

MAY 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

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8405

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(423) 392-8400

Administrative Assistant I- Dawn
Pollock- dawnpollock@kingsporttn.gov-
(423) 392-8400

Nutrition Site Manager- (423)246-8060

Policies:

Refund Policy: The Senior Center staff is not autho-
rized 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: Members participating in the craft class

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:

Paul Buonaccorsi
Terry Cunningham
Charles Davenport
Ella Deakins
Brenda Eilers
Xue Xiaoli

Linda Ford
Ernie Koehler
Kenn Naegele
Rick Valone
Anna Walters

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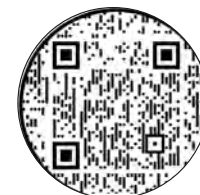
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Subscribe to our new Kingsport Senior Center YouTube Channel!

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



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Our All-Inclusive Assisted Living Community

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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



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.

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.

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 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.

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 now.

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 now.

Beginner French: Wednesdays May 14-June 18, 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 at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Advanced French: Wednesdays May 14-June 18, 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 at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Intermediate French: Wednesdays May 14-June 18, 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 at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Intermediate French II: Wednesday's May

14-June 18, 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 at sign up. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Flower Arranging Class "Lilies": Thursday, May 15, 2025. 10:00am. MPR. You will make a fresh floral arrangement with a variety of fresh lilies and other flowers; but lilies being the main focus.. Please bring stem cutters and vase/container of your choice. Containers will be provided if you do not wish to bring one. Taught by Phillis Fortney. Cost: \$10 at sign up and \$10 day of class to instructor. Sign up now.

• **Trunk Sale:** Friday, May 16, 2025. 8:00am-2:00pm. Front parking lot. If you want to sell, you can reserve your spot now. Come on out and buy someone else's goodies! Call 392-8400 for more information.

• **All reserved spots are taken.**

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 now.

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.

Movie Day "Juror #2": Friday, June 6, 2025. 1:00pm. Atrium. A juror for a high-profile murder trial finds himself struggling with a serious moral dilemma that could influence the verdict and potentially convict, or free, the accused killer. Directed by Clint Eastwood. Popcorn will be served. Must bring your own drink. 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 now.

BRANCH SITE CLASSES

Lynn View Community Center

765-9047

Hours: M-F, 8:00am – 2:30pm

Learn Grow, Eat Go, TH, May – 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, May 1 – 29, 11:00 a.m. – 12:00 p.m. More advanced quilters gather each day and quilt together on projects.

Triple Flower Wreath, T, May 6, 10:00a.m. – 1:00 p.m. Cost: \$30.00, paid to instructor artisan Karen Young. Bring needle nose pliers. Max 12.

Andromedae Bee Bracelet, TH, May 8, 11:00 a.m. Cost: \$15.00, paid to instructor Sonia Garcia. This beautiful bracelet contains Czech glass beads, textured gold beads and a lovely bee charm. This class will also be available via Zoom.

Sunkissed Wildflower Necklace, M, May 12, 11:00 a.m. Cost: \$18.00, paid to instructor, Sonia Garcia. This beautiful necklace has floral focal Czech glass beads, Moonstone pebbles, Pearls and a sparkle of rhinestones. This is a single layer necklace, please note that the focal beads may differ depending on availability. See sample in the LV office. This class will also be available via Zoom.

Artisan Meeting, T, May 13, 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 May artisan of the month.

Sun catcher, W, May 14, 10:30 a.m. Cost: \$10.00, paid to artisan instructor Judy Valone. Create your own design with instructor guidance.

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

Intermediate Stained Glass, F, May 16, 8:30am – 2:15pm, Cost: \$10.00, payable at sign up. All supplies provided.

Crazy Quilt Block, F, May 16, 10:00 a.m. Cost: \$12.00, paid to instructor artisan Betty Smith. Limited to 10. Participants will create an original crazy quilt block of linen using cotton, beads and silk ribbon. This class will also be available via Zoom.

Grief Share, F, May 16, 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, May 19, 11:00 a.m. Cost is \$5.00,

paid to instructor Lisa Pecorini. This will be a Mystery Class! You will have homework to prepare the components for 4 cards from your own stash of paper and scraps. Pick up your 'assignment' when you sign up for class in the Lynn View office. Bring your homework along with your paper tools and adhesives and we will construct the cards together.

