

# Senior *Living*

Kingsport Senior Center

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**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

## **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

### **Staff:**

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

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

Wellness Coordinator- Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

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amberquillen@kingsporttn.gov  
392-8402

Program Leader- Lori Calhoun  
loricalhoun@kingsporttn.gov  
392-8405

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

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

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

Nutrition Site Manager-246-8060

### **Policies:**

**Refund Policy:** The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

# Healthy Living

## TABLE TENNIS TOURNAMENT

We invite all Table Tennis players to show off your skills on **Wednesday, August 16, 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, August 11, 2017

## WELLNESS SEMINARS

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

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

**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 and we hope we see you there.

## BLOOD PRESSURE CHECKS

Carey Tullock with Avalon Hospice will be at the Center on **Monday, August 21, 2017** for blood pressure checks from 9:00 am to 12:00 noon and **every other 3rd Monday** of the month, in the Hallway by the Office. HealthSouth Rehabilitation Hospital will be at the Center on **Wednesday, August 23, 2017** for blood pressure checks from 9:00 am to 11:00 am and **every 4th Wednesday** of the month, in the Hallway by the Office. These services are free and not required to sign up for.

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

**Memory Screening / Virtual Dementia Tour:** Ginny Jenkins, C.E. and Holly Lefevers, LMSW with Smoky Mountain Home Health and Tracey Kendall Wilson with Alzheimer's TN will be at the Center on **Thursday, August 24, 2017** from 1:00 pm to 3:00 pm in the Multipurpose Room. Smoky Mountain Home Health and Alzheimer's Foundation of America's National Memory



Screening Program providing free confidential memory screening. Alzheimer's Tennessee will be doing a virtual dementia tour, during the tour participants are outfitted with clothing and accessories designed to simulate the sensory and mobility experience of persons with dementia. They are assigned a set of simple tasks, everyday things that are typically done with much ease. Participants will be better able to understand what someone diagnosed with dementia may feel. These screenings are simple and safe tool that checks memory and other thinking skills and can indicate whether additional follow-ups are needed with your primary care physician. Stop by the office to sign up or call 423-392-8400, walk-ins are welcome.

## 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.

## 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 August 9th 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.



# Menu for August

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
	1 Chicken Tenders Potato Wedges Mix Vegetables Tropical Fruit WW Roll	2 Meatloaf Mashed Potatoes Green Peas Chocolate Pudding WW Roll	3 Soup Beans w/ Onions O'Brien Potatoes Mixed Greens Coleslaw Cornbread	4 Chicken Tetrzzini Italian Mixed Vegetables Pears Texas Toast
7 BBQ Chicken Potato Wedges Baked Beans Mixed Fruit WW Bun	8 Baked Ham Broccoli Salad Pineapple Baked Potato Chips WW Bread (2)	9 Chili Dog w/ Mustard & Onions Potato Wedges Baked Beans Coleslaw WW Bun	10 Sloppy Joe Sweet Potatoes Corn Mandarin Oranges WW Bun	11 FTHRA Nutrition Annual Training
14 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Tropical Fruit WW Roll	15 Chili Mac Casserole Green Beans Applesauce Fudge Cookie WW Roll	16 Bread Pork Chop Sweet Potatoes Broccoli Chocolate Pudding WW Roll	17 Chicken Salad on Lettuce Pasta Salad Cucumbers & Tomatoes Cookie WW Bread (2)	18 Spaghetti w/ Meat Sauce Italian Mixed Vegetables Baked Apples Texas Toast
21 Chicken Patty Au Gratin Potatoes Brussel Sprouts Peaches WW Roll	22 Soup Beans w/ Onions Oven Browned Potatoes Mixed Greens Coleslaw Cornbread	23 BBQ Pork Riblet Baked Beans Carrots Banana Pudding WW Bun	24 Hamburger/ Mayo Potatoes Wedges Corn Mandarin Oranges Lettuce/Tomato WW Bun	25 Honey Mustard Chicken Au Gratin Potatoes Carrots Oatmeal Crème Cookie WW Roll
28 Country Style Steak/ Gravy Mashed Potatoes Green Beans Mandarin Oranges WW Roll	29 Chicken Parmesan Pasta w/ Marinara Sauce Broccoli Cinnamon Applesauce Texas Toast	30 Tuna Salad Green Pea Salad Tropical Fruit Baked Potato Chips WW Bun	31 Ham, Mac & Cheese Casserole Brussel Sprouts Peach Crisp WW Roll	

# 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 "The Graveyard Book" by Neil Gaiman. Come and join us for a discussion of "The Graveyard Book".

