

Senior *Living*



Kingsport Senior Center

Special Events *Page 3*

Travel

Special Trips *Page 4*

Healthy Living

**Seminars, Health Checks
and Support Groups** *Page 6*

Branch Sites

Happenings in the area *Page 8/9*

Classes

Daily Activities *Page 10/11*

DECEMBER 2016

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

Program Leader- Amber Quillen
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- Megan Morrow
meganmorrow@kingsporttn.gov
343-9713

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

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:
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	Forest Ridge Manor: 1252 Bloomingdale Pike, Kingsport, TN 37660
Colonial Heights Methodist Church: 631 Lebanon Road, Kingsport, TN 37663	George Washington School Apartments: 205 E. Sevier Ave, Kingsport, TN 37660
First Broad Street United Methodist Church: 100 E. Church Circle, Kingsport, TN 37660	Friendship Manor Apartments: 108 Wampler Street #39, Kingsport, TN 37665
Bloomingdale Baptist Church: 3220 Bloomingdale Road, Kingsport, TN 37660	Maple Oak Apartments 818 Oak Street, Kingsport, TN 37660

Kingsport Senior Center
Advisory Council Members:

Bruce Shine (Chairman)	Jean Chang
Brenda Cunningham	Carmen Moix
Norma Livesay	Frances Cottrell
Lester Pridaemore	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.

Special Events

Come and celebrate the **12 days of Christmas** with us this year with different Holiday activities each day! Some days require payment. Sign up now!

Thursday, December 1- Christmas Tree Decorating Party @ 1:00P.M. in the Atrium

Friday, December 2- Tree lighting ceremony with carolers, Christmas goodies, and pictures with Santa @ 1:00P.M. in the Atrium.

Monday, December 5- Cookie exchange and Ornament making @ 1:00P.M. in the Cafeteria.

Tuesday, December 6- Christmas Party at Allandale @ 6:00P.M. at the Allandale Mansion. Cost is \$10.00 per ticket; plus bring a \$10.00 gift to play in the Chinese Christmas game (optional).

Wednesday, December 7- Card Making for Military and bring a Breakfast Covered Dish @ 9:00A.M. in room 310.

Thursday, December 8- Wreath Making @10:30A.M. in room 310. The cost is \$18.00.

Friday, December 9- Christmas Dance @ 6:30P.M. in the Gym. The cost is \$5.00 per person. You can't sign up until November 7th.

Monday, December 12- Christmas Dessert Making @ 1:00P.M. in the Lounge. The cost is \$3.00.

Tuesday, December 13- Fleece Blanket Making @ 1:00P.M. in the Cafeteria- The cost is \$3.00.

Wednesday, December 14- Candy Making @ 1:00P.M. in the Lounge. The cost is \$3.00.

Thursday, December 15- Jonesborough Story Telling Guild will tell Christmas Stories @ 1:00P.M. in room 310.

Friday, December 16- Gingerbread House Making @ 1:00P.M. in the Lounge.

Between The Covers Book Club will meet **every first Tuesday of the month** at 10:00A.M. in the Card Room. Everyone welcome. We will read Rebecca by Daphne Du Maurier. "Last night I dreamt I went to Manderley again ..." The novel begins in Monte Carlo, where our heroine is swept off her feet by the dashing widower Maxim de Winter and his sudden proposal of marriage. Orphaned and working as a lady's maid, she can barely believe her luck. It is only when they arrive at his massive country estate that she realizes how large a shadow his late wife will cast over their lives- -presenting her with a lingering evil that threatens to destroy their marriage from beyond the grave.

First published in 1938, this classic gothic novel is such a compelling read that it won the Anthony Award for Best Novel of the Century.

"Adult Coloring Therapy For Seniors" will be held at 11:00A.M. in the Card Room, on **Monday, December 5, 2016**. 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. Made changes to this class.

Cooking with Tracy will be held on **Monday, December 5, 2016 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 November 14th.

Our **Flower Arranging** class will meet on **Thursday, December 8, 2016** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$18.00 and is paid to Instructor Susan Valentine the day of class. This class is already full. It is part of our 12 days of Christmas this year.

DB Cosmetology Students will be at the Center on **Tuesday, December 13, 2016** 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 began November 14th.

