December 2021

Senior Living

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:

Richard Currie (Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney
Linda Gemayel
Peter Shang
Lisa Shipley
Brenda Eilers
Kenn Naegele

The Senior Advisory Council meeting will be January 20th at 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. 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

GUARANTEED ISSUE WHOLE LIFE INSURANCE

A Solution to Help Protect Those You Care About

Another Valuable Advantage of your AAA Membership

As a AAA Member, you are eligible to purchase Guaranteed Issue Whole Life insurance from AAA Life Insurance Company.

Guaranteed Issue Whole Life may be your very best choice:

- Your insurance will stay in effect as long as you pay the premiums when due, and your rates will never increase for as long as you live
- Your coverage will automatically double if you die from a covered travel accident
- Offers a smaller benefit amount that may best fit your needs

Next Steps

Call your AAA Life agent today for additional information or to apply for this valuable protection.

AAA Life Insurance Company

Please Contact Your Agent for Assistance

Gabe Gounaris
423-491-4408
3000 Peoples St
Johnson City, TN 37604

Policy contains a graded benefit feature, which means if you suffer a covered accidental death, your beneficiaries get the total amount of your coverage. But if you suffer a non-accidental death within the first two years of coverage, your beneficiaries get 130% of the premiums you paid. After two years, the total benefit amount is paid for death due to any cause.

Coverage available for ages 60-85. **Products and features may not be available in all states. This is an outline of policy provisions and does not contain all of the benefits and exclusions. For complete terms of the insurance coverage, please refer to the policy.** Life insurance underwritten by AAA Life Insurance Company, Livonia, MI. AAA Life (CA Certificate of Authority #07861) is licensed in all states except NY. Automobile Club of Southern California CA License #0003259. CSAA Life Insurance Agency of California, Inc. CA License #0D12130. Insurance products in Northern California offered through AAA Northern California Insurance Agency, License #0175868, in Nevada by AAA Nevada and in Utah by AAA Utah. Your local AAA club and/or its affiliates act as agents for AAA Life. Guaranteed Issue Graded Benefit Whole Life Policy Form Series: ICC16-6301 & GWL6301 (In OR: ICC16-6301)

ALAN-25281-721-XX

VIRTUAL CALENDAR

Events and Virtual Classes

Dec. 3rd - 6 All Natural Remedies for a Cold
https://www.youtube.com/watch?v=m_J59InNocs

Dec. 4th - Top 10 Balance Exercises for Seniors
https://www.youtube.com/watch?v=atMJ2opvCvo&t=44s

Dec. 8th - 4 Vegetables to Grow Indoor During the Winter
https://www.youtube.com/watch?v=L7tALGdnxY8

Dec. 9th - 4 Easy Bisquick Recipes
https://www.youtube.com/watch?v=EkuAtCZ4_qU

Dec. 10th - 4 Rules to Survive a Winter Power Outage
https://www.youtube.com/watch?v=JBgcwzwmkaA

Dec. 11th - I'm Funny Because of Grandma
https://www.youtube.com/watch?v=PDEG94ay-DM

Dec. 12th - Memorable Christmas Traditions
https://www.youtube.com/watch?v=1svYmCqvP9w

Dec. 28th - The Best Hot Chocolate Recipe
https://www.youtube.com/watch?v=RcywJvBZsY8

Senior Services Virtual Programs

Dec. 1st - HCA Seasonal Affective Disorder
https://youtu.be/Q8CfU-UmEjM

Dec. 6th - Alzheimer's Awareness Month
https://youtu.be/HWBJpATz7-w
Dec. 13th - What is Identity Theft?
https://youtu.be/kDFeSUUwRnA

