

LIVING WITH ALZHEIMER'S

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

FEBRUARY 2024

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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

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 loricalhoun@kingsporttn.gov
 (423) 392-8405

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 (423) 392-8404

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 (423) 765- 9047

Wellness Administrator - Kevin Lytle
 kevinlytle@kingsporttn.gov
 (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

Administrative Assistant II - Lainie Eastep
 lainieeastep@kingsporttn.gov
 423-392-8400

Administrative Assistant I - Dawn Pollock
 dawnpollock@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 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: Leesa Bryan participated in the Stained Glass class.




The Senior Advisory Council meeting will be February 15 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

**Follow us on
Social Media**

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

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

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



Love Living at Townview



7 Great Reasons to

Love

TOWNVIEW
of Johnson City



**"I love
TownView because
the people are
friendly and the staff
is wonderful!"**

– Alice C

- 1. All inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and shopping trips, socials, events, bi-weekly housekeeping. 3 flavorful homestyle meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, shopping and dining; convenient to I-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.

55+ Welcome Home to TownView!



Call Today to Schedule Lunch and a Private Tour

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

423-328-9068

thetownview.com

Virtual Calendar

Wellness and Virtual Classes

- **February 13** — “Best Walking Warm Up Exercises for Seniors” <https://youtu.be/9eJOkHe4cfw>
- **February 15** — “4 Great Stretches to do After Walking” <https://youtu.be/xAVbWnOm5bl>
- **February 20** — “Walking Stretches That Relieve Muscle Soreness” <https://youtu.be/Civgg3FVfw8>
- **February 22** — “Good Stretches to do After Walking for Beginners” <https://youtu.be/vdJ4tyivdpl>
- **February 27** — “6 Best Walking Stretches to Improve Flexibility” <https://youtu.be/8Tr95S2aJzl>
- **February 29** — “7 Minutes Stretching Exercises After Walking ” https://youtu.be/maLkEmtu_Mw

Senior Services Virtual Program

- **February 7** – “22 Dollar Tree Valentine’s Day 2024 DIYS” <https://www.youtube.com/watch?v=afyKu9Jpc80>
- **February 14** – “How today’s medical alerts for senior’s work” <https://www.youtube.com/watch?v=mL-nUQewzCI>
- **February 19** – “Medication Management” <https://www.youtube.com/watch?v=tCLlj0NPquM>

- <https://www.youtube.com/watch?v=CxovanClzSM>
- **February 26** – “10 Exercises to prevent falls / fall prevention exercises” <https://www.youtube.com/watch?v=UDtDkeMpYIE>
- **February 28** – “The best senior citizen discount” <https://www.youtube.com/watch?v=9U0N7-xDx-0>

Events and Virtual Classes

- **February 2** – “How to find a place for everything!” <https://www.youtube.com/watch?v=Wi0gy08sDYU>
- **February 4** – “The Love Bug Cocktail: <https://www.youtube.com/watch?v=yRJ6L1LedVg>”
- **February 5** – “The 5 WORST Exercises For Age 50” <https://www.youtube.com/watch?v=J0TmOACWk4I>
- **February 9** – “Top 5 Plants to Grow in February Zone 7” <https://www.youtube.com/watch?v=BqqcclJGvQuq>
- **February 12** – “27 Jobs For Women Over 50” <https://www.youtube.com/watch?v=xueg3SFucys>
- **February 16** – “Make Paper Hearts with Grandkids” <https://www.youtube.com/watch?v=tCLlj0NPquM>

- **February 18** – “4 Secrets to Fail proof Fabric Storage” <https://www.youtube.com/watch?v=luzHjIGzvU0>
- **February 21** – “Why Do We Celebrate Presidents Day?” <https://www.youtube.com/watch?v=PFb1yKCzuQA>
- **February 24** – “50 Dollar Tree DIYs...Beginner Friendly” <https://www.youtube.com/watch?v=58QN6wXJisQ>
- **February 25** – Chicken Marsala Recipe <https://www.youtube.com/watch?v=AWNU1OccN5Q>

Facebook Classes — February 2024

- 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-11:30am. 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- Feb 5, Mar 4, Apr 1 and May 6. Sign up in the Office or by calling 423-392-8400.

