



Kingsport Senior Center News

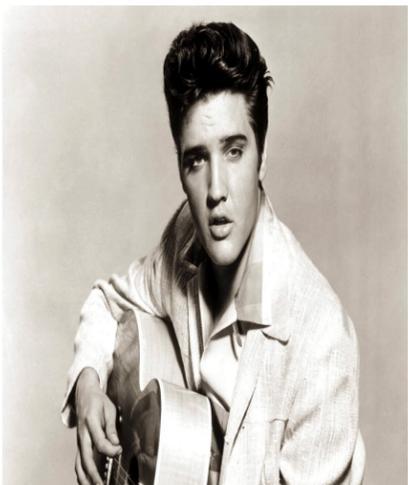
December 2014

Volume XXII Edition 12

1200 East Center Street

Kingsport, Tennessee 37660

ELVIS BIRTHDAY PARTY



Tuesday, January 6
12:30p.m.-1:30p.m.

Cafeteria
FREE

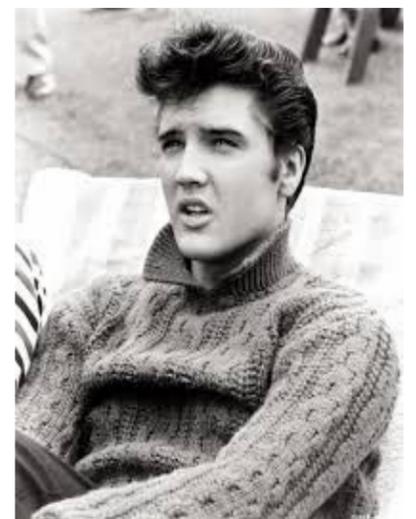


Come celebrate Elvis's birthday with us! We will have cake (with Elvis picture), chips, and of course Elvis's favorite, peanut butter and banana sandwiches with Pepsi.



Wear your best Elvis costume and be ready for the Elvis dance Contest!

Sign up now!



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

Kingsport Senior Center 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.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center.

**For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00am ~ 7:00pm
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
(423) 765-9047**

***NEW* Hours: 9am to 2pm - Monday-Wednesday
Closed: Thursday and Friday
(See Branch Site Page for more information)**

***The Exercise Room and Computer Lab will close
15 minutes prior to the closing of the Center.**

**Membership Dues
For Fiscal Year
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Must be at least 50 years of age to join.

"The Fun Begins at 50!"

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Lori Calhoun ~ Secretary
loricalhoun@kingsporttn.gov
392-8400 **FAX 224-2488**

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
392-8405

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Patti Blackwell
765-9047

Nutrition Site Manager ~ Rosana Thacker
246-8060

WELLNESS

WELLNESS SEMINARS

Veteran to Veteran Volunteers: Kim Smith, Volunteer Coordinator and Patricia York, Veterans Specialist with Wellmont Hospice will be at the Center on **Tuesday, December 2, 2014** at 12:30 pm in the Card Room. Topic of discussion will be "Veteran to Veteran Volunteers": Wellmont Hospice has joined We Honor Veterans, a program of the National Hospice and Palliative Care Organization and the Department of Veteran Affairs, to empower hospice professionals to meet the unique needs of dying Veterans.

Volunteer Benefits:

- *Free Training
 - *Flexible Hours
 - *Free Annual Flu Shot
 - *Volunteer Support
 - *Ongoing education related to end of life and Veteran issues
 - *Volunteer Appreciation Events
 - *Recognition of our Veteran Volunteers
- All members are invited to attend.

How to Control Diabetes: Ginny Jenkins, CE with Smoky Mountain Home Health and Hospice will be at the Center on **Tuesday, December 16, 2014** at 12:30 pm in the Card Room. Topic of discussion will be "How to Control Diabetes": You will be provided some valuable information on the different ways to control your diabetes. Also blood pressure checks will be offered. All members are invited to attend.

Diabetes Academy: Jessica Leu, MS, RDN, LDN, BC-ADM, Diabetes Educator will be at the Center on **Tuesday, January 6, 2015** at 10:00 am in the Card Room. Topic of discussion will be "Meal Planning and Carbohydrate Counting for Diabetes": This seminar will provide you with valuable information about diabetes and also you will receive written materials, resources and recipes. This is an event you will not want to miss, so mark your calendar and plan to attend!

The Sweet Spot: Ashley Bates with Cave's Drug Store will be at the Center on **Tuesday, January 13, 2015** at 12:30 pm in the Card Room. Topic of discussion will be "The Sweet Spot, Diabetes Education for Everyday Living": This seminar will cover the essentials of living with diabetes, including neuropathy, healthy eating, preventing diabetes complications and more.

