

# 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*



**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

# 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](http://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

**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

## 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

## Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	Jean Chang
Brenda Cunningham	Carmen Moix
Norma Livesay	Frances Cottrell
Lester Pridemore	Mary Porter
Carol Woodard	Sherri Mosley
Pat Breeding	

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

# Special Events

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

**Between The Covers Book Club** will meet **every first Tuesday of the month** at 10:00A.M. in the Card Room. Everyone welcome. We will read “The Chase” by Clive Cussler. For decades, Clive Cussler has been delighting readers with novels filled with suspense, action, and sheer audacity. Now he does it again, in one of the wildest, most entertaining historical thrillers in years. April 1950: The rusting hulk of a steam locomotive rises from the deep waters of a Montana lake. Inside is all that remains of three men who died forty-four years before. But it is not the engine or its grisly contents that interest the people watching nearby. It is what is about to come next . . .

1906: For two years, the western states of America have been suffering an extraordinary crime spree: a string of bank robberies by a single man who cold-bloodedly murders any and all witnesses and then vanishes without a trace. Fed up by the depredations of the “Butcher Bandit,” the U.S. government brings in the best man they can find—a tall, lean, no-nonsense detective named Isaac Bell, who has caught thieves and killers coast to coast. But Bell has never had a challenge like this one. From Arizona to Colorado to the streets of San Francisco during its calamitous earthquake and fire, he pursues what is quickly becoming clear to him is the sharpest criminal mind he has ever encountered, and the woman who seems to hold the key to the bandit’s identity.

Using science, deduction, and intuition, Bell repeatedly draws near only to grasp at thin air, but at least he knows his pursuit is having an effect. Because his quarry is getting angry now, and has turned the chase back on him. The hunter has become the hunted. And soon it will take all of Isaac Bell’s skills not merely to prevail . . . but to survive.

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

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.

**DB Cosmetology Students** will be at the Center on **Tuesday, January 10, 2017** from 11:30A.M. to 1:30P.M. to do **Manicures**. The cost is \$2.00 paid to your manicurist the day of the appointment. Please contact the front office at 392-8400 to make your appointment. Sign up December 28th.

Our **Flower Arranging** class will meet on **Thursday, January 12, 2017** at 10:30A.M. in the Multipurpose Room. The cost for this class is \$10.00 and is paid to Instructor Susan Valentine the day of class. You may sign up for this class on December 21st.

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 hand building class on Tuesday and a wheel class on Thursday. This workshop is limited to 16 people and you may sign up on December 12th.

Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting on Wednesday, January 18, 2017** 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.

The **“Melting Pot”** cooking class will be held on **Monday, January 23, 2017** at 11:00A.M. In this class you will learn how to make a variety of foods from different areas of the world such as; Chinese, Hispanic, Italian, French, Japanese, German, and even good ole Southern cooking. Each Monday you will learn a different style of cooking. You will also be given recipes to take home in class. This class will be \$3.00 due at sign up and you will need to bring \$2.00 the day of class. You may sign up for this class on December 28, 2016.

We will have **Movie Day on Wednesday, January 25, 2017** at 1:00P.M. in the Theater. We will watch Million Dollar Arms. In a last-ditch effort to save his career, sports agent J.B. Bernstein (Jon Hamm) plans to find baseball’s next star pitcher. He heads to India to find a cricket player whom he can nurture into a major league star. With the help of a scout (Alan Arkin), J.B. finds teens Dinesh (Madhur Mittal) and Rinku (Suraj Sharma), who haven’t a clue about baseball but throw powerful pitches. As the boys adjust to American life, J.B. learns valuable lessons about teamwork and family. You can sign up on December 21st.

**Cooking with Tracy** will be held on **Monday, February 6, 2017** at 11:00A.M. in the Lounge. Tracy Laws, owner of the Plum Tree Restaurant in Colonial Heights, will teach you how to make authentic Chinese dishes. The cost is \$5.00 paid at sign up. You may sign up for this class on January 9. This class is limited to 10 people.

