

JUNE 2017

Senior *Living*

Kingsport Senior Center

Healthy Living

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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:

Director- Shirley Buchanan
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 392-8403

Branch Coordinator- Michelle Tolbert
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 392-8400 Fax: 224-2488

Nutrition Site Manager-246-8060

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

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

Bloomington Baptist Church: 3220 Bloomington Road, Kingsport, TN 37660

Forest Ridge Manor: 1252 Bloomington 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) | Carol Woodard | Frances Cottrell |
| Brenda Cunningham | Pat Breeding | Mary Porter |
| Norma Livesay | Jean Chang | Sherri Mosley |
| Lester Pridemore | Carmen Moix | |

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

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.

Healthy Living

BCBSTN/SILVERSNEAKERS MOBILE UNIT EVENT

BlueCross BlueShield of TN will be partnering with the Kingsport Senior Center on **Thursday, June 1, 2017** from 9:00am - 5:00pm in the Front Parking Lot to promote health and wellness to certain BCBST members, discuss the SilverSneakers program, and provide preventative screenings for our Medicare Advantage members who have some "gaps" in care. Members who are eligible for SilverSneakers will be encouraged to go into the Kingsport Senior Center for a tour and to enroll, if they are not already enrolled.

BLOOD PRESSURE CHECKS

Michelle Moffitt and Sandra Brown with Asbury Place Kingsport will be at the Center on **Thursday, June 1, 2017** for blood pressure checks from 10:00am - 12:00noon and every 1st Thursday of the month, and Carey Tullock with Avalon Hospice will be at the Center on Monday, June 19, 2017 for blood pressure checks from 9:00am - 12:00noon and every other 3rd Monday of the month, in the Hallway by the Office. This service is free and not required to sign up for.

WELLNESS SEMINARS

Fall Prevention: Joni Hill, Choices Member Advocate: with BlueCross BlueShield of Tennessee will be at the Center on **Thursday, June 15, 2017** from 9:00am - 12:00pm in the Front Parking Lot. BlueCross BlueShield will be providing information from an Outreach Program Mobil Unit to educate seniors on how to prevent fall through Knowledge and Exercise, giveaways will be provided. So be sure to make 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 10:30am 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!

HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 20, 2017** on the 1st floor from 9:00am - 11:00am. 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. Refreshments sponsored by Dominion Senior Living of Bristol / Johnson City. Door prizes will be given at 11:30 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. Participating Organizations below:

- Advanced Home Care
- Addus Home Care
- Alzheimer's TN. Inc.
- Avalon Hospice
- Beyond Benefits
- BlueCross BlueShield TN
- Bright Star Care
- Brookdale Rock Springs
- Church Hill Health Care & Rehab
- Comfort Keepers
- Crown Cypress Assisted Living
- Dominion Senior Living of Bristol/Johnson City
- First TN Area Agency on Aging & Disability
- Frontier Health Bristol Regional Counseling Center
- Gastroenterology Associates
- Good Food Grocery
- HealthSouth Rehab Hospital
- Healthy Kingsport
- Holston Medical Group
- Home Instead Senior Care
- Humana
- Indian Path Health Resources Center
- Indian Path Medical Center
- Medicare Educator
- Mac's Medicine Mart
- Primerica
- Pro Care Home Health & Private Duty Services
- Smoky Mountain Home Health & Hospice
- Sullivan Co. Health Dept./TN Breast & Cervical Program
- The Health Resources Center
- Tidewater Mg.
- Triumph Cancer Navigators
- Visiting Angels
- Wellmont Comprehensive Weight Management Center
- Wellmont Hospice
- Wellmont HVMC Hearing Center
- Wellmont HVMC Every Step Joint Replacement Center



MEMORY SCREENING / VIRTUAL DEMENTIA TOUR

Ginny Jenkins, C.E. and Holly Lefevers, LMSW with Smoky Mountain Home Health and Tracey Kendall Wilson with Alzheimer's TN will be at the Center on **Thursday, June 22, 2017** from 1:00pm - 3:00pm in the Multipurpose Room. Smoky Mountain Home Health and Alzheimer's Foundation of America's National Memory Screening Program providing free confidential memory screening. 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 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.

