

# ***The Fun Begins at 50!***

The Kingsport Senior Center

# The Kingsport Senior Center



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



Horseshoes



Strength Training



Shuffle Board



Table Tennis

**Exercise for life**

# 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



# 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

**KARAOKE AND  
SING ALONGS!**

*Spectators are  
welcome!*





# 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

# 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

*Many of our members join as strangers, then develop strong friendships along the way*



# Our Members



“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

# Our Members

“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





# Our Members

“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”



# Our Members



“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

# Our Members

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



- Wayne Peters

# Our Members



“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!**