Heart Disease in Women: Amy Lawrence, D.O. with ETSU Family Medicine will be at the Center on **Tuesday, January 20, 2015** at 12:30 pm in the Card Room. Topic of discussion will be "Heart Disease in Women": This seminar will cover risk factors, symptoms, and prevention of heart disease in women. This is an event you will not want to miss, so mark your calendar and plan to attend!

STEPPING ON

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader-someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include: *Simple and fun balance and strength training *The role vision plays in keeping your balance *How medications can contribute to falls *Ways to keep from falling when out in your community *What to look for in safe footwear *How to eliminate falls hazards from your home.

Is this workshop for you? Stepping On is designed specifically for anyone who: *Is 65 or *Has had a fall in the past year *Is fearful of falling *Lives at home *Does not have dementia.

Did you know? *More than one-third of people age 65 or older fall each year *Falls are the leading cause of injury and hospitalization for trauma and death among older adults *35% of people who fall become less active *40% of people who enter a nursing home had a fall in the prior 30 days. This workshop will be every **Wednesday, 10:00 am to 12:00 pm, January 14, 2015 to February 25, 2015.** The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery services / Trauma. Sign up in the office.

Table Tennis Tournament

Come join us for a table tennis tournament on **Wednesday, January 21, 2015** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-ups is Friday, January 16, 2015.

Lady Vols Basketball

We are planning two Lady Vols Basketball games in **February 2015**, more information and sign up dates will be coming in the **January 2015 newsletter**. If you have any question please contact Kevin Lytle, Wellness Coordinator at 423-392-8407.

Woodshop Hours & Safety Class

Woodshop hours of operation is Monday, Tuesday, and Wednesday from 8:30 am to 3:00 pm. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00 am to 11:30 am, the Woodshop will open at 12:00 noon on only the day of safety class. The Woodshop safety is mandatory if you want to use the equipment, sign up in the office if you want to take the safety class.

Smile Quote of the Month

Happiness... consists in giving, and in serving others.

Henry Drummond

Daily Activities and Classes at the Center

Monday

Lap Swimming ~ 9:00~Aquatics Center
 SilverSneakers Classic~ 8:15 ~ Gym
 Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
 Open Woodshop ~ 9:00
 Quilting ~ 9:00 ~ Room 303
 High Impact Aerobics ~ 9:15 ~ Gym
 Camera Club ~ Go to www.scphotogroup.com
 Happy Day Singers ~ 9:45
 Clay, Beginning Hand building / Wheel Demonstration ~ 10:00 ~ Clay/Ceramic Studio
 Strength Training ~ 10:15 ~ Gym
 Knitting ~ 1:00 ~ Room 303
 Table Tennis ~ 1:00 ~ Gym
 Volleyball ~ 4:00 ~ Gym

Tuesday

Lap Swimming ~ 9:00~Aquatics Center
 Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)
 Zumba Fitness ~ 8:15 a.m.
 Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Room
 Strength Training ~ 9:30 ~ Gym
 Basket weaving ~ 10:00 ~ Room 303
 Renaissance Strings ~ 10:00 ~ Atrium
 Sing Along ~ 10:15 ~ Cafeteria
 Exercise for Everybody ~ 10:30 ~ Gym
 Beginning Dulcimer ~ 11:00 ~ Atrium
 Shuffleboard ~ 1:00 ~ Ceramics Hallway
 Pickleball ~ 1:00 ~ Gym
 Basketball ~ 4:00 ~ Gym
 Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

Lap Swimming ~ 9:00~Aquatics Center
 SilverSneakers Classic~ 8:15 ~ Gym
 Tai-chi ~ 8:30 ~ Room 310
 Open Woodshop ~ 9:00
 High Impact Aerobics ~ 9:15 ~ Gym
 Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio
 Strength Training ~ 10:15 ~ Gym
 Intermediate Clogging ~ 11:15 ~ Room 302
 Hand and Foot Card Game ~ 12:30 ~ Card Room
 Belly Dancing ~ 1:00 ~ Room 302
 Table Tennis ~ 1:00 ~ Gym

