

February 2023

SeniorLiving

Kingsport Senior Center



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KSC @ Lynn View Page 13



Staff:

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

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

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

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

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

Nutrition Site Manager
(423)246-8060

Secretary - Mackenzie Burton
mackenzieburton@kingsporttn.gov
(423) 392-8400

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 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

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 February 16th 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

Asbury Place at Steadman Hill Assisted Living & Memory Care

*Melt away the winter worries
and plan your move now!*

Join our safe, warm, and inviting community...
And get back to enjoying your time together
and creating special new memories in 2023!

Gain peace of mind—every season, every day.

Call or contact us online to schedule a tour today.



A Family Member Shares

“Asbury Place at Steadman Hill has truly been a godsend for our family. We needed to find a place for our mom rather quickly but did an extensive online search followed by visiting assisted living facilities in person. Deciding upon Asbury Place was the best decision we could have made.”



423-900-8820
AsburyPlaceKingsport.org

1300 Bloomingdale Pike
Kingsport, TN 37660



ASBURY PLACE
Assisted Living at
STEADMAN HILL

Anticipate More



Virtual Calendar

Wellness Virtual Classes

February 7 - Flexibility Stretches for Seniors
<https://youtu.be/N706A2EuNcl>

February 9 - Full-Body Gentle Stretch for Seniors
<https://youtu.be/zVCqkiqs4I>

February 14 - Improving Flexibility for Seniors
<https://youtu.be/FemR1avAUKw>

February 16 - 4 Stretches Seniors Should Do Everyday
<https://youtu.be/ui3n5XZrEY8>

February 21 - Seated Stretches for Seniors
<https://youtu.be/1dUCy5KofZQ>

February 23 - Relaxing Full Body Stretching for Stress & Anxiety
<https://youtu.be/UAA3E5MLqrM>

Senior Services Virtual Programs

February 5 - 15 Adorable Valentine's Day Ideas
<https://www.youtube.com/watch?v=1zUSicarAC4>

February 14 - What is the State Health Insurance Assistance Program?
<https://www.youtube.com/watch?v=z1CPsXpEEXk>

February 19 - What to Look For When Choosing Senior Living
<https://www.youtube.com/watch?v=sbrMxw6VLFg>

February 27 - How to Protect Yourself From Phone Scams!
<https://www.youtube.com/watch?v=6aAXT4SznI>

February 29 - First Tennessee Area Agency on Aging and Disability
<https://www.youtube.com/watch?v=nZxlza5qLiM>

Facebook Classes - February 2023

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

February 2 - The History of Groundhog's Day
<https://www.youtube.com/watch?v=2874t9nA2dl>

February 4 - Dollar Tree Valentine's DIYs
<https://www.youtube.com/watch?v=uevd2-FJRFE>

February 5 - Looking Your BEST OVER 50 in 6 Weeks
<https://www.youtube.com/watch?v=YFH35bBvUj4>

February 9 - 4 Romantic Valentine's Dinner Ideas
<https://www.youtube.com/watch?v=gbnoFH9Xync>

February 12 - the 5 Most Comfortable Shoes
<https://www.youtube.com/watch?v=pof-Rt3bQek>

February 16 - Real Reason We Use Daylight Savings Time
<https://www.youtube.com/watch?v=cX80uBHFHS0>

February 18 - The Right Way on How to Help Birds During Winter
<https://www.youtube.com/watch?v=PwjPCEvx3yo>

February 21 - 4 Common Household Items That Kill Germs
<https://www.youtube.com/watch?v=t7entWSZQYI>

February 24 - President's Day History
<https://www.youtube.com/watch?v=sso5Z9oL5wU>

Flower Arranging

Thursday, March 16
 10am-12pm
 Multipurpose Room

Cost: \$5 at sign up and \$10 day of class

You will make a Pave Design for St. Patrick's Day.
 Please bring your stem cutters.




Sign up begins Feb 1.

Flower Arranging

Thursday, February 16
 10am-12:00pm
 Multipurpose Room

Cost: \$5 at sign up/\$10 day of class

You will design a bud vase with a pink and white theme. Please bring a bud vase of your choice. Any height and an opening of 2 to 3 inches.

