

MAY 2017

# Senior *Living*

Kingsport Senior Center

## *Healthy Living*

Seminars, Health Checks  
and Support Groups *Page 3*

## *Benefits of Growing Older*

*Page 4*

## *Special Events*

*Page 5*

## *Travel*

Special Trips *Page 8/9*

## *Eating Healthy*

*Page 10*

## *Classes*

Daily Activities *Page 12/13*

## *Branch Sites*

Happenings in the area *Page 14/15*





**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.



**Please call the front office for information: 392-8400**

#### Staff:

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#### 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.

## Mission:

*The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.*

## Location and Hours of Operation:

### Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00A.M. to 7:00P.M.; Saturday: 9:00A.M.-12:00Noon.

**[www.kptseniors.net](http://www.kptseniors.net)**

## Branch Sites:

### Lynn View Branch Site:

423-765-9047 – 257 Walker Street, Kingsport, TN 37665

Hours of Operation: Monday-Friday 9:00A.M. to 2:00P.M.

**V.O. Dobbins:** 301 Louis Street, Kingsport, TN 37664

**Colonial Heights United Methodist Church:** 631 Lebanon Road, Kingsport, TN 37663

**First Broad Street United Methodist Church:** 100 E. Church Circle, Kingsport, TN 37660

**Bloomingdale Baptist Church:** 3220 Bloomingdale Road, Kingsport, TN 37660

**Forest Ridge Manor:** 1252 Bloomingdale Pike, Kingsport, TN 37660

**George Washington School Apartments:** 205 E. Sevier Ave, Kingsport, TN 37660

**Friendship Manor Apartments:** 108 Wampler Street #39, Kingsport, TN 37665

## Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)  
Brenda Cunningham  
Norma Livesay  
Lester Pridemore  
Carol Woodard  
Pat Breeding

Jean Chang  
Carmen Moix  
Frances Cottrell  
Mary Porter  
Sherri Mosley

*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, and it will be presented at the following meeting. It is our hope that this will be a benefit to our seniors, staff, and the council.*

## Membership Dues:

For Fiscal year:

July 1, 2016-June 30, 2017

\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

\*If you have Silver Sneakers through your insurance company your membership is free.

\*The Kingsport Senior Center is now accepting credit and debit cards

S.M.I.L.E. volunteers will be meeting every other month next meeting will be Wednesday, June 14, 2017 at 2:00pm, in room 239. S.M.I.L. E. stands for Seniors Making Individual Lives Exciting. If you are interested in becoming a volunteer, please come by the Senior Center office.

# Healthy Living

## WELLNESS SEMINARS

**Fall Risk Reduction:** Dr. Aysen Carter, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, May 16, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Fall Risk Reduction": Dr. Carter will be discussing as we age, we develop an increased risk of falling. These falls can resort in months of bed rest, permanent disability, and unfortunately even death. Learn what things put us at an increased risk and how we can work to reduce this risk. We will discuss diet, exercise, medications and even how your home can be altered to help reduce your fall risk. So be sure to make your calendar and plan to attend this very educational event!

**A Guide to Understanding RLS (Restless Legs Syndrome) Disease:** Mary Lou Mennona, RLS (Restless Legs Syndrome) Support Group Leader for the RLS World-Wide Foundation will be at the Senior Center on **Tuesday, May 16, 2017** at 12:30 pm in the Card Room. Topic of discussion will be "What is RLS?" This seminar will provide you a guide to understanding RLS disease and ailments associated with it that's interrupting your sleep. Mary Lou will also discuss what some natural ways to help RLS are, will prescription medicines help with what aggravates RLS, and what does dopamine have to do with RLS? A question and answer session will follow the discussion. Free booklet information will be handed out to all members who attend.

**Planning for Long Term Care:** Shirley Walters with Primerica will be at the Center on **Tuesday, May 30, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Planning for Long Term Care": This seminar will discuss that people may expect to live a long life, and each generation is living longer. Living longer is not always synonymous with living better. The longer we live, the more likely it is we may need someone to help take care of us. Join us for an informative session and learn the facts as we cover:

- What is Long Term Care?
- Who Needs It?
- What is the Right Coverage?
- How it Works....and More!

This seminar is an educational event so no sales material will be available, and you will not want to miss this seminar, so mark your calendar and plan to attend!

**Fall Prevention:** Joni Hill, Choices Member Advocate: with BlueCross BlueShield of Tennessee will be at the Center on **Thursday, June 15, 2017** from 9:00 am to 12:00 pm in the Front Parking Lot loading zone. BlueCross BlueShield will be providing information from an Outreach Program Mobile Unit to educate seniors on how to prevent falls through knowledge and exercise and giveaways will be provided. So be sure to mark your calendar for this event to receive some very valuable information on Fall Prevention.

**Grief and Depression:** Dr. Jessica MacHue, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, June 27, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Grief and Depression": Dr. MacHue will discuss how to distinguish between the two, ways to combat depression, and modifiable factors for older adults to treat depression. This is an event you will not want to miss, so mark your calendar and plan to attend!

## STROKE SUPPORT GROUP

Do you know someone that has suffered from a stroke? Are you a caregiver for a friend, family member, or loved one that has suffered from a stroke? Maybe you have had a stroke.... Your friends, Ginny Jenkins with Smoky Mountain Home Health and Hospice, Kim Howell with Visiting Angels, Kevin Lytle with the Kingsport Senior Center have teamed up to help give support to those in need. We understand and care about what you are going through and we want you to know you are not alone! We will meet on **Tuesday, May 9, 2017** and **every second Tuesday** of the month at 10:00 am to 11:30 am in the Card Room at the Kingsport Senior Center. Refreshments will be provided. No sign up required to attend this seminar.



## MEMORY SCREENING / VIRTUAL DEMENTIA TOUR

Ginny Jenkins, C.E. and Holly Lefevers, LMSW with Smoky Mountain Home Health & Hospice and Tracey Kendall Wilson with Alzheimer's Tennessee will be at the Center on **Thursday, May 25, 2017** from 1:00 pm to 3:00 pm in the Multipurpose Room and every 4th Thursday of the month. Smoky Mountain Home Health & Hospice has joined the Alzheimer's Foundation of America's National Memory Screening Program providing free confidential memory screenings. Alzheimer's Tennessee will be doing a virtual dementia tour, during the tour participants are outfitted with clothing and accessories designed to simulate the sensory and mobility experience of persons with dementia. They are assigned a set of simple tasks, everyday things that are typically done with much ease. Participants will be better able to understand what someone diagnosed with dementia may feel. These screenings are simple and are a safe tool that checks memory and other thinking skills and can indicate whether additional follow-ups are needed with your primary care physician. Stop by the office to sign up or call 423-392-8400, walk-ins are welcome.