Thursday

Lap Swimming ~ 9:00~Aquatics Center
 Zumba Fitness ~ 8:15 a.m.
 Mini Cardio ~ 8:45 ~ Room 302
 Ceramics ~ 9:00 ~ Ceramics/Clay Studio
 Woodcarving ~ 9:00 ~ Room 303
 Strength Training ~ 9:30 ~ Gym
 Beginning Clogging ~ 10:00 ~ Room 302
 Exercise for Everybody ~ 10:30 ~ Gym
 Intermediate Dulcimer ~ 11:00 ~ Atrium
 Beginning Belly Dance ~ 11:30 ~ Room 302
 Jam Session ~ 12:30 ~ Cafeteria
 Volleyball ~ 1:00~ Gym
 Shuffleboard ~ 1:00 ~ Ceramics Hallway
 Piano lessons ~2:00 ~ Multipurpose room (appointment only)
 Pickleball ~ 4:00 ~ Gym

Friday

Lap Swimming ~ 9:00~Aquatics Center
 Silversneakers Classic~ 8:15 ~ Gym
 Genealogy Group ~ 9:00 ~ Computer Lab
 Open Woodshop ~ 9:00
 High Impact Aerobics ~ 9:15 ~ Gym
 Strength Training ~ 10:15 ~ Gym
 Pickleball ~ 1:00 ~ Gym
 Bridge Group ~ 1:00 ~ Card Room
 Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym
 Table Tennis ~ 10:30 ~ Gym
 Exercise Room ~ 9:00-12Noon

The Senior Center will be closed:

December 25-27 for Christmas
 Holiday.

Check with Senior Center about
 possible closing on December 24th
 when it gets closer to the date.

TRAVEL AND SPECIAL EVENTS

Christmas Tree Decorating— Monday, December 1, 2014— Atrium— 1:00p.m.-3:00p.m.— Come help us decorate the Senior Center Christmas Tree! Refreshments provided- **Sign up now.**

Craft Day-Wednesday, December 10, 2014— Room 303— 10:00a.m.-11:30a.m.— FREE— Socialize and enjoy the fun while making different crafts— **Sign up now.**

Christmas Carols with Washington Troupe from George Washington Elementary— Wednesday, December 17, 2014— 11:30a.m.-12:30p.m.— Cafeteria— Free— **Sign up now!**

Christmas Desserts / Music— Friday, December 19, 2014— Cafeteria— 12:30p.m.-2:00p.m.— Cost: Bring a favorite dessert to share— Music by: Mark Larkins and TJ Singers- **Sign up now.**

Beginning Dulcimer— Tuesdays, January 6-March 24, 2015— Atrium— 11:00a.m.-Noon— Instructor: Sharon McCurry— FREE

Craft Day— Wednesday, January 14, 2015— Room 303— 10:00a.m.-11:30a.m.— Facilitated by: Pat Snodgrass, Pauline Derting, Faye Thomas— FREE— **Sign up begins December 10. Please sign up by January 12.**

Kingsport Senior Artisan Center Holiday Open House

Tuesday, December 2nd
5:30-7:30
Lynn view Branch Site
257 Walker Street

Beginning Drawing

Will not meet in December

Bob Ross Style Painting

Wednesday, December 3, 2014
10:00a.m.-12:00p.m.

Room 303

Cost: \$50.00 paid to instructor
Jay Holdway

**See example in display case.
Bring your lunch.**

Sign up now!

Cooking with Tracy

Monday, January 12, 2014

Lounge

11:00a.m.-12:30p.m.

Cost: \$2.00

Sign up begins December 12.

Cheese Fudge: Chocolate/ Peanut Butter

Wednesday, December 10, 2014

Lounge

12:00p.m.-1:30p.m.

Cost: \$2.00 at sign up

Instructor: Theresa Connors

Sign up now!

TRAVEL AND SPECIAL EVENTS

Nancy's Candy Company Tour of Factory and Lunch at Chateau Morrisette plus free Wine Tasting

Wednesday, January 8, 2015

8:30a.m.-5:30p.m.

Meadows of Dandridge, VA

Cost: \$8.00 plus lunch on your own

10% off purchase at candy store.

40 spots available

Menu available to view at sign up.

Sign up begins December 3.

Wohlfahrt Haus Presents: "Honky Tonk Angels"

Thursday, January 15, 2015

Wytheville, VA

9:45a.m.-6:00p.m. (Approx)

Cost: \$45.00 all inclusive

The story of three country gals who meet on a bus on their way to Nashville is a bright, funny, spirit-filled show! Come with us on a rollicking and touching journey which celebrates the woman's voice in Country music through the years. Accompanied by our WHDT band, this production features classic hits like "Stand By Your Man", "Coal Miner's Daughter", "9 to 5", "I'll Fly Away" and many, many more.

Sign up begins December 2.