Dec. 20th - How to Prevent Identity Theft
https://youtu.be/olby9aH6mcs

Dec. 27th - How to Stay Safe Online
https://youtu.be/cILYHKfvh8Q

Facebook Classes - December 2021

Mon, Wed, Fri - SilverSneakers Classic with Terri Bowling
Mon, Wed, Fri - Total Body with Terri Bowling
Mon, Wed, Fri - SilverSneakers Yoga with Terri Bowling
Tues, Thurs - SilverSneakers Boom Fitness with Terri Bowling
Tues, Thurs - Piloxing with Terri Bowling
Mon, Wed, Fri - High/Low Aerobics with Terri Bowling
Mon, Wed, Fri - Strength/Stretch with Terri Farthing

Wellness Virtual Classes

Dec. 2nd - Ease Peripheral Neuropathy in Feet & Legs
https://youtu.be/nFHgyBBIzPM

Dec. 7th - Ease Peripheral Neuropathy in Hands & Arms
https://youtu.be/LSWtmfefQQE

Dec. 9th - Peripheral Neuropathy Diabetes
https://youtu.be/_8-e1Ew7tZM
Dec. 14th - Exercises for Peripheral Neuropathy
https://youtu.be/_sAcoajYNqm

Dec. 16th - Specialty Massage Tips for Neuropathy
https://youtu.be/1ZVSnf0LGQ4

Dec. 21st - Accupressure for Neuropathy
https://youtu.be/H933oDm_Q4s

SENIOR SERVICES

KINGSPORT SENIOR CENTER

AARP DRIVER SAFETY COURSE

JANUARY 26 & 27
9:00AM-1:00PM
ROOM 239

$20 for AARP Members & $25 for Non-Members paid to Instructor on 2nd day of class. You must attend both days. Call or come by the Front Office to sign up (423)392-8400

Limited to 20 Participants
Light refreshments will be provided

AARP Driver Safety

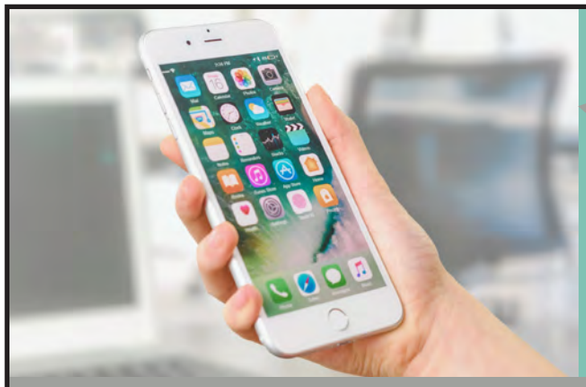
DO YOU QUALIFY FOR

SNAP Benefits?

The Holiday season can be a stressful time with extra expenses. New updates make it easier than ever to qualify for SNAP benefits, which could ease some of the financial burden brought on by this time of year. Kathleen McLaughlin, SNAP Outreach Coordinator with the First TN Area Agency on Aging & Disability, will be at the Center to discuss & give an overview of the SNAP program, including updates for those already receiving benefits, such as using the EBT card online and benefits increase for 2022

THURSDAY, DECEMBER 16
10:00-11:00AM
COMPUTER LAB

Light refreshments will be provided
Sign up in the Front Office or call (423) 392-8400



2nd & 4th Wednesdays of Every Month

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

Relax

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Assisted living you can feel good about.

Are you worried about a loved one? For more than 30 years, Asbury Place at Steadman Hill has been providing safer solutions for complex problems – with loving care.

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- **AsburyPlaceKingsport.org**
- **SCloyd@Asbury.org**

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STEADMAN HILL
Anticipate More

1300 Bloomingdale Pike
Kingsport, TN 37660

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SENIOR SERVICES

Senior Services Programs:
Call or Come by the Front Office to sign up
(423) 392-8400

• Ask a Library Geek
2nd & 4th Wednesdays of Every Month, 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? 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 today.

• SMILE Meeting
December 8, 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.