OFF THE GRID ZIP LINE

Come join us as we travel to the Off the Grid Mountain Adventures in Elizabethton, TN. We will depart the Center at 10:00am - **Friday, June 30, 2017**. Cost of transportation is \$8.00 per person payable when you sign up. The zip line fee is \$29.00 each (cash only) payable the day of the trip before we depart. Please bring the correct amount, we will not have any change. Off The Grid Mountain Adventures features one of the longest zip lines in the country, at nearly 3000 feet long, the length of 10 football fields, and close to 300 feet above the canyon floor, reaching speeds up to 60 miles per hour. Those who are competitive will enjoy the dual zip line where you can race your friends. Unlike most zip lines where the zipper controls their speed and safety, our highly trained staff does the braking for you, making your experience safer and a lot more fun. We need a minimum of 20 to sign up in order for trip to go. Lunch is on your own at Creekers BBQ. NOTE: There is no age or height limit, but there is a **maximum weight limit of 275 lbs**. Sign up in the Office, deadline to sign up is close of business on Tuesday, June 27, 2017.

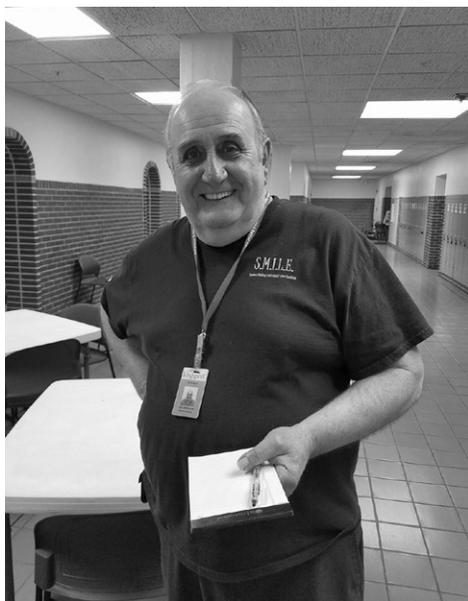
TABLE TENNIS TOURNAMENT

We invite all table tennis players to show off your skills on **Wednesday, July 26, 2017** at 1:00pm. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. 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-ups start on Wednesday, June 21, 2017 with a deadline to sign up by close of business Friday, July 21, 2017.

VOLUNTEER OF THE MONTH

Our Volunteer for June 2017 is Ted Zebrowski, aka "The Popcorn Man". Ted has been a Volunteer for many years, and his time and talents make him one of the biggest assets here at the Center. He is here tirelessly every Monday to pop popcorn for our Members, hence the nickname. Ted is not only a wonderful part of our Center, he is also a Volunteer for many other programs in the Kingsport area. We truly appreciate all the things that you do for us here at the Center and we want to thank you so much for all of your contributions.

"I love to come to the Center as a Volunteer. I have met some



wonderful people here and been to some good places to eat also. And the Staff don't get any better than we have here" Ted -Zebrowski

S.M.I.L.E. Volunteers will be meeting June 12 in room 239. S.M.I.L.E. stands for Seniors Making Individual Lives Exciting. You will want to attend the meetings if you can because we discuss upcoming volunteer opportunities. If you are interested in becoming a volunteer, please come by the Senior Center office.

Alliance for Business and Training, Inc.

Senior Community Service Employment Program is accepting applications for the Title V Senior Employment Training Program in Carter, Johnson, Sullivan and Washington Counties. The training schedule includes:

- 20 hours a week of paid-on-the-job-training at \$7.25 per hour
- Must meet low income requirements and be age 55 or older
- Must be unemployed and in need of assistance gaining marketable skills
- Must reside in one of the 4 counties listed

For more information, contact Jackie Sensabaugh at (423) 224-1815 or jsensabaugh@ab-t.org

Hiking Club Volunteer

The Kingsport Senior Center is in need of a volunteer to help facilitate a hiking club. We have lots of interest and would love to see this program develop. Please call Shirley Buchanan at (423) 392-8403 or Kevin Lytle if you are interested in helping develop a hiking club.

Great part-time jobs for retirees

Upon retiring, many newly minted retirees find themselves looking for ways to fill their free time. Hobbies may not take up too much time, and travel can stretch retirees' budgets.

One way that retirees can make great use of their free time and make a little extra money is to find part-time employment. Part-time jobs can help retirees maintain their connections with their communities, whether it's their professional community or the community in which they live, while also providing a sense of purpose. Retirees interesting in finding part-time work may want to consider the following jobs.

