

JULY 2017

Senior *Living*

Kingsport Senior Center

Healthy Living

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Happy
Independence
Day!



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

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, 2017-June 30, 2018

\$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

Staff:

Director- Shirley Buchanan
 shirleybuchanan@kingsporttn.gov
 392-8403

Branch Coordinator- Michelle Tolbert
 michelletolbert@kingsporttn.gov
 392-8404

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 392-8407

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 amberquillen@kingsporttn.gov
 392-8402

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 loricalhoun@kingsporttn.gov
 392-8405

Program Assistant- Jane Whitson
 janewhitson@kingsporttn.gov
 392-8406

Program Assistant- Beth Freeman
 bethfreeman@kingsporttn.gov
 343-9713

Secretary- LeAnna Hickman
 leannahickman@kingsporttn.gov
 392-8400 Fax: 224-2488

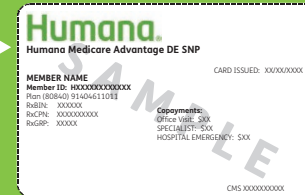
Nutrition Site Manager-246-8060

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.

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Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-457-4708 (TTY: 711)**.

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-457-4708 (TTY: 711)**。

Healthy Living

Discover The Truth About Long-Term Care: Brian Moles with OneSouth Financial Group will be at the Center on Tuesday, July 18, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Discover the truth about Long-Term Care": This seminar will discuss the truths, the myths vs facts of long term care, and also how you can prepare for your future no matter where life takes you. This seminar is a educational event and no sales material will be available, and you will not want to miss this seminar, so mark your calendar and plan to attend!

Essential Oils: Megan Hopkins will be at the Center on Tuesday, July 25, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Essential Oils": Megan will discuss how essential oils are made and different ways they can be used. This is an event you will not want to miss, so mark your calendar and plan to attend!

Comfort Care vs Hospice Care: Dr. Amy Huber, ETSU Family Physicians of Kingsport will be at the Center on Tuesday, August 22, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Comfort Care vs Hospice, End of Life Care": Dr. Huber will discuss the differences between comfort care and hospice care, and how to talk with family members about end of life decisions. All members are invited to attend and we hope we see you there.

Going onto Medicare: Andrew Price with Mackie Financial Group will be at the Center on Tuesday, August 29, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Are You Going onto Medicare This Year": This seminar will provide you with valuable information on how Medicare works and what the participants need to know to make wise decisions regarding Medicare options. This will be a good time to get your questions answered by a local agent that represents most of the plans in East Tennessee and Southwest Virginia. No plan specifics or information will be available, this is an educational event you will not want to miss, so mark your calendar and plan to attend!

BLOOD PRESSURE CHECKS

HealthSouth Rehabilitation Hospital will be at the Center on Wednesday, July 26, 2017 for blood pressure checks from 9:00 am to 11:00 am and every 4th Wednesday of the month, in the Hallway by the Office. Carey Tullock with Avalon Hospice will be at the Center on Monday, August 21, 2017 for blood pressure checks from 9:00 am to 12:00 noon and every other 3rd Monday of the month, in the Hallway by the Office. These services are free and not required to sign up for.

TABLE TENNIS TOURNAMENT

We invite all table tennis players to show off your skills on Wednesday, July 26, 2017 at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only, sponsored by, Michelle Bolling, Senior Executive Director, Dominion Senior Living of Bristol. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Stop by the Office and sign

SUPPORT GROUPS

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, July 11, 2017 and every second Tuesday of the month at 10:00 am in the Card Room at the Kingsport Senior Center. Refreshment will be provided. No sign ups required to attend this seminar.



GriefShare Program: Michael Driver, Chaplain with Smoky Mountain Home Health & Hospice is sponsoring a GriefShare Program. We will meet on Wednesday, July 12, 2017 and every second Wednesday of the month at 9:30 am to 11:30 am in the Card Room. GriefShare Program is offered to our members who have experienced the death of a family member or friend, are invited to attend. This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally respected grief experts and real-life stories of people, followed by a small group discussion about what was seen on the DVD. You will learn valuable information about facing your new normal in life and renewing your hope for the future. Grief-related books / materials are made available for participants. No sign up required.