## SHUFFLEBOARD TOURNAMENT

We invite all shuffleboard players to show off your skills on **Wednesday, May 31, 2017** at 10:00 am. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign-up starts on Wednesday, May 3, 2017 with a deadline to sign up by close of business Friday, May 26, 2017.

## HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 20, 2017** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure Checks, Balance Screening, and Memory Screening will be done also. Door prizes will be given at 11:15 am in the Gym and you must be present at the time names are drawn to win. So mark your calendar for this very important date to be a part of the fun.

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# Some benefits of growing older

Many people are quick to think of growing older in a negative light. Although there certainly are some side effects of aging that one may wish to avoid, people may find that the benefits of growing older outweigh the negatives.

Seniors are a rapidly growing segment of the population. In the United States, the Administration on Aging states that the older population – persons 65 years or older – numbered 46.2 million in 2014 (the latest year for which data is available). Statistics Canada reports that, in July 2015, estimates indicated that there were more persons aged 65 years and older in Canada than children aged 0 to 14 years for the first time in the country's history. Nearly one in six Canadians (16.1%) was at least 65 years old.

With so many people living longer, it's time to celebrate the perks of getting older rather than the drawbacks. Here are some great benefits to growing old.

- **Higher self-esteem:** The insecurities of youth give way as one ages, and older people have less negativity and higher self-esteem. A University of Basel study of people ranging in ages from 18 to 89 found that regardless of demographic and social status, the older one gets the higher self-esteem climbs. Qualities like self-control and altruism can contribute to happiness.

- **Financial perks:** Seniors are entitled to discounts on

meals, museum entry fees, movies, and other entertainment if they're willing to disclose their ages. Discounts are available through an array of venues if one speaks up. Seniors also can enjoy travel perks, with slashed prices on resorts, plane tickets and more. The U.S. National Park Service offers citizens age 62 and older lifetime passes to more than 2,000 federal recreation sites for just \$10 in person (\$20 online or via mail).

- **Reasoning and problem-solving skills:** Brain scans reveal that older adults are more likely to use both hemispheres of their brains simultaneously – something called lateralization. This can sharpen reasoning skills. For example, in a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. Older controllers proved to be experts at navigating, juggling multiple aircrafts simultaneously and avoiding collisions.

- **Less stress:** As people grow older, they are able to differentiate their needs from wants and focus on more important goals. This can alleviate worry over things that are beyond one's control. Seniors may realize how little the opinions of others truly mean in the larger picture, thereby feeling less stress about what others think of them.

Growing older may involve gray hair or wrinkling skin, but there are many positive things associated with aging.



# Make vacations and travel a key component of retirement

When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully preplanned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.

The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

- **Road trips rule.** Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.

- **Genealogical tourism** is popular. People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on many international ad-



ventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

- **Exotic tours** can be exciting destinations. History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

- **Enjoy a relaxing seaside trip.** A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups.

Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

- **Go cruising.** Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.

# Special Events

There will be a **Financial Workshop on “Staying Calm when the Market goes Wild”**. This workshop will be held on **Wednesday, May 3, 2017** from 9:00A.M. to 10:00A.M. in the Card Room. Financial advisors from Edward Jones Investments and MFS will be here to conduct a financial seminar. Sticking with your long-term investment plan may be difficult during periods of extreme market volatility. However, doing so often makes the most financial sense. This import workshop will help you choose a strategy that helps you weather even the wildest markets. You can call the front office to sign up for free.

**Legal Aid Seminar – “Wills and Powers of Attorney” on Wednesday, June 7th, 2017 at 9:00 A.M. in the Card Room.** This is a free seminar provided by Legal Aid of East Tennessee. Polly Peterson, Attorney will Legal Aid, will be sharing information on end of life planning documents. Please call the front office 423-392-8400 to sign up starting April 18th for free.

**Legal Aid Seminar – “Protecting Yourself Financially” on Wednesday, June 28th, 2017 at 9:00 A.M. in the Card Room.** This is a free seminar provided by Legal Aid of East Tennessee. Polly Peterson, Attorney will Legal Aid, will be sharing information on how to protect your money from everyone and especially scammers. Please call the front office 392-8400 to sign up starting April 18th for free.

**Between the Covers Book Club** will meet **every first Tuesday of the month** at 10:00A.M. in the Card Room. Everyone is welcome. We will read “The Immortal Life of Henrietta Lacks” by Rebecca Skloot. She was a poor southern tobacco farmer who worked the same land as her slave ancestors yet her cells – taken without her knowledge- became one of the most important tools in medicine. The first human cells grown in culture has been dead for more than 60 years. Rebecca takes us on an extraordinary journey, from the “colored ward” of John Hopkins Hospital to laboratories with freezers full of her cells. This is the story of the Lacks family past and present connected African American, birth of bioethics, and legal battles over whether we control the stuff we are made of. Intimate in feeling, astonishing in scope and impossible to put down- this book captures the beauty and drama of scientific discovery as well as human consequences.

**Yoga Nidra** will meet every 2nd Tuesday of the month from 6:30P.M. to 7:30P.M. in room 302. The cost is free for members and \$3.00 for non-members per class. Nidra, meaning sleep is a deep relaxation form of yoga, and a technique to awaken the connection between body, mind, and soul. The practice is like a deep sleep while you are still awake. This ancient practice is becoming more popular as a form of mediation and mind-body therapy, and has multiple physical benefits. Some of the Nidra benefits include: 1. Improves your concentration, which allows for a better memory. 2. You will suddenly find your memory becoming clearer and crisper. 3. Start retaining what you read and hear better than you have before. 4. Greater ability to focus. 5. Helps you become distracted less. 6. Improve your performance at work. 7. Allows you to make decisions much more rapidly and accurately. 8. Helps refresh the mind, leaving it clearer, more settled and better able to process information. 9. Much more

powerful and effective than a nap or a coffee break. 10. Can allow you to experience a much deeper state of rest than when you normally sleep. You may sign up now in the front office.

**“Sharpen Your Mind”** is a new trivia/memory day that will be held every **Friday** from 9:00A.M. to 11:00A.M. in the Card Room. We will play a variety of trivia games throughout the year. Benefits of trivia games are as follows; 1. Trivia enhances memory, 2. Trivia improves cognition, 3. Trivia helps your brain perform under pressure, 4. Trivia reduces stress. Please plan to join us every Friday to “Sharpen Your Mind”. There is no sign up required. \*If you have trivia games that you would like to bring, please do.

Our **Flower Arranging** class will meet on **Thursday, May 11, 2017** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$10.00 and is paid to Instructor Susan Valentine the day of class. In this class you will make beautiful table centerpieces that you can take home that day. You may sign up for this class on March 13th.

