

APRIL 2017

Senior *Living*

Kingsport Senior Center

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For Senior Center questions please contact the front office at 392-8400

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Nutrition Site Manager- Sutonia Sizemore
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.

Membership Dues:

For Fiscal year:
July 1, 2016-June 30, 2017
\$25.00- Kingsport City Residents
\$45.00- Sullivan County Residents
\$70.00- Out of County Residents
*If you have Silver Sneakers through your insurance company your membership is free.

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

Mission:

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

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness 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.



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

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

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

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.

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.

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov

Special Events

“Adult Coloring Therapy For Seniors” will be held the first Monday of the month. The benefits of Adult Coloring for seniors are: **1. Improves Mood 2. Relieves Stress 3. Reduces Agitation 4. Promotes Socialization and Reminiscing 5. Provides an Outlet for Self-Expression 6. Helps to Maintain Motor Function 7. Improves Dexterity (Grip Control).** Join us and see how Adult Coloring can help you. Please bring your Adult Coloring book and colored pencils if you have them. Contact the front office to sign up.

Between The Covers Book Club will meet **every first Tuesday of the month** at 10:00A.M. in the Card Room. Everyone is welcome. We will read *“The Rosie Project”* by Graeme Simsion. The international bestselling romantic comedy “bursting with warmth, emotional depth, and...humor,” (*Entertainment Weekly*) featuring the oddly charming, socially challenged genetics professor, Don, as he seeks true love is now available from Encore for a great value! The art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who’s decided it’s time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs The Wife Project to find his perfect partner: a sixteen-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers. Rosie Jarman possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project (even if she is “quite intelligent for a barmaid”). But Don is intrigued by Rosie’s own quest to identify her biological father. When an unlikely relationship develops as they collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie—and the realization that, despite your best scientific efforts, you don’t find love, it finds you.

Yoga Nidra will meet every 2nd Tuesday of the month from 6:30P.M. to 7:30P.M. in room 302. The cost is free for members and \$3.00 for non-members per class. Nidra, meaning sleep is a deep relaxation form of yoga, and a technique to awaken the connection between body, mind, and soul. The practice is like a deep sleep while you are still awake. This ancient practice is becoming more popular as a form of mediation and mind-body therapy, and has multiple physical benefits. Some of the Nidra benefits include: 1. Improves your concentration, which allows for a better memory. 2. You will suddenly find your memory becoming clearer and crisper. 3. Start retaining what you read and hear better than you have before. 4. Greater ability to focus. 5. Helps you become distracted less. 6. Improve your performance at work. 7. Allows you to make decisions much more rapidly and accurately. 8. Helps refresh the mind, leaving it clearer, more settled and better able to process information. 9. Much more powerful and effective than a nap or a coffee break. 10. Can allow you to experience a much deeper state of rest than when you normally sleep. You may sign up now in the front office.

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

Our **Easter Lunch** will be held on **Tuesday, April 11, 2017** from 11:30A.M. to 1:00P.M. in the Gym. The cost is \$2.00 paid at sign up and you will need to bring a covered dish to share. Please bring a covered dish that will feed at least 15 people. You may sign up now.

Clay 101 with Susan Vorhees will be held every Tuesday beginning **April 11 through June 27, 2017** from 12:00P.M. to 6:00P.M. in the Clay Room. The cost is \$30 plus \$15 firing fee if you haven’t paid it. Susan will teach a 12 week class. First 6 weeks will be more of a beginner class and the 2nd 6 weeks will be more intermediate and advanced. You will do a combination of hand building and wheel work. Due to the popularity of our clay classes you may only sign up one person at a time. You can start signing up on March 10th.

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

DB Cosmetology Students will be at the Center on **Tuesday, April 18, 2017** from 11:30A.M. to 1:30P.M. to do **Manicures**. The cost is \$2.00 paid to your manicurist the day of the appointment. Please contact the front office at 392-8400 to make your appointment. Sign up March 15th.

Our **Bob Ross Style Painting Class** will meet on **Wednesday, April 19, 2017** from 10:00A.M. to 2:00P.M. in room 303 with instructor Roger Lowe. The cost is \$50.00 paid to instructor the day of class and this covers all your materials. Please bring your lunch. You may sign up by calling 392-8400.

