

MARCH 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
michelletolbert@kingsporttn.gov
(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
amberquillen@kingsporttn.gov
(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: Joyce Manis & Gladys Haynes

The Senior Advisory Council meeting will be Thursday, March 20th, 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*

1300 Bloomingdale Pike. Kingsport, TN 37660



MAIN SITE CLASSES & EVENTS

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.

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.**

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. **(Waiting List Only)!!!**

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 what 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. Learn how the basic shapes and lighting can create beautiful paintings. Oils give you more time to blend and do surface textures on your canvases than other media. We'll start with the basics and move onto landscapes. Come enjoy the fun and creativity. 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. Acrylic paint is a fast-drying paint made of pigment suspended in acrylic polymer emulsion. Acrylic paints are water soluble, but become water-resistant when dry. 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. This class is taught with demonstrations and individual student coaching. This allows the beginner to start their journey of discovery of the uniqueness and beauty of watercolor. The veteran watercolorist will work on developing a more personal style using new techniques. Starting with basic techniques and using landscapes as subject matter, students will learn about skies, clouds, mountains, trees, rocks, farm building and more. Each week new tips, tricks and techniques will be shown so other subjects can be approached with confidence. 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.

Flower Arranging Class "Thinking Green": Thursday, March 20, 2025. 10:00am. MPR. We will combine textures and shapes in a monochromatic colored arrangement of fresh materials. Please bring wire cutters. Taught by Phillis Fortney. Cost: \$10 at sign up and \$10 day of class to instructor. Sign up now.

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.

Advanced Fusion Dance: Wednesdays April 2-June 4, 2025. 10:00am. Room 302. This is an advanced class for individuals ready to move on from the beginner class. Cost: \$5 per class for 10 weeks. \$50 paid at sign up. Must have 8 for class to go. Sign up now.

Fusion Dance: Wednesdays April 2-June 4, 2025. 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! This class is a great way to learn to dance and get a workout in at the same time. All levels are welcome. Cost: \$5 per class for 10 weeks. \$50 paid at sign up. Must have 8 for class to go. Sign up now.

Hand-building with Clay: Wednesdays 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: Thursdays, 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.

Movie Day "The Forge": Friday, April 11, 2025. 1:00pm. Atrium. A year out of high school with no plans for his future, a boy is challenged by his single mom and a successful businessman to start charting a better course for his life. Through the prayers of his mother and biblical discipleship from his new mentor, he begins discovering God's purpose for his life is so much more than he could hope for or imagine. Popcorn will be served. Must bring your own drink. Sign up now.

Cinco De Mayo Celebration: Monday, May 5, 2025. 1:30pm. Atrium. Come and celebrate Cinco De Mayo with us! Finger foods will be served. Entertainment is TBA and door prizes will be given. Cost: \$5 at sign up. Sign up begins March 3.

Mother's Day Tea Party at Allandale Mansion: Thursday, May 8, 2025. 12:30pm. Come celebrate Mother's Day with us at the beautiful Allandale Mansion. Mansion tour will be given. Tea samples will be provided. Light refreshments will be served and entertainment will be provided. Come in your best tea party costume for a chance to win a prize. Also, bring in your favorite tea cup! Cost is \$5 at sign up. Sign up begins March 3.

Trunk Sale: Friday, May 16, 2025. 8:00am-2:00pm. Front parking lot. If you want to sell, you can reserve your spot on March 4. Limited spots available. Call 392-8400 for more information.

Patriotic Picnic: Thursday, May 22, 2025. 12:00pm. Allandale Pavilion. Burgers will all the trimmings and sides will be served. Entertainment TBA. Door prizes will be given. Also, there will be a shuttle from the parking lot to the pavilion for those who have trouble walking. Cost is \$10. Sign up begins March 4.

