Senior Living

December 2022

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

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, 2022 - June 30, 2023
$25.00- Kingsport City Residents
$45.00- Sullivan County Residents
$70.00- Out of County Residents
*If you have Silver Sneakers, Silver and Fit or Renew Active 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:

Xue Xiaoli
Terry Cunningham
Pat Breeding
Linda Ford
Laurel McKinney
Brenda Eilers
Rick Valone
Kenn Naegele
Rick Currie
Peter Shang
Lisa Shipley

The Senior Advisory Council meeting will be December 15th 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

Virtual Calendar

Wellness Virtual Classes

December 1 - Real Time Neck Pain Stretches
https://youtu.be/u3Ocw5UlpYs

December 3 - Do This for 20 Seconds for Back Pain
https://youtu.be/g-sen-A0rtg

December 8 - Back Pain Stretches for Seniors
https://youtu.be/Ji6USuWDb3Y

December 10 - Stretches for Neck & Upper Back Pain
https://youtu.be/s-71yvb1FNI

December 15 - 7-Minute Core & Low Back Workout
https://youtu.be/zRPQoMfs77A

December 17 - 7 Upper Back Pain Exercise & Stretches
https://youtu.be/vuGnzLxRvZm

Senior Services Virtual Programs

December 7 - Tips for Helping Seniors Enjoy the Holidays
https://www.youtube.com/watch?v=hT87Rn_vTlc

December 14 - How to Prevent Holiday Stress
https://www.youtube.com/watch?v=gWo01glYEzQ

December 19 - 10 Best Gift Ideas for Seniors
https://www.youtube.com/watch?v=2_ELeG_iPHg

December 27 - Be a Santa to Seniors
https://www.youtube.com/watch?v=el_S9zDkaA4

December 29 - 14 Easy DIY Christmas & Winter Decor Craft Ideas
https://www.youtube.com/watch?v=JBgmJJgZb78

Facebook Classes - December 2022

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 Farthing
Mon, Wed, Fri - Strength/Stretch with Terri Farthing

Events and Virtual Classes

December 1 - DIY Snow Globes
https://www.youtube.com/watch?v=XKZ3EOPXShU

December 4 - Don't Look Frumpy Over 40 - Beware These 5 Frump Factors
https://www.youtube.com/watch?v=R0F63Nb5xe0

December 5 - Crockpot Wassail Recipe
https://www.youtube.com/watch/v=v687TyNxe_g

December 9 - 20 Amazing Walmart Fall Fashion Finds
https://www.youtube.com/watch?v=_RVejEzgP30

December 12 - 5 of the Easiest Christmas Candies
https://www.youtube.com/watch?v=IDzmap3nd5s

December 16 - How To Use a Walking Cane Properly: (Adjust Height, Walk Correctly & Up/Down Steps)
https://www.youtube.com/watch?v=zrcnTUN4LUk

December 18 - 6 Delicious Christmas Side Dishes
https://www.youtube.com/watch?v=ubYNUN7X_Zk

December 21 - Easy Paper Snowflake Tutorial
https://www.youtube.com/watch?v=ANp4J_ZZtKI

December 24 - Lower Your Homes Heating Cost
https://www.youtube.com/watch?v=9MavwqOYCL0

Life is Sweeter

at Asbury Place Steadman Hill

Make Yourself at Home for the Holidays!

When you live at Asbury Place at Steadman Hill so much more becomes possible. Along with the peace of mind that comes with knowing there's a caring team of people to assist you with living the life you want, you'll gain access to a rich array of programs, amenities, and events.

See it for yourself! For more than 30 years, Steadman Hill has been providing quality assisted living and memory care services. Schedule a tour between November 1 and December 15, and we'll send you home with a scrumptious freshly baked pie!

Plan your visit before Mother Nature brings winter weather!

423-900-8820 | AsburyPlaceKingsport.org

ASBURY PLACE
Assisted Living at
STEADMAN HILL
Anticipate More

EQUAL HOUSING OPPORTUNITY

1300 Bloomingdale Pike
Kingsport, TN 37660

Beginner Dulcimer

MULTIPURPOSE ROOM

Tuesday JANUARY 10 - MARCH 21
11:00 am

This is a beginner class and you will need to purchase the book. You can get information on the book in the front office.

Humana can help you choose a Medicare plan

Find a Humana plan that fits your goals and your life

It's time to choose your 2023 Medicare plan, and Humana and I are here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may have additional benefits and services that meet your healthcare needs. Humana offers these plans at attractive premiums.

Call a licensed Humana sales agent

ERIC SALYER
276-254-9914 (TTY: 711)
Monday - Saturday, 8 a.m. – 5 p.m.
ESALYER@HUMANA.COM

Annual Enrollment Period Oct. 15th - Dec. 7th

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Bristol's Premiere Memory Care Community

ALL-INCLUSIVE SERVICES INCLUDE

- 24-Hour Nursing Care
- Medication Management
- Innovative Secure Architecture
- Transportation to Appointments
- In-House Therapy (OT/PT/SLP)
- Standard Housekeeping

RESPITE CARE IS ALSO AVAILABLE!