**Mother’s Day “Breakfast in Bed” Brunch** will be held on **Thursday, May 11, 2017** from 11:30A.M. to 12:30P.M. in Room 310. This is a free event for all mothers. Come and enjoy a nice brunch and some wonderful music by The John Pafford Band and some beautiful giveaways. Please come in your pajamas! After all this is our take on a “breakfast in bed”! You may sign up on April 3rd.

**Harmonica Lessons** will be held on **Thursdays, May 11 - July 20, 2017** 2-3PM in the cafeteria. There is a \$5.00 fee per class, paid to Instructor Steve Scott, and you must provide your own Harmonica and a 3-ring Binder. Limit of 10 participants, please be signed up by May 4.

**DB Cosmetology Students** will not make appointments for manicures until August.

We will have a **Book Swap Day** on **Monday, May 15, 2017** from 11:00A.M. to 1:00P.M. inside the first floor atrium. A book swap is a great way to meet people and read wonderful books at no cost. Please contact the Center at 392-8400 to sign up.

**AARP Safe Driving** will be offered on **Wednesday, May 17 and Thursday, May 18, 2017** from 9:00A.M. to 1:00P.M. in room 230. You must attend both days. The cost is \$15.00 for members and \$20.00 for non-members. Please sign up in the front office on April 10th.

Our **Bob Ross Style Painting Class** will meet on **Wednesday, May 17, 2016** from 10:00A.M. to 2:00P.M. in room 303 with instructor Roger Lowe. The cost is \$50.00 paid to instructor the day of class and this covers all your materials. Please bring your lunch. You may sign up by calling 392-8400.

The **“Melting Pot”** cooking class will be held on **Monday, May 22, 2017** at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style of cooking. You will also be given recipes to take home in class. This class will be \$3.00 due at sign up and you will need to

bring \$2.00 the day of class. You may sign up for this class on April 3rd.

We will have a **Jigsaw Puzzle and Board Games Swap Day** on **Monday, May 22, 2017** from 11:00A.M. to 1:00P.M. inside the first floor atrium. Please make sure that all parts a cleaned and counted for in the jigsaw and board game boxes. Please contact the Center at 392-8400 to sign up.

Our **Memorial Day Picnic** will be held on **Tuesday, May 23, 2017** at Warriors Path State Park Cabin #5 from 11:30A.M. to 1:30P.M. Please bring a side dish to feed up to 15 people. Burgers will be served with all the trimmings. Enjoy entertainment by Roger Bache who plays music from the 30’s, 40’s and 50’s. You may sign up on April 13th.

We will have **Movie Day** on **Wednesday, May 24, 2017** at 1:00P.M. in the Theater. We will watch “Fried Green Tomatoes”. On one of trapped housewife Evelyn Couch’s (Kathy Bates) Wednesday nursing home visits, she encounters Ninny Threadgoode (Jessica Tandy), a colorful old woman who brightens Evelyn’s outlook by sharing tales from her past. As Ninny recounts the exploits of her free-spirited sister-in-law Ildgie (Mary Stuart Masterson), owner of a small Alabama café in the 1920s, and the bond Ildgie shared with her friend Ruth (Mary-Louise Parker), Evelyn gains the confidence to change her own life for the better. Popcorn will be served. You must bring your own drink. You may sign up for this free event on April 20th.

**Beginning Drawing** with Anne Thwaites will be held on **Friday, May 26, 2017** at 1:00P.M. in room 303. The cost is \$20.00 paid to instructor day of the class. Please contact the front office to sign up and you will need to pick up a supply sheet before class.

**Cooking with Tracy** will be held on **Monday, June 5, 2017** at 11:00A.M. in the Lounge. Tracy Laws, owner of the Plum Tree Restaurant in Colonial Heights, will teach you how to make authentic Chinese dishes. The cost is \$5.00 paid at sign up. You may sign up for this class on April 10th. This class is limited to 10 people.

The **Senior Artisan Fair** will be held on **Tuesday, June 13, 2017** 10am-4pm in the 1st Floor Atrium. Please come and enjoy refreshments and music while supporting the many talents of our Senior Artisans! Artisans will sign up at Lynn View Community Center by calling (423)765-9047.

Come and celebrate **Father’s Day** with us as we eat lunch and have a fishing tournament at the Allandale Pavilion on **Wednesday, June 14, 2017** from 11:30A.M. to 3:00P.M. Lunch will be served from 11:30A.M. to 12:30P.M. and the fishing tournament will be from 1:00P.M. to 3:00P.M. Prizes awarded to biggest fish, smallest fish, and most fish caught. Please bring a side dish or dessert to share. You must bring your own poles, bait and fold up chair if you would like to sit. This is a catch and release tournament. You may sign up on April 20th.

**Senior Fest** will be held on **Wednesday, July 19th** from 9:00A.M. to 6:00P.M. Look for a detailed schedule in the June newsletter.



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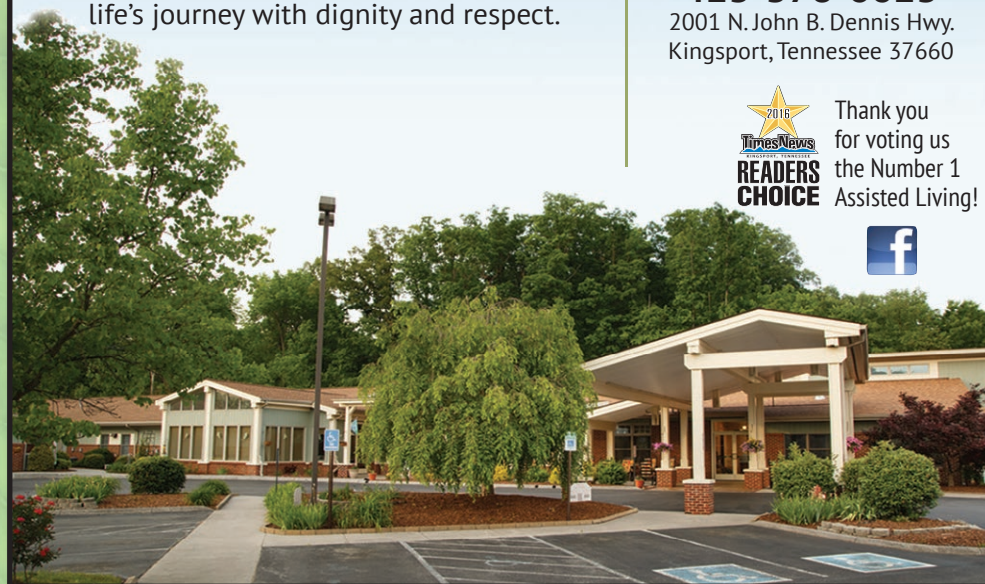
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# Crafts for the not-so-crafty hobbyist

Creativity lends a lot to everyday life. School parties are made that much better by intricate dessert designs. Hand-made blankets tend to be more inspiring and cherished than mass-produced alternatives. Because of that, many people find hobbies that inspire their creativity to be incredibly rewarding.

