Senior Living

January 2023

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

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

Program Assistant - Emma Fairchild
emmafairchild@kingsporttn.gov
(423) 343-9713

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

January 1 - Upper Back Pain Exercises & Stretches
https://youtu.be/4aR-v_5f-T4

January 12 - Simple Exercises for Back Pain
https://youtu.be/MaytcOA62pI

January 17 - Top 3 Mid Back Pain Relief Exercises
https://youtu.be/QcXncZs-8T8

January 19 - Mid Back Stretches & Exercises for Pain Relief
https://youtu.be/L_KYDDTHEtQ

January 24 - 15 Minute Full Body Stretch
https://youtu.be/g_tea8ZNk5A

January 26 - Stretches for Lower Back Pain Relief & Tight Hips
https://youtu.be/hzXkMnvqojE

Senior Services Virtual Programs

January 7 - Best Exercises for Seniors & Beginners to Start New Year
https://www.youtube.com/watch?v=ya31E-iHtill

January 14 - 7 Things to Organize Before the New Year
https://www.youtube.com/watch?v=TAG0RAgCNUs

January 19 - 10 Healthy Eating Habits
https://www.youtube.com/watch?v=KofJESkYGLE

January 27 - How to Make 2023 The Best Year of Your Life
https://www.youtube.com/watch?v=FFdmwsVVO9k

January 29 - Supporting Healthy Aging Nutrition for Seniors
https://www.youtube.com/watch?v=goqOvjutvc8

Facebook Classes - January 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

January 1 - Stop Arthritic Joint Pain, No Meds Needed!
https://www.youtube.com/watch?v=3Oq5o-g-vgY

January 4 - New Year's Meal Tradition
https://www.youtube.com/watch?v=YJ42Uc9xp5E

January 5 - Mindfully Eating Over 50
https://www.youtube.com/watch/v=5_gQJr2MZEk

January 9 - Kick Flu in the Butt Remedy
https://www.youtube.com/watch?v=TOSWThdYTag

January 12 - Southern Cornbread Dressing
https://www.youtube.com/watch?v=4fGck0UZZ2Y

January 16 - Best Pot Roast Recipes
https://www.youtube.com/watch?v=tYkQr2DbvrM

January 18 - 6 Unknown Stories of Cades Cove in the Great Smoky Mountains
https://www.youtube.com/watch?v=PwjPCEvx3yo

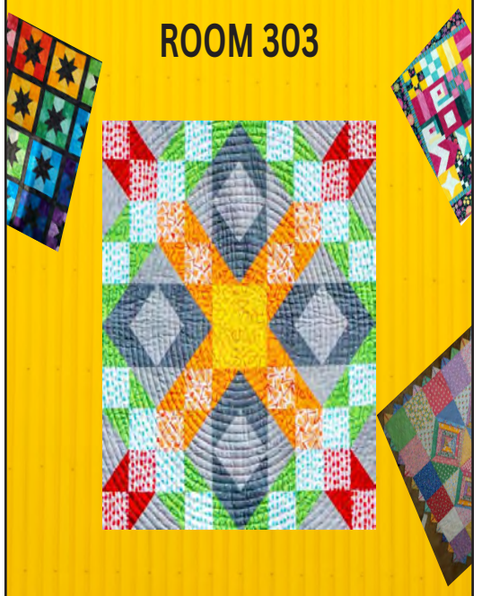
January 21 - 4 Common Household Items That Kill Germs
https://www.youtube.com/watch?v=t7entWSZQYI

January 24 - Cracker Candy - Perfect for the Holidays!
https://www.youtube.com/watch?v=bKLzC_SeZHA

January 27 - How to Make Hot Cocoa Bombs
https://www.youtube.com/watch?v=W3KniYg-Ejk

QUILTING CLASS

ROOM 303



MONDAY'S JANUARY 9 - MARCH 20
9:00 AM
SIGN UPS START DECEMBER 1

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!

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

EQUAL HOUSING OPPORTUNITY

EAGLE

ASBURY PLACE
Assisted Living at
STEADMAN HILL
Anticipate More
SM

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.

ARTISAN MEETING

The Kingsport Senior Center would like to invite Artisans in the Tri-Cities and surrounding areas to the January Senior Artisan Center Meeting.

Location: Senior Center Branch site at LynnView, 257 Walker St. Kingsport, TN 37665
Date/Time: January 10th at 1 p.m.