Wellness Seminar "Be Red Cross Ready":

11am. Tuesday, Feb 13, 2024

Card Room

Carolyn Doerfert and Steward Chapman with the American Red Cross | This Red Cross training seminar will teach you how to prepare for and respond appropriately to disasters likely to occur in their community. Sign up in the Office or by calling 423-392-8400.

Wellness Seminar "You are what you eat":

10:30am. Tuesday, Feb 20, 2024

Card Room

Collette Hoilman, MD with ETSU Family Physicians of Kingsport. Dr. Hoilman will discuss what nutrition's role plays on your health and what are the benefits to living healthy as we age. Sign-ups start on Tue, January 30 in Office or by calling 423-392-8400.

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

Wellness Seminar "Medicare 101":

11am. Tuesday, Mar 12

Card Room

Caitlin Bailey, Regional Sales Specialist with Farm Bureau Health Plans | Caitlin will give brief presentation on the different parts of Medicare, enrollment times and where to find help. Please join us for this educational seminar about Medicare. Sign-ups will start on Wed, February 14 in the Office or by calling 423-392-8400.

Neuro Yoga:

1 pm. Friday, 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 up in the Office or by calling 423-392-8400.

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.



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.

WELLNESS

From Page S5

Valentine's Pink Clay Pamper Session:

10am. Wednesday, Feb 14

Multipurpose Room

Heather Miller with Mary Kay I Reset and de-stress with some floral-infused "me" time. Superstar ingredient plumeria extract is known to have antioxidant properties which help protect against free radicals on the skin. Remove the day away in a perfectly pink way, with this mineral-rich clay mask that leaves you with a natural glow. Sign-ups start on Wed, January 31 in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

Arthritis Exercise Class:

1pm-2pm. Tuesday & Thursday, Mar 5 – Apr 25 (8 weeks)

Room 302

Lydia Hoskins, Extension Agent UT-TSU Extension I The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include

gentle range-of-motion exercises that are suitable for every fitness level. Sign-ups start on Wed, February 14 in the Office or by calling 423-392-8400, there is a limit of 25 seats available.

Woodshop Safety Orientation:

9am. Monday, Feb 5, 2024

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:** Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.

Shuffleboard Tournament:

9am. Wednesday, Mar 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 Caitlin Bailey, Regional Sales Specialist with Farm Bureau Health Plans.

We need at least 12 to sign up for tournament to be played. Sign-ups will start on Wed, February 21 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, March 18.

It's Ok if you don't hit your step goal:

It's a good idea to strive for 10,000 daily steps-it means you're moving that body!-but don't beat yourself up if some days you fall a bit short. It's not all about the number of steps. One way to lower disease risk (including heart disease) is to walk at a speedier pace, say recent research.

February is Low Vision Awareness Month:

Millions of people in the United States are living with a visual impairment. A visual impairment can make it hard to do everyday activities like driving, reading, or cooking. And it can't be fixed with glasses, contacts, or other standard treatments like medicine or surgery. The good news is that vision rehabilitation services can help people with a visual impairment make the most of the vision they have so they can keep doing the things they love.

February Artisan of the Month



BETTY SMITH

"I am a proud Blountville native. I have been working in fabric for more than 40 years. I get inspiration from nature and all the beautiful colors I see everywhere and that is what fuels my creativity. I heard about the Kingsport Senior Artisan Gallery through the website and have now been a member for 6 years."

VOLUNTEER DRIVERS NEEDED



MEALS on WHEELS
NORTHEAST TENNESSEE

Flexible scheduling with limited time commitment!
Routes take an average of 1.5 hours and run Monday-Friday between 9am-12pm



**TALK WITH YOUR LOCAL SENIOR CENTER
OR CALL 423-461-8204 TODAY!**

Sunshine Tours

Let us show you America!

