July 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
michelletolbert@kingsporttn.gov
(423) 392-8404

Branch Assistant- Diane Broyles
dianebroyles@kingsporttn.gov
(423) 765- 9047

Wellness Coordinator- Kevin Lytle
kevinlytle@kingsporttn.gov
(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, 2021 - June 20, 2022
$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
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

V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

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 next Senior Advisory Council meeting will be July 15 @ 12:30. 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

Pack Us Into Your Summer Fun!

ASBURY PLACE℠
Kingsport
Anticipate More

Two great in-person events!

Meet the Veterans Resident Panel
Join us for fun, friendly and fascinating conversation!
July 1st at 2 p.m.

Discover Asbury Luncheon
Thursdays, July 8, Aug. 5, & Sept. 2 at 11:30 a.m.
Seating is limited for safety. RSVP today!

RSVP at (423) 900-8200 or AsburyPlaceKingsport.org

Now open for tours! Schedule yours!

100 Netherland Lane, Kingsport, TN 37660

EQUAL HOUSING OPPORTUNITY

SENIOR SERVICES

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)!!*

Senior Services Programs:

• **Ask a Library Geek**
Wednesdays, July 14 & 28, 10:30am-12pm, Computer Lab
Would you like to get setup up 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 your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

• **SMILE Meeting**
Wednesday, July 14, 2:00pm, Cafeteria
SMILE stands for Seniors Making Individual Lives Exciting and is the Kingsport Senior
Center's Volunteer Program. We have a meeting the 2nd Wednesday of every month and always welcome new volunteers! If you would like more information please contact Beth Freeman at (423) 343-9713 or bethfreeman@kingsporttn.gov.

• **Making Informed Decisions About Hospice & Home Health**
Wednesday, July 21, 10:00am, Card Room
Shannon Morelock, Community Educator for Smoky Mt. Home Health & Hospice, will
be at 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. Sign up in the Front Office or call (423) 392-8400.

• **AARP Driver Safety Course**
September 15 & 16, 9am-1pm, Room 239
David Hartsock will be holding a 2 day AARP Safe Driver Course. The cost is $20 for AARP Members & $25 for Non-Members, paid to the Instructor on the 2nd day of class. You must attend both days to receive the certificate to submit to your car insurance company. Please have your AARP card or number available. Light refreshments will be provided. Sign up in the Front Office or call (423)392-8400, limited to 20 participants

Smoky Mountain Home Health & Hospice

Life Is Stressful - Let US Be The Easiest Part of Your Day

** Specialized Medical Care In Your Home or Place of Residence **
** 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*

Virtual Calendar

Events and Classes Virtual

Learn how to play bunco
https://www.youtube.com/watch?v=XhQnraJx9v8

Best Fruit Dip for a Summer Party
https://www.youtube.com/watch?v=Yr7FmnVoLUA

Best Refreshing Summer Drinks
https://www.youtube.com/watch?v=8kU7d-kk8-g

How to Make a Watermelon Shark
https://www.youtube.com/watch?v=wtlcfO507C8

Best Beach Games
https://www.youtube.com/watch?v=BT8SFBE46bc

July 2021 Senior Services Programs

July 2 - July is UV Safety Awareness Month
https://youtu.be/mAL_79CBff4

July 5 - Beach Safety
https://youtu.be/iE9Gn9UyTjQ

July 12 - How to Maintain Eye Health
https://youtu.be/0-QxYRg5Gis

July 19 - Tips to Ditch Dry Eyes During Healthy Vision Month
https://youtu.be/KQvAA4eXZjc

July 26 - Sarcoma: Early Diagnosis May Improve Survival
https://youtu.be/W78UQK649YI

Mon, Wed, Fri, July 2021 - SilverSneakers Classic with Terri Bowling
Mon, Wed, Fri, July 2021 - Total Body with Terri Bowling
Mon, Wed, Fri, July 2021 - SilverSneakers Yoga with Terri Bowling
Tue, Thu, July 2021 - SilverSneakers Boom Fitness with Terri Bowling
Tue, Thu, July 2021 - Piloxing with Terri Bowling
Mon, Wed, Fri, July 2021 - High/Low Aerobics with Terri Farthing
Mon, Wed, Fri, July 2021 - Strength/Stretch with Terri Farthing

Wellness Virtual Classes for July - 2021

July 6, 2021 - 5 Exercises for Seniors to Lose Belly Fat
https://youtu.be/GQvhi408vAA