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 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.

- **Cooking Up Healthy Smiles:** Tuesdays, January 3, 10, 17, & 24, 10:00 - 11:00 am | Lounge | Lydia Hoskins, Extension Agent, with UT/TSU Extension, Sullivan County. This 4-session program is a nutrition education curriculum designed to help families prepare meals and snacks using foods that reduce the risk for diabetes, obesity, and poor dental health by focusing on reducing added sugar and increasing complex carbohydrates (fruits, vegetables, whole grains), consuming a healthy breakfast, and choosing more healthy protein foods. Class is limited to 4-20 participants.

- **Pre-Diabetes Screening:** Tuesday, January 10 | 9:00 am - 11:30 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.

- **Pre-Diabetes Screening:** Thursday, January 12| 9:00 am - 11:30 pm | Lynn View, 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.

- **Hypertension:** Tuesday, January 17 | 10:30 am | Card Room | Leah Nelson, DO with ETSU Family Physicians of Kingsport. Dr. Nelson will discuss blood pressure goals in a geriatric population. Also what signs and symptoms to watch out for. Sign-ups start on Dec 20 in Office or by calling 423-392-8400.

- **Memory & Brain Health:** Thursday, January 26, 2:00 - 4:00 pm | Multipurpose Room | Every 4th Thursday of the month. Topic of discussion "Build Brain Health While Having Fun" We know mental activity is great for the brain and in many studies has been proven to slow, prevent, and delay cognitive decline. Join Alzheimer's Tennessee for a fun, interactive brain games and win some prizes as well.

- **Fall and Hip Fracture Prevention:** Tuesday, January 31, 11:30 am | Card Room | Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health. Morgan Smallman will discuss fall and hip fracture prevention, risk factors, and treatment. Fall risk assessments and educational training of proper use of adaptive techniques and assistive devices.

- **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.***

Events

- **Woodshop Safety Orientation:** 9am. Monday, January 9| 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.
- **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.

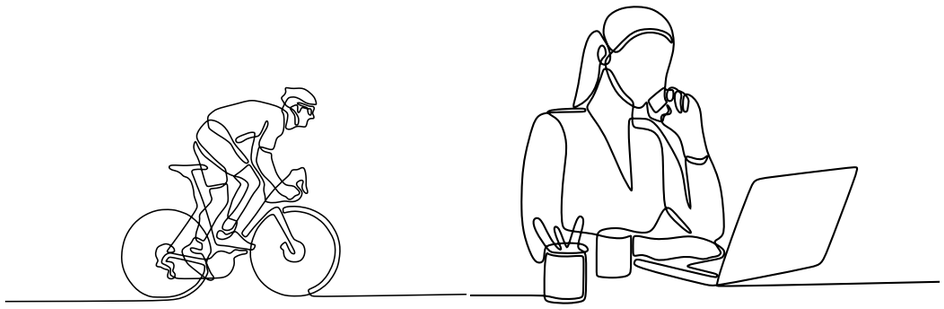
- **Corn Hole Tournament:** Friday, February 24, 1:00 pm| Gym | The tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Edie Cannon, Sales Manager with Brookdale Rocksprings We will need at 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.

Activities

- **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.

- **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.

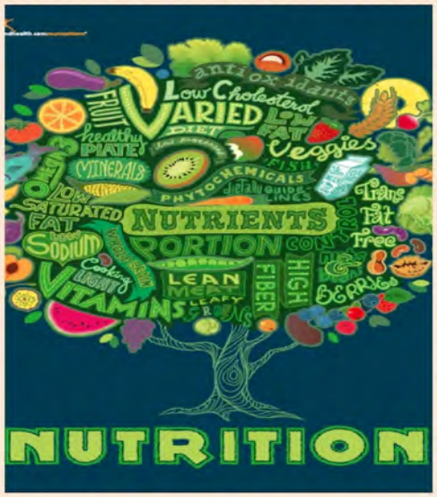
- **Table Tennis Tournament:** Wednesday, May 24, 1:00 pm | Gym | This tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Edie Cannon, Sales Manager with Brookdale Rocksprings. We need a 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

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

COOKING UP HEALTHY SMILES



WHAT WILL I LEARN?

This 4-session program is a nutrition education curriculum designed to help families prepare meals and snacks using foods that reduce the risk for diabetes, obesity, and poor dental health by focusing on reducing added sugar and increasing complex carbohydrates (fruits, vegetables, whole grains), consuming a healthy breakfast, and choosing more healthy protein foods Class is limited to 4-20 participants.