• Be a Santa to a Senior Program
December 1 - Deadline
KSC will once again be partnering with Home Instead for the Be A Santa To A Senior Program. This year's ornaments will be available for pick up beginning November 1st with a deadline to drop off gifts of December 1st. Members will take names from the tree, purchase items for the individual and return those items back unwrapped, preferably in a gift bag, to KSC for keeping until our wrapping party on December 2.

• Wrapping Party for Be a Santa to a Senior Program
Thursday, December 2, 9:00am, Atrium
Join us in the Atrium for a wrapping party to wrap all the gifts for the Be a Santa to a Senior Program! Light refreshments will be provided.

• Do You Qualify for SNAP Benefits?
Thursday, December 16, 10:00am, Computer Lab
The Holiday season can be a stressful time with extra expenses. Qualifying for benefits through the SNAP program could ease some of the financial burden brought on by this time of year. Kathleen McLaughlin, SNAP Outreach Coordinator with the First TN Area Agency on Aging & Disability, will be at the Center to discuss and give an overview of the SNAP Program, including updates for those already receiving benefits, such as using the EBT card online and benefits increase for 2022. Light refreshments will be provided.

• AARP Driver Safety Course
January 26 & 27, 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. Limited to 20 participants.

ARTISAN OF THE MONTH

DECEMBER ARTISAN OF THE MONTH

KAREN YOUNG

"I have always enjoyed making things. I started sewing when I was about 10, making clothes for my dolls. I like to dabble in all kinds of crafts, but card-making and sewing are at the top of my list for now"

Smoky Mountain Home Health & Hospice

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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)!!*

ALL INCLUSIVE
Starting at $1,700/mo.

Merry Christmas
From our family to yours.

TownView
A PREMIER SENIOR LIVING COMMUNITY
of Johnson City

We invite you to celebrate with us this December as we proudly sponsor the Christmas tress in the downtown parks event "Candy Land Christmas".

7 Great Reasons to live at TownView:

TownView of Johnson City

1. Convenience! All included in rent: utilities, cable, transportation to Dr. 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, manitenance, housekeeping, activities & dining.
6. Location! Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to I-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!

55+ 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 & private tour! 423-328-9068
TownView 114 West Fairview Ave., Johnson City, TN 37604 • thetownview.com

READERS' CHOICE
THE BEST of 2021
Johnson City Press

JOHNSON CITY PRESS
2021 READER'S CHOICE
BEST RETIREMENT COMMUNITY

With gratitude and appreciation
Thank You
For your votes of confidence and helping up achieve this honor!

DAY TRIPS

SHOPPING TRIP TO WEST TOWN MALL KNOXVILLE, TN

FRIDAY, DECEMBER 3
BUS LEAVES AT 8:30AM
$8.00 FOR TRANSPORTATION
SIGN UP STARTS OCTOBER 26

OUT TO LUNCH BUNCH

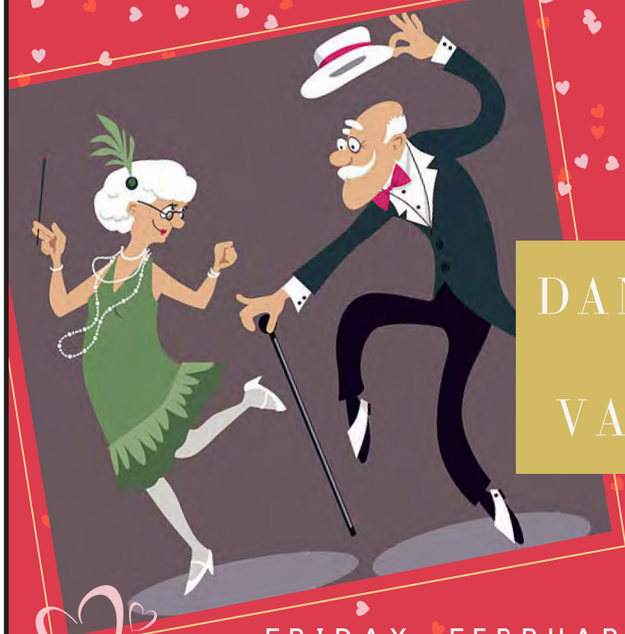
AUSTIN'S STEAK & HOMESTYLE BUFFET

KNOXVILLE, TN

Friday, January 14
Bus leaves 9:00am
$8.00 for transportation & lunch on your own