We are offering a new Yoga class called **Yoga Nidra** on every 2nd Tuesday of the month beginning on **Tuesday, December 13, 2016** 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.

The **"Melting Pot"** cooking class will be held on **Monday, December 19, 2016** 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 December 1, 2016.

Our **Christmas Lunch** will be held on **Tuesday, December 20, 2016** at 11:30A.M. in the gym. The cost is \$2.00 due at sign up and you will need to bring a covered dish the day of the lunch. Sign up begins November 7th. Please sign up by December 13th.

Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting** on **Wednesday, December 21, 2016** from 10:00A.M. to 2:00P.M. in room 302. You can see a sample painting located in the display case billiards room side. The cost is \$50.00 paid to instructor the day of class. The cost for the class covers your supplies. Please bring your lunch.

We will have **Movie Day** on **Wednesday, December 21, 2016** at 1:00P.M. in the Theater. We will watch National Lampoons Christmas Vacation. As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly. His hick cousin, Eddie (Randy Quaid), and his family show up unplanned and start living in their camper on the Griswold property. Even worse, Clark's employers renege on the holiday bonus he needs. You may sign up on November 16th.

Come and check out our new class we are starting in the New Year. **DIY Projects with Megan** will be held on Tuesday's beginning on **Tuesday, January 3 through February 7, 2017** from 12:00P.M. to 1:00P.M. in the Multi Purpose Room. The cost is \$30.00 for 6 weeks due at sign up. Megan will teach you how to make many DIY projects such as, cough drops, laundry detergent, dryer sheets, vapor rub, etc. You will not want to miss this class. This class is limited to 20 people. You may sign up on December 15th.

Happy Birthday Elvis! Come and celebrate **Elvis's birthday** with us on **Friday, January 6, 2017** from 1:00P.M. to 2:00P.M. We will serve his favorite peanut butter and banana sandwich, chips, and ice cold Pepsi. Come dressed like Elvis and show us your best Elvis impersonations for the Elvis Look-Alike contest. Prizes will be awarded for 1st, 2nd and 3rd place only. Sign up will begin on December 1st.

Home Repairs 101 with Doug Clark will be held on **Tuesday, January 10, 2017** from 10:30A.M. to 11:30A.M. in the Card Room. Doug will teach you how to fix basic home repairs on your own. The class is free and you can sign up on December 1st.

The Kingsport Senior Center will offer a **Hardanger Class** on Tuesday's beginning on **Tuesday, January 17 through February 14, 2017** from 1:00P.M. to 3:00P.M. in Room 303 with instructor Lynn Bowers. Hardanger is a form of embroidery traditionally worked with white thread on white even-weave cloth, using counted thread and drawn thread work techniques. The cost is \$12.00 paid to the instructor the first day of class. The \$12.00 is for your hardanger kits. This class is a maximum of 10 people but we must have a minimum of 5 for class to go. You may sign up on December 5th.

We will have a **2-Day Clay Workshop** with Susan Voorhees on **Tuesday, January 17 and Thursday, January 19, 2017** from 1:00P.M. to 4:00P.M. in the Clay Room. The cost is \$10.00 for both classes paid at sign up. Susan Voorhees teaches clay and pottery classes at Walters State Community College and she is excited to bring in new and exciting projects to the center. She will teach a handbuilding class on Tuesday and a wheel class on Thursday. This workshop is limited to 16 people and you may sign up on December 12th.

Come join us on Valentine's Day for a **Cupid's Bash! Let's Dance and Dine this Valentine!** The Friends of the Center will host a fundraiser dance on **Tuesday, February 14, 2017** from 6:30P.M. to 9:30P.M. in the Gym. Dinner will be served at 6:30P.M. and the dance will start at 7:00P.M. Entertainment is provided by Kids Our Age and food is provided by B.J. Catering. The event is sponsored by Hamlet Dobson Funeral Home. The cost is \$20.00 per ticket and all proceeds go to our Friends of the Center Fundraising Group. You may sign up on December 1st.