Jan 20	"Annie" / Altria Theatre / Richmond, VA	\$209	Aug 6 - 25	San Francisco California/The Pacific Northwest	\$5,250**
Jan 27	Stephen Freeman / "Echoes of a Legend"	\$130	Aug 18 - 21	Resorts Casino & Hotel / Atlantic City, NJ	\$765
Feb 8 - 16	Florida Grand Tour / Key West	\$3,065**	Aug 17 - 18	Great Smoky Mountains Railway	\$575**
Feb 16 - 19	Daytona 500	\$1,235	Aug 24	Michie Tavern / Monticello	\$95
Mar 7 - 9	Philadelphia Flower Show/Longwood	\$780	Aug 24 - 25	Atlanta Braves v Washington Nationals	\$435**
Mar 9	Highland Maple Festival/Monterey, VA	\$90	Sept 3 - 6	NC Crystal Coast/Atlantic Beach, NC	\$1,365
Mar 16	Highland Maple Festival/Monterey, VA	\$90**	Sept 6 - 8	Washington D.C. / Mount Vernon	\$650
Mar 16	Asheville Outlets / Spring Shopping	\$85	Sept 7	North Carolina Zoo / Asheboro, NC	\$90**
Mar 30	"Tina" / Stephen Tanger Center	\$157	Sept 7	Charlotte Auto Fair/Nascar Hall of Fame	\$149
Apr 5 - 6	"Daniel" / Pennsylvania Dutch/Lancaster, PA	\$510	Sept 8 - 10	Wind Creek Casino / Bethlehem, PA	\$540
Apr 6	Charlotte Auto Fair/Nascar Hall of Fame	\$149	Sept 8 - 15	Trains of New England	\$3,020
Apr 7 - 9	Wind Creek Casino / Bethlehem, PA	\$540	Sept 9 - 21	Nova Scotia / New England in the Fall	\$3,190
Apr 8 - 14	Charleston/Savannah/Jekyll Island	\$2,525**	Sept 11 - 14	Creation Museum / Ark Encounter	\$900
Apr 11 - 27	The Great Southwest & California	\$4,205**	Sept 12 - 14	"Daniel" / Lancaster, PA / PA Dutch	\$765
Apr 12 - 14	Washington DC/Cherry Blossom Festival	\$665**	Sept 15 - 21	Best of Ozarks / Branson / Eureka Springs	\$1,755**
Apr 13	Biltmore House & Gardens/Festival of Flowers	\$175**	Sept 21 - 22	Gandy Dancer / Tygart Flyer	\$480
Apr 22 - May 1	Texas "Lone Star State"	\$2,530**	Sept 21 - 27	New England in the Fall	\$1,750
Apr 27	Biltmore House & Gardens/Festival of Flowers	\$175	Sept 22 - Oct 3	Buffalo Roundup/Nebraska/South Dakota	\$4,685**
Apr 28 - May 4	Louisiana Cajun Country	\$1,685**	Sept 23 - 28	Agawa Canyon/Canadian Train/Sault Ste. Marie	\$1,392
May 3 - 5	New York City "Springtime"	\$1,250	Sept 27 - 29	Neptune Festival / Virginia Beach, VA	\$710
May 4	Billy Graham Library/Stowe Botanical Gardens	\$90**	Oct 4 - 5	"Daniel" / Pennsylvania Dutch/Lancaster, PA	\$510**
May 4	"Mrs. Doubtfire" / Belk Theatre/Charlotte, NC	\$189	Oct 4 - 14	Jewels of the Rhine	\$6,194
May 7 - 10	Tulip Festival/Holland Michigan	\$975	Oct 5	Billy Graham Library/Stowe Botanical Gardens	\$90
May 8	Andy Griffith "Mayberry" Mt. Airy, NC	\$85	Oct 5	Brushy Mountain Apple Festival	\$75
May 9 - 11	"Daniel" / Lancaster, PA / PA Dutch	\$765	Oct 5 - 11	New England in the Fall	\$1,750
May 11	North Carolina Zoo / Asheboro, NC	\$90	Oct 6 - 10	Niagara Falls / Toronto	\$1,420
May 13 - 17	HGTV "Home Town" / Laurel & Biloxi	\$1,920**	Oct 8 - 12	Haunted Halloween / Boston / Salem	\$1,425**
May 15 - 18	Creation Museum / Ark Encounter	\$865	Oct 11 - 13	Nashville / Music City USA	\$1,045**