Wellness

Events



- Woodshop Safety Orientation:** 9am. Monday, February 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.
- TN Lady Vols Basketball Game:** We will depart at 9:15am. Sunday, February 19 for the Lady Vols vs. Auburn. "UT Senior Day" game. This game we will be seating in Section 107. Cost is \$48 which includes your game ticket and transportation. Game time is 12noon and we will be able to get in at 11am. We have 44 tickets available with a (2) ticket limit per person. We will be stopping to eat after the game at Aubrey's Restaurant at Strawberry Plains with dinner on your own.
- Corn Hole Tournament:** Friday, February 17, 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.

Build Your Own Dulcimer: Thursdays & Fridays, March 9-31 | 9:00 am - 2:00 pm | Woodshop | Johnny Chandler, Johnny Clark, & Ron Grooms will be teaching a 4-Week Dulcimer making class in the Wood Shop. Cost is \$350, which covers all your materials; with half payment of \$175 due on the first day of class paid to the instructors and the final payment is due on the last day of class. NOTE: You must have completed the Wood Shop Safety Orientation before attending this class, we need a minimum of 6 for the class to go, and maximum of 8.

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.

Hiking Club: We will depart at 9:15am. Friday, March 24 | Warriors Path State Park | Cost is \$5 for transportation. Sinking Waters Trail is a lightly trafficked loop trail at Warriors Park that features a river and is good for all skill levels. Three loops comprise of this trail narrated by signs in the trail telling of the first settling family in the area. Everyone bring a bag lunch with something to drink, we will be eating in the park.

- 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.
- Hiking Club:** We will depart at 9:30am Friday, April 21 | Laurel Run, Church Hill, TN | Cost is \$5 for transportation. Laurel Run Trail is a 4.3 mile moderately hiking trail located near Church Hill, Tennessee that features a waterfall. NOTE: Elevation Gain - 620 feet. While grades vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park.
- 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.



