

LIVING

KINGSPO
RT
SENIOR CENTER

APRIL 2024

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TO BRI E S



TimesNews


**KINGSPO
RT
SENIOR CENTER**
the fun begins at 50

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
loricalhoun@kingsporttn.gov
(423) 392-8405

Branch Coordinator - Michelle Tolbert
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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

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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

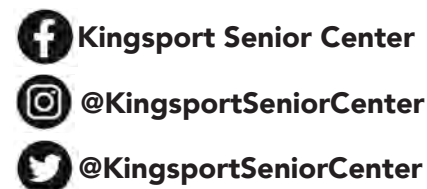
301 Louis Street, Kingsport, TN 37660

From the cover: Jennifer Fortune, from the Yarn Wreath and Bow Making Class.

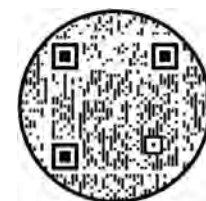
The Senior Advisory Council meeting will be Thursday, April 18, at 12:30. The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. 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	Rick Valone
Terry Cunningham	Kenn Naegele
Pat Breeding	Rick Currie
Linda Ford	Peter Shang
Laurel McKinney	Lisa Shipley
Brenda Eilers	

**Follow us on
Social Media****Subscribe to our new Kingsport Senior Center
YouTube Channel!**

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





TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY
of Johnson City



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

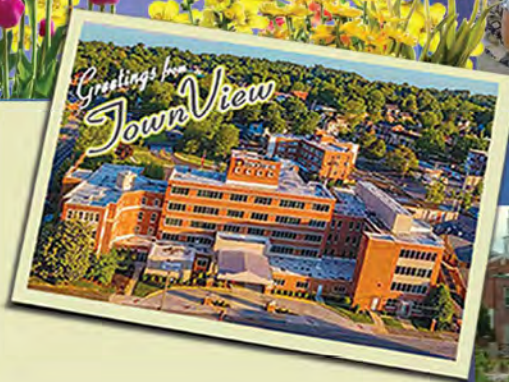


**“ I love TownView
because the people
are friendly and the
staff is wonderful!”**
~ Alice C

7 Great Reasons to Choose

TOWNVIEW

of Johnson City



- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and trips, socials, events, bi-weekly housekeeping, 3 flavorful home-style meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, shopping and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

55+ Welcome Home to TownView!



Call Today to schedule a Private Tour!

114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com

Virtual Calendar

Wellness and Virtual Classes

• **April 9** — “5 Stretches Seniors Should do Everyday”
<https://youtu.be/3dkKquMiQlk>

• **April 11** — “5 Exercises for Seniors to do Everyday”
<https://youtu.be/JfsBBXqz6Tg>

• **April 16** — “3 Simple Exercises That Improve Leg Strength”
<https://youtu.be/t1ULBV6wQGI>

• **April 18** — “Hip Exercises for Seniors”
<https://youtu.be/BLOcZjwb0ZQ>

• **April 23** — “Exercises for Seniors to Music, 50’s, 60’s, & 70’s”
<https://youtu.be/pOGQ1atXS5E>

• **April 25** — “Best Wall Push Ups for Seniors”
<https://youtu.be/jAUeJV4TCus>

Senior Services Virtual Program

• **April 8** — “Extreme Home Clean With Me ~ 2024 Spring Cleaning Motivation”
<https://www.youtube.com/watch?v=-qO6q9pPKLk>

• **April 13** — “SENIORS OVER 60: 5 EXERCISES THAT HELPED ME STOP FALLING”
https://www.youtube.com/watch?v=ZBD_eDvD3Wc

• **April 19** — “History of the

Holidays St Patrick’s Day”

<https://www.youtube.com/watch?v=xWZJqP3Nx00>

• **April 27** — “Identity theft on the rise: Here’s what you need to know”
https://www.youtube.com/watch?v=iF-Sk_wiegE

https://www.youtube.com/watch?v=iF-Sk_wiegE

• **April 29** — “What to Look for in Quality Senior Living Facilities”
<https://www.youtube.com/watch?v=R0oy3nsmx4c>