Beginner Drawing Classes, T, May 20, 11:00 a.m. Cost: \$10.00, paid to instructor, Sonia Garcia. Students will be introduced to the art of drawing by studying a still life. Graphite will be used for the first class. If there is interest a drawing series may follow where students can continue drawing with other subjects and materials. This class will also be available via Zoom.

Scrapbooking, W, May 21, 11:00 a.m. Cost: \$15.00, paid to instructor Kathy Lupi. Spring theme. Participants will make 5 free standing pages which are great for a variety of photos. Bring scissors and adhesive- including a precision adhesive like a glue pen or the CM prepositional tape runner. A 12" straight trimmer will be useful but not necessary.

Butterbean Auction, W, May 28, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to

bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

Basket Class, M, June 2, 10:00 – 1:00p.m. Cost is \$40.00, paid at sign up by May 23. Weaver's Tool Tote. Weaver's Level: Beginner, Dimensions: 15"X6"X9", this basket has a decorative handle and wood bottom. It is divided into three sections to help organize all your basket weaving tools.

Please specify your accent color when you pre-register for the class or sign up at the May class. The colors available are pink, violet, blue, brown, hunter green, seafoam (light

teal), wine and red. Max 12. Instructor Vicky Jackson.

Beginner Pickelball, T/TH, June 10 – 26, 10:00 a.m. Limited to 8 participants. 3 weeks, 6 classes. This is for participants who have never played Pickleball. Cost \$30.00, paid at sign up. Instructor Anna Walters.

Advanced Crochet, F, June 13 – July 25, 9:30 – 10:30 a.m. Cost: \$20.00, paid to instructor artisan, Susan Egan. Class is limited to 4 participants. Participants will work on project of choice.

Beginning Crochet, F, June 13 – July 25, 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 artisan Susan Egan. Limited to 4 participants.

Intermediate Crochet, F, June 13 – July 25, 12:30 – 1:30 p.m. Cost is \$20.00, paid to instructor artisan Susan Egan. 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).



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DAY TRIPS

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 you 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 began 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 widely 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 began March 28th.**

Anakeesta Park Trip: Tuesday, June 10, 2025. 8:15am-6:00pm. Cost: \$32.00 to cover transportation and ticket. Lunch will be on your own within the park. Experience the magic in the mountains at Anakeesta. You'll find a variety of exciting activities that you will enjoy. The experience starts with a ride on either the Chondola or Ridge Rambler up to a mountaintop adventure. Included in the general admission guests will get to explore four different playground and adventure courses for all ages,

walk among the trees on the 14-bridge TreeTop SkyWalk, climb to the top of the AnaVista Tower to get 360 degree views from the mountains, explore the botanical garden and enjoy family friendly live enter-

tainment at two stages. Relax in the many rocking chairs with scenic views and enjoy many unique shopping and dining options with seven retail and dining options. **Sign up begins May 2nd.**



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- Assistance With Daily Living & Care
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KINGSPORT, TN 37660

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.

NOTE: Neuro Yoga class on Wednesday, May 7th will canceled, due to the instructor will out!

Blood Pressure Checks: 10am-11:30am. **Every 2nd Wednesday of the month** | Hallway by the Office | 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.

Mary Kay Spring Pampering Session: 10am. **Wednesday, May 7** | Multipurpose Room | Jessica Cain with Mary Kay | Enjoy a relaxing Facial and Spa grade skin treatment. Also each member will receive a Hand and Lip treatment with CC Cream and Mascara. Sign up in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

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

Wellness Seminar “The Ear Tour”: 10am-1pm. **Wednesday, May 14** | Multipurpose Room | Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | Do you hear, but not

understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign up in Office or by calling 423-392-8400.

Lunch & Learn “Aging Fit”: 12noon. **Wednesday, May 21** | Multipurpose Room | Daniel Neubrandner, Physical Therapist with PT Solutions Physical Therapy, will give you an overview of normal musculoskeletal and cardiovascular changes with aging, pathological changes related to lifestyle factors with aging, and preventative actions. What fitness and wellness is and a overview of the ability to build wellness and fitness as we age. Sign-ups will start on Fri Apr 25 in the Office or by calling 423-392-8400, there is a limit of 30 seats available.

Coffee & Doughnuts-What We Do: 10am-11am. **Wednesday, Jun 25** | Hallway Billiards Room Side | Theresa Redmond, with The Blake at Kingsport will have information on what services are offered at The Blake, also you can enjoy some coffee and doughnuts. Sign-ups will start on Wed, May 21 in the Office or by calling 423-392-8400.

Woodshop Safety Orientation: 9am-11am. **Monday, May 5**, | 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 up 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.

