

June 2021

# SeniorLiving

## Kingsport Senior Center



Senior Services Page 4  
Virtual Calendar Page 5  
Wellness Page 10  
Trips/Travel Page 11  
KSC @ Lynn View Page 13

  
**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 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



ASBURY PLACE  
Assisted Living at  
STEADMAN HILL



Anticipate More

### OPEN FOR TOURS!

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

Contact Tammy McKinney  
at 423-900-2296 or email  
[tsmckinney@asbury.org](mailto:tsmckinney@asbury.org)

[AsburyPlaceKingsport.org](http://AsburyPlaceKingsport.org)



# SENIOR SERVICES



## Importance of Mental Health for Older Adults

**Tuesday, June 22**  
**9:00am**  
**Card Room**

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, especially during periods of isolation such as we had with Covid, 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 May 10  
 Limited to 20 Participants



### Shred Day

**Monday, June 7, 9am-1pm**

Shred-A-Way of East TN will set up their truck in the Front Parking Lot for Members to dispose of unwanted papers and documents. PLEASE NOTE: ALL DOCUMENTS MUST BE LOOSE (STAPLES ARE HOWEVER ACCEPTABLE) AND FREE FROM BINDERS OR NOTEBOOKS. ONLY PAPER DOCUMENTS CAN BE ACCEPTED. The truck will be here 9:00am-1:00pm or until the truck reaches capacity.

### Pedestrian Safety

**Wednesday, June 9, 9am-10am, Room 239**

Lieutenant Rick Garrison with the Tennessee 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. Limited to 20 participants

### Ask a Library Geek

**Wednesdays, June 9 & 23, 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.

### Importance of Mental Health for Older Adults

**Tuesday, June 22, 9am, Card Room**

Drew Deakins and Heather Smith with the Upper East TN Human Development Agency will be at the Center to discuss the importance of Mental Health in Older Adults, especially during periods of isolation such as we had with Covid, as well as services that may be available to help address these issues. Limited to 20 participants



## 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.

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)!!





**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 Class Virtual

- June 1: 5 Best Tennessee Vacations and Weekend Getaways**  
<https://www.youtube.com/watch?v=mBe-9hpl2cU>
- June 3- 5 Great Activities for Grandparents and Grandchildren:**  
<https://www.youtube.com/watch?v=sS7gHSUgVsM>
- June 4- Top 10 Best Beaches in the US:**  
<https://www.youtube.com/watch?v=lrK1x9bX6jc>
- June 7- 7 Best lures that work year round/Bass Fishing:**  
<https://www.youtube.com/watch?v=s4PncXgeTUQ>
- June 8- A Tour of Eastern TN:**  
<https://www.youtube.com/watch?v=egE6rzWluFc>
- June 16- How to Wash Your Car at Home Like a Pro:**  
<https://www.youtube.com/watch?v=PugdSwF9d9w>
- June 17- How to Get Rid of Mosquitoes in Your Yard:**  
<https://www.youtube.com/watch?v=4E-dofgPdSA>
- June 28- Easy Strawberry Shortcake Recipe:**  
<https://www.youtube.com/watch?v=K92T3uc75bM>
- June 29- Best Banana Pudding:**  
<https://www.youtube.com/watch?v=MUWygxwnJgk>
- June 30- How to Make Strawberry Lemonade:**  
<https://www.youtube.com/watch?v=tYyFFJQoh-M>