- Consulting work: Many retirees have long résumés, and that experience is still valuable even after retirement. Consulting firms often hire experienced businesspeople on a project or contract basis, which can be great opportunities for retirees to fill their time and make sizable amounts of money without having to commit to long-term employment.
- Teaching: Retirees can also put their professional experience to work in the classroom. Inquire about teaching opportunities at a nearby university or even the local high school. Such opportunities may only be available on a volunteer basis, but some might pay part-time salaries or small stipends. Either way, many retirees find that working with young people helps them stay young, and passing on lessons learned to younger generations can provide a strong sense of purpose.
- Seasonal work: Seasonal work is another great way for retirees to fill their time and make a little extra money along the way. Come the holiday season, retirees should have no trouble finding seasonal retail work at their local malls or shopping centers. In warmer months, retirees may find seasonal employment at area beaches, golf courses or parks.
- Sports teams: Retirees who live in cities with



professional sports teams may be able to find work with their favorite franchise. Professional sports franchises often rely on retirees to staff in-game positions like ushers and concessions employees, and some may even hire retirees to greet fans. While the pay might not be great, such positions are ideal for retirees who happen to be big sports fans.

- Crafts: Retirees with a love of crafting can turn their hobby into income. For example, Etsy.com makes it easy for creative entrepreneurs to post their creations and sell them to buyers all over the globe. Sellers often dictate how quickly they can make and ship products, so retirees need not feel worried about being rushed.

Many retirees still work even after calling it a career, and opportunities abound for men and women looking to fill their time and make a little extra money along the way.

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**Services Covered Under Medicare and Most Insurances*

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Free In-Home Consults

Special Events

Legal Aid Seminar – “Wills and Powers of Attorney” on Wednesday, June 7th, 2017 at 9:00am in the Card Room. This is a free seminar provided by Legal Aid of East Tennessee. Polly Peterson, Attorney with Legal Aid, will be sharing information on end of life planning documents. Call the front office at (423) 392-8400 to sign up!

Senior Artisan Fair on Tuesday, June 13, 2017 from 10:00am - 4:00pm in the 1st Floor Atrium. There will be music by Harry and Janrose Hall, refreshments and door prizes. Numerous Artisan crafts will be displayed and offered for sale: cards, baskets, jewelry, crochet items, scarves and more. For information please call Kingsport Senior Artisan Center at 765-9047.

Have Your (Birthday) Cake and Eat It, Too! Tuesday, June 13th, 2017 and Monday, June 19th, 2017 at 1:30pm – 3:30pm. Celebrate Kingsport’s 100th Birthday by making a birthday cake of your own! TV Chef Julie Voudrie, from TLC’s Next Great Baker and WJHL’s Daytime Tri-Cities will walk you through each step, providing you with her best homemade 8 inch round cake layers, filling and frosting, along with all the decorating tools and supplies you need to make your own unique and delicious creation. All you have to do is show up and have fun! Participants can sign up for either day, but not for both. The class is limited to 10, so reserve your spot ASAP. This one will go quickly so please call the front office 392-8400 to reserve your spot!

Learn Bachata: Anyone can learn the Bachata! Come join us each **Wednesday, June 14th – July 19th, 2017** at 11:15am. (Room 302). Bachata classes are essential to becoming a well-rounded Latin dancer! Join the fun and learn how to shake and move those hips in our Beginner Bachata class with Instructor BJ Goliday. The cost is \$5.00 per class (\$30.00 Total). Stop by the front office to sign up.

Legal Aid Seminar – “Protecting Yourself Financially” on Wednesday, June 28, 2017 at 9:00am in the Card Room. This is a free seminar provided by Legal Aid of East Tennessee. Polly Peterson, Attorney with Legal Aid, will be sharing information on how to protect your money from everyone and especially scammers. Please call the front office (423) 392-8400 to sign up for free.

Between the Covers Book Club will meet every **first Tuesday of the month** at 10:00am in the Card Room. Everyone is welcome. We will read “Death in Holy Orders” by P. D. James. Commander Daigliesh is asked to investigate the sons’ death of a successful business man at St. Anselm’s college. When he arrives, the college is torn apart by a sacrilegious and horrifying murder. He then finds himself drawn into the labyrinth of an intricate and violent mystery.

Yoga Nidra will meet every 2nd Tuesday of the month from 6:30pm - 7:30pm 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 9:00am - 11:00am 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, June 8, 2017** at 10:30am 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. Sign up now!

