

APRIL 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 shirleyabu.chanan@kingsporttn.gov

(423) 392-8403

Program Coordinator - Lori Calhoun loricalhoun@kingsporttn.gov

(423) 392-8405

Branch Coordinator - Michelle Tolbert michelle-tolbert@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 amber-quillen@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 dawn-pollock@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 center, 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 center, 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: Gladys Gambrell

The Senior Advisory Council meeting will be Thursday, May 15, 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>





MAIN SITE

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.

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. **(Wait list only)**

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.

Beginner French: Wednesdays April 2-May 7, 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 April 2-May 7, 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: Wednesday's April 2-May 7, 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 April 2-May 7, 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.**

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 began Wednesday, March 5. **(wait list only)**

Flower Arranging Class "Welcome Spring": Thursday, April 17, 2025. 10:00am. MPR. You will make a fresh floral arrangement of mixed flowers to welcome the Spring season. Please

bring stem cutters. Taught by Phillis Fortney. Cost: \$10 at sign up and \$10 day of class to instructor. Sign up now.

Abstract Painting Course: Wednesdays beginning April 30-June 4, 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 April 30-June 4, 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.

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



MAIN SITE

Acrylic Painting:

Thursdays beginning May 1-June 5, 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 May 1-June 5, 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 devel-

oping 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.

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 began Wednesday, March 5. **(wait list only)**

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 began 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 began 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 provided by Mark Larkins. 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 began 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 now. Limited spots available. Come on out and buy someone else's goodies! 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 began March 4.

Memorial Day Service Recognition (Sponsored by Smoky Mountain Home Health): Tuesday, May 27, 2025. Kingsport Senior

Center front lawn. 1:45pm-3:00pm. Local ROTC will present colors, national anthem, and moment of silence. If you have lost a loved one, in remembrance of Memorial Day, then you will be recognized for their legacy. If you are a current veteran you will also be recognized for your service. At sign up, please list your branch and/or your person you are recognizing and their branch. **YOU MUST SIGN UP!** Refreshments will be served. Sign up now.

Father's Day Celebration: Thursday, June 12, 2025. 12:00pm. Allandale Pavilion. Hotdogs will be served with all the trimmings and sides. Entertainment TBA. Bring your fishing poles and bait to fish in the ponds at the site. Cost: \$10 paid at sign up. Sign up begins April 1.



Life at TownView



“When we sold our house in order to downsize we moved to TownView, planning to stay a year while we looked for a house to buy. That was over six years ago. We quickly saw that TownView had everything we wanted in a place to live without the stress of owning a house. The location was perfect; one of the best libraries I have ever used right across the street, more than a dozen restaurants, breweries, and two parks all within a five to ten minute walk. We can travel any time we want without worry of theft or pipes bursting. Most importantly, however is the sense of family we found with the other residents as well as the staff. TownView definitely has become our home.”

Bryan F. and Susan B.



TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY

of Johnson City



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



7 Great Reasons to Choose

TOWNVIEW

of Johnson City

- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and trips, socials, events, bi-weekly housekeeping, 3 flavorful home-style meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident’s personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access, 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!



We’re a proud sponsor of the
Johnson City Senior Expo

Join us

April 30 • 9 am – 3 pm at the Johnson City Senior Center



Call Today to Schedule a Visit with Us!

114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com

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 began 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 began February 28th. (Limited spots available)**

Illusionation! The Magic of Jason Hudy Show & Lunch at Puckett's Restaurant: Tuesday, May 13, 2025. 9:00am-8:00pm. Cost: \$45.00 per person which covers your lunch, transportation and show.

Enjoy a trip to Pigeon Forge and stop at the Ogle Brothers General Store for shopping on your way to eat lunch at Puckett's Restaurant at 12:30pm and after lunch enjoy the show at the Mountain of Entertainment Theater and get ready to be amazed at Illusionation: The Magic of Jason Hudy, Pigeon Forge's largest magic show. Illusionation is an incredible, family-friendly show that will leave your completely dazzled. Now it's your

turn to experience the impossible with jaw-dropping tricks, mind-boggling sleight of hand and unbelievable feats of magic that will leave you in awe! And laughter is guaranteed with comedy that will entertain all ages, from the young to the young at heart! **Sign up begins March 28th.**