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

TRIPS & Extended Travel

Kingsport Senior Center Presents

Alaskan Cruise and Land Tour Aboard Celebrity's "Millennium"

11 days and 10 nights – August 18, 2017 to August 28, 2017

\$4,125.00 per person Inside Cabin (price is based upon Double Occupancy)

\$4,325.00 per person Outside Cabin (price is based upon Double Occupancy)

\$5,125.00 per person Balcony Cabin (price is based upon Double Occupancy)

Deposit of \$250.00 per person due at signup, \$500.00 per person is due by

October 3, 2016 and final payment due by March 17, 2017

Must have a passport for this trip! Sign up starts May 2nd.

Trip Insurance pricing = TBA

8/18/17 (FRI): Arrive in Vancouver, British Columbia. Board your ship the Celebrity Millennium and Depart on your Alaska Cruise!

8/19/17 (SAT): Inside Passage Cruising – This famously beautiful passage features virtually everything you came to Alaska hoping to see, including rain forests, glaciers, fjords, white-capped peaks and wildlife.

8/20/17 (SUN): Ketchikan, Alaska – In addition to being the jumping – off point for seaplane excursions into the Misty Fjords National Monument and its 2.2 million acres of wilderness nirvana, Ketchikan is also the ancestral home of the Tlingit tribe and has the world's largest collection of totem poles.

8/21/17 (MON): Icy Strait Point Alaska – At the mouth of Glacier Bay, lays historic Icy Strait Point, where travelers have the unique opportunity to experience Tlingit culture, superior wildlife viewing opportunities and years of Alaskan history.

8/22/17 (TUE): Juneau, Alaska – Here the pioneering spirit lives on in an interesting mix of cosmopolitan chic and frontier ruggedness.

8/23/17 (WED): Skagway, Alaska – If any place on earth can summon up the thrill of prospecting, it's Skagway. By embracing its gold-rush past, Skagway has managed to preserve a frontier spirit complete with saloons and dance-hall revues.



8/24/17 (THURS): Hubbard Glacier (cruising) – The Hubbard Glacier is North America's largest tidewater glacier and is unique in that it is currently advancing, while most Alaskan glaciers are retreating.

8/25/17 (FRI): Seward, Alaska – Upon arrival in Seward greet your Tour Director at the pier, then board your deluxe motor coach and travel to Denali where you will spend the night.

8/26/17 (SAT): Denali, Alaska – In the morning, enter Denali National Park for a Denali Natural History Tour. Travel a scenic route to the Savage River. Along the way, learn about the natural and cultural history of the Denali region. Discover the beauty of taiga forests and gaze over miles of rolling tundra, all while searching for spectacular wildlife. This afternoon, board the Wilderness Express, Celebrity's glass-domed train-cars that provide a spectacular 360 degree view, for a scenic ride to historic Fairbanks. Check into your Fairbanks hotel where you'll stay for the next two nights.

8/27/17 (SUN): Fairbanks, Alaska – After breakfast, you'll enjoy a fun-filled day in Fairbanks, including a tour of the Gold Dredge 8 where you can learn to pan for gold! You're afternoon is free to explore on your own or choose an optional excursion such as a visit to the Museum of the North or a ride on the Riverboat Discovery. Spend a second night in historic Fairbanks.

8/28/17 (MON): Fairbanks, Alaska – Depart for home with memories of a truly wonderful vacation!

Day Trips:

Take a trip with us to the **Unicoi County Heritage Museum & Clinchfield Railroad Museum with lunch at the Maple Grove Restaurant** in Unicoi County, TN. We will depart the Center at 10:00A.M. on **January 13, 2017** and will return at 3:30P.M. The cost is \$8.00 for transportation and you will need to bring \$4.00 the day of trip. Lunch will be on your own. You may sign up for this trip now.





Lifeguard Training with CPR/AED for the Professional Rescuer

Kingsport Aquatic Center

The purpose of the American Red Cross Lifeguard Training course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illness until emergency medical services personnel take over.

This course includes the following certifications: American Red Cross certificate for Lifeguarding/First Aid/CPR/AED (valid 2 years). A rescue mask will be provided as part of the course fee. Participants will need to obtain a current copy of the American Red Cross Lifeguarding Manual, which can be downloaded free of charge from www.redcross.org. This course is approximately 26.5 hours in length, and participants must attend all classes.