VIRTUAL CLASSES

- **March 4** - "Hand Arthritis Stretches & Exercises"

https://youtu.be/tRnqF-AFF-dw?si=G11sbHuLmV9_HaOb

- **March 6** — "Finger Arthritis Exercises"

<https://youtu.be/yfLew5EV-hSI?si=0ZEOxmLYqhvQz7MR>

- **March 11** — "8 Best Exercises to Reduce Hand Arthritis Pain"

https://youtu.be/m_d87DteuF0?si=dvRrnuU8UuFnsuR5

- **March 13** — "Easy Thumb Exercises for Arthritis"

https://youtu.be/r5O2JtunV-Vk?si=q_r-vMjFMF8zSj2w

- **March 18** — "Easy Stretches to Treat Thumb Arthritis"

<https://youtu.be/zrrriU4uIt0?si=R-5sHHvYTkKiFXsfS>

- **March 20** — "Hand and Finger Exercises, Hand Yoga"

<https://youtu.be/LehkTdGXxc?si=jNAtai0CrRnROv92>

Senior Services Virtual

Programs

- **March 7** - "Alzheimer's & Dementia - The Living Room Senior Care Services"

<https://www.youtube.com/watch?v=pViL0nU-Rn8>

- **March 14** - "Seven Free Service's every Senior Should Know About"

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

[watch?v=9Ts27rmfDqI](https://www.youtube.com/watch?v=9Ts27rmfDqI)

- **March 19** - "Elder Fraud: A Guide for Seniors and Families"

<https://www.youtube.com/watch?v=ndn4mMNLE-o>

- **March 26** - "Health Benefits Of Senior Volunteering"

<https://www.youtube.com/watch?v=PyM7rviXlrg>

- **March 28** - "What t Look for in Quality Senior Living Facilities"

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

Events and Virtual Classes

- **March 1** - "Why Your Knee Pain Isn't Improving"

<https://www.youtube.com/watch?v=uvfd8mPdKZM>

- **March 3** - "St. Patrick's Day Treat Ideas"

https://www.youtube.com/watch?v=Oly4aK_NMoQ

- **March 5** - "NEW Hair Routine-Arthritis (plus Other Changes)"

<https://www.youtube.com/watch?v=mJ5Fq--mXjk>

- **March 9** - "March Lawn Care Tips"

https://www.youtube.com/watch?v=7I_35itFdrA&t=34s

- **March 12** - "4 Recipes That'll Take You Back to the Ol' Days"

<https://www.youtube.com/watch?v=-WPFpwnG1Y>

- **March 16** - "How to Inlay Glaze"

<https://www.youtube.com/watch?v=vRBjgT0E3QY>

- **March 17** - "35+ BEST KEPT SECRET Dollar Tree Hacks"

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

- **March 21** - "Throwing and Trimming a Large Stoneware Bowl"

<https://www.youtube.com/watch?v=JJyJq0L5elE&t=15s>

- **March 23** - "How to keep a clean house in 2025"

<https://www.youtube.com/watch?v=W3vE-2um89E>

- **March 29** - "How to Center Clay on the Wheel"

<https://www.youtube.com/watch?v=-YCGK33c0xs>

Facebook Classes - March 2025

Mon, Wed, Fri — Silver Sneakers Classic with Terri Bowling

Mon, Wed, Fri — Total Body with Terri Bowling

Mon, Wed, Fri — Silver Sneakers Yoga with Terri Bowling

Tues, Thurs — Silver Sneakers 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



**COMFORT KEEPERS
IN HOME SENIOR CARE**

Companion Care
Personal Care
Light Housekeeping
Errands
Meal Preparation

**ACCEPTING NEW
CLIENTS IMMEDIATELY!**



Call us today!
423-246-0100
ComfortKeepers.com

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 Burleson, 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, Mar 3, 2025 | Wood Shop | 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.

Bird House and Bird Feeder Class:

9am-2pm. Thursday & Friday, Mar 13, 14, 20, & 21, 2025 | Wood Shop | Larry Eidson, & Ron Grooms will be teaching a 4 — Session Bird House and Bird Feeder Class. Cost is \$80.00, which covers all your materials; with \$40.00 due on first day of class paid to the instructors and the final payment of \$40.00 is due on the last day. You will make two bird houses out of cedar wood a Blue Bird and a Wren House, also you will make a Bird Feeder. Class is limited to 8 people. Sign up in the Office or by calling 423-392-8400.