July 8, 2021 - 10 Minute Core Workout for Seniors
https://youtu.be/3gBaZupuqwe

July 13, 2021 - Stomach Exercises for Seniors
https://youtu.be/J2djAKsbpX8

July 15, 2021 - 10 Minute Core Workout for Seniors
https://youtu.be/H1XLvGWueFs

July 20, 2021 - Seated Ab Workout for Seniors
https://youtu.be/xog1kBhKLis

July 22, 2021 - Lose Belly Fat Sitting Down/for Women over 50
https://youtu.be/tS01JLqO2B8

KSC@LYNNVIEW Virtual for July 2021

Jim Carey's Eye Opening Speech
https://youtu.be/Fo_IDTD50-M

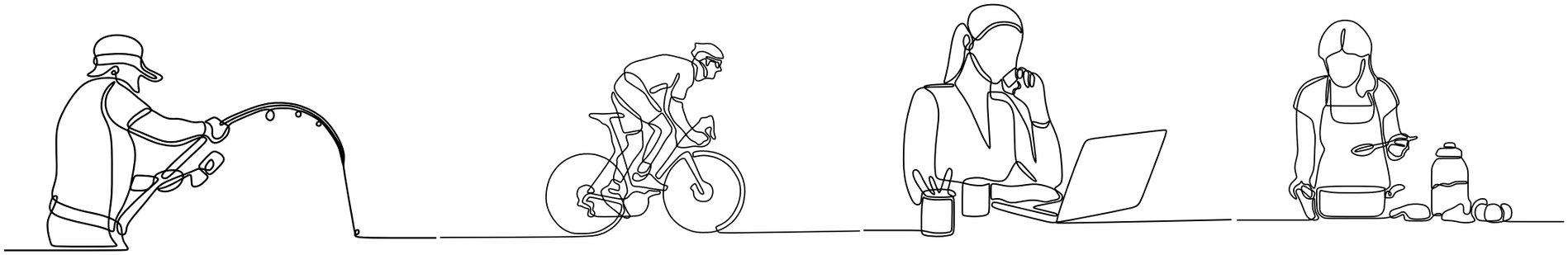
Simple Ways to DIY decorate your patio / garden using $1.00 supplies
https://youtu.be/t8jl-VzVJMU

Low carb fruit options - Best / Worst
https://youtu.be/61eO_JTT14

DIY Mosaic with Broken Dishes
https://youtu.be/Koipond-9LoehvUauOU

Simple Wardrobe Tricks to Look 10 Years Younger
https://youtu.be/61eO_JTT14a1OHBfr-yjy

The 5 things anyone with plantar fasciitis should do every morning
https://youtu.be/61eO_JTT1475JvDIvGF-s



1 & 2 BDRMs Available Now

ALL INCLUSIVE Starting at $1700/Mo

Sweet Summer Days & Sweet Summer Nights

TownView
A PREMIER SENIOR LIVING COMMUNITY
of Johnson City

FRIDAYS AFTER 5

SUMMER CONCERTS beginning June 4th at King Commons Park, just steps from our front door! Come downtown with your family and friends, shop local eateries, and enjoy the live outdoor music. TownView is proud to sponsor FRIDAYS AFTER 5 Beginning June 4 at Kings Commons Park 6-8pm

Make the most of them at TownView
where there's time to enjoy the things you love to do & home maintenance is a thing of past!

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 in a warm and inviting community.
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 paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
5. **Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
6. **Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
7. **Activities Galore!** There's plenty to do, choose as much or as little as you would like!

Welcome Home to TownView!

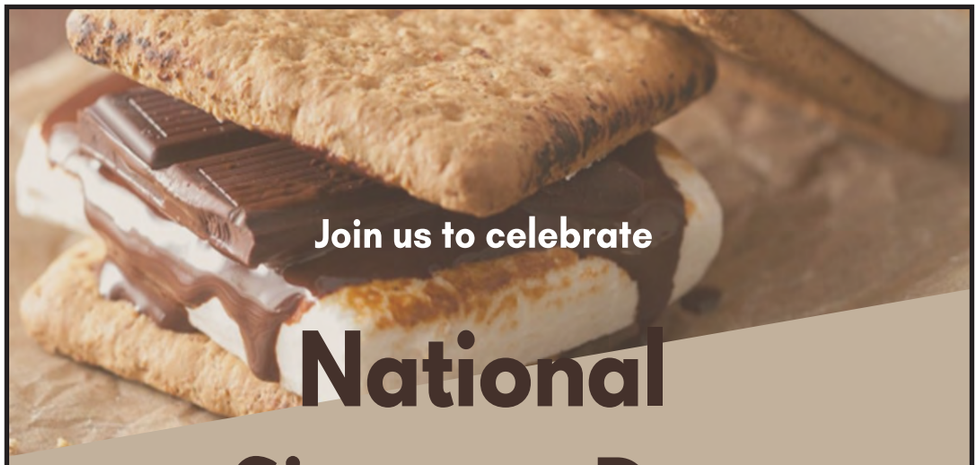
" Love living here at Town View. I wouldn't want to be anywhere else. My family of friends are here." ~ Sharon Y