Schedule a personalized tour today to discover the Dominion Difference!

Dominion Senior Living of Bristol offers Alzheimer's and dementia care to seniors and their family members in Bristol, Tennessee.

DOMINION™
SENIOR LIVING

Honoring God Through Service to Seniors

425 Shelby Lane
Bristol, TN 37620

(423) 797-8080

www.dominionbristol.com

Wellness

Wellness Seminars

- **Blood Pressure Checks:** Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health will be at the Center on **Tuesday, Dec 6** for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office. Nathaniel Young, Sales Manager with Brookdale Kingsport will be at the Center on **Tuesday, Dec 13** for blood pressure checks from 9am-11am and every 3rd Tuesday of the month, in the Hallway by the Office.
- **Healthy Holiday Challenge:** Mondays, December 5, 12, & 19 | 10:00 - 11:00 am | Lounge | Lydia Hoskins & Andrea Haubner, Extension Agent, with UT/TSU Extension, Sullivan County. This 3-session program will discuss healthy holiday recipes and exercises in conjunction with a December holiday healthy living challenge to "maintain not gain" during the holiday season. A weekly email with healthy tips, recipes, etc. will also be distributed to participants. Class is limited to 12 participants, with a minimum of 4 to sign up for class to be held.
- **Pre-Diabetes Screening:** Tuesday, December 6, 9:00 am - 12:00 pm | Hallway by the Office | The Lions Club of Kingsport will be screening for PRE-diabetes Risk with a one page questionnaire. Did you know that Type 2 Diabetes can often be prevented or delayed? It's "Good News" that PRE-diabetes is REVERSIBLE! Come by and learn about Risk Factors, and the Diabetes Prevention Program: a course taught by UT Extension Agents that will be offered at no cost.
- **Fall Prevention:** Thursday, December 15 | 11:30 am | Card Room | Ashton Douglas, PT, DPT, ATC with PT Solutions Physical Therapy, will be providing information.

Wellness Seminars

- **Memory & Brain Health:** Will not meet in December due to the holidays. The next meeting will be 2:00pm – 4:00pm Thursday, Jan 26, 2023 and every 4th Thursday of the month in the Multipurpose Room.
- **Grief Share:** 9:30am. Wednesday, December 14 | Card Room | Join Gabe Manis, M.Div., Hospice Chaplain, for a helpful program on how to deal with emotions, tips on surviving social events, and how to find hope for the future. *Every 3rd Wednesday of the month.*

Events

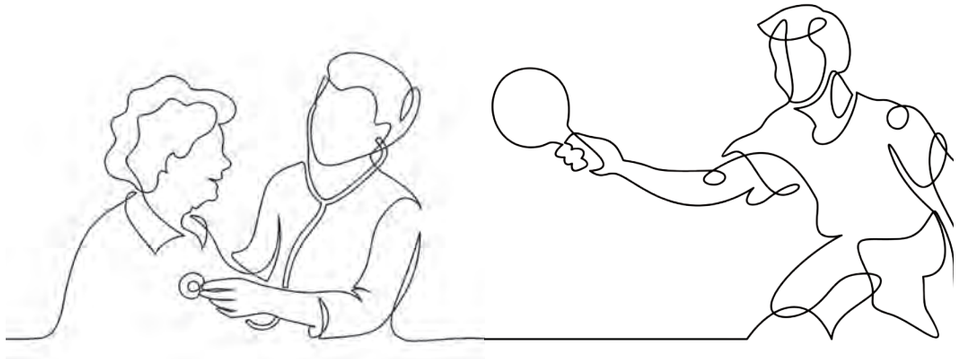
- **Woodshop Safety Orientation:** 9am. Monday, December 5| Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 or 423-392-8407 to sign-up. NOTE: We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all woodworkers please come and help.
- **Wooden Pen & Pencil Making Class**: Thursdays & Fridays, Dec 1, 2, 8, & 9 | 9 am - 2 pm |Wood Shop | Johnny Chandler and Ron Grooms will be teaching a 2 weeks Wooden Pen class. Cost is $90.00, which covers all your materials; with $45.00 due on first day of class paid to the instructors and the final payment is due on the last day. This class will teach you how to use the Lathes the correct way. You will make a wooden pen and pencil. Class is limited to 5 people with a minimum of 3 to sign up for class to be held.
- **Basic Woodworking Class:** Thursdays & Fridays, January 19 - February 10, 9:00 am – 2:00 pm | Wood Shop | Johnny Chandler, Johnny Clark, & Ron Grooms will be teaching a 4 week Basic Woodworking Class. Cost is $175.00, which covers all your materials; with $87.50 due on first day of class paid to the instructors and the final payment is due on the last day. This class will cover all the Safety Requirements to work in the Woodshop and teach you how to use all the equipment the correct way. You will make a Cutting Board and a Foot Stool. Class is limited to 10 people with a minimum of 8 to sign up for class to be held.