Sign up starts November 30

KINGSPORT SENIOR CENTER



DANCE & DINE THIS VALENTINE'S

FRIDAY, FEBRUARY 11
6:00-9:00PM
GYM
$12.00 PER PERSON
SIGN UP STARTS NOVEMBER 22

SURVIVING THE HOLIDAYS

GRIEFSHARE

Wednesday, December 15
9:30-11:00am
Card Room
Sign up in the Office or call
(423) 392-8400

Michael Driver, Chaplain with Smoky Mtn Home Health & Hospice is sponsoring this Griefshare Program. Topic of discussion will be "Surviving the Holidays"
When you are grieving a loved one's death, the holiday season can be especially painful.
Our Surviving the Holidays seminar helps participants discover:
***How to deal with emotions**
***What to do about traditions**
***Helpful tips for surviving social events**
*** How to find hope for the future.**
Please join us for this encouraging seminar

Be A Santa to A Senior Wrapping Party

THURSDAY, DECEMBER 2
9:00AM
ATRIUM

JOIN US IN THE ATRIUM FOR A WRAPPING PARTY TO WRAP ALL THE GIFTS FOR THE BE A SANTA TO A SENIOR PROGRAM!

LIGHT REFRESHMENTS WILL BE PROVIDED

SIGN UP IN THE OFFICE OR CALL (423)392-8400

BE A SANTA TO A SENIOR!

KSC will once again be partnering with Home Instead for the Be A Santa To A Senior Program. This years ornaments will be available for pick up beginning November 1st with a deadline to drop off gifts of December 1st. Members will take names from the tree, purchase items for the individual and return those items back unwrapped, preferably in a gift bag, to KSC for keeping until our wrapping party on December 2.

THE DEADLINE TO DROP OFF UNWRAPPED GIFTS IS DECEMBER 1

KINGSPORT SENIOR CENTER

Christmas Lunch

at the Kingsport Farmer's Market

Tuesday, December 7
12:00pm-1:30pm

$5.00 for entire meal

SIGN UP IN THE FRONT OFFICE

Holiday Music & Memories

Thursday, December 16
10:30am
Card Room
Sign up in the Front Office
or call (423) 392-8400

JOIN HEATHER CASH, COMMUNITY RELATIONS MANAGER, EVERLAN BY DOMINION OF JOHNSON CITY, FOR HOT APPLE CIDER & PASTRIES WHILE LEARNING ABOUT THE HEALTH BENEFITS OF MUSIC

WELLNESS

Wellness Seminars

- **Intro to Essential Oils**: 12:30 pm | Tuesday, December 14| Card Room | Becky Russell will teach the power of essential oils and how you can benefit from them! We will also make an inhaler with an essential oil that helps support a health concern specific to you. **
- **Holiday Music & Memories**: 10:30 am | Thursday, December 16 | Card Room | Listen to Holiday music, share your special memories about the holidays, & enjoy hot apple cider and pastries while learning the health benefits of music. **
- **Stroke Prevention**: 12:30 pm | Thursday, December 16 | Card Room | Morgan Smallman will teach you the risk factors and signs of stroke, as well as preventative measures you can take. **
- **Memory & Brain Health**: Will not meet in November & December due to the holidays. Next meeting will be January 27, 2022.
- **GriefShare**: 9:30 am | Wednesday, December 15 | Card Room | Topic of discussion will be "Surviving the Holidays" with Chaplin Michael Driver. **
- **Support Group "Restless Legs Syndrome"**: Tuesday, January 11 | 12:30 pm | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. There is a limit of 20 seats available. **