Wooden Pen & Pencil Making Class:

9am-2pm. Thursday & Friday, Apr 3, & 4 | Wood Shop | Larry Eidson and Ron Grooms will be teaching a 2 — Session Wooden

Pen and Pencil Making Class. Cost is \$50.00, which covers all your materials; paid to the instructors. This class will teach you how to use the Lathes the correct way. You will make a wooden pen and pencil. Class is limited to 4 people. Sign-ups start on Thu, Mar 13 in the Office or by calling 423-392-8400.

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. Sign up 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.

Improving Balance & Reducing the Risk of Hip Fracture:

11am. Tuesday, Mar 11 | Card Room | Priscilla Roberts, OTR/L, Pam Stewart, PTA, Beth Dunnivant PTA/PT, with Encompass Health Rehab | Encompass Health will provide a fun afternoon filled with educational sessions, balance assessment with their Balancing Machine, and extra activities to help enhance your healthy lifestyle! Light refreshments will be served. Sign up in the Office or by calling 423-392-8400.

Medicare Educational Event:

11am. Tuesday, Mar 18 | Card Room | Brian Coggins, with Mid-South Financial Group | This Seminar will provide you with valuable information from a 20 page educational booklet on

how Medicare works, and what the participants need to know to make wise decisions regarding Medicare options and any new changes for 2025. This will be a good time to get your questions answered by a local agent. Sign up in the Office or by calling 423-392-8400.

Hearing Health:

11am. Wednesday, Apr 9 | Multipurpose Room | Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | This Seminar will take you through how we hear and why it's so important to care for our ears. Aubri will discuss how your hearing changes as we age and share practical tips for maintaining healthy hearing. Also you will learn about the latest hearing devices and technologies that can make a real difference, plus get guidance on how to recognize signs of hearing loss and navigate your options for care. Sign-ups will start on Thu, Mar 13 in the Office or by calling 423-392-8400.

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 up 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 up in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Apr 14, 2025.



DAY TRIPS

Indoor Mini Golf and Lunch at the Traveling Bear: Thursday, April 10, 2025. Bristol, VA. 10:30am-4:30pm. Cost: \$20 all included. Each person will have fun playing 2 rounds of mini golf on the 18-hole course. For lunch you will enjoy a hotdog, chips and a drink. Sign up begins February

28th.
Million Dollar Quartet at Barter Theatre: Wednesday, April 30, 2025. 10:00am-6:00pm. Cost: \$44.00 per person which covers your ticket and transportation. Lunch will be on your own at Cracker Barrel. On December 4, 1956, an extraordinary

twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records for what would become the greatest jam session of all time; Million Dollar Quartet is a lively reimagining of that legendary night, told in a riveting string of broken

promises, secrets and celebrations. The score for this production includes classics such as Blue Suede Shoes, Walk the Line, Sixteen Tons, Who Do You Love?, Great Balls of Fire, Folsom Prison Blues, Hound Dog, and more! Sign up begins February 28th.

Extended Travel



Kingsport Senior Center Presents a New York City Christmas

"City sidewalks, pretty sidewalks, dressed in bright red and green. In the air, there's a feeling of Christmas. Strings of streetlights, even stoplights, blink of bright red and green..."

Your 4 Day/3 Night Package Includes:

3 Nights Hotel Accommodations in New York City ~

Experience historic luxury and vintage charm in your art deco hotel located in the **New York City Theater District**, steps from Times Square, 42nd Street subway station, and within a mile of Radio City Music Hall and the Empire State Building.

3 Breakfasts are included at your Hotel

1 Wonderful Dinner at a New York City Restaurant

Orchestra Seating for Fabulous Broadway Show! —

Beautiful historic theaters, an interesting storyline, professional musicians, intricate sets, talented performers and more all come together to create a Broadway Show. No matter which production you see from comical to the dramatic, each performance is a once-in-a-lifetime experience.



Guided Touring of New York City* ~

Including Holiday Sights such as **Rockefeller Center** featuring the **Christmas Tree & Ice Skating Rink**, St. Patrick's Cathedral, **5th Avenue Store Windows** including **Macy's** and **Radio City Music Hall**. Also included (as time permits): Central Park, Grand Central Station, and Times Square & Uptown Manhattan.



Guided Tour of Carnegie Hall - Take a guided tour and hear stories about legendary music moments, learn little-known fun facts, and discover secrets about the Hall's famous acoustics.