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

**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.

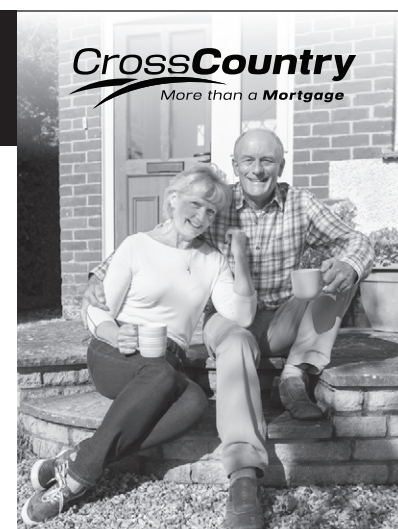
**Call today to learn more and pre-qualify!**

**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.



# TRIPS & Extended Travel

## Kingsport Senior Center Presents Charleston, SC

**4 days and 3 nights- April 3, 2017-April 6, 2017**

**Double Occupancy- \$524 per person- \$51 travel insurance**

**Single Occupancy- \$664 per person- \$79 travel insurance**

**Triple Occupancy- \$524 per person- \$51 travel insurance**

**Deposit of \$50.00 per person due by January 20, 2017**

**Final payment due by February 15, 2017**

**Sign up starts on December 29th.**

**3 Nights Hotel Accommodations**

**3 Breakfasts at Your Hotel**

**3 Wonderful Dinner to Include:**

**1 Dinner at the Charleston Crab House on Beautiful James Island**

**Guided Touring of Historic Charleston**

Experience American History at its best in "The Most Charming City". See where the Civil War began, wander through the Historic District and see the gardens and antebellum home of a bygone Era.



### **Admission to Magnolia Plantation & Gardens**

Experience Magnolia Plantations rich history and beautiful gardens. Owned by the same family for more than three centuries, each generation has added their own personal touch to the plantation and gardens, expanding and adding to the variety.

### **Boat Cruise to Fort Sumter**

Enjoy a narrated cruise boat tour to Ft. Sumter. When you arrive you will be greeted by National Park Service Rangers, who will provide further details about Fort Sumter and its pivotal role in the War Between the States. On the fort you will find a very informative museum with many historic artifacts and a souvenir shop.

### **Visit to the Historic City Market**

Strolling through the Market you will encounter a wide assortment of vendors selling high quality products including paintings, potter, Charleston's famous sweet-grass baskets, casual and fine dining & more!