Activities

- **Shuffleboard Tournament:** 9 am. Wednesday, March 9 | Shuffleboard Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the scoreboard. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, Nathaniel Young, Sales Manager with Brookdale Kingsport. We need at least 12 to sign up for tournament to be played.
- **Pickleball (Open Play):** 9:00 am - 1:00 pm | Every Thursday | TNT Sportsplex | Every Thursday for KSC members. Four courts are available.
- **Blood Pressure Checks**: Morgan Smallman, RN, BSN, Rehab Liaison, with Encompass Health will be at the Center on **Tuesday, December 7** for blood pressure checks from 9 am-11 am 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 **Tuesday, December 14** for blood pressure checks from 9am-11am and every 3rd Thursday of the month, in the Hallway by the Office.
- **Parks & Rec Youth Basketball: 6:00 pm | Tuesdays, Wednesdays, & Thursdays | Gym | Youth basketball is from October 18 - December 16. All Senior Center activities on these days will stop at 5:30 pm so that gear can be put away. Sorry for any inconvenience.**

Sign-up for all events in the Front Office or by calling (423) 392-8400.

Events

- **Woodshop Safety Orientation:** 9am. Monday, December 6| Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 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 woodworkers please come and help. **Woodshop will not be open starting Dec 20th- & will re-open Jan 3.**
- **Build Your Own Dulcimer:** Johnny Chandler and Johnny Clark will be teaching a Dulcimer Making Class on Thursday and Friday from 9am to 2pm starting Feb 17, 2022 to Mar 18, 2022 (5 week course) in the Woodshop. Cost is $300, which covers all your materials; with half payment due on the first day of class paid to the instructors and the final payment is due on the last day. Note: You must have completed the Woodshop Safety Orientation before attending this class, we need a minimum of 6 for the class to go, with a maximum of 8. **
- **Billiards Tournament**: 9:30 am | Wednesday, December 8 | Billiards Room | 8-ball Singles Tournament, best of 3 games with double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Kim Howell w/ Visiting Angels. We will play on all 4 tables. **
- **Corn Hole Tournament**: 1:00 pm | Wednesday, January 19 | Gym | Doubles. Best of 3 games w/ double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Nathaniel Young w/ Brookdale Kingsport. 12 needed to play. Deadline: Tuesday, January 18. **
- **Table Tennis Tournament:** 1 pm. Wednesday, Feb 23 | 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 Nathaniel Young, Sales Manager with Brookdale Kingsport. We need a minimum of 12 players to sign up for tournament to be held. **

Trips

- **Hiking Club**: 9:30 am | Wednesday, November 3 | We will hike on 3 trails in Bays Mountain Park. Fern, Lake Road, and Chinquapin. Cost is $5 for transportation. Bring hiking boots and walking stick. Dress according to the weather. Bring a lunch to eat in the park after hike. Sign-up in the Front Office or by contacting Kevin Lytle at 423-392-8407.

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• Cozy Living Areas with Fireplaces
• Relaxing Sun Room
• Social & Educational Programs
• Walking Paths, Park Benches & Patios
• Community Outings & Religious Services
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Mediterranean Cruise

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

BELOW PRICES, GOOD ONLY THROUGH 2/15/22 WHEN PRICES WILL INCREASE. SIGN UP NOW TO GET THE LOWEST PRICE!!

DOUBLE - INSIDE CABIN: $3,524/PERSON
DOUBLE - CENTRAL PARK BALCONY: $3,624/PERSON
DOUBLE - OCEAN VIEW BALCONY: $3,824/PERSON

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4 TOURS INCLUDED
BARCELONA, ROME, PISA
OVERNIGHT IN BARCELONA PRE-CRUISE

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

Ireland

MARCH 12 - MARCH 19, 2022

- *ST. PATRICK'S DAY PARADE*
- *SIGHTSEEING*
- *KISS THE BLARNEY STONE*

Double Occupancy: $3,499

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

KSC at Lynn View

CORE CONDITIONING

Mondays & Wednesdays, 9:00 an, Cafeteria
Non-aerobic, muscle-toning, focused on core strength. Perform traditional weight-training movements in a class setting.

