SeniorLiving

March 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

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 April 20th at 12:30. The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office. It is our hope that this will be a benefit to our seniors, staff, and the council.

Subscribe to our new Kingsport Senior Center YouTube Channel!

https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber

Stop Searching.

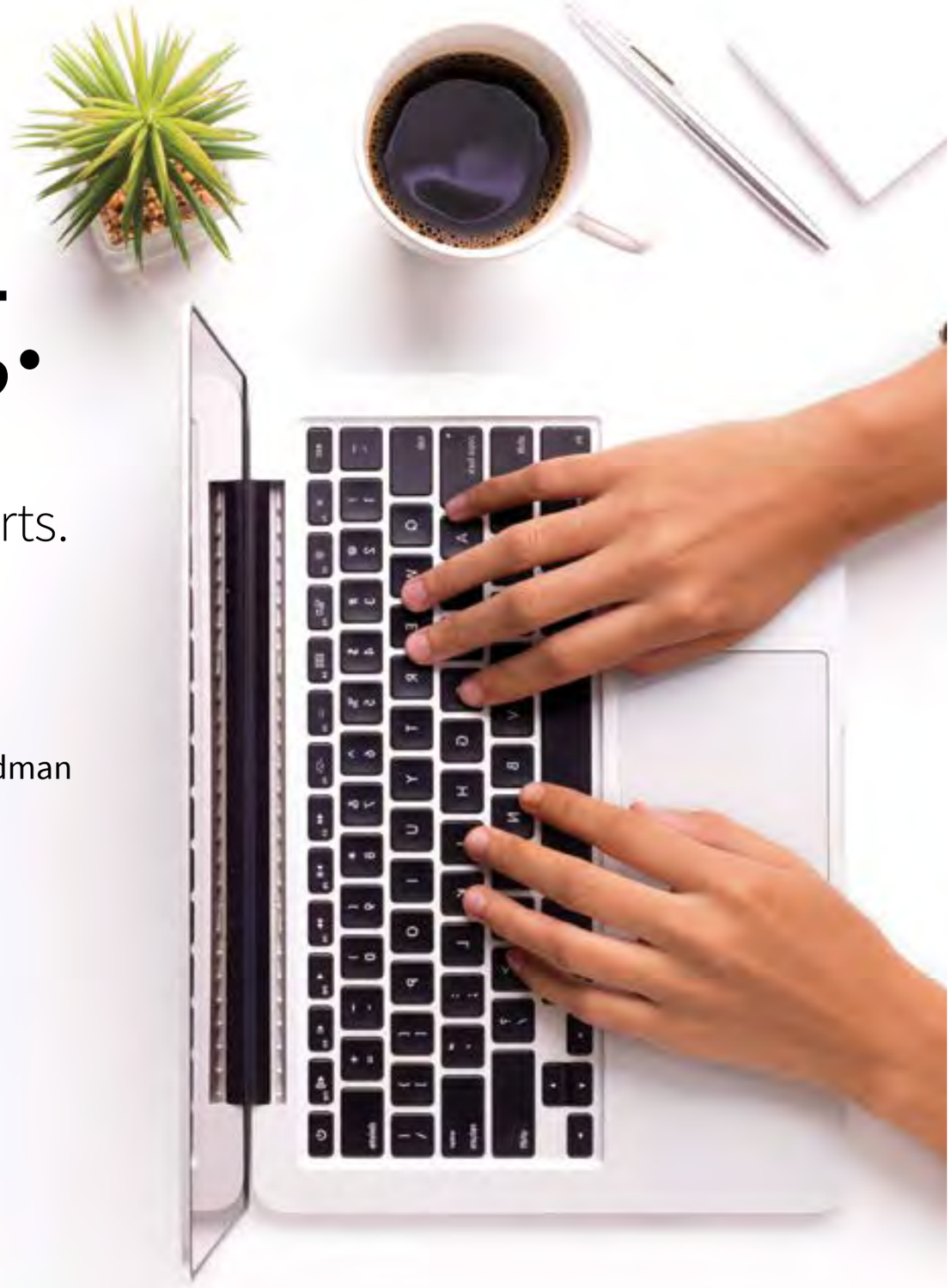
Get in-person answers on assisted living from the experts.