<https://www.youtube.com/watch?v=R0oy3nsmx4c>

Events and Virtual Classes

• **April 2** — “How To Use Weed And Feed”
https://www.youtube.com/watch?v=_1gAz8V8gH4

https://www.youtube.com/watch?v=_1gAz8V8gH4

• **April 5** — “The 5 WORST Exercises For Age 50+ (AVOID)”
<https://www.youtube.com/watch?v=J0TmOACWk4I>

<https://www.youtube.com/watch?v=J0TmOACWk4I>

• **April 7** — “What Is Earth Day And Why Do We Celebrate?”
<https://www.youtube.com/watch?v=0QVUJ7hPSfk>

<https://www.youtube.com/watch?v=0QVUJ7hPSfk>

• **April 10** — “WHY You Have TOO MANY CLOTHES”
<https://www.youtube.com/watch?v=kR1lyiSKTnc>

<https://www.youtube.com/watch?v=kR1lyiSKTnc>

• **April 12** — “How To Play 5 Crowns”
<https://www.youtube.com/watch?v=QwaXICHF9Go>

<https://www.youtube.com/watch?v=QwaXICHF9Go>

• **April 17** — “Tiny Walk In Pantry Makeover with Thrifted Floor to Ceiling Storage”
<https://www.youtube.com/watch?v=QwaXICHF9Go>

<https://www.youtube.com/watch?v=M-Bjg2WLreo>

• **April 20** — “Pottery Basics”
<https://www.youtube.com/watch?v=FtES7Gd5gHE&t=29s>

<https://www.youtube.com/watch?v=FtES7Gd5gHE&t=29s>

• **April 22** — “I Reuse And Repurpose These Items”
<https://www.youtube.com/watch?v=xAYJpCIWdGU>

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

• **April 24** — “Types Of Ballroom Dances”
<https://www.youtube.com/watch?v=50uQ6N1lrRo>

<https://www.youtube.com/watch?v=50uQ6N1lrRo>

• **April 30** — “Four Easy Dinners For One From One Pound of Ground Beef”
<https://www.youtube.com/watch?v=C0PIrNSAvQM>

<https://www.youtube.com/watch?v=C0PIrNSAvQM>

Facebook Classes: April 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





Sunshine Tours

Let us show you America!

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

All pricing is for double occupancy. Please call our office for additional pricing/ information
Tours marked with a Asterick 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

Wellness

Blood Pressure Checks

10am-11:30am. Every 2nd Wednesday of the month

Hallway by the Office

Bevin Orzechowski, LPN, Rehab Liaison with Encompass Health. **Blood Pressure Checks:** 10am-12noon. **Every 3rd Wednesday of the month** | Hallway by the Office | Dr. Nerissa Licup Taylor, Ballad Health Medical Associates, Center for Healthy Aging. **Blood Pressure Checks:** 10am-12noon. **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.

Stroke Support Group

11:30am-12:30pm. Every 2nd Wednesday of the month

Lounge

Bevin Orzechowski, MBA-Liaison, and Ronda Freeman, RRT Senior Liaison with Encompass Health Rehab., Hospital. Are you a caregiver for a friend, family member that has suffered from a stroke? This will be a monthly group meeting in which stroke survivors will come together to share their experience, support others, and provide resource guidance. Sign up in Office or by calling 423-392-8400.

Wellness Seminar "Dementia Prevention"

11am. Tuesday, Apr 9
Card Room

Nerissa Licup, M.D. with Ballad Health Center for Healthy Aging | Dr. Licup will discuss the Lancet Commission Report from 2020 that identified modifiable

risk factors to prevent dementia. Sign up in the Office or by calling 423-392-8400.

Wellness Seminar "Osteopathic Manipulation for Musculoskeletal Pain"

10:30am. Tuesday, Apr 16

Card Room

Kyle Caron, D.O. with ETSU Family Physicians of Kingsport | Dr. Caron will discuss various techniques that would be beneficial and suitable for use in the elderly population. Techniques include balanced ligamentous tension, facilitated positional release, soft tissue techniques and basic articular techniques. Sign-ups will start on Thu, March 28 in the Office or by calling 423-392-8400.