**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 meditation 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.

Our **Flower Arranging class** will meet on **Thursday, August 10, 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 1st.

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

**SNAP Supplemental Nutrition Assistance Program Seminar** will be held on **Monday, August 14, 2017** from 9:00am to 10:00am in the Card Room. Kathleen McLaughlin from the First Tennessee Area Agency on Aging & Disability will be here to discuss the SNAP (Supplemental Nutrition Assistance Program) which was previously known as the Food Stamp program. A demonstration using ingredients obtained from SNAP will be used to make a meal. Please call 423-392-8400 or sign up in the front office.

**SNAP Supplemental Nutrition Assistance Program Signups** will be held on **Tuesday, August 15, 2017** from 8:30am to 2:00pm in the Computer Lab. Kathleen McLaughlin from the First Tennessee Area Agency on Aging & Disability will be here to work individually with members to help them to see if they qualify and if so to sign them up for the SNAP program. Kathleen will work with 1 person for 30 minute time slots. Please call 423-392-8400 or sign up in the front office.

Our **Bob Ross Style Painting Class** will meet on **Wednesday, August 16, 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, August 16, 2017** at 1:00pm in the Atrium. We will watch "The Boy in the Striped Pajamas." During World War II, 8-year-old Bruno (Asa Butterfield) and his family leave Berlin to take up residence near the concentration camp where his father (David Thewlis) has just become commandant. Unhappy and lonely, he wanders out behind his house one day and finds Shmuel (Jack Scanlon), a Jewish boy of his age. Though the barbed-wire fence of the camp separates them, the boys begin a forbidden friendship, oblivious to the real nature of their surroundings. We will serve popcorn but please bring your own drink. You can sign up now.

**TN SHIP Medicare Low Income Application Event** will be on **Monday, August 21, 2017** from 9:30am to 11:30am in the Computer Lab. Do you have Medicare and need help paying for your prescription or Medicare premiums? Contact the Kingsport Senior Center to see if you qualify for assistance with these costs through the Extra Help or Medicare Savings Program. Ryan Ramsey will be here from the TN Ship (State Health Insurance Program) to help individuals participating in Medicare to see what they qualify for, so sign up now by calling 392-8400 or stop by the front office and sign up.

The **"Melting Pot"** cooking class will be held on **Monday, August 28, 2017** at 11:00am. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style of cooking. You will also be given recipes to take home in class. This class will be \$3.00 due at sign up and you will need to bring \$2.00 the day of class. You may sign up for this class on July 31st

**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.

**Clay 101 with Susan Vorhees** will be held on **Thursday's beginning August 31 through November 16, 2017** from 12:00pm to 6:00pm in the Clay Room. The cost is \$30.00 plus \$15.00 firing fee if you have not paid it. You will need to pick up a supply list at sign up if you haven't previously taken Susan's class. Sign up will begin on August 7th.

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

**Cooking with Tracy** will be held on **Monday, September 11, 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

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.

**Estate Planning Clinic - Christy Harris with Legal Aid of East TN** 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 423-392-8400 to signup so that we can obtain a listing of people wanting to attend, but the Member will be helped in the order of their arrival. Sign ups begin July 20, 2017.