Cornhole Tournament, 1pm. **Friday, May 9** | 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 Theresa Redmond, Assistant Director of Sales with The Blake at Kingsport. We will need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Apr 17 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business Wed, May 7.

Billiards Tournament: 9:30am. **Wednesday, Aug 27** | Billiards

Room | This tournament will be an 8-ball tournament singles play best of three games with double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Kim Howell, Marketing Liaison with Visiting Angels. **NOTE:** We will play on all four tables in billiards room. Sign-ups start on Thu, Jul 17 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Aug 25.

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.



VIRTUAL CLASSES

Wellness Virtual Classes

• May 13 — “5 Most Anti-Aging Stretches”

https://youtu.be/jr5AIBym-s0E?si=OzU_p0Mtzzxv6TzXF

• May 15 — “How to Stretch if you haven’t Stretched Before”

https://youtu.be/_6wPw9C4sX8?si=E-2jKe7vgCoqV1uFO

• May 20 — “5 Best Hip Stretches to Improve Both Pain and Mobility”

https://youtu.be/e1pnWzpWy-LE?si=TL2u1HD3EtyA_Uy

• May 22 — “7 Tight Hip Stretches”

https://youtu.be/7I4cKI-K29O4?si=vFfj_ppmyUvT7TgI

• May 27 — “Hip Pain Relief Stretches”

<https://youtu.be/TQycKHiJ1Zg?si=br4xVgBtCRR2CkDy>

• May 29 — “Top 3 Hip Pain Relief Exercises”

<https://youtu.be/8Vuai1j3XJ4?si=D-8DpqCL21LwLcGg>

Senior Services Virtual Programs

• May 9 – “Seven mental health benefits of volunteering”

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

• May 13 – “Assisted living verses nursing home”

https://www.youtube.com/watch?v=vJn5Uf_wnzc

• May 19 – “Six outdoor activities for Seniors to enjoy during summer”

<https://www.youtube.com/watch?v=5MjuRLl1Es>

• May 26 – “Meaningful Memorial Day outdoor activities for Seniors”

<https://www.youtube.com/watch?v=d5f7Ieq9Wm8>

• May 28 – “Help remember Seniors that will be spending Mother’s Day alone”

https://www.youtube.com/watch?v=yYGETWum_B0
Events and Virtual Classes

• May 2 – “How to Make a Flower Arrangement”

<https://www.youtube.com/watch?v=VlrXY3c2-t4>

• May 5 – “How to Make a Spring Wreath”

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

• May 7 – “5-Min Bed Workout Seniors Can’t Afford to Skip!”

<https://www.youtube.com/watch?v=08Gq-FMkNAA>

• May 11 – “Air Fryer Recipes You’ll Wish You Knew Sooner!”

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

• May 12 – “How to Use Cricut for Beginners”

https://www.youtube.com/watch?v=XNnGkTR_89A

• May 18 – “Life Changing or Problem Solving Things”

<https://www.youtube.com/watch?v=HfMCUPzDFr0>

• May 20 – “6 Easy to Grow Vegetables”

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

• May 23 – “When You Realize You And Your Man are OLD”

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

• May 25 – “10 FREE Gardening Hacks”

<https://www.youtube.com/watch?v=yNC6GT33ckc>

• May 30 – “DIY Weed Killer”

<https://www.youtube.com/watch?v=aZ2ve0jwZ80>

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=JK5TcvO1Pjk>

• 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>



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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.



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



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!



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 of the
**Johnson City
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April 30 • 9 am – 3 pm at the
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Your 8 Day/6 Night Package Includes:

- Roundtrip Airfare
- 6 Nights of Hotel Accommodations (3 Nights in Lisbon/3 Nights in Porto)
- 6 Breakfasts & 3 Dinners including a Fado Dinner Show
- Guided Tours and Scenic River Cruise
- Wine Tasting at a Traditional Portuguese Vineyard
- And More!!