Activities

- **Hiking Club:** Friday, December 2 | 9:30 am | We will hike on three trails Fern Trail, Lake Road, and Chinquapin Trail at Bays Mountain Park | Cost is $5 for transportation. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park after the hike.
- **Corn Hole Tournament:** Friday, February 24, 1:00 pm| 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 Edie Cannon, Sales Manager with Brookdale Rocksprings We will need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Jan 12 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Wed, Feb 22.
- **Billiards Tournament:** Wednesday, March 22, 9:30 am| 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 Kim Howell, Marketing Liaison with Visiting Angels. NOTE: We will play on all four tables in billiards room. Sign-ups start on Thu, Feb 16 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Mar 20.

Activities

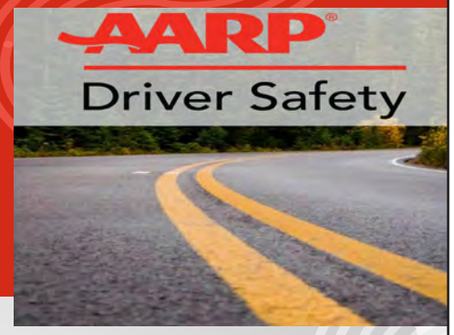
- **Shuffleboard Tournament:** Wednesday, April 19, 9:00 am | Shuffleboard Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the scoreboard. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Edie Cannon, Sales Manager with Brookdale Rocksprings. We need at least 12 to sign up for tournament to be played. Sign-ups start on Thu, Mar 9 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Apr 17.
- **Table Tennis Tournament:** Wednesday, May 24, 1:00 pm | 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 Rocksprings. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Tue, Apr 4 in the Office or by calling 423-392-8400, with a deadline to sign- up by close of business on Tue, May 22.



Senior Services

AARP DRIVER SAFETY

SAFE DRIVING COURSE



ROOM 239

- DECEMBER 8 & 9
- 9AM - 1PM
- $20 FOR AARP MEMBERS
- $25 FOR NON-MEMBERS

SIGN UPS START OCTOBER 14

FEE WILL BE PAID TO THE INSTRUCTOR. YOU MUST ATTEND BOTH DAYS TO RECEIVE THE CERTIFICATE TO SUBMIT TO YOUR CAR INSURANCE COMPANY.

AARP

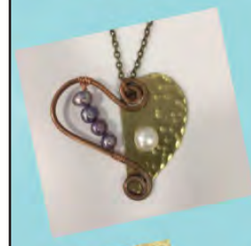
AARP SAFE DRIVING COURSE

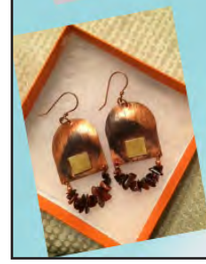
ARTISAN OF THE MONTH

ARTIST SPOTLIGHT

Get to know the people behind the art

Pamella Rodgers





"AS AN ARTISAN/GRAPHIC DESIGNER, I'VE ALWAYS BEEN ABLE TO CREATE SOMETHING OUT OF NEXT TO NOTHING. MY DAUGHTER AND I FORGE COPPER AND BRASS TO CREATE AFFORDABLE JEWELRY. THE RESULTS ARE EARTHY, BOLD, AND ONE-OF-A-KIND. "

KSC@LYNNVIEW

TN Services for the Blind & Visually Impaired

Seminar will be held in the Computer Lab

Thursday, December 8

11:00 PM - 12:00 PM

Karen Quinn with the TN Services for the Blind and Visually Impaired will be here to talk about FREE Services for the Blind and Visually Impaired for TN residents. Some of the equipment that Karen will demonstrate will be magnifiers, TV glasses, Braille samples, Writing Guides, Talking Watches or clock.

Sign ups start September 27

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**

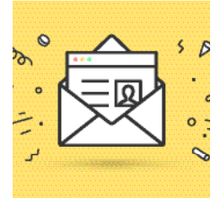
*• Call our Kingsport office today * 800-516-6371*

*** 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*

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)!!*

1 & 2 BDRMs Available Now

Happy Thanksgiving!

READERS' CHOICE THE BEST OF 2022 Johnson City Press

ALL INCLUSIVE Starting at $1,900/Mo

TOWNVIEW
A PREMIER SENIOR LIVING COMMUNITY
of Johnson City

Make the most of your life at TownView
doing the things you love to do
& home maintenance is a thing of the past!

7 Great Reasons to Choose 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, 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!

