

FEBRUARY 2025

# Senior

## LIVING

KINGSPORT SENIOR CENTER



### 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

TimesNews

**KINGSPORT**  
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

Program Assistant - Diane Broyles  
dianebroyles@kingsporttn.gov  
(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

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, 2024 - June 30, 2025  
\$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: Joan Wilder.*

The Senior Advisory Council meeting will be Thursday, 13th February 2025, 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**

-  Kingsport Senior Center
-  @KingsportSeniorCenter
-  @KingsportSeniorCenter

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

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



STEADMAN HILL KINGSFORT

# Our All-Inclusive Assisted Living Community

*A trusted local leader  
in senior living*

Quality, Person-Centered Support

It's a great day at Steadman Hill – and it's the perfect time to discover how our nurturing, secure environment can support people so they can age with grace. It's more than just an assisted living community - it's a place to call home.

*We'd love to help you find the answers to your  
questions! Contact us today at 423-830-8502  
or [KingsportSeniorLiving.com](http://KingsportSeniorLiving.com)*

1300 Bloomingdale Pike. Kingsport, TN 37660



# MAIN SITE CLASSES

**Brain Games 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.

**Movie Day “The Long Game”:** Friday, February 7, 2025. 1:00pm. Atrium. Based on true events, in 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert. Ft. Dennis Quaid and Jay Hernandez. Popcorn will be served. Must bring your own drink. Sign up now.

**Hunka Hunka Burnin Love Show:** Wednesday, February 12, 2025. 1:00pm. Theater. Come check out this Elvis Valentine’s Show with Matt “Elvis” Dollar and the Cadillacs. Finger foods will be served starting at 1:00pm and the show will begin at 1:30pm. Cost is \$5.00 paid at sign up. Sign up now!

**Valentine’s Day Party:** Friday, February 14, 2025. 1:30pm-3:00pm. Atrium. Come join us to celebrate Valentine’s Day. Valentine’s themed finger foods will be served and entertainment by Mark Larkins. Cost is \$5.00. Sign up now.

**Beginner French:** Wednesdays February 19-March 26, 2025. 9:00am. Room 230. Ghyslaine is going to bring France to you! Book needed: Barron’s E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid to instructor first day of class. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

**Advanced French:** Wednesdays February 19-March 26, 2025. 10:00am. Room 230. This class is for when you are comfortable enough to move on from the beginner class. Book needed: Barron’s E-Z French by Christopher Kendris and Theodore Kendris at Books

A Million or you can order off of Amazon. Cost is \$56.00 paid to instructor first day of class. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

**Intermediate French:** Wednesdays February 19-March 26, 2025. 11:00am. Room 230. Book needed: Barron’s E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid to instructor first day of class. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

**Intermediate French II:** Wednesdays February 19-March 26, 2025. 12:00pm. Room 230. Book needed: Barron’s E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid to instructor first day of class. YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.

**Flower Arranging Class “Silk Spring Arrangement”:** Thursday, February 20, 2025. 10:00am. MPR. You will make a door or wall hanging out of silk flowers that will last for many Springs to come. Please bring wire cutters. Taught by Phillis Fortney. Cost: \$10 at sign up and \$10 day of class to instructor. Sign up now.

**Beginner Guitar Lessons (Acoustic):** Tuesdays beginning March 4-April 8, 2025. 10:00am-10:45am. Room 230. Have you been wanting to play that guitar that’s been sitting in your house for years but don’t know where to start? Well, here’s the time to learn! Cost: \$40 paid to instructor at sign up. YOU MUST SIGN UP! 5 person max! Sign up now.

**Abstract Painting Course:** Wednesdays beginning March 5-April 9, 2025. 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:** Wednesdays beginning March 5-April 9, 2025. 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:** Thursdays beginning March 6-April 10, 2025. 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:** Thursdays beginning March 6-April 10, 2025. 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.