Are you concerned about a loved one's safety and quality of life? Call us. We can help.

For more than 30 years, Asbury Place at Steadman Hill has been providing solutions for complex problems – with loving care.

Contact Us – We Can Help

- » **(423) 900-2296**
- » **AsburyPlaceKingsport.org**
- » **SCloyd@Asbury.org**



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Anticipate More

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Kingsport, TN 37660

EQUAL HOUSING OPPORTUNITY

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Virtual Calendar

Wellness Virtual Classes

March 7 - Tai Chi Warm Ups for Beginners
https://youtu.be/xHp1jSUzwog

March 9 - Tai Chi for Arthritis and Fall Prevention
https://youtu.be/Qd8m2xWSCcg

March 14 -Yoga for Arthritis and Improved Mobility
https://youtu.be/yUnzzpX2KMw

March 16 - Beginners Chair Yoga for Seniors
https://youtu.be/U_jdXFfegKE

March 21 - Tai Chi for Knee Pain or Stiffness
https://youtu.be/p3ChZziyU6Q

March 23 - Tai Chi for Back Pain
https://youtu.be/UWdNqzxp-VM

Senior Services Virtual Programs

March 8 - Kingsport Area Transit Service
https://www.youtube.com/watch?v=osbbVEgwnhA&t=13s

March 13 - Caption Call Life is Calling...Connect with Confidence
https://www.youtube.com/watch?v=4vQtFNCN784

March 19 - Save a Life....Close the Door
https://www.youtube.com/watch?v=k_L8tW5xWnk

March 27 - The High Cost of Life Alert and the Best Affordable Alternatives
https://www.youtube.com/watch?v=CDZTKz1TILU

March 29 - The Importance of Vaccinations for Influenza
https://www.youtube.com/watch?v=M1C0eBhPJt4

Facebook Classes - March 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

March 2 - Best Flowers to Grow in March
https://www.youtube.com/watch?v=7tlzl2wZWCA

March 4 - St. Patrick's Day Treats!
https://www.youtube.com/watch?v=aqvKS8KNu60

March 5 - Seeds to Sow in March
https://www.youtube.com/watch/v=icXNN4xIwso

March 9 - DIY St. Patrick's Day Decor
https://www.youtube.com/watch?v=MioOnxwpas8

March 12 - St. Patrick's Day Decor Ideas DIY
https://www.youtube.com/watch?v=vRh2V5O8b7A

March 16 - Top 5 Spring Lawn Tips
https://www.youtube.com/watch?v=d1EOab4bPbU

March 18 - What's for Dinner EASY & DELICIOUS Family Meal Ideas
https://www.youtube.com/watch?v=9q48UD_ywEs

March 21 - Silence Your Mental TO DO LIST for your HOME
https://www.youtube.com/watch?v=nppLkLcVGvo

March 24 - Advanced Hip Stretches That Will Save Your Back
https://www.youtube.com/watch?v=RA0w_v08Bpc

March 30 - The 5 Most Comfortable Shoes I've EVER Owned!
https://www.youtube.com/watch?v=pof-Rt3bQek

Wellness

Events

- **Woodshop Safety Orientation:** 9am. Monday, March 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.

- **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 9:15 am. 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. Sign up in the Office.

- **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.

NOTICE:

The Billiards Room will be closed from Wednesday, March 1 – Friday, March 3 to recover all four billiards table. We will open back up on Saturday, March 4.
We apologize for any inconvenience.

