

# Living for Us

K I N G S P O R T  
S E N I O R C E N T E R

SEPTEMBER 2023

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TimesNews

  
**KINGSPORT**  
SENIOR CENTER  
*the fun begins at 50*

Kingsport Senior Center ▪ 1200 E Center St., Ste 121, Kingsport, TN ▪ (423) 392-8400 ▪ Monday-Friday 8 AM-7 PM ▪ Saturday 9 AM -12 PM ▪ Closed Sunday



**Staff:**

**Please call the front office for information:**

**(423) 392-8400 (Main Number)**

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

Program Coordinator - Lori Calhoun  
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(423) 392-8405

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(423) 392-8407

Program Administrator - Amber Quillen  
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(423) 392-8402

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

Program Assistant - Vickie Duncan  
vickieduncan@kingsporttn.gov  
423-343-9713

Nutrition Site Manager  
(423)246-8060

**Policies:**

**Refund Policy:** The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior enter, 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, 2023 - June 30, 2024

\$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 enter, 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](http://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

**From the cover:** A participant from our August 17th flower arranging class.




The Senior Advisory Council meeting will be October 19th 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.

**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

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Social Media**

 **Kingsport Senior Center**  
 **@KingsportSeniorCenter**  
 **@KingsportSeniorCenter**

**Subscribe to our new Kingsport Senior Center  
YouTube Channel!**

<https://www.youtube.com/@kingsportseniorcenter2443>



# It's a new experience, but Humana helps take the mystery out of Medicare

## Let your agent help guide you to the right health plan for you

Humana and your local, licensed Humana sales agent are here with professional advice to help you select and enroll in the right plan for your needs.

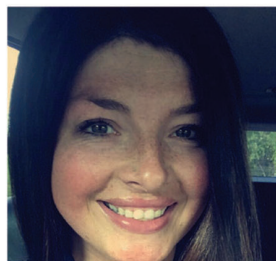
## Putting experience on your side:

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 8 a.m. - 8 p.m.  
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[Humana.com/aferguson](https://Humana.com/aferguson)

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\*Source: Humana Inc. First Quarter 2022 Earnings Release, April 27, 2022  
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assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**. **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)**。



# Virtual Calendar

## Events and Virtual Classes

- **September 2 – “3 Leg Strengthening Exercises Every Senior”**  
<https://www.youtube.com/watch?v=9jMI3V7OPN8>
- **September 4 – “Beginner Oil Painting”**  
<https://www.youtube.com/watch?v=fgWdMsAXSXg>
- **September 5 – “Strawberry Crack Salad”**  
<https://www.youtube.com/watch?v=v3DfFcOU3NM>
- **September 9 – “How to Make A Quilt”**  
<https://www.youtube.com/watch?v=fe37aSedgTY>
- **September 13 – “NRM Decluttering 35 Years of...Stuff”**  
<https://www.youtube.com/watch?v=vP5cJSOMU74>
- **September 16 – “Beginner Basket Weaving Tutorial”**  
<https://www.youtube.com/watch?v=F5fssON85g4>
- **September 17 – “DIY Large Cement Orb Sculptures For A Beautiful Home”**  
<https://www.youtube.com/watch?v=duxDnS5KylY>
- **September 21 – “6 BEST CROCK POT Recipes WITHOUT “Cream of” soups**  
<https://www.youtube.com/watch?v=-uHEWENqzXE>
- **September 24 – “How to Play Hand and Foot”**  
<https://www.youtube.com/watch?v=pouzMMQ6-u0>

- **September 30 – “How to Play Wizard”**  
<https://www.youtube.com/watch?v=dgPT994AGwk>

## Wellness Virtual Classes

- **September 8 - “Strength and Balance Workout for Seniors”**  
<https://youtu.be/OS3n6p3EWno>
- **September 10 - “10 Exercises for Strength & Balance”**  
[https://youtu.be/FmCz\\_fZsJ98](https://youtu.be/FmCz_fZsJ98)
- **September 15 - “5 Best Balance Exercise for Seniors”**  
<https://youtu.be/mvSEwgx0Msc>
- **September 17 - “12 Balance Exercise for Seniors (Daily Routine)”**  
<https://youtu.be/lx3iaWT3C3A>
- **September 22 - “5 Balance Exercise for Fall Prevention”**  
<https://youtu.be/MxFEVSoHSS0>
- **September 24 - “2 Best Balance Exercise for Senior to Master!”**  
<https://youtu.be/ULqk9PpG4qk>

