# **The Fun Begins at 50!**

#### The Kingsport Senior Center

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We would like to invite you to visit The Kingsport Senior Center

# **Our Mission**

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

# We Value

We value advocacy of senior issues, we promote stimulating educational opportunities, and we encourage community involvement and volunteerism.

# We offer many types of activities

Exercise programs
Intellectual programs
Social programs
Wellness Programs

#### Exercise Programs Tai Chi

Tai Chi classes are offered at the center on a weekly basis

Tai Chi helps relieve pain caused from arthritis



Tai Chi helps reduce stress and increase balance with gentle movements and self paced exercise

#### **Regular exercise reduces the risk of heart disease**

## **Exercise Programs** Belly Dancing

Belly Dance is a form of exercise that allows you to have a low impact, entire body workout

Belly Dance lessons are offered weekly at the center



#### Regular exercise helps keep bones strong

## Exercise Programs Yoga

Yoga improves circulation, stimulates the abdominal organs and promotes a healthy nervous system

Yoga increases flexibility and agility

The art of creating a more disciplined, stronger mind and body



Exercise is the key to weight management

### Exercise Programs Exercise Room



We offer exercise equipment that is geared toward healthy joint function and overall rehabilitation and wellness

#### Regular exercise helps prevent injuries

## Exercise Programs Pickle Ball



Pickle ball is a fun, challenging sport that offers a wonderful full body workout

Pickle ball is an excellent exercise for beginners and experts

#### **Regular exercise helps prevent and manage diabetes**

### Exercise Programs Exercise Class



We offer daily exercise classes

Our exercise classes range from light movement classes to heavy aerobics classes

#### Regular exercise will increase

the quality of sleep

## Exercise Programs Variety



Volley Ball



#### Shuffle Board

11/27/2007



Horseshoes



Strength Training



**Table Tennis** 



## **Exercise Programs**

Line Dance Basketball Clogging Ballroom Dance **Pilates** 



## Intellectual Programs Clay and Ceramics

The Senior Center offers four kilns, slab roller, an extruder and two pottery wheels

An instructor is available in the clay room to assist members with any equipment, questions or concerns



11/27/2007 The mind is a terrible thing to waste

#### Intellectual Programs Computer Lab

We offer computer classes to beginning and advanced users

We also offer Ebay classes and genealogy classes



The lab has 13 computers with internet access

Intellectual stimulation builds life experiences

## Intellectual Programs Music



We offer singing groups and musical instruments groups

#### KARAKOE AND SING ALONGS!

Spectators are welcome!



11/27/2007

Music revitalizes the mind, body and soul

### Intellectual Programs Billiards

Members of *The Kingsport Senior Center* have access to our billiards room

We have regular billiards tournaments

Members learning to play billiards and advanced billiards players are welcome



Intellectual stimulation keeps the mind young and active

## Intellectual Programs Woodshop



An instructor is available to help members with tools



We offer tools to build almost anything



Members build dulcimers other musical instruments

Exercise programs and intellectual programs are a dynamic duo

# **Intellectual Programs**

Quilting \* Genealogy Club \* Bible Study \* Bridge Group \* Cooking Class \* Camera Club \* Basket Weaving \* Painting



<u>Make it a point to learn something new each day</u>

## Social Programs Day Trips

We take many day trips at *The Senior Center*, we travel to Barter, Wolfhart Haus, shopping, art exhibits, monthly 'Out to Lunch Bunch' trips, festivals and many more exciting attractions



## Social Programs Extended Trips



We offer transportation to and from all of our events for only \$5!

We take cruises, travel to Canada, Myrtle Beach and many more exciting, interesting destinations



## Social Programs Daily Activities

The daily activities offered at *The Kingsport Senior Center* double as social activities for most of our members

<u>Many of our members join as</u> <u>strangers, then develop strong</u> <u>friendships along the way</u>





"I am disabled, I do not have anywhere to go to get out of the house. If it weren't for the Senior Center, I would be isolated" - Mary McNabb

"I exercise, shoot pool, and I am a member of the singing club. I am single and I love the company. I like to have lunch in the cafeteria because I enjoy eating lunch with company."

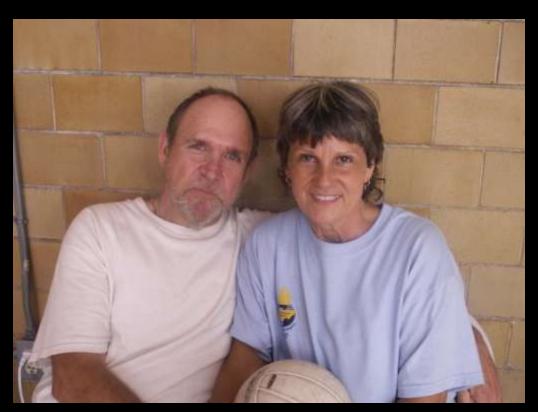
- Blaine Gilliam



"I like to use the weight room, participate in Volley Ball and Pickle Ball. The Senior Center keeps us active and gave us

a place to go when we retired."

"This is a great place to meet friends, I have made many new friends. I feel the activity cuts down on health problems"



11/27/2007 Gary and Dewanna Calhoun



"The Senior Center is a nice place to gather, have companionship and camaraderie. I moved to Tennessee and had no friends, I joined the Senior Center and had a half a

dozen friends in a couple of days! I come to the center a couple of days a week, I am in the theater group and I play pool."

- Stan Sanders

"I like the camaraderie at the Center. The exercise facility is wonderful. It is almost like having a second family"



#### Wayne Peters



#### "It's inexpensive! I've met new friends. The staff is great!" - Frances Moser

# **KATS**

Kingsport Area Transit System (KATS) will transport seniors that live inside of the city limits at no cost! *The Kingsport Senior Center* will pay transportation fees to and from the center.

# Yearly Membership Dues

Kingsport residents
\$15.00
Sullivan County residents
\$35.00
Outside city and county limits
\$60.00

## The Kingsport Senior Center Welcomes You

We are located in *The Renaissance Center* on Center Street.

Please call our office with any questions 423-392-8400

# Thank you for your time!

