

Senior *Living*

Kingsport Senior Center

Healthy Living

Seminars, Health Checks and Support Groups *Page 4*

Special Events

Page 5

Travel

Special Trips *Page 8/9/10*

Classes

Daily Activities *Page 12/13*

Branch Sites

Happenings in the area *Page 14/15*





Please call the front office for information: 392-8400

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.



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

Kiwanis Towers: 2701 E. Center Street #216 Kingsport, TN 37664

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)
Brenda Cunningham
Norma Livesay
Lester Pridemore

Carol Woodard
Pat Breeding
Jean Chang
Carmen Moix

Frances Cottrell
Mary Porter
Sherri Mosley

The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office, and it will be presented at the following meeting. It is our hope that this will be a benefit to our seniors, staff, and the council.

Membership Dues:

For Fiscal year:

July 1, 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.

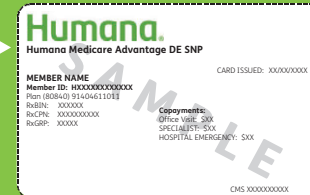
*The Kingsport Senior Center is now accepting credit and debit cards

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.

Carrying these cards?

Then you may also be able to carry this card and get even **MORE BENEFITS!** →



A Humana Dual Eligible Medicare Advantage plan includes Medicare coverage and works with your Medicaid benefits so you can get the benefits you need and more, like:

- \$0 Monthly Premium
- \$0 Primary Care Visit Copay
- \$0 Specialist Visit Copay
- \$10 Over-the-counter monthly medication allowance*
- Dental and Vision coverage
- Fitness program - gym membership

And more we haven't listed!



Call today to find out more about the Humana Gold Plus® (HMO SNP-DE) designed with you and your needs in mind.

1-866-215-7354 (TTY: 711), 8 a.m. to 8 p.m., Monday through Friday

¿En Español? Llame gratis al **1-866-215-7451**

Humana®

*Available only through Humana's mail-order pharmacy; always consult with your doctor or medical provider before taking over-the-counter medications.

Humana is a Coordinated Care plan with a Medicare contract and a contract with the State of Tennessee Medicaid program. Enrollment in this Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and/or member cost share may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Premiums, co-pays, coinsurance and deductibles may vary based on the level of extra help you receive. Please contact the plan for more details. This plan is available to anyone who has both medical assistance from the state and Medicare. For accommodation of persons with special needs at sales meetings, call **1-866-215-7354 (TTY: 711)**, 8 a.m. to 8 p.m., Monday through Friday. Applicable to Humana Gold Plus® (HMO SNP-DE) H4461-022.

Humana Inc. and its subsidiaries ("Humana") do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-457-4708 (TTY: 711)**. **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

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.

WELLNESS SEMINARS

Medicare Educational Event: Brenda Gilliam, Independent Consultant will be at the Center on **Thursday, September 21, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Everything you need to Know about Medicare and Reducing Healthcare Cost": This seminar will discuss Medicare and what steps to take to reduce your healthcare cost. Refreshment and door prizes will be provided. Note: This seminar is an educational event and no sales material will be available.

Osteoporosis: Dr. Hannah Geeraert, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, September 26, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Osteoporosis": Dr. Geeraert will discuss Osteoporosis (Degenerative Arthritis), or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to frail bones and an increased risk of fractures of the hip, spine, and wrist. Men as well as women are affected by osteoporosis, a disease that can be prevented and treated. We will go over signs, symptoms and treatments to help prevent osteoporosis.

READS: Megan Hopkins, Branch Manager with Sullivan County Public Library will be at the Center on **Tuesday, October 10, 2017** at 10:30 am in the Computer Lab. Do you like to read books on your phone, tablet, or computer? Or maybe you would like to learn how to use your devices to access eBooks, audio-books, and even movies for FREE? If you don't currently have a Sullivan County Public Library card that's ok. Just bring your ID with proof of current residence and Megan will help you sign up for a library card. Also if you have a Kingsport Library card it will work with the READS program. Megan is going to show you how to use your devices with READS (Regional E-Book and Audio-book Download System) so you may get your favorite reading materials for free. Be sure to bring your device you plan to use for the READS or you can use one of ours to learn how to do it.