## Facebook Classes – September 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

## Senior Services Virtual Programs

- **September 8 – “What are the benefits for the Volunteer?”**  
<https://www.youtube.com/watch?v=pNY3JWwFL4M>
- **September 14 – “Best Laptops for Seniors 2023.”**  
<https://www.youtube.com/watch?v=W53mnN-zxjs>
- **September 19 – “Great travel tips for Senior Travelers”**  
<https://www.youtube.com/watch?v=3ohL25xRjxY>
- **September 26 – “Ten types of discounts exclusively for seniors”**  
<https://www.youtube.com/watch?v=rRH4mTd8Y2E>
- **September 29 – “The benefits of Telehealth visits!”**  
[https://www.youtube.com/watch?v=v-L1gK91\\_PQ](https://www.youtube.com/watch?v=v-L1gK91_PQ)





# Wellness

## Blood Pressure Checks:

**9am-11am. Every 2nd Wednesday of the month**

*Hallway by the Office |*

Bevin Orzechowski, LPN, Rehab Liaison with Encompass Health. Blood Pressure Checks: 9am-11am. Every 4th Wednesday of the month | Hallway by the Office | Miranda Stout, with Brookdale Rock Springs. Sign up in the Office or by calling 423-392-8400.

## Grief Share Program:

**9:30am. Every 3rd Wednesday of the month**

*Card Room*

Gabe Manis, M.Div., Hospice Chaplain with Suncrest Hospice | The Grief Share Program is offered to our members who have experienced the death of a family member, or a friend. The program is helpful on how to deal with emotions, tips on surviving social events, and how to find hope for the future. Please join us for this very encouraging seminar, sign up in Office or by calling 423-392-8400.

## Wellness Seminar "Diabetes Prevention Program"

**10am-11am. Mondays**  
*Computer Lab*

Andrea Haubner, Extension Agent with Virginia Cooperative Extension. One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with pre-diabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). NOTE: Session Schedule; Bi-Weekly-Sep 11-Nov 20, and Monthly-Dec 4, Jan 8, Feb 5, Mar 4, Apr 1 and May 6. Sign up in the Office or by calling 423-392-8400.

## Wellness Seminar "Medicare the A, B, C's"

**11am. Tuesday, Sep 12**

*Card Room*

Margaret & David Douthat with Douthat Insurance, Inc. | Margaret & David will walk you through the different Parts of Medicare, the positives of each option and the areas to be aware of for each option. They will also explain all various extra's, who is eligible and how to navigate the maze of mail, calls, and commercials. Please join us for this educational seminar about Medicare. Sign up in the Office or by calling 423-392-8400.

## Wellness Seminar "Memory and Brain Health"

**2pm-4pm. Thursday, Sep 28**

*Multipurpose Room*

Every 4th Thursday of the month. Topic of discussion "Straight From the Brain Health Institute at Vanderbilt University" Speaker: Tracey Kendall Wilson, Regional Director; Alzheimer's TN. Studies indicate certain activities make us cognitively sharper. Join Alzheimer's Tennessee for some fun activities to boost

your brain power. Sign up in the Office or call 423-392-8400.

## Flu Vaccine Clinic

**9am - 11am. Wednesday, Sep 27**

*Pinney's Prescription Shop | Hallway Billiards Room side*

Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. You must bring in your insurance card (Medicare, etc.) so that

we may record the information and bill accordingly. Pinney's will be providing Quadrivalent flu vaccine, High dose senior flu vaccine, Shingles Vaccines, Pneumonia vaccine, Moderna COVID vaccine, and Pfizer COVID vaccine. Sign-ups start on Sep 1 in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

## Neuro Yoga

**5:30pm. Thursday, Sep 14 & 28**

*Room 302*

Kristie Nies, PhD. Neuropsychologist & Registered Yoga Teacher | Neuro Yoga is chair based yoga for brain health, which will build resilience, improve mood, reduce pain, and reduce stress. Cost is free to our members, no yoga experience is required. Sign up the Office or by calling 423-392-8400.

## Helping Ensure Quality of Life and Independence

At First Tennessee Area Agency on Aging and Disability, we are here to help you access the programs you need to take care of yourself as you age.