May 17 - 19	Girls Weekend/Spa Getaway/Charleston, SC	\$1,225**	Oct 12	Cass Railroad / Cass, WV	\$195
May 18 - 19	Tangier Island	\$490**	Oct 12 - 18	Pioneer Woman / Magnolia Market	\$2,010**
May 24 - 26	Nashville / Music City USA	\$1,045**	Oct 19	Dollywood Harvest Festival	\$149**
May 25	Michie Tavern / Monticello	\$95	Oct 19	Carolina Balloon Festival / Statesville, NC	\$85**
Jun 2 - 5	Resorts Casino & Hotel / Atlantic City, NJ	\$765	Nov 1 - 3	Sunshine Tours / Family Reunion	\$935**
Jun 2 - 8	Niagara Falls / Montreal / Toronto / Quebec	\$1,825	Nov 7	Southern Christmas Show / Charlotte, NC	\$90**
Jun 2 - 20	Hitching a Ride on Route 66	\$5,100	Nov 7 - 10	Biltmore House/Smoky Mountain Christmas	\$1,490**
Jun 7 - 9	Washington D.C. / Mount Vernon	\$650**	Nov 8	Southern Christmas Show / Charlotte, NC	\$90
Jun 7 - 17	Nova Scotia / Atlantic Provinces of Canada	\$2,755	Nov 9	Southern Christmas Show / Charlotte, NC	\$90
Jun 10 - 14	Mystery Tour...Ssshh! Don't Tell, It's a Secret!	\$1,590**	Nov 9	Concord Mills / Bass Pro Shop / Charlotte, NC	\$85**
Jun 13 - 19	Mackinac Island / Michigan	\$2,110	Nov 9 - 12	Veteran's Day/Tour of Honor/Washington DC	\$1,175**
Jun 15 - 20	White Mountains / Purple Moose	\$1,900	Nov 10 - 17	Florida Keys Sunset Celebration	\$3,235
Jun 16 - 22	Best of Ozarks / Branson / Eureka Springs	\$1,755**	Nov 20 - 23	Macy's Thanksgiving Parade / New York	\$1,645
Jun 22	Roan Mountain / Rhododendrons Festival	\$95**	Nov 27 - Dec 2	Currier & Ives Christmas	\$1,985
Jun 27 - 30	Myrtle Beach South Carolina	\$1,110**	Nov 30	Premium Outlets Christmas / Charlotte, NC	\$85
Jul 4 - 7	New York Yankees v Boston Red Sox	\$1,259	Dec 3	Tanglewood Park / Christmas Lights	\$85
Jul 6 - 13	Summer in New England / Martha's Vineyard	\$2,070	Dec 3 - 7	Gilded Age Christmas / Newport, RI	\$1,535
Jul 6 - 15	Hawaii Honolulu / Waikiki / Aloha	\$5,250**	Dec 3 - 9	St. Charles Christmas	\$2,395
Jul 7 - 21	Canyonlands / Scenic Tour	\$3,800**	Dec 6 - 8	Radio City Christmas / New York	\$1,420
Jul 7 - Aug 4	Alaska / Canada's Yukon / Motor Coach	\$8,010**	Dec 6 - 8	Christmas Opryland Hotel	\$1,260**
Jul 9 - 21	Newfoundland Canada	\$4,935	Dec 7	Christmas Town USA / McAdenville, NC	\$75
Jul 13 - Aug 6	Best of the West	\$8,595	Dec 7	Grove Park / Gingerbread House	\$165**
Jul 19 - 21	Nashville / Music City USA	\$1,045**	Dec 7	Biltmore House & Gardens Christmas	\$230**
Jul 20	"Back to the Future" / Belk Theatre/Charlotte, NC	\$216	Dec 9 - 12	Christmas Mystery Adventure	\$1,235**
Jul 22 - 26	Niagara Falls USA / Erie Canal	\$1,530	Dec 13 - 15	Radio City Christmas / New York	\$1,420
Jul 31 - Aug 2	Greenbrier Hotel & Casino	\$865**	Dec 13 - 15	Christmas Opryland Hotel	\$1,260**
Aug 1 - 3	"Daniel" / Lancaster, PA / PA Dutch	\$765**	Dec 14	Biltmore House & Gardens Christmas	\$230
Aug 3 - 4	Tangier Island	\$490	Dec 26 - 31	Christmas Disneyworld / Universal Sea World	\$1,975**