Wellness Seminars

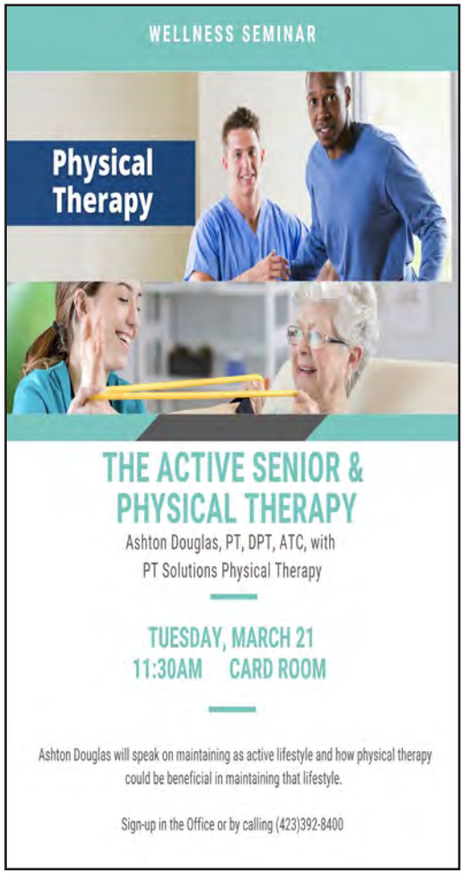
- **Blood Pressure Checks:** Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health will be at the Center from 9am-11am ***every 2nd Tuesday of the month***, in the Hallway by the Office. Nathaniel Young, Sales Manager with Brookdale Kingsport will be at the Center for blood pressure checks from 9am-11am ***every 3rd Tuesday of the month***, in the Hallway by the Office.
- **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.

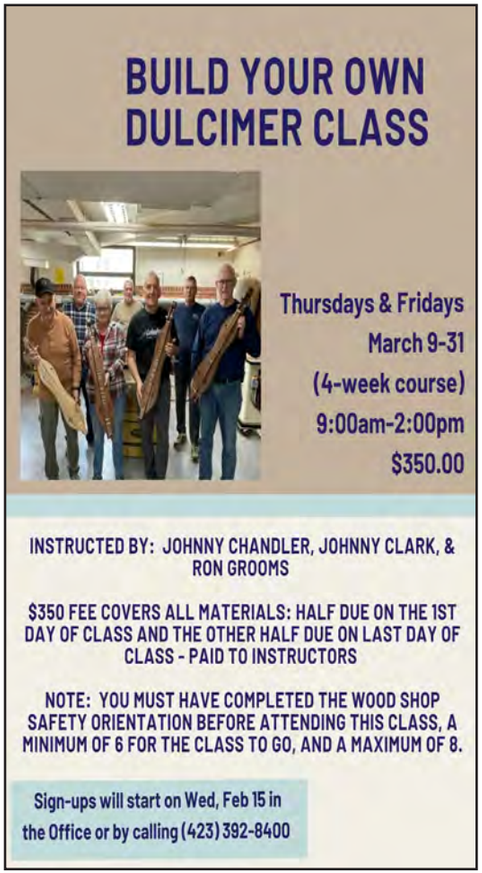
- **The Active Senior & Physical Therapy:** Tuesday, March 21 | 11:30 am | Card Room | Ashton Douglas, PT, DPT, ATC with PT Solutions Physical Therapy, will speak on maintaining an active lifestyle and how physical therapy could be beneficial in maintaining that lifestyle.

- **Foot Care:** Thursday, March 23 | 11:30 am | Card Room | Benjamin Potter, Podiatrist with Associated Orthopaedics of Kingsport. Dr. Potter will discuss what services are offered on foot care, diabetic foot care, and ankle surgery.

- **Memory and Brain Health:** Will not meet on Thursday, March 23. The next meeting will be 2:00pm – 4:00pm Thursday, Apr 20 and every 4th Thursday of the month in the Multipurpose Room.