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

Our Bob Ross Style Painting Class will meet on **Wednesday, June 21, 2017** from 10:00am - 2:00pm in room 303 with instructor Jay Holdway. 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, June 26, 2017** at 11:00am. 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 now.

We will have **Movie Day** on **Wednesday, June 28, 2017** at 1:00pm in the Atrium. We will watch “Wild Hearts Can’t Be Broken”. Based on a true story, Disney’s family film Wild Hearts Can’t Be Broken follows the adventures of a 1920s teenager named Sonora Webster (Gabrielle Anwar), who runs away from her foster home to join a carnival. At the carnival, she gets a job as a stunt rider who leaps with her horse into a tank of water 40 feet below. Along the way, she has plenty of adventures, eventually falling in love with the son of one of the show’s cowboys. Popcorn will be served. You must bring your own drink. You may sign up now.

Cooking with Tracy will be held on **Monday, July 3, 2017** at 11:00am 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 now. This class is limited to 10 people.

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 11:30am - 3:00pm. Lunch will be served from 11:30am - 12:30pm and the fishing tournament will be from 1:00pm - 3:00pm. 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 in the senior center office.

Ballroom Dance Classes will be held on **Thursday’s, July 13 – August 24** from 10:00am – 11:00am in room 302 with Instructor Lance Halverson. Cost is \$6.00 per class, paid to instructor. In these classes you will learn east coast swing, cha cha cha, waltz, foxtrot, hustle, tango, bolero, salsa, etc. We need 10 participants or 5 couples to sign up for class to go. Please sign up by July 6.

Senior Fest will be held on **Wednesday, July 19th** from 9:00am - 6:00pm. Look for a detailed schedule in the June newsletter.

PRESTON *Place*

Our mission is to create a nurturing community for individuals to continue their life's journey with dignity and respect.



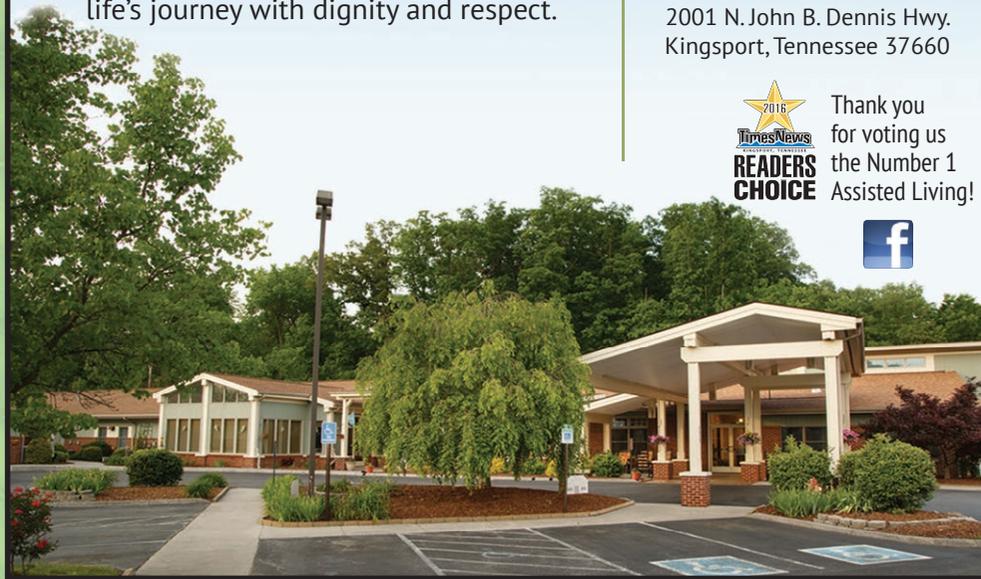
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423-378-6623

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The **Alzheimer's** Regional Resource Center, Inc.



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for those living with Alzheimer's

Because we're committed to providing the help and hope so many desperately need, we're proud to have assembled the region's largest resource center — for you.

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Alzheimer's Community Resource Center

2303 N. John B. Dennis Hwy.
Kingsport, Tennessee

423-378-HELP (4357)



**24/7
Help
Line**



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.

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.



Like Us On
facebook 

Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov

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ASSISTED LIVING



Many seniors are targeted for charitable fraud via the Internet.

How senior donors can avoid scams

METRO NEWS SERVICE

Con artists masquerading as charities can victimize anyone, but seniors are especially vulnerable to such criminals. Men and women who perpetrate charitable fraud often target older men and women, feeling that seniors are more likely to have a significant amount of money in their bank accounts and less likely to report crimes for fear of embarrassment.