### FTAAAD Services and Programs

- COVID-19 Vaccination/Booster Assistance
- Information and Referral Line
- Family Caregiver Support
- Wellness Workshops
- Congregate and Home-Delivered Meals
- Advocacy for Long-Term-Care Residents
- In-Home Services for Aging in Place
- SNAP Application Assistance
- Senior Transportation
- Medicare/Health Insurance Counseling

If you have questions on these or other available programs, go to

**www.ftaaad.org**

or call us at **423.928.3258**



Serving Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, Washington Counties

**First Tennessee Area Agency on Aging and Disability (FTAAAD)**

3211 North Roan Street  
Johnson City, TN 37601

No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance. This project is funded under a grant contract with the State of Tennessee.



## Active Flow Yoga:

**5:30pm. Wednesdays, Sept 6-Oct 11**  
Room 302

Monica Case-Harman, Nationally Certified (NYA) in Yoga Therapy for Musicians, Dancers, Athletes Women's Health Coach | This fun, exercise science-based yoga class features poses that challenge students through sun salutations, warrior poses and balance asanas. Concentric, eccentric and isometric contractions will be emphasized so that students can work to optimize their strength, flexibility and balance. The class will further incorporate a rest and restore portion (final 10-15 minutes) that includes stretching and breathing exercises. Designed for all levels, modifications will be offered. Cost is 25.00. Sign up in the Office.

## Woodshop Safety Orientation:

**9am. Monday, Sep 11**  
Woodshop

Every 1st Monday of the Month. If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 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 wood workers please come and help. Also the Wood Shop will close after the clean-up on the 1st Monday. NOTE: Wood Shop Hours are Mon, Tue, & Wed from 8:30am-3pm.

## Shuffleboard Tournament:

**9am. Wednesday, Sep 20**  
Shuffleboard Courts

This tournament will be doubles playing the best three games with double elimination, using only one side of the score board. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Nathaniel Young with Brookdale

Rocksprings. We need at least 12 to sign up for tournament to be played. Sign up in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Sep 18.

## Wooden Pen, Pencil, & Letter Opener Making Class:

**9am-2pm. Thursday & Friday, Sep 21, 22, 28, & 29**  
Wood Shop

Johnny Chandler will be teaching a 2 week Wooden Pen, Pencil, Letter Opener Making Class. Cost is \$75.00, which covers all your materials; with \$38.00 due on first day of class paid to the instructors and the final payment of \$37.00 is due on the last day. This class will teach you how to use the Lathes the correct way. You will make a wooden pen and pencil. Sign-ups start on Fri, Sep 1 in the Office or by calling 423-392-8400. Class is limited to 5 people with a minimum of 3 to sign up for class to be held.

## Your Social Circle is Tied to Your Heart Health:

Studies suggest that feeling lonely or isolated may be linked to increased risk for heart attack, stroke, or death from heart disease so finding ways to socialize and connect with others is important at all stages of life. Join a book club, take a cooking or art class, schedule a weekly walk with your bestie (or a roving FaceTime date if you live far apart), pull together a fitness group, or make time to do some volunteering.

# September Artisan of the Month

**Valarie Rhea "I enjoy sewing children's clothing and different types of multi-purpose pouches."**



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# KSC at Branch Locations (September 2023)

## Lynn View Senior Center (423) 765-9047

**Hours: M-F, 8:00am – 2:30pm**

Calling all area art and craft vendors! Sign up for the Old Fashioned Christmas Fair to be held on Friday, Nov 17 from 10:00 a.m. – 5:00 p.m. and Saturday, Nov 18 from 10:00 a.m. – 4:00 p.m. To be a vendor, sign up for an appointment with Michelle on Tues, Sept 12, appointments are every 15 minutes. Bring an example of your items, max 5 items to be previewed. Call 765-9047 for an appointment.

## Core conditioning

**9:00 a.m. Mondays and Wednesdays in the cafeteria.**

This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination of these gadgets. You perform traditional weight-training movements in a class setting.

## Silver Sneakers Classic

**10:00 a.m. Mondays and Wednesdays in the cafeteria.**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

## Silver Sneakers Classic

**9:00 -10:00 a.m. Tuesday and Thursday in the cafeteria.**

Low Impact Aerobics, 9:00 – 10:00 a.m. Fridays in the cafeteria. Join us & get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning & strengthening in addition to low impact cardio.