Recommended Vaccines for Ages 65 and Older: Dr. Alysén Carter, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, October 17, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Recommended Vaccines for Ages 65 and Older": Dr. Carter will be discussing how preventable illnesses remain high on the list of top causes of life threatening complications and death. Come and learn what vaccines are recommended to prevent infections and how often those vaccines should be administered. All members are invited to attend.

HIKING CLUB

The Kingsport Senior Center Hiking Club will be hiking around the Lake at Bays Mountain Park. We will meet at the Kingsport Senior Center at 9:00 am and depart at 9:15am, **Wednesday, September 6, 2017**. If you would like to hike with us and join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at (423) 392-8407, for more information.

SUPPORT GROUPS

RLS (Restless Legs Syndrome) Disease Support Group: Mary Lou Mennona, RLS (Restless Legs Syndrome) Support Group Leader for the RLS World-Wide Foundation will be at the Senior Center on **Tuesday, September 12, 2017** at 12:30 pm in the Card Room and held every 2nd Tuesday of the month. Topic of discussion will be "What is RLS?" This seminar will provide you a guide to understanding RLS disease and ailments associated with it that's interrupting your sleep. Mary Lou will also discuss what some of the natural ways to help RLS are, also will prescription medicines help with what aggravates RLS, and what does dopamine have to do with RLS? A question and answer session will follow the discussion. Free booklet information will be handed out to all members who attend.



GriefShare Program: GriefShare Program has been canceled for **Wednesday, September 13, 2017** and will resume our normal meeting time at 9:30 am on Wednesday, October 11, 2017.

Memory and Brain Health Awareness Group: Ginny Jenkins, C.E. and Holly Lefevers, LMSW with Smoky Mountain Home Health, Tracey Kendall Wilson with Alzheimer's TN, and Kim Howell with Visiting Angels will be at the Center on **Thursday, September 28, 2017** from 1:00 pm to 3:00 pm in the Multipurpose Room and held every 4th Thursday of the month. Topic of discussion will be "**Keep Your Brain Healthy**" presented by Tracey Kendall Wilson. Also Memory Screenings will be available. Stop by the office to sign up or call 423-392-8400, walk-ins are welcome.

TABLE TENNIS TOURNAMENT

We invite all Table Tennis players to show off your skills on **Wednesday, October 18, 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 the day of tournament. We will need at least 10 to sign up for tournament to be played. Stop by the Office and sign up, the deadline to sign up is close of business Friday, October 13, 2017.

FIT TEST

We will be doing a fitness test on **Wednesday, October 25, 2017** from 9:30 am to 11:30 am in Kevin's office. We will test Body Fat %, Flexibility, Strength, and Weight using the 350 Body Composition Analyzer. If you plan to participate in this event stop by the Office to fill out some paper work. Sign-ups start on Wednesday, September 27, 2017. All members are invited and we hope to see you there.

S.M.I.L.E. Volunteers will be meeting October 11th 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.

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 "Hillbilly Elegy" by J.D Vance . Come and join us for a discussion of "Hillbilly Elegy".

Yoga Nidra will meet every 2nd Tuesday of the month from 3:30pm - 4:30pm 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.

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.

We will have a **Trunk Sale** on **Friday, September 8, 2017** from 8:00am to 2:00pm in the front parking lot. This is a great way to declutter your home! You may sell items out of the trunk of your car or bring a table to sit out in front of your car. Please call the office to reserve your spot. You can reserve your spot on August 7th.

DB Cosmetology Students will be at the Center on **Tuesday, September 12, 2017** with appointments starting at 11:30, 12:30, and 1:30. Please call the Senior Center to schedule your appointment. Manicures are only \$2.00 paid the day of to the manicurist.

'The Bobs' in concert on September 12 at DB Little Theatre. www.bobs.com Tickets are \$15 for Adults \$10 for Students. Members of the Senior Center will get a \$5.00 discount.

Our **Flower Arranging class** will meet on **Thursday, September 14, 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. You can sign up on August 11th.