- **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

QUILTING

ROOM 303

MONDAY'S APRIL 3 - JUNE 5
9:00 AM

SIGN UPS START MARCH 1

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SENIOR SERVICES

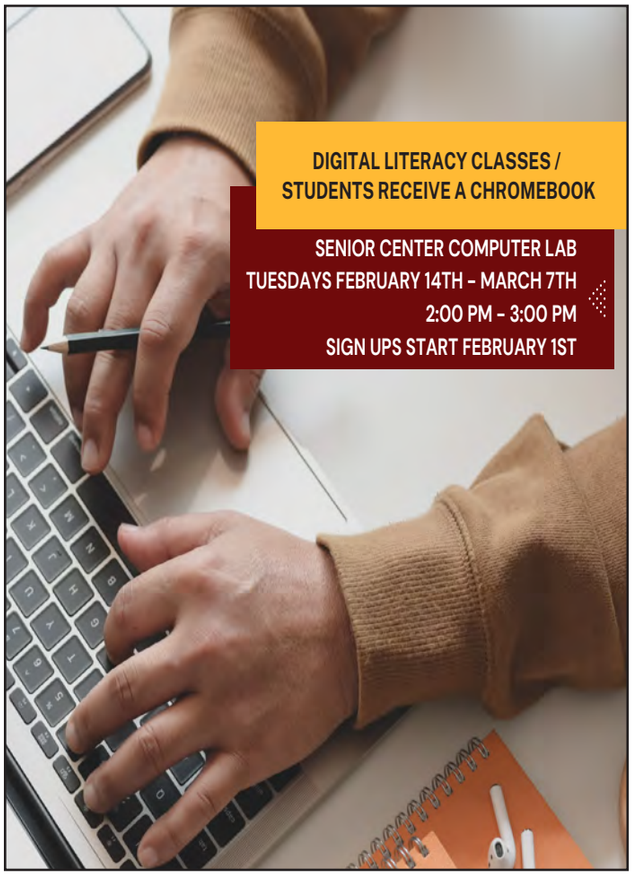
Associated Orthopaedics

WELLNESS SEMINAR "FOOT CARE"

Benjamin Potter, Podiatrist with Associated Orthopaedics of Kingsport, will discuss what services are offered on foot care, diabetic foot care, and ankle surgery.

11:30am * Thursday March 23 * Card Room

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



DIGITAL LITERACY CLASSES / STUDENTS RECEIVE A CHROMEBOOK

SENIOR CENTER COMPUTER LAB
TUESDAYS FEBRUARY 14TH – MARCH 7TH
2:00 PM - 3:00 PM
SIGN UPS START FEBRUARY 1ST

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

HAND - BUILDING WITH CLAY

CLAY ROOM / $30 FEE

WEDNESDAY, APRIL 5TH - JUNE 7TH

MAX OF 16 PEOPLE | 11.00 AM-4.00 PM | SIGN UPS START MARCH 15

CLAY 101 WITH

SUSAN VORHEES

TUESDAY, APRIL 4 - JUNE 6 10:00 AM - 4:00 PM

SIGN UPS START MARCH 15

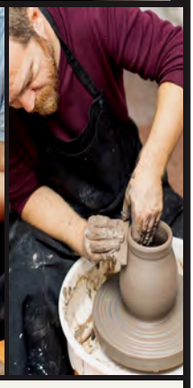
$30 FEE PLUS $15 FIRING FEE IF NOT ALREADY PAID FOR THIS YEAR

CLAY FOR TRUE BEGINNERS

CLAY ROOM / $30 FEE
MONDAY'S - 10:00 AM - 12:30 PM
THURSDAY'S - 4:30 PM - 7:00 PM
MONDAY, APRIL 3 - THURSDAY, JUNE 8
SIGN UPS START MARCH 15

ADVANCED HAND - BUILDING WITH CLAY WITH JESS PARKS

THURSDAYS APRIL 6 - JUNE 8
CLAY ROOM
11:00 AM - 4:00 PM
$30 FEE



SIGN UPS START MARCH 15

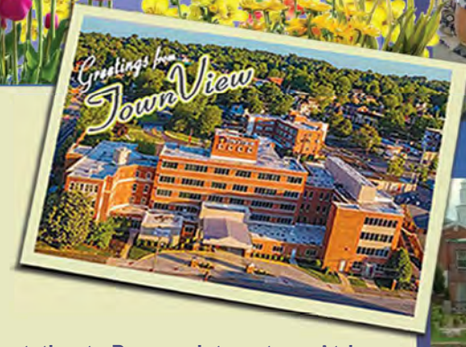
TownView

A PREMIER SENIOR LIVING COMMUNITY

of Johnson City

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

Spring into a more independent lifestyle
-where home maintenance and yard work are a thing of the past!