Enjoy Time to Explore and Holiday Shopping in New York City Including Macy's ~



Whether it's shopping in upscale Madison Avenue or the bargain-friendly Lower East Side, or experiencing a Fabulous Broadway Play, New York City offers everything for everybody!

- Explore **Grand Central Station's Holiday Fair** and **Visit Chelsea Market** ~ The Grand Central Holiday Fair is New York City's most coveted indoor holiday gift fair!
- Standard Taxes, Meal Gratuities & Baggage Handling**

Deluxe Motor Coach Transportation

Date of Trip: December 8 – December 11, 2025

Price: \$1799.00 Per Person – Double Occupancy

Sign Up Now! Deposit 150\$ with Final Payment due by September 10, 2025



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



SENIOR SERVICES

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

ESTATE PLANNING WITH MATTHEW SHARP FROM APPALACHIA FEDERAL CREDIT UNION. Matthew will be here on **TUESDAY, MARCH 4th from 9:30am – 11:00pm in the Multipurpose Room** to do an Estate Planning Seminar, and **wills will also be covered in the discussing of Estate Planning.** At the presentation he typically gives out contact information for their office and have them who are interested go through the intake process to see if they are able to assist them under their grants. **SIGN UP NOW IN THE FRONT OFFICE.**

Tuesday, March 18th 10am – 11:30am 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. **SIGN UP NOW IN THE FRONT OFFICE.**

S.M.I.L.E Meeting will be held on **Wednesday, March 19th 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.

DENTAL BINGO with Brittany Smelcer, **THE COMMUNITY DENTAL HEALTH COORDINATOR** will be here to play dental bingo on **Thursday, March 20 from 10:00am-12:00pm in the Card Room.** She will

have free dental samples to hand out for prizes. Brittany will also be going over the **SMILE ON 65 Program.** Over 65 and need dental care? The **SMILE ON 65+** program covers cleanings, fillings, extractions, crowns and dentures. She's asking everyone to attend the **FREE DENTAL BINGO** to find out more information. The program is a statewide oral health program for older adults funded through a grant contract with the state of TN and Interfaith Dental, has launched in partnership with over 20 dental clinics across the state providing oral health care services and case management to older adults in need. **SIGN UP NOW.**

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, and 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.**

Shred Day at the Senior Center will be **Monday, April 7th in the front parking lot of the Renaissance Center from 9am – 1pm.** Shred – A – Way of East Tennessee will set up their truck in the front parking lot for people to dispose of unwanted papers and documents. Please Note: All documents must be loose (staples are however acceptable) and free from all binders or notebooks. Only paper documents can be accepted.

ONE ON ONE DEVICE ASSISTANCE WITH NADINE MCMACKIN WILL BE HELD IN THE COMPUTER LAB EVERY TUESDAY & THURSDAY FROM 10AM – 11:30AM. Call the front office to get signed up if you need assistance with your computer, tablet or phone. 423-392-8400





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



“I’ve made great friends here and the people are so nice and friendly. The staff is wonderful and always so accommodating to us.”

~ Barbara M.



7 Great Reasons to Choose



- 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, a putting green, horseshoes, and a bird sanctuary!
- 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 Visit with Us!

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 – 2:30

Advanced Hand Quilting, T/TH, March 4 — 27, 11:00 a.m. – 12:00 p.m. More advanced quilters gather each day and quilt together on projects.

Blue Felt Flower, TH/F, March 6 & 7, 10:00 a.m. Participants will make a blue flower on a felt heart. Cost: \$12, paid at sign up. Instructor artisan Betty Smith. Limited to 10. This class will also be available via Zoom.

Diamond Dot Easter Card, M, March 10, 10:00 a.m. We will combine 2 crafts into one! We will assemble a Diamond Dots Easter Egg and attach it to a card, just in time for the holiday. Cost is \$5 paid to instructor, Lisa Pecorini, and all supplies are included.

Artisan Meeting, T, March 11, 1:00 p.m. Local artisans from the Tri Cities are welcome to attend. Check out our artisan center events coming up that we are attending and how you can join us. No sign up required. Meet March artisan of the month.