LAKE LURE TOUR

We will depart the Center at 8:30 am on Wednesday, August 23, 2017 for Lake Lure, NC. Cost is \$8.00 for transportation payable when you sign up, Lake Lure Boat tour is \$12.00 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered tour boats while your skipper guides you past local attractions and landmarks such as the locations used in filming the popular Dirty Dancing and the recently restored historic 1927 Lake Lure Inn and Spa. Listen to the legends, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign-ups start on Wednesday, July 12, 2017.

FLU VACCINE CLINIC

Pinney's Prescription Shop will be offering a Flu Vaccine Clinic on Tuesday, September 12, 2017 from 10:00 am to 12:00 pm in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. Without any insurance the current retail price of the vaccines is:

- Influenza - \$30.00
- Pneumonia - \$195.00

You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Pinney's will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for his/her reference, and provide the immunization information to the clients primary care physician. Sign up in the office, walk-ins are welcome.

Special Events

Between the Covers Book Club will meet **every first Tuesday of the month** at 10:00am in the Card Room. Everyone is welcome. This month you will read a collection of Sherlock Holmes short stories of your choice. Come and join us for a discussion of the various stories by Sir Arthur Conan Doyle.

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.

Come and join us for our **Independence Day Picnic and bring your Grandchildren!** This picnic will be held on the front lawn of the Senior Center on **Thursday, July 6, 2017** from 11:30am to 2:30pm. We will have hotdogs provided by TK's hot dog cart and entertainment by DJ Night Moves. We will have a senior's vs grandchild corn hole tournament, red white and blue start painting on the front lawn, lawn games, water balloon toss, and red white and blue crafts. You do not want to miss this event. Please bring a side dish to share. You can sign up in the front 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.

Our **Flower Arranging class** will meet on Thursday, July 13, 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. This class will be a "Patriotic Theme". Sign up now!

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

Our **Bob Ross Style Painting Class** will meet on **Wednesday, July 19, 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.

We will have **Movie Day** on **Wednesday, July 19, 2017** at 10:00am in the Atrium. We will watch "Grease". This is part of our Senior Fest Day. Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance, but will it cross clique lines?

The **"Melting Pot"** cooking class will be held on **Monday, July 24, 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.

Cooking with Tracy will be held on **Monday, August 7, 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.

We are offering 2 new classes at the Kingsport Senior Center:

Preserving Memories class will be held on **Tuesday's beginning August 29 through October 3, 2017 from 10:30am to 12:00pm** in room 303. In this class Angela Harris will "preserve memories" by sewing. You will make items such as pillows, wall hangings, lap quilts, framed pieces, stuffed bears, etc. out of articles of clothing from a loved one. Please bring a sewing machine with you to class if you have one. You can sign up on July 10th. Please pick up a supply sheet when you sign up. This class is free.

Beginner Water Color Class will be held on **Thursday's beginning August 31 through October 5, 2017** from 1:00pm to 3:00pm in room 303. In this class Michael Farrar will teach you how to make beautiful paintings using water color paint. This is a free class. You can sign up on July 10th and will need to pick up a supply list when you sign up.

SNAP Supplemental Nutrition Assistance Program Seminar will be held on **Monday, August 14, 2017** from 9:00am to 10:00am in the Card Room. Kathleen McLaughlin from the First Tennessee Area Agency on Aging & Disability will be here to discuss the SNAP (Supplemental Nutrition Assistance Program) which was previously known as the Food Stamp program. A demonstration using ingredients obtained from SNAP will be used to make a meal. Please sign up in the front office.

SNAP Supplemental Nutrition Assistance Program Signups will be held on **Tuesday, August 15, 2017** from 8:30am to 2:00pm in the Computer Lab. Kathleen McLaughlin from the First Tennessee Area Agency on Aging & Disability will be here to work individually with members to help them to see if they qualify and if so to sign them up for the SNAP program. Kathleen will work with 1 person for 30 minute time slots. Please sign up in the front office.

The **2017 Dog Show** will be held on **Tuesday, September 19, 2017** at 12:30pm in the atrium. This dog show is open to everyone 50 years and older. Sign up will start on July 1st. You may enter your dog in any of our 10 categories. Categories include; dog and owner look-alike, best trick, best dressed, celebrity look-a-like, best tail wag, best vocal performance, cutest male, most glamorous female, least obedient, and top dog. Please be sure your dog is up to date on shots. The local animal shelter will be here with cats and dogs up for adoption. Please bring in a donation to the animal shelter such as food, blankets, bleach, etc. *Note: Please be sure to sign up in the front office, if we do not have enough to sign up then the Dog Show will not go.

