

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

DECEMBER 2023

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TimesNews

KINGSPORT
SENIOR CENTER
the fun begins at 50

Staff:

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 423-392-8400

Program Assistant - Dawn Pollock
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 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 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

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: Patricia McCloud and Myra Lowe in the Wreath Making Poinsettia Class

The Senior Advisory Council meeting will be December 21 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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Kingsport Senior Center



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



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ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **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 **877-320-1235 (聽障專線: 711)**。

Virtual Calendar

Wellness Virtual Classes

- **December 05 — “Seated Core Exercises for Seniors”**

<https://youtu.be/p1DnFthpyno>

- **December 07 — “Seated Core Exercise for Fall Prevention”**

<https://youtu.be/MuEjCRGFgp0>

- **December 12 — “Stretches for Your Lower Back”**

<https://youtu.be/tp49fNeCrRg>

- **December 14 — “5 Seated Exercises on the Couch”**

<https://youtu.be/tkSUda4ESZU>

- **December 19 — “Warm up Stretches Before a Walk”**

<https://youtu.be/y2W2h1npCEg>

- **December 21 — “3 Leg Stretches to Do After a Walk or Hike”**

<https://youtu.be/ThFBubpk4KE>

Senior Services Virtual Programs

- **December 8 – How to stay healthy during the winter months**

<https://www.youtube.com/watch?v=wVRo4q2gGv0>

- **December 14 — Are vitamins and supplements beneficial?**

<https://www.youtube.com/watch?v=EBYtxWlhBC8>

- **December 19 – Planning and preparing for**

Thanksgiving and Christmas

<https://www.youtube.com/watch?v=m24qurnWDrE>

- **December 26 – How to have a big Christmas on a small budget**

<https://www.youtube.com/watch?v=bkFP-udQGS4>

- **December 29 – Tips to volunteer as a family during the holidays**

<https://www.youtube.com/watch?v=h4lPhsn2zs0>

Events and Virtual Classes

- **December 2 – Best 2 Minute Balance Exercise for Seniors**

<https://www.youtube.com/watch?v=qJANrUOUhOs>

- **December 4 – Drive-thru & Making Hamburger Soup!**

<https://www.youtube.com/watch?v=YtBjAkB13ao>

- **December 5 – Becoming a “Simplest”**

<https://www.youtube.com/watch?v=DBtUzZCyo3U>

- **December 9 – Everyday Thoughtful Inexpensive Gifts**

<https://www.youtube.com/watch?v=cwLPLRouGgo>

- **December 13 – Salted Caramel Pretzel Bark**

<https://www.youtube.com/watch?v=zyOtgCtQz7I>

- **December 16 – 4 Ways To Make Poinsettia Drinks**

<https://www.youtube.com/watch?v=numyNRL7g1Q>

- **December 17 – 12 Quick And Easy Holiday Treats**

<https://www.youtube.com/watch?v=duxDnS5KyIY>

- **December 21 – 15 Ways To Save Money on Electricity**

<https://www.youtube.com/watch?v=5rnzbKkZhsc>

- **December 24 – 10 DIY Dollar Tree Christmas Décor**

<https://www.youtube.com/watch?v=965zsoMRuGE>

- **December 30 – Dump and Go Crockpot Soup Recipes**

<https://www.youtube.com/watch?v=X9u2KLnJogE>

Facebook Classes: December 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



Wellness

Blood Pressure Checks:

10am-12noon. 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 | Chelsey Herron, Health & Wellness Director 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. 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; 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 "Memory and Brain Health":

Will not meet in **December** due to the holidays. The next meeting will be 2pm — 4pm **Thursday, Jan 25, 2024** and every 4th Thursday of the month in the Multipurpose Room.

Wellness Seminar "High Cholesterol":

11am. Tuesday, Feb 27, 2024
Card Room

Ryan Hunley, D.O. with State of Franklin Health Care Associates | Dr. Hunley will discuss the risk of high cholesterol, normal treatments and what medications are good for controlling your high cholesterol. Please join us for this educational seminar about Medicare. Sign-ups will start on Thu, January 18, 2024 in the Office or by calling 423-392-8400.

Parks & Rec. Youth Basketball:

6pm | Tue, Wed, and Thu
Gym

Parks & Rec. Youth Basketball will be in the gym from **Dec 5 — Dec 14**. All Senior Center activities on these days will stop at **5:30pm** so any gear can be put away and the youth basketball goals can be attached on basketball goals. Sorry for any inconvenience.