Event Planning Clinic - Christy Harris with **Legal Aid of East Tennessee** will be here on **Tuesday, September 19, 2017** from 2:00pm to 4:00pm in the computer lab with a team of Attorneys and Paralegals that will assist members with simple Last Will and Testaments, Durable Power of Attorneys, and Advanced Healthcare Plans. Members will need to call the front office at 392-8400 to sign up so that we can obtain a listing of people wanted to attend, but the member will be helped in order of their arrival.

Our **Bob Ross Style Painting Class** will meet on **Wednesday, September 20, 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, September 20, 2017** at 1:00pm in the Atrium to watch **Steel Magnolia's**. M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy Desoto (Daryl Hannah). Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process. Popcorn will be served but bring your own drink. Sign up now in the front office.

The **"Melting Pot"** cooking class will be held on **Monday, September 25, 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 can sign up for this class on August 28th.

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.

"Come join us for **Bingo, refreshments and prizes** while learning more about extra benefits for people that have Medicare or will be eligible for Medicare in 2017" **Friday, September 29** at 10:00am in the Cafeteria. Facilitated by Brenda Gilliam, Health care Advising Agent.

Cooking with Tracy will be held on **Monday, October 2, 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 on August 10th. This class is limited to 10 people.

Michael Farrar will teach a 6 week **Intermediate Water Color Class** beginning on Thursday, October 12 through Thursday, November 16, 2017 from 1:00pm to 3:00pm in Room 303. This is a free class but you will need to pick up a supply sheet when you sign up. You can sign up now for this class.

AARP Safe Driving will be held on **Wednesday, October 18** and **Thursday, October 19, 2017** from 9:00am to 1:00pm in Room 230. The cost is \$15.00 for AARP members and \$20.00 for non-members. Snacks and coffee will be provided. Please contact the Senior Center at 392-8400 to sign up.

Come and join us for our **Halloween Party** on **Tuesday, October 31, 2017** from 1:00pm to 2:00pm in Room 310. We will have a costume contest and prizes will be awarded for 1st, 2nd, and 3rd place only. Please bring a Halloween dish to share. Sign up will begin on September 13th.

The Senior Center will be closed on the following days:

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

Keeping the Comforts of Home



In-Home Senior Care

- Companion Care • Personal Care
- Light Housekeeping • Transportation

Thank You for your votes!



Call Us Today!
(423) 246-0100
ComfortKeepers.com



Comfort Keepers®

PRESTON Place

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



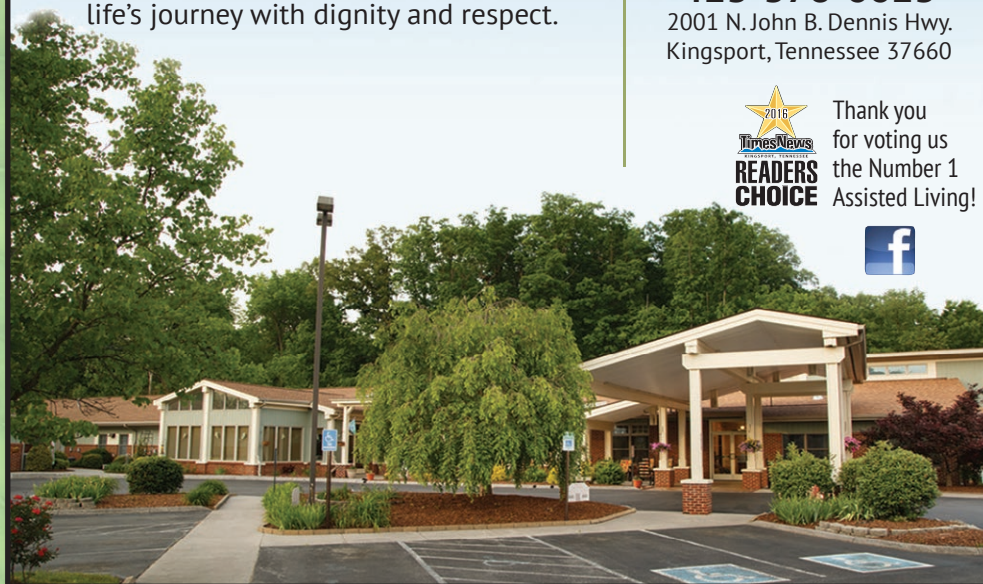
Locally Owned & Locally Managed
To schedule a tour, please call:

423-378-6623

2001 N. John B. Dennis Hwy.
Kingsport, Tennessee 37660



Thank you
for voting us
the Number 1
Assisted Living!



