

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

Branch Assistant- Devin Rogers
devinrogers@kingsporttn.gov
765-9047

Office Assistant- Jeffery Duncan
jefferyduncan@kingsporttn.gov
392-8400

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

Colonial Heights United Methodist Church: 631 Lebanon Road, Kingsport, TN 37663

First Broad Street United Methodist Church: 100 E. Church Circle, Kingsport, TN 37660

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

Forest Ridge Manor: 1252 Bloomington Pike, Kingsport, TN 37660

George Washington School Apartments: 205 E. Sevier Ave, Kingsport, TN 37660

Friendship Manor Apartments: 108 Wampler Street #39, Kingsport, TN 37665

Kingsport Senior Center Advisory Council Members:

Bruce Shine (Chairman)	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

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 Huckleberry Fin by Mark Twain. Readers meet Huckleberry Finn after he's been taken in by Widow Douglas and her sister, Miss Watson, who intend to teach him religion and proper manners. Huck soon sets off on an adventure to help the widow's slave, Jim, escape up the Mississippi to the free states. By allowing Huck to tell his own story, Mark Twain addresses America's painful contradiction of racism and segregation in a "free" and "equal" society.

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.

AARP Tax Aide will be taking appointments on **Thursday's beginning on Thursday, February 2, through April 13, 2017** from 9:00A.M. to 1:00P.M. in the Computer Lab. Clients must have the following items when scheduling an appointment; 1. Tax information such as W-2, 1099s, 1098s, SSA-1099, etc. 2. Social Security cards of ITIN letters for all persons on your tax return. 3. Picture ID (such as driver's license) for you and your spouse. 4. Last year's tax return (may not be able to prepare return without tax return). You may begin signing up for tax appointment on Tuesday, January 17th.

"Sharpen Your Mind" is a new trivia/memory day that will be held every **Friday beginning on Friday, February 3, 2017** from 9:00A.M. to 11:00A.M. in the Card Room. We will play a variety of trivia games throughout the year. Benefits of trivia games are as follows; 1. Trivia enhances memory, 2. Trivia improves cognition, 3. Trivia helps your brain perform under pressure, 4. Trivia reduces stress. Please plan to join us every Friday to "Sharpen Your Mind". There is no sign up required. *If you have trivia games that you would like to bring, please do.

We will have **Movie Day on Wednesday, February 8, 2017** at 1:00P.M. in the Theater. We will watch Pitch Perfect. College student Becca (Anna Kendrick) knows she does not want to be part of a clique, but that's exactly where she finds herself after arriving at her new school. Thrust in among mean gals, nice gals and just plain weird gals, Becca finds that the only thing they have in common is how well they sing together. She takes the women of the group out of their comfort zone of traditional arrangements and into a world of amazing harmonic combinations in a fight to the top of college music competitions. You may sign up on January 10th.

Our **Flower Arranging** class will meet on **Thursday, February 9, 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 January 17th.

DB Cosmetology Students will be at the Center on **Tuesday, February 14, 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 January 17th.

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. Have you ever wanted to learn how to paint like Bob Ross? Jay Holdway will be teaching **Bob Ross Style Painting on Wednesday, February 15, 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, February 27, 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 January 23rd.

Our **10th Annual Dog Show** will be held on **Tuesday, February 28, 2017** at 12:30P.M. in the Atrium. You do not have to be a member of the center to enter your dog but you must be at least 50 years of age. You may enter as many dogs as you want and enter them in as many categories as you want. The categories are as followed; owner and dog look-alike, best dressed, celebrity look-alike, most glamorous female, most handsome male, best trick, least obedient, best tail wag, best vocal performance, and top dog. Please stop by our front office to register your dog. They must be up to date on shots. There is not cost but please bring a donation for the animal shelter. Our local animal shelter will be there with animals to adopt.

Cooking with Tracy will be held on **Monday, March 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 February 13th. This class is limited to 10 people.