Speaker: Lydia Hoskins, Extension Agent with UT/TSU Extension, Sullivan County, TN

- TUESDAY, JANUARY 03, 10, 17, & 24
- 10AM-11AM
- LOUNGE
- COST IS FREE

SIGN-UPS START ON DEC 15 IN THE OFFICE OR BY CALLING 423-392-8400.

Encompass Health Rehabilitation Hospital of Kingsport

Fall and Hip Fracture Prevention

Speaker: Morgan Smallman, Rehab Liaison, RN, BSN

Morgan Smallman will discuss fall and hip fracture prevention, risk factors, and treatment. Fall risk assessments and educational training of proper use of adaptive techniques and assistive devices.

11:30AM * TUESDAY
JANUARY 31 * CARD ROOM

SIGN-UPS START ON DEC 28 IN THE OFFICE OR BY CALLING 423-392-8400

Wellness Seminar

Memory & Brain Health

Speaker: Tracey Wilson, Regional Director with Alzheimer's Tennessee

"Build Brain Health While Having Fun"

We know mental activity is great for the brain and in may studies has been proven to slow, prevent, and delay cognitive decline. Join Alzheimer's Tennessee for a fun, interactive brain games and win some prizes as well.

Thursday * January 26
2:00pm * Multipurpose Room

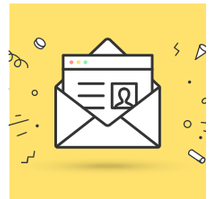
Sign-ups start on Dec 29 in the Office or call 423-392-8400.

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?!



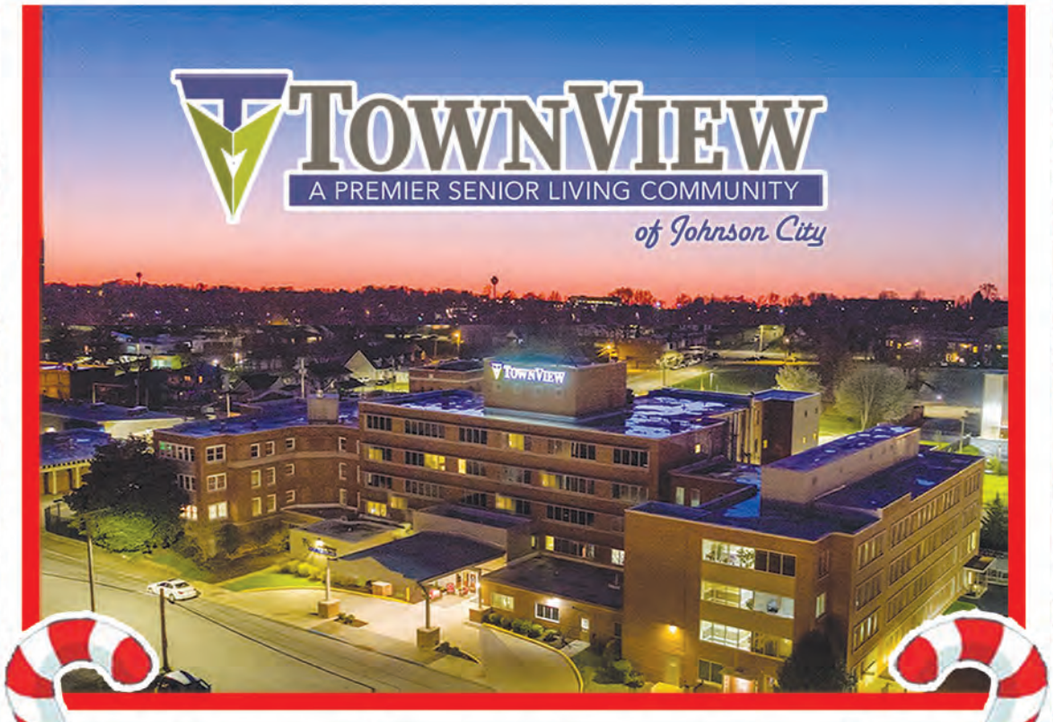
Call (423) 392-8400 or stop by Front Office and give us your email!!!
Disclaimer: *The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!*

2022 BEST of the BEST Elizabethton Star READERS CHOICE AWARDS

Wishing you a wonderful winter season celebrating Christmas and the New Year!