The Village At Allandale

Kingsport's newest free standing, privately owned,
secured memory care assisted living facility
located within The Village at Allandale.
Locally Owned & Locally Managed.



Contact Deborah Mullins for a personalized
guided tour today! 423-378-6623



The Alzheimer's Regional Resource Center, Inc.



Help & Hope

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.

Free to the public, this non-profit center is
dedicated to you. No appointment necessary.
Locally Owned & Locally Managed.

Alzheimer's Community Resource Center

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

423-378-HELP (4357)



**24/7
Help
Line**



Menu for September

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 Debra 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
				Chili Dog w/ Mustard & Onions Potato Wedges • Baked Beans Coleslaw • WW Bun
4 Closed Labor Day Holiday	5 Roast Turkey w/ Gravy Stuffing Peas & Carrots Oatmeal Crème Cookie WW Roll	6 Baked Ziti Italian Mixed Vegetables Brussel Sprouts Ambrosia Texas Toast	7 Breaded Fish w/Tartar Sauce Scalloped Potatoes Buttered Carrots Coleslaw Cornbread	8 Sloppy Joe Potato Wedges Corn Fruited Jell-O WW Bun
11 Lemon Butter Chicken Macaroni & Cheese Lima Beans Cinnamon Applesauce WW Roll	12 Soup Beans w/ Onions Oven Brownd Potatoes Turnip Greens Coleslaw Cornbread	13 Salisbury Steak Mashed Potatoes Green Beans Mandarin Oranges Biscuit	14 Chicken Tenders Sweet Potato Cauliflower Fudge Cookie WW Roll	15 BBQ Pork Riblet Au Gratin Potatoes Broccoli Pineapple WW Bun
18 Country Style Steak Mashed Potatoes Spinach Spiced Pears WW Roll	19 Oven Fried Chicken Breast Rice Pilaf Peas & Onions Fruited Jell-O WW Roll	20 Spaghetti w/ Meat Sauce Green Beans Corn Banana Pudding Texas Toast	21 Baked Ham Macaroni & Cheese Cabbage Cinnamon Applesauce Cornbread	22 Hamburger Lettuce/Tomato/Onion Potato Wedges Mixed Vegetables Chocolate Pudding • WW Bun
25 Meatloaf Mashed Potatoes Green Peas Tropical Fruit WW Roll	26 Pulled BBQ Chicken Potato Wedges Baked Beans Coleslaw WW Bun	27 Meatballs w/ Gravy Rice Broccoli Baked Apples WW Roll	28 Soup Beans w/ Onions O'Brien Potatoes Mixed Greens Butterscotch Pudding Cornbread	29 Tuna Salad on Lettuce Marinated Cucumbers & Tomatoes Peaches Baked Potato Chips WW Bread (2)

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 CAHNGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY/ COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS.



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.

Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov

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

Sign up now. A few spaces available.

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

***Limited spaces available**

8 Nights Hotel Accommodations

6 Breakfasts & 6 Fabulous Dinners

3 Evening Receptions at your Hotel

including Hot Food and 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

• 2 nights lodging in Las Vegas (The city that never sleeps)



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



Akureyri, Iceland

Visiting:
Dublin, Ireland
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.

Shop & Compare! Why Pay More?

Soundz Hearing Centers



✓ **Best Technology**

✓ **Best Service**

✓ **Best Price**

✓ **Why go anywhere else?**

**WE ACCEPT
MOST
INSURANCES!**



Don Cornwell, ACA BC-HIS

Wytheville
325 E. Main St.
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

Marion
131 S. Chestnut St.
276-783-HEAR (4327)



Zina Cornwell, ACA BC-HIS

OFFICES COMING SOON TO SALEM, DUBLIN, & GALAX!

BATTERIES



Box of 40 Batteries

\$10

ALL
SIZES!