Call Today to schedule Lunch & a Private Tour!

114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com



Join us to celebrate

National S'mores Day

WEDNESDAY, AUGUST 10
10:00AM-12:00PM
KSC FRONT LAWN
SIGN UP IN THE FRONT OFFICE OR
CALL (423) 392-8400

Come play some games & eat yummy S'mores!!

WELLNESS SEMINAR:

LEAVING A LEGACY

Thursday, July 15, 2021
10:30am
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 up in the Office or by calling (423) 392-8400.

Limit of 20 seats available.

Wednesdays, July 14 & 28
10:30am-12:00pm
Computer Lab

Ask a Library Geek

Would you like to get setup up 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 your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

Call today, only 3 appointments available per day!

SMILE MEETING

WE WILL HAVE A VOLUNTEER MEETING
THE 2ND WEDNESDAY OF EVERY MONTH
2:00PM IN THE CAFETERIA

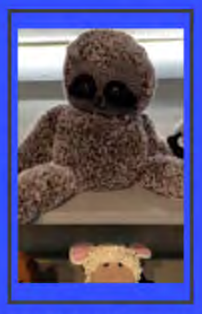
Contact Beth Freeman for more information about our Volunteer program
(423)343-9713 or bethfreeman@kingsporttn.gov

ARTISAN CENTER

ARTISAN SUSAN EGAN

Artist Bio: I grew up in the small town of Clinchport, VA.
I am a graduate of Rye Cove HS and Carson Newman College.
I am married to my high school sweetheart, 53 yrs and counting.
We have 2 children and 1 granddaughter. I retired from Quebecor World.
My mother-in-law taught me the basic crochet stitches.
I taught myself how to read patterns. And I Love to crochet!

MING THE KITTEN


SALLY THE SLOTH

JIFF THE GIRAFFE

DOUGIE THE DOG

KINGSPORT SENIOR CENTER

CROQUET

WEDNESDAYS

9:30AM

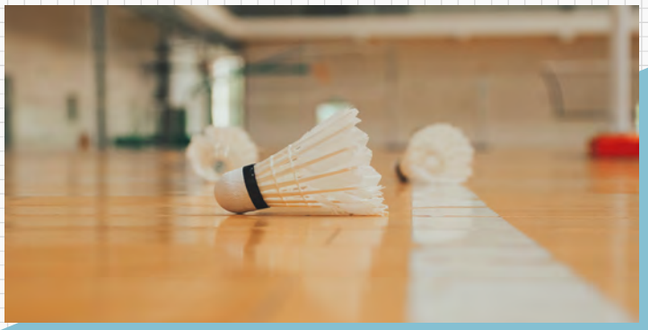
FRONT LAWN

SIGN UP IN THE FRONT OFFICE OR CALL 392-8400

LIMITED TO 6 PLAYERS PER GAME

Kingsport Senior Center

BADMINTON



BADMINTON PLAY, (SINGLE OR DOUBLES) WILL BE IN THE GYM
TUESDAYS 4PM-6:45PM
IF YOU HAVE ANY QUESTIONS PLEASE CONTACT KEVIN LYTLE,
WELLNESS COORDINATOR, AT 392-8407.

CROWN CYPRESS

Assisted Living - and - At Home Care

CROWN CYPRESS IS A CHOICES FACILITY!

ASSISTED LIVING
Beside Brandy Mill Apartments

- 3 Home-Cooked Meals each Day
- Emergency Call System
- Laundry & Housekeeping Services
- Transportation
- Beauty Salon/Barber Shop
- Cozy Living Areas with Fireplaces
- Relaxing Sun Room
- Social & Educational Programs
- Walking Paths, Park Benches & Patios
- Community Outings & Religious Services

423.378.3100
2424 EAST STONE DRIVE, KINGSPORT, TN 37660

CROWNCYPRESS

Find us on: facebook

Call & come by for a tour!
423.378.3100

Princeton

ASSISTED LIVING

A PARTNERSHIP OF Signature HealthCARE BalladHealth

WE HAVE APARTMENTS AVAILABLE

Call today for our Spring Promotion Pricing

423-975-1800

CALL TODAY TO SCHEDULE A TOUR!