While crafting is a hobby that can be enjoyed by people of all ages and skillsets, some people are more craft-inclined than others. That doesn't mean those with little arts and crafts experience cannot make

items they can be proud of. The following are a handful of projects for inexperienced crafters who may feel as though they have two left thumbs.



## Dress-up premade items

Sandra Lee made a career of teaching people how to blend some prepackaged food items with other ingredients to create semi-homemade menus. Anyone can use the same mentality to put together craft projects without having to start from scratch. Search the hobby stores or department stores for items that can be paired together. For example, why not glue a 4-by-6-inch picture frame to the top of candlestick holder for an ornate and interesting design element at home? Mason jars can be embellished with just about anything – from ribbon to fabric to glitter – giving them a decorative touch. Simply giving an item a new coat of paint or adding some decorative tacks or hooks can easily change its look and give it a crafty feel.

## Grow comfortable with a computer printer

Homespun graphic arts can be mastered by just about anyone with access to some clip art, fonts and basic design software. You may also be able to find free apps or shareware online providing ready-made templates. Print out cute labels or tags that match party themes and put them on favor bags or prizes. Print cute slogans on cardstock and staple them to a small, filled plastic baggie to serve as classroom gifts or Valentines. Make a collage of different images and print them out to frame. Or snap a picture of a particular pattern or design element that fits with a room's theme and then frame that image for matching artwork.

## Make soaps or candles

Thanks to the bevy of kits available at craft stores, it's easier than ever to make your own soaps or candles at home. All it usually takes is melting down the medium, adding the desired scents and colors and then allowing them to set in a mold or container. The result may seem like you worked for hours when really it was a relatively easy task. These handmade products can make great hostess gifts or nice touches when guests stay over at your home.

## Personalize clothing

You do not have to be an artist to create t-shirts, aprons or other items that have that personalized touch. If you do not want to hassle with the mess of fabric paints or pens, use iron-on stencils or letters. Another idea is to create your own stencil (fire up that printer again), cut out your design or letters and then use a bleach pen sold in the laundry or cleaning aisle to color in the design. Let it sit and then launder for a faded and fun project.

Crafting doesn't have to be difficult. Projects exist for people of varying skill levels.

# Kingsport Senior Artisan Center Information

The Kingsport Senior Artisan Center is a consignment gallery of work crafted by regional artists age 50 and over. Our gallery contains a variety of items including handmade greeting cards, jewelry, pottery, and bath and body items. All items pass through a juried selection process for entry in the gallery. If you are interested in selling your art in the gallery, please submit photos via email along with a brief biography.

The proceeds from all sales go directly to the artist, with a small portion benefitting programs at the Kingsport Senior Center.

A monthly Artist Breakfast

will be held in the Artisan Center Gallery on the second Tuesday of each month at 10am. Gallery artists and potential artists/craftspeople are invited to attend.

Located in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features

Wii Sports and there's always a fresh pot of coffee brewing! We are open Monday-Friday from 9am-2pm.



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## Kingsport Senior Artisan Center

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# TRIPS & Extended Travel

## Kingsport Senior Center presents a fabulous Trip to Vermont

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Double Occupancy- \$1,024 per person - \$92 travel insurance

Single Occupancy- \$1,344 per person - \$145 travel insurance

Triple Occupancy- \$1,024 per person - \$92 travel insurance

Deposit of \$50.00 per person due by May 26, 2017

Final Payment due by July 14, 2017

Sign up started December 29th.

### 5 Nights Hotel Accommodations

### 5 Breakfasts & 3 Wonderful Dinners Including:

#### 1 Authentic Amish Style Feast

#### 2 Fabulous Luncheons Including:

#### 1 Luncheon Cruise on Scenic Lake Champlain

Savor the majestic beauty of the Adirondack and Green Mountain ranges that surround the lake while enjoying a bountiful buffet lunch. Don't forget to keep an eye out for Champ, the elusive lake monster!

### Visit the von Trapp Family Inn

Spend the day enjoying the beautiful grounds and amenities of the von Trapp Family Inn; home to the family that inspired the movie "The Sound of Music".

One Fabulous Lunch at the Von Trapp Inn

Featuring a seasonal menu reflecting both Austrian and Vermont traditions

### Von trap Family History Tour

The tour begins with an overview of the von Trapp family history- actual vs. movie version, discussion of the property's history and the family's early years in America.



### Admission to the New England Maple Museum

Learn the process of making real maple syrup "The Sweetest Story Ever Told!" at the largest and most complete museum dedicated to Vermont's most famous industry, maple sugaring.

### Tour the Vermont Teddy Bear Factory

Watch how these bears are made from cutting and sewing to stuffing and stitching!

### Visit Montpelier, VT "America's Smallest Capital"

Beautifully surrounded by green mountains, farmlands and granite quarries, Take a walk down State Street and Main Street browsing the unique shops and boutiques located there.

### Tour Ben & Jerry's Ice Cream Factory

Learn about this unique company and how they fulfilled their dream of "making the best possible ice cream in the nicest possible way" end the tour in their flavor room for a sample of the flavor of the day!

### Enjoy Wine Tasting at a Local Winery

### Visit the Vermont Country Store

The old-time country store, filled with thousands of hard-to-find goods, has charmed folks since 1946.

### Enjoy a Visit to Hershey's Chocolate World

## Day Trips:

**Our OTLB will head to Knoxville, TN to eat lunch at Austin's Steak and Homestyle Buffet** on Friday, June 9th, 2017. We will depart the Center at 10:00 A.M. and will return around 3:30P.M. The cost is \$8.00 for transportation due at sign up and lunch will be on your own. This location is a Family-friendly destination serving Southern Chow, plus an ample salad bar, choice sirloin favorites, specialty steaks, chicken, and seafood. You may sign up Friday, April 28th.

The Center will take a trip to the **Wohlfahrt Haus** on Thursday, June 1, 2017 to see **"Then Sings My Soul"**. We will depart the Center at 9:45A.M. and will return around 6:00P.M. The cost is \$45.00 which includes your ticket, transportation

and lunch. Featuring one of the most beloved musical genres of all time-Gospel Music. From historic spirituals to Southern Gospel to contemporary Praise and Worship, this inspirational show is overflowing with the songs you grew up singing and are still singing today. Songs from the Carter Family, Elvis, Mahalia Jackson, The Gaithers and many more will touch your soul as no other kind of music can. You don't want to miss the heavenly tribute to Gospel Music! You can sign up now!

We will take a trip to **Barter Theater** to see **"Savannah Sipping Society"** on Wednesday, June 14, 2017. We will depart the center at 10:30A.M. and will return around 6:00P.M.