Our **St. Patrick's Day Party** will be held on **Friday, March 17, 2017** at 1:00P.M. in the Cafeteria. We will serve food and drinks and also play rainbow bingo! You may sign up on February 13th. Don't forget to wear your green!

Come and learn how to make a romantic Valentine's Day dish for someone special. **Thursday, February 9, 2017** from 11:00A.M. to 1:00P.M. in the lounge, Theresa Conners will teach you how to make a Beef Wellington dish that you both will love! This class is limited to 10 people. The cost is \$5.00 and is paid to the instructor the day of class. You may sign up now.

Serving Seniors Computer Classes:

Basic iPad Class will be held on Wednesday's and Thursday's (February 1, 2, 8, 9, 15, 16, 22, & 23) from 9:30A.M. to 10:30A.M. in the Computer Lab. iPads are available for the class or you can bring your own. The 2nd class will be held on March 1, 2, 8, 9, 15, 16, 22, 23, 29 and 30th. This is a free class and you may sign up on February 1st. This class is limited to 15 people.

How to use your Smart Phone and iPad to Aid in Caregiving, including best Apps to use. This is a free class. Please contact the front office to sign up. This class is limited to 15 people.

1st class will be held on Thursday's (February 2, 9, 16, & 23rd) 5:30P.M. to 7:30P.M.
2nd class will be held on Tuesday's (February 14, 21, & 28) 9:30A.M. to 11:30A.M.
3rd class will be held on Thursday's (March 2, 9, 16, & 23rd) 5:30P.M. to 7:00P.M.
4th class will be held on Tuesday's (March 14, 21, & 28th) 9:30A.M. to 11:30A.M.
*iPads will be available for use or you may bring your own.

How to use Mobile Technology in Starting your Business. Items to include; What Apps to use and How to Build an Etsy Page. This is a free class. The first class will be held on Saturday, February 4, 2017 from 10:00A.M. to 12:00Noon in the Card Room. The second class will be held on Saturday, March 4, 2017 from 10:00A.M. to 12:00noon in the Card Room. Please contact the front office to sign up. This class is limited to 15 people.

How to use your iPhone Square to Accept Credit Cards class will be held on Tuesday, February 7, 2017 and Tuesday, March 7, 2017 from 10:00A.M. to 12:00Noon at the Lynn View Artisan Center. You do not have to attend one date to attend the other. You are welcome to one or both. Please contact the front office to sign up. This is a free class. Please bring your iPhone.

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 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 Visits The Ohio Amish Country

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

4 Dinners • 4 Breakfasts (3 in Amish Home

Chartered bus by Knoxville Tours

Highlights of the trip include:

Dinner at the Farmstead Restaurant – Full buffet, private room

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

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

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

Dinner and a show at the Amish Country Theater (live comedy theater)

(awesome meal including wedding chicken, full meal, dessert, and drinks – followed by The show – this will be a hilarious fun evening for all).

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

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

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

Schwartzentruber Amish Basket Maker – right at her home!

Coblentz Leather – a family run leather shop

Wendell Augusts Forge – handmade home décor items

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

Hershberger Truck Patch (farm, produce, and bakery)



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

Miller Dry Goods – fabric and quilts, and Keim Lumber

Holmes County Indoor Flea Market – lots of shopping

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

Coblentz Chocolates - delicious!

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

\$460.00 Double Occupancy

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

Final payment by March 17, 2017

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

Kingsport Senior Center 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 Trapp 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:

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

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's...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!

Cold Weather Effects on COPD: Richard McNealy, DO will be at the Center on **Tuesday, February 28, 2017** at 10:30 am in the Card Room. Topic of discussion will be "Cold Weather Effects on COPD": Dr. Havlik will discuss ways to stay healthy with COPD during the winter months.

- Cold Air Direct Effects on the Lungs.
- Need for Flu & Pneumonia Vaccines
- Hardworking and Other Preventative Measures to Decrease Risk of COPD Flares.
- Smoking Cessation.

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, February 2, 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.

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.

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, February 23, 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.

Our next **S.M.I.L.E.** meeting will be on Wednesday, April 13, 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.