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 & a Private Tour! **423-328-9068**

TownView 114 West Fairview Ave., Johnson City, TN 37604 thetownview.com

Day Trips

Vivian's TABLE

$34 PER PERSON INCLUDES TRANSPORTATION & LUNCH

OTLB -VIVIAN'S TABLE RESTAURANT & SHOPPING FOR GOODIES AT BLACKBIRD BAKERY

BLACKBIRD BAKERY

JANUARY 11
10:00 AM - 4:30 PM

SIGN UPS START NOVEMBER 17

COUNTRY TONITE

Faith Family Freedom

CHRISTMAS SHOW AT COUNTRY TONITE THEATRE & LUNCH AT APPLEWOOD FARMHOUSE RESTAURANT

The popular cast covers a number of holiday classics for a nostalgic, spirited holiday celebration that will be enjoyed by all ages. You'll also find a few special guest performers during the Christmas production that you certainly won't see any other time of the year, Frosty the Snowman, Santa Claus, and everyone's favorite ballerina in the dance of the Sugar Plum Fairy. Toys will also come alive in the magical song "Where are you Christmas."

The cost is $40 which includes tickets to see this awesome show, includes lunch at the Applewood Restaurant & transportation. Enjoy time to look in the shops at Applewood before our Lunch reservation at 12:30 and the Country Tonite Show starts at 3:00 and ends at approx 5:15pm.

DATE: DECEMBER 13
LEAVE: 9:00AM
RETURN: 7:30PM
FEE: $40

MARK YOUR CALENDARS BECAUSE SIGN UPS START OCTOBER 28

Extended Travel Trips

NEW HAMPSHIRE

SEPTEMBER 10 - 15, 2023

INCLUDES:

5 NIGHT HOTEL ACCOMODATIONS
1 AMISH STYLE DINNER
SCENIC RAILROAD DINNER
RIDE TO THE TOP OF CANNON MOUNTAIN
BOAT CRUISE ON THE LAKE WINNIPESAUKEE
WHITE MOUNTAINS TOUR
CASTLE IN THE CLOUDS TOUR
EXPLORE WOLFEBORO AND WEIRS BEACH

$1,024/PERSON - DOUBLE

SIGN-UPS BEGIN OCTOBER 1, 2022
$250 DEPOSIT AT SIGN-UP

Hawaiian Cruise

April 14 - April 22, 2023

Outside Cabin (OBSTRUCTED VIEW) = $4,599/person
Balcony Cat BB Cabin = $5,399/person
Balcony Cat BA Cabin = $5,499/person

Trip Insurance Required

Deposit of $1,250 is due 9/30/22
Final payment due 10/31/22

Roundtrip Airfare
8 day/7 Night Cruise on Norwegian's Pride of America
1 Night Hotel Stay in Honolulu

Sign-Up Begins September 1

ICELAND: LAND OF FIRE & ICE

OCTOBER 8 - 15, 2023 | 8 DAYS, 6 NIGHTS

Package Includes:

- Roundtrip airfare
- 6 Nights at a 4 Star Hotel
- 7 Breakfasts, 2 Lunches & 4 Dinners

Trip includes a traditional Viking Dinner, "hunt" for the Northern Lights, Iconic Blue Lagoon, Tour Grand Golden Circle, Tour Reykjavik... **And More!**

$3799.00/Person, Double Occupancy

$250/Person Deposit
$1,000/Person Due March 1, 2023
Final payment due May 1, 2023

For Information and/or Reservations, Please Contact:
Shirley Buchanan at 423-392-8403

Kingsport Senior Center - Extended Travel

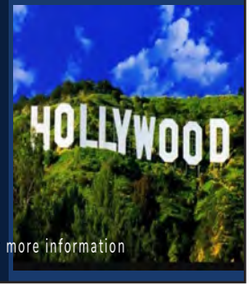
LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

6 DAYS / 5 NIGHTS

DECEMBER 30, 2022 - JANUARY 4, 2023

- Double Occupancy Per Person - $3,660.00

Trip includes the New Year's Eve Rose Parade, New Year's Eve Dinner Party, Hollywood & Beverly Hills Tour, San Diego City Tour, San Diego Harbor Cruise and much, much more!!



Sign up starts March 1
Contact Shirley Buchanan @ (423) 392-8403 for more information

JOIN US FOR A HOLIDAY FEAST

CHRISTMAS LUNCH

WEDNESDAY DECEMBER 14, 2022
12:00 PM - 1:30 PM
FARMER'S MARKET

COST IS $10.00 DUE AT TIME OF SIGN UP

SIGN UP'S START OCTOBER 14

BE A SANTA TO A SENIOR

WE WILL HAVE A TREE OUTSIDE THE SENIOR CENTER OFFICE STARTING **NOVEMBER 1** WHERE OUR MEMBERS CAN PICK OUT A PAPER ORNAMENT WITH NAMES OF A SENIOR THAT INCLUDES 3 ITEMS THAT THE INDIVIDUAL WOULD LIKE FOR CHRISTMAS. **ALL GIFTS WILL NEED TO BE RETURNED TO CAMERON WALDON IN THE OFFICE UNWRAPPED BY 12/1.**