**Lunch will be on your own at the Peppermill Restaurant.** The cost is \$30.00 for your ticket and transportation due at sign up. A laugh-a-minute comedy about four Southern women, all needing to escape their day-to-day routines, drawn together by fate-and an impromptu happy hour. Randa, a perfectionist and workaholic; Dot, still reeling from her husband's recent demise; earthy and boisterous Marlafaye, a good ol' Texas gal; and new to town, Jinx, a spunky fireball, offers her services as a life coach for these women. Hilarious misadventures and the occasional liquid refreshment lead the ladies to discover lasting friendships and a renewed determination to live in the moment. You can sign up now!





## Kingsport Senior Center presents **The Amazing Southwest**

**6 days and 5 nights**

**9 Days and 8 Nights- October 9, 2017-October 17, 2017**

**Double Occupancy- \$2,925 per person- \$318 travel insurance**

**Single Occupancy- \$3,624 per person- \$380 travel insurance**

**With Airfare Included**

**Deposit of \$300.00 due at sign up**

**Final Payment Due on July 7, 2017.**

**Sign up started December 29th.**

**8 Nights Hotel Accommodations Including:**

**2 Nights at Las Vegas & 2 Nights in Flagstaff**

**6 Breakfasts & 6 Fabulous Dinners**

**3 Evening Receptions at your Hotel including Hot Food and Spirits**

**Guided Tour of Scottsdale & Phoenix, Arizona**

### **Guided Tour of Scottsdale & Phoenix, Arizona**

Your tour includes downtown Phoenix, Camelback Mtn., Paradise Valley, Old Town Scottsdale and much more!

### **Enjoy a Scenic Train Ride and Visit to the Grand Canyon**

Take an unforgettable ride on one of our lovingly restored cars and hear folklore and tales from a crew who are still bewitched by their spectacular surroundings. Be entertained by authentic characters and musicians who bring the Old West to life. And lose yourself in the majesty, the magnificence that is Grand Canyon National Park.

### **Visit to Hoover Dam**

Hoover Dam is one of the largest in the world, and produces more than 2,000 megawatts of hydroelectric power!

### **Visit Beautiful City of Sedona "Red Rock Country"**

Explore the South Rim of the Grand Canyon

As you travel the South Rim enjoy a stop at the Cameron Trading Post open for nearly a century.

### **Travel to a Monument Valley located in the Navajo Nation**

Enjoy a tour, narrated by a Navajo tribe member, of this amazing landscape featuring colorful sandstone spires rising hundreds of feet from the valley floor.

### **Explore Bryce Canyon National Park**

### **Visit the Awe-Inspiring Zion National Park**

View spectacular scenery as you travel by open-air tram through the ½ mile wide Zion Canyon.

**See Almost 2,000 miles of Shoreline of the Beautiful Lake Powell**

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# Eat healthy at 50 and beyond

A balanced diet is an integral element of a healthy lifestyle for men, women and children alike. But while kids and young adults might be able to get away with an extra cheeseburger here or there, men and women approaching 50 have less leeway.

According to the National Institute on Aging, simply counting calories without regard for the foods being consumed is not enough for men and women 50 and older to maintain their long-term health. Rather, the NIA emphasizes the importance of choosing low-calorie foods that have a lot of the nutrients the body needs.

But counting calories can be an effective and simple way to maintain a healthy weight, provided those calories are coming from nutrient-rich foods. The NIA advises men and women over 50 adhere to the following daily calorie intake recommendations as they attempt to stay healthy into their golden years.

### Women

- Not physically active: 1,600 calories
- Somewhat active: 1,800 calories
- Active lifestyle: between 2,000 and 2,200 calories

### Men

- Not physically active: 2,000 calories
- Somewhat active: between 2,200 and 2,400 calories
- Active lifestyle: between 2,400 and 2,800 calories

When choosing foods to eat, the NIA recommends eating many different colors and types of vegetables and fruits. Phytochemicals are substances that occur naturally in plants, and there are thousands of these substances offering various benefits. The Produce for Better Health Foundation notes that a varied, colorful diet incorporates lots of different types of phytochemicals, which the PBH says have disease-preventing properties.

The NIA also advises that men and women over 50 make sure at least half the grains in their diets are whole grains. Numerous studies have discovered the various benefits of whole grains, which are loaded with protein, fiber, antioxidants and other nutrients. Whole grains have been shown to reduce the risk for diseases such as type 2 diabetes, heart disease and some types of cancer.

Another potential hurdle men and women over 50 may encounter is a change in their sense of smell and taste. A person's sense of smell may fade with age, and because smell and taste are so closely related, foods enjoyed for years may no longer tantalize the taste buds. That can be problematic, as many people instinctually add more salt to foods they find bland. According to the U.S. Office of Disease Prevention and Health Promotion, older adults should consume no more than 1,500 milligrams of sodium per day. That equates to roughly 3/4 teaspoon of salt. Older men and women should resist the temptation to use salt to add flavor to foods, instead opting for healthy foods that they can still smell and taste. In addition, men and women should mention any loss of their sense of smell to their physicians, as such a loss may indicate the presence of Parkinson's disease or Alzheimer's disease.

Maintaining a healthy diet after 50 may require some hard work and discipline. But the long-term benefits of a healthy diet make the extra effort well worth it.



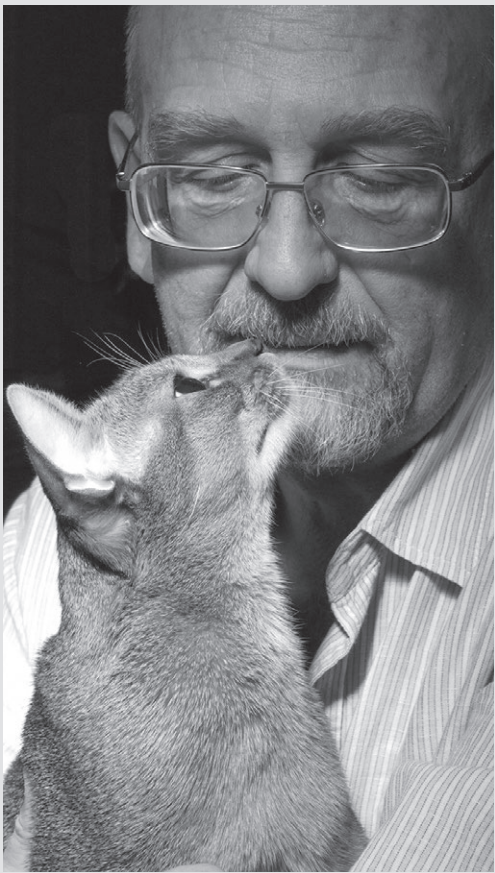
# Adopting a dog or cat later in life

Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

- Adult pets may already be house trained, saving seniors the trouble and effort of training them.
- Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are



small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

- Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

## YOU'VE WORKED HARD FOR YOUR HOME. NOW LET YOUR HOME WORK FOR YOU!

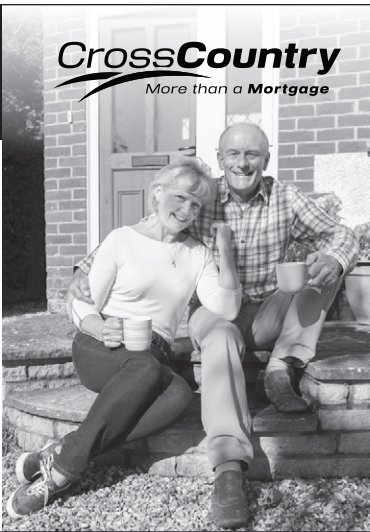
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# Menu for May