## Stretch & Flex!

**10:00 - 11:00am Fridays in the 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! Optional floor exercises may be offered towards the end of class but these can also be chair-based - your choice! Bring a yoga mat if you have one to use alongside the chairs provided.

## Scrabble Day

**11:00 a.m. TH,**

Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

## Blood Pressure Checks

M, 8:45 a.m. – 10:00 a.m., with volunteer Nancy Greene. No sign up required.

## Beginning Hand Quilting

**T/TH, Sept 5 – 28, 9:00 -10:00 a.m.,**

All supplies are included. Cost: \$15, paid to instructor Sandra Arnold. Walk-ins welcome!

## Advanced Hand Quilting

**T/TH, Sept 5 - 28, 10:00 a.m. – 12:00 p.m.**

More advanced quilters gather each day and quilt together on projects.

## Acrylic Painting Classes

**W, Sept 6, 11:00 a.m.**

You will create a Hello Fall picture. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

## Paper Pumpkin Wreath

**TH, Sept 7, 10:00 a.m.**

Cost is \$15 paid at sign-up. Kits provided at class.

## Embroidery

**M, Sept 11, 9:00 a.m. – 10:00 a.m.**

Cost: \$15, pay first day of class to instructor Sandra Arnold.

## Beginning Stained Glass

**M, Sept 14 - 28, 10:00 – 11:00am,**

Cost: \$5.00 paid first day of class and bring an 8x10 piece of glass.

## Stained Glass II

**M, Sept 14 – 28, 11:00am – 12:00pm,**

Cost: \$5.00 paid first day of class. Supply list available at sign up.

## Palette Painting Class

**M, Sept 11, 10:30 – 1:00,**

Cost: \$30, paid to instructor day of class. Instructor: Robin Wilbanks Hilman.

## Beginning Pickelball

**T/TH, Sept 12 – 28, 10:00 a.m.**

Cost: \$30, pay at sign up. Limited to 8 participants. 3 weeks, 6 classes. This is for participants who have never played Pickleball. Cost \$30 paid at sign up. Instructor Anna Walters. \*These classes are at TNT Sports complex\*

## Printmaking

**W, Sept 13, 11:00 a.m.**

This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

## Painting with Flair

**TH, Sept 14, 10:00 – 2:00pm, Cost: \$30, all supplies included.**

Join us for a fun time of painting with Frances Frongilio. No painting experience necessary. This is a class you will have a completed picture to take home after.

## Grief Share

**F, Sept 15, 11:00 a.m.**

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.



## Advanced Crochet

**F, Sept 15 – Oct 20, 9:30 – 10:30 a.m.**

Cost: \$ 20.00 paid to instructor. Class is limited to 4 participants. Participants will work on project of choice.

## Beginning Crochet

**F, Sept 15 – Oct 20, 11:00 – 12:00 p.m.**

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

**F, Sept 15 – Oct 20, 12:30 – 1:30 p.m.**

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.

## Fall Shadowbox

**M, Sept 18, 11:00 a.m.**

Cost: \$25, includes the frame and paper sampler. \$15 for sampler refill only. Bring paper crafting tools, adhesives and die cut machine if you have one. Sample is in the office.

## Acrylic, Painting Classes

**T, Sept 19 at 11:00 a.m.**

You will create a Halloween Witch picture. This Program provided

in partnership with the West End Home Foundation Digital Literacy Grant. You will create a Halloween Witch picture.

## Basket Class

**W, Sept 20, 10:00 – 1:00p.m.**

Class limit of 10. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil. Cost: \$20.00.

## Needle Felting

**TH, Sept 21, 11:00 a.m.**

This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

## Card Making Class

**M, Sept 25, 11:00 a.m. to 1:00 p.m.**

We will make 4 fall-themed cards. Cost is \$10. Please bring favorite adhesives and scissors.

## Scarecrow Bottle

**T, Sept 26, 10:00 a.m. to 12:00 p.m.**

Artisan Esther Richards will show participants how to turn a glass bottle into a fall scarecrow. Example in office. Cost: \$15. All supplies provided.

## Butterbean Auction

**W, Sept 27, 12:30 p.m.**

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

**TH, Sept 28, 10:30 a.m.**

All supplies furnished. 10 participants required for class to go. These welcome signs, 18x12, are weather proof boards that are door hangers. Several patterns to choose from. Cost: \$55. Payable day of class. Max 12.