**St Patrick’s Day Celebration:** Monday, March 17, 2025. 1:30-3:30pm. Atrium. Come join us to celebrate St. Patrick’s Day! Finger foods will be served and join us for St. Patrick’s Day Bingo. This event is limited to 100 people. Don’t forget to wear your green! Sign up begins January 3.

**Clay 101:** Tuesdays April 1-June 3, 2025. 10:00am-4:00pm. Clay Room. For beginners to intermediate levels. Projects weekly in hand building. Instructions available in wheel throwing. Cost:

\$30.00. Sign up begins Wednesday, March 5.

**Basket Weaving:** Tuesday, April 1-June 3, 2025. 9:00am. Room 303. All levels welcome. Please sign up in the front office. For more information call 392-8400.

**Beginner Dulcimer:** Tuesday, April 1-June 3, 2025. 11:00am. Multipurpose Room. Free. At sign up you will be given information on the book you will need to purchase for class. Sign up now. Note: You must attend first class. You cannot join the class mid-session.

**You and Your Sewing Machine:** Tuesdays April 1-June, 2025. 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. Sign up begins February 5.

**Hand-building with Clay:** Wednesday’s April 2-June 4, 2025. 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 is endless. You will have the opportunity to make functional or more sculptural pieces. Each class will have demos of different forms, handles, and clay impression decoration. Basic clay form building methods with slabs, coils and pinch pots will be discussed in detail. Cost is \$30.00. Sign up begins Wednesday, March 5.

**Advanced Hand-Building with Clay:** Thursday’s, April 3-June 5, 2025. 11:00am-4:00pm. Clay Room. This advanced level pottery class is designed to further knowledge and experience hand-building with clay. In this class, you will learn to create more complex forms and are encouraged to develop your own style. Cost is \$30.00. Sign up begins Wednesday, March 5.

**Easter Lunch:** Thursday, April 3, 2025. 12:00pm. Gym. Please bring a side dish to share. NO DESSERTS! Door prizes will be given. Cost is \$7.00. Sign up begins February 3.

# FEBRUARY ARTISAN OF THE MONTH

## SUSAN ADESMAN

“I started making cards about 13 years ago.

I’m originally from Iowa, but have lived in the South the majority of my life.

I have taken a variety of “crafty” classes, but paper, ink and stamping took hold.

I find inspiration everywhere – nature, TV, books and travels.

I also like to reuse items whenever possible.”



# WELLNESS

**Neuro Yoga:** 1pm-2pm. Every Wednesday | 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.

**Blood Pressure Checks:** 10am-11:30am. Every 2nd Wednesday of the month | Hallway by the Office | Amy Thompson, RN, Rehab Liaison, & Bevin Morrell, LPN, Rehab Liaison with Encompass Health. Blood Pressure Checks: 10am-11:30am. Every 3rd Wednesday of the month | Hallway by the Office | Chelsey Herron, Health & Wellness Director with Brookdale Rock Springs. No sign-up required.

**Stroke Support Group:** 11:30am-12:30pm. Every 2nd Wednesday of the month | Lounge | Bevin Morrell, LPN, Rehab. Liaison with Encompass Health: The Rehabilitation Hospital of Kingsport. Providing education, encouragement and support for stroke survivors, families and caregivers. Sign up in 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.

**Caregiver Support Group:** 10am-11am. Every 4th Wednesday of the month | Multipurpose Room | Vickie Burlison, BSW, Suncrest Hospice / LHC. Participants will express the challenges in care giving to include the physical, mental and psychological strain in caring for a patient, or a family member. Vickie will also educate participants on different options for coping with these challenges, validation and coping mechanisms. Sign up in Office or by calling 423-392-8400.

**Memory and Brain Health:** 2pm-3pm. Every 4th Thursday of the month | Multipurpose Room | 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.

**Woodshop Safety Orientation:** 9am-11am. Monday, Feb 3, 2025 | 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.

**Wellness Seminar "The Ear Tour":** 10am-1pm. Wednesday, Feb 12, 2025 | Multipurpose Room | Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | Do you hear, but not understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign up in Office or by calling 423-392-8400.