## 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!

## Kingsport Senior Center Presents a Fabulous Trip to Vermont

**6 days and 5 nights- September 24, 2017-September 29, 2017**

**Double Occupancy- \$1,024 per person- \$92 travel insurance**

**Single Occupancy- \$1,344 per person- \$145 travel insurance**

**Triple Occupancy- \$1,024 per person= \$92 travel insurance**

**Deposit of \$50.00 per person due by May 26, 2017**

**Final Payment due by July 14, 2017**

**Sign up starts December 29th.**

**5 Nights Hotel Accommodations**

**5 Breakfasts & 3 Wonderful Dinners Including:**

**1 Authentic Amish Style Feast**

**2 Fabulous Luncheons Including:**

**1 Luncheon Cruise on Scenic Lake Champlain**

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

**Visit the von Trapp Family Inn**

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

**One Fabulous Lunch at the Von Trapp Inn**

Featuring a seasonal menu reflecting both Austrian and Vermont traditions

Von trap Family History Tour

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

**Admission to the New England Maple Museum**

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

**Tour the Vermont Teddy Bear Factory**

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

**Visit Montpelier, VT "America's Smallest Capital"**

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

**Tour Ben & Jerry's Ice Cream Factory**

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

**Enjoy Wine Tasting at a Local Winery**

**Visit the Vermont Country Store**

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

## Kingsport Senior Center Presents a Fabulous Trip to The Amazing Southwest

**9 Days and 8 Nights- October 9, 2017-October 17, 2017**

**Double Occupancy- \$2,925 per person- \$318 travel insurance**

**Single Occupancy- \$3,624 per person- \$380 travel insurance**

**With Airfare Included**

**Deposit of \$300.00 due at sign up**

**Final Payment Due on July 7, 2017.**

**Sign up starts December 29th.**

**8 Nights Hotel Accommodations**

**Including:**

**2 Nights at Las Vegas & 2 Nights in Flagstaff**

**6 Breakfasts & 6 Fabulous Dinners**

**3 Evening Receptions at**

**your Hotel including Hot Food and**

**Spirits**



**Guided Tour of Scottsdale & Phoenix, Arizona**

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

**Enjoy a Scenic Train Ride and Visit to the Grand Canyon**

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

**Visit to Hoover Dam**

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

**Visit Beautiful City of Sedona "Red Rock Country"**

**Explore the South Rim of the Grand Canyon**

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

**Travel to a Monument Valley located in the Navajo Nation**

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

**Explore Bryce Canyon National Park**

**Visit the Awe-Inspiring Zion National Park**

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

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

## Day Trips:

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.

Join our **OTLB to Tupelo Honey** in Johnson City, TN on Friday, February 10, 2017. We will depart the Center at 10:45A.M. and will return around 3:00P.M. The cost is \$8.00 due at sign up for transportation and lunch will be on your own. You may sign up in the front office on December 29th.

Come and join us as we travel to **Wohlfahrt Haus Dinner Theater** to see **"Hank Williams: Lost Highway"** on Thursday, March 2, 2017. We will depart the Center at 9:45A.M. and will return around 6:00P.M. The cost is \$45.00, which includes your transportation, meal, and show. This is a spectacular musical biography of the legendary singer-songwriter frequently called one of the great innovators of American popular music. The show follows Williams' rise from his beginnings on the Louisiana Hayride to his triumphs on the Grand Ole Opry to his eventual self-destruction at twenty-nine. You may sign up for this trip on December 29th.

# Healthy Living

## WELLNESS SEMINARS

**Nutrition and Exercise:** Dr. Clayton McGill, ETSU Family Physicians of Kingsport will be at the Center on Tuesday, January 24, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Nutrition and Exercise": Healthy eating and physical activity are important at any age, but they can be critical to prevent the development and progression of chronic disease. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Optimize Life 2017:** Dr. Tim Dunne, D.C., CSCS, CKTP will be at the Center on **Thursday, January 26, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Optimize Life 2017": Get the most out of life by planning for the future you envision...Plan your work, work your plan. This topic applies to anything in life so we touch on the WHY followed by the Plan. Dr. Tim Dunne has been practicing for over 22 years helping people of all ages achieve health and wellness. He's Olympic doctors as well as a doctors to many professional people and applied his experience to the aging population covering nutrition, exercise and what a healthy life can be like. The talk is interactive and fun as we laugh and learn a better way to live. **Note:** This seminar is an educational event and no sales material will be available, we hope you plan to attend!

**STD's...Not Just a Lecture for the Grandkids:** Dr. Alex Havlik, ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, February 21, 2017** at 10:30 am in the Card Room. Topic of discussion will be "STD...Not Just a Lecture for the Grandkids": Dr. Havlik will give an overview of most common STD's, signs and symptoms of each disease. Also he will discuss safe sex and frequency of getting tested. This is an event you will not want to miss, so mark your calendar and plan to attend!

**The Impact of Weather on COPD:** Dr. McNealy will be at the Center on **Tuesday, February 28, 2017** at 10:30 am in the Card Room. Topic of discussion will be "The Impact of Weather on COPD": Dr. Havlik will discuss ways to stay healthy during the winter months with Chronic Lung Disease. So be sure to make your calendar and plan to attend this very educational event!