S.M.I.L.E. volunteers will be meeting **August 9** 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.

PRESTON *Place*

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



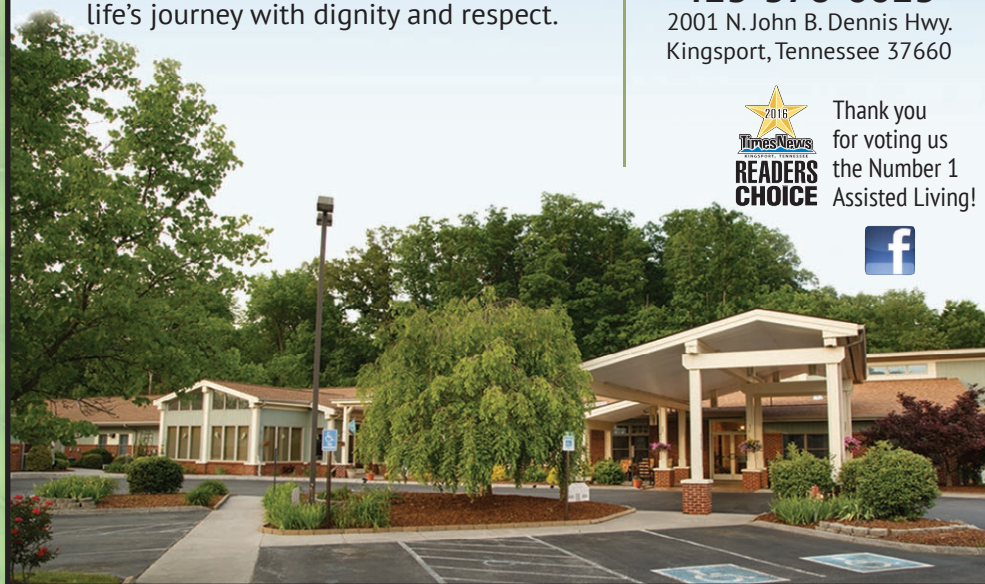
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Alzheimer's Community Resource Center

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**24/7
Help
Line**



How seniors can preserve their brains

Physical activity and proper diet and nutrition can help people age 50 and older maintain their physical health. But there are also ways aging men and women can preserve brain health in an effort to prevent or delay the cognitive decline that affects millions of seniors across the globe.

It's easy to overlook the importance of keeping the brain healthy. However, a decline in brain function can result in poor concentration, memory loss and a host of other issues. Sometimes, by the time symptoms present themselves, it may be too late to reverse any damage.

Research suggests that a combination of nutrition and mental, social and physical activities may have a greater impact with regard to maintaining and improving brain health than any single activity. Harvard Medical School also states that volunteering, caring for others and pursuing hobbies may benefit the brains of older adults.

A study published in the Archives of General Psychiatry found participants who reported higher levels of purpose in life exhibited superior cognitive function despite the accumulation of abnormal protein depositions (amyloid plaques and neurofibrillary tangles) in the brain, a hallmark of Alzheimer's disease. Having a purpose also may help those who do not have Alzheimer's disease.

In addition to the suggestions mentioned above, those who want to boost brain health can consider these strategies.

- Start exercising the brain early on. A study published in 2012 in the British Medical Journal examined cognitive function in people ages 45 to 70. Researchers found evidence of cognitive decline in the 45-year-old participants as well as the older participants. It's never too early to put a brain health plan into motion.
 - Read more books. Reading can open individuals up to new vocabulary and scenarios that promote a stronger brain and recall ability. Enrolling in an education course at a local college, community center or online also may be beneficial.
 - Hit the gym. Several studies suggest an association between physical activity and reduced risk of cognitive decline. This could be because exercise elevates heart rate, which pumps more blood to the brain and body.
 - Supplement with DHA. DHA is an omega-3 fatty acid that is dominant in the brain. Adhere to a Mediterranean diet, which is generally high in natural sources of omega-3, including fish and mono-unsaturated fats from olives, olive oil, nuts and seeds. Supplements also may help, but individuals should consult with their doctors about which products to take.
 - Challenge the mind. Men and women can engage in challenging activities that stray from their routines. Puzzles, strategic games, jigsaw puzzles, or difficult hobbies can benefit the brain.
 - Keep a close-knit group of friends. Regular conversation and social interaction is a key component of any brain health wellness plan.
- Slowing cognitive decline and promoting greater brain health should be a priority for adults of all ages.