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, February 7, 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, February 8, 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, February 16, 2017 and every 3rd Thursday of the month from 2:00 pm to 4:00 pm in the Card Room. 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.

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

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

257 Walker Street • Kingsport, TN 37665 • 423.765.9047

Email: michelletoibert@kingsporttn.gov





PRESTON Place

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



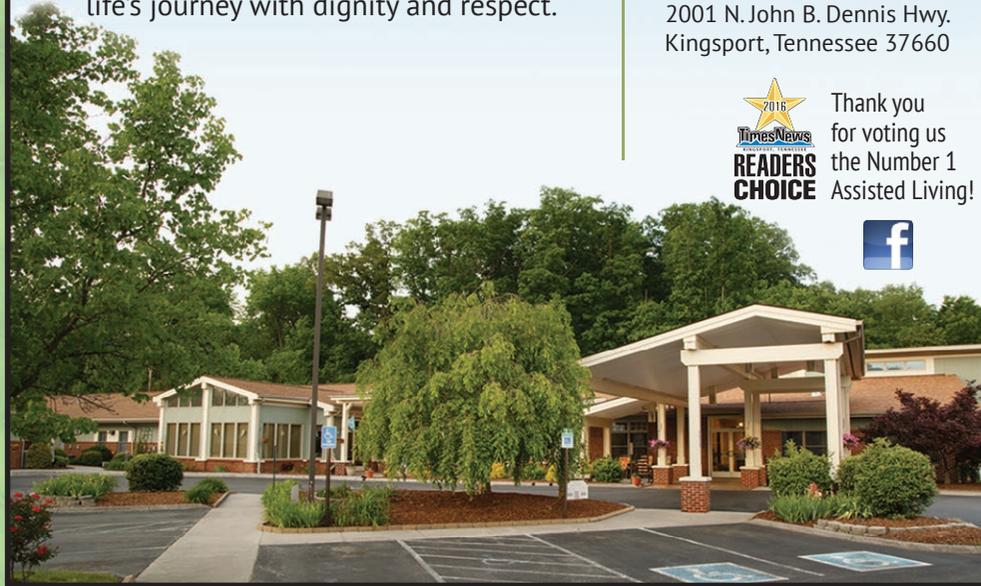
Locally Owned & Locally Managed
To schedule a tour, please call:

423-378-6623

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



Thank you
for voting us
the Number 1
Assisted Living!



The Village At Allandale

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



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



The Alzheimer's Regional Resource Center, Inc.



Help & Hope

for those living with Alzheimer's

Because we're committed to providing the help and hope so many desperately need, we're proud to have assembled the region's largest resource center — for you.

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

Locally Owned & Locally Managed.

Alzheimer's Community Resource Center

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

423-378-HELP (4357)



**24/7
Help
Line**



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.

Fall and Fire Safety class class will be held at Lynn view Community Center on Tuesday, February 7 at 12:30pm. Presented by Barry Brickley, Public Education & Information Officer, Kingsport Fire Department. Please call Lynn view community center 765-9047 and be signed up by February 3.

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.

Valentine's Day Party at Lynn View on Monday, February 13 from 12:00 – 1:00pm. Enjoy entertainment by Mark Larkins and refreshments provided by Brookdale Rocksprings. Join us for a fun filled afternoon of treats and tunes. Please call Lynn view 765-9047 and sign up by February 6.

Cooking for 1 or 2 class will be held at Lynn View Community Center on February 20 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 February 13.

Blood Pressure checks will be held at Lynn view on Monday, February 20 from 10:00am – Noon provided by Avalon Hospice and on Tuesday, February 21 from 11:00am – 2:00pm provided by Carrie Stewart, Pharm D, Pharmacy Manager at Walmart Neighborhood Market.

A **Disaster Relief** presentation will be held at Lynn view community Center on Tuesday, February 21 at 12:30pm in the cafeteria. This program will be facilitated by Doug Clark who has helped with many disaster relief programs. Doug will discuss what all is involved with setting up during a disaster relief situation, how you can be a volunteer, training requirements and what all is involved from start to finish. A door prize will be given after the presentation. Please call Lynn view community center and be signed up by February 16.