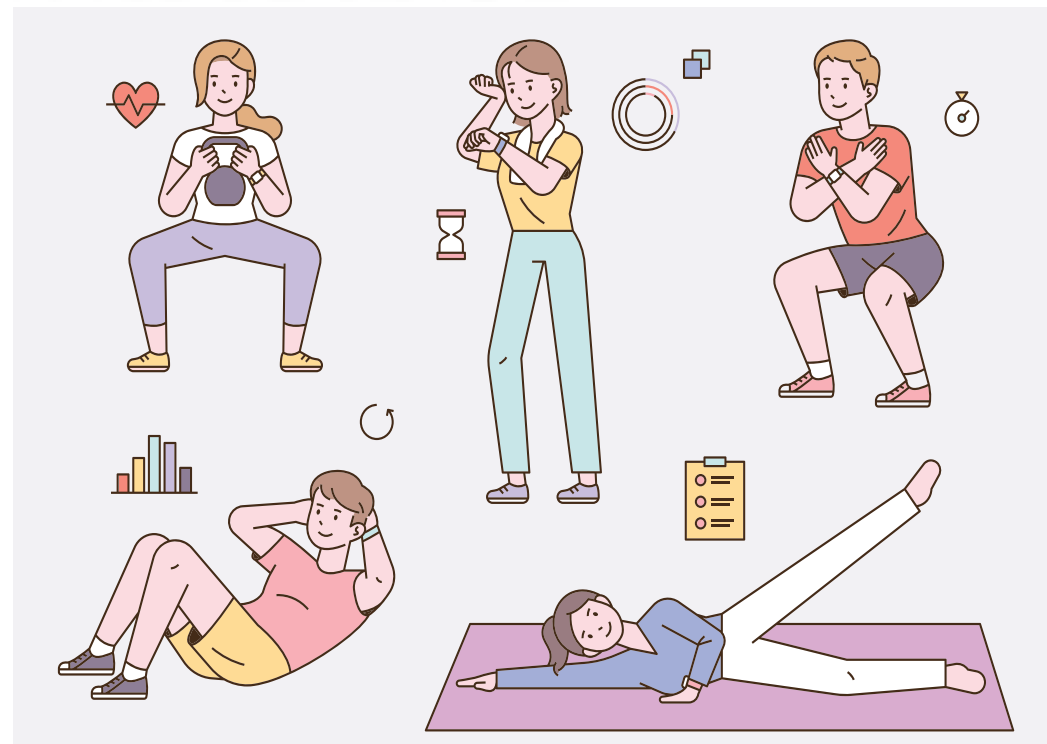
Wellness Seminars

- Blood Pressure Checks:** Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health will be at the Center from 9am-11am **every 2nd Tuesday of the month**, in the Hallway by the Office. Nathaniel Young, Sales Manager with Brookdale Kingsport will be at the Center for blood pressure checks from 9am-11am **every 3rd Tuesday of the month**, in the Hallway by the Office.
- Constipation:** Tuesday, February 21 | 10:30 am | Card Room | Monique Spears, DO with ETSU Family Physicians of Kingsport. Dr. Spears will discuss what medications and foods that could cause Constipation and what treatments will help with relief of those symptoms.
- Memory & Brain Health:** Thursday, February 23, 2:00 - 4:00 pm | Multipurpose Room | Every 4th Thursday of the month. Topic of discussion "Straight From the Latest Research Fields" We have heard certain bits of information for years and wonder if those things are still the most current, evidence based research information. Come join Alzheimer's Tennessee for a fun, interactive brain games and win some prizes as well.
- Coffee & Doughnuts - What We Do:** Wednesday, March 15 | 9:00 - 11:00 am | Hallway Billiards Room Side | Theresa Redmond, with The Blake at Kingsport will have information on what services are offered at The Blake, also you can enjoy some coffee and doughnuts.



Wellness Seminars

- The Active Senior & Physical Therapy:** Tuesday, March 21 | 11:30 am | Card Room | Ashton Douglas, PT, DPT, ATC with PT Solutions Physical Therapy, will speak on maintaining an active lifestyle and how physical therapy could be beneficial in maintaining that lifestyle.
- Grief Share:** 9:30am | 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.**



Kingsport Senior Center

ROOK TOURNAMENT

Thursday, April 20
9:00am
Card Room
\$5.00 per player

Prizes for 1st, 2nd and 3rd Place
Lunch will be provided

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Bristol's Premiere Memory Care Community



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



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SENIOR LIVING

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Bristol, TN 37620

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

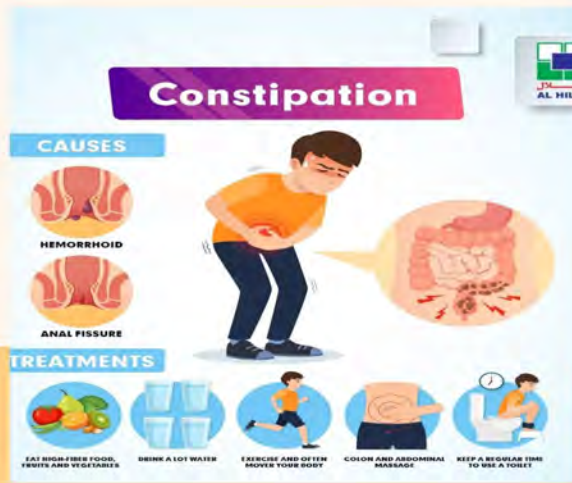
RESPITE CARE IS ALSO AVAILABLE!

Schedule a personalized tour today to discover the Dominion Difference!

SENIOR SERVICES

WELLNESS SEMINAR "CONSTIPATION"

Dr. Monique Spears, DO, with ETSU Family Physicians of Kingsport, will discuss what medications and foods that could cause Constipation and what treatments will help with relief of those symptoms.



10:30am * Tuesday
February 21 * Card Room

ETSU FAMILY
PHYSICIANS OF
KINGSPORT

Sign up in the Office or by
calling 423-392-8400

**AARP
Tax-Aide**

**FREE
Tax Help**

**Thursdays
February 2 - April 13
9:00am - 2:00pm
Computer Lab**

Call the front office to set up an appointment

Appointments are scheduled on a first come basis until all time slots are filled. An intake form can be picked up in the Front Office and needs to be filled out before your appointment. All necessary documents need to be brought the day of your appointment.

Make sure to bring drivers license, social security card and questionnaire with you!