SILVER SNEAKERS CLASSIC

Mondays & Wednesdays: 10:00 am, Cafeteria.
Tuesdays & Thursdays: 9:00 am, Cafeteria.
Increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing, or Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

LOW-IMPACT AEROBICS
Fridays, 9:00-10:00 in the cafeteria.

YOGA
Fridays, 10:00-11:00, Cafeteria. Please bring a mat.

POUNDFIT
Tuesdays, 11:00 am. No sign-up required.
Cardio jam-session designed to promote total-body fitness.
Come join us and become the music!

SCRABBLE DAY

11:00 am, Thursdays, Cafeteria. Bring lunch and a drink and enjoy a game of Scrabble!

BLOOD PRESSURE CHECKS

Mondays (8:45 am - 10:00 am) with volunteer Nancy Greene.
No sign-up required, walk-ins welcome!

FREESTYLE KALEIDOSCOPE*

Monday, December 6, 9:00 - 12:00. Explore the creativity of mosaics and make a 5x5 kaleidoscope using a mix of supplies - all provided. Cost is $45.00. Class is limited to 8.

PICKLEBALL CLASS*

Beginner: Tuesdays & Thursdays, 9:30 - 10:30.
Advanced: Tuesdays & Thursdays, 10:30 - 11:30.
December 7 - 28 (no class December 23). Classes limited to 10.

PLAID CHRISTMAS TREES*

Monday, December 13, 11:00 am. This is a make and take class where you will make 2 plaid Christmas trees. Cost is $15, all supplies provided. Additional kits will be available for $5.

COOKING FOR ONE OR TWO*

Tuesday, December 14, 10:00 am. Learn how to make a one-pot recipe, w/ samples & additional recipes.

ARTISAN MEETING

Tuesday, December 14, 1:00 pm. Local artisans are welcome to attend. No sign-up required. Artisan of the Month: Karen Young.

COOKING W/ THERESA*

Tuesday, December 21, 11:30 am. Participants will have a cookie exchange. Bring your favorite cookie recipe.

BASKET CLASS*

Wednesday, December 15, 10:00 - 1:00. Make a jar basket. Supplies needed: ruler, clothespin, scissors, pencil. Cost is$15, Limited to 8.

NUTRITION BINGO*

Wednesday, December 8, 11:00. Learn helpful tips and enjoy physical activity while playing bingo! Prizes included by Rachel Dean w/ SCRHD.

WINTERIZING YOUR HOME*

Thursday, December 16, 10:30 am. Doug Clark will explain ways to winterize your home to save energy.

GRIEFSHARE*

Friday, December 17, 11:00 am. Grief support group meets every 3rd Friday of the month.

PICKLEBALL DRILLS*

Friday, December 17, 9:00-10:00 am. Improve your pickleball groove with these drills and have fun while you're at it! Limited to 6 participants.

CARD MAKING CLASS*

Monday, December 20, 11:00 AM - 1:00 PM. We will be decorating a case to include a planner/journal and making 2 cards to fit inside as well. Cost is $15, paid to instructor, and all supplies are included Bring scissors and favorite adhesives. Limited to 12.

BEGINNER STAINED GLASS*

Tuesdays, January 4-18, 11:00 AM - 1:00 PM.
Lynn Davenport will teach how to make a suncatcher. Bring the glass you want to make a project with.

ZUMBA GOLD*

Tuesdays & Thursdays starting January 4, 11:45 - 12:45. Gym (Main Site). Zumba Gold is easy to follow and lets you move to the beat at your own speed.