Wellness Seminar "Memory and Brain Health"

2pm-3pm. Thursday, Apr 25
Multipurpose Room

Every 4th Thursday of the month. Topic of discussion "Use it or Lose it" Speaker: Tracey Kendall Wilson, Regional Director;

Alzheimer's TN. Brain Health is important throughout the continuum of life but seems to be more of a focus as we age. Join Alzheimer's Tennessee for an interactive and fun way to keep ourselves as sharp as possible. Sign up in the Office or call 423-392-8400.

Dining with Diabetes — Group 1

10:30am-12pm. Tuesday & Thursday, Apr 9, 11, & 16

Lounge

Lydia Hoskins, Extension Agent, with UT/TSU Extension, Sullivan County. This class will show you some: Healthy cooking techniques, How to modify recipes to reduce refined carbohydrates, Sodium & saturated fat, Importance of whole grains in managing diabetes and how to identify food sources, Sample healthy foods. Class is limited to 8-15 participants. Sign up for Group 1, in the Office or by calling 423-392-8400. Note: Members can only sign-up for one Group, not both!

Dining with Diabetes — Group 2

10:30am-12pm. Tuesday & Thursday, Apr 23, 25, & 30

Lounge

Lydia Hoskins, Extension Agent, with UT/TSU Extension, Sullivan County. This class will show you some: Healthy cooking techniques, How to modify recipes to reduce refined carbohydrates, Sodium & saturated fat, Importance of whole grains in managing diabetes and how to identify food sources, Sample healthy foods. Class is limited to 8-15 participants. Sign-ups for Group 2, will start on Thu, March 28 in the Office or by calling 423-392-8400. **Note:** Members can only sign-up for one Group, not both!

Neuro Yoga

1pm-2pm. Friday, Apr 5 & 19

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.

Woodshop Safety Orientation

9am. Monday, Apr 1
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.

Basic Bowl Turning Class

9am-2pm. Thursday & Friday, Apr 11, 12, 18, & 19

Woodshop

Larry Eidson and Ron Grooms will be teaching a 4-Session/Classes, Basic Bowl Turning Class. Cost is \$100.00, which covers all your materials; with \$50.00 due on first day of class paid to the instructors and the final payment

WELLNESS

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of \$50.00 is due on the last day. You will make two bowls, and learn two different styles of turning bowls. Sign-ups start Thu, March 28 in the Office or by calling 423-392-8400. Class is limited to 4 people sign up for class to be held.

Build your own Dulcimer Class

9am-2pm. Thursday & Friday, May 9-24

Woodshop

Johnny Clark, Larry Eidson, & Ron Grooms will be teaching a 3-Week Dulcimer making class in the Wood Shop. Cost is \$275.00, which covers all your materials; with half payment of \$138.00 due on the first day of class paid to the instructors and the final payment of \$137.00 is due on the last day of class. **NOTE:** You must have completed the Wood Shop Safety Orientation before attending this class. We need a minimum of 6 to sign up for the class to be held, and max of 8. Sign-ups will start on Wednesday, April 17 in the Office or by calling 423-392-8400.

Hiking Trip

9:30am. Friday, Apr 19

Bays Mountain Park

We will hike three trails the Fern Trail, Lake Road, and Chinquapin Trail rated as moderate | Cost is \$5 for transportation. Be sure to wear your hiking boots and bring your walking stick. Everyone bring something to eat and drink to stay properly hydrated, we will be eating in the park. Sign up the Office.

Billiards Tournament

9:30am. Wednesday, Apr 24

Billiards Room

This will be an 8-ball tournament singles play best of three games with double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Kim Howell, Marketing Liaison with Visiting Angels. **NOTE:** We will play on all **four tables** in billiards room. Sign up in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, April 22.

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
- 5 Breakfasts at your hotels
- 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

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!**

KSC at Branch Locations (April 2024)

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.