All pricing is for Double occupancy. Please call our office for additional Pricing / Information

Tours Marked with an Asterisk will pickup in Kingsport / Johnson City, Bristol, Abingdon & Marion. All tours listed will pickup at the locations listed below.



VA DMV Permit No. 180

PICK-UP POINTS FOR ALL TOURS LISTED:

Roanoke, Christiansburg, Dublin, Wytheville & Hillsville

1-800-552-0022

www.GoSunshineTours.com

KSC at Branch Locations (February 2024)

Lynn View Community Senior

(423) 765-9047

Hours: M-F, 8:00 am - 2:30 pm

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.

Quilt Tacking

T/TH, Feb 1 — 29, 9:00 – 10:00 a.m., all supplies are included.

Cost: \$15, paid to instructor Sandra Arnold.

Beginning Hand Quilting

T/TH, Feb 1 — 29, 10:00 -11:00 a.m., all supplies are included.

Cost: \$15, paid to instructor Sandra Arnold.

Advanced Hand Quilting

T/TH, Feb 1 — 29, 11:00 a.m. – 12:00 p.m.

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

Pickleball Drills

T/TH, Feb 6 — 22, 10:00am

Cost: \$30, 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.

Valentine Wreath

W, Feb 7, 10:30a.m.

Supplies needed heart shaped wire frame, chunky or loopy yarn, ribbon for bow, flowers of choice, valentine decorations, scissors, glue gun and glue sticks.

Beginning Stained Glass

TH, Feb 8 — 22, 10:00 – 11:00am

Cost: \$10.00 paid first day of class. All supplies provided.

Biscuits and Bingo

TH, Feb 8, 10:30a.m.

Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by American House Senior Living Communities.

Stained Glass II

TH, Feb 8 — 22, 11:00am – 12:00pm

Cost: \$10.00 paid first day of class. All supplies provided.

Palette Painting Class

M, Feb 12, 10:30 – 1:00

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

Valentine’s Day Felted hearts

T, Feb 13, 11:00a.m.

Program paid for by grant. Create these lovely felted hearts for your favorite friend or loved one.

Felt Moose

W, Feb 14, 10:00 a.m.

All supplies provided. This cute moose would make a great Valentine gift. Program paid for by a grant.

Needle Felting

TH, Feb 15, 11:00 a.m.

Learn the basics of this cute wool based craft. Create and take a cute rabbit. This program provided by a grant.

Crafting Hodge Podge

TH, Feb 15, 1:00 p.m.

Bring a craft project you’re working on and enjoy chit-chat and fun while working on your project.

Grief Share

F, Feb 16, 11:00 a.m.

BRANCH

From Page S8

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.

Yarn Wreath and Bow making

T, Feb 20, 10:30 a.m.

Please bring a wireframe of choice, thick thread / spring ribbon (1/2 inch, no more than 1 inch). Cost: \$15. Ribbon will also be used for bow making, other supplies provided.

Basket Class

W, Feb 21, 10:00 – 1:00p.m.

Participants will learn how to make beginner curls on a basket 4" w x 6" l x 8" h. Class limit of 10. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil. Cost: \$12.00.

Painting with Veggies

W, Feb 21, 11:00a.m.