But even if seniors are prime targets for charitable fraud, they still can take steps to safeguard themselves from scammers looking to exploit their generosity.

- Never donate over the phone. No reputable charity will insist on a donation over the phone. When a person calls and says they represent a charity, they should be willing to send you information in the mail so you can further explore their organization before making your final decision. If a caller attempts to pressure you into donating over the phone, hang up.

- Keep a list of organizations you have donated to in the past. Many people who perpetuate charitable fraud reference a past relationship or donation history between their victims and the charity the criminal is claiming to represent. Maintain a list of your donation history, including the organizations you have donated to and the amount of those donations. This can help you verify if the person calling, emailing or visiting you is telling the truth.

- Do not feel obligated to give. Many charities send gifts to their donors as a token of appreciation for their support. Some criminals masquerading as charities will send gifts to potential victims in an

attempt to fool them into writing a check. Whether a charity is legitimate or not, seniors should not feel obligated to donate simply because they received a gift. If you receive a gift and want to donate, confirm that the organization that sent you the gift is legitimate and not an imposter organization that is baiting you with a gift. If the gift was accompanied by a donation form, do not fill out that form, choosing instead to make a direct donation via the organization's website, a site you should find independent of the mailer/gift you received, or mail a check directly to the organization after you independently confirm its address, be it through your own research or by contacting the Better Business Bureau (www.bbb.org).

- Insist that your personal information is not shared. Before making a charitable donation, donors are often notified that their contact information is likely to be sold to or traded with other charities. This can lead to an influx of charitable solicitations that elderly men and women may find overwhelming. So prior to making a donation, speak directly with the charity and insist that none of your information be shared with other charities or organizations. If this cannot be arranged, find an organization willing to make such a concession and contribute to that charity instead.

- Ask for help. If you are confused when it comes time to make your annual donations, ask a son, daughter or trusted confidante for help so you can rest easy knowing your donation goes where you intend for it to go.

TRIPS & Extended Travel

Kingsport Senior Center presents a fabulous Trip to Vermont

6 days and 5 nights

September 24, 2017-September 29, 2017

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

Visit the von Trapp Family Inn

Spend the day enjoying the beautiful grounds and amenities of the von Trapp Family Inn. Enjoy one Fabulous Lunch at the Inn, featuring a seasonal menu reflecting both Austrian and Vermont traditions

Von trap Family History Tour



Admission to the New England Maple Museum

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"

Take a walk down State Street and Main Street browsing the unique shops and boutiques located there.

Tour Ben & Jerry's Ice Cream Factory

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

Kingsport Senior Center presents

The Amazing Southwest

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

6 Breakfasts & 6 Fabulous Dinners

3 Evening Receptions at your Hotel including Hot Food & Spirits

Guided Tour of Scottsdale & Phoenix, Arizona



- Enjoy a Scenic Train Ride and Visit to the Grand Canyon
- Visit to Hoover Dam
- Visit Beautiful City of Sedona "Red Rock Country"
- Explore the South Rim of the Grand Canyon
- Travel to a Monument Valley located in the Navajo Nation
- Explore Bryce Canyon National Park
- Visit the Awe-Inspiring Zion National Park
- See Almost 2,000 miles of Shoreline of the Beautiful Lake Powell



Dublin, Ireland

Kingsport Senior Center presents A Northern European Cruise Including Iceland

12 Days/11 Nights aboard Celebrity Cruise's "Eclipse"

Cruise Dates: May 28, 2018 - June 7, 2018

\$4499.00 per Person Inside Cabin Cat 10

\$4599.00 per Person Outside Cabin Cat 8

\$4999.00 per Person Balcony Cabin Cat 2B

Round-trip Airfare, Cruise, Cabin, Shipboard Meals, Port Charges,
Taxes & Transfers in Dublin, Ireland.

\$500.00 Deposit Due by June 30, 2017

\$1000.00 Payment Due by October 20, 2017

Final Payment Due by January 5, 2018



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See Day Trips on page 10.

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Day Trips:

Join us for a **Picnic at Roan Mountain State Park** on Friday, June 23, 2017. Buses will leave the center at 10:00am and will return around 4:30pm. Members will need to bring a dessert or side dish such as cookies, brownies, potato chips, macaroni salad, baked beans, etc. The transportation fee is \$8.00. Members will need to bring their own drink Stop by the front office to sign up today!