**TN Lady Vols Basketball:** We will depart at 9:15am. Sunday, February 16,

2025 for the Lady Vols vs. Ole Miss Game. This game we will be seating in Section 116. Game time is 12noon and we will be able to get in at 11am. NOTE: After the game we will be taking a group photo on the Court! Lunch is on your own at Aubrey's Restaurant after the game.

**Mary Kay Valentines Moisture Renewal Pampering Session:** 10am. Wednesday, Feb 19, 2025 | Multipurpose Room | Jessica Cain with Mary Kay | Enjoy a relaxing Facial and Spa grade skin treatment. Also each member will receive a Hand and Lip treatment with CC Cream and Mascara. Sign up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

**Health Extension for Diabetes:** 10am-11am. Mondays, starting on Mar 10, 2025 | Computer Lab | Laura Cross, Program Assistant with UT/TSU Extension, Sullivan County. HED is an American Diabetes Association education and support program that helps participants with better self-management of their condition. The program covers basics of diabetes, healthy eating, being active, medications and monitoring, problem solving and resource navigation, healthy coping, and reducing risks. Also it will provide participants

with Diabetes Education, Self-Management Resources, and Ongoing Support to Better Manage Diabetes and Health Education through Weekly Health Coach Calls. Sign-ups will start on Thu Feb 6 in the Office or by calling 423-392-8400. NOTE: Bi-Weekly- Mar 10, 24, Apr 7, 21, May 5, 19, Jun 2, 16, 30, 2025. NOTICE: Each participant who completes the program is eligible to receive compensation valued at \$100 (Walmart Gift Cards). \$25 Pre-survey completion, \$25 Post-survey completion, \$50 1-year completion follow-up.

**Shuffleboard Tournament:** 9am. Wednesday, Mar 12, 2025 | 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 Rachel Stoner, Sales Manager with Brookdale Rock Springs. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Wed, Feb 12 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Mar 10, 2025.

**Table Tennis Tournament:** 1pm. Wednesday, Apr 16,

2025 | Gym | This tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Realtor/ A.H.W.D., RE/ MAX Rising. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Feb 27 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Apr 14, 2025.

**February is American Hearth Month:** Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Learn about the steps you can take to live a heart-healthy lifestyle.

# DAY TRIPS

## OTLB- Green Tomato Grill:

**Tuesday, February 4, 2025** from 9:30am-3:45pm. Enjoy a drive and lunch at the wonderful Green Tomato Grill located in Mooresburg, TN. After lunch enjoy a stop at the Homestead Shoppe and Patsy's Bakery for antiques and goodies. Cost is \$8.00 for transportation with lunch on your own. Sign up began January 3.

## OTLB- Mountain View Restaurant & Shopping at Troyer's:

**Tuesday, March 11, 2025** from 10:00am-4:30pm. Enjoy lunch at the Mountain View Restaurant in Limestone and after lunch enjoy shopping at Troyer's Country Market to buy some goodies. Cost is \$21.00 which includes your lunch and transportation. Sign up begins January 31.

# VIRTUAL CLASSES

## Wellness Virtual Classes

• **February 4** — "Easy Exercises to Fix Foot and Arch Pain"

[https://youtu.be/DQ4kUdTdQ\\_w?si=K1mJ2l66y\\_yaNp3h](https://youtu.be/DQ4kUdTdQ_w?si=K1mJ2l66y_yaNp3h)

• **February 6** — "2 Exercises to Lift and Strengthen Your Arches"

[https://youtu.be/vcx\\_NNR7b1k?si=gn0DS8Y5SP8cUywC](https://youtu.be/vcx_NNR7b1k?si=gn0DS8Y5SP8cUywC)

• **February 11** — "Fix flat Feet and Fallen Arches"

[https://youtu.be/1LogN1M\\_dyY?si=jodN1Qkfu-mOVOfJ](https://youtu.be/1LogN1M_dyY?si=jodN1Qkfu-mOVOfJ)