WHAT IS CHOICES

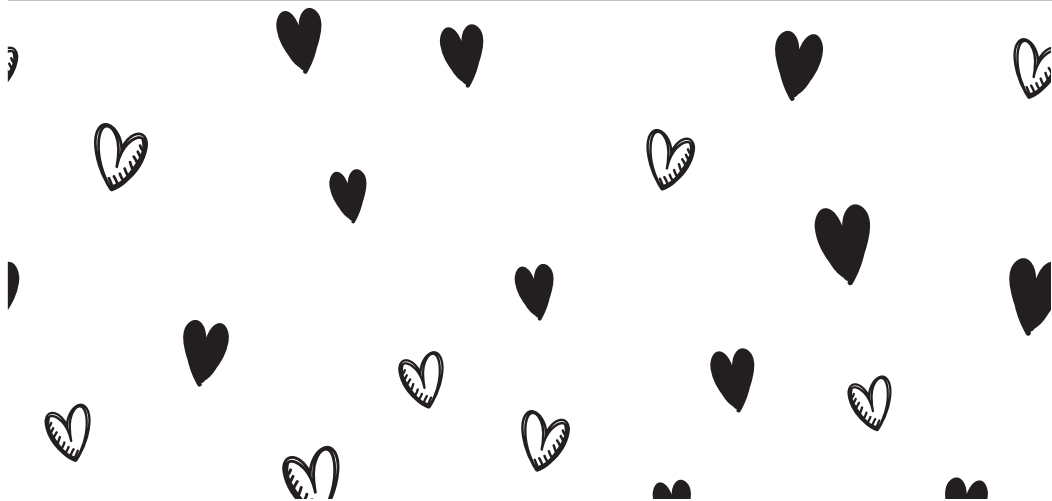
TennCare choices in Long-Term services and supports (LTSS) is a program for older adults and adults with physical disabilities who may need help with everyday activities. This includes care in a nursing home or services to remain in your home as you age. Join Stephanie Cox Intake Coordinator, CHOICES with FTAAAD as she gives us an overview of the program and who may qualify.

Computer Lab

**Monday,
March 13
10:00am - 11:00am**

Sign up in the front
office Friday January 13

**REFRESHMENTS
WILL BE
SERVED**



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)!!*

Love is... Retirement Community Living Where Friends Gather & Friendships Blossom!



7 Great Reasons to Love TOWNVIEW of Johnson City

- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful homestyle 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, shopping 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!



" I love TownView because the people are friendly and the staff is wonderful!"
- Alice C



55+ Welcome Home to TownView!

Call Today to Schedule Lunch and a Private Tour
TownView 114 West Fairview Ave., Johnson City, TN 37604

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Our plans are powered by human care. It's care that sees and understands the whole you—and our 5-star rating reflects that.

When you enroll in a 5-star plan, you can be confident you're getting quality coverage. Our rating is based on real people's experiences with our plans, which are shaped by listening to what our members need and want.

Medicare Advantage prescription drug contracts are rated on up to 38 different quality and performance measures, such as:

-  **Member satisfaction**—overall quality of experience
-  **Chronic conditions**—how well the plan helps you manage unique challenges
-  **Preventive care**—ensuring you get just what you need, like screenings and vaccinations
-  **Plan performance**—low number of member complaints and outstanding customer service to help your plan work harder for you



Ask your licensed Humana sales agent about 5-star plans that may be available in your area.

Charles Call
423-276-0089 (TTY: 711)
Monday – Friday, 8 a.m. – 5 p.m.

Humana. A more human way to healthcare™

Every year, Medicare evaluates plans based on a 5-star rating system. Humana is a Medicare Advantage HMO, PPO, PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Princeton

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- Daily Cooked Nutritious Meals & Snacks
- Spacious Single & Shared Apartments
- 24/7 Nursing Care & Support Staff
- Pleasant & Cheerful Living Areas
- Seasonal Sunroom with Library
- Nurse & Emergency Call System
- Beauty Salon & Barber Shop
- Laundry, Linen, & Housekeeping
- Variety of Activities & Entertainment
- Transportation- Appointments & Events
- Walking Paths, Park Benches, & Veranda

AT-HOME CARE

- Assistance With Daily Living & Care
- Diet Specific Meal Planning & Preparation
- Grooming, Bathing, & Dressing
- Laundry Service & Light Housekeeping
- Medication Reminders & Organization
- Transportation- Appointments & Events
- Shopping, Errands, & General Assistance
- Companionship, Supervision, Safety
- Emotional, Physical, & Social Health
- Organization & Peace of Mind

Tennessee Seniors Deserve
CHOICES

NOW HIRING!
Resident Aids,
CNAs, LPNs

423.378.3100
2424 EAST STONE DRIVE
KINGSPORT, TN 37660

Extended Travel Trips

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

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

ICELAND: THE LAND OF FIRE & ICE

October 9 - 16, 2023
 8 days, 6 nights



Package Includes:

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



- Traditional Viking Dinner
 - Hunt for 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

Travel Protection should be purchased at the time of initial deposit.
 Cancellation Penalty goes into effect at time of deposit.