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.



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

The Senior Center will be closed on the following days:

Independence Day- Tuesday, July 4, 2017

Labor Day- Saturday, September 2-Monday, September 4, 2017

Thanksgiving Holiday- Thursday, November 23-Saturday, November 25, 2017

Christmas Holiday- Saturday, December 23-Tuesday, December 26, 2017

New Year's Day- Saturday, December 30, 2017-Monday, January 1, 2018

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

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

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\$4999.00 per Person Balcony Cabin Cat 2B

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\$500.00 Deposit Due by June 30, 2017
\$1000.00 Payment Due by October 20, 2017
Final Payment Due by January 5, 2018



Akureyri, Iceland

Visiting:
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Akureyri, Iceland
Reykjavik, Iceland
Cork (cobh) Ireland
Lerwick/Shetland, Scotland.

With stylish spaces, the "Eclipse" makes you feel like you're in one of the world's best boutique hotels, only with better scenery. Roam the volcanic landscapes of Iceland, land of the midnight sun. Explore the green landscapes, historic castles and charming villages of Ireland.

See Day Trips on page 10.



Don Cornwell, ACA BC-HIS

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276-228-5800

Bristol, VA
102 Bonham Rd.
in the Food City Plaza
276-466-HEAR (4327)

Christiansburg, VA
3225 N. Franklin St. Suite 2
across from Corning
540-251-5002

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131 S. Chestnut St.
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Kingsport Senior Center presents A Trip to Branson, MO

October 15-October 20, 2018

Double Occupancy: \$869.00 • Single Occupancy: \$1189.00
\$100 deposit due by 3/1/2018 • Final Payment Due by June 1, 2018

5 nights, 5 breakfasts, 3 dinners, 5 shows including the Branson Belle Dinner Cruise, Hot Rods and Hi Heels Show, Dublin Irish Tenors & Celtic Ladies, Baldknobbers Jamboree, amazing acrobats of China, tour and wine tasting, visit to Branson Landing.
Travel Insurance: \$92.00 for double occupancy and \$119.00 for single occupancy



Day Trips:

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 have 3 spots left!

Our OTLB will take a trip to **Harpoon Harry's Crab House** in Gatlinburg, TN and you will shop at the Pigeon Forge Factory Outlet Malls on **Friday, August 11, 2017**. We will depart the Center at 8:15am and will return around 5:30pm. The cost is \$8.00 for transportation and lunch will be on your own. You can sign up for this trip now.

We will depart the Center at 8:30 am on **Wednesday, August 23, 2017** for **Lake Lure, NC**. Cost is \$8.00 for transportation payable when you sign up, Lake Lure Boat tour is \$12.00 each (cash

only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered tour boats while your skipper guides you past local attractions and landmarks such as the locations used in filming the popular **Dirty Dancing** and the recently restored historic 1927 Lake Lure Inn and Spa. Listen to the legends, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Sign-ups start on Wednesday, July 12, 2017.

The Center will take a trip to **Barter Theater** to see **"Million Dollar Quartet"** on **Thursday, August 31, 2017**. We will depart the Center at 10:30am and will return around 6:00pm. Lunch will be at Luke's Café before the show. The cost is \$30.00 which includes your ticket and transportation. Lunch is on your own. "Million Dollar Quartet" is 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. On December 4, 1956, four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. "Million Dollar Quartet" brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes", "Fever", "That's All Right", "Sixteen Tons", "Great Balls of Fire", "Walk the Line", "Whole Lotta Shakin' Goin' On", "Who Do You Love?", "Matchbox", "Folsom Prison Blues", "Hound Dog" and more. Sign up in the front office now.