READERS' CHOICE THE BEST of 2021 Johnson City Press

Our Retro inspired TownView Tree #92 is located in King Commons Park (near the Johnson City Landmark sign)



You're Invited to CANDY LAND CHRISTMAS

We invite you to come enjoy the spectacular 160 brightly lit and festively decorated Christmas Trees in Downtown King Commons & Founders Parks and to drop in to see our birds eye view! We're one of the proud sponsors of this FREE family event now through January 8, 2023.

"I live in TownView so I am able to see the lights from my apartment. It has been an absolute delight for the residents here." ~ Susan B

Call today to schedule lunch and 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

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

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: 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 Reykjavík

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

Kingsport Senior Center - Extended Travel

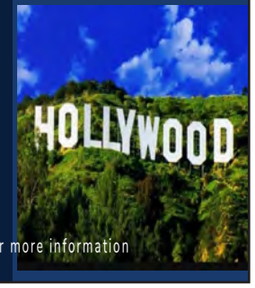
LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

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

Acrylic Painting

WEDNESDAYS, JAN 18 – FEB 22
11:00 AM TO 1:00 PM
ROOM 303
SIGN UPS AND SUPPLY SHEETS
IN THE OFFICE STARTING 12/22

Watercolor Painting

Taught by Michael Farrar

Thursdays, January 19 - February 23

1:00 - 3:00 in Room 303

Sign ups and supply lists in the office starting 12/22

EXPLORATION IN COLOR WITH ACRYLICS

Taught by Michael Farrar

Thursdays, January 19 - Feb 23

3:00 - 5:00 in Room 303

Explore color using fast-drying, water-soluble acrylic paints.

Sign up in the office starting 12/22

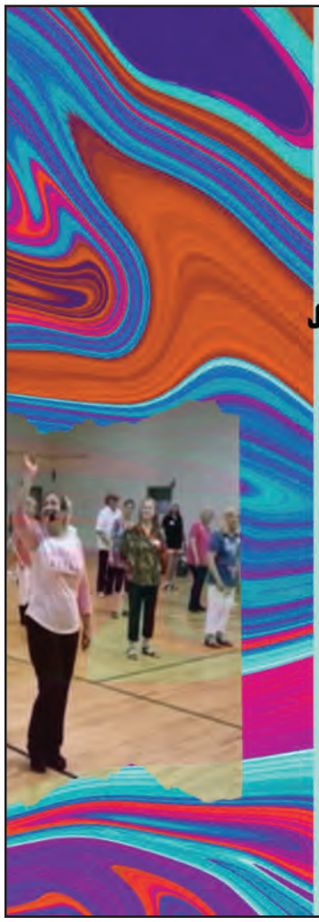
BASIC DRAWING & BEYOND

WITH MICHAEL FARRAR

WEDNESDAYS, JANUARY 18 - FEBRUARY 22
1:00 - 3:00 IN ROOM 303

Course will cover shading, proportioning, perspective, and the human head, face, and body. Students will use charcoal, pencil, and ink. Drawing is the foundation for many artistic endeavors, and is fun and relaxing on its own.

Sign ups & supply lists in the office starting 12/22



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

Line Dance

Monday
January 9 - March 20

Taught by Lyna Faye & Roger McConnell

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

INTERMEDIATE STAINED GLASS

Thursday, January 12 - 26
11:00 a.m. – 12:00 p.m.
Fee: $5 at sign up.
Instructor Lynn Davenport
will guide you to the next level.
Supply list provided at sign up.
Call 765-9047 to sign up.

KSC @LYNN VIEW

BEGINNER STAINED GLASS

THURSDAYS, JANUARY 12-26
9:00AM-11:00AM
$5.00 FEE
SIGN UP AT LYNN VIEW
(423)765-9047

YOU CAN CHOOSE A PATTERNWE HAVE
OR
BRING ONE OF YOUR OWN.