THE TRIP IS FILLING UP FAST! SIGN UP NOW!

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

Day Trips

OUT TO LUNCH BUNCH

Mountain View Restaurant & Shopping at Troyer's Country Market

Enjoy seafood and American classics at Mountain View Restaurant in Limestone, TN and shopping at Troyer's

FEBRUARY 8, 2023

10:00 - 4:30

\$21 INCLUDES LUNCH AND TRANSPORTATION

Sign up in the office starting 12/22

OTLB



Grace Meadows "The Kitchen"

WEDNESDAY, MARCH 15

10:40 AM - 4:30 PM

JONESBOROUGH, TN

\$33 PER PERSON

INCLUDES LUNCH & TRANSPORTATION

SIGN-UP IN THE FRONT OFFICE STARTING JANUARY 31

LADY VOLS VS AUBURN



IT'S GAME TIME



We will depart at 9:15am, Sunday, Feb 19 for the Lady Vols vs Auburn "UT Senior Day" game. We will be seating in Section 107. Cost is \$48 which includes your game ticket and transportation. Game time is 12noon and we will be able to get in at 11am. We have 44 tickets available with a (2) ticket limit per person. We will be stopping to eat after the game at Aubrey's Restaurant with dinner on your own. Sign-ups will start on Monday, Jan 30.

UT SENIOR DAY
 THOMPSON-BOLING ARENA

Upcoming Events

KINGSPORT SENIOR CENTER

SAINT PATRICK'S DAY CELEBRATION

Join us for food, music, and fun, & don't forget to wear green!

FRIDAY 3/17 AT 1:30 IN THE ATRIUM

SIGN UPS FROM 2/8

Easter Luncheon

TUESDAY, MARCH 28
12:00 - 1:30

KINGSPORT SENIOR CENTER GYM

SIGN UPS BEGIN JAN 23

\$5.00, and bring a side dish of your choice
No desserts, please.

TRUNK SALE

Friday, May 19th 2023
8:00am - 2:00pm
Kingsport Senior Center Front Lot
1200 E Center St, Kingsport, TN

Sign up for a space starting April 3rd

MOVIE DAY IN THE ATRIUM: TOP GUN MAVERICK

Friday, March 10 at 1:00
Sign up in the office starting 2/3

BUILD YOUR OWN DULCIMER CLASS

Thursdays & Fridays
March 9-31
(4-week course)
9:00am-2:00pm
\$350.00

INSTRUCTED BY: JOHNNY CHANDLER, JOHNNY CLARK, & RON GROOMS

\$350 FEE COVERS ALL MATERIALS: HALF DUE ON THE 1ST DAY OF CLASS AND THE OTHER HALF DUE ON LAST DAY OF CLASS - PAID TO INSTRUCTORS

NOTE: YOU MUST HAVE COMPLETED THE WOOD SHOP SAFETY ORIENTATION BEFORE ATTENDING THIS CLASS. A MINIMUM OF 6 FOR THE CLASS TO GO, AND A MAXIMUM OF 8.

Sign-ups will start on Wed, Feb 15 in the Office or by calling (423) 392-8400

CORNHOLE TOURNAMENT

Friday, February 17
1pm-5pm / Gym
Cost is Free

Sign-ups start on Jan 12th in the Office or by calling 423-392-8400

This tournament will be doubles playing the best of 3 games, with double elimination. Prizes will be awarded to 1st, 2nd, and 3rd place, sponsored by Edie Cannon, Sales Manager with Brookdale Rocksprings.

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
- February 15 - March 22
- 9:00 AM - 10:00 AM



MULTI-PURPOSE ROOM



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

INTERMEDIATE FRENCH

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

- Wednesday's
- February 15 - March 22
- 10:00 AM - 11:00 AM



MULTI-PURPOSE ROOM



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
- February 15 - March 22
- 11:00 AM - 12:00 PM



MULTI-PURPOSE ROOM



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



We will have entertainment and light refreshments will be served.

VALENTINES

Day PARTY

LOCATION: ATRIUM

2:00 PM - 3:00 PM

Tuesday, February 14

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.

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!

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!

BEGINNER STAINED GLASS*

Thursdays, February 2 - 16, 10:00 - 11:00 am, Cost: \$5.00 paid first day of class and bring an 8x10 piece of glass.