The center is taking a **Shopping Trip to Ashville Outlets**. We will depart the center at 9:30am on **Thursday, June 29, 2017** and return around 5:30pm. The cost is \$8.00 for transportation and lunch will be on your own at **Harbor Inn Seafood Restaurant**. Stop by the front office to sign up today!

The center is going to the **Barter Theatre** to see **"Leaving Iowa"**! Buses will leave the center at 10:30am on **Thursday, July 13, 2017** and return around 6:00pm. The cost is \$30.00 and lunch will be on your own at **Milano's Italian Restaurant**. "Leaving Iowa" is the story of Don Browning, a middle-aged writer, who returns home and decides to finally take his father's ashes to his childhood home, as requested. But when Don discovers Grandma's house is now a grocery store, he begins traveling across Iowa searching for a proper resting place for his father. This father-and-son road trip shifts smoothly from the present to Don's memories of the annual, torturous vacations of his childhood. Don's existential journey leads him to reconcile his past and present at the center of the United States. Leaving Iowa is a postcard to anyone who has ever found him or herself driving alone on a road, revisiting fond memories of his or her youth. The spark behind Leaving Iowa comes from being children of parents from the now dubbed "greatest generation" Stop by the front office to Sign up now!

We are taking a trip to **The Great Smoky Mountain Arts & Crafts Community** and having lunch at **Three Jimmy's** on **Friday, July 14, 2017**. Buses will leave at 8:15am and will return around 5:30pm. Join us in celebrating the 80th Anniversary of the Arts and Craft Community by visiting the 8 mile loop of more than 120 Artist & Craftsman Shops. Members will have the opportunity to shop both before and after lunch where they can connect with local artists and craftsmen plus view many of them demonstrating their craft! There is an \$8.00 transportation fee and lunch is on your own. Sign up today at the front office.

We will be going to **Wohlfahrt House Dinner Theater** to see the **"Million Dollar Quartet"** show on Thursday, August 3, 2017. Buses will leave at 9:45am and will return around 6:00pm. The new smash-hit musical inspired by the famed recording session that brought together rock'n'roll icons **Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins** for the first and only time at one unforgettable performance. The cost is \$45.00 which includes transportation, lunch and the show. Don't miss the greatest jam session ever! Stop by the front office to sign up now

Interesting ways to enjoy travel

METRO NEWS SERVICE

Research indicates that traveling is at the top of the list of interests motivating today's men and women over the age of 50.

Seniors are perhaps the most likely demographic to indulge their love of traveling. Retirement leaves lots of time for recreation, and many choose to spend that time on the road. Travel also can be improve adult longevity, says geriatricians at the University of Arkansas.

Those in the travel industry understand that men and women over 50 comprise a large percentage of their customers and have catered many travel packages toward this influential demographic. The following is a look at some of the more popular travel opportunities for men and women over 50.

- **Genealogical tourism:** This is one of the fastest-growing markets in vacation travel. Genealogical tourism involves individuals traveling to areas of historical significance for their families, such as churches where past relatives may have married and villages where grandparents or cousins once resided or were employed. This can create a tangible link to one's past and open up more opportunities to learn the varied genealogical history that has shaped a family, and even one's personal identity.

- **Extended vacations:** Seniors may have the capacity to devote more time to travel and not be caged in by strict time constraints. That makes them eligible for extended vacations. These can include long-term rentals in tropical locales, several-week sightseeing cruises or guided tours overseas that touch on several different countries or cities during the trip.

- **Off the beaten path:** Adventurous travelers may not be content to stick to the resort lifestyle or standard vacation options. Active men and women over 50 are



charting their own vacation courses with bucket list-style vacations that may be off the beaten path. Travelers who have always aspired to climb a mountain or see a rain forest may be inclined to realize these goals as they get older. Nontraditional tours can include living like indigenous peoples or following the footsteps of early explorers.

- **All-inclusive tours:** All-inclusive packages remain a popular option for travelers of all ages. These vacation packages charge one price for accommodations, entertainment, sightseeing, food, and many other amenities. All-inclusive vacations remove some of the headaches associated with organizing various components of travel so that a person can focus on relaxation and having fun.

- **Singles meets:** Single vacationers over 50 may want to meet other men or women in their age bracket in the hopes of finding romance. These vacations double as relationship mixers and give men and women the opportunity to mingle with others in similar situations without the pressure of traditional dating.