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. (\$2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call Sutonia at 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham/Macaroni Casserole Spinach Pineapple Fruit Yogurt WW Roll	2 CLOSED FOR THE AREA ON AGING CONFERENCE	3 Stuffed Pepper Soup Oven Brownd Potatoes Cinnamon Applesauce Spice Cake Cornbread	4 Soup Beans w/ Onions O'Brien Potatoes Turnip Greens Coleslaw Cornbread	5 Taco w/ Cheese Pinto Beans MexiCorn Lettuce & Tomato Salsa/Sour Cream Tortilla
8 Meatloaf Mashed Potatoes Green Peas Peaches WW Roll	9 Baked Chicken Tenders Sweet Potatoes Green Beans Chocolate Pudding WW Roll	10 Sliced Turkey Au Gratin Potatoes Mixed Vegetables Fruited Jell-O WW Roll	11 Chicken Salad on Lettuce Pea Salad Tropical Fruit Banana Pudding WW Bread	12 Pizza Casserole Brussel Sprouts Buttered Corn Fudge Cookie
15 WW Roll Teriyaki Chicken w/ Rice Sweet Carrots Oriental Vegetables Fruited Yogurt WW Roll	16 Soup Beans w/ Chopped Onions O'Brien Potatoes Mixed Greens Tropical Fruit Cornbread	17 Chicken Patty Scalloped Potatoes Broccoli Creamsicle Salad WW Bun	18 Polish Sausage w/ Cabbage Oven Brownd Potatoes Carrots Mixed Fruit Cornbread	19 Meatball Sub w/ Mozza- rella Potato Wedges Green Beans Butterscotch Pudding WW Bun
22 Chili Mac Casserole Brussel Sprouts Pineapple Oatmeal Cookie WW Roll	23 Chili Dog w/ Mustard & Onions Baked Beans Corn Coleslaw WW Bun	24 Country Style Steak Mashed Potatoes Peas & Carrots Vanilla Pudding WW Roll	25 Chicken Parmesan Pasta w/ Sauce Italian Mixed Vegetables Peaches Bread Stick	26 Tuna Salad Broccoli Salad Fruit w/ Cottage Cheese Fudge Cookie Crackers
29 CLOSED MEMORIAL HOLIDAY	30 Salisbury Steak w/ Gravy Mashed Potatoes Green Peas Mandarin Oranges WW Roll	31 Breaded Fish w/ Tartar Sauce Sweet Potatoes Lima Beans Coleslaw Cornbread		

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE ½ CUP OR 1 PORTION UNLESS INDICATED OTHERWISE/ ALL ENTREES ARE 3 OZ./MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY/ COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS.



# Classes & Daily Activities

## Monday:

**Lap Swimming: 8:00A.M.-11:00A.M. (Aquatics Center) (First come first serve)-** Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)-** It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Basic Tai-Chi: 9:00A.M. (Room 302)(April 10 through June 26)-** Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

**Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)-** If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

**Quilting: 9:00A.M. (Room 303)-** is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment.

**High Impact Aerobics: 9:15A.M. (Gym)-** Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Happy Day Singers: 9:45 A.M. (location varies)** This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Monday's.

**Beginning Clay: 10:00A.M. (Clay Room) (April 10 through June 26)** This class is designed for individuals who have never worked with clay before. In this class you will create hand-building projects.

**Strength Training: 10:15A.M. (Gym)-** Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Beginning Line Dance: 11:30A.M. (Gym) (April 10 through June 26)** is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. If you have never taken a line dance class then this class is for you.

**Game Day: 12:30P.M. (Card Room)-** Come and play games such as dominos, Mexican train, hand and foot, uno, phase 10, and much more.

**Intermediate Line Dance: 12:45P.M. (Gym) (April 10 through June 26)** This class is designed for individuals who have taken a line dance class.

**Knitting: 1:00P.M. (Room 303)** Knitting is the name of the craft that involves two needles and yarn or thread. Loops in the yarn are manipulated with the needles to make a knitted fabric. This class makes a variety of projects from hats and gloves to scarfs and blankets. This class is open to individuals of all expert levels.

**Mahjong: 2:00P.M. (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.

**Table Tennis: 2:00P.M. (Gym)-** Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

**Volleyball: 4:00P.M. (Gym)-** A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

## Tuesday:

**Lap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional swimming lane open to just Senior Center members. The other lane will be first come first serve.)** Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Open Woodshop: 8:00A.M. -2:00P.M.(Woodshop)-** If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small between will show signs of real development in just a few days.

**Boom Fitness: 8:30 A.M. (Gym)-** Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

**Ceramics: 9:00A.M. (Ceramics Room)** In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Basket Weaving: 9:00A.M. (Room 303)** Basket weaving is the hand-crafted method of creating woven baskets from natural grasses. Basket weavers use many variations of several basic techniques that include coiling, twining, plaiting, and weaving to create endless varieties of baskets. This class is open to individuals of all expert levels.

**Meditation: 9:30 A.M. (Room 306) (April 11 through June 27)** In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class. \*Will not meet October 4th or November 1st and 8th.

**Strength Training: 9:30A.M. (Gym)-** Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Renaissance Strings: 10:00A.M. (Atrium)** Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

**Sing Along: 10:15A.M. (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.

**Exercise for Everyone: 10:30A.M. (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: 11:00A.M. (Atrium) (April 11 through June 27)-** Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

**Bowling: 12:30P.M. at Warpath Lanes**

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

**Pickel ball: 1:00P.M. (Gym)-** A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

**Basketball: 4:00P.M. (Gym)-** Played alone or in groups, basketball can reduce stress.

**Rook: 4:00P.M. (Card Room)-** Come and meet new people while playing Rook on Tuesdays. Please bring a snack to share with others.

**Karaoke: 4:00P.M. (Cafeteria)-** Karaoke will meet every 3rd Tuesday of the month. Please bring in a snack to share with everyone.