401 Princeton Road
Johnson City, TN 37601
www.PrincetonTransitionalCare.com

Your new home awaits!

Asbury Place Assisted Living at Steadman Hill

Anticipate More for Mom and Dad

No one can take your place when it comes to caring for mom and dad, but with Asbury Place Assisted Living at Steadman Hill, so much more becomes possible.

Enjoy the peace of mind that comes from having an experienced team of professionals ready to provide quality, engaging, and affordable assisted living. Asbury was named a Fortune Top 20 Workplace in Aging Services in 2020!

Assisted Living at Steadman Hill provides:

- An outstanding record of safety throughout COVID-19
- Affordable, all-inclusive pricing
- Bright and spacious apartments
- Caring staff
- Wellness-focused daily enrichment events

Schedule Your Personal Tour!

Call Tammy McKinney at 423.245.1067 or contact us online at AsburyPlaceKingsport.org

ASBURY PLACE℠
Kingsport
Anticipate More

EQUAL HOUSING OPPORTUNITY

1300 Bloomingdale Pike Kingsport, TN | 423.245.1067

DAY TRIPS

KINGSPORT SENIOR CENTER

Wohlfahrt Haus Dinner Theatre - Country Roads Show

Thursday, September 16
Bus leaves at 9:45am
$45.00 includes Transportation, Lunch & Show
Sign up starts June 29th

Since 1999
Wohlfahrt Haus
Dinner Theatre

KINGSPORT SENIOR CENTER

LAKE LURE TOUR

LAKE LURE, NC

Friday, August 27
Bus leaves at 8:30am
$8.00 for Transportation
$13.00 (cash only) for lake tour paid at restaurant
Lunch is on your own at La Strada at Lake Lure
Sign up starts July 21

Tennessee Riverboat Cruise

Knoxville, TN

Thursday, August 12,
Bus leaves at 9:00am
$40.00 includes Lunch, Cruise & Transportation

Enjoy a scenic 1 and a half hour cruise on the Star of Knoxville PaddleWheel Boat with lunch served on the boat. During the cruise you will enjoy one of the most breathtaking views in Knoxville. Not only will you see some of the history of the river, you will most certainly be relaxed by the river's beauty.

Sign up starts June 29

OUT TO LUNCH BUNCH

Green Tomato Grill

MOORESBURG, TN

WITH A STOP AT THE HOMESTEAD SHOPPE AND PATSY'S BAKERY IN CHURCH HILL, TN

FRIDAY, JULY 9, 2021
BUS LEAVES AT 9:30AM

$20.00 FOR LUNCH & TRANSPORTATION

SIGN UP STARTS MAY 28

EXTENDED TRAVEL TRIPS

Myrtle Beach

OCTOBER 18 - OCTOBER 21, 2021

Double & Triple Occupancy: $625/Person
Single Occupany: $755/Person

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

Meditteranean Cruise

JUNE 3 - JUNE 12, 2022
$250 DUE AT SIGN-UP

Double - Inside Cabin: $3524/Person
Double - Central Park Balcony: $3624/Person
Double - Ocean View Balcony: $3824/Person

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 achair 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)

Stretch Class: 11:15am (Room 302)

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

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) I Card Room I 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)

Horseshoes: open play (singles or doubles) (back of senior center)

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: 12noon-4:00pm (Gym)

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

Badminton: 4:00-6:30pm (Gym)

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)

Croquet: 9:30am (Front Lawn)

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)

Stretch Class: 11:15am (Room 302)

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)

KINGSPORT SENIOR CENTER
the fun begins at 50

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)

Stretch Class: 11:15am (Room 302)

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: 12noon-4:00pm (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