Supplies needed: T-shirt, cardboard to put shirt on, one package of celery, 1/2 head of broccoli, other supplies will be provided.

Spring Bicycle Bouquet (Acrylic Painting)

TH, Feb 22, 11:00 a.m.

Program paid for by a grant. All supplies will be provided.

Simple Ribbon Embroidery

F, Feb 23, 10:00 a.m.

All supplies provided. This program provided by a grant.

Card Making Class

M, Feb 26, 11:00 a.m. to 1:00 p.m.

We will make 4 Easter cards that can be customized to fit your needs. Cost is \$12. Please bring scissors and adhesives.

Decoupage Techniques

W, Feb 28 10:00 a.m.

Artisan Esther Richards will show participants how to decoupage a lampshade. Please bring a lampshade. All other supplies provided. This program provided by a grant.

Butterbean Auction

W, Feb 28, 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.

Advanced Crochet

F, Mar 1 – Apr 12, 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, Mar 1 – Apr 12, 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, Mar 1 – Apr 12, 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, Mar 1 – Apr 8 , 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.

Artisan Meeting

T, Mar 12, 1:00 p.m.

Local artisans from the Tri Cities are welcome to attend. Check out our artisan center and upcoming events that we are attending and how you can join us. No sign up required.

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.

See **BRANCH**, Page S10

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BRANCH

From Page S9

Colonial Heights 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).

Slow 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.**

Senior Services

AARP Tax Aide volunteers will be at The Kingsport Senior Center to provide their free tax service. Appointments are scheduled on a first come basis until all time slots are filled. An intake form can be picked up in the front office and needs to be filled out before your appointment. All necessary documents need to be brought the day of the appointment. You can call 423-392-8400 or come by the Senior Center Office to schedule your appointment.

Sarah Williams with Operation Hope, a nonprofit organization, will be at The Kingsport Senior on Tuesday, February 6th to hold a Credit & Money Management Workshop. This workshop will be held in the computer lab from 10am – 12pm. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a two hour workshop and lunch will be provided to participants. This is a FREE workshop. Come by or call the Front Office to sign up beginning January 12th.

AARP Safe Driving Course will be held Monday February 12th and Tuesday February 13th from 9am – 1pm in room 239. The cost for AARP members is \$20 and \$25 for non-members paid to the instructor on the second day of the class. You must attend both days to receive the certification to submit to your car insurance company. Please have your AARP card or number available. Light refreshments will be served. Call 423-392-8400 or come by the front office to sign up. The class is limited to 30 participants.

S.M.I.L.E Meeting will be held on Wednesday, February 21st at 1pm in the cafeteria. If you are interested in becoming a Volunteer here at the center, make plans to attend our monthly meetings where we go over our Volunteer Opportunities. If you have any questions regarding Volunteering or how to become one, contact Cameron Waldon at 423-392-8406 or come by the front office.

VOLUNTEER DRIVERS NEEDED



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Day trips

OTLB- Green Tomato Grill: Enjoy a drive and lunch at the wonderful Green Tomato Grill located in Mooresburg, TN. Lunch reservations at 11:00 A.M. After lunch, enjoy a stop at the Homestead Shoppe and Patsy's Bakery for shopping for antiques and goodies. Price includes transportation ONLY and lunch is on your own.

- \$8.00 per person (transportation) Lunch will be on your own
- Tuesday, February 20, 2024
- 9:30am-3:45pm
- Sign up began December 18, 2023

OTLB- Curklin's Restaurant & Shopping: Enjoy a drive to Big Stone Gap, VA and lunch at the Curklin's Restaurant. After lunch enjoy some shopping. Curklin's is located in the Historic Mutual Pharmacy Building and offers a family friendly atmosphere with a broad menu. Price includes transportation only and lunch is on your own.