Crafting Hodge Podge

TH, 12:00 p.m.

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

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, Apr 2-30, 10:00 -11:00 a.m.

All supplies are included. Cost: \$15, paid to instructor Sandra Arnold.

Advanced Hand Quilting

T/TH, Apr 2 — 30, 11:00 a.m. – 12:00 p.m.

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

Hand stamped cards

M, Apr 8, 12:30 p.m.

Participants will make two cards, a birthday card with an ocean theme and a thank you card with earthen textures. All materials will be provided. If you have a basic tool kit for stamping, feel free to bring it. Cost \$10. Class limit 12 people. Instructor Lisa Kendall.

Paper Flower Class

T, Apr 9, 11:00 a.m.

We will be making peace lilies with a square base. Cost is \$20. Instructor

Artisan Shawnda Pickard.

Cyanotype

T, Apr 9, 11:00 a.m.

Instructor Sonia Garcia. Cost is \$5.00 for supplies, payable at sign up. Capture natural objects or tiny treasures just by using sunlight, paper and ink. Max 15.

Pom – Pom Cat or Dog

W, Apr 10, 10:30a.m.

Cost: \$5.00 for cat or dog. Supplies needed sharp scissors, and comb or brush to fluff. Instructor Judy Valone.

See **BRANCH**, Page S9

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BRANCH

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Beginning Stained Glass

TH, Apr 11 — 25, 10:00 – 11:00am

Cost: \$10.00 paid first day of class. All supplies provided. Volunteer Instructors Lynn Davenport/Helen Litchy.

Biscuits and Bingo

TH, Apr 11, 10:30a.m.

Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by Asbury Place Kingsport.

Stained Glass II

TH, Apr 11 — 25, 11:00am – 12:00pm

Cost: \$10.00 paid first day of class. All supplies provided. Volunteer Instructors Lynn Davenport/Helen Litchy.

Needle Felting

F, Apr 12, 11:00 a.m.

Create a lovely hen and her cute pair of chicks in this month's needle felting class. Cost of supplies \$5.00, payable at sign up. Instructor Sonia Garcia. Max 15.

Wool Felt Cat

M, Apr 15, 11:00 a.m.

Instructor artisan Betty Smith. Cost: \$6.00, payable at sign up.

Pickelball Drills

T/TH, Apr 16-25, 10:00 a.m.

Cost: \$30, payable 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. Limited to 8 participants. 2 weeks, 4 classes. Instructor Anna Walters.

Plumbing Fixes

T, Apr 16, 10:30 a.m.

Join Doug Clark as he explains simple plumbing repairs.

Basket Class

W, Apr 17, 10:00a.m.

Participants can bring any basket previously woven that has a wooden handle that is 1" wide. Learn several simple ways to wrap the handle to dress up the basket. Class limit of 10. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil. Cost: \$10. Instructor Candy Alexander.

Silk Ribbon Embroidery

F, Apr 19, 11:00 a.m.

Cost: \$10.00, payable at sign up. Instructor artisan Betty Smith.

Grief Share

F, Apr 19, 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 for Beginners

M, April 22, 10am.

This class will introduce beginners to rubber stamping with some basic techniques. We will make 4

cards. Cost is \$12. Please bring scissors and favorite adhesives. Instructor: Lisa Pecorini

Advanced Card-Making

M, April 22, 12pm.

This class is ideal for those with paper crafting experience. We will explore coloring techniques using inks and pastels while completing 4 cards. Cost is \$12. Please bring scissors and favorite adhesives. Instructor: Lisa Pecorini

Spring Material Wreath

W, Apr 24, 10:00 a.m.

Artisan Esther Richards will show participants how to make a bright and colorful spring wreath using multiple colors of material. Cost: \$15.00 for supplies payable at sign up.

Painting with Veggies on a Canvas tote

W, Apr 24, 1:00 p.m.

All supplies provided. Cost: \$5.

Butterbean Auction

W, Apr 24, 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.

Felt Chicken Magnet

F, Apr 26, 11:00 a.m.

All supplies provided. Instructor artisan Betty Smith. Program paid by a grant.