Corn Hole Tournament:

1pm. Friday, Dec 8
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 Caitlin Bailey, Regional Sales Specialist with Farm Bureau Health Plans. We will 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 Wed, Dec 6.

Neuro Yoga:

1pm. Friday, Jan 12, 26, and Feb 9, 23, 2024

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-ups start on Wednesday, Dec 6 in the Office or by calling 423-392-8400.

Woodshop Safety Orientation:

9am. Monday, Dec 4
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

See **WELLNESS**, Page S6

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.



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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.

KSC at Branch

Locations (December 2023)

Lynn View Community Center

765-9047

Hours: M-F, 8:00am – 2:30pm

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.

Christmas Paper Decoration F, Dec 1, 10:30 a.m. Cost: \$17, paid at sign-up. Kits provided at class.

Palette Painting Class, M, Dec 4, 10:30 – 1:00, Cost: \$30, paid to instructor day of class. Instructor: Robin Wilbanks Hilman.

Beginning Hand Quilting, T/TH, Dec 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, Dec 5 — 28, 10:00 a.m. – 12:00 p.m. More advanced quilters gather each day and quilt together on projects.

Paint Pouring, T, Dec

See **BRANCH**, Page S7

WELLNESS

From Page S5

Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. NOTE: Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

Woodshop will be closed for the Christmas Holiday from **Monday, Dec 18** and reopen on **Tuesday, Jan 2, 2024.**

Basic Woodworking Class:

9am–2pm. Thursday & Friday, Jan 18, 2024 – Feb 9, 2024

Wood Shop

Johnny Chandler, Johnny Clark, Larry Eidson, & 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 the equipment the correct way. You will make a Cutting Board, Cheese Slicer, Wine Bottle/2-Glasse Holder, and Herb Stripper. Sign-ups start Thu, Dec 14 in the Office or by calling 423-392-8400. Class is limited to 10 people with a minimum of 8 to sign up for class to be held.

TN Lady Vols Basketball:

We will depart at 9:30am. **Sunday, February 4, 2024** for the Lady Vols vs. Missouri game. This game we will be seating in Section 107. Cost is \$57 which includes your game ticket and transportation. Game time is 2pm and we will be able to get in at 1pm. Sign-ups will start on Thu, Jan 4, 2024 in the Office. We have 46 tickets available and a (2) ticket limit per person. Lunch is on your own at Aubrey's Restaurant

before the game. If you have any question contact Kevin at 423-392-8407.

National Influenza Vaccination Week is December 4-8:

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as people 65 years and older, young children, and people with certain health conditions, are at higher risk of serious flu complications. There are two main types of influenza (flu) viruses: types A and B. The influenza A and B Viruses that routinely spread in people (human influenza viruses) are responsible for seasonal flu epidemics each year. The best way to reduce the risk of flu and its potentially serious complications is by getting vaccinated each year.

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BRANCH

From Page S6

5, 11:00 a.m. paint pouring is an abstract art technique where artists pour acrylic paints on a surface creating art. This program provided by a grant.

Gnome Ornament Workshop, W, Dec 6, 10:30 a.m. FREE. Bring yarn, scissors, comb, very small Christmas decorations and a yarn needle.

Diamond Painting, W, Dec 6, 1:00 p.m. Participants will make a Christmas candle coaster. This program provided by a grant.

Holiday Embroidery Ornament, F, Dec 8, 11:00 a.m. Participants will make 2 ornaments. This program provided by a grant.

Watercolor Christmas Cards, M, Dec 11, 11:00 a.m. Create beautiful watercolor cards that capture the magic of Christmas. These cards are perfect for gifting or home decorating. Beginner friendly, no painting experience needed. This program provided by a grant.

Christmas Needle Felting, T, Dec 12, 11:00 a.m. Learn the basics of this cute wool based craft. Create and take home a project of your choice. This program provided by a grant.

Mason Jar Snowman, W, Dec 13, 10:00 a.m. This program provided by a grant.

Grief Share, F, Dec 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.

Card Making Class, M, Dec 18, 11:00 a.m. to 1:00 p.m. We will have a Stamping Blitz and make 12 coordinating greeting cards to start our stash for the New Year (or give as a quick Christmas gift). After completing the bases, you will have a choice of several sentiments to complete the cards your way. Please bring glue/adhesives, scissors and paper crafting tools, including a heat tool if you have one. Cost is \$25.