## June 2021 Senior Services Programs

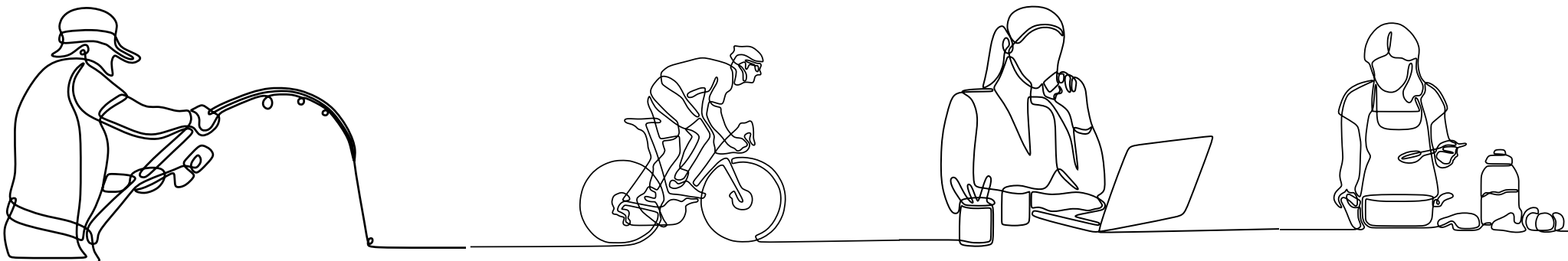
- June 1: June is Alzheimer's & Brain Awareness Month**  
<https://youtu.be/sXsA77I6TG8>
- June 4: June is PTSD Awareness Month**  
<https://youtu.be/BZ856ny3L-Y>
- June 7: Dementia Research Updates from Tracey Wilson, Regional Director with Alzheimer's TN**  
[https://youtu.be/\\_jL-6bbolgs](https://youtu.be/_jL-6bbolgs)
- June 14: Alzheimer's & Dementia: False signs & symptoms you should know**  
<https://youtu.be/5D-Wii653Oc>
- June 18: June is National PTSD Awareness Month**  
<https://youtu.be/71FOSF6eqfs>
- June 21: How's Your Memory? Try this memory test with a psychiatrist**  
<https://youtu.be/nnyGVPsllvs>

## Wellness Virtual Classes for June - 2021

- June 1, 2021 - "Yoga for Senior/Slow & Gentle"**  
<https://youtu.be/kFhG-ZzLNN4>
- June 3, 2021 - "7 Minute yoga workout for older adults"**  
<https://youtu.be/NDLad2vOHkU>
- June 8, 2021 - "10 Minute yoga for seniors"**  
[https://youtu.be/x\\_PGf2YCeAk](https://youtu.be/x_PGf2YCeAk)
- June 10, 2021 - "Yoga for seniors & beginners over 60"**  
<https://youtu.be/JrNUV6a39Pw>
- June 15, 2021 - "Gentle chair yoga for beginners & seniors"**  
<https://youtu.be/1DYH5ud3zHo>
- June 17, 2021 - Standing yoga for seniors & beginners"**  
<https://youtu.be/eU5DdpC1gnS>
- June 22, 2021 - "Senior yoga - active aging 1"**  
<https://youtu.be/IHlqsXxRTa0>
- June 24, 2021 - "Let's have a ball - active aging 2"**  
<https://youtu.be/PqcOWsFjzVI>
- June 29, 2021 - "Functional fitness - active aging 3"**  
<https://youtu.be/pgwQj9P2baw>

## Branch Site Virtual

- June 4th - From WW to Keto - These 10 things surprised me**  
<https://www.youtube.com/watch?v=-9JLu0DJqwm>
- June 11th - 21 New genius Dollar Tree score in 2021**  
<https://www.youtube.com/watch?v=OMa44NOtGxY>
- June 18th - Why does my knee click with squats/stairs**  
<https://www.youtube.com/watch?v=E2-HICibUNU>
- June 25th - What's in your retirement wardrobe?**  
<https://www.youtube.com/watch?v=l8bWFbmorXk>



★  
1 & 2 BDRMs  
Available Now

# Sweet Summer Days & Sweet Summer Nights



★  
ALL INCLUSIVE  
Starting at \$1700/Mo



**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**



# 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

# SHRED DAY EVENT

Monday, June 7, 2021  
9:00am-1:00pm  
(or until the truck is full)  
KSC Front Parking Lot Loading Zone



Shred-A-Way of East TN will be on site to help KSC Members dispose of unwanted or outdated documents.

**Please Note:**  
All documents must be free of paper clips, folders, binders, etc.  
Any non-paper documents will not be accepted.  
Please be sure any documents are removed from 3-ring binders!



Wednesday, June 9 & 23  
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.

Sign up starts May 17  
Call today, only 3 appointments available per day!

# Ballroom Dance

THURSDAYS, JUNE 3-24  
4 WEEK CLASS  
1:00-2:00PM  
ROOM 302

\$40.00 DUE AT SIGN UP

LIMITED TO 8 PARTICIPANTS



TAUGHT BY  
EMILY  
MATNEY



# Beginner Water Color Class

THURSDAYS, JUNE 17-JULY 22  
6 WEEK CLASS  
1:00-3:00PM

SIGN UP IN THE FRONT OFFICE  
& PICK UP A SUPPLY SHEET

Instructed by: Michael Farrar

SATURDAY,  
JULY 17  
6:00-10:00PM

## SENIOR FEST 2021



TOP TIER  
Live Music at the Highest Level!