Wohlfahrt Haus Dinner Theatre "Shear Madness (America's Favorite Comedy Whodunit!): Thursday, May 29, 2025. 9:45am-6:05pm. Cost: \$65.00 includes

lunch, show and transportation. Enjoy a drive to the newly re-opened Wohlfahrt Haus Theatre in Wytheville, VA to see "Shear Madness" which has been seen by over 13.9 million people worldwide, this wildly popular interactive comedy keeps audiences laughing as they try to outwit the suspects and catch the killer. New clues and up to the minute improvising deliver a different show every night. **Sign up begins March 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



EXPLORE Southern Caribbean

ROYAL CARIBBEAN'S BRILLIANCE OF THE SEAS

PUERTO RICO, ARUBA, ST. CROIX, BARBADOS, AND MORE!

January 31, 2026 - February 11, 2026

Your 12 Day/11 Night Package Includes:

- 12 Day/ 11 Night Cruise aboard Brilliance of the Seas
- 1 Night Hotel Accommodations in San Juan, Puerto Rico
- Guided Tour of San Juan
- Shipboard Meals
- Round-trip Airfares
- And more!

Prices starting at \$2,899.00
(Prices based on double occupancy)

Sign-ups begin April 1

- \$500.00-First Deposit due day of sign-up
- \$750.00-Second Deposit due by June 5, 2025
- Final Deposit due by August 8, 2025
- Travel Protection starting at \$318.00 (purchase at time of initial deposit)

See office for more details or contact Shirley Buchanan @ 423-392-8403

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.

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.

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

Woodshop Safety Orientation: 9am-11am. Monday, Apr 7, | 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.

Basic Woodworking Class: 9am-2pm. Thursday & Friday, May 29, 30 Jun 5, 6, 12, & 13 | Wood Shop | Larry Eidson, and Ron Grooms will be teaching a 6 — Session Basic Woodworking Class. Cost is \$175.00, which covers all your materials; with \$87.50 due on first day of class paid to the instructors and the final payment is due on the last day. This class will cover all the Safety Requirements to work in the Woodshop and teach you how to use the equipment the correct way. You will make a Two Cutting Boards (1-End Grain & 1-Face Grain, and a Cheese Slicer. Sign-ups start Thu, Apr 10 in the Office or by calling 423-392-8400. Class is limited to 10 people with a minimum of 8 to sign up for class to be held.

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

Medicare Educational Event: 11am. Tuesday, May 13 | 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-ups start on Thu, Apr 3 in the Office or by calling 423-392-8400.

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.

Hiking Trip: We will depart at 9am Friday, Apr 25 | Laurel Run Trail & Kiner Hollow Trail, Church Hill, TN | Cost is \$5.00 for transportation. Laurel Run Trail & Kiner Hollow Trail is a moderately hiking trail located

near Church Hill, Tennessee that features a waterfall. The trails vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring something to eat and drink to stay properly hydrated, we will be eating in the park. Sign-ups start on Fri, Mar 28 in the Office.

Hiking Trip: 8:30am. Friday, May 30 | Linville Falls via Plunge Basin Trail, Newland, NC | Cost is \$8 for transportation. Linville Falls is a 1.7 mile loop trail located near Newland, NC that features a river and is rated as moderate.

NOTE: Elevation Gain — 521 feet, Route type — Loop. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park after the hike. We will be stopping on the way back at DQ for Ice Cream. Sign-ups start on Fri, Apr 25 in the Office.



BRANCH PAGE

LYNN VIEW COMMUNITY CENTER

765-9047

Hours: M-F, 8:00am – 2:30pm

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!

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

Pickleball 102, T/TH, April 8 – 17, 10:00 a.m. It's time to rise and shine! Heighten your PB fundamentals and radiate confidence when you complete this class. The first few sessions will be student scripted. The remaining will focus on determining your skill rating per USA Pickleball and International Pickleball Teaching Professional Association (IPTPA) recommendations. Open

to all players who have completed a beginner PB course. We put fun in "fun" in fundamentals! Cost \$20, paid at sign up. Instructor Anna Walters.

Easter Block Bunny, W, April 9, 10:30 a.m. Cost of supplies, \$10, paid to artisan instructor Judy Valone.

Biscuits and Bingo, TH, April 10, 10:30a.m. Come out and enjoy a biscuit and a fun game of bingo Limited to 30 participants. Sponsored by Asbury Kingsport.