## Wednesday:

**Lap Swimming: 8:00A.M. (Aquatics Center)- (First come first serve)** Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)-** It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Open Woodshop: 8:00A.M. to 2:00P.M. (Woodshop)-** If you enjoy woodworking and creating exciting wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small.

**High Impact Aerobics: 9:15A.M. (Gym)-** Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility as you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Intermediate Clay: 10:00A.M. (Clay Room) (April 12 through June 28)** This class is designed for individuals who have worked with clay before and who have previously taken our beginning clay class. In this class you will hand-build and use the pottery wheel.

**Strength Training: 10:15A.M. (Gym)-** Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.



# Daily Activities & Classes

**Intermediate Clogging: 11:15A.M. (Room 302) (April 12 through June 28)** If you have clogged in the past and want to renew the joy and fun of clogging then this is the class for you. It has challenging choreography and we welcome past cloggers and ones from the beginner class to move into this class.

**Hand & Foot Card Game: 12:30P.M. (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.

**Intermediate Belly Dancing: 1:00P.M. (Room 302) (April 12 through June 28)** All women are welcome to this class. However it is a huge help if you have some knowledge of belly dance. We do faster movements and more choreography. Come join us!

**Table Tennis: 1:00P.M. (Gym)-** Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

**Basketball: 4:00P.M. (Gym)-** Played alone or in groups, basketball can reduce stress.

## Thursday:

**Lap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional lane open to just for Senior Center members. The other lane will be first come first serve.)** Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Boom Fitness: 8:30 A.M. (Gym)-** Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

**Bingo: 9:00A.M. (Cafeteria)**

**Ceramics: 9:00A.M.- (Ceramics Room)-** In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

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

**Strength Training: 9:30A.M. (Gym)-** Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Meditation: 9:30 A.M. (Room 306) (April 13 through June 29)** In this class you will practice and learn meditation techniques led by Lee Stone. Meditation has many benefits for senior citizens. Benefits include; Meditation helps memory, it helps the digestive system work better, it helps the digestive system, it sharpens and focuses the mind, and meditation melts away stress, yielding many great benefits. The class is \$5.00 per class. \*Will not meet October 6th or November 3rd.

**Beginning Clogging: 10:00A.M. (Room 302) (April 13 through June 29)** In this class you will learn the basic of clogging and some fun dances. This is a great cardio workout along with being fun and learning to dance.

**Bunco will be played every month on the second Thursday at 10:30A.M. 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: 10:30A.M. (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.

**Intermediate Dulcimer: 11:00A.M. (Atrium)-** This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

**Core and Posture Beginning Belly Dance: 11:30A.M. (Room 302) (April 13 through June 29)**

This class is for women who are interested in improving their physical health. It is great for fibromyalgia, arthritis, and other muscles problems. You will learn body control and enjoy learning the belly dance movements and dances.

**Jam Session: 12:30P.M. (Cafeteria)-** Jam Session is a time to come listen to great live music, dance and socialize with new people.

**Volleyball: 1:00P.M. (Gym)-** A great full-body workout, with regular play will help improve your agility, overall flexibility, reaction time, speed and upper and lower body strength.

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

**Cornhole: 4:00P.M. (Gym)-** Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3

points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

## Friday:

**Lap Swimming: 8:00A.M. (Aquatics Center) (First come first serve)** Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

**Silver Sneakers Classic: 8:15A.M. (Gym)-** It's designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

**Tai Chi- 9:00A.M. (Room 310) (April 14 through June 30)** This class is designed for individuals who have taken a Tai-Chi class before.

**Genealogy Club: 9:00A.M. (Computer Lab)-** Have you been interested about where your ancestors originated? Then this is the class for you. Join us for class and our instructors will help you discover the history of your ancestors.

**High Impact Aerobics: 9:15A.M. (Gym)-** Aerobic exercise keeps your muscles strong, your mind sharp, which can help you maintain mobility you get older. At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Movement Health Qigong "Five Change": 10:00A.M. (Room 310) (April 14 through June 30)-** is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception, and improving the awareness of how the body moves through space.

**Strength Training: 10:15A.M. (Gym)-** Improves your balance and stability, reduces blood pressure, builds muscle strength, and improves your ability to do everyday activities.

**Pickle ball: 1:00P.M. (Gym)-** A fun sport that combines many elements of tennis, badminton and table tennis. A paddle sport created for all ages and skill levels, and is easy for beginners to learn.

**Bridge Group: 1:00P.M. (Atrium)-** This is a weekly group meeting of Bridge players. This is an intermediate level Bridge group. If interested please contact the front office.

**Basketball: 4:00P.M. (Gym)-** Played alone or in groups, basketball can reduce stress.

## Saturday:

**Basketball: 9:00A.M. (Gym)-** Played alone or in groups, basketball can reduce stress.

**Table Tennis: 10:30A.M. (Gym)-** Best brain sport ever, highly aerobic, uses both the upper and lower body, is great for eye hand coordination and reflexes, and causes you to use many different areas of the brain at once as you are tracking the ball.

## Serving Seniors Computer Classes

***\*Administered by the Community Foundation of Middle Tennessee at the request of the Chancery Court***

We will offer a **Basic iPad Class** from 9:30A.M. to 10:30A.M. on the 3rd floor hallway located outside the atrium. Dates are as follows:

**2nd class- May 3, 4, 10, 11, 17, 18, 24, & 25th**

This is a free class and iPads are available or you can bring your own. You may sign up by calling the front office at 392-8400.

**How to Build your Own Etsy Page** will be held on **Saturday, May 13, 2017** from 10:00A.M. to 12:00P.M. in the Computer Lab. This is a free class. Please contact the Center at 392-8400 to sign up.

**Learn What Apps to Use to Aid in Caregiving** class will take place on the 3rd floor in the hallway located outside the Atrium. This class is from 9:30A.M. to 11:30A.M. & from 5:30P.M. to 7:30P.M. on **May 2 and May 16th**. This is a free class. Please call the front office to sign up.

We are offering a class on **Individual Help Building your Etsy Page** at the Lynn View Artisan Center from 10:00A.M. to 12:00P.M. on **May 9, & 23rd**. This is a free class. Please contact the center at 392-8400 to sign up.

Individual computer instruction available for \$15 per hour, please call to schedule a day and time. Whitney Sensabaugh: 423-967-7428





# Branch Sites *Classes*

## Lynn View Community Center

**Silver Sneakers Classic** is at Lynn View Community Center in the cafeteria on Mondays, Wednesdays and Fridays at 10:00am. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Core conditioning** is at Lynn View in the cafeteria on Mondays, Wednesdays and Fridays at 9:00am. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, or dumbbells, or a combination of these gadgets. You perform traditional weight-training moves in a class setting.