• **February 13** — "Quick Relief for Fallen Arch Pain with Taping Method"

<https://youtu.be/eZH4T1YS28M?si=xbx-FuejJmUg9VdJR>

• **February 18** — "5 Easy Exercises for Fallen Arches"

<https://youtu.be/sf66efBreCs?si=3-iRRQEY1Z-cOfbhT>

• **February 20** — "5 Best Exercises for Strong Feet"

[https://youtu.be/XTfhKUZWdOE?si=y\\_aghtL-kae01FXPE](https://youtu.be/XTfhKUZWdOE?si=y_aghtL-kae01FXPE)

## Senior Services Virtual Programs

• **February 7** — "Discover Volunteering Opportunities With Life Senior Services"

<https://www.youtube.com/watch?v=Am-pAac3MFy4>

• **February 14** — "How To Stay Healthy This Flu Season"

<https://www.youtube.com/watch?v=UH-j8l5-tuKs>

• **February 19** — "Five Tips To Prepare Your Car For Winter Driving"

<https://www.youtube.com/watch?v=SXgHc-CyS6qA>

• **February 26** — "Low Income Home Energy Assist Program Accepting Applications"

<https://www.youtube.com/watch?v=TOwDSt54W4Y>

• **February 28** — "Cool Finds for the Blind and Visually Impaired"

<https://www.youtube.com/watch?v=b1ooOjT-Pgnc>

## Events and Virtual Classes

• **February 2** — "OLD TRAY Hacks !"

<https://www.youtube.com/watch?v=iMbiEI-gr3Og>

• **February 3** — "7 Colour Combinations That Make You Look Expensive & Elegant"

<https://www.youtube.com/watch?v=YLiz-8tlx9g4>

• **February 5** — "Valentine's Day Punch"

<https://www.youtube.com/watch?v=2URwG-gk2Hak>

• **February 9** — "Easy Valentine's Day Desserts"

<https://www.youtube.com/watch?v=Ub-3lGi9v1w8>

• **February 12** — "Yahoos & Boos December 2024 — Beauty & Home"

<https://www.youtube.com/watch?v=IV-2r6og0lcl>

<https://www.youtube.com/watch?v=2r6og0lcl>

• **February 16** — "DECLUTTER with me THE EASY WAY"

<https://www.youtube.com/watch?v=szpuK-IQAxa0>

• **February 17** — "Can You Improve Leg Circulation with These Devices?"

<https://www.youtube.com/watch?v=vyAdz-tmK600>

• **February 21** — "Sewing 101"

<https://www.youtube.com/watch?v=O-pNU-PRxMqE>

• **February 23** — "February Lawn Care"

<https://www.youtube.com/watch?v=PCQet2X-rvGo&t=3s>

• **February 29** — "How To Play Farkle"

<https://www.youtube.com/watch?v=Pt-Zlur9Kmb8>

## Facebook Classes — February 2025

**Mon, Wed, Fri** — SilverSneakers Classic with Terri Bowling

**Mon, Wed, Fri** — Total Body with Terri Bowling

**Mon, Wed, Fri** — SilverSneakers Yoga with Terri Bowling

**Tues, Thurs** — SilverSneakers Boom Fitness with Terri Bowling

**Tues, Thurs** — Piloxing with Terri Bowling

**Mon, Wed, Fri** — High/Low Aerobics with Terri Farthing

**Mon, Wed, Fri** — Strength/Stretch with Terri Farthing

# SENIOR SERVICES

**TUESDAY, FEBRUARY 18TH 10AM – 12PM** in the **MULTIPURPOSE ROOM SARAH WILLIAMS** from **OPERATION HOPE** will be here to talk about **AVOIDING SCAMS IN 2025. SIGNUPS** will start on **JANUARY 13TH**. Call (423-392-8400) or come by the office to get your name on the list.