Hearing Aid Repairs

\$99

Faceplate and shell repairs are extra. Any custom make or model. All work guaranteed for 6 months.

oticon
PEOPLE FIRST

SIEMENS

REXTON

HANSATON
hearing & emotions

WIDEX

ReSound
rediscover hearing

unitron

PHONAK
life is on



**CUSTOM
100%
DIGITAL
SERIES
FULL
SHELL**

ONLY \$795
Reg \$999

Our most affordable entry level hearing instrument maximizes the ear's sound gathering design in a convenient size. ITE instruments offer the right combination of appearance and affordability to meet a variety of hearing losses.



**CUSTOM
100%
DIGITAL
CANAL
SERIES**

ONLY \$995
Reg \$1495

Our custom 100% Digital canal series is made with the precise electronic circuitry controls to match your particular hearing requirements. The components are contained within the customized shell that fits snugly and comfortably in your ear.



**100%
DIGITAL
MULTI-
MEMORY**

ONLY \$1395
Reg \$2595

These 100% Digital Instruments automatically adjust to enhance speech clarity and manage background noise! Unwanted sounds are faded into the background. Hear phone in both ears with BiPhone. Wireless streaming accessories. Any size!

soundzhearingcenters.com



Kingsport Senior Center presents a trip to **Mackinac Island and Frankenmuth**

August 26 through August 31, 2018

Double Occupancy- \$899.00

Single Occupancy- \$1149.00

\$100 Deposit due by February 1, 2018

Final Payment due by May 1, 2018

PML Tours is Chartering Bus

5 nights hotel accommodations, 5 breakfasts, 4 dinners including 1 dinner at the Bavarian Inn and 1 evening reception at your hotel with hot food and beverages, 1 buffet lunch at the Grand Hotel, 1 lunch at Tahquamenon Falls Pub and visit to the falls, ferry ride to Mackinac Island, carriage tour of Mackinac, Soo Locks Boat Tour, admission to the Great Lakes Shipwreck Museum, tour of Frankenmuth, visit Bronner's Christmas Wonderland, try your luck at Kewadin Shores Casino standard taxes, meal gratuities and baggage handling.

Travel Insurance: \$92.00 for double occupancy and \$119.00 for single occupancy



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 will take a trip to Pigeon Forge to attend **Senior Day at the Dixie Stampede** on Tuesday, September 19, 2017. We will depart the Center at 8:45am and will return around 6:30pm. The cost is \$45.00. Ticket includes lunch, transportation & Health & Wellness Fair & Show. Timeline is as follows: 11:00-12:30pm- Health & Wellness Fair, 12:45-1:15pm- Featured Speaker Peter Rosenberger, 1:15-1:45pm Dixie Bell Saloon and Show, 2:00-3:30pm- Dixie Stampede Show & Meal. You can sign up for this trip now in the front office starting August 24th.

Join us as we take a trip to **Barter Theatre** to watch **"Sherlock Holmes and the American Problem" on Thursday, October 5, 2017**. We will depart the center at 10:30am and will return around 6:00pm. The cost is \$30.00 with lunch on your own at the Heartwood Restaurant. Sherlock Holmes is back on the Barter Theatre Stage with a new adventure. It's Queen Victoria's 50th year on the British Throne and Annie Oakley is the toast of London with Buffalo Bill's Wild West Extravaganza. Join in the chase full of mystery, suspense, deceit and brilliant deductions as Victorian England is smashed together with the Wild West in a case that only Sherlock Holmes can unravel. You can sign up for this trip now in the front office.

We will take an OTLB trip to **Haus Heidelberg German Restaurant & a Trip to Stepp's Orchard** on **Friday, October 13, 2017** in Hendersonville, NC. We will depart the Center at 8:30am and will return around 5:30pm. The cost is \$23.00 which includes your lunch and transportation. Three generations of the Stepp Family operate 38 acres of pick your own apples with 22 varieties. Also available are pre-picked apples, pick your own pumpkins and grapes, fresh apple cider & apple cider donuts. You can sign up for this trip on August 24th.