KINGSPORT SENIOR CENTER
the fun begins at 50

WELLNESS

Wellness Seminars

- **TN Yellow Dot Program**: Tuesday, July 13 | 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" immediately following a serious accident. Sign-up in the office or by calling 423-392-8400 - there is a limit of 20 seats available.
- **Leaving a Legacy**: 10:30 am | Thursday, Jul 15 | 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 in doing that. Sign-up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.
- **How To Pick Your Footwear for Different Activities**: 10:30 am |Tuesday, Jul 20 | Room 239 | Pam Stewart, PTA & Beth Dunnivant, PTA with Encompass Health Rehabilitation of Kingsport. When choosing your activities, it is important to choose the proper footwear. This is important for comfort, support, and safety. The footwear recommended will vary based on the activity you are doing. Sign up in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.
- **Memory and Brain Health**: 2pm–4pm. Thursday, Jul 24 | Every 4th Thursday of the month in Room 239. We've all heard various things about games, brain teasers, etc., and how they may keep you mentally sharp. Join Tracey Wilson with Alzheimer's Tennessee to learn some of the best ways to keep your brain sharp and have some fun as well. Sign-up in the office or call 423-392-8400, walk-ins are welcome and there is a limit of 20 seats available.

Events

- **Woodshop Safety Orientation:** 9am. Monday, Jul 12 | 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 1 st Monday of the month after the safety orientation and ask that all wood workers please come and help.
- **Basic Woodworking Class:** 9am – 2pm. Thursday & Friday, Jul 29 – Aug 20 | This is a 4 week Basic Woodworking Class. Cost is $150.00, which covers all your materials; with $75.00 due on first day - 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. 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, deadline to sign-up is Mon, Jul 26.
- **Blood Pressure Checks:** Melissa Keene, COTA Rehab Liaison with Encompass Health will be at the Center on Tuesday, Jul 13 for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office. Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport will be at the Center on Thursday, Jul 15 for blood pressure checks from 9am-11am and every 3rd Thursday of the month, in the Hallway by the Office.
- **Support Group "Restless Legs Syndrome"**: Restless Leg Syndrome Group will be postponed for the summer due to the lack of participation, the next meeting will be on Tuesday, Sept 14 at 12:30pm in the Card Room. 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.

Activities

- **Corn Hole Tournament:** 1pm. Wednesday, Jul 21 | Gym | The tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport. We will need at least 12 to sign up for tournament to be played. Sign up in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Mon, Jul 19.
- **Billiards Tournament:** 9:30am. Wednesday, Aug 18 | 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 Edie Cannon, Sales Manager with Brookdale Rock Springs. NOTE: We will play on all four tables in billiards room. Sign-ups start on Wed, Jul 21 in the Office, with a deadline to sign up by close of business on Mon, Aug 16.
- **Hiking Club:** We will depart at 8:30am Friday, Aug 6 | Fred Behrend Trail, Roan Mountain, TN | Cost is $8 for transportation. Fred Behrend Trail is a 2 mile lightly trafficked loop trail located near Roan Mountain, Tennessee that offers the chance to see wildlife. The trail is rated as moderate and is primarily used for hiking, running, and nature trips. NOTE: Elevation Gain - 485 feet, Length – 2.0 miles, Route Type - Loop. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Also, bring plenty of water to keep you hydrated and something to eat to keep you energized. Sign-up in the office. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at 423-392-8407.

Trips

- **Lake Lure Tour:** We will depart the Center at 8:30 am on Friday, August 27 for Lake Lure, NC. Cost is $8.00 for transportation when you sign up, lake lure tour is $13.00 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure. Discover the beauty, charm, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign-ups start on Wed, July 21 in the Office.
- **Tuckaleechee Caverns:** 9am. Friday, Sep 24 | Townsend, TN | Cost is $8.00 for transportation payable when you sign up. Cave fee is $20.00 (cash only) due day of trip. We need a minimum of 20 to sign up in order for the trip to go. Lunch is on your own at Little River BBQ. Tuckaleechee Caverns known as the "Greatest Site Under the Smokies" are the highest rating Cave or Cavern of the Eastern United States. Carved inside the earth's oldest mountain chain and estimated to be between twenty to thirty million years old, the Caverns are rich in history and lore in recent years as well. NOTE: There are about 87 steps you will have to go down & back up, so be sure you are able to handle this. Wear a good pair of comfortable shoes, and dress appropriately for the caverns the temperature inside is 58 degrees year-round. Sign-ups start on Wed, Aug 18.

KSC at Lynn View

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

Come walk with KSC@LynnView Mile-agers, Thursday's @ 8:30 a.m., record your miles and get incentives for more information call 765-9047.

Core conditioning, 9:00 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, 10:00 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, 9:00 -10:00 a.m. Tuesday and Thursday in the cafeteria.

POUNDFIT exercise class, Tuesday's, 11:00 a.m. POUND is a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness. Instead of listening to the music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movement. Come join us! No sign up required.