JOIN US ON THE KINGSPORT SENIOR CENTER FRONT LAWN FOR AN EVENING FILLED WITH GAMES, FOOD AND LIVE ENTERTAINMENT!!

# SMILE MEETING

WE WILL HAVE A VOLUNTEER MEETING  
WEDNESDAY, JUNE 9  
2:00PM IN THE CAFETERIA

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

## Princeton

ASSISTED LIVING

A PARTNERSHIP OF *Signature* HEALTHCARE *Ballad*Health

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



# Pack Us Into Your Summer Fun!



ASBURY PLACE  
Kingsport  
Anticipate More



## Don't Miss Our Live, Online *Meet the Residents Summer Series*

Sip a while, from the comfort of your home, and learn about the benefits of active senior living with a plan for the future.

### 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.



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



# DAY TRIPS



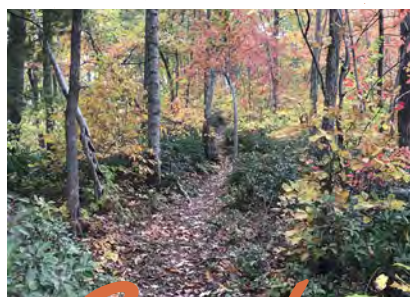
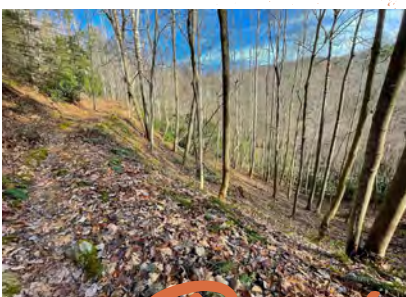
## OTLB FERN VALLEY FARM

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!



## Rustic Creek

*from Tom's Trail  
Johnson City, TN*

HIKING TRIP

WEDNESDAY,  
JUNE 30  
8:30AM-3PM  
\$8.00 FOR  
TRANSPORTATION

Be sure to wear hiking boots, bring your walking stick, plenty of water & something to eat  
Contact Kevin Lytle, 392-8407, for more information



## WOLFAHRT HAUS DINNER THEATRE - OH HAPPY DAY!

Wednesday, August 4, 2021

Bus leaves at 9:45am

\$45.00 includes lunch, show and transportation

SIGN UP STARTS MAY 28TH



Since 1999

Wohlfahrt Haus  
Dinner Theatre



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 Occupancy: \$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



## Mediterranean 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 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)**

**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: 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

**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)**

**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, Jun 7** | 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 “Recommended Health Screenings”:** 10:30am. **Tuesday, Jun 22** | Room 239 | Dr. Chelsea Smith, ETSU Family Physicians. Dr. Smith will discuss how you’re 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-up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Memory and Brain Health”:** 2pm–4pm. **Thursday, Jun 24** | *Every 4th Thursday* of the month in the Room 239. Topic of discussion “Declutter your Life”. Kim Howell, Marketing Liaison with Visiting Angels will be focusing on the benefits of stress relief as a reduction to the risk of developing Alzheimer’s disease. 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 “Benefits of Skilled Nursing”:** 10:30am | **Tuesday, Jun 29** | Room 239 | Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport, will discuss the benefits of Skilled Nursing, Physical Therapy, and Respite care for short and long-term rehabilitation. Sign-up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**Wellness Seminar “Leaving a Legacy”:** 10:30am | **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 on doing that. Sign-up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**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.

**Blood Pressure Checks:** Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport will be at the Center on **Thursday, Jun 17** for blood pressure checks from 9am-11am and *every 3rd Thursday* of the month, in the Hallway by the Office.

**Hiking Club:** We will depart at 8:30am **Wednesday, Jun 30** | Rustic Creek, Johnson City TN | Cost is \$8 for transportation. Rustic Creek from Tom’s Trail is a 4.2 mile loop trail that features a river and is rated as moderate. The trail is primarily used for hiking. **NOTE:** Elevation Gain - 787 feet, Length - 4.2 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.

**Table Tennis Tournament:** 1pm. **Wednesday, Jun 16** | Gym | This

tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Edie Cannon, Sales Manager with Brookdale Rock Springs. We need a minimum of 12 players to sign up for tournament to be held. Sign in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Jun 14.