CHRISTMAS WRAPPING PARTY

LET THE FRONT OFFICE KNOW IF YOU WOULD LIKE TO VOLUNTEER FOR THIS EVENT

WRAPPIN PARTY FOR BE A SANTA TO A SENIOR

LOCATION: ATRIUM
TIME: 9AM - 12PM
DATE: DECEMBER 2

KINGSPORT SENIOR CENTER CHRISTMAS ORNAMENT

Custom made by KSC Artisan Harold Pannell. Each piece is stamped and dated. No two are alike. Makes a great gift!Cost is $18.62. (tax included)

Order yours today by calling KSC@LynnView, 765-9047 by email: dianebroyles@kingsporttn.gov or michelletolbert@kingsporttn.gov.

BEGINNING LINE DANCE

MONDAY
JANUARY 9 - MARCH 20

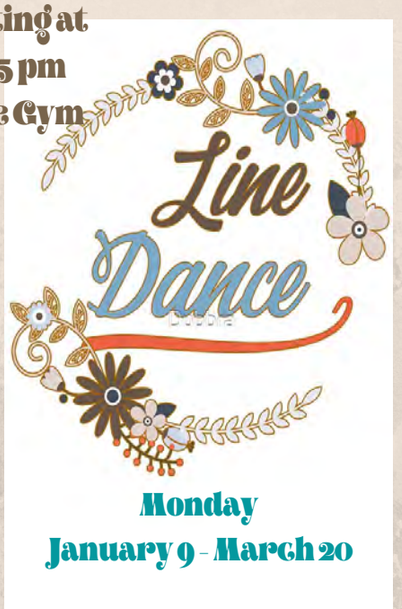
LOCATION: GYM

STARTING AT 11:30 AM

TAUGHT BY ROGER AND LYNA FAYE McConnell

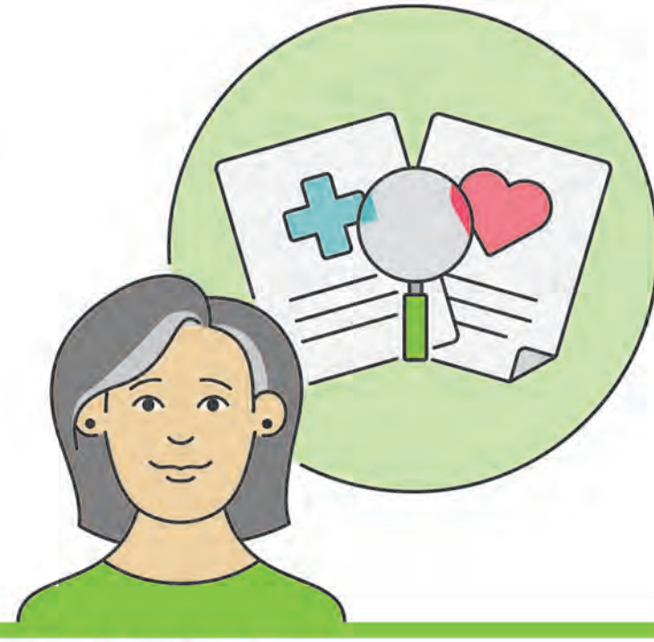
INTERMEDIATE

Starting at
12:45 pm
In the Gym



Taught by
Lyna Faye & Roger McConnell

Trust a licensed sales agent to help you navigate Medicare



We'll discuss your needs and find a Medicare Advantage plan for you

If you're new to Medicare, I can help you make sense of it. Or maybe you have Original Medicare and want more—say, a prescription drug plan (PDP). A Humana Medicare Advantage plan has everything Original Medicare has, and usually extra benefits you might not get with Parts A and B.

Let's talk. Whatever your questions about Medicare, whatever your decisions, I can help.

Call a licensed Humana sales agent

AMY FERGUSON
423-213-0033 (TTY: 711)
Monday – Friday, 8:30 a.m. – 5 p.m.
APALMER3@HUMANA.COM
Humana.com/aferguson

Come visit me at:

Humana Neighborhood Center
2003 North Eastman Rd, suite 210 Kingsport TN 37660
Every Thursday 9 am - 5 pm or call for an appointment

Humana.

A more human way to healthcare™

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Upcoming Events

Digital Literacy Classes at Northeast State

November 4: 1:00 - 3:00

Fridays, November 11 - December 16
9:15 - 11:45

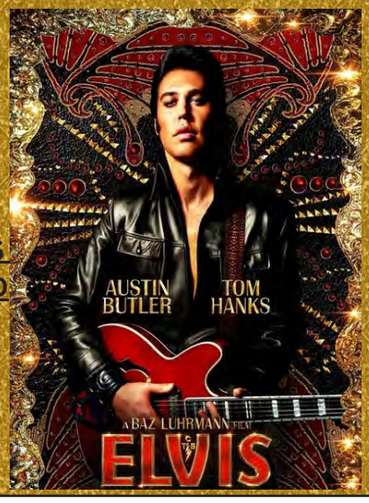
This class is apart of the Digital Literacy Grant we received. Participants will be given a Google Chromebook to use.