**TUESDAY, MARCH 18TH 10AM – 11:30PM** in the **MULTIPURPOSE ROOM KAREN QUINN, REHABILITATION TEACHER** from the **TENNESSEE DEPARTMENT OF HUMAN SERVICES** will be here to talk about the ways in which they can assist people with **VISUAL IMPAIRMENT**. She will talk about how someone would **QUALIFY FOR THEIR PROGRAM**, and also talk about how the program is **FREE** if they qualify. Karen will have demo glasses on hand to show what certain eye conditions look like.

**S.M.I.L.E MEETING WEDNESDAY, FEBRUARY 19TH AT 1PM IN THE CAFETERIA. VOLUNTEER OPPORTUNITIES AVAILABLE.**

**AARP TAX AIDE VOLUNTEERS** will be at the center on **Thursdays, February 6th – April 10th starting at 9am and last appointment being 3:30**. Signups for **TAXES** will start on **MONDAY, FEBRUARY 13th**. Appointments are

scheduled on a first come basis until all time slots are filled. You will need to come by the front office and pick up an intake form and have it filled out when you come for your appointment. **ALL NECESSARY DOCUMENTS NEED TO BE BROUGHT THE DAY OF THE APPOINTMENT. ANY TAX RELATED QUESTIONS CAN BE EMAILED TO [kpttaxaide@gmail.com](mailto:kpttaxaide@gmail.com).**

**THE LIBRARY GEEK WILL BE HERE THE SECOND AND FOURTH WEDNESDAY** of the month in the **COMPUTER LAB, FROM 10:30AM – 12:00PM**. Would you like to get setup to use free library eBooks, audiobooks, & online magazines? Have a computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. **ONLY 3 APPOINTMENTS AVAILABLE EACH DAY**, so schedule your one on one time with a Kingsport Public Library Librarian today. Call today to get your name on the list. 423-392-8400

**2025 COMPUTER RESTART CLASS WITH NADINE MCMACKIN** – NEW Upgraded computers in the Kingsport Senior Center

Computer Lab. **CLASSES WILL BE HELD ON FEBRUARY 5TH & 19TH FROM 10AM – 11:30AM**. There is no cost to sign up. Sign up in the front office now. Up to 8 people in the Class using desk computers AND Up to 6 people in the class bring your own device. Whether you have a little or a lot of computer experience, there's always something new to learn about using computers. Come check out the new computers in the KPT Senior Center Computer Lab. Call today to get your name on the list. 423-392-8400

**TOPICS OF DISCUSSION** – How to sign in and use the new computers with the Senior Center Profile. Review Apps available on the

new computers (Web browsers, MS Office). Where to find answers to questions and one – on – one – assistance. How to surf web, check email, Use Facebook and YouTube. Benefits and pitfalls of setting up online accounts like Google, Apple, Facebook, YouTube, Amazon etc. Tips on how to manage passwords and protect accounts. Tips on how to protect your identity and avoid scams. How to delete unwanted emails and manage your inbox. Last 30 minutes for Q&A, and preview of upcoming computer classes. Get your name on the list now for these classes by calling the front office at 423-392-8400.



**CROWN CYPRESS**  
Assisted Living - and - At Home Care



## ASSISTED LIVING

- Daily Cooked Nutritious Meals & Snacks
- Spacious Single & Shared Apartments
- 24/7 Nursing Care & Support Staff
- Pleasant & Cheerful Living Areas
- Seasonal Sunroom with Library
- Nurse & Emergency Call System
- Beauty Salon & Barber Shop
- Laundry, Linen, & Housekeeping
- Variety of Activities & Entertainment
- Transportation- Appointments & Events
- Walking Paths, Park Benches, & Veranda

## AT-HOME CARE

- Assistance With Daily Living & Care
- Diet Specific Meal Planning & Preparation
- Grooming, Bathing, & Dressing
- Laundry Service & Light Housekeeping
- Medication Reminders & Organization
- Transportation- Appointments & Events
- Shopping, Errands, & General Assistance
- Companionship, Supervision, Safety
- Emotional, Physical, & Social Health
- Organization & Peace of Mind