**How to Have a Happier and Healthier Gut:** Laura Dyck, MSRD, LDN, MBSCR, with Comprehensive Weight Management Center will be at the Center on **Tuesday, March 28, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Your Gut Health Plays a Huge Role in Your Overall Health": Laura Dyck will discuss gut health, keeping good bacteria, healthy bacteria in the gut which can help to achieve and maintain a healthy weight. So be sure to make your calendar and plan to attend this very educational event!

## BLOOD PRESSURE CHECKS

Michelle Moffitt and Sandra Brown with Asbury Place Kingsport will be at the Center on Thursday, January 5, 2017 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.

## LUNCH AND LEARN

Can You Hear Me Now? Kristen Buchanan with Caption Call will be at the Center on Tuesday, January 17, 2017 at 10:30 am in the Card Room. Topic of discussion will be "Can You Hear Me Now": Do you or someone you know have trouble hearing on the telephone? With CaptionCall you can understand every word of every phone call. Its large, easy-to-read screen quickly displays written captions of what your caller say. That means you can get more from your conversations and from life. How CaptionCall Works:

1. The CaptionCall user hears the caller's voice over a standard phone line.
2. The CaptionCall phone sends the caller's voice to the CaptionCall service via an Internet connection.
3. A communications Assistant quickly converts the caller's words to text using voice-recognition technology.
4. Captions are sent back to the CaptionCall phone display screen.

This lunch and learn will be for information only to see if you qualify for a CaptionCall phone, no sells transaction will be permitted at this event. Sign-up in the Office, there is a limit of 25 seats available.



## 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 Thursday, January 26, 2017 from 1:00 pm to 3:00 pm in the Multipurpose Room and every 4th Thursday of the month. 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. Stop by the office to sign up or call 423-392-8400, walk-ins are welcome.

## BASIC WOODWORKING CLASS

Gary Albertson and Johnny Clark, will be teaching a Basic Woodworking Class for 3 weeks on Tuesday and Thursday from 9:00 am to 12:00 pm starting February 2, 2017 – February 17, 2017 in the Woodshop. Cost is \$100.00, which covers all your materials; with payment due the first day of class, paid to the instructor and the final payment is due on the last day. This class will cover all the safety requirements to work in the Woodshop and teach you how to use all the equipment the correct way in the Woodshop. You will make a Butcher Block and a Bird House. Sign-ups start on Wednesday, January 11, 2017. Class is limited to 8 people with a minimum of 5 to sign up for class to be held.

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

**GriefShare Program:** Michael Driver, Chaplain with Smoky Mountain Home Health & Hospice is sponsoring a GriefShare Program. We will meet on Wednesday, January 11, 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.

**Sullivan County S.A.L.T. Council:** Theresa Bright Redmond, CSA Community Liaison with BrightStare Care and Sullivan County S.A.L.T. Council, Seniors and Law Enforcement Together will meet on Thursday, January 19, 2017 and every 3rd Thursday of the month from 2:00 pm to 4:00 pm in the Card Room. Our speaker will be Rose Corbett with Adult Protective Services. Refreshments will be provided. This is a great program for seniors to work with local law enforcement and receive some value information. No sign up required, for more information contact: Theresa Bright Redmond at 423-989-7827.

# 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.

## Kingsport Senior Artisan Center

257 Walker Street • Kingsport, TN 37665 • 423.765.9047  
Email: michelletolbert@kingsporttn.gov



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.

Our next **S.M.I.L.E.** meeting will be on Wednesday, January 11, 2017 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.