MOVIE DAY IN THE ATRIUM

TO CELEBRATE ELVIS'S BIRTHDAY

FRIDAY,
JANUARY, 6
1:30 PM - 3:30 PM

LIGHT REFRESHMENTS WILL BE SERVED



SIGN UPS START DECEMBER 1

HAPPY BIRTHDAY JOHNNY CASH!

Come celebrate Johnny Cash's birthday with us!

Friday, February 24
1:30 PM - 3:30 PM
ATRIUM $5 per person

TAI - CHI FOR JOINT HEALTH

MONDAY & FRIDAY
JANUARY 9 - MARCH 24

ROOM 302

TAUGHT BY YING

THIS CLASS IS FOR ARTHRITIS AND JOINT HEALTH

SIGN UPS START NOVEMBER 14

FLOWER ARRANGING CLASS: CHRISTMAS CENTERPIECE

MULTI PURPOSE ROOM
THURSDAY, DECEMBER 8
10 AM - 12 PM

$5 AT SIGN UP, $10 DAY OF CLASS

Thursday, January 19
9:00 AM - 5:30 PM

CARD ROOM

COST IS $5.00

SPADES TOURNAMENT

Sign ups start December 1

KSC at Lynn View

CORE CONDITIONING
Mondays & Wednesdays, 9:00 am, 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.

STRETCH & FLEX
Fridays, 10:00 - 11:00 am, Cafeteria.
Enjoy stretching, increasing your flexibility & balance, & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair - no floor work required!

THERE WILL BE NO ARTISAN MEETING IN DECEMBER.

LIGHTER HOLIDAY COOKING*
Tuesday, December 13, 10:00 – 11:00 am. Participants will learn tips to make holiday meals a little healthier. Presented by Linda Jones, program assistant II, TNCEP,UT-TSU Extension Sullivan County.

GRIEFSHARE*
Friday, December 16, 11:00 a.m. This grief support group will meet the 3rd Friday of the month with Sherry York, Bereavement Coordinator, Grief Recovery Specialist who will provide helpful information.

CARD MAKING CLASS*
Monday, December 19 11:00 am - 1:00 pm. We will make 4 easy Christmas cards. Cost is $10. Bring your favorite adhesives, paper tools, and scissors. Maximum of 12 participants.

BASKET MAKING CLASS*
Wednesday, December 21, 10:00 am – 1:00 pm. Cost is $18, paid to instructor. Class limit of 10. Participants will make a candle holder. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

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!

SNOWMAN PAINTING CLASS*
Monday, December 5, 10:30 am - 1:00 pm. Cost is $29, paid to instructor first day of class. Instructor: Robin Wilbanks Hilman. Makes a great gift!

STRING QUILT*
Tuesdays & Thursdays, December 13 & 15, 10:00 am – 12:00 pm. Cost is $15, pay at sign up. Two classes.

Hand Quilting Group gathers each day in the cafeteria and quilts together.

BEGINNER PICKLEBALL*
Tuesdays & Thursdays, December 6 - 22, 9:30 -10:30 am. Cost is $30, pay at sign up.

BUTTERBEAN AUCTION*
Wednesday, December 28, 12:30 pm. Butterbeans and prizes will be sponsored by Visiting Angels. A butterbean auction is similar to bingo, just more fun because you bid with butterbeans on items provided by the sponsor.

ADVANCED CROCHET*
Fridays, January 13 – February 17, 9:30 – 10:30 am. Cost: $20.00 paid to instructor. Class is limited to 4 participants. Participants will work on project of choice.

BEGINNER CROCHET*
Fridays, January 13 – February 17, 11:00 – 12:00 pm. 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. Limited to 4.

INTERMEDIATE CROCHET*
Fridays, January 13 – Feburary 17, 12:30 – 1:30 pm. Cost is $20.00 paid to instructor. Class is limited to 4 participants. 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 (bring a main color (3) and (1) contrasting color). Limited to 4.

DECOUPAQUE TECHNIQUE*
Tuesday, December 6, 10:00 am - 12:00 pm. Artisan Esther Richards will show participants how to decoupaqe using beautiful napkins.

HOLIDAY BEAD CLASS*
Wednesday, December 7, 11:00 am. Join us as Sonia Garcia shows participants how to make a festive holiday necklace out of wrapping paper. Cost is $15, paid to instructor.

BISCUITS & BINGO
Thursday, December 8, 10:30 am. Biscuits and bingo prizes are sponsored by Avalon Hospice. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants.

THERE WILL BE NO ARTISAN MEETING IN DECEMBER.