Barn Quilt

TH, Apr 18, 10:30 a.m.

All supplies furnished. 8 participants required for class to go. These are weather proof boards and are 2x2 ft. Choose from seven patterns. Cost: \$80. Payable day of class. Max 12 participants. Instructor Carol Mitchell.

Artisan Fair

Thursday, Apr 25, 9:00 a.m. – 2:00 p.m.

Main site. Shop for Mother's Day and all the upcoming wedding showers, etc., at our Artisan Fair! Baskets, greeting cards, handcrafted wooden items, clothing and so much more. Hope to see you there!

Advanced Crochet

F, Apr 26 – May 31, 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. Instructor artisan Susan Egan.

Beginning Crochet

F, Apr 26 – May 31, 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. Instructor artisan Susan Egan.

Intermediate Crochet

F, Apr 26 – May 31, 12:30 – 1:30 p.m.

Cost is \$20.00 paid to instructor. Class is limited to 4 participants.

BRANCH

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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. Instructor artisan Susan Egan.

Paint Party

M, Apr 29, 11:30 a.m.

“Learn Kim’s simple techniques with creating a painting using texture and a pallet knife”. Instructor: Kim Armand of Kaydee A. Paints. Cost: \$45.00.

Sheep with Spring Flowers

T, Apr 30, 11:00 a.m.

All supplies provided. This program provided by a grant. Instructor artisan Betty Smith.

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.**

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Artisan of the Month



Sandra Byington

Sandra was born at Holston Valley Medical Center and raised in Church Hill, TN.

Sandra has been a member of the Kingsport Senior Center for 20 years and was onboard when the gallery was an idea then a reality.

She's been making jewelry for more than 20 years. It's a hobby she enjoys as she watches television.



Senior Services

S.M.I.L.E Meeting will be held on Wednesday, April 17th 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.

We will be collecting NEW Stuffed Animals for Domestic Violence Kids through the end of April. We will have a container outside of our front office for those to be dropped off in. These stuffed animals will be for Police Officers to carry and hand out to children.

Nadine McMackin will be here at the center assisting seniors with any help they need with any device (i.e. phone, computer tablet, etc.) This will be thirty minute appointments for each person. Dates will be April 16th, 23rd, 24th and 30th. And for May she will be here the 1st, 14th, 15th, 28th and 29th. Members can call or come by the front office to sign up.

Our Volunteer Appreciation Luncheon will be held on Thursday, April 18th from 12pm – 2pm in the Atrium. You **MUST** sign up in the front office for your reservation. All Volunteers are encouraged to attend!

Have computer, tablet or smart phone questions? Want to practice using the internet or typing a document? Library Geek will be here starting in April – July on the 2nd and 4th Wednesday of the month from 10:30 – 12:00pm. Dates will be as follows April 10th & 24th, May 8th & 22nd, June 12th & 26th and July 10th & 24th. If you have accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your own one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center front office at (423) 392 – 8400.

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Main Site Classes & Events

Brain Games are Back!

EVERY 3RD FRIDAY OF THE MONTH. 2:00pm.

Computer Lab.

We will play a variety of Trivia Games. You must sign up in the front office each month. If we do not have enough to sign up brain games will not meet for the month. Benefits of brain games for seniors: 1. Improves memory 2. Enhances reaction time 3. Enables faster thinking 4. Improves cognitive abilities 5. Increases concentration levels 6. Have a better understanding of things 7. Learn to strategize, plan and do your things independently. Sign up now.

You and Your Sewing Machine

Tuesday's April 2-June 4, 2024. 4:30pm-6:30pm.

Room 303.

Do you struggle to set up your sewing machine? After this sewing workshop, you'll walk away with more confidence and skill to help you tackle your first (or next) DIY Project! Materials will be provided; the student must bring their own sewing machine and thread. You will be able to store your sewing machine in the room. Sign up now in the front office.

Hand- Building with Clay

Wednesday's, April 3-June 5, 2024. 11:00am-4:00pm.

Clay Room.