ADVANCED CROCHET*

Fridays, January 7-February 11, 9:30-10:30 am. Cost is $20, limited to 4 participants.

BEGINNER CROCHET*

Fridays, January 7-February 11, 11:00-12:00 pm. Use basic stitches to make a scarf. Bring size 5mm Susan Bates hook. Cost is $20, limited to 4 participants.

INTERMEDIATE CROCHET*

Fridays, January 7-February 11, 12:30-1:30 pm. Make a sampler afghan that uses squares of different designs. Size H hook and 4 7-ounce skeins of #4 worsted wight yarn. Cost is $20, limited to 4 participants.

YOGA*

Main Site: Mondays, Jan 3 - Feb 7, 5:30 pm, Room 302 w/ Becky Mills. Cost: $25.

BUTTERBEAN AUCTION*

Wednesday, January 26, 12:30 PM. Prizes sponsored by Visting Angels. Bingo with butter beans!

BASKETBALL

Monday-Thursday, 8:00 am - 10:00 am.
Stop by the office and get a ball and shoot some hoops!

PICKLEBALL

Mondays & Wednesdays: 11:30 am – 2:00 pm.
Tuesday, Thursday &Friday: 10:00 am – 2:00 pm.
This is open for all skill levels.

SIGN-UP BY CALLING LYNN VIEW AT 423-765-9047

COLONIAL HEIGHTS UNITED METHODIST

SILVER SNEAKERS YOGA

Tuesdays & Thursdays, 9:00 AM - 10:00 AM in the gym. Move your whole body with seated and standing poses. Chair support is offered. Relaxation and mental clarity!

FIRST BROAD STREET UNITED METHODIST

TOTAL BODY WORKOUT

Mondays, Wednesdays, & Fridays. 9:30 AM in Room 239.
Upper & Lower body exercises.

CORE YOGA
Tuesdays & Thursdays, 11:00-11:30 AM in Room 239. Mat Yoga.

YOGA

Tuesdays & Thursdays. 11:30 AM - 12:30 PM in Room 239.
Standing poses and gentle movements.

V.O. DOBBINS

OUTDOOR PICKLEBALL: Mondays & Wednesdays, 8:30-10:30 AM. Open Play.

AQUATICS CENTER

LAP SWIMMING: Monday-Friday, 8-11 AM. Free w/ Senior Center Membership.

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) (August 30-November 15) - Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movement with the purpose of cultivating the "Qi" or life energy within the body. Sequencing will result in a smooth but powerful harmony of movement and breath work. The benefits might good for blood, knees joint, balance,mind,lungs,digestive system, immune system. Beginning friendly.

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) (August 30-November 15)

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 (Gym)

Beginning Line Dance: 11:30am (Gym) (August 30-November 15)

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | August 30-November 15 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) (August 30-November 15

Knitting: 1:00pm (Room 303) Begin date: No instructor; self-guided until further notice. 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) (August 31-November 16) (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) (August 31-November 16) This class is open to individuals of all expert levels.

Strength Training: 9:45am (Gym)

Renaissance Strings: 10:00am (Atrium) (August 31-November 16) 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) (August 31-November 16) 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!

Zumba Gold: 11:45a

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) August 31-November 16 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) (September 1-November 17) 24 Form Yang Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

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 (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)

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) September 2-November 18

Ceramics: 9:00am- (Ceramics Room) (September 2-November 18) - 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. September 2-November 18 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.

Zumba Gold: 11:45a

Volleyball: 4:00pm (Gym)

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

Cornhole: 1:00pm (Gym)

Spades: 5:00pm (Card Room) September 2-November 18 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) (September 3-November 19) 13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

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 (Gym)

Bridge Group: 1:00pm (Atrium) September 3-November 19 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)

KINGSPORT SENIOR CENTER
the fun begins at 50

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

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
Preston Place Suites - 423-378-6623
For Specialized memory care 423-378-HOPE(4673)

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