STAINED GLASS II*

Thursdays, February 2 - 16, 11:00 am - 12:00 pm, Cost: \$5.00 paid first day of class. Supply list available at sign up.

EMBROIDERY*

Mondays & Wednesdays, February 6 - 22, 10:00 am - 12:00 pm. Cost: \$15, pay first day of class to instructor Sandra Arnold.

PALETTE PAINTING CLASS*

Monday, February 6, 10:30 am - 1:00 pm. Cost: \$30, paid first day of class. Instructor: Robin Wilbanks Hilman. Participants will paint a welcome sign with a mason jar and poppies.

HAND QUILTING*

Tuesdays & Thursdays, February 7 - February 23, 10:00 am - 12:00 pm. Cost is \$15, paid at sign-up. Beginners only.

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

PICKLEBALL II*

Tuesdays & Thursdays, February 7 - 23, 10:30 am. Cost: \$30, pay at sign-up. This class is for participants who have taken the beginner class.

CHROMEBOOK CLASSES*

Tuesdays, February 7 - 28, 1:00 - 2:00 pm. Join Lydia Hoskins, Family & Consumer Sciences, UT/TSU Extension, Sullivan County, as she helps you navigate a chrome book. Classes include operating instructions, how to avoid scams, etc. Upon completion of the classes you will be given your chromebook. *Chrome Books provided by a Digital Literacy Grant* Limited to 10 participants.

ARTISAN MEETING

Tuesday, February 14, 1:00 pm. Local artisans from the Tri-Cities are welcome to attend. Check out our artisan center, events coming up that we are attending and how you can join us. No sign-up required. Meet February's Artisan of the month.



BASKET MAKING CLASS*

Wednesday, February 15, 10:00 am - 1:00 pm. Cost is \$15, paid to instructor Candy Alexander. Class limit of 10. Participants will make a small market basket with a wooden handle and open - weave bottom. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

GRIEF SHARE

Friday, February 17, 11:00 am. This grief support group will meet the 3rd Friday of the month with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.



COOKING FOR ONE OR TWO*

Tuesday, February 21, 10:00 - 11:00 a.m. Participants will learn how to make a one-pot recipe with samples and additional recipes to take home. Presented by Linda Jones, program assistant II, TNCEP, UT-TSU Extension Sullivan County.

FRAMING ARTWORK*

Wednesday, February 22, 11:00 am. Cost: \$15, paid day of class. Want to learn how to frame your own artwork or collectibles? Feel like framing retail framing costs too much? Want some tips on how to decorate your home with framed art? Join the framing workshop and learn the basics of framing using a few tools and supplies. This framing workshop will be mostly demonstration with a shorter part of participant participation in matting and framing their work. Participants should also bring in a 5x7 or 4x6 picture/artwork that they would like to frame.

BUTTERBEAN AUCTION*

Wednesday, February 22, 12:30 pm. 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.

BARN QUILT*

Thursday, February 23, 10:30 am. All supplies furnished. 10 participants required for class to go. These are weatherproof boards and are 2x2 ft. Choose from seven patterns. Cost: \$75. Payable day of class.

CARD MAKING CLASS*

Monday, February 27, 11:00 am - 1:00 pm. This is a "Mystery" class. We will take a piece of paper and create a set of 6 greeting cards to gift or build your stash. Everyone's cards will be different. Great beginner class. Cost is \$10 paid day of class to instructor. Bring scissors, favorite adhesives and a paper trimmer if you have one.

DECOUPE TECHNIQUES*

Tuesday, February 28, 10:00 am - 12:00 pm. Artisan Esther Richards will show participants how to decoupage. Please call for supply list.

ADVANCED CROCHET*

Fridays, March 3 - April 14, 9:30 - 10:30 am. Cost: \$20 paid to instructor. Class is limited to 4 participants. Participants will work on project of choice.

BEGINNER CROCHET*

Fridays, March 3 - April 14, 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, March 3 - April 14, 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.

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.

ARTISAN OF THE MONTH

KSC@LYNNVIEW

ARTIST SPOTLIGHT

Get to know the people behind the art



SUSAN EGAN

"Susan has been Crocheting for nearly 50 years. Her mother-in-law, Annie Egan, taught her how to crochet when her and her husband returned to the area after his service in the Army was completed.

I don't consider myself very creative, just pretty good at following directions. I enjoy the challenge of new and different patterns!"

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)

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.

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)

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.

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.

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)



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)

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
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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





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.

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