Grinch Ornament, T, Dec 19, 11:00 a.m. This program provided by a grant. Participants will make 2 ornaments.

Basket Class, W, Dec 20, 10:00 – 1:00p.m. Participants will make a Class limit of 10. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil. Cost: \$15.00.

Beginning Stained Glass, TH, Jan 4 – 18, 10:00 – 11:00am, Cost: \$10.00 paid first day of class. All supplies provided.

Stained Glass II, TH, Jan 4 – 18, 11:00am – 12:00pm, Cost: \$10.00 paid first day of class. All supplies provided.

Beginning Pickelball, T/TH, Jan 9 – 25, 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.

Advanced Crochet, F, Jan 12 – Feb 16, 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, Jan 12 – Feb 16, 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, Jan 12 – Feb 16, 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.

Balance/Mobility/Strength/Stretch, M, Jan 22 – Feb 26, 5:30 p.m. Instructor Becky Mills. Main Site, Room 302. Cost: \$25 payable at sign up. This class will have some yoga added in too.

Basketball is 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 is 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).

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.**

Artisan Center



Kingsport Senior Artisan Center

The Kingsport Senior Artisan Center is located on the first floor of the Lynn View Community Center. Come join us for a cup of coffee and browse our spacious gallery full of hand-crafted one-of-a-kind art made by local artisans.

Senior services

Be A Santa To A Senior – We will have a tree outside The Senior Center Office starting November 1st where our members can pick out a paper ornament with names of a senior that includes three items that the individual would like for Christmas. All gifts will need to be returned to Cameron Waldon in the Senior Center office unwrapped by December 1st.

Christmas Wrapping Party for the be a Santa to a Senior will be held on Monday, December 4th in the Senior Center Atrium from 9am – 12pm. If you would like to volunteer for this event contact Cameron Waldon at 423-392-8406. Light refreshments will be provided.

The December S.M.I.L.E Volunteer Meeting will be Wednesday, December 20th at 1pm in the cafeteria.

Nadine McMackin will be here on December 12th, 13th, 19th and 20th assisting Seniors with any help they need with any device (i.e. phone, computer, tablet, etc.) Sign-ups start November 22nd. Members can call the front office at 423-392-8400 to sign up or come by the front office.

Nadine McMackin will be here on January 9th, 10th, 16th, 17th, 23rd, 24th, 30th & 31st assisting Seniors with any help they need with any device (i.e. phone, computer, tablet, etc.) Sign-ups start November 22nd. Members can call the front office at 423-392-8400 to sign up or come by the front office.



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- Exclusive access to a special VIP experience for the "ascension of the balloons"
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June 9-14, 2024

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Trips/Travel

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

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

Barter Theater- Miracle on 34th Street: Join us for the timeless classic, Miracle on 34th Street. Special guest, Mr. Don Royston a.k.a. Santa Claus from the Appalachian Santa train, will be on stage. The Appalachian Santa train is sponsored by the Kingsport Chamber of Commerce. This marks Don’s 25th year portraying the jolly old elf, distributing toys, food, clothing and candy to thousands of people along the trains 14 stops from Pikeville, KY to Kingsport, TN. Join us as Don shares his memories and stories from his time on the most wonderful train of all! Lunch will be at Luke’s at 11:00 a.m. (Lunch will be on your own)

- Barter Theater
- \$44.00 per person (Lunch will be on your own)
- Wednesday, December 13, 2023
- 10:00am – 6:00pm
- Sign ups begin October 6, 2023

OTLB- Harvest Family Restaurant & Antique Shopping- Enjoy a drive to Greenville, TN and lunch at the Harvest Family Restaurant and after lunch enjoy shopping for Antiques in Greenville, TN.

- Harvest Family Restaurant- 3124 W. Andrew Johnson Hwy Greenville, TN 37743
- \$8.00 per person (Lunch on your own)
- Thursday, January 11, 2024
- 9:45am-4:30pm
- Sign ups begin November 30, 2023

Main Site Classes & Events

Christmas Tree Decorating Party

Friday, December 1st.
9:00am.
Atrium.

Come help us decorate our Christmas Tree! Sign up in the front office or call 392-8400.

Christmas Lunch

Thursday, December 7.
12:00pm
Gym.

Cost is \$7.00 and bring a side dish to share. You will choose a side dish from a list of sides at sign up. Door prizes will be given. Sign up now.

Christmas Spirit Week

Monday, December 11-December 15.

Join the staff and get in the Christmas spirit with us!