A **Butterbean Auction** will be held at Lynn View Community Center on Wednesday, February 22 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.

A presentation on the **Benefits of Fish oil** will be held at Lynn view Community Center on Tuesday, February 28 from 12:30 – 1:30pm, presented by Reeda Tate, founder of Good Food Grocery inside Mac's Medicine Mart. Reeda will teach participants about all the benefits of fish oil supplements such as brain health including mood /memory, eye and immune support. Please call Lynn view and be signed up by February 21.

Beginning Crochet will be held at Lynn view community center in the lounge on Fridays beginning March 3 – April 7 from 11:00am – 12:00pm. This beginner class will teach participants how to read a pattern and make a scarf. Cost is \$20.00 paid to instructor first day of class. Please call Lynn view community center 765-9047 and sign up by March 1.

Intermediate Crochet will be held at Lynn view community center in the lounge on Fridays beginning March 3 – April 7 from 9:30 – 10:30am. If you have crochet experience this class is for you. Class participants will decide what projects they would like to create. Cost is \$20.00 paid to instructor first day of class. Please call Lynn view community center 765-9047 and sign up by March 1.

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

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

Keeping the Comforts of Home™



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

In-Home Senior Care

- Companion Care • Personal Care
- Light Housekeeping • Transportation



**Comfort
Keepers®**

a sodexo* brand

Classes Branch Sites

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

Pickleball on Thursday's at Lynn view is for participants who are 18 years and older. This day of pickleball is sponsored by Parks AND Recreation.

Gluten Free Baking with Arlene classes will be held at the Senior Center in the lounge on Tuesdays for 4 weeks beginning February 21 – March 14 from 1:00 – 3:00pm. Learn baking for gluten free diets plus tips from Arlene concerning being gluten free. All ingredients will be provided and recipes. Cost is \$20.00 for the 4 week class, paid to instructor first day of class. Call the senior center office at 392-8400 and please sign up by February 15.

Mindful Eating classes will be held at the Senior Center on Tuesdays beginning March 14 – April 18, 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. Yummy food samples will be provided during each class. Please sign up by March 7.

Android Basics classes will be held on Tuesday's beginning March 7 from 4:00 – 5:30pm outside the atrium on the 3rd floor of the Senior Center with Instructor Whitney Sensabaugh, these classes will teach you how to download apps, use phone features, send emails, take pictures, send text messages, understand the OS And more...cost is \$25.00 for members, \$35.00 non-members, payable at sign up. Minimum of 5 participants needed for class to go. Please call 392-8400 to sign up by March 3.

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

Open Woodshop: 8:00A.M. -2:00P.M.(Woodshop)- If you enjoy woodworking and creating exciting



wood projects stop by our Wood Shop. We have all the equipment and tools to complete any project big or small

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

Boom Fitness: 8:30 A.M. (Room 302)- Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

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

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

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

Meditation: 9:30 A.M. (Room 306) (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.

Boom Fitness: 8:30 A.M. (Room 302)- Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

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

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

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

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

Meditation: 9:30 A.M. (Room 306) (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.

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 areas of the brain at once as you are tracking the ball.

**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.

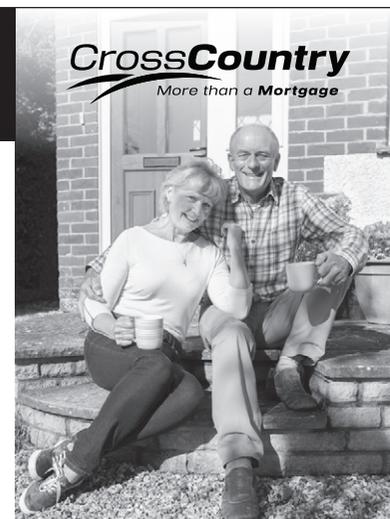
Call today to learn more and pre-qualify!

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.





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.