**Corn Hole boards** are available in the senior center office at Lynn View to play Monday - Friday from 9:00 am – 2:00pm. Corn hole is an American lawn game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the platform scores 1 point. No sign up required, just come in and ask for the boards.

**Celebrate Mom Day** at Lynn view community center on Friday, May 12 at 12:30pm in the cafeteria. Refreshments will be provided by Crown Cypress. Entertainment provided by Harry and Jan Rose Hall. Please call Lynn view at 765-9047, sign up begins on May 2

**Cooking for 1 or 2 class** will be held at Lynn View Community Center on May 15 at 12:30pm in the lounge. Copies of the recipe will be given along with a demonstration of the recipe and you will be able to try the food so come hungry! Food City Chef Joseph McCray will facilitate the program. This class will give you tips on cooking techniques for 1 person or 2 and will give ideas to keep you out of a food rut. Please call Lynn View at 765-9047 and sign up by May 8, class limited to 10 participants.

**Blood Pressure checks** will be held at Lynn View on the first Monday of each month from 10:00am – Noon provided by volunteer, Debbie Rowland and on the third Monday of each month from 10:00am – Noon provided by Avalon Hospice.

**Appliance Repair** – Tuesday, May 23 Lynn View Community Center upper parking lot from 12:30 – 1:30pm. Instructor Doug Clark. Learn basic repairs you can do at home on a basic dishwasher, washing machine and on a clothes dryer. Please call Lynn View Community Center and be signed up by May 18, limited to 15 participants.

**A Butterbean Auction** will be held at Lynn View Community Center on Wednesday, May 24 at 12:30pm in the cafeteria. 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. Please call Lynn View Community Center at 765-9047 and sign up by March 15.

**A Trunk Sale** will be held in the upper parking lot at Lynn view community center on Friday, June 2 from 8:00am – 12 Noon. Please sign up by calling Lynn view at 765-9047 and be signed up by May 26. A trunk sale is similar to a yard sale, you are assigned a parking place and you sale items from your car/trunk, good way to make some vacation money!

**Pickleball** is played in the gym at Lynn View on Mondays, Wednesdays and Fridays at 10:00 am – 1:00 pm and on Tuesday/Thursday 9:00 am – Noon. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

**Personal Training** with Chris Hicks available by the hour or as a package. Call to schedule (423) 723-9967.



## Bloomington Baptist Church:

**Silver Sneakers Yoga** is on Tuesdays and Thursdays at Bloomington Baptist Church in the gym at 10:00am. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Indoor Walking** is available Monday - Friday from 8:00 am – Noon, please sign your name for attendance in the notebook provided.



**Honoring God Through  
Service To Seniors**

We are an assisted living and memory care community designed to meet the spiritual, emotional, and physical needs of our seniors.



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# Classes Branch Sites

## Adult Education Classes

**Android Basics** classes will be held on Tuesday's beginning May 16 – June 6 from 4:00 – 5:30pm outside the atrium on the 3rd floor of the Senior Center with Instructor Whitney Sensabaugh, these classes will teach you how to download apps, use phone features, send emails, take pictures, send text messages, understand the OS And more...cost is \$25.00 for members, \$35.00 non-members, payable at sign up. Minimum of 5 participants needed for class to go. Please call 392-8400 to sign up by May 9.

**Piloxing** exercise classes are offered at the Senior Center in room 302 on Tuesday and Friday at 9:30am. Piloxing is a combination of Pilates and kickboxing type of exercises that gives you a great cardio workout. Cost is free for members, \$2.00 non-members. Non-members can pay for 12 class sessions in the senior center office, we will give you a punch card that will be punched by the instructor for each class.

## First Broad Street United Methodist Church

**Yoga classes** are offered at this branch site on Tuesdays and Thursdays in the recreation room on the second floor of the church. No sign up required. Fee is included with membership fee.

**Core Yoga:** done mostly on a mat. Includes breath, abdominal and arm strength building. Class is on Tuesday and Thursday from 11:00 -11:30am.

**Yoga:** includes standing poses and gentle movement for strength and flexibility, each class ends with relaxation. Class is on Tuesday and Thursday from 11:30am – 12:30pm.

## Colonial Heights United Methodist Church

**Silver Sneakers Yoga** is on Mondays and Wednesdays in the gym from 11:00am – Noon. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Poundfit** is on Thursdays in the gym from 11:00am – Noon. Poundfit is a combination cardio and strength class with “constant” simulated drumming. In the class you will do a series of isometric and plyometric movements including squats, lunges, jumps, twists, forward bends and stretches all while drumming with a quarter-of-a-pound Ripstix (drum stick). Beginners welcome. Instructor makes modifications so class is suitable for all fitness levels.

## George Washington Apartments

Monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

## Friendship Manor Apartments

Monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

## V.O. Dobbins

Total Body Workout, Monday and Wednesday 9:30am, in Gym #2. Total Body workout consists of upper and lower body exercises that trims, tones and defines muscle and also gives you a good cardio workout. No sign up required.



## Forest Ridge Manor Apartments

Monthly activities such as bingo, birthday parties, special events, etc.

## Kiwanis Towers Apartments:

Monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

## Aquatics Center

Lap swimming with your senior center membership card is free M-F, 8:00 – 11:00am and you will receive a 20% discount on swim classes.



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Holston Valley is pleased to once again be Kingsport's choice for health care.



Holston Valley Medical Center has served Kingsport since 1935. Whether you were born here, healed here or both, this hospital is part of our community's history – and you are a part of ours.

We host the Kingsport region's only Level I trauma center, where we tend to the region's most critical injuries, as well as its only neonatal intensive care unit, which is currently being renovated to provide state-of-the-art care for sick and premature babies – even those born as young as 24 weeks.

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Experience all Wexford House has to offer.



Whether you need rehabilitation after a hospital stay, or you're looking for a place with a home-like environment that provides skilled nursing care, you can count on Wexford House. We are the only facility in Tennessee that is post-acute care certified through the Joint Commission. We are also recognized for our quality by the Centers for Medicare and Medicaid Services, earning a five-star rating – the highest possible score.

And we're honored to have been selected for 12 consecutive years by Kingsport Times-News readers as the area's best nursing home.

Our team of professional caregivers strives to provide each resident with high-quality health care in a comfortable environment. Wexford co-workers provide our residents with physical therapy, occupational therapy, speech therapy and respiratory therapy, specializing in the weaning of patients with tracheostomies and those requiring mechanical ventilation. And our social and recreational activities keep residents busy, happy and active during their stays.

**And as part of Wellmont Health System, our residents have access to the region's best hospitals and physicians.**



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Whatever your health needs may be, Wellmont Health System is here for you. Visit [wellmont.org](http://wellmont.org) to learn more about our facilities, services and caregivers.