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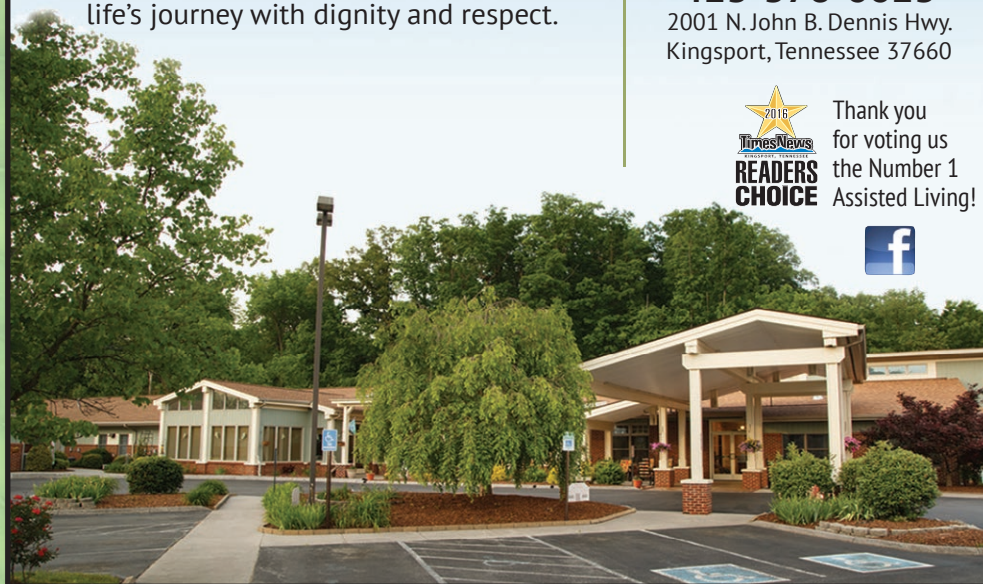
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Kingsport, Tennessee 37660



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



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for those living with Alzheimer's

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## Alzheimer's Community Resource Center

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

**423-378-HELP (4357)**



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Line**







*A wide array of sunglasses can protect eyes from potentially damaging ultraviolet radiation.*

## Protect eyes from ultraviolet rays

Thanks to increased awareness about the perils of exposure to ultraviolet rays and skin damage, a greater number of people routinely apply sunscreen before spending time outdoors. But while people take steps to prevent sunburns, skin cancer and premature aging, they may fail to consider that UV rays also can damage their eyes. Just as people protect their skin from the sun, so, too, should they safeguard their eyes. Prevent Blindness America warns that the sun is comprised of UVA and UVB rays. UVA rays may hurt central vision by damaging the macula, or a part of the retina at the back of the eye. UVB rays typically affect the front part of the eye or the lens and cornea. The following are some common eye conditions that can be linked to exposure to UV rays.

### **Photokeratitis**

Excessive amounts of UV radiation over a short period of time can cause photokeratitis, which is equivalent to a sunburn of the eye. Photokeratitis may occur after spending long hours at the beach or skiing without proper eye protection. UVB rays cause photokeratitis, and these rays can burn the cornea, potentially causing pain and temporary vision loss.

### **Macular degeneration**

According to the American Optometric Association, macular degeneration is a deterioration of the part of the retina that is responsible for sharp, central vision. In addition to UV rays, chronic exposure to shorter-wavelength visible blue and violet light can be harmful to the retina. The sun and many artificial light sources, such as LEDs and smartphones, emit blue light. Some blue light can be beneficial, but

some can be harmful to the eyes. Lenses that absorb harmful blue light or block it can prevent retinal damage.

### **Pterygium**

Pterygium is a growth that forms on the outer portion of the eye, or the cornea and conjunctiva. The World Health Organization says that prolonged UV exposure can contribute to this condition. Pterygium may extend over the cornea and reduce vision, requiring surgical removal.

### **Cataracts**

UV exposure also can contribute to the formation of cataracts. Prevent Blindness America says a cataract is a clouding of the eye's natural lens, the part of the eye that focuses the light people see.

### **Sun protection**

Sunglasses should completely cover the eyes, including the skin on the eyelids and under the eye, to provide adequate protection for the eyes. Wraparound frames will offer additional protection to those who spend a lot of time outdoors in bright sunlight. The AOA says sunglasses should also do the following.

- Block out 99 to 100 percent of both UVA and UVB radiation.
- Screen out between 75 and 90 percent of visible light.
- Have lenses that are perfectly matched in color and free of distortion and imperfection.
- Have lenses that are gray for proper color recognition.

Consumers should speak with an eye doctor if they have additional questions about eye protection. Prescription lenses can be tinted and treated to offer UV protection.