We will have **Movie Day** on **Wednesday, April 19, 2017** at 1:00P.M. in the Theater. We will watch *The Help*. An aspiring author during the civil rights movement of the 1960’s decided to write a book detailing the African American maids’ point of view on the white families for which they work, and the hardships they go through on a daily basis. This is a great movie you will not want to miss. This event is free and you can sign up by calling the front office at 392-8400. Popcorn will be served but you will need to bring your own drink.

It’s Spring cleaning time!! Our **Trunk Sale** will be on **Friday, April 21, 2017** from 8:00A.M. to 2:00P.M. in the Front Parking Lot. Please contact the front office at 392-8400 to reserve your spot. You can reserve your spot on March 31st.

Shred Day Event on Monday, April 24, 2017: This will be a great opportunity for Kingsport Senior Center members after tax season to dispose of their outdated or no longer needed documents. Document shredding will be done on-site at the Kingsport Senior Center in the front parking lot from 8:30A.M. to 12:00P.M. or until the truck reaches capacity, by Shred-A-Way of East Tennessee. Please note: Need to remove any documents from three-ring binders, since the binder cannot be shredded. All documents need to be free from paper clips, folders, binders, etc. All non-paper products will not be accepted.

The **“Melting Pot”** cooking class will be held on **Monday, April 24, 2017** at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn

a different style of cooking. You will also be given recipes to take home in class. This class will be \$3.00 due at sign up and you will need to bring \$2.00 the day of class. You may sign up for this class on April 3rd.

Beginning Drawing with Anne Thwaites will be held on **Friday, April 28, 2017** at 1:00P.M. in room 303. The cost is \$20.00 paid to instructor day of the class. Please contact the front office to sign up and you will need to pick up a supply sheet before class.

Cooking with Tracy will be held on **Monday, May 1, 2017** at 11:00A.M. in the Lounge. Tracy Laws, owner of the Plum Tree Restaurant in Colonial Heights, will teach you how to make authentic Chinese dishes. The cost is \$5.00 paid at sign up. You may sign up for this class on April 10th. This class is limited to 10 people.

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

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

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

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

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

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

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

TRIPS & Extended Travel

Kingsport Senior Center

Visits The Ohio Amish Country

5 days and 4 nights – April 24th-28th, 2017

**4 Dinners • 4 Breakfasts (3 in Amish Home)
Chartered bus by Knoxville Tours**

Highlights of the trip include:

Dinner at the Farmstead Restaurant – Full buffet, private room

Farm at Walnut Creek (wagon rides through the park, feed exotic animals from the wagon, free cookie in an Amish home at the end of the ride)

Walnut Creek Foods and Café – lunch on their own (local tradition lunches),

Shrock's Heritage Farm (house tour and buggy rides included for all, plus shopping time – antique mall, craft mall, quilts, etc) and homemade ice cream included for all

Dinner and a show at the Amish Country Theater (live comedy theater) (awesome meal including wedding chicken, full meal, dessert, and drinks – followed by The show – this will be a hilarious fun evening for all).

Anna Erb's for a homecooked breakfast at an Amish home

David Warther's Carvings (the one and only of such carvings)

Lehman's Hardware in Kidron (large hardware in old Order Amish area)

Schwartzentruber Amish Basket Maker – right at her home!

Coblentz Leather – a family run leather shop

Wendell Augusts Forge – handmade home décor items

Erma Weaver's for a full dinner served family style at an Amish home



Hershberger Truck Patch (farm, produce, and bakery)

Charm, OH – a quaint town with Amish all around.

Miller Dry Goods – fabric and quilts, and Keim Lumber

Holmes County Indoor Flea Market – lots of shopping

Heini's Cheese – sample over 50 flavors of cheese, with all milk for the cheese making coming from local Amish dairy farms

Coblentz Chocolates - delicious!