## Basketball

**Played at Lynn View from 8-10 a.m. M-F.**

Stop by the office and get a ball and shoot some hoops with us!

## Pickleball

**Played in the gym at Lynn View Monday - Friday 10:00am – 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. \*Must be a senior center member to play, please bring membership card.

## Colonial Heights United Methodist Church

## Silver Sneakers Yoga

**Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym.**

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## First Broad Street United Methodist Church

## Total Body Workout

**Monday, Wednesday and Friday in room 239 at 9:30am.**

Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

## Restorative Yoga

**Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m.**

Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body (typically from student requests).



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A PREMIER SENIOR LIVING COMMUNITY  
*of Johnson City*



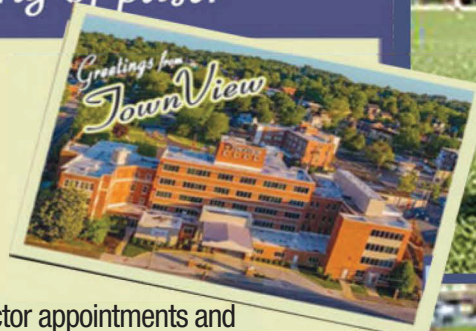
*"I like being in downtown and close to the parks with lots to do. I particularly like TownView because of the staff & the effort they take to make this place home. It is my home." – Jim P.*

★ ★ *Make the most of them at TownView* ★ ★  
where there's time to enjoy the things you love to do  
& home maintenance is a thing of past!

**7 Great** Reasons to Choose  
**TOWNVIEW**  
*of Johnson City*

- 1. Convenience!** All included in rent; utilities, cable, transportation to doctor appointments and shopping 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, and the newest addition – a putting green!
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

**Welcome Home to TownView!**



**Call Today to schedule Lunch & a Private Tour!**

**114 West Fairview Ave., Johnson City, TN 37604**

**423-328-9068**

**thetownview.com**



## Active/Flow Yoga

**Tuesday and Thursday in Room 239 from 11:00 a.m. - 12:00 p.m.**

More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. We will continue to end the class with Relaxation.

## Riverview Park Pickleball (VO Dobbins)

**Mondays and Wednesdays, 8:30 – 10:30 a.m.**

Open play. All skill levels. \*Must be a senior center member to play, please bring membership card.

## TNT Sports Complex

**(600 E. Main Street) – Tuesdays and Thursdays, 9:00 a.m. – 1:00 p.m.**

Open play. All skill levels. \*Must be a senior center member to play, please bring membership card.



# Trips/Travel

**Out to Lunch Bunch – Enjoy a beautiful drive to Fern Valley Farm in Bristol, VA for a wonderful farm to table meal. The owners of this farm will provide the history of the farm and tour of the facility for our members. After lunch, we will take a trip to the Dutch Pantry so you can buy some goodies to take home!**

- Fern Valley Farm - 19310 Rollins Dr. Bristol, VA
- \$29.00 per person which includes transportation and lunch.
- Tuesday, September 12, 2023
- 10:30 am - 6:00pm
- Sign ups begin August 4, 2023

**Wohlfahrt Haus Dinner Theater- Trip to the Wohlfahrt Haus Theater in Wytheville, VA to see the “Fiddler on the Roof” show. The price includes transportation, lunch & show.**

- Wohlfahrt Haus Dinner Theater- 170 Malin Dr Wytheville, VA 24382
- \$72.00 per person (includes lunch and show)
- Thursday, October 12, 2023
- 9:45am - 6:05pm
- Sign ups begin August 4, 2023

**Out to Lunch Bunch – Enjoy a delicious lunch at Forth Worth Texas Kitchen in Sevierville, TN. Shopping at the Red Roof Factory Outlet Stores after lunch.**

- Forth Worth Texas Kitchen – 1560 Parkway Sevierville, TN 37862
- \$30.00 per person which includes transportation and lunch.
- Thursday, October 5, 2023
- 9:00am – 4:30pm
- Sign ups begin August 24, 2023

**Barter Theater, Bristol VA- Clue: Based on the iconic 1985 Paramount movie and classic board game, Clue is a hilarious comedy-meets-murder mystery. Content advisories: (V)- Murder and murder attempts, generally handled comedically. Lunch at Milanos (lunch paid on your own)**