**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-ups start on Wed, Jun 23 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 \$2.00. Prizes will be awarded to 1st, 2nd, and 3rd place only. **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.

**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.

**Croquet:** How good were you as child playing Croquet? If you are interested in this very fun game come out on Wednesday, Jun 9 at 9:30am on the Front Lawn and show off your skills. Sign up in the Office or by calling 423-392-8400. We are limited to 6 players per game. If you have any question please contact Kevin Lytle, Wellness Coordinator at 423-392-8407. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread. **\*Quick Reference Guide for Backyard Croquet Rules:** <https://www.cpschools.org/cms/lib/MI01001578/Centricity/Domain/217/Croquet%20Rules.pdf>

**Badminton:** Badminton Play, (single or doubles) will be offered in the Gym starting Tuesday, Jun 8 from 4pm-6:45pm. If you have any question please contact Kevin Lytle, Wellness Coordinator at 423-392-8407. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

**Horseshoes:** Our Horseshoes pits are ready for open play (singles or doubles) daily, starting on Monday, Jun 7 in the back of the Senior Center. If you are interested in pitching some shoes and don’t have any stop by the Office and check-out a set. If you have any question please contact Kevin Lytle, Wellness Coordinator at 423-392-8407. We will continue following all COVID-19 safety guidelines and appreciate your participation as we all work together to stop the spread.

# 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, Thursdays @ 8:30 a.m., record your miles and get incentives. For more information call KSC@ LynnView.**

**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**, 11am. 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!

**Beginner Watercolor Techniques**, learn the relaxing art of watercolor painting! Beginner techniques including a variety of fun ways to create textures and proper paint mixing. A wide selection of compositions will be offered for all interest. Fridays starting June 4, 9:30-11:30 a.m., instructor January Tankersly.

Sign up by June 1. This is an 11 week class series. Cost is included with senior center membership. Call KSC@LynnView for additional information.

**Kingsport Senior Artisan Center Open House**, Tues, June 8, 10 a.m. – 2 p.m., come shop with us and enjoy refreshments and entertainment by The Ukulele Strings.

**POUNDFIT** exercise class, begins Tuesday's, June 8, 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.

**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.

**Biscuits and Bingo**, 10:30 a.m., Thursday, June 17. Biscuits and bingo prizes are sponsored by Brookdale Kingsport. 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 June 14.

**String Quilts** – 9:00 – 11:00 a.m. Mon, June 21/28. Cost: \$5.00 paid to instructor. Supplies furnished yarn, batting, scissors and yard sticks. You can make a baby quilt or lap quilt. Examples of each are in the office at LynnView. Supplies needed for baby quilt, 1 ½ yards of material for top and 2 yards (60 inches wide) material for back. Supplies needed for lap quilt, 2 yards material for top and 2 ½ yards (60 inches wide) for back. Please sign up by June 16.

**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.

**Advanced Beginner Crochet**, 9:30 – 10:30 a.m., Friday's, June 25 – July 30. 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, June 25 – July 30. 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.

**Intermediate Crochet**, 12:30 – 1:30 p.m., Fridays, June 25 – July 30. 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.

**SHAKE, SHAKE, SHAKE!!** We will be making Shaker cards in our **Card making Class** scheduled for Monday, June 28 from 11:00 a.m. to 1:00 p.m. in the lounge. With simple assembly, we will make 4 interactive cards--perfect for those special people. This is an intermediate class. Prior cardmaking experience preferred, but anyone can learn. Cost for class is \$10 and all supplies are provided. Please bring your own scissors and favorite adhesives. Please sign up by June 23.

**Card Making**, Mon, June 28, from 11:00am to 1:00pm in the lounge at KSC@LynnView. We will 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 June 23.

**Chicken Wire Lights**, 11:00 – 1:00 p.m. Wed, June 30. Participants will use chicken wire and string lights to make a Christmas light ball. Chicken wire and zip ties will be provided. Participants need to bring a 100 bulb light string and sturdy gloves. Class fee is \$10 paid to instructor and class size is limited to 8. This project makes a beautiful indoor or outdoor decoration. Please sign up by June 23.

**Pickleball** is played in the gym at Lynn View on Tues and TH 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. \*No classes will be held in the gym due to Summer Kids Camp, June 1 – July 23.

## 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.

### 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.

**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 – 12:30pm. 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 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)