PRICES AND DEPOSIT INFORMATION

- Double Occupancy: \$3,999.00 - Insurance \$438.00
- First Deposit \$250.00 Due Day of Sign-ups
- Second Deposit \$1000.00 Due by January 15, 2026
- Final Payment Due by May 23, 2026

SIGN-UPS
BEGIN
MAY 1, 2025

FOR MORE INFORMATION, CONTACT
SHIRLEY BUCHANAN @ 423-392-8403



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



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England Cruise*

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INDEPENDENCE OF THE SEAS

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- Shipboard Meals
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Cruise Pier

SEPT
16-26,
2026

More Information

Prices are as follows for **Double Occupancy**:

- Inside Cabin: \$1,799 Per Person
- Ocean View Cabin: \$2,099 Per Person
- Ocean View Balcony: \$2,499 Per Person

Insurance must be purchased:
\$199 per person - Inside Cabin
\$259 per person - Ocean View

\$250 Deposit due day of sign up
\$750 Deposit due by December 12, 2025
Final payment due by April 15, 2026

Sign-Ups Begin on May 1, 2025

For More Information, Please Contact
Shirley Buchanan @ 423-392-8403



SENIOR SERVICES

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

The Library Geek will not take appointments the month of May. They will resume back on June 11th on the second and fourth Wednesday of the month through December in the Computer Lab, from 10:30am – 12:00pm. Would you like to get setup to use free library eBooks, audio-books, 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.**

Monday, June 9th & Tuesday, June 10th AARP Safe Driving Course, 9am – 1pm, at the Kingsfort Senior Center. Sign up began 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

Kingsfort 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



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.

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.

Open Woodshop: 8:00am —

3:00pm (Woodshop)

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

Core Conditioning: 9:00am (Lynn View Community Center) — This is a non-aerobic, muscle toning class, focused on core strength.

Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Croquet: 9:30am (Front Lawn)

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

Silversneakers Classic: 10:00am (Lynn View Community Center) — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

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

Strength Training: 10:10am (Gym)

Stretch Class: 10:50am (Gym)

Restorative Yoga: 11:00am (First Broad Street United

Methodist Church Room 239): Majority of the class will be taught while being prone on the mat or in/ with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body.

Beginning Clay:

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

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

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)

Thursday:

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

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

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

Bingo: 9:00am (Cafeteria)
Woodcarving: 9:00am (Room 303) — In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

CLASSES & DAILY ACTIVITIES

Silver Sneakers Yoga:
9:00am (Colonial Heights United Methodist Church)- SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silversneakers Classic:
9:00am (Lynn View Community Center)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

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

Strength Training: 9:45am (Gym)

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

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At

least I got something" (picked from score sheets)

Exercise for Everyone:
10:45am (Gym) — A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

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

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

Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239): More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.

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

Cornhole: 1:00pm (Gym)
Volleyball: 4:00pm (Gym)

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

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

Silver Sneakers Classic:
8:15am (Gym) You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

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

High/ Low Impact Aerobics:

9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

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

Tai Chi: 10:00am (Room 302) Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in

motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

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

Stretch & Flex!: 10:00am (Lynn View Community Center)- Enjoy stretching, increasing your flexibility & balance & mastering the use of breath for greater fitness & relaxation.

Includes some gentle yoga with exercises done while standing or seated in a chair- no floor work required! Optional floor exercises may be offered

towards the end of class but these can also be chair-based. Bring a yoga mat if you have one to use alongside the chairs provided.

Strength Training: 10:10am (Gym)

Stretch Class: 10:50am (Gym)

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

Mahjong: 1:30pm (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert

levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

Open Pickleball: 4:00pm (Gym)

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

Basketball: 9:00am (Gym)

— Played alone or in groups.

Table Tennis: 10:30am (Gym)

Rooms available for use from 9:00am-12:00pm:

- Exercise Room
- Billiards Room
- Computer Lab
- Clay Room



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- Four Oaks Healthcare Center
- Governor's Bend
- Home Instead
- Inogen
- Integrity Agency - Eric Salyer
- Jonesborough Funeral Home
- Morris-Baker Funeral Home
- Princeton Assisted Living
- Seniors Helping Seniors Tri-Cities
- Watauga Orthopedics and More

Wednesday, April 30, 2025

9:00 am – 3:00 pm

Johnson City Senior Center
510 Bert St., Johnson City, TN



Johnson City Press

MAY ARTISAN OF THE MONTH

May Artisan of the Month



LISA KENDALL

“From a young age, I was captivated by the intricate beauty of glass, beginning my collection of delicate figurines at the age of five. Inspired by my parents, who transformed resin into stunning creations ranging from wall decor to exquisite tables embedded with abalone shells, I developed a passion for resin due to its glass-like qualities. This led me to start my own resin business, where I incorporate different techniques using alcohol ink and freeform sculpting. My love for the beach, nurtured during my teen years growing up near Santa Cruz, California, often influences my creations, infusing them with the beauty and serenity of the ocean.”



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- Dining and activities
- Community outreach
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