Freeman Byler's for a BBQ meal in an Amish home

\$460.00 Double Occupancy

Deposits must be made by February 21, 2017 \$100,

Final payment by March 17, 2017

For Info Please Contact: Shirley Buchanan 423-392-8403

Kingsport Senior Center

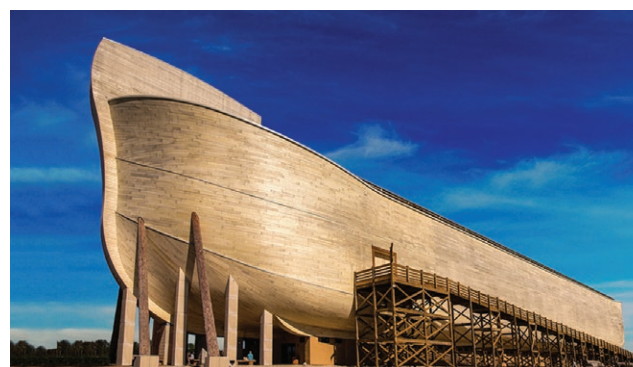
A 4 day and 3 night trip to the

Ark Encounter & Lexington, KY.

**We will depart the Center on Sunday, June 25, 2017
and will return on Wednesday, June 28, 2017.**

The cost is \$624 for double and triple occupancy and \$794.00 for single occupancy. Travel insurance \$79.00 for double and triple occupancy and \$92 for single occupancy.

Your package includes: 3 nights hotel accommodations, 3 breakfasts at your hotel and 2 wonderful dinners, 1 lunch at the Trustee's Table at Shaker Village. You will also experience the Ark Encounter, explore the Shaker Village of Pleasant Hill, enjoy a ride on the Dixie Belle Paddlewheel Boat, Visit the Kentucky Horse Park and International Museum of the Horse, and enjoy a guided tour of Lexington. A \$100 deposit is due at sign up and final payment is due by May 5, 2017. You can sign up now. Please contact Lori at 392-8405 or Shirley at 392-8403 for more information.



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 starts December 29th.

5 Nights Hotel Accommodations • 5 Breakfasts & 3 Wonderful Dinners Including:
1 Authentic Amish Style Feast • 2 Fabulous Luncheons Including:
1 Luncheon Cruise on Scenic Lake Champlain

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

Visit the von Trapp Family Inn

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

One Fabulous Lunch at the Von Trapp Inn

Featuring a seasonal menu reflecting both Austrian and Vermont traditions
 Von trap Family History Tour

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

Admission to the New England Maple Museum

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

Tour the Vermont Teddy Bear Factory

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

Visit Montpelier, VT "America's Smallest Capital"

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

Tour Ben & Jerry's Ice Cream Factory

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

Enjoy Wine Tasting at a Local Winery

Visit the Vermont Country Store

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

Kingsport Senior Center Presents a Fabulous Trip to 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 starts December 29th.

8 Nights Hotel Accommodations Including:
2 Nights at Las Vegas & 2 Nights in Flagstaff
6 Breakfasts & 6 Fabulous Dinners
3 Evening Receptions at
your Hotel including Hot Food and Spirits

Guided Tour of Scottsdale & Phoenix, Arizona

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

Enjoy a Scenic Train Ride and Visit to the Grand Canyon

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

Visit to Hoover Dam

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

Visit Beautiful City of Sedona "Red Rock Country"

Explore the South Rim of the Grand Canyon

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

Travel to a Monument Valley located in the Navajo Nation

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

Explore Bryce Canyon National Park

Visit the Awe-Inspiring Zion National Park

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

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



Day Trips:

Our OTLB will head to Weaverville, NC to eat lunch at the Stoney Knob Café on Friday, May 12, 2017. We will depart the Center at 9:45A.M. and will return around 3:00P.M. The cost is \$8.00 for transportation due at sign up and lunch will be on your own. Begin with a trendy location just 10 minutes from Asheville, NC. Stir in a whimsical blend of artifacts and artful spaces. Season with provocative offerings of American, Greek and European cuisine, coupled with an impressive wine list. Add a dash of funk and a smidgen of comfy cool. Top it off with owners who bring tremendous heart and skill to the table, treating you more like family than guests. Garnish with smiles all around. A visit to Stoney Knob Café is an explosion for the senses. While the food and wine are the focal point, the atmosphere is which you'll enjoy it is exiting and sophisticated, yet so chill. Funky. Local. It has to the panache of a world café with the casual, intimate feel of one's own living room. You may sign up now.