To participate in the course you must meet the following prerequisites (if the pre-test is failed, \$75 is non-refundable):

1. Must be 15 years old by the last day of class
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing (swimming with face in the water). Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.
4. Complete a timed event within 1 minute, 40 seconds:
 - a. Staring in the water, swim 20 yards with face in our out of water. Swim goggles are not allowed.
 - b. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
 - c. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so that you are able to get a breath. Candidate should not swim the distance underwater. Exit the water without using ladder or steps.

The practice sessions will require some strenuous physical activity. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully participating in the lifeguarding course, please contact the facility to discuss this with an instructor before the course begins.

The course fee is \$175.00 (\$75.00 is non-refundable if pre-test is failed) To sign up, please visit the KAC front desk. Classes fill quickly in the winter and spring.

TESTING DATES:

December Session I 2016:

Friday, December 2- 4pm-9pm (pre-test included)

Sunday, December 4- 11am-5pm

Friday, December 9- 4pm-9pm

Saturday, December 10- 9am-3pm

Sunday, December 11- 11am-3pm (final test and scenarios)

December Session II 2016:

Friday, December 16- 5pm-9pm (pre-test included)

Saturday, December 17- 9am-3pm

Sunday, December 18- 11am-3pm

Monday, December 19- 8am-1pm

Tuesday, December 20- 8am-1pm

Wednesday, December 21- 8am-1pm (final test and scenarios)

Kingsport Senior Artisan Center Information

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

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

A monthly Artist Breakfast

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

Located in the Lynn View Community Center, our multi-level facility offers basketball, pickleball, indoor walking, weights and exercise equipment, a billiards room, group exercise, and a computer lab. Our Lounge features Wii Sports and there's always a fresh pot of coffee brewing! We are open Monday-Friday from 9am-2pm.



Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletolbert@kingsporttn.gov

Keeping the Comforts of Home™



In-Home Senior Care

- Companion Care • Personal Care
- Light Housekeeping • Transportation

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



**Comfort
Keepers®**
a *sodexo* brand

Healthy Living

SEMINARS

Identity Theft: Justin Boggs, Customer Service Representative with Fort Sill National Bank will be at the Center on **Tuesday, December 6, 2016** at 10:30 am in the Card Room. Topic of discussion will be "Taking Charge, What to Do if Your Identity is Stolen": This seminar will discuss what steps need to be taken if your identity is stolen.

IMMEDIATE STEPS:

- **Place an Initial Fraud Alert**
- **Order Your Credit Reports**
- **Create an Identity Theft Report**

This seminar will be a good educational event you will not want to miss, so mark your calendar and plan to attend!

Alzheimer's Foundation of America's National Memory Screening Program:

Ginny Jenkins, C.E. and Holly Lefevers, LMSW with Smoky Mountain Home Health & Hospice will be at the Center on **Monday, December 12, 2016** from 10:00 am to 12:00 noon in the Multipurpose Room. Smoky Mountain Home Health & Hospice has joined the Alzheimer's Foundation of America's National Memory Screening Program providing free confidential memory screenings. The screening is a 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.

- **The screening takes approximately 10 minutes.**
- **It consists of a series of questions to gauge memory, language, and thinking skills.**
- **The screenings conducted face-to-face and takes place in a private setting.**
- **The results are not a diagnosis, but can suggest if someone should see their physician for a full evaluation.**
- **Results are completely confidential. You will be given a copy of your screening results to take to your primary care physician.**

Sign-up for an appointment in the Senior Office or call 423-392-8400, walk-ins are welcomed. So be sure to mark your calendar and plan to attend, this is an event you will not want to miss!

WOODSHOP HOURS & SAFETY TEST TIMES

Woodshop hours of operation is Monday, Tuesday, and Wednesday from 8:00 am to 2:00 pm. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00 am to 11:30 am. the Woodshop will open at 12:00 noon the day of safety class. The Woodshop safety class is mandatory if you want to use the equipment, sign up in the Woodshop to take the safety class. NOTE: Woodshop will be closed from Thursday, December 22, 2016 – Monday, January 2, 2017 for the Christmas Holiday.

BLOOD PRESSURE CHECKS

Michelle Moffitt and Sandra Brown with Asbury Place Kingsport will be at the Center on **Thursday, December 1, 2016** for blood pressure checks from 10:00 am to 12:00 noon and **every 1st Thursday** of the month, in the Hallway by the Office. This service is free and not required to sign up for.