Tennessee Seniors Deserve  
**CHOICES**

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# 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 a Visit with Us!**  
TownView 114 West Fairview Ave., Johnson City, TN 37604

**423-328-9068**  
thetownview.com

# BRANCH SITE CLASSES

## LYNN VIEW COMMUNITY CENTER

765-9047

**Hours: M-F, 8:00am – 2:30pm**

**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.

**Diamond Dots Valentine Card**, M, Feb 3, 10:00 a.m. We will make a Valentine card with a removable Diamond Dot heart, combining 2 crafts into one! Cost is \$5 and all supplies are included. Instructor: Lisa Pecorini.

**Basket Class**, M, Feb 10, 10:00 – 1:00p.m. Participants will make an

Oil and Vinegar Tote. This tote is made using a wood handle and a maple strip and colored reed as accents. It is large enough to hold a small set of oil and vinegar bottles. Great project for all levels of basket weavers. Size is 7"x3"x10". Cost is \$20, payable at sign up.

**Cardio Pickleball**, T/TH, Feb 11 – 20, 10:00am, Cost: \$20, pay at sign up. Do you want to pump up your pickleball game in 2025? Try Cardio Pickleball! These sessions will feature games that are fun, fast paced and fitness focused for all ability levels. Join us for a "moving" experience! Instructor: Anna Walters.

**Macrame Sunflowers**, W, Feb 12, 11:30 a.m. Cost: \$10.00, paid to instructor

Sonia Garcia. These warm sunflowers will brighten your home for spring. Basic macramé techniques are used in this beginner friendly class. This class will also be available via Zoom.

**Biscuits and Bingo**, TH, Feb 13, 10:30a.m. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by The Blake.

**Needle Felted Hedgehog**, TH, Feb 13, 11:30 a.m. Cost: \$10.00, paid to instructor Sonia Garcia. Create a cute hedgehog with a heart for your Valentine or sweetheart. This class will also be available via Zoom.

**Lotus Blossom Necklace**, W, Feb 19, 11:30 a.m. Cost: \$15.00, paid to instructor Sonia

Garcia. This colorful necklace sparkles with Czech glass beads and a button clasp. The Lotus is a symbol of purity and rebirth, perfect to welcome the coming spring. This class will also be available via Zoom.

**Beginning Stained Glass**, TH, Feb 20, 8:30am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided. Participants will make a ribbon and /or celtic sign.

**Intermediate Stained Glass**, F, Feb 21, 8:30am – 2:15pm, Cost: \$10.00 payable at sign up. All supplies provided.

**Simple Ribbon Embroidery**, F, Feb 21, 10:00 a.m. All supplies provided. Participants will make a daisy on linen. Cost: \$12.00, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

**Grief Share**, F, Feb 21, 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.

**CardMaking**, M, Feb 24, from 11am to 1pm. We will make 4 'easel-style' cards-- perfect for giving and displaying. Cost is \$12 and all supplies are included. Bring your favorite adhesives (glue, tape runner, glue stick) and scissors. Instructor: Lisa Pecorini.

**Evening Yoga** — M, Feb 24 – Mar 31, 5:30 p.m. Instructor Becky Mills. Main Site, Room 302. Cost: \$25 payable at sign up. This class will be working on balance and some simple coordination to

exercise the brain as well.

**Pom-Pom Wreath**, W, Feb 26 10:00 a.m. artisan Esther Richards instructor. Participants will have kits with all supplies provided. Cost: \$20.00, paid to instructor. This class will also be available via Zoom.

**Butterbean Auction**, W, Feb 26, 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.

**Eat Smart/Move More**, W, Feb 26- Mar 26, 1:00 – 2:00pm is a curriculum created by the University of Tennessee Extension to address the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity. Instructor Susan Lachmann, TNCEP Program Assistant II.

**Modern Folk Art Easter Egg**, TH, Feb 27, 10:00 a.m. Cost: \$12.00, paid to artisan Instructor: Betty Smith.

These are wool felt eggs with a choice of colors. All supplies provided. This class will also be available via Zoom.