7 Great Reasons to Choose TownView of Johnson City

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

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thetownview.com

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We are proud to offer plans under contract H4461 that have earned 5 out of 5 stars from the Centers for Medicare & Medicaid Services

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
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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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- Pleasant & Cheerful Living Areas
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- 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

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2424 EAST STONE DRIVE
KINGSPORT, TN 37660

Day Trips

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

HIKING CLUB TRIP

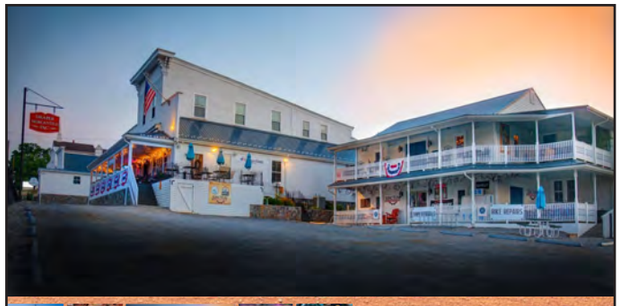
SINKING WATERS TRAIL

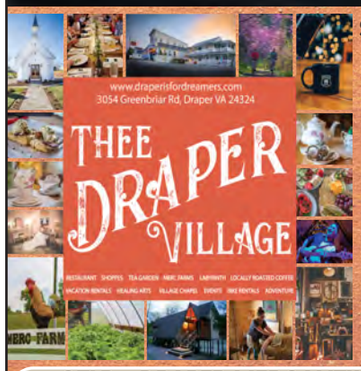
KINGSPORT, TN

Friday, March 24th
Depart from Senior Center at 9:15am

Sinking Waters Trail is a lightly trafficked loop trail 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. Be sure to wear hiking boots & bring a walking stick and dress according to the weather. Bring a bag lunch & something to drink, we will have lunch in the park.

Cost is $5.00 for transportation. Sign up in the Office.





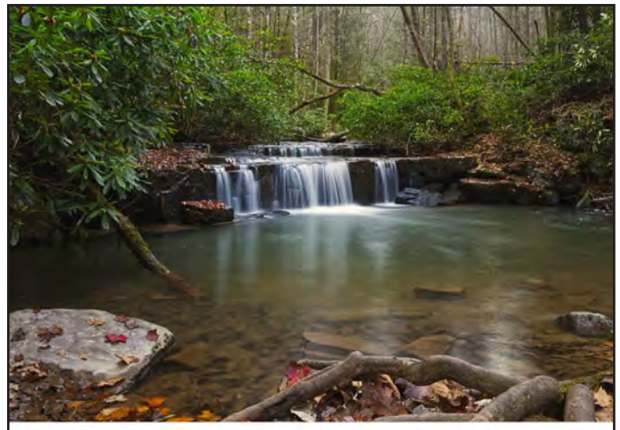
SIGN UPS START FRIDAY
FEBRUARY 24

DRAPER MERCANTILE & TRADING COMPANY

OTLB - DRAPER MERCANTILE & SHOPPING AT DRAPER VILLAGE SHOPS

WEDNESDAY, APRIL 12
DEPART @ 8:30 AM RETURN 4:30 PM

$28 PER PERSON
INCLUDES
TRANSPORTATION
& LUNCH



HIKING CLUB TRIP

LAUREL RUN PARK

CHURCH HILL, TN

Friday, April 21
Depart from Senior Center at 9:30am
Cost is $5.00 for transportation

Laurel Run Trail is a 4.3 mile moderate hiking trail that features a waterfall. NOTE: Elevation Gain - 620 ft. Be sure to wear hiking boots & bring a walking stick and dress according to the weather. Bring a bag lunch & something to drink, we will have lunch in the park.