TABLE TENNIS TOURNAMENT

We invite all table tennis players to show off your skills on **Wednesday, December 14, 2016** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, and



double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1st, 2nd, and 3rd place only. Stop by the Office and sign up.

SUPPORT GROUPS

Stroke Support Group: Do you know someone that has suffered from a stroke? Are you a caregiver for a friend, family member, or loved one that has suffered from a stroke? Maybe you have had a stroke.... Your friends, Ginny Jenkins with Smoky Mountain Home Health and Hospice, Kim Howell with Visiting Angels, Kevin Lytle with the Kingsport Senior Center have teamed up to help give support to those in need. We understand and care about what you are going through and we want you to know you are not alone! We will meet on **Tuesday, December 13, 2016** and **every second Tuesday** of the month at 10:00 am in the Card Room at the Kingsport Senior Center. Refreshment will be provided. No sign ups required to attend this seminar.

GriefShare Program: Michael Driver, Chaplain with Smoky Mountain Home Health & Hospice is sponsoring a GriefShare Program. We will meet on **Wednesday, December 14, 2016** 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.

Sullivan County S.A.L.T. Council: We will not meet in December due to the holidays, our next meeting will be **Thursday, January 19, 2017** in the Card Room at 2:00 pm.

Funny Quotes:

My definition of an intellectual is someone who can listen the William Tell Overture without thinking of the Lone Ranger. ~ **Billy Connolly**

Conversation would be vastly improved by the constant use of four sample words: I do not know! ~ **Andre Maurois**

S.M.I.L.E.

Our next **S.M.I.L.E.** meeting will be on **Wednesday, December 7, 2016** at 2:00P.M. in room 239. Our guest speaker is Caris Healthcare. 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.



Our S.M.I.L.E. volunteers delivered baked goods to the police department to thank them for all the do to keep us safe on November 9. From left to right: Velma Poore, Brenda Larkins, Pat Snodgrass, Pauline Derting, Faye Thomas, Susan Valentine, Lester Pridemore and Devin Crumpton.

Menu for October

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. (\$2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call Sutonia at 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chili Dog w/ Mustard & Onions Potato Wedges • Corn Pineapple • WW Bun	2 Chicken Pot Pie Broccoli • Peaches Biscuit
5 Meatloaf Mashed Potatoes • Peas Mandarin Oranges WW Roll	6 Soup Beans w/ Onions Oven Browned Potatoes Mixed Greens • Oatmeal Cookie Cornbread	7 Sloppy Joe Tater Tots • Coleslaw Mandarin Oranges WW Bun	8 Potato Soup w/ Ham & Cheese Green Beans • Applesauce Cornbread	9 Spaghetti w/ Meat sauce Italian Mixed Vegetables Spiced Pears • Texas Toast
12 Breaded Pork Chop Sweet Potatoes Brussel Sprouts Butterscotch Pudding • WW Roll	13 Baked Chicken Tenders Macaroni & Cheese Lima Beans • Brownie WW Roll	14 Tomato Bisque Au Gratin Potatoes Cauliflower • Jell-O Crackers	15 Salisbury Steak with Gravy Mashed Potatoes Peas & Carrots Fruit Cocktail • WW Roll	16 BBQ Pork Riblet Sandwich Potato Wedges Baked Beans • Coleslaw WW Bun
19 Meatballs & Rice w/ Gravy Peas • Beets Chocolate Pudding WW Roll	20 Chili Dog w/ Mustard & Onions • Potato Wedges Corn • Ambrosia WW Bun	21 Oven Fried Chicken Breast Scalloped Potatoes Mixed Vegetables Applesauce • WW Roll	22 Baked Ham Sweet Potatoes Peas & Carrots Fruit Cocktail • WW Roll	23 Christmas Holiday
26 Christmas Holiday	27 Taco Soup Steamed Broccoli Peaches • Cornbread	28 Polish Sausage Cabbage • Potato Wedges Spiced Pears Cornbread	29 Steak Sandwich Macaroni & Cheese Carrots • Vanilla Pudding WW Bun	30 Soup Beans w/ Onions O'Brien Potatoes Mixed Greens • Coleslaw Cornbread

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.