- \$8.00 per person (transportation) Lunch on your own.
- Monday, March 25, 2024
- 9:45am-4:30pm
- Sign up begins February 2, 2024

Extended travel

The Beautiful Southwest featuring The Majestic Grand Canyon and The Albuquerque International Balloon Fiesta

October 6-October 13, 2024

Price From: \$3,024 Per Person- Double Occupancy

8 Days/7 Nights Package includes:

- Round Trip Airfare
- 7 Nights hotel accommodations
- 7 Breakfasts at your hotel
- 2 Dinners including 1 dinner in Las Cruces
- Guided service every day
- Exclusive access to a special VIP experience for the "ascension of the balloons"
- Admission to the Balloon Fiesta
- Admission to the International Balloon Museum
- Train ride to the Grand Canyon
- Experience Native American jewelry shopping
- Tour White Sands National Park
- Visit the majesty of the Red Rocks
- Explore Las Cruces New Mexico
- Visit and your Phoenix, Scottsdale & Sedona, Arizona

Niagara Falls

June 9-14, 2024

Price From: \$1,229 Per Person- Double Occupancy

**Passport or Passport Card Required
6 Days/ 5 Nights Package Includes:

- 5 Night Hotel Accommodations including 3 Nights upgraded hotel accommodations with breathtaking views of the Niagara River cascading over Canada's Horseshoe Falls
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- 3 Wonderful Dinners including 1 Dinner at the World-Famous Skylon Tower
- Meet & Greet upon arrival
- 2 Days Guided Touring of Niagara Falls
- IMAX Presentation of "Niagara: Miracles, Myths & Magic"
- Hornblower Niagara Cruise
- Visit to Niagara-on-the-Lake
- Enjoy Wine Tasting and Tour at a local Winery
- Explore Clifton Hill, the Street of Fun in Niagara
- Evening View of the Falls Illuminated in the Colors of the Rainbow
- Visit the Fallsview or Seneca Casino on your own, after the days' touring



Main Site Classes & Events

Valentine's Dance

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

Gym

Come dance and dine with us this Valentine's! Entertainment provided by EC Frazier. Cost: \$12.00 paid at sign up. Sign up now. (WAITING LIST ONLY)

Beginner French

Wednesday's February 14-March 20, 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 February 14-March 20. 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 February 14-March 20, 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 February 14-March 20, 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.

Flower Arranging Class: Topiary Style Arrangement.

Thursday, February 15, 2024. 10:00am

Multipurpose Room

You will make a Topiary Style arrangement of fresh cut flowers. Please bring your stem cutters and scissors. If you desire to use your own container it needs to be approximately 5"x5" square or round. Other containers will be available. Cost is \$10 at sign up and \$10 day of class paid to Phillis Fortney. Sign up now.

Abstract Painting Course

Wednesday's beginning March 6-April 10 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 now.

Beginner Oil Painting

Wednesday's beginning March 6-April 10, 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 now.

Acrylic Painting

Thursday's beginning March 7-April 11, 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 now.

Watercolor

Thursday's beginning March 7-April 11, 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 now.

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. Sign up now.

St. Patrick's Day Celebration

Thursday, March 14, 2024. 1:30pm

Atrium

Cost is \$5.00 paid at sign up. Sign up begins January 2.

Easter Lunch

Tuesday, March 20, 2024. 12:00pm

Gym

Cost is \$7.00 at sign up and you will choose a side dish to bring from our list of sides. Sign up begins January 2.

Patriotic Picnic

Thursday, May 23, 2024. 12:00pm

Allandale Pavilion

Cost is \$10 for meal. Hamburgers with all the trimmings plus sides will be served. Entertainment TBD. Sign up begins March 1.

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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.

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)

Fusion Dance: 10:00 am (Room 302)

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

See **DAILY**, Page S15



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DAILY

From Page S14

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).

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 (Card Room) 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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Our compassionate and friendly caregivers assist residents with everyday tasks so they can enjoy a full and active lifestyle. We also provide memory care for individuals with Alzheimer's disease and dementia. You'll have access to fresh and engaging opportunities for personal growth, whether recreational, educational, or spiritual. Explore each of our facilities to find which one is the best fit for you, and learn more about the many wonderful amenities, services, and programs we offer.

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