Beginner Pickleball, T/TH, March 11 — 27, 10:00 a.m. Limited to 8 participants. 3 weeks, 6 classes. This is for participants who have never played Pickleball. Cost \$30, paid at sign up. Instructor Anna Walters.

Pickleball Drills, T/TH, March 11 – 20, 11:30 a.m. Improve your pickleball game from head to toe! Let's engage

your "head" game thru strategy and improve your "toe" game with footwork drills. Cost \$20, paid at sign up. Instructor Anna Walters.

Kitty Sock, W, March 12, 10:30 a.m. must be able to do hand sewing. Cost: \$10, paid to artisan instructor Judy Valone. Make this cute kitty with gray stripes.

Lady Bug Wreath, TH, March 13, 10:30 a.m. Cost: \$30, paid to artisan instructor Karen Young. Must bring needle nose pliers.

Quilling, W, March 18, 12:30 p.m. Participants will make a four leaf clover. All supplies will be provided, but if you happen to have a quilling tool, please bring it. Cost is \$5, paid to instructor.

Button Bunny, W, March 19, 10:00 a.m. artisan Esther Richards's instructor. Participants will have kits with all supplies provided. Cost: \$20, paid to instructor. This class will also be available via Zoom.

Beginning Stained Glass, TH, March 20, 8:30am – 2:15pm, Cost: \$10, payable at sign up. All supplies provided. Participants will make a ribbon and /or Celtic sign.

Macramé Earrings, TH, March 20, 11:00 a.m. Cost: \$10, paid to instructor Sonia Garcia. Basic macramé techniques are used in this beginner friendly class. This class will also be available via Zoom.

Intermediate Stained Glass, F, March 21, 8:30am – 2:15pm, Cost: \$10, payable at sign up. All supplies provided.

Simple Ribbon

Embroidery, F, March 21, 10:00 a.m. All supplies provided. Participants will make a spring floral cloth. Cost: \$12, paid to artisan Instructor: Betty Smith. This class will also be available via Zoom.

Grief Share, F, March 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.

Card Making, M, March 24 from 11:00 a.m. We will use the 5-3-1 Method to make 4 greeting cards--5 paper strips, 3 embellishments and 1 sentiment. Great way to use up all those paper scraps! Cost is \$12 paid to instructor, Lisa Pecorini. Supplies are included, but please bring scissors and your favorite adhesives (glue, tape runner, glue stick). Max of 20 for this class.

Spring Artisan Fair, W, March 26, 9:00 a.m. – 2:00 p.m. Main Site — Atrium. Shop for Mother's Day and all the upcoming wedding showers, etc., at our Artisan Fair! Baskets, greeting cards, hand-crafted wooden items, clothing and so much more. Hope to see you there!

Butterbean Auction, W, March 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.

Sage Moonstone Necklace and Earrings Set, TH, March 27, 11:00 a.m. Cost: \$18, paid to instructor Sonia Garcia. This beautiful neck-

lace uses gorgeous moonstone, pearl and aventurine beads. A gold vermeil moonstone coin adds elegance and the sparking tassel pendant creates a fun focal. Combine with leaf earrings and you are ready to show off for spring. This class will also be available via Zoom.

Hibiscus Citrine Bracelet, M, March 31, 11:00 a.m., Cost\$15, paid to instructor Sonia Garcia. The sunny days of summer are captured in this light and breezy bracelet design. The citrine is micro faceted so you get extra sparkles in the sun!

Learn Grow, Eat Go, TH, Apr 3 – Jun 26, 1:00 p.m. Container Gardening with Susan Lachmann, UT/EXT. All supplies provided. Join us

and let's grow!

Basket Class, M, April 7, 10:00 – 1:00p.m. Cost is \$30, please sign up and pay by March 31. Participants will make a Scrappy swing tote basket, dimensions: 5"X 11"X 11", this spring basket uses an assortment of dyed reeds to create a pattern that resembles a patchwork quilt. It also has a solid woven bottom which increases its strength and utility. The handle is a wood swing type for added style and utility.

Barn Quilt, TH, April 17, 10:30 a.m. Cost: \$80, payable day of class. All supplies furnished. 8 participants required for class to go. These are weather proof boards and are 2x2 ft. Choose from seven patterns. Max 12 participants. Instructor Carol Mitchell.