Join us as we take a trip to **Barter Theatre** to watch **"Ghost, Ghost Come Out Tonight" on Thursday, October 19, 2017**. We will depart the Center at 10:30am and will return around 6:00pm. The cost is \$30.00 with lunch on your own at Milano's Italian Cuisine. "A Barter Theatre original world premiere murder mystery thriller." Ian and Liz Crowell purchased several acres of remote woodlands, where they plan to build their dream house. They take best friends, Bruce and Claire Hollingsworth, on a tour followed by celebratory beers around a campfire. Ian reveals the woods are supposedly haunted by pitchfork-wielding ghost bent on revenge. When a child hood game leads to the discovery of a grisly murder, the couple investigates. Is the ghost responsible-or are other forces at work? Relationships shatter as friends try to solve the mystery before it's too late. You can sign up for this trip now in the front office.

The Center will take a trip to the **Historic Biltmore Village in Asheville, N.C** on **Friday, October 27, 2017**. We will depart the Center at 8:30am and will return around 5:30pm. Transportation is \$8.00 per person with lunch on your own at a restaurant of their choice. Notice: A lot of walking will be involved for this trip. Biltmore Village was created as a counterpart to Biltmore Estates. Today, it's a bustling, contemporary shopping destination. You'll find the national chains that you love, as well as, one-of-a-kind shops you won't find anywhere else! The following restaurants are within walking distance and are options for lunch on your own: Moe's BBQ, The Cantina, Village Wayside Bar & Grille, The Corn Kitchen, Well-Bred Bakery & Cafe, Bruegger's Bagel Bakery & Fig Bistro. You can sign up for this trip on August 28th.

Looking for Assisted Living? Look no further.

RESERVE YOUR ROOM NOW AND SAVE HUNDREDS!!

Learn how by calling

(423) 293-3700

to schedule a tour

Conveniently located at
1341 East Main Street
Rogersville, TN 37857
www.siglifestyles.com
siglife.rogersville@signaturehealthcarellc.com

We admit and treat all patients/residents without regard to color, race, religion, national origin, gender, sexual orientation, disability, age or other legally protected status.

Signature
Lifestyles
ASSISTED LIVING

The health benefits of grandparent-grandchild relationships

In the not-so-distant past, extended families were the norm, with multiple generations residing on the same street if not in the same house.

Today the family unit is largely an amalgam of different situations. The rise of two-income families has pressured parents into finding childcare situations. Quite often grandparents once again step in to offer guidance and support for youngsters. This can be a good thing for both the grandparents and the grandchildren.

Although a bevy of psychological research focuses on parent-child relationships, new evidence points to the benefits of the grandchild-grandparent relationship as well. Close relationships between these different demographics is often a sign of strong familial ties. A study from researchers at Boston College discovered that emotionally close ties between grandparents and adult grandchildren reduced depressive symptoms in both groups. Research at the University of Oxford among English children between the ages 11 and 16 found that close grandparent-grandchild relationships were associated with benefits including fewer emotional and behavioral problems and fewer difficulties with peers.

Adult and grandchildren alike benefit from relationships with their elders. Grandparents can provide a connection and exposure to different ideas while



providing a link to family history and knowledge regarding traditions and customs not readily available elsewhere.

Nurturing grandparent-grandchild experiences may be easy for families where grandparents live in the same house or close by. For others, it may take some effort.

The following are some ways to facilitate time spent together.

- Schedule regular family reunions or get-togethers. Host or plan multi-generation events that bring the family together and expose children to various members of their family.
- Promote one-on-one time. Have grandchildren spend time with grandparents in intimate settings. Alone time can be good for both and offers each undivided attention. A meal at a restaurant or time spent doing a puzzle or craft can be interesting to both generations involved.
- Video chat when possible. If distance makes frequent visits challenging, use technology to bridge that gap. Send photos, letters and electronic communications. Tech-savvy grandparents can use Skype or Facetime to stay in touch and speak one-on-one with their grandchildren.
- Share skills with each other. Either generation can play teacher to the other. Grandparents may have certain skills, such as baking, sewing or wood crafts, they can impart that may not be readily taught today. Children can help grandparents navigate computers, video games or sports activities. Grandchildren can help grandparents feel younger, and grandchildren can learn new experiences from their grandparents.