Join us as we head to **Barter Theater to watch "Footloose"** on Thursday, May 25, 2017. We will depart the Center at 10:30A.M.

and will return around 6:00P.M. **Lunch will be on your own at Pop Ellis Soda Shoppe.** The cost is \$30.00 for your ticket and transportation due at sign up. One of the most explosive movie musicals to burst onto the stage in recent memory! The soundtrack reached #1 on the Billboard charts with top 40 rock score, it is a story of rebellious teens and the families who learn to listen to and guide them with warm and loving hearts. Based on a true story; features the hits songs: "Footloose", "Somebody's Eyes", "Holding Out for a Hero", "Let's Hear it for the Boy", and "Almost Paradise". Sign up now.

The Center will take a trip to the **Wohlfahrt Haus** on Thursday, June 1, 2017 to see **"Then Sings My Soul"**. We will depart the Center at 9:45A.M. and will return around 6:00P.M. The cost is \$45.00 which includes your ticket, transportation and lunch. Featuring one of the most beloved musical genres of all time- Gospel Music. From historic spirituals to Southern Gospel to contemporary Praise and Worship, this inspirational show is overflowing with the songs you grew up singing and are still

singing today. Songs from the Carter Family, Elvis, Mahalia Jackson, The Gaithers and many more will touch your soul as no other kind of music can. You don't want to miss the heavenly tribute to Gospel Music! You can sign up now.

We will take a trip to **Barter Theater to see "Savannah Sipping Society"** on Wednesday, June 14, 2017. We will depart the center at 10:30A.M. and will return around 6:00P.M. **Lunch will be on your own at the Peppermill Restaurant.** The cost is \$30.00 for your ticket and transportation due at sign up. A laugh-a-minute comedy about four Southern women, all needing to escape their day-to-day routines, drawn together by fate-and an impromptu happy hour. Randa, a perfectionist and workaholic; Dot, still reeling from her husband's recent demise; earthy and boisterous Marlafaye, a good ol' Texas gal; and new to town, Jinx, a spunky fireball, offers her services as a life coach for these women. Hilarious misadventures and the occasional liquid refreshment lead the ladies to discover lasting friendships and a renewed determination to live in the moment.

Healthy Living

WELLNESS SEMINARS

Diet and Exercise in the Aging Population: Dr. Victor Ratajczak, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, April 18, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Diet and Exercise in the Aging Population": Dr. Ratajczak will discuss how dietary and exercise needs change with aging. Also how proper nutrition and exercise plays a critical role in the prevention of many diseases and conditions associated with aging. This is an event you will not want to miss, so mark your calendar and plan to attend!

Going Onto Medicare: Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, April 25, 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!

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

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

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, **April 11, 2017** and every second Tuesday of the month at 10:00 am to 11:30 am in the Card Room at the Kingsport Senior Center. Refreshments will be provided. No sign up's required to attend this seminar.

STEPPING ON

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include: *Simple and fun balance and strength training *The role vision plays in keeping your balance *How medications can contribute to falls *Ways to keep from falling when out in your community *What to look for in safe footwear *How to eliminate fall hazards from your home.

Is this workshop for you? Stepping On is designed specifically for anyone who: *Is 65 or *Has

Our next **S.M.I.L.E.** meeting will be on Wednesday, April 13, 2017 at 2:00P.M. in room 239. S.M.I.L.E. stands for Seniors Making Individual Lives Exciting. This is our volunteer program at the Kingsport Senior Center. If you are interested in volunteering please attend our next S.M.I.L.E. meeting or call 392-8404. Volunteer duties include but are not limited to: meals on wheels, luncheons, welcome desk, parties, office duties, special events, and projects.



had a fall in the past year *Is fearful of falling *Lives at home *Does not have dementia. **Did you know?** *More than one-third of people age 65 or older fall each year *Falls are the leading cause of injury and hospitalization for trauma and death among older adults *35% of people who fall become less active *40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be every **Thursday, 9:30 am to 11:30 am, April 13, 20, 27, and May 4, 11, 18, 25, 2017** in the Multipurpose Room. Sign-up in the Office or call 423-392-8400, there is a limit of 16 seats available. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery Services / Trauma.

