239 | Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the best way to leave an impact on the next generation and ways to be intentional on doing that. Sign-ups start on Wed, May 19 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Recommended Health Screenings”:** 10:30am. **Tuesday, Jun 22** | Room 239 | Dr. Chelsea Smith, ETSU Family Physicians. Dr. Smith will discuss you’re your doctor can help you find and treat health problems early, before they cause more trouble down the road. Many of these recommended tests are well known, but some might surprise you! Sign-ups start on Wed, May 26 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

**Boom Move, Muscle & Mind Class:** Teresa Wells will be teaching Boom Fitness Class on Tuesday and Thursday at 8:30am in the Gym starting on **Tuesday, May 4**. Have you hit a fitness plateau? Do you like a fast pace workout? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30 minute workout. This class will challenge you, but don’t worry: One-handed pushups aren’t required.

**Support Group “Restless Legs Syndrome”:** 12:30pm. **Tuesday, May 11** | *Every other 2nd Tuesday of the month* | Room 239 | This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. A guide to

understanding RLS disease and ailments associated with it that’s interrupting your sleep. Sign-up in Office or by calling (423) 392-8400, there is a limit of 20 seats available.

**Hiking Club:** We will depart at 9:30am **Friday, May 14** | Laurel Run, Church Hill, TN | Cost is \$5 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-up in the Office or by calling (423) 392-8400. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at (423) 392-8407.

**Shuffleboard Tournament:** 9am. **Wednesday, May 19** | 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 Kim Howell with Visiting Angels. We need at least 12 to sign up for tournament to be played. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sign-up in the Office, with a deadline to sign up by close of business on Mon, May 17, 2021.

**Table Tennis Tournament:** 1pm. **Wednesday, Jun 16** | 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 \$2.00. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sign-ups start on Wed, May 26 in the Office, with a deadline to sign-up by close of business on Mon, Jun 14.

**Table Tennis Schedule Change:** Table Tennis play starting on Monday, May 3 from 2pm-4pm, Wednesday, May 5 from 1pm-4pm, and Saturday, May 8 at 10:30am. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

**Volleyball Schedule Change:** Volleyball play starting on Monday, May 3 from 4pm-7pm and Thursday 1pm-4pm in the Gym. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

**Pickleball Schedule Change:** Pickleball play on Tuesday and Friday, starting on May 4 Advanced Pickleball at 12noon-2pm and Open Pickleball at 2pm-4pm. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

**Corn Hole Schedule Change:** Corn Hole play on Thursday and Friday, starting May 6 from 4pm-7pm in the Gym. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

**2021 State Senior Olympics Schedule:** We are looking forward to a wonderful 2021 and the chance to see each of you in action. District Qualification was suspended in 2020, therefore all sports are open to residents of Tennessee or those who live within 30 miles of the border. The schedule is still under construction for the Jun 25-Jul 1 dates. **\*Golf:** Jun 21 & 22, Two Rivers Golf Course, Nashville. **\*State Finals:** Jun 25-Jul 1, Williamson County (all sports except cycling, golf, and pickleball). **\*Pickleball:** Aug 6-8, Chattanooga Convention Center. **\*Cycling:** Sep 11, Strawberry Plains. Due to the pandemic, we still await confirmation of a few venues. If some cannot be obtained, it will mean adjustments to our draft schedule. Therefore, it will be released once we have more information. Start times, brackets, athlete’s lists, etc. will be posted on each Sport page one week out from the specific event. Web site: [www.tnseniorolympics.com](http://www.tnseniorolympics.com) go to **2021 State Finals** and click on Sports Information.



# KSC *at Lynn View*

**Lynn View Community Center**  
**765-9047**  
**Hours: M-F, 8:00am - 2:30pm**

**Come walk with the KSC@LynnView Mile-agers, record your miles and get incentives for more information call KSC@LynnView.**

Join the KSC@LynnView Mile-agers on Thursdays, starting May 6 at 8:30a.m. at the LynnView track, record your miles and on Thursday, May 27 in recognition of Senior Health and Fitness Day get an incentive provided by Healthy Kingsport. Call KSC@LynnView for more information.

**Core conditioning**, 9 a.m. Mondays and Wednesdays 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**, 10 a.m. Mondays and Wednesdays 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.

**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**, 11 a.m. Thursdays. Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

**Blood Pressure Checks**, Mondays, 8:45 a.m. – 10 a.m., with volunteer Nancy Greene. No sign up required, walk-ins welcome!

**Intermediate Crochet**, 9:30 – 10:30 a.m., Fridays, May 14 – June 18. Cost: \$ 20.00 paid to instructor. Please call Lynn View and be signed up by May 10. Class is limited to 4 participants. Participants will work on project of choice.

**Beginning Crochet**, 11 a.m. – Noon, Fridays, May 14 – June 18. Participants will use basic stitches and learn how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20.00 paid to instructor. Call Lynn View and sign up by May 10. Class is limited to 4 participants.

**Advanced Beginner Crochet**, 12:30 – 1:30 p.m., Fridays, May 14 – June 18. Cost is \$20.00 paid to instructor. Class is limited to 4 participants. Please call Lynn View and be signed up by May 10. Participants will make a sampler afghan that uses squares of different designs. Required supplies, a size H hook and four 7 ounce skeins of #4 worsted weight yarn.

**Eat Well / Feel Well**, 10 -11 a.m., Tuesday and Thursday, May 18 – June 10, 4 week class, must attend all classes. Learn how to make smart food choices, how to stay safe without wasting food and practical cooking tips for one. Participants will receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer. Presented by

Linda Jones, TNCEP UT – TSU EXT. Sullivan County. Please sign up by May 14. Tammy Payne, RN will be at the Lynn View Community Center on Tuesday, May 20 from 8:00-10:00am to do **Blood Glucose Screenings**. This will be a fasting blood glucose screening. A pre-diabetes assessment questionnaire will also be available to complete. Please sign up by May 17.

**Card Making**, Monday, May 24, from 11:00am to 1:00pm in the lounge at KSC@LynnView. We will use glimmer paper and other supplies to make 4 greeting cards. Cost is \$10, paid to instructor, and all supplies are provided. Bring a scissors and your favorite adhesives. Please call the center to pre-register for this class by May 21.

**Kingsport Senior Artisan Center Open House**, Tues, June 8, 10 a.m. – 2 p.m., come shop with us!

Make a Mug / Gift Basket (6”w x 8”l x 4”h), Wed, June 16, Cost: \$15, 9a.m – 12 Noon, all supplies included. Sign up by June 10.

**Butterbean Auction**, 12:30 p.m. Wednesday, June 23. 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 June 21.

**Pickleball** is played in the gym at Lynn View on Tues and TH from 10:00am – 2:00pm and on 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. This is Open Pickleball for all skill levels.

## BRANCH SITES *Classes*

### 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.





# Assisted Living With No Level of Care Charges



As a privately owned assisted living facility, we're able to focus on the "little things" that matter – the personal touches that make living at Preston Place "home." Those who visit Preston Place are quick to note our positive, nurturing environment created by our team of dedicated caregivers and around-the-clock licensed nursing staff. We have 2 locations to serve you. Preston Place Suites is an assisted living community that promotes independence and socialization. Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.

**To schedule a tour, please call  
Preston Place Suites - 423-378-6623  
For Specialized memory care 423-378-HOPE(4673)**



Thank you for voting us the Best in Assisted Living and Retirement Facility again this year.



2001 N. John B. Dennis Hwy., Kingsport, TN 37660 [www.prestonplacesuites.com](http://www.prestonplacesuites.com)