Sign-ups start on Wed, March 22 in the Office.

Extended Travel Trips

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

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

WAITING LIST ONLY!

Upcoming Events

Piano Lessons
MONDAY - FRIDAY

1:00 PM - 7:00 PM

MEMBERS WILL NEED TO CONTACT KRISTI FOR SCHEDULING AND YOU WILL PAY HER DIRECTLY. HER CONTACT INFORMATION IS 423-398-8851 OR PIANOLESSONS1001@GMAIL.COM

CAFETERIA

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

FRENCH

WEDNESDAY

MARCH 29 - MAY 10

BEGINNER: 9:00AM-10:00AM

INTERMEDIATE: 10:00AM-11:00AM

ADVANCED: 11:00AM-12:00PM

$56 PER PERSON PAID TO INSTRUCTOR 1ST DAY OF CLASS

BOOK: BARRON'S E-Z FRENCH BY CHRISTOPHER KENDRIS AND THEODORE KENDRIS IS AT BOOKS A MILLION OR YOU CAN ORDER OFF OF AMAZON.

MULTIPURPOSE ROOM

Kingsport Senior Center

Line Dancing

April 3-June 5

BEGINNING LINE DANCE- 11:30AM

INTERMEDIANTE LINE DANCE- 12:45PM

Taught by Lyna Faye and Roger McConnell

BASKET WEAVING

ROOM 303

TUESDAY'S APRIL 4TH - JUNE 6TH

9:00 AM

ALL LEVELS, FROM BEGINNER TO INTERMEDIATE, WELCOMED.

BASIC DRAWING AND BEYOND

Drawing is an essential tool any artist needs as a foundation. Students will learn to sue charcoal, pencil and ink.

Wednesday's March 15-April 19
1:00pm-3:00pm
Room 303

Taught by Michael Farrar

Sign up now

Beginner Oil Painting

Wednesday's
March 15-April 19

11:00am-1:00pm
Room 303

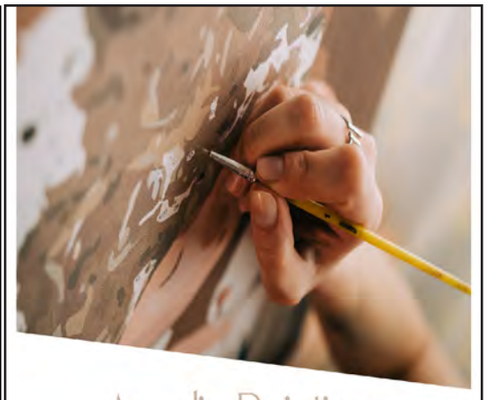
TAUGHT BY
MICHAEL FARRAR

SIGN UP NOW

Watercolors from the Beginning

Thursday's March 16-April 20
3:00pm-5:00pm
Room 303

Sign up now



Acrylic Painting

Thursday's March 16-April 20
1:00pm-3:00pm
Room 303

TAUGHT BY MICHAEL FARRAR

Sign up now!

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!

BASKET MAKING CLASS*
Wednesday, March 15, 10:00 am – 1:00 pm. Cost is $15, paid to instructor Candy Alexander. Class limit of 10. Participants will make a stationery basket that will hold a notepad and pen, 4"x6". Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

SPRING SHADOW BOXES*
Thursday, March 16, 11:00 am - 1:00 pm. This is an advanced paper crafting class. Prior card-making or paper crafting experience encouraged. Cost is $25 and includes all supplies and the frame. Sample is in the office. Bring adhesives and your paper crafting tools. Maximum of 12 participants for this class.

GRIEFSHARE
Friday, March 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, March 21, 10:00 – 11:00 a.m. Participants will learn how to make a one pot recipe, with samples and additional recipes to help participants adjust to cooking for one or two. Presented by Linda Jones, program assistant II, TNCEP, UT-TSU Extension Sullivan County.

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.

EMBROIDERY*
Mondays & Wednesdays, March 6 - 20, 9:00 am – 12:00 pm. Cost: $15, pay first day of class to instructor Sandra Arnold.