ETSU COLLEGE OF NURSING

Randy Nentrup, RN, MSN, MPA, Assistant Professor with ETSU College of Nursing and Ten Nursing Students will be conducting a Mini Health Fair "Care of the Older Adult" on **Thursday, April 20, Tuesday, April 25, and Thursday, April 27, 2017** from 8:30 am to 12:00 pm on the 1st Floor Hallway Billiards room side. Topics on display, with take home information are:

- Reading Food and Medicine Labels
- Distracted Driving
- When to See a Doctor
- How to Decide Whether to Go to Urgent Care vs ER

Blood Pressure monitoring will be performed and they will also set up an information resource on a laptop like "Ask a Nurse" so the students can look up answers to health related questions as they arise. All members are encouraged to stop by for some valuable information.

FIT TEST

We will be doing a fitness test on **Wednesday, April 26, 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. Also your blood pressure will be taken. If you plan to participate in this event stop by the Office to fill out some paper work and sign up for the test. All members are invited and we hope to see you there.

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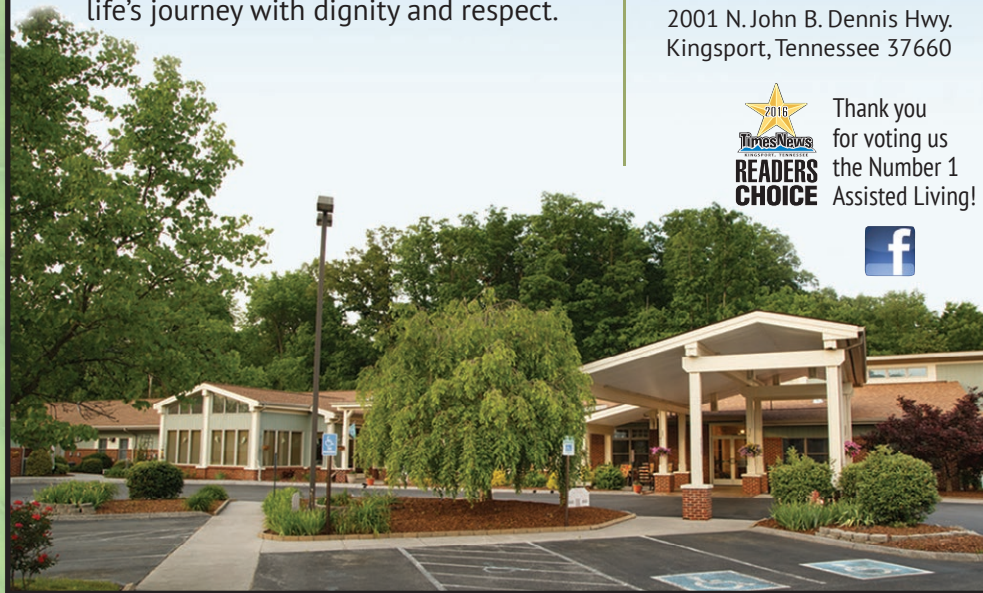
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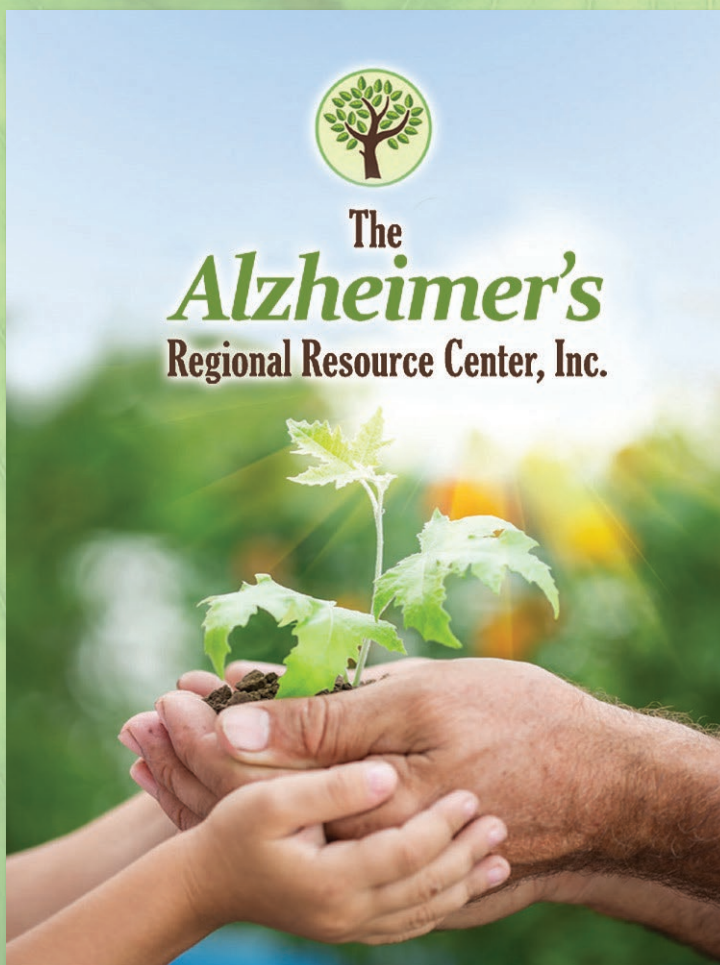
Alzheimer's Community Resource Center