- Barter Theater – Bristol, VA
- \$44.00 per person which includes transportation (Lunch on your own)
- Thursday, October 19, 2023
- 10:00am – 6:00pm
- Sign ups begin August 24, 2023

**Wohlfahrt Haus Dinner Theater- Trip to the Wohlfahrt Haus Theater in Wytheville, VA to see the “A Wohlfahrt Christmas Carol” show. The price includes transportation, lunch & show.**

- Wohlfahrt Haus Dinner Theater- 170 Malin Dr Wytheville, VA 24382
- \$72.00 per person (includes lunch, transportation and show)
- Tuesday, December 12, 2023
- 9:45am - 6:05pm
- Sign ups begin October 6, 2023



# Extended Travel Trips

Kingsport Senior Center & PML Travel & Tours

## Ancient Cities & Holy Land Cruise

**August 31, 2024-September 15, 2024**

- Price From: \$4,774 Per Person-Double Occupancy
- Featured Countries: Israel, Greece, Italy, & Cypress
- Your 16 Day / 15 Night Package Includes:
- Roundtrip airfare
- 13 Day / 12 Night Cruise onboard Odyssey of the Seas
- 2 Nights in a Deluxe Hotel in Rome
- 2 Days of Guided Touring in Rome
- Stateroom Accommodation
- Shipboard meals

### TRIP SNAPSHOT:

Day 1: Depart from Home

Day 2: Arrive Rome (Civitavecchia), Italy- Tour Included

Day 3: Rome (Civitavecchia), Italy- Tour Included

Day 4: Rome (Civitavecchia), Italy- Embark on Odyssey of the Seas

Day 5: Naples/Capri, Italy

Day 6: Cruising

Day 7: Athens (Piraeus), Greece

Day 8: Santorini, Greece

Day 9: Rhodes, Greece

Day 10: Limassol, Cyprus

Day 11: Haifa, Israel

Day 12: Jerusalem (Ashdod), Israel

Day 13: Cruising

Day 14: Chania (Souda), Crete

Day 15: Cruising

Day 16: Rome (Civitavecchia), Italy



Kingsport Senior Center & PML Travel & Tours

## Royal Caribbean's Wonder of the Seas

**January 19, 2024-January 29, 2024**

- Price From: \$2,024.00 Per Person- Double Occupancy
- Your 11 Day / 10 Night Package Includes:
- 8 Day 7 Night Cruise aboard Wonder of the Seas
- 2 Nights Pre-Cruise Hotel Accommodations in St. Augustine, FL
- Guided Tour of St. Augustine
- 1 Night Post-Cruise Hotel Accommodations
- Stateroom Accommodations
- Shipboard Accommodations
- Transportation Included

### TRIP SNAPSHOT:

Day 1: Arrive St. Augustine, FL

Day 2: St Augustine, FL Tour (included)

Day 3: Port Canaveral, FL – Embark on Wonder of the Seas

Day 4: Perfect Day- CocoCay, Bahamas

Day 5: Cruising

Day 6: San Juan, Puerto Rico

Day 7: St. Maarten

Day 8: Cruising

Day 9: Cruising

Day 10: Port Canaveral, FL

Day 11: Arrive Home

## Kingsport Senior Center Presents a New York City Christmas

**December 3 – December 6, 2023**

- Price: \$824.00 Per Person- Double Occupancy
- Your 4 Day / 3 Night Package Includes:
- 3 Nights Hotel Accommodations
- 3 Breakfasts at your Hotel
- 2 Wonderful Dinners Including 1 Dinner at a New York City Restaurant
- Orchestra Seating for the Radio City Music Hall Christmas Spectacular
- Guided Touring of New York City
- Visit the 9/11 Museum along with the 9/11 Memorial
- Enjoy Time to Explore and Holiday Shopping in New York City



# Senior Services

## Senior Community Service employment Program

**Thursday, September 21st in the card room starting at 1pm.**

Alena Oliver from First Tennessee Resource Agency will be here to talk about their program. They help train seniors by sending them to local nonprofit/government agencies to gain work experience while they pay them through grants. This program is especially good for Seniors who may be drawing social security or receiving any other benefits as their funds do not count against them. Their mission is to provide older job seekers the opportunity to gain new skills and training in order to increase employment offers and success in the work force. This program is funded through and under an agreement with the Center for Workforce Inclusion, and Equal Opportunity employer and Program. Sign up in the front office.