Upcoming Events

DIGITAL LITERACY CLASSES

Senior Center Computer Lab

Tuesday, January 10th, 17th, 24th, and 31st from 2–3 pm

Learn to navigate the web, send emails, improve cybersecurity, virtual appointments, and more

Students will receive a Google Chromebook to use and keep

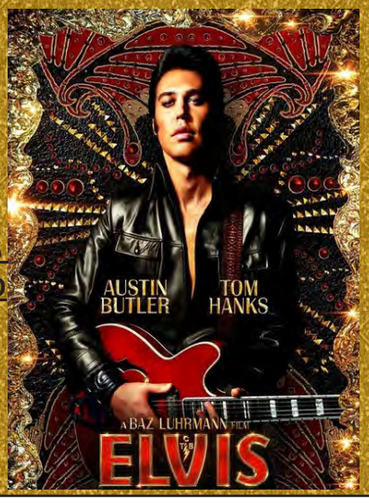
Sign up in the office

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

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!

ADVANCED HAND QUILTING*
Tuesdays & Thursdays, January 10 - February 6, 10:00 am - 12:00 pm. Cost is $15, paid at sign-up.

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

RADIO FLYER WAGON PAINTING*
Monday, January 9, 10:30 am – 1:00 pm. Cost: $30, paid to instructor first day of class. Instructor: Robin Wilbanks Hilman. Participants will paint a radio flyer wagon with a bunny, flowers and birdhouse in the wagon.

PICKLEBALL II*
Tuesdays & Thursdays, January 10 - 31, 10:30 am. Cost: $30, pay at sign-up. This class is for participants who have taken the beginner class.

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!

COOKING FOR ONE OR TWO*
Tuesday, January 17, 10:00 – 11:00 a.m. Participants will learn tips to make holiday meals a little healthier. Presented by Linda Jones, program assistant II, TNCEP,UT-TSU Extension Sullivan County.

BASKET MAKING CLASS*
Wednesday, January 18, 10:00 am – 1:00 pm. Cost is $15, paid to instructor Candy Alexander. Class limit of 10. Participants will make a candle votive. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

GRIEFSHARE
Friday, January 20, 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.

NEEDLE FELTING & WET FELTING*
Friday, January 20. 11:00 – 2:30 pm. Minimum of 6 people, $15/person. Anyone with any felting tools or wool roving, please bring whatever you have.

CARD MAKING CLASS*
Monday, January 23, 11:00 am - 1:00 pm. We will make 4 birthday cards to build up your stash for 2023. Cost is $10. Bring your favorite adhesives, paper tools, and scissors.

DECOUPAGE TECHNIQUES*
Tuesday, January 24, 10:00 am - 12:00 pm. Artisan Esther Richards will show participants how to decoupage. Please call for supply list.

DOT PAINTING*
Wednesday, January 25, 11:00 am. Join us in creating beautiful dotted artwork on a variety of surfaces like rocks and shells. We will use simple tools and techniques to create dots of paint in vibrant patterns. This makes a beautiful gift, home decor or meditative practice. Cost: $10. Participants can bring their own rocks if they would like. Various shells will provided. They may also want to bring their own paint colors in they have anything in a special color.

BUTTERBEAN AUCTION*
Wednesday, January 25, 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.

ARTISAN MEETING
Tuesday, January 10, 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. January artisan of the month: Harold Pannell.

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.

BEGINNER STAINED GLASS*
Thursdays, January 12 - 26, 10:00 - 11:00 am. Cost is $5.00 paid, first day of class. Bring an 8x10 piece of glass. You can choose a pattern or bring your own.

INTERMEDIATE STAINED GLASS*
Thursdays, January 12 - 26, 11:00 am - 12:00 pm. Cost is $5.00 paid first day of class. Supply list available at sign up.

BISCUITS & BINGO
Thursday, February 9, 10:30 am. Biscuits and bingo prizes are sponsored by Avalon. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants.

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

CREATOR OF THE KSC CHRISTMAS ORNAMENT.

Harold Pannell

"I AM A HAPPILY RETIRED 87 YEAR OLD WOODTURNER. THROUGHOUT THE LAST 40 YRS I HAVE TURNED BOWLS, PENS AND A VARIETY OF OTHER ITEMS USING DIFFERENT TYPES OF WOOD. I TAUGHT BOWL TURNING CLASSES AT WOODCRAFTS SUPPLY. I AM CURRENTLY A MEMBER OF THE TRI-CITIES WOODTURNERS GROUP & THE AMERICAN WOODTURNERS ASSOCIATION."

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.

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Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711).**

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235 （聽障專線：711）**。

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
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- Neurology assisting with dementia
- Nutrition services
- Palliative care
- Physical therapy

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

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Medical Associates

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2205 Pavilion Drive
Suite 101
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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
s

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

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