NEEDLE FELTING & WET FELTING*
Friday, January 13. 12:00 – 2:00 pm. Minimum of 6 people, $15/person. Anyone with any felting tools or wool roving, please bring whatever you have.

BASKETBALL
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
Played in the gym at Lynn View on Mondays, Wednesdays, Fridays 10:00am – 2:00pm (except 2nd Fri, starts after pickleball drills at 11:30am) and Tuesday and Thursday from 11:00am – 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.

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
Monday, Wednesday and Friday, 9:30am, Room 239. Upper and 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.

RIVERVIEW PARK

PICKLEBALL: Mondays and Wednesdays, 8:30 - 10:30 am. Open Play, all skill levels. Please bring your membership card.

Fee: $30 plus $15 firing fee if not already paid
This class is a combination of handbuilding and wheel throwing. For beginners to intermediate levels.
Sign ups start December 7
TUESDAYS JANUARY 10 - MARCH 21

10:00am - 4:00pm
BRING YOUR OWN SUPPLIES
CLAY 101 WITH SUSAN VORHEES

Wednesday January 11 - March 22
Fee: $30
Sign ups Start December 7
11:00am - 4:00pm
HAND - BUILDING WITH CLAY

THURSDAYS JANUARY 12 - MARCH 23
Fee: $30
Sign ups start December 7
11:00am - 4:00pm
ADVANCED HAND - BUILDING WITH CLAY WITH JESS PARKS

WOOD CARVING
THURSDAY'S
JANUARY 12 - MARCH 23
STARTING AT 9:00 AM
ROOM 303

Basket Weaving
SIGN UPS START DECEMBER 1ST
ROOM 303
TUESDAY
JANUARY 10 - MARCH 21
9AM
ALL LEVELS, FROM BEGINNER TO INTERMEDIATE, WELCOMED!

You and Your Sewing Machine
5:30 pm - 7:00 PM
Tuesdays
Jan 10 - March 21
Bring your machine and thread
Do you struggle to set up your sewing machine? After this sewing workshop, you'll walk away with more confidence and skill to help you tackle your first (or next) DIY project!
ROOM 303
SIGN UPS START DECEMBER 1

Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of amazon

BEGINNER FRENCH

$56 per person paid to instructor on 1st day of class

- Wednesday's January 4 - Feb 8
- 9:00 AM - 10:00 PM

MULTI-PURPOSE ROOM

Sign ups start December 1st

INTERMEDIATE FRENCH

$56.00 PER PERSON PAID TO INSTRUCTOR ON THE 1ST DAY OF CLASS

10:00 AM - 11:00 AM

Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of Amazon.

SIGN UP IN THE FRONT DECEMBER 1

MULTI-PURPOSE ROOM
WEDNESDAYS
January 4 - FEBRUARY 8

Book: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books a Million or you can order off of amazon

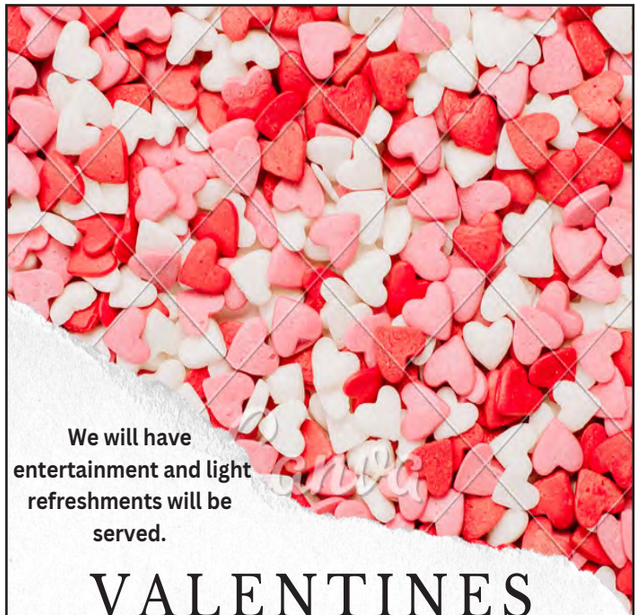
ADVANCED FRENCH

$56 per person paid to instructor on 1st day of class

- Wednesday's January 4 - Feb 8
- 11:00 AM - 12:00 PM

MULTI-PURPOSE ROOM

Sign ups start December 1st



We will have entertainment and light refreshments will be served.

VALENTINES *Day* PARTY

LOCATION: ATRIUM

2:00 PM - 3:00 PM

Tuesday, February 14

YOGA CLASS

Instructor: Becky Mills

Monday January 9 - Monday February 20

5:30pm
Room 302
$25 due when you sign up in the front office

ROOM 302

WEDNESDAYS
FEBRUARY 15 - MARCH 22

9 AM - 10 AM

FUSION DANCE

Sign ups start DECEMBER 1

Taught by Monica Case Harmon

Join us for a jazz fusion dance class. This fusion dance class incorporates ragtime moves, the Charleston, lindy hop and hip-hop as well as Latin style dancing the mambo and salsa. Think of it like Broadway and the Rockettes meet Zumba! All levels are welcome.