**Advanced Crochet**, F, Feb 28 – Apr 4, 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, Feb 28 – Apr 4, 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, Feb 28 – Apr 4, 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.

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**HYDROJET FERRY ACROSS MACKINAC ISLAND**  
**CARRIAGE TOUR**  
**BOAT TOUR**  
**LUMBERJACK SHOW**



**AND SO MUCH MORE!**

*For more information, please contact Shirley Buchanan at 423-392-8403*

*\*Travel Insurance is required at signup for \$171 per person/Double Occupancy\**

*Sign up date begins 8/16/24*



## ALASKA CRUISE TOUR ADVENTURE



May 27 - June 6, 2025

**Starting at \$5,899 Per Person - Double Occupancy**

Round Trip Airfare + Cruise Fare

Wilderness Experience Train Ride to Denali

Denali National History Tour

Tour of Gold Dredge 8

**AND MUCH MORE!**



*For more information, please contact Shirley Buchanan at 423-392-8403*

## SPANISH VACATION

April 2 - April 11, 2025 | \$4,699 Per Person



**8 Nights (Barcelona, Madrid, Seville)**

**Barcelona City Tour**

**4 Dinners Included**

**Multiple Tours**

**Deluxe Motorcoach**

**Holy Grail in Valencia**

**AND MUCH MORE!**



**FOR MORE INFORMATION, PLEASE  
CONTACT SHIRLEY BUCHANAN AT  
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# See What's Happening at the Senior Center





**SIGN UP NOW!**

# HUNKA-HUNKA BURNIN LOVE SHOW

FT. MATT "ELVIS" DOLLAR AND THE CADILLAC THREE



**FOOD - MUSIC - LOVE - DANCE**

**Wednesday, February 12**

**1:00pm - 3:00pm**

**Theater**



**AARP Tax Aide Volunteers will be here at the center again to do taxes. They will be here starting February 6th - April 10th on THURSDAY'S starting at 9am and ending at 4pm IN THE ATRIUM**

**WE WILL START TAKING SIGN UPS FOR APPOINTMENTS ON MONDAY, JANUARY 13. CALL THE FRONT OFFICE 423-392-8400 OR COME BY TO SIGN UP.**



# CLASSES & DAILY ACTIVITIES

**Classes run January 6-March 22, 2025 except for exercise classes which are on going.**

**Monday:**

**Lap Swimming:** 8:00am — 12:00pm (Aquatics Center) (First come first serve)

**Basketball:** 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

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

**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.

**RiverView Park Pickleball:** 8:30am-10:30am (VO Dobbins)- Open play. All skill levels. Must be a senior center member to play, please bring membership card.

**Core Conditioning:** 9:00am (Lynn View Community Center)- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

**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.

**Total Body Workout:** 9:30am (First

Broad Street United Methodist Church Room 239)- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. **Class week of June 10-14, will be in the Atrium at the main site.**

**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.

**Pickleball:** 10:00am-2:00pm (Lynn View Community Center)

**Silversneakers Classic:** 10:00am (Lynn View Community Center)- 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

**Strength Training:** 10:10am (Gym)

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

**Restorative Yoga:** 11:00am (First Broad Street United Methodist Church Room 239): 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. No class week of June 10-14.

**Beginning Line Dance:** 11:30am (Gym)

**Intermediate Line Dance:** 12:45pm (Gym)

**Table Tennis:** 2:00pm (Gym)

**Volleyball:** 4:00pm (Gym)

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

**Tuesday :**

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

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

**Basketball: 8:00am-10:00am** (Lynn View Community Center): Stop by the office to get a ball.

**Boom Move & Mind Fitness:** 8:30am (Gym) — Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

**Basket Weaving:** 9:00am (Room 303) — This class is open to individuals of all expert levels.

**Silversneakers Classic:** 9:00am (Lynn View Community Center)- 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

**Silver Sneakers Yoga:** 9:00am (Colonial Heights United Methodist Church)- SilverSneakers 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 motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Strength Training:** 9:45am (Gym)

**Pickleball:** 10:00am-2:00pm (Lynn View Community Center)

**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 (MPR) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book. It's fun to play with a group of dulcimers! Note: Must attend first day of class; cannot join mid-session.