Pocket Full of Posies, F, April 11, 10:00 a.m. Cost for supplies, \$12, paid to instructor artisan Betty Smith. Limited to 10. This class will also be available via Zoom.

Grief Share, F, April 11, 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.

Hatching Chick Needle felting, T, April 15, 11:00 a.m. Cost for supplies, \$12, paid to

instructor Sonia Garcia. Welcome Spring with an adorable needle felted chick. This class will also be available via Zoom.

Quilling, T, April 15, 12:30 p.m. All supplies will be provided, but if you happen to have a quilling tool, please bring it. Cost is \$5, paid to instructor.

Beginning Stained Glass, W, April 16, 8:30am – 2:15pm, Cost: \$10, payable at sign up. All supplies provided. Participants will make a ribbon and /or Celtic sign.

Decoupage Vase, W, April 16, 10:00 a.m. artisan Esther Richards's instructor. Cost: \$15, paid to instructor. Participants will decoupage a small and large vase. This class will also be available via Zoom.

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.

Intermediate Stained Glass, TH, April 17, 8:30am – 2:15pm, Cost: \$10, payable at sign up. All supplies provided.

Card Making, M, April 21 from 11:00 a.m. We will explore Monochromatics – 4 colors, 4 cards. Cost is \$12 paid to instructor, Lisa Pecorini. Please bring scissors and your favorite glue/paper adhesives. Max of 20 for this class.

Butterbean Auction, W, April 23, 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.

Paddle Princess Pickleball Tournament, TH, Apr 24, 10:00 (9:00 a.m. warm up) – 12:00, TNT Sportsplex. Sign up by calling 765-9047. Sign up with a team mate by Apr 17. Round Robin play. Prizes sponsored by Brookdale Kingsport.

Advanced Crochet, F,

Apr 25 – May 30, 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, Apr 25 – May 30, 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, Apr 25 – May 30, 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.

Tahitian Flower Necklace, T, April 29, 11:00 a.m., Gemstone and Czech glass hibiscus flowers create a colorful graduated necklace. Cost for supplies, \$15, paid to instructor Sonia Garcia.

This class will also be available via Zoom.

Wildflower Wrap Bracelet, W, April 30, 11:00 a.m., this beautiful gemstone bracelet contains Angelite, Amazonite, Impression Jasper and a variety of charms. You will fall in love with this whimsical bracelet. Cost for supplies, \$15, paid to instructor Sonia Garcia. This class will also be available via Zoom.

Basket Class, M, May 5, 10:00 – 1:00p.m. Cost is \$40, paid at sign up by April 25. Patriotic Tote. Experience level: Beginner. Dimensions: 10"X8"X9". This basket combines many of the skills that most beginner basket weavers need in order to make it a fun but functional basket. The bottom is a solid woven bottom, and the basket is woven around the handle, providing extra strength and durability. Would look good at your Memorial, 4th of July, or Labor Day celebrations! It is large enough to hold napkins, plastic ware or condiments.



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



VIRTUAL CLASSES

Wellness Virtual Classes

- **April 8** — “Top 3 Wrist Pain Relief Stretches”
<https://youtu.be/hicrHdwT-L9A?si=A2zsLzEL7bNY-7xO>
- **April 10-** “Wrist Pain Relief Exercises in 5 Min”
<https://youtu.be/IK3fRoJMdWM?si=vjs1vM9aOW8rIP51>
- **April 15** — “2 Stretches to Fix your Wrist Pain”
<https://youtu.be/Gx1t5LV3JI8?si=xX1Bh8o7umDWIDFb>
- **April 17** — “Carpal Tunnel Self Massage Fix”
<https://youtu.be/kkQs9y-tO20M?si=4QaUtGUgtuTZ3jIu>
- **April 22** — “Wrist Self-Massage”
<https://youtu.be/SR3uqanXXxg?si=1K2zXIHbqAfXKSg1>
- **April 24** — “Number One Tip for Wrist Pain During Push Ups”
https://youtu.be/2-hI-Nnv5cA?si=Z-TqJbclt_jB_-6GC