Hand-Building with pottery is another way of working with clay. The basic techniques are easy to learn, and the range of forms you can produce are endless. Basic clay form building

methods with slabs, coils, and pinch pots will be discussed. If you're looking for a class to express your own creativity and gain pottery experience, this may be the class for you. Cost: \$30.00 plus \$20.00 firing fee if you haven't paid it for the year. Bring your own supplies. Clay can be purchased in the front office. Sign up now. You may only sign up for once class and can't sign up more than 2 people at a time.

Advanced Hand-Building with Clay

Thursday's, April 4-June 6, 2024. 11:00am-4:00pm.

Clay Room.

This advanced level pottery class is designed to further knowledge and experience hand-building with clay. You will create more complex forms and are encouraged to develop your own style. Cost: \$30.00 plus \$20.00 firing fee if you haven't paid it for the year. Bring your own supplies. Clay can be purchased in the front office. Sign up now.. You may only sign up for once class and can't sign up more than 2 people at a time.

Fusion Dance

Wednesday, April 10-June 12, 2024. 10:00am-11:00am.

Room 302.

Join us for a Jazz Fusion Dance Class. This Fusion Dance Class incorporates Ragtime moves, the Charleston, Lindy Hop, and Hip-Hop as well as Latin Style Dancing, the Mambo and Salsa. Think of it like Broadway and the Rockettes meet Zumba! All dance levels welcome. No charge. Sign up now.

Needle Felting "ZOOM"

Friday, April 12, 2024. 11:00am-12:00pm.

Lounge.

Must purchase supplies. You'll create a lovely hen and a cute pair of chicks. This is a Zoom class. No instructor provided. Must pick up supply sheet at a sign up.

Wool Felt Cat ZOOM

Monday, April 15, 2024. 11:00am-12:00pm.

Lounge.

Must purchase supplies. This is a Zoom class. No instructor provided. Please pick up supply list when you sign up. Sign up now.

Silk Ribbon Embroidery ZOOM

Friday, April 19, 2024. 11:00am-12:00pm.

Lounge.

Must purchase supplies. This is a Zoom class. No instructor provided. Please pick up a supply list when you sign up. Sign up now.

Ballroom Dance

Monday, April 15-May 6, 2024. 3:30pm-4:30pm

Atrium.

Cost is \$40 paid to instructor 1st day of class. Ballroom dancing is a partnership dance where couples, using step-patterns, move rhythmically, expressing the characteristics of music. Need 4 minimal for class to go. No partner required. Sign up now.

Beginner Guitar Lessons (Acoustic)

Tuesday's, April 16-May 21, 2024. 10:00am-10:45am

Room 230.

Cost is \$40 paid to instructor 1st day of class. Must have an acoustic guitar. Sign up in the front office. 4 student max.

Beginner Guitar Lessons II (Acoustic)

Tuesday's, April 16-May 21, 2024. 11:00am-11:45am

Room 230

Cost is \$40 paid to instructor 1st day of class. Must have an acoustic guitar. This is a follow up from the beginner class. Sign up in front office. 4 student max.

Flower Arranging Class: Celebrate Spring with Tulips and Daffodils.

Thursday, April 18. 10:00am-12:00pm.

MPR.

Please bring a vase of your choice 6 to 8" tall with an opening no larger than 4". Please bring your stem cutters or knife. Sign up now.

Beginner French

Wednesday's April 24-May 29, 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

MAIN

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and Theodore Kendris at Books A Million or you can order off Amazon. Sign up now in the front office.

Advanced French

Wednesday's April 24-May 29, 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 April 24-May 29, 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 April 24-May 29, 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.

Abstract Painting Course

Wednesday's beginning May 1-June 5, 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 May 1-June 5, 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 May 2-June 6, 2024.

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 May 2-June 6, 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.

Mother's Day Celebration

Thursday, May 9, 2024. 1:30pm.

Atrium.

Come celebrate Mother's Day with us. We will have food and entertainment. Cost is \$5.00 paid at sign up. Sign up now.

Trunk Sale

Friday, May 17, 2024. 8:00am-2:00pm.