## Technology & Device Assistance

Class will be held on the following days. Tuesday, September 5 with appointments starting at 10am in the computer lab. Appointments will be at 10am, 11am and 12pm and will be one hour appointments. September 12th will be the next class on Tuesday, September 12th starting at 10am. Appointments for this class will also be 10am, 11am and 12pm with appointments being one hour long. The last day for this class will be on Wednesday, September 13th at 1pm. Appointments for this class will be 1pm, 2pm and 3pm and will be one hour appointments. Sign up for this class in the front office starting Monday, August 21st.

## Photo Editing & Picture Filing Class

**Wednesday, September 20th in the Computer Lab from 10am - 11:30am.**

Nadine McMackin will be teaching Seniors on Photo editing & Picture Filing. Sign up in the front office starting Monday, August 21st.

## How to Use Facebook Class

**Wednesday, September 6th in the Computer Lab starting at 10am and going to 11:30am.**

This class is for you if you don't know how to use Facebook and would like to learn, or if you would like to learn some new tips and tricks on how to use Facebook. Sign up in the front office starting Monday, August 21st.

## S.M.I.L.E

**Thursday, September 21st at 1pm in the cafeteria.**

If you or anyone you know would be interested in Volunteering at The Senior Center please contact us at 423-392-8406.

## Library Geek

**2nd & 4th Wednesday of the month from August - December.**

The dates to sign up for these will be as follows: August 9th & 23rd 10:30am - 12:00pm, September 13th & 27th 10:30am - 12:00pm, October 11th & 25th 10:30am - 12:00pm, November 8th & 22nd 10:30am - 12:00pm and December 13th & 27th 10:30am - 12:00pm. Have computer, tablet or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any questions, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Librarian by calling or coming by the Kingsport Senior Center Front Office.

# Main Site Classes & Events

## Classes:

### Learn French!

**Every Wednesday beginning September 13 - October 18 Multipurpose Room.**

Cost is \$56.00 per person paid to instructor 1st day of class. Beginner French: 9:00am-10:00am. Intermediate French: 10:00am-11:00am. Advanced French:

11:00am-12:00pm. Sign up now.

### You and Your Sewing Machine

**Tuesday's beginning August 22 through November 6 in Room 303.**

This class is designed to teach you how to use your own machine and create projects with it. No cost for this class just bring your own thread. Sign up begins July 17th.

### Basic Drawing and Beyond

**Wednesday's beginning September 13-October 18. 11:00am-1:00pm.**

*Room 303.*

Drawing is an essential tool any artist needs as a foundation. Students will learn to use charcoal, pencil and ink. Taught by Michael Farrar. Cost is \$20 and you will need to pick up supply list at sign up. Limit of 12 people.

Sign up begins August 7.

### Beginner Oil Painting Class:

**Wednesday's beginning September 13-October 18. 1:00pm-3:00pm.**

*Room 303.*

Oil painting is a type of painting produced using oil-based paints. Oil painting involves using pigments that use a medium

of drying oil as the binder and painting with them on a canvas. Cost is \$20 and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up begins August 7.

## Acrylic Painting Class

**Thursday's beginning September 14-October 19. 1:00pm-3:00pm.**

*Room 303.*

This beginner class provides the basics of using acrylic paints and the techniques needed to create finished artwork. Different acrylic mediums and styles will be introduced as well. Students will have the opportunity to paint various subjects that will incorporate the techniques learned. Taught by Michael Farrar. Cost is \$20 and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up begins August 7.

## Water Color Class

**Thursday's beginning September 14-October 19. 3:00pm-5:00pm.**

*Room 303.*

Watercolor painting is the process of painting with pigments that are mixed with water. Taught by Michael Farrar. Cost is \$20 and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up begins August 7.

## Flower Arranging Class: Fresh Arrangement Halloween Theme.

**Thursday, September 21. 10:00am. MPR.**

Cost is \$10 at sign up and \$10 day of class paid to instructor Phillis Fortney. You will make a Halloween

themed arrangement with fresh flowers. Please bring your floral knife or shears. Sign up begins August 1s.