Senior Services Virtual

Programs

- **April 9** — “Health benefits of Senior volunteering”
<https://www.youtube.com/watch?v=PyM7rviXlrg>
- **April 13** — “Tips on how to adjust when we SPRING forward”
<https://www.youtube.com/watch?v=3ETVBL8BcrotIPS>
- **April 19** — “What to look for in quality senior living communities”
<https://www.youtube.com/watch?v=R0oy3nsmx4c>
- **April 27** — “Positive, independent living choices for older people”
<https://www.youtube.com/watch?v=J-KW-PGGT40>
- **April 29** — “Spring is in the air! Tips to stay healthy this season”

<https://www.youtube.com/watch?v=F5gNMJ1nLJ4>

Events and Virtual Classes

- **April 2** — “Why Your Knee Pain Isn’t Improving”
<https://www.youtube.com/watch?v=uvfd8mPdKZM>
- **April 5** — “NEW Hair Routine-Arthritis (plus Other Changes)”
<https://www.youtube.com/watch?v=mJ5Fq--mXjk>
- **April 7** — “4 Recipes That’ll Take You Back to the Good Ol’ Days”
<https://www.youtube.com/watch?v=-WFPwknG1Y>
- **April 11** — “WHY You Have TOO MANY CLOTHES”
<https://www.youtube.com/watch?v=kR1lyiSKTnc>
- **April 12** — “35+ BEST KEPT SECRET

Dollar Tree Hacks”

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

- **April 18** — “How to keep a clean house in 2025”
<https://www.youtube.com/watch?v=W3vE-2um89E>
- **April 20** — “Water Color for Beginners”
<https://www.youtube.com/watch?v=Ls620E6YhJI>
- **April 23** — “Basic Acrylic Paint Techniques”
<https://www.youtube.com/watch?v=Wla7FB3Vrm0>
- **April 25** — “Oil Painting for Beginners”
<https://www.youtube.com/watch?v=SVVeWP32wc0>
- **April 30** — “Abstract Painting for Beginners”

<https://www.youtube.com/watch?v=Q6CgtC-m7EU&t=27s>

YouTube Videos

- **SilverSneakers Classic with Terri Bowling**
<https://www.youtube.com/watch?v=vZmgChx0gnA>
- **Total Body with Terri Bowling**
<https://www.youtube.com/watch?v=gk2JmGczBno>
- **SilverSneakers Yoga with Terri Bowling**
<https://www.youtube.com/watch?v=8GHMM92jAZQ>
- **SilverSneakers Boom Fitness with Terri Bowling**
<https://www.youtube.com/watch?v=JK5TcvOIPJk>
- **Piloxing with Terri Bowling**
<https://www.youtube.com/watch?v=fSqmMM3Lsu8>
- **High/Low Aerobics with Terri Farthing**
<https://www.youtube.com/watch?v=sjjDSHzFPsU>
- **Strength/Stretch with Terri Farthing**
<https://www.youtube.com/watch?v=9j4WeEi9BZw>



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. Respite stays are now available.

*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



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.

S.M.I.L.E Meeting will be held on Wednesday, April 16th 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.

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 KINGSFORT 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.

Monday, June 9th & 10th AARP Safe Driving Course will be held here at the center from 9am – 1pm. Signups for this start on Monday, April 14th. Many participants may be eligible for a multi-year insurance discount after taking the course. Participants are encouraged to check with their agent to see if they are eligible. There are no tests required to pass the course. The course is open to drivers of all ages and costs \$20 for AARP members and \$25 for non-members. Participants can register by contacting the Kingsport Senior Center at 423-392-8400 or come by the office. Fee must be paid to the instructor on day two of the class. You **MUST** attend both days to receive the certificate to submit to

your car insurance company. The class is limited to 20 participants. **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

Volunteer Appreciation Luncheon will be held on Wednesday, April 23rd in

the atrium from 12pm – 2pm. You must sign up to be able to attend. Call or come by the front office to get your name on the list. 423-392-8400



APRIL ARTISAN OF THE MONTH

KSC@LYNNVIEW

ARTIST SPOTLIGHT

Get to know the people behind the art



Christine H. Morrison



"I was born in San Francisco, raised in New York, and happily living in East Tennessee. I enjoy the outdoors, gardening, boating and bicycling. I play as much volleyball as possible. I love to travel to as many places as I can when time allows."

ST. PATRICKS DAY





CROWN CYPRESS
Assisted Living - and - At Home Care



ASSISTED LIVING

AT-HOME CARE

- 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

- 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



ST. PATRICKS DAY





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