Travel is a way to see the world, meet new people and experience various cultures. Seniors increasingly embrace travel because they have both the time and the means to take vacations.

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Reverse mortgages: To obtain a reverse mortgage, you must take an approved counseling course available at little to no cost and receive a certificate of completion that will be required during the application process. While you won't make any mortgage payments, you will still be responsible for property taxes and homeowners insurance.



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Menu for June

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 Hamburger Baked Beans Spiced Potato Wedges Tropical Fruit WW Bun	2 Salsa Chicken Spanish Rice Mexicorn Butterscotch Pudding WW Roll
5 Oven Fried Chicken Breast Macaroni & Cheese Green Beans Mandarin Oranges WW Roll	6 Baked Ziti Italian Vegetables Baked Apples Bread Stick	7 Chili Dog w/mustard & Onions Sweet Potato Fries Peach Crisp Cole Slaw WW Bun	8 Sliced Ham Macaroni Salad Pickled Beets Fudge Cookie WW Bread (2)	9 Meatball Sub w/Mozzarella Potato Wedges Broccoli Creamsicle Salad WW Bun
12 Country Style Steak Mashed Potatoes Peas & Onions Fruit Cocktail Biscuit	13 BBQ Pork Riblet Sweet Potatoes Corn Tomato Slices WW Bun	14 Chicken Tenders Au Gratin Potatoes Mixed Vegetables Pineapple WW Roll	15 Soup Beans w/onions O'Brien Potatoes Turnip Greens Coleslaw Cornbread	16 Chicken Casserole Brussel Sprouts Cinnamon Applesauce Green Pea Salad WW Roll
19 Breaded Pork Chop Scalloped Potatoes Mixed Vegetables Tropical Fruit WW Roll	20 Meatballs w/gravy & rice Green Beans Carrots Mixed Fruit WW Roll	21 Chicken Salad on Lettuce Pasta Salad Broccoli Salad Banana Pudding WW Bread (2)	22 BBQ Chicken Au Gratin Potatoes Brussel Sprouts Peaches Biscuit	23 Sloppy Joe Potato Wedges Peas & Carrots Coleslaw WW Bun
26 Meatloaf Mashed Potatoes Green Peas Fruited Jell-O WW Roll	27 Pizza Casserole Italian Mixed Vegetables Baked Apples Oatmeal Cookie Texas Toast	28 Turkey Breast Macaroni Salad Fruit w/cottage cheese Fudge Cookie WW Roll	29 Chili Dog w/mustard & onions Potato Wedges Baked Beans Coleslaw WW Bun	30 Ham & Cheese Pasta Green Beans Sliced Peaches Fruit Yogurt WW Roll

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.

Hodge Podge Tai-Chi: 10:30am (Room 302)- This class includes 20 minutes of tai-chi, 20 minutes of yoga and 20 minutes of meditation.

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) (No Class June 5, 12 or 19. Class will return June 26 – July 24) 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) (No Class June 5, 12 or 19. Class will return June 26 – July 24) 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. (Atrium) 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.

Daily Activities & Classes

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.

Intermediate Clogging: 11:15A.M. (Room 302) *Will resume week of August 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.

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.

Jam Session: 12:30P.M. - 2:00 P.M. (Cafeteria)- Jam Session has returned. Following lunch every Thursday is the time to come enjoy the sounds of Jack Wenker and Billy Honeycutt. If you play an instrument and would like to join in, please come and let Jack know of your interest.

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 - Liu Zi Jue - Yi Jin Jing "Five Change": 10:00am (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 2 **Basic iPad Classes** in the Computer Room.

Dates and times are as follows:

Morning Classes - **June 7, 8, 14, 15, 21, 22, 28 & 29th** from 9:30am - 10:30am.

Evening Classes - **June 7, 14, 21 & 28th from 4:00pm - 5:30pm.**

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 (423) 392-8400.

We are offering a **Grow Your Business with Blogging** class on Thursdays, June 15, 22 and 29th from 12:30pm - 2:30pm. The class is held on the 3rd floor hallway. Call the front desk at (423) 392-8400 to sign up today!

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.

Silver Sneakers Yoga will meet on Wednesdays in Lynn view cafeteria starting June 7 at 11:00am. 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. No sign up required.

Corn Hole boards are available in the senior center office at Lynn View to play Monday - Friday from 9:00am – 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.