## Menu for January

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
	<b>3</b> Parmesan Chicken Rotini Pasta w/ Sauce Italian Vegetables Baked Apples Texas Toast	<b>4</b> Chili Dog w/ Mustard & Onions Potato Wedges Baked Beans Coleslaw WW Bun	<b>5</b> White Bean & Ham Soup Sweet Potatoes Brussel Sprouts Creamsicle Salad Cornbread	<b>6</b> Sweet and Sour Chicken Rice Oriental Vegetables Pineapple WW Roll
<b>9</b> Meatloaf Mashed Potatoes Green Peas Peaches WW Roll	<b>10</b> Chicken & Dumplings Broccoli Cinnamon Applesauce Oatmeal Cookie Biscuit	<b>11</b> Chopped Steak w/ Peppers & Onions • Scalloped Potatoes Green Beans Nutty Buddy Bar WW Roll	<b>12</b> Soup Beans w/ Onions O'Brien Potatoes Mixed Greens Mandarin Oranges Cornbread	<b>13</b> Honey Mustard Chicken Potato Wedges Mixed Vegetables Butterscotch Pudding WW Bun
<b>16</b> Closed- Martin Luther King Holiday	<b>17</b> Country Style Steak w/ Gravy Mashed Potatoes Green Beans Fruit Cocktail WW Roll	<b>18</b> BBQ Chicken Breast Sweet Potatoes Corn Mandarin Oranges WW Roll	<b>19</b> Vegetable Beef Soup Oven Browned Potatoes Hot Fruit Compote Cornbread	<b>20</b> Sloppy Joe Au Gratin Potatoes Green Peas & Carrots Coleslaw WW Bun
<b>23</b> Chicken Tenders Macaroni & Cheese Broccoli Tropical Fruit WW Roll	<b>24</b> Breaded Fish with Tarter Sauce Scalloped Potatoes Pinto Beans Coleslaw WW Bun	<b>25</b> Potato Soup w/ Ham & Cheese Brussel Sprouts Peaches Cornbread	<b>26</b> Pork Riblet Sandwich Potato Wedges Baked Beans Chocolate Pudding WW Bun	<b>27</b> Chicken Pot Pie Mixed Greens Pears Biscuit
<b>30</b> Breaded Pork Chop Sweet Potato Mixed Vegetables Cinnamon Applesauce	<b>31</b> Spaghetti Italian Vegetables Pineapple Texas Toast			

# 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. **\*This class will start back on January 10.**

**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.

**Fall and Fire Safety class** will be held at Lynn view Community Center on Tuesday, January 10 at 12:30pm. Presented by Barry Brickey, Public Education & Information Officer, Kingsport Fire Department. Please call Lynn view community center 765-9047 and be signed up by January 6.

**Blood Pressure checks** are available at Lynn View on Tuesday, January 17 from 10:00 – 12:00pm provided by Carrie Stewart, Pharm D, Pharmacy Manager at Walmart Neighborhood Market and on Monday, January 23 from 10:00 – Noon provided by Avalon Hospice.

**COPD Screenings** will be available at Lynn view Community Center on Friday, January 20 at 12:30pm. Screenings will be every 15 minutes. Please call 765-9047 and schedule your appointment by January 13.

**Cooking for 1 or 2 class** will be held at Lynn View Community Center on January 23 at 12:30pm in the lounge. Copies of the recipe will be given along with a demonstration of the recipe and you will be able to try the food so come hungry! Food City Chef Joseph McCray will facilitate the program. This class will give you tips on cooking techniques for 1 person or 2 and will give ideas to keep you out of a food rut. Please call Lynn view at 765-9047 and sign up by January 18.

**A Butterbean Auction** will be held at Lynn View Community Center on Wednesday, January 25 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 January 20.

**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 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

**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.

## ***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



# Classes Branch Sites

**Easy Tai-chi class** will be held at the Senior Center on Thursdays beginning January 12 – March 7, 2017 from 5:30 -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.

**Intro to Spanish I classes** will be held at the senior center on Thursday's, January 12 – February 16 from 2:00-4:00pm in room multipurpose room. Cost is \$30.00 for members, \$40.00 for non-members payable when you sign up for the class. In these classes you will learn useful phrases and words, alphabet, numbers, days, verbs, writing dialogues, definite and indefinite articles, adjectives, stem changing verbs, direct and indirect object pronouns and more. Minimum number of 6 needed for class to go. Please call the senior center office and sign up by January 5.

**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: 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.



*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

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