Looking Beyond Your Benefits.



If you are like many senior citizens, you might want to compare the 2018 Medicare Advantage plans in our area so that you can choose the best and most affordable option for your 2018 Medicare coverage. However, you might not know how to get started, and might even be confused about the different plans that are available. BeyondBenefits is here to help.

Supplement vs. 2018 Medicare Advantage Plans in Tennessee: Which is Right for You?

Medicare supplement insurance will allow you to simply remain under the coverage of original Medicare. However, no longer will you be fully responsible for all of your co-payments, co-insurance payments, and deductibles. Instead, in exchange for paying your insurance premium every month, your provider will cover the majority of these costs. The excellent news is that you will be able to maintain your same doctors and providers with no networks to worry about.

There is a second option that many seniors find very appealing. 2018 Medicare advantage plans in Sullivan County include BlueCross BlueShield, Humana, United Healthcare, Amerigroup and Wellcare. We represent them all, from no monthly premium options that may have higher copays to choices that require you to pay a little bit more each month but don't require a deductible and perhaps lower copays on certain services.

There are both advantages and disadvantages to these two different types of plans. Your safest bet is to do a comparison and our team at BeyondBenefits can work with you to find your best and most affordable choice. For 2018, we can review the upcoming changes that could impact you with your medical and prescription costs. Changes such as, Part D Prescription deductibles are going up to \$405 for a large group of Part D plans. Stay informed and don't let the New Year changes catch you off guard. Call us to review your specific needs and we will look forward to helping you navigate the maze of Medicare.

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.

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.

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.

Daily Activities & Classes

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.

Intermediate Belly Dancing: 1:00P.M. (Room 302) (August 30 through November 15) All women are welcome to this class. However it is a huge help if you have some knowledge of belly dance. We do faster movements and more choreography. Come join us!

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.

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).

Beginning Clogging: 10:00am (Room 302) (August 31-November 16) 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.

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.

Women's Volleyball Class: 11:15am (Gym) Beginners welcome. All skill levels are encouraged. Great fun while doing a healthy activity. You'll dig it!

Core and Posture Beginning Belly Dance: 11:30A.M. (Room 302) (August 31 through November 16) This class is for women who are interested in improving their physical health. It is great for fibromyalgia, arthritis, and other muscles problems. You will learn body control and enjoy learning the belly dance movements and dances.

Jam Session: 12:30P.M. - 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.

Mahjong: 2:00pm (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong. *This class has moved from Monday's to Fridays so please remove from Monday.

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 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.

SHIP - What is it? "Medicare is confusing. Every year things change. Tennessee SHIP can help you with free, unbiased information and assistance. Ryan Ramsay will discuss what the SHIP program is at Lynn View Community Center on Monday, September 11 at 12:30pm. Please call Lynn view community center at 765-9047 and sign up by September 6.

Senior Room at Christmas Connection 2017 - If you plan to be a vendor in the Senior Room at Christmas Connection, November 3 - 5, please bring your items you plan to sale on Wednesday, September 13 between the hours of 9:00 am - 12:00 Noon, you must have an appointment, please call the Senior Center office 392-8400 to schedule an appointment. Appointments will be every 15 minutes. Please note: only handmade items that include crafts, quilts, pottery, baked items, etc., will be accepted, no purchased items for re-sale will be allowed. Participants must have pre-approval of items before they can sign up to be in the Senior Room at Christmas Connection which starts on October 5.

Cooking with Chef Joe will be held at Lynn View Community Center on September 18 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, sign up starts on September 5, class is limited to 10 participants.

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

Basic Home Repairs with Doug Clark will be held at Lynn View Community Center in the cafeteria on Tuesday, September 19 from 12:30 - 1:30pm. Cost is Free. This class will teach you basic things you can do yourself before you call a repair person. Please call Lynn View 765-9047, sign up begins September 5. When you sign up, please indicate what specific topic on home repair you would like discussed.



A Fall Prevention Program will be held at Lynn view community center on Monday, September 25 at 12:30pm. Learn how to stay steady on your feet. This class will help anyone who has previously fallen or are concerned about falls, as well as anyone else who would like to learn more on behalf of a family member or friend. Licensed physical and occupational therapist will facilitate the class and will teach you how to prevent falls and injuries. . Call Lynn view community center to sign up starting September 1.