# Kingsport Senior Artisan Center Information

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

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

A monthly Artist Breakfast

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

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

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



Like Us On  
facebook 

## Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov

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# 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, limited 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**

**\*Only 4 spots remaining**

**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.

# HEARING AIDS:

## Are you paying too much?

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Siemens Pure/Motion 101	\$918	\$1599
Siemens Binax 5	1519	2399
Siemens Binax 7	2165	2999
Phonak Dalia	827	1599
Phonak V50	1208	1999
Phonak V90	2126	2899
Oticon Ino	869	1599
Oticon Nera 2 Pro	1361	2299
Oticon Alta 2 Pro	2245	2999
Widex Menu 3	873	1499
Widex Dream 220	1205	1899
Widex Dream 440	2255	2999

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- No Pressure Sales!
- We Carry Most Major Brands of Hearing Aids

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Don Cornwell, ACA BC-HIS



Zina Cornwell, ACA BC-HIS



# 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**

## Day Trips:

The Center will take a trip to Knoxville to the Riverboat Company for a cruise and lunch on Friday, September 8, 2017. We will depart the Center at 9:00am and will return around 4:30pm. The cost is \$38.00 all inclusive. You can sign up on July 28th.

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

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



# 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**

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# Senior Expo

## Everything Senior!

- Senior Center class demo's –  
Including exercise, dance, and cultural classes.
- Computer seminars –  
How to use a smart phone & Beginner I-pad classes.
- Artisan center displays and items for sale
- Flower arranging demo and sales
- Senior Cooking demos

*Save the date and stop by the Senior Center  
for more information.*

**August 15**  
**Civic Auditorium • 9:00am**



RP3115  
Beyond Benefits  
Rachel



# 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 staring June 7 at 11:00am. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. No sign up required.

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

**Intermediate drawing classes** will be held at Lynn view Community Center on Tuesdays beginning August 29 from 10:00 am – 12:00 noon, in the cafeteria. This class will be studying human figure drawing for the fall semester. Sign up for the class begins August 2 and is limited to 18 participants. Participants who have been through the basic drawing class will be given preference.

**Cooking with Chef Joe** will be held at Lynn View Community Center on August 21 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 August 1, 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 (July, Sept and Nov) from 10:00am – Noon provided by Avalon Hospice and the last Monday of every month provided by volunteer, Peg Dailey.

**A Five Wishes** program will be presented by Amedisys Hospice, Tuesday, August 8 from 11:30am – 1:30pm in the cafeteria at Lynn View Community Center. What is five wishes? 5 Wishes features an easy to use, legal document also known as an advance directive that helps individuals plan their future treatment should a serious illness or accident occur. What questions does 5 Wishes address? Who do you want to make care decisions for you when or if you're no longer able to? What kind of medical treatment do you want or do not want? How comfortable do you want to be? How do you want people to treat you and your wishes? Please call Lynn view 765-9047 and sign up by August 3.



**Biscuits and Bingo** will be held at Lynn View Community Center in the cafeteria on Thursday, August 10 at 10:30am. Biscuits and bingo prizes are sponsored by Brookdale Rock Springs. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 50 participants.



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# Classes Branch Sites

**Basic Electrical repairs with Doug Clark** will be held at Lynn view community center in the cafeteria on Tuesday, August 15 from 12:30 -1:30pm. Cost is Free. This class will teach you basic things you can do yourself before you call an electrician. Please call Lynn View 765-9047, sign up begins August 1.

We will be having a **Grief Share** program at Lynn View Community Center on Tuesday, August 22 at 10:30am. This program will be presented by Sherry York. Is today's society really prepared to deal with grief?" Sherry will talk about what is grief, the problem with grief, the six myths of grief, how do we grieve and is there hope in grief. Sign up by calling Lynn View 765-9047, be signed up by August 15.

**A Butterbean Auction** will be held at Lynn View Community Center on Wednesday, August 23 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 August 16.

**A Cooking with Herbs** class will be held at Lynn View Community Center on Thursday, August 24 at 12:30pm. Fresh herbs can take any dish from good to great! Cooking with herbs adds flavor without additional sodium and can be a healthy alternative to using salt. Plus, being rich in vitamins, minerals, and antioxidants, they have nutritional benefits all their own. Learn about how to use these nutrient-packed plants in your favorite recipes in our Cooking with Fresh Herbs class presented by Food City Registered Dietitian, Elizabeth Hall, RDN, LDN. Please call Lynn View at 765-9047 to sign up starting August 2.

**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**

**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 comes 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 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](http://wellmont.org) to learn more about our facilities, services and caregivers.