SAVVY



SOCIAL

THURSDAY, MARCH 13, 2025

6:00PM-10:00PM

ST. PAUL'S EPISCOPAL CHURCH

161 E. RAVINE ROAD, KINGSPORT, TN 37660

SPONSORED BY:



CHECK-IN/SOCIAL- 6PM

PLAY BEGINS AT 6:30PM

THERE WILL BE UP TO THREE ROUNDS OF PLAY FOLLOWED BY A CHAMPIONSHIP ROUND.
PLAYER PRIZES WILL BE AWARDED.

WHILE SUPPORTING THE LITERACY COUNCIL, ENJOY HORS D'OEUVRES, DOOR PRIZES, AND BIDDING ON AN ARRAY OF SILENT AUCTION ITEMS.

TABLE SPONSORSHIPS*- \$200

TABLE SPONSORSHIPS* WITH A 4-PERSON TEAM AND 2 GAZE AND GRAZE- \$300

INDIVIDUAL REGISTERED PLAY-\$25

GAZE AND GRAZE- \$15

ALL PROCEEDS BENEFIT THE LITERACY COUNCIL OF KINGSPORT.

(423) 392-4643 LCKINGSORT@GMAIL.COM
WWW.LITERACYCOUNCILOFKINGSORT.ORG

***ADDITIONAL SPONSORSHIP TIERS AVAILABLE AT \$50, \$100, AND \$500**



NHC

HEALTHCARE KINGSPORT

CMS

★★★★★

5 STAR RATING

2024

TimesNews

KINGSPORT, TENNESSEE

READERS CHOICE





Customized Physical, Occupational And Speech Therapies
 Specializing In Orthopedic Care, Wound Care, Cardiac And Stroke Recovery
 90 Room Capacity All Are Equipped With High Speed Internet-Cable Tv And Local Phones
 Bistro Dining You Decide...
 Restaurant Menu For All Meals

2300 Pavilion Drive, Kingsport, TN 37660
(423) 765-9655 • NHCKingsport.com





Spring Artisan Craft Fair

Date: March 26th, 9a.m.-2p.m.
Location: KSC Atrium
1200 E Center St
Kingsport, TN 37660

It features a variety of products, from crocheted items, jewelry, wreaths, wooden bowls, baskets, greeting cards, handsewn items and so much more. It's a great way to support local artists and enjoy the beauty of spring in the community.

MARCH ARTISAN OF THE MONTH BETTY SMITH



I AM A BLOUNTVILLE NATIVE. I HEARD ABOUT THE ARTISAN GALLERY THROUGH THE WEBSITE. I HAVE BEEN WORKING IN FABRIC FOR 40 YEARS. NATURE AND ALL THE BEAUTIFUL COLORS I SEE EVERYWHERE IS WHAT INSPIRES MY CREATIVITY.



CLASSES & DAILY ACTIVITIES

Classes run the week of **March 31-June 2, 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.

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.

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)

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.



ASSISTED LIVING

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

AT-HOME CARE

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



NOW HIRING!
Resident Aids,
CNAs, LPNs

423.378.3100
2424 EAST STONE DRIVE
KINGSPORT, TN 37660

CLASSES & DAILY ACTIVITIES

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.

SilversSneakers 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.

SilversSneakers 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



Assisted Living With No Level of Care Charges



As a privately owned assisted living facility, we're able to focus on the "little things" that matter - the personal touches that make living at Preston Place "home." Those who visit Preston Place are quick to note our positive, nurturing environment created by our team of dedicated caregivers and around-the-clock licensed nursing staff. We have 2 locations to serve you. Preston Place Suites is an assisted living community that promotes independence and socialization. Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.

- Skilled Care
- Medication Assistance
- Activities
- Dining
- Community Outreach

**THANK YOU FOR
VOTING US #1
BEST ASSISTED LIVING.
WE APPRECIATE
YOUR VOTES!**

To schedule a tour, please call
Preston Place Suites - 423-378-6623
For Specialized memory care
423-378-HOPE(4673)



2001 N. John B. Dennis Hwy., Kingsport, TN 37660
www.prestonplacesuites.com