Art Class meets at Lynn View on Tuesdays, in the cafeteria from 10:00am – Noon. The Art class will do a review of basic drawing techniques such as gesture drawing, contour drawing, thumb nail sketches, positive and negative spaces, etc. and then work on one major picture (watercolor or acrylic) that will be preceded by sketching, drawing, a value study, and color studies. No sign up required and all skill levels are welcome. For more information, please call Lynn View Community Center at 765-9047.

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.

Blood Pressure checks are available at Lynn View on Tuesday, December 6 from 11:00 – 1:00pm provided by Carrie Stewart, Pharm D, Pharmacy Manager at Walmart Neighborhood Market and on Tuesday, December 13 from 11:00 – Noon provided by Gina Pinney Owner of Pinney's Pharmacy.

Artisan Center Holiday Open House will be held at Lynn View Community Center on Thursday, December 8 from 5:00 – 7:00pm. Have a tour of the gallery, eat light refreshments and do some Christmas shopping. Please plan to join us and start celebrating the holidays!

The Ready's Emergency Preparedness Training class will be held at Lynn View Community Center on Thursday, December 15 at 11:00am in the cafeteria. This program will be facilitated by Melissa Taylor, RN, Nurse Consultant with TN Department of Health. Learn how the Ready's get ready in four simple steps: **Be aware**- learn about emergencies you should prepare for, **Plan** - make a plan with your family and emergency responders, **Prepare** – build a kit for emergencies, **Connect with community** – discover resources in your community. Please call Lynn view 765-9047 to sign up by December 9.

Christmas Carols with Lincoln Elementary students at Lynn View Community Center on Thursday, December 15 from 1:00 – 1:45pm. Please bring your favorite Christmas dessert and recipe to share. This will be an enjoyable afternoon to brighten the holiday season. Please call Lynn View community center to sign up 765-9047 by December 12.

COPD Talk at Lynn View Community center on Friday, December 16 at 12:30pm. Presented by Stephanie Williams, Community Programs Manager, with COPD Foundation. COPD, which encompasses chronic bronchitis and emphysema, is a progressive disease of the airways that is characterized by a loss of lung function over time. This will be an informative talk on causes and treatment for COPD. Please call Lynn view Community Center 765-9047 and sign up by December 12.

Cooking for 1 or 2 class will be held at Lynn View Community Center on December 19 at 12:30pm in the lounge. Copies of the recipe will be given, demonstration of 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 to sign up by December 14.

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

Biscuits and Bingo will be held at Lynn View in the cafeteria on Thursday, February 9 at 10:30am. Biscuits and bingo prizes are sponsored by Comfort Keepers. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 50 participants.

Pickleball is played in the gym at Lynn View on Mondays, Wednesdays and Fridays at 10:00 am – 1:00pm. 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.

Adult Education Classes

Kindle Fire and Alexa workshop will be held on Saturday, December 10 from 9:30 -11:30am. Instructor: Whitney Sensabaugh. Cost is: \$10.00 for members, \$15.00 non-members and payable at sign up. Sign up begins December 1. . This class will include Getting Started with the Kindle Fire, Settings, Shop for content, Surf the web, Reading books on Kindle Fire, Video on the Kindle Fire, Apps for Kindle Fire. Which devices use Alexa? Getting started with Alexa, Basic Commands, Features, Apps to use with Alexa. Please bring your kindle to the workshop and be signed up by December 8.

Classes Branch Sites

Mindful Eating classes will be held at the Senior Center on Tuesdays beginning January 10 – February 21, 2017 from 5:30 -6:30pm in room 303. Cost is \$30.00 for members, \$40.00 for non-members, payable to instructor first day of class. Using secular meditation practices, learn to satisfy your physical and emotional hungers by tuning into the pleasure of eating whole foods. Food samples will be provided. Please sign up by January 6.

Easy Tai-chi class will be held at the Senior Center on Thursdays beginning January 12 – March 7, 2017 from 5:50 -6:30pm in room 302. Cost is \$30.00 for members, \$40.00 for non-members, payable to instructor first day of class. Easy Tai-chi is a combination of focused movements and breathing techniques that creates a state of relaxation and calm that can reduce stress. Tai-chi easy may also help your overall health and is generally safe for people of all ages and fitness levels. Please sign up by January 6.