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Kingsport, Tennessee

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**24/7
Help
Line**



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.

Intermediate and Advanced Art class will meet on Tuesdays in Lynn View cafeteria, beginning April 18 – June 27 from 10:00 am-noon. The art class will review drawing techniques that will aid in the development of a picture in watercolor or acrylic painting. Sign up begins April 3. Please call Lynn View Community Center office at 765-9047 and be signed up by April 11. Class is limited to 15.

Beginning Drawing Art Class will be on Tuesdays in Lynn View cafeteria, beginning April 18 – June 27 from 12:30 pm-2:30 pm. This class will be teaching core elements of drawing. Participants will do class exercises and homework. Sign up begins April 3. Please call the Lynn View Community Center office at 765-9047 and be signed up by April 11. Class limited to 15.

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

Cooking for 1 or 2 class will be held at Lynn View Community Center on April 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 April 10.

Blood Pressure checks will be held at Lynn View on first Monday of the month from 10-noon provided by volunteer Debbie Rowland, beginning April 3, and on Monday, April 17 from 10:00am – Noon provided by Avalon Hospice.

A Butterbean Auction will be held at Lynn View Community Center on Wednesday, April 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.

A Meditative Drawing workshop will be held at Lynn View Community Center in the lounge on Thursday, April 27 from 9:30 -11:30am. Cost is \$28.00, payable to instructor day of class. Participants will learn the basics of meditative drawing, a form of art similar to 'doodling,' that may or may not include representational elements. We will learn to recognize and reproduce simple lines and shapes to make interesting black and white patterns using pen on drawing paper. Techniques for coloring using colored pencils will be demonstrated, and colored pencils will be provided. A pen and sketchbook will be provided along with the basic square template used for this method. Cost is \$28.00, payable day of class to instructor Barbara Bell. Please call Lynn View Community Center 765-9047 and be signed up by April 20.

Beginning Crochet will be held at Lynn View Community Center in the lounge on Fridays beginning April 21 – May 26 from 11:00am – 12:00pm. This beginner class will teach participants how to read a pattern and make a scarf. Cost is \$20.00 paid to instructor first day of class. Please call Lynn View Community Center 765-9047 and



sign up by April 13. Class is limited to 4 participants.

Intermediate Crochet will be held at Lynn View Community Center in the lounge on Fridays beginning April 21 – May 26 from 9:30 – 10:30am. If you have crochet experience this class is for you. Class participants will decide what projects they would like to create. Cost is \$20.00 paid to instructor first day of class. Please call Lynn View Community Center 765-9047 and sign up by April 13. Class is limited to 4 participants.

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

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

Bloomington Baptist Church:

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

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

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Classes Branch Sites

Adult Education Classes

Tai-chi Easy will be offered on Thursdays beginning April 6 – May 25 in room 302 from 5:30 – 6:30pm with instructor Julie Culligan. This is an 8 week class. Cost is \$30 for members, \$40 nonmembers, payable to instructor first day of class. Must have minimum of 6 for class to go. Please be signed up by April 3.