Princeton

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A PARTNERSHIP OF Signature HealthCARE BalladHealth

Senior Apartments Available now in our beautiful and all-inclusive community! Call for more information or schedule a tour.

Happy Thanksgiving!

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- Social & Educational Programs
- Walking Paths, Park Benches & Patios
- Community Outings & Religious Services

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USAA® RECOMMENDED

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If you're eligible for Medicare, you can enroll in a Humana Medicare Advantage (MA) plan without prescription drug benefits—and keep your VA health and drug benefits.

Humana Honor plans are available to anyone eligible for Medicare. If you're a veteran, it may be a good fit, helping you save money on medical costs while enjoying extras you might not get through your VA health benefits, such as:

- $0 monthly plan premium
- Part B premium reduction, for $90 more in Social Security each month
- $2,000 dental coverage annually for select services, plus exams, X-rays, cleanings and more

You expect your Medicare Advantage plan to meet your unique needs. Humana Honor plans deliver that, and more.

Call a licensed Humana sales agent

Charles Call

423-276-0089 (TTY: 711)
ccall@humana.com
8 a.m. – 5 p.m.

Come visit me at:
Humana Guidance Center
2003 N. Eastman Rd, Suite 210, Kingsport, TN

Humana. A more human way to healthcare™

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Veterans may choose a Humana Honor Medicare Advantage plan without prescription drug coverage to avoid possible conflicts with VA prescription drug benefits.

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Introducing the Center for Healthy Aging

Now open in Kingsport

The population of the Appalachian Highlands is aging, and as individuals and communities age, new health service models are required to continue delivering accessible, high-quality, cost-effective care for older adults. To meet the needs of that specific population, Ballad Health has launched the Center for Healthy Aging. The Center focuses on optimizing the health and quality of life for patients who are 65 years and older and their families.

Services

- Audiology
- Cardiology
- Clinical pharmacy
- Healthcare navigation
- In-home care with home visits multi-disciplinary team
- Neurology assisting with dementia
- Nutrition services
- Palliative care
- Physical therapy

Now accepting new patients. To schedule an appointment, please call 423.392.6000.

BalladHealth™
Medical Associates

Center for Healthy Aging

2205 Pavilion Drive
Suite 101
Kingsport, TN 37660
Monday–Friday 8 a.m.–5 p.m.

balladhealth.org

CLASSES & Daily Activities

Monday

Classes only: January 9-March 20

Lap Swimming: 8:00am - 12:00pm (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: 10:00am (Room 302) - 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: 1:00pm (Computer Lab) We will play a variety of trivia games each Monday! *NEW* **Must sign up.**

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

Quilting: 9:00am (Room 303)

High/ Low Impact Aerobics: 9:15am (Gym) - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Beginning Clay: 11:00am - 4:00pm (Clay Room) Hand building. This is for our beginners.

Strength Training: 10:10am (Gym)

Stretch Class: 11:15am (Gym)

Beginning Line Dance: 11:30am (Gym)

Intermediate Line Dance: 12:45pm (Gym)

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

Classes only: January 10-March 21

Lap Swimming: 8:00am - 12:00pm (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) (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) This class is open to individuals of all expert levels.

Strength Training: 9:45am (Gym)

Sing Along: 10am (Cafeteria)

Renaissance Strings: 10:00am (Atrium) 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) 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: 10:00am - 3:00pm (Clay room) This is a six weeks beginner course and then a six weeks intermediate course.

Bowling: 12:30pm at Warpath Lanes

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

Open Pickleball: 1:00-4:00pm (Gym)

Rook: 1:00-7:00pm (Card Room) 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

Classes only: January 11-March 22

Lap Swimming: 8:00am - 12:00pm (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)

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.

Strength Training: 10:10am (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

Classes only: January 12-March 23

Lap Swimming: 8:00am-12:00pm (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)

Ceramics: 9:00am- (Ceramics Room) (March 31 - June 2) - 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.

Bunco: 10:30am every 2nd Thursday

Strength Training: 9:45am (Gym)

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

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: 9:45am (Atrium)

Volleyball: 4:00pm (Gym)

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

Cornhole: 1:00pm (Gym)

Friday

Classes only: January 13-March 24

Lap Swimming: 8:00am-12:00pm (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- 10:00am (Room 302) (April 1 - June 3) 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.

Strength Training: 10:10am (Gym)

Stretch Class: 11:15am (Gym)

Bridge: 12:30pm (Card Room)

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: 4:00pm (Gym)

Cornhole: 1:00pm (Gym)

Saturday

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

Table Tennis: 10:30am (Gym)

Bridge: 12:30pm (Card Room)

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

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)

2022
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