Researching, Writing and Publishing A Kindle Book classes will be offered on Saturdays starting January 14 – 28, 2017 from 9:30 – 11:30am. Cost: \$30 members, \$40 non-members, payable at sign up. Sign up begins December 14. Supplies needed for class: lap top, spiral note book (70 pages or less), 2 #2 pencils (sharpened), 1 two pocket folder- for the handouts, 1 thumb drive. You have heard it said that we all have a book in us, all we have to do is find a way to bring it out. While most of us may only have a 15 page short story as compared to someone else who is storing up a 400 page blockbuster, it's still in us, just waiting for us to open the door. It is our hope that this simple method of researching, writing and publishing will help participants do just that. You may start with the short story but in time you will see this lesson in writing will carry you through your valleys and peaks of writing your 400 page blockbuster story. Statistics have shown 81% of people surveyed want to write a book, but have no idea where or how to start. If you are one of those people, this class will show you how to: Research, Write and publish your Kindle Book in 12 hours or less. Get signed up today, because class space is limited. Please sign up by January 9.

Electrical Code Classes (Commercial) will be held on Mondays, January 23 – March 13, 2017 in the cafeteria. Cost is \$75.00 payable at sign up that begins December 16. This class will concentrate on the 2011 edition of the National electrical code, covering such installations as health care facilities, hazardous locations, green energy, emergency systems and more. Please sign up by January 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.

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. Starting June 1 the class will meet at the Senior Center in room 302 due to Kids Camp at V.O. Dobbins. 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.

**YOU'VE WORKED HARD FOR YOUR HOME.
NOW LET YOUR HOME WORK FOR YOU!**

With a **reverse mortgage**, you can receive funds from your home's equity to use during your retirement, all while staying in your home.

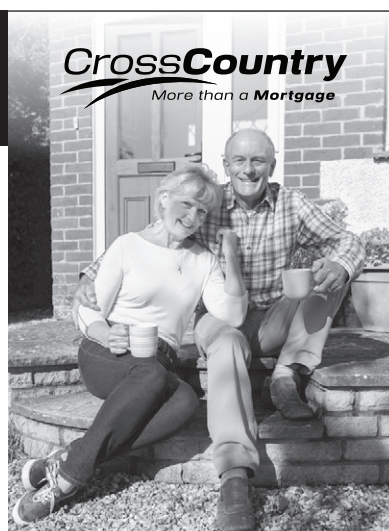
Call today to learn more and pre-qualify!

Russell Street, Branch Manager
423.292.2126
rstreet@myccmortgage.com
CrossCountryKPT.com

CrossCountry Mortgage, Inc.
109-111 W. Market Street
Kingsport, TN 37660
NMLS3029/855512/148950

All loans subject to underwriting approval. Certain restrictions apply. Call for details.
NMLS3029 (www.nmlsconsumeraccess.org).

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



Smoky Mountain
Home Health & Hospice

*Life Is Stresseful -
Let US Be
The Easiest Part of
Your Day*

** Specialized Medical Care In Your Home or place of Residence **

**Services Covered Under Medicare and Most Insurances*

**Call our Kingsport office today* 800-516-6371*

Free In-Home Consults

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)(January 9 through March 27)- 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) (January 9 through March 27) 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) (January 9 through March 27) 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) (January 9 through March 27) 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.



Zumba Fitness: 8:15 A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

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

Message Therapy: 9:00A.M. to 3:00P.M. (Multipurpose Room) (Appointment Only: Contact Cheryl Merriken at 791-4222, \$20 for ½ hour relaxation massage and \$25 for ½ hour deep tissue massage, fees paid to massage therapist day of massage)

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) (January 10 through March 28) 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) (January 10 through March 28)- 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.

Pickelball: 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.

Daily Activities & Classes

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) (January 11 through March 29) 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) (January 11 through March 29) 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) (January 11 through March 29) 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.

Zumba Fitness: 8:15A.M. (Gym)- Combines dance steps from various Latin dances into an aerobic routine. In addition to the calorie burning and aerobic workout, dance in general can improve balance and coordination, and calls upon you to use different muscles at varying speeds.

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) (January 12 through March 30) 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) (January 12 through March 30) 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) (January 12 through March 30)

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) (January 13 through March 31) This class is designed for individuals who have taken a Tai-Chi class before. *This class will be cancelled until further notice. We are looking for an instructor. Thanks.

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.

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



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.