**We have had an interest for Cribbage. If you are interested in learning or playing Cribbage please contact Amber at 392-8402 or [amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov).**

## Events:

### Hoe Down featuring Gents and Liars

**Friday, September 8. 5:00pm-8:00pm.**

*Front parking lot.*

Cost is \$7.00 paid at sign up. Food: BBQ, Baked Beans, Mac and Cheese and Banana Pudding! Provided by Braeden's BBQ and Catering. Entertainment by Gents and Liars. Food will be served at 5:00pm and the band will perform from 5:30pm-7:30pm. Bring a lawn chair! Sign up begins July 7th.

### Hearts Tournament "Double Elimination"

**Thursday, September 14. 9:00am.**

*Card Room.*

Cost is \$2.00 and bring your own bagged lunch. No potluck! This will be partner play and partners will be drawn before tournament starts. You can get a list of the rules at sign up. Sign up begins July 24.

### Halloween Costume Party:

**Tuesday, October 31. 1:30pm.**

*Atrium.*

Cost is \$5.00. Costume prizes for 1st, 2nd, and 3rd place. Halloween themed hors d'oeuvres will be served and entertainment TBD. Sign up begins September 1.

## Thanksgiving Lunch

**Thursday, November 9. 12:00pm.**

*Gym.*

Cost is \$7.00 and bring a side dish. You will choose from a list of sides when you sign up. Door prizes will be given. Sign up begins September 18.

## Tie Dye party.

**Thursday, October 19. 9:00am.**

Front lawn. Cost is \$8.00. Bring up to 3 prewashed cotton tshirts to dye. Sign up now in the front office.

## Christmas Lunch.

**Thursday, December 7. 12:00pm.**

Gym. Cost is \$7.00 and bring a side dish to share. You will choose from a list of sides when you sign up. Door prizes will be given. Sign up begins Oct. 16.





# Classes & Daily Activities

Class session runs August 21-November 8 except for exercise classes which are on-going.

## MONDAY

### CLASSES ONLY

**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)

**Stretch Class**  
10:50am (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)

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 (Multipurpose Room)  
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.

## TUESDAY

### CLASSES ONLY

**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

**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 (Multipurpose Room) 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 (Gym)

**Bowling**  
12:30pm at Warpath Lanes

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

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



### ASSISTED LIVING

- 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



**NOW HIRING!**  
Resident Aids,  
CNAs, LPNs

**423.378.3100**  
2424 EAST STONE DRIVE  
KINGSPORT, TN 37660

## 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

#### 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

10:50am (Gym)

#### Beginning Clay

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

#### 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)

## THURSDAY

### CLASSES ONLY

#### 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)

#### 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.

#### 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

#### 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.

#### 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) 13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

#### Strength Training

10:10am (Gym)

#### Stretch Class

10:50am (Gym)

#### 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)

#### Bridge Group

1:00p.m.

## SATURDAY

#### Basketball

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

#### Table Tennis

10:30am (Gym)

#### Lap Swimming (Aquatic Center)

8am-11am

#### Rooms available for use from

**9:00am-12:00pm:**

- Exercise Room
- Billiards Room
- Computer Lab
- Clay/Ceramic Room



# Senior Living

## Attention Businesses.

Reach this active age group each month via the Senior Living publication. Senior Living is published the last Thursday of every month and distributed in the Times News and its website. Plus, it is emailed to over 6,000 active seniors in our area.

If you would like to learn more about the different advertising opportunities in this publication, please contact the Times News/Six Rivers Media at: (423) 392-1319 or [advertising@sixriversmedia.com](mailto:advertising@sixriversmedia.com).







## Assisted Living for those with Alzheimer's disease and other dementia related diseases.



### A secure assisted living experience

Preston Place II offers a beautiful, comfortable and secure assisted living experience that provides specialized care for Alzheimer's disease and other dementia-related conditions. Accommodating 33 residents, our one-level floor plan (including a spa room) is staffed by a Certified Dementia Care Team trained to provide the additional support that your loved one requires.

With Preston Place II, you will have peace of mind in knowing that the one you love is thriving in a caring home environment designed to meet their very special needs.

### Certified Dementia Care Team

Each of our Preston Place II team members are Certified Dementia Practitioners according to the credentials set forth by the National Council of Certified Dementia Practitioners. For you, this means that regardless of the employee providing care, each one has the skills and knowledge to care for the very unique dementia-related needs of your loved one.

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