Corn Hole, 9:00 a.m. – 2:00 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, 11:00 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. – 10:00 a.m., with volunteer Nancy Greene. No sign up required, walk-ins welcome!

Advanced Crochet, 9:30 – 10:30 a.m., Friday's, July 9 – Aug 13. Cost: $ 20.00 paid to instructor. Please call Lynn View and be signed up by July 7. Class is limited to 4 participants. Participants will work on project of choice.

Beginning Crochet, 11:00 a.m. – Noon, Friday's, July 9 – Aug 13. 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 July 7. Class is limited to 4 participants.

Intermediate Crochet, 12:30 – 1:30 p.m., Friday's, July 9 – Aug 13. Cost is $20.00 paid to instructor. Class is limited to 4 participants. Please call Lynn View and be signed up by July 7. 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.

Beginner Pickleball, Monday's, July 12 – August 2, 9:30 – 11:30am, Cost: FREE, sign up begins July 1. This is group play not one on one instruction.

Artisan Meeting, Tuesday, July 13, 1:00 p.m. Local artisans from the TriCities are welcome to attend. Check out our newly renovated artisan center, events coming up that we are attending and how you can join us. Meet our July artisan of the month Susan Egan. No sign up required.

Bar Bead Necklace, Tuesday, July 13, 10:30 a.m. Supplies needed: 18 inch chain, small jump rings, 2 inch eye pin, lobster claw or clasp of choice. Instructor: Amy Strom. Please sign up by 7/8.

Intermediate Pickleball, Wednesday's, July 14 – August 4, 9:30 – 11:30am, Cost: FREE, sign up begins July 1. This is group play not one on one instruction.

Card Making Class, Monday, July 19, from 11:00 a.m. to 1:00 p.m. We will be using a sheet of gold foil precuts to "dress up" 4 cards. Cost is $10, paid to instructor. All supplies are included. Please bring scissors and your favorite adhesives and join the fun! Sign up by July 15.

Intro to Drawing Class, Monday, July 19 from 12 -2pm. Students for the drawing class should bring a sketch of drawing pad, 11x14 or 18x24 would be great, but at least 9x12, a drawing pencil such as 4B or 6B or a Prismacolor Ebony pencil, Art Gum eraser and/or a kneaded eraser and a blending stump (this is just grey paper wrapped into a pencil shape, used to shade and blend). Cost: $25, paid to instructor. This class will cover basic shapes, line, shading, composition, drawing animals, still life, faces, and landscape. Please sign up by July 14.

Mosaic Glass Art, Saturday, July 24, 9:00 a.m. – 12 Noon. Cost: $45.00 paid to instructor, all supplies included. See example in display case at main site and on our Facebook page. Instructor: Melissa Wiley. Please sign up by July 19. **This class will be at the main site (1200 E. Center Street) in room 303.**

What Vaccinations Are Right for Me? 10:30a.m. Tuesday, July 27. Join us as Kim Odle who received her PharmD from The University of Tennessee – Memphis and works at Colonial Heights Pharmacy will be here to discuss 50+ vaccinations and which she recommends you have.

Butterbean Auction, 12:30 p.m. Wednesday, July 28. 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 July 21.

Landscape Design, Thursday, July 29 10:30 a.m. everyone wants a great yard. Learn simple tricks of the trade, simple but easy. Please sign up by July 26.

Basketball is played at Lynn View from 8-10 a.m. M-TH. Stop by the office and get a ball and shoot some hoops with us!

Pickleball is played in the gym at Lynn View on **Tuesday and Thursday from 10:00am – 2:00pm**, 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.**

Biscuits and Bingo, 10:30 a.m., Thursday, August 12. Biscuits and bingo prizes are sponsored by Viviant Healthcare of Bristol. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 30 participants. Please sign up by August 9.

BRANCH SITES Classes

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

V.O. Dobbins

Outdoor Pickleball, 8:30 - 10:30 a.m. Mondays and Wednesdays. Open play. All skill levels.

First Broad Street United Methodist Church

Total Body Workout: Monday, Wednesday and Friday in room 237 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.

Core Yoga: Tuesday and Thursday in Room 237 from 11:00 -11:30am. Mat yoga. Includes breath, abdominal and arm strength building.

Yoga: Tuesday and Thursday in Room 237 from 11:30am – 12:30pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation

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 licsensed 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
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For Specialized memory care 423-378-HOPE(4673)

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