Join us as we take a trip to the **Wohlfahrt Haus Dinner Theater** to see **"Ragtime-The Musical"** on Thursday, September 14, 2017. We will depart the Center at 9:45am and will return around 6:00pm. The cost is \$45.00 all inclusive. At the dawn of a new century, everything is changing...and anything is possible. Set in the volatile melting pot of turn-of-the-century New York, three distinctly American Tales are woven together. Together, they confront history's timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair...and what it means to live in America in this Tony-winning musical. Sign up in the front office now.

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CrossCountry
More than a Mortgage



Senior Fest

July 19, 2017 • 9:00 am to 6:00 pm

9:00am

Breakfast in the Atrium

(first 100 people)

Sponsored by Brookdale at Rock Spring



10:00am

"Grease"

drive in movie in the Atrium.



12:00pm

Hamburger Lunch in the Cafeteria

(first 100 people)

We will also have a "Flo" look-alike contest during the lunch.



1:00pm

Antique Roadshow in the Atrium

You can bring in 2 antique pieces to see what it is worth.

3:00pm-5:00pm

A Sweet Taste of Kingsport and Family Recipe Share

(Cafeteria)

In honor of Kingsport's 100th anniversary, TV chef Julie Voudrie helps us experience the rich culinary history of our region. First, Julie will give a live demonstration and sampling of her Hometown Dessert winning recipe from TLC'S Next Great Baker, her delicious Cinnamon Roll Biscuits. Then, each class participant is invited to bring a printed copy of a special family recipe and share the story behind it with the class. (You're also welcome to bring the actual dish so we can all have a taste!) Photocopies will be made by the Senior Center so everyone goes home with a set of these precious culinary treasures. Class open to 25 seats.



5:00pm

Casserole Cook-off

in Room 306

The Senior Housing facilities
will battle each other in a
casserole cook-off.

4:00-6:00

Sock Hop

with milkshakes in the Gym



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)(August 28 through November 13) - 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)- (August 28 through November 13) 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) (August 28 through November 13) 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) (August 28 through November 13) 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) (August 28 through November 13) 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) (August 29 through November 13) 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) (August 29 through November 13) 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) (August 29 through November 13) 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) (August 29 through November 13) 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) (August 29 through November 13)- 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.

Daily Activities & Classes

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) (August 30 through November 15) 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.

Intermediate Clogging: 11:15A.M. (Room 302) (August 30 through November 15) 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)- (August 31 through November 15) 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) (August 31 through November 15) 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)- (August 31 through November 15) 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) (September 1 through November 17) 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) (September 1 through November 17)- 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.

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.

Cooking for 1 or 2 class will be held at Lynn View Community Center on July 17 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 July 10, 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 every other month (July, Sept and Nov) from 10:00am – Noon provided by Avalon Hospice and the last Monday of every month provided by volunteer, Peg Dailey.

Basic Plumbing with Doug Clark will be held at Lynn view community center in the cafeteria on Tuesday, July 18 from 12:30 -1:30pm. Cost is Free. This class will teach you basic things you can do yourself before you call a plumber. Please call Lynn view 765-9047 and sign up by July 11.

Come enjoy **Tunes and Treats** at Lynn view community center in the cafeteria on Monday, July 24, 12:30 – 1:30pm. Tunes will be provided by Harry and Jan rose Hall. Treats will be provided by Caris healthcare. Please call Lynn view 765-9047 and sign up by July 17.

Should You be taking a Magnesium Supplement program will be held at Lynn view community center on Tuesday, July 25 in the lounge from 12:30 – 1:30pm. This program will be facilitated by Reeda Tate, Founder of Good Food Grocery inside Mac's Medicine Mart. Please call Lynn view 765-9047 and sign up by July 18.



A Butterbean Auction will be held at Lynn View Community Center on Wednesday, July 26 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 July 19.



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Classes **Branch Sites**

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 (sponsored by Parks and Rec) 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. *Due to the kids camp, Pickleball will be played on the following days in July Wednesday, July 5, Thursday, July 6 and Friday, July 14.

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. ***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

Come and draw your pet in our **Pet Portrait** beginning drawing class on Monday, July 24 and 31 from 5:00 – 7:00pm in room 303. This will be a 2 day class with Instructor Ann Thwaites. Cost is \$40.00 paid to instructor first day of class. A supply list will be given when you sign up. Sign up now in the senior center office.

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. **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.



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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.