Front Parking Lot.

Reserve your spot now. No charge. Come shop with us!

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 now!

Father's Day Picnic

Thursday, June 13, 2024. 12:00pm.

Allandale Pavilion.

Cost is \$5 for meal. Entertainment will be provided. Bring your poles and do some fishing! Sign up now!

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Classes & Daily Activities

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 a new card game, or have played before, then join us on Wednesday's.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

See **ACTIVITIES**, page S15



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
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- Organization & Peace of Mind



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ACTIVITIES

From page S14

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

Trips/Travel

Shopping at General Stores & Shops on Wears Valley Rd and Lunch at Wears Valley Social Food Truck: Tuesday, April 23 from 8:15AM – 5:00PM. Enjoy a drive to Pigeon Forge and Shopping at the unique shops along Wears Valley Rd. before and after lunch. Shops you will be stopping at are Wears Valley General Store, Mountain Bros General Merchandise Store, Harper Bros General Merchandise Store, Lainier General Store, Bears Valley Antiques, and shops on Wears Valley Road and enjoy your choice of lunch on your own at the Wears Valley Social Food Truck Park with a choice of the following food trucks: Chicken Coop, Gringo's Tacos, The Rolling Meatball, Tina's Delights. Sign up begins 3/1/24 and cost is \$8 for transportation. Lunch & shopping is on your own.

Barter Theatre: Ring of Fire — The Music of Johnny Cash: Tuesday, April 30 from 10:00AM — 6:00pm. Join us as we celebrate the opening of our newly-renovated Gilliam Stage with a fiery musical about the Man in Black himself – Johnny Cash! Ring of Fire: The Music of Johnny Cash follows the full story of Cash's life: his early days in the cotton fields of Arkansas, the launch of his musical career in Memphis, his marriage to his beloved June Carter, and all of the soul-stirring music he created along the way. Listen to unforgettable renditions of famous songs such as "I Walk the Line," "Folsom Prison Blues," "I've Been Everywhere" and more, delivered by actor-musicians in a toe-tapping, soul-stirring musical biography you

don't want to miss. Cost is \$44.00 per person; Lunch is on your own at Cracker Barrel. Sign up begins 3/1/24.

OTLB- Grace Meadows Farm "The Kitchen" Restaurant: Wednesday, May 29, 2024 from 10:40AM – 4:30PM. Enjoy a drive to the beautiful farm at Grace Meadows and delicious lunch at the Kitchen at Grace Meadows Farm. There will also be time to explore the farm and visit the gift shop. Cost is \$33 per person which includes lunch and transportation and lunch. Sign ups begin on 3/28/24.

Wohlfahrt Haus Dinner Theater — A Tribute to the 80s "If I Could Turn Back Time": Thursday, June 27, 2024 from 9:45AM – 6:05PM. Grab your flux capacitor and join us as the 80's are alive and well at the Wohlfahrt Haus. An original revue of the best songs and genres of the 1980's. Filled with high energy dancing and singing, you'll be sure to jump out of your seat and join in! Cost is \$72 per person which includes lunch and show. Sign ups begin 3/28/24.

Wohlfahrt Haus Dinner Theater – The Motown Sound: Thursday, August 29, 2024 from 9:45AM – 6:05PM. Watch the Wohlfahrt hit Motown revue "Motown Sound" is back! Move and groove through the hits of Motown from Stevie Wonder, Marvin Gaye, The Drifters, The Jackson 5, The Supremes, and more! Cost is \$72 each which included lunch and show. Sign ups begin 3/28/24.

*Living life with ease—
and loving it!*



The *Village*
At Allandale

Wherever you are at in The Village at Allandale, you'll feel right at home. We are proud to be the only assisted living facility in the area to offer the innovative trend of smaller homes rather than a traditional, larger medical facility for assisted living. In addition to resident rooms, each of our three buildings has a kitchen, dining room, and living/family room.

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.

- Assisted Living Care
- Memory Care
- Respite Care for your short term needs
- Choices participant



The *Village*
At Allandale

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or email
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