Monday-Christmas Colors-Wear something read and green.

Tuesday- Ugly Christmas Sweater

Wednesday- Christmas Socks

Thursday- Holiday Cheer-Wear your favorite Christmas shirt

Friday- Christmas Pajamas

Flower Arranging Class: Winter Door Swag

Thursday, December 21.
MPR.

Cost: \$10 at sign up and \$10 paid day of class to instructor Phillis Fortney. You will make a winter themed door swag for your front door. Please bring stem cutters and wire cutters. Sign up now.

Movie Day: “A Christmas Story Christmas”

Friday, December 22.
1:00pm.
Atrium.

Ralphie returns to give his kids a magical Christmas like the one he had as a child. Long-awaited follow-up classic “A Christmas Story” starring Peter Billingsley. Popcorn will be served but please bring your own drink. No cost. Please sign up in the front office or by calling 392-8400.

Abstract Painting Course

Wednesday’s beginning January 3-February 7, 2024.
11:00am-1:00pm.
Room 303.

Enjoy the fun of painting without limits! Even if you are a realist painter this

class will open new avenues to enhance your style. All painting is decorative...the realist paints that they see; barns and cows, fields and streams while focusing on depth and shading. Drawing skills are not necessary for the successful abstract artist. The abstract painter can still focus on depth and shading but the important aspects are placement of colors, shapes and texture. Michael will lead you through some fun exercises to explore the world of abstract painting. You may be the next Jackson Pollock or Georgia O’Keeffe. Cost is \$20 at sign up and you will need to pick up a supply list. Limit 12 people. Sign up begin December 1.

Beginner Oil Painting

Wednesday’s beginning January 3-February 7, 2024.
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 at sign up and you will need to pick up a supply list when you sign up. Limit of 12 people. Sign up begins December 1.

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



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MAIN

From Page S10

Beginner Guitar 2 Guitar Lessons (Acoustic)

This class is for students who took the beginner class. Tuesday's beginning January 9-February 13, 2024. 10:15am-11:00am.

Cost is \$40.00 for 6 weeks class paid to instructor 1st day of class. Must have an acoustic guitar. Sign up now in the front office. Max of 5 students.

Beginner French

Wednesday's January 3-February 7, 2024. 9:00am-10:00am.

Room 230.

Cost is \$56.00 paid to instructor 1st day of class. Must purchase Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off Amazon. Sign up now in the front office.

Advanced French

Wednesday's January 3-February 7, 2024. 10:00am-11:00am.

Room 230.

Cost is \$56.00 paid to instructor 1st day of class. Must purchase Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off Amazon. Sign up now in the front office.

Intermediate French

Wednesday's January 3-February 7, 2024. 11:00am-12:00pm.

Room 230.

Cost is \$56.00 paid to instructor

1st day of class. Must purchase Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off Amazon. Sign up now in the front office.

Intermediate French II

Wednesday's January 3-February 7, 2024. 12:00pm-1:00pm.

Room 230.

Cost is \$56.00 paid to instructor 1st day of class. Must purchase Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off Amazon. Sign up now in the front office.

Acrylic Painting

Thursday's beginning January 4-February 8, 2024. 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. The cost is \$20 paid at sign up and you will need to pick up a supply list when you sign up. Limit to 12 people. Sign up begins December 1.

Watercolor

Thursday's beginning January 4-February 8, 2024. Thursday's beginning November 9-December 14. 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 paid at sign up and you will need to pick up a supply list at sign up. Limit of 12 people. Sign up begins December 1.

Elvis Birthday Celebration!

Monday, January 8, 2024. 1:30pm.

Theater.

Come and celebrate Elvis's Birthday with us! Elvis's favorite foods will be served. Entertainment provided by Matt Elvis Dollar Band. Cost is \$5.00. Sign up begins November 6th.

Clay 101 with Susan Vorhees

Tuesday, January 9-March 19, 2024. 10:00am-4:00pm.

Clay Room.

Cost: \$30.00 plus \$20.00 firing fee if not paid for the year. Limited to 16 people. This class is a combination of hand-building and wheel throwing. For beginners to intermediate levels. Must bring your own supplies. Clay can be purchased at the Senior Center. Note: members may only sign up for ONE clay class. Sign up begins December 6th.

Beginner Guitar Lessons (Acoustic)

Tuesday's beginning January 9-February 13, 2024. 9:00am-9:45am.

Room 230.

Cost is \$40.00 for a 6 week class paid to instructor 1st day of class.