**Active Flow Yoga:** 11:00am (First Broad Street United Methodist Church Room 239): 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. Will continue to end the class with relaxation.

**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).

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

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# CLASSES & DAILY ACTIVITIES

## Wednesday :

**Lap Swimming:** 8:00am-12:00pm (Aquatics Center) — (First come first serve)

**Basketball:** 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

**Silver Sneakers Classic:** 8:15am (Gym) — You'll have a chair for seated exercises and standing support.

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

**RiverView Park Pickleball:** 8:30am-10:30am (VO Dobbins)- Open play. All skill levels. Must be a senior center member to play, please bring membership card.

**Core Conditioning:** 9:00am (Lynn View Community Center)- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

**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)

**Total Body Workout:** 9:30am (First Broad Street United Methodist Church Room 239)- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. Class week of June 10-14, will be in the Atrium at the main site.

**Silversneakers Classic:** 10:00am (Lynn View Community Center)- 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

**Pickleball:** 10:00am-2:00pm (Lynn View Community Center)

**Strength Training:** 10:10am (Gym)

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

**Restorative Yoga:** 11:00am (First Broad Street United Methodist Church Room 239): 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.

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

**Hand & Foot Card Game:** 12:30pm (Card Room)  
Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards — the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesday's.

**Table Tennis:** 1:00pm (Gym)

**Basketball:** 4:00pm (Gym)

## Thursday :

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

**Basketball:** 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

**Boom Move & Mind Fitness:** 8:30am (Gym) — Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

**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.

**Silver Sneakers Yoga:** 9:00am (Colonial Heights United Methodist Church)- SilverSneakers 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 motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Silversneakers Classic:** 9:00am (Lynn View Community Center)- 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

**Pickleball:** 9:00am-12:00pm (TNT Sports Complex)- Open play. All skill levels. Must be a senior center member to play, please bring a membership card.

**Strength Training:** 9:45am (Gym)

**Pickleball:** 10:00am-2:00pm (Lynn View Community Center)

**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.

**Scrabble Day:** 11:00am- (Lynn View Community Center) Bring your lunch and a drink, enjoy a game of scrabble.

**Intermediate Clay:** 11:00am-4:00pm (Clay Room)

**Active Flow Yoga:** 11:00am (First Broad Street United Methodist Church Room 239): 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. Will continue to end the class with relaxation.

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

**Cornhole:** 1:00pm (Gym)

**Volleyball:** 4:00pm (Gym)

## Friday :

**Lap Swimming:** 8:00am-12:00pm (Aquatics Center) (First come first serve)

**Basketball:** 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

**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.

**Low Impact Aerobics:** 9:00am (Lynn View Community Center): Join us and get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning and strengthening in addition to low impact cardio.

**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.

**Total Body Workout:** 9:30am (First Broad Street United Methodist Church Room 239)- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. Class week of June 10-14, will be in the Atrium at the main site.

**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.

**Pickleball:** 10:00am-2:00pm (Lynn View Community Center)

**Stretch & Flex!:** 10:00am (Lynn View Community Center)- 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. Bring a yoga mat if you have one to use alongside the chairs provided.

**Strength Training:** 10:10am (Gym)

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

**Cornhole:** 1:00pm (Gym)

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

**Mahjong:** 1:30pm (Multipurpose Room)  
Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

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

## Saturday :

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

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

**Table Tennis:** 10:30am (Gym)  
Rooms available for use from 9:00am-12:00pm:  
- Exercise Room  
- Billiards Room  
- Computer Lab  
- Clay Room



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- Medication Assistance
- Activities
- Dining
- Community Outreach

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