Trunk Sale at Lynn View Community Center on Friday, June 2, 2017 from 8:00am – 12:00pm in the upper parking lot by the gym. Please call the Lynn View Community Center at (423) 765-9047 for more information.

Cooking with Chef Joe class will be held at Lynn View Community Center on June 19 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 June 12, class limited to 10 participants.

Blood Pressure checks will be held at Lynn View on the first Monday of each month from 10:00am – 12:00noon provided by volunteer, Debbie Rowland and on the third Monday of every other month (July, Sept and Nov) from 10:00am – Noon provided by Avalon Hospice.

A Butterbean Auction will be held at Lynn View Community Center on Wednesday, June 28, 2017 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 June 21.

Pickleball is played in the gym at Lynn View on Mondays, Wednesdays and Fridays at 10:00am – 1:00pm and on Tuesday/Thursday (sponsored by Parks and Rec) 9:00am – 12:00noon. 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. *Pickleball will play at VOD beginning May 24 – August 2, due to Kids Camp*



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

Welcome Summer Lunch on Wednesday, June 21 at 12:30pm in the cafeteria, meal provided by Brookdale Rock Springs. Come and enjoy a delicious meal prepared by the chef at Brookdale Rock Springs and enjoy entertainment by Bill's Hoot n' Holler. Sign up now by calling the Lynn view community center at 765-9047. Please sign up by June 14.

An afternoon of Music by Kim Smith will be in the Lynn view cafeteria on Thursday, June 22 at 12:30pm. Please call Lynn view community center at 765-9047 and sign up by June 19.



**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.



NOW OPEN!

Please call and schedule a tour today!

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Classes **Branch Sites**

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. ***This class will be on break from June 7 – class will start back on Wednesday, August 2.**

Indoor Walking is available Monday - Friday from 8:00am – 12:00noon, please sign your name for attendance in the notebook provided.

Adult Education Classes

Beginning Drawing with Anne Thwaites will be held on **Saturday, June 17th, 2017** at 10:00AM 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.

Beginning Spanish classes will meet on Thursdays in the multipurpose room beginning June 22 – July 27, 2017 2:00pm – 4:00pm with Instructor Gloria Haefele. Please be signed up by June 15. Cost is \$30.00 for members, \$40.00 for non-members. Please be signed up by June 15.

Introduction to Photography classes will be held at the senior center on **Tuesdays, June 13, 20, 27 and July 11, 2017** from 5:00pm – 8:00pm with Instructor Keith Dixon of Keith Dixon Studios (www.keithdixonstudios.com). Cost is \$65.00 for senior center members and \$75.00 for non-members, payable at sign up that begins June 1. Please be signed up by June 7. The Intro to Photography class is designed for beginners to advanced amateurs. We will start with how the camera works, move through the various settings (and what they all do), and how to use them in various situations. Once everyone has a basic understanding of how their camera works, we dive deep into how to use that knowledge to take amazing photos. Each participant needs to bring their own digital camera – preferably a DSLR, but any camera is acceptable – along with a memory card, and fully charged battery. Other than that, all you need is your curiosity and a desire to learn.

Class One – Basic Camera functions and settings, and what they all mean.

Class Two – Review of settings and how to use them to enhance your photography skills

Class Three – Putting your knowledge to good use: how to make a good photograph even better. (Includes a photo walk-about with the instructor)

Class Four – Review of first three classes, sharing of images, learning how to save and catalog your images, wrapping up with information about taking the next step. Please join Keith in taking your interest in all things photography to the next level.

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.

Pottery Wheel Classes will be held on Thursdays, June 15-July 6, 2017 from 5:00pm-7:00pm in the Clay Room. The cost is \$20 payable at sign up, which begins June 1st. This class is limited to 3 participants and you must supply your own tools; a description of the tools needed and the curriculum for the class can be obtained from the front office.

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. **This class will meet at the Senior Center in room 310 from May 22 – August 2. This class will be back at VOD on Monday, August 7.**

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.



We're still the one.

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.

Staffed with experienced, compassionate physicians and co-workers, Holston Valley stands ready to care for you and your family – today, tomorrow and beyond.

A heritage of caring. A legacy of excellence. The future of healing. And Kingsport's choice for the best health care.



Holston Valley Medical Center
A Member of Wellmont Health System

Your choice for skilled nursing – 12 years in a row.

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.



Wexford House
A Member of Wellmont Health System



Whatever your health needs may be, Wellmont Health System is here for you. Visit wellmont.org to learn more about our facilities, services and caregivers.