A Meditative Drawing class will be held in Room 303 on Thursday, April 13 from 5-7pm. Cost is \$28 for members, \$35 non-members, payable day of class to instructor Barbara Bell. Participants will learn the basics of meditative drawing, a form of art similar to ‘doodling,’ that may or may not include representational elements. We will learn to recognize and reproduce simple lines and shapes to make interesting black and white patterns using pen on drawing paper. Techniques for coloring using colored pencils will be demonstrated, and colored pencils will be provided. A pen and sketchbook will be provided along with the basic square template used for this method. Sign up begins April 3, please be signed up by April 10.

Boom exercise classes will be held at Lynn view community center on Monday’s beginning April 24 – June 5. Boom is a fast paced 30 minute workout designed to help improve strength, flexibility and endurance. This class is acceptable for all fitness levels. Cost is \$25.00 for members, \$35.00 non-members. Call Lynn view community center 765-9047 and be signed up by April 17.

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

First Broad Street United Methodist Church

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

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

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

Colonial Heights United Methodist Church

Silver Sneakers Yoga is on Mondays and Wednesdays in the gym from 11:00am – Noon.

Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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

George Washington Apartments

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

Friendship Manor Apartments

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

V.O. Dobbins

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

Forest Ridge Manor Apartments

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

Kiwanis Towers Apartments:

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

Aquatics Center

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

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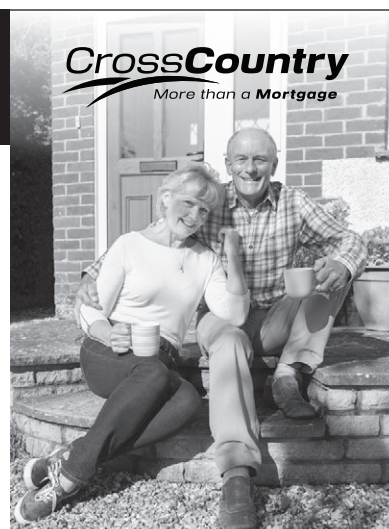
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Classes & Daily Activities

Monday:

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

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

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

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

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

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

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

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

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

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

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

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

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

Mahjong: 2:00P.M. (Multipurpose Room) Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed.

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

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

Tuesday:

Lap Swimming: 8:00A.M. (Aquatics Center)- (There will be an additional swimming lane

open to just Senior Center members. The other lane will be first come first serve.) Swimming freestyle will not only work your shoulders and legs extremely well but your chest, back, core, and everything in between will show signs of real development in just a few days.

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

between will show signs of real development in just a few days.

Boom Fitness: 8:30 A.M. (Gym)- Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by

leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

Massage Therapy: 9:00A.M. to 3:00P.M. (Multipurpose Room) (Appointment Only) Please Contact Brenda Rhoten at 423-737-2387 to schedule your appointment.

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

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

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

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

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

Sing Along: 10:15A.M. (Cafeteria) Is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

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

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

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

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

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

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

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

Wednesday:

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

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

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

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

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

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

Daily Activities & Classes

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

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

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

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

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

Thursday:

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

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

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

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

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

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

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

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

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

Exercise for Everyone: 10:30A.M. (Gym)- A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

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

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

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

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

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

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

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

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

Friday:

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

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

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

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

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

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

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

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

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

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

Saturday:

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

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

Serving Seniors Computer Classes:

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

1st class- April 5, 6, 12, 13, 19, 20, 26 & 27th

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

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

How to Build your Own Etsy Page will be held on **Saturday, April 8, 2017 and Saturday, May 13, 2017** from 10:00A.M. to 12:00P.M. in the Computer Lab. This is a free class. Please contact the Center at 392-8400 to sign up.

Learn What Apps to Use to Aid in Caregiving class will take place on the 3rd floor in the hallway located outside the Atrium. This class is from 9:30A.M. to 11:30A.M. & from 5:30P.M. to 7:30P.M. on **April 4, 18 and May 2, & 16th**. This is a free class. Please call the front office to sign up.

We are offering a class on **Individual Help Building your Etsy Page** at the Lynn View Artisan Center from 10:00A.M. to 12:00P.M. on **April 11, 25th and May 9, & 23rd**. This is a free class. Please contact the center at 392-8400 to sign up.

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



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.