Must have an acoustic guitar. Sign up now in the front office. Max of 5 students.

Hand-Building with Clay

Wednesday's, January 10-March 20, 2024. 11:00am-4:00pm.

Clay Room.

Cost: \$30.00 plus \$20.00 firing fee if not paid for the year. Limited to 16 people. Hand-building with pottery is another way of working with clay. The basic techniques are easy to learn, and range the forms you can produce is endless. You will have the opportunity to make function or more sculptural pieces. Each class will have demos of different forms, handles, and clay impression decoration. Basic clay form building methods with slabs, coils, and pinch pots will be discussed in detail. If you're looking for a class to express your own creativity and gain pottery experience, this may be the class for you. Must bring your own supplies and clay can be purchased at the Senior Center. Note: members may only sign up for ONE clay class. Sign up begins December 6th.

Advanced Hand-Building with Clay

Thursday's, January 11-March 21, 2024. 11:00am-4:00pm.

Clay Room.

Cost: \$30.00 plus \$20.00 firing fee if not paid for the year. Limited to 16 people. This advanced level pottery class is designed to further knowledge and experience hand-building with clay. In this class, students will learn to create more complex forms and

See **MAIN**, Page S13

MAIN

From Page S12

are encouraged to develop their own style. Every class the instructor will provide different demos including forms, handles, and clay impression decoration. Slab, coil, and bisque mold methods will be discussed to strengthen previous pottery experience. There will be plaster casting examples for the purpose of multiple reproductions. Students can choose to follow the instructor's lesson plan or make masterpieces of their own. Must bring your own supplies and clay can be purchased at the Senior Center. Note members may only sign up for ONE clay class. Sign up begins December 6th.

Happy Birthday Dolly!

Friday, January 19, 2024. 1:00pm.

Atrium.

Come and celebrate Dolly Parton's Birthday with us! We will have a Dolly look-alike contest and prizes will be awarded for 1st, 2nd and 3rd place. Dolly inspired foods will be served! We will also have a Dolly Parton impersonator for entertainment! Cost is \$5.00. Sign up begins November 20th.

Valentine's Dance

Friday, February 9, 2024. 5:30pm-7:30pm.

Gym.

Come dance and dine with us this Valentine's! Food and entertainment TBD. Cost: \$12.00 paid at sign up. Sign up begins November 6th.

Happy 65th Birthday Barbie!

Friday, March 8, 2024. 1:00pm.

Atrium.

Barbie is officially a Senior Citizen! Come celebrate Barbie turning 65 with us! We will have a dress like Barbie contest so dress as your favorite Barbie character! We also encourage members to bring in their old Barbie's and Barbie accessories! Cost is \$5.00 and sign up begins November 6th.

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Classes & Daily Activities

Class session runs January 8-March 18, 2024, except for exercise classes which are ongoing.

MONDAY

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) — Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Open Woodshop: 8:00am — 3:00pm (Woodshop)

Quilting: 9:00am (Room 303)- All experience levels welcome.

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: 10:15am (Gym)

Stretch Class: 10:50am (Gym)

Beginning Line Dance: 11:30am (Gym)

Intermediate Line Dance: 12:45pm (Gym) (Apr 6-June 15)

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Horseshoes: Open play (singles or doubles) (back of senior center)

TUESDAY

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

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

Boom Move & Mind Fitness: 8:15am (Gym) — 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: 10:00am (Cafeteria) is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

Basic Tai-Chi: 10:00am (Room 302) — Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Clay 101: 10:00am-3:00pm (Clay Room)- This is a beginner and intermediate level course.

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!

Bowling: 12:30pm at Warpath Lanes

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

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

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

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

WEDNESDAY

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 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 Wednesday's.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

THURSDAY

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

Boom Move & Mind Fitness: 8:30am (Gym) — 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)

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

DAILY

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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: 4:00pm (Gym)

Volleyball: 4:00pm (Gym)

FRIDAY

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)

Strength Training: 10:15am (Gym)

Stretch Class: 10:50am (Gym)

Cornhole: 1:00pm (Gym)

Bridge Group: 1:00pm (Atrium) This is an intermediate level Bridge group. If interested please contact the front office.

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)

SATURDAY

Lap Swimming (Aquatic Center)
8:00am-11:00am

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

Table Tennis: 10:30am (Gym)

Rooms available for use from 9:00am-12:00pm:

- Exercise Room
- Billiards Room
- Computer Lab
- Clay Room



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