NO SEW BLANKET CLASS*
Wednesdays, March 8 – 22, 9:00 am – 10:00 am. Cost: $15, pay first day of class to instructor Sandra Arnold. Participants will need to supply a no sew kit (JoAnn Fabrics) or can buy 2 pieces of flannel 50x60.

PALETTE PAINTING CLASS*
Monday, March 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, March 7 - 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.

SPRING WREATH CLASS*
Tuesday, March 14, 10:00 am - 12:00 pm. Cost: $18, paid to artisan Karen Young day of class, all supplies included. Example in the office.

PICKLEBALL DRILLS*
Tuesdays, March 14 - 28, 10:30 am. Cost: $15, pay at sign up. First class, "Seeing spots?" works in placement of shots especially the serve return and 3rd shot. Second class, "Beating the Banger", focus is on volleys, resets and letting the ball go out. Third class, "Doubles Strategy", the emphasis is on working effectively with a partner and court positioning.

ARTISAN MEETING
Tuesday, March 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 March's Artisan of the month.

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

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.

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.

BEGINNING OIL PAINTING*
Tuesdays, March 28 – June 13, 10:30 am. Cost included with membership. This beginners oil class will teach students all the steps needed to complete fun and easy oil painting projects. As the class is ongoing it will allow students to work at their own pace and bring in their own project ideas as the class progresses. Instructor Sonia Garcia.

BUTTERBEAN AUCTION*
Wednesday, March 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.

CARD MAKING CLASS*
Monday, March 27, 11:00 am - 1:00 pm. We will use stencils and blending brushes to create 4 cards. Cost is $10 and all supplies are included. Bring adhesives and scissors. Sign up in the office.

DECOUPAQE TECHNIQUES*
Tuesday, March 28, 10:00 am - 12:00 pm. Artisan Esther Richards will show participants how to decoupaqe. Please call for supply list.

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

CLASSES & Daily Activities

Monday

Classes only: April 3 - June 5

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.

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.

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.

Strength Training: 10:10am (Gym)

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

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)

KINGSPORT SENIOR CENTER
the fun begins at 50

Tuesday

Classes only: April 4 - June 6

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.

Clay 101: 10:00am - 3:00pm (Clay room) This is a six weeks beginner course and then a six weeks intermediate course.

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

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)

Open Card Play: 1:00-7:00pm (Card Room) Please bring a snack to share with others. Potluck every 1st Tuesday of the month.

Badminton: 4:00-6:30pm (Gym)

Wednesday

Classes only: April 5 - June 7

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)

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.

Croquet: 9:30am (Front Lawn)

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 Riverbend Park Development Project – Local Parks and Recreation Fund Grant Application

Kitty Frazier, City of Kingsport Parks and Recreation Manager, will provide an overview of a proposed grant application to further develop Kingsport's newest park called Riverbend. Riverbend Park is located near Walmart and Riverbend Villas. First phase, under construction, includes a walking trail and fishing pier. Come hear all the exciting park additions being proposed for development through a state of Tennessee Local Parks and Recreation Fund (LPRF) grant program. This presentation is open to the public and public comments.

CLASSES & Daily Activities

Thursday

Classes only: April 6 - June 8

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.

Strength Training: 9:45am (Gym)

Zumba Gold: 9:45am (Atrium)

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

Bunco: 10:30am every 2nd Thursday

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.

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

Cornhole: 1:00pm (Gym)

Volleyball: 4:00pm (Gym)

Friday

Classes only: April 7 - June 9

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.

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.

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.

Strength Training: 10:10am (Gym)

Stretch Class: 11:15am (Gym)

Bridge: 12:30pm (Card Room)

Cornhole: 1:00pm (Gym)

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)

KINGSPORT SENIOR CENTER
the fun begins at 50

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.

To schedule a tour, please call
Preston Place Suites - 423-378-6623
For Specialized memory care 423-378-HOPE(4673)

2022
TimesNews
KINGSPORT, TENNESSEE
READERS CHOICE

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