We will have a class on **Basic exercise you can do at home** for sciatica, muscle strain and muscle tension at Lynn view Community Center on Tuesday, September 26 at 12:30pm. This program will be presented by Alan Meade, PT, ScDPT, MPH. Sign up now by calling Lynn view at 765-9047 and please sign up by September 19.

Vitamin D Supplements Seminar on **Wednesday, September 20, 2017** at 12:30pm at Lynn View with Rita Tate. Please sign up by September 13th.



**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!

Dominion Senior Living of Bristol
425 Shelby Lane · Bristol, TN 37620 · (423) 797-8080
www.DominionBristol.com

Classes Branch Sites

A Butterbean Auction will be held at Lynn View Community Center on Wednesday, September 27 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 September 20.

A Fall Artisan Fair will be held on Tuesday, October 10 from 10:00am – 2:00pm in the atrium on the first floor of the Renaissance Center. Everything from baskets to good eats will be available for purchase. Enjoy music and light refreshments. Everyone is welcome and we hope to see you there!

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. **Please sign in on the computer if you are 50 or older.**

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

Bloomington Baptist Church:

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

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

Adult Education Classes

Introduction to Windows 10 class will be held on Saturday, September 16 from 9:30 – 11:30am. Instructor Whitney Sensabaugh. Cost is \$20 for members, \$30 for non-members. Windows 10 is the latest OS version from Microsoft. This class gives you all the in-depth information on this new operating system and its procedures. Windows 10 combines the features from its two previous versions for making it further user friendly for desktops as well as laptops and mobile devices. This is an introductory class that explains all the fundamentals of Windows 10. Please sign up by September 8.

Intro to Spanish I classes will be held at the senior center on Thursday's, September 21 – October 26 from 2:00-4:00pm in the computer lab. Cost is \$30.00 for members, \$40.00 for non-members payable when you sign up for the class. In these classes you will learn useful phrases and words, alphabet, numbers, days, verbs, writing dialogues, definite and indefinite articles, adjectives, stem changing verbs, direct and indirect object pronouns and more. Minimum number of 6 needed for class to go. Please call the senior center office and sign up by September 14.

Painting a Pet Portrait class will be held at the Senior Center in room 303 on Monday, September 25 from 5:00 – 7:00pm with Instructor Ann Thwaites. Cost is \$40.00, paid to instructor day of class. A supply list will be available at sign up. Please sign up by September 18.

Residential Electrical Code Classes will be held at the Senior Center in the cafeteria on Mondays beginning September 25 – November 20 from 6:00 – 8:00pm. This class

is an interactive look into particular code requirements for a variety of applications that are based on real world examples. This class involves looking for code answers to questions that are unique for each class, and also we address questions that come from the class, we discuss openly about code compliance for these types of installations. In the Residential class we look at the code requirements for new typical houses, and larger homes, apartment buildings, existing houses, and load calculations, to properly size service and grounding electrodes. Cost is \$75.00, payable at sign up that begins August 25. Please sign up by September 18.

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. Classes are on Tuesday and Thursday from 11:00 -11:30am.

Yoga: includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation. Classes are on Tuesday and Thursday from 11:30am – 12:00pm.

Colonial Heights United Methodist Church

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

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

George Washington Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

Friendship Manor Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, special events, etc.

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

Forest Ridge Manor Apartments: monthly activities such as bingo, birthday parties, special events, etc.

Kiwanis Towers Apartments: monthly activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

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



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 Kingsport'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 was recently 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 health care.



Holston Valley Medical Center
A Member of Wellmont Health System



Your choice for skilled nursing – 13 years in a row

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're certified for post-acute care through The Joint Commission and have earned five-star ratings from the Centers for Medicare and Medicaid Services – the highest possible score.



Above all, our team of professional caregivers strives to provide high-quality health care in a comfortable environment. We offer physical, occupational, speech 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.

Experience everything Wexford House has to offer. Please visit wellmont.org to learn more.



Wexford House
A Member of Wellmont Health System