OTLB: The Smokehouse

Friday, January 23, 2015

Elizabethton, TN

10:00a.m.-2:00p.m.

Cost: \$8.00 plus lunch on your own

Menu available to view at sign up

40 spots available

Sign up begins December 3.

Birthplace of County Music with Lunch at Quaker Steak and Lube

Wednesday, January 28, 2015

Bristol, VA

9:30a.m.-3:00p.m.

Cost: \$16.00 for transportation and Museum

Lunch on your own-Menu available to view at sign up.

40 spots available

Sign up begins December 1.

Your Page

From the Dancing Corner

Two Exciting Events to Have You Dancing Through The Holidays

**Monthly Dance at the Renaissance Center,
Friday, December 12, 2014**

Our regular monthly dance will feature a return engagement of The Model City Wrecking Crew, on Friday, December 12, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Model City Wrecking Crew is a five-piece band from Kingsport, TN performing classic rock music intermixed with slow tunes and waltzes. The Crew performs material from artists including Creedence Clearwater Revival, Eric Clapton, The Eagles, James Taylor, The Rolling Stones, Bob Seeger, Steely Dan, The Steve Miller Band, REM, and The Atlanta Rhythm Section among others. The Model City Wrecking Crew was formed in 2012 and has been performing in local venues since that time.

Friends of the Kingsport Senior Center Presents

Friday,
December 12 6:30-10 PM

December Dance



At Renaissance Center

1200 E. Center Street
Kingsport, TN 37660



Model City
Wrecking Crew

**Admission
\$5 / person**

Contact:
423 288-2668

Band members include Lawson Garrett (vocals), Joe Ball (guitars, vocals), Jimmy Dale (keyboards), Dwight Brown (bass guitar, vocals) and Gary McKinney (drums, percussion).

We hope you will enjoy listening and dancing to the memorable music from the 60's and 70's performed by this group

* * * * *

**New Years Eve Dinner
Dance at St Dominics,
Wednesday, December
31, 2014**

Friends of Kingsport Senior Center will hold its 5th annual New Year's Eve Dinner/Dance at St. Dominics Parish Life Center, 2517

John B. Dennis Highway (Hwy 93), Kingsport, on Wednesday, December 31, 2014. Time: 8 PM—12:30 AM, The Public is invited.

KIDS OUR AGE, a premier Tri-Cities Dance Band, will provide a variety of rock and dance tunes throughout the evening. Two intermissions will feature Line Dancing. A bountiful buffet of heavy hors d'oeuvres and desserts will be served. Suggested dress is semi-formal, black tie optional.

Reservations are required and tickets are available for purchase now. Cost is \$25 per person (\$200 for table of 8). The number of tickets has been limited to 180 to allow ample room for dancing on the beautiful hardwood floor.

Please call for reservations or mail a check (made out to Friends of Kingsport Senior Center) to: Laverne Olney (Ph: 423 288-2668), 2729 Berkshire Lane, Kingsport, TN 37660.

Massage Therapy

Mondays and Tuesdays

9:00a.m.-3:00p.m. with Barbara Keesecker

call 423 - 735-7475

30 minute massage

Cost: \$20.00

Call to schedule appointment



Veteran's Day Party! Special Thanks to all our Veteran's!

Bottom Row (L-R): Billy Martin, Ron Smith, Laura Minnick, Kevin Lytle, Edna Longwell, Jim Bates, Larry DeBord
Top Row (L-R): Dana Kyte, Carl Glendenning, Frank Koeller, Dwayne Mortenson, Susan Waters, Paul Buonaccorsi, Bob Johnston, Clyde Larkins, Durel Culbertson, Lewis McMullins



Lionel Baker poses with his toys that he made in the woodshop during woodworking class.

Kingsport Senior Center Advisory Council Members:

- | | |
|--------------------------|------------------|
| Bruce Shine (Chairman) | |
| Bob Winstead (Secretary) | |
| Jean Chang | Norma Livesay |
| Carmon Moix | Lester Pridemore |
| Don Royston | Carol Woodard |

NEWS TO USE

Food Drive: **Second Harvest Food Bank of** **NorthEast Tennessee**

Food barrels will be placed in front hallway of the Senior Center during the months of November, December and January.

"S.M.I.L.E" Volunteer Meeting

Thursday, December 11, 2014
Room 239
2:00p.m.-3:00p.m.

This meeting will be held every second Thursday of each month.

Legal Aid Seminar: "How to find low income help to make a will and other legal documents"

Thursday, December 11, 2014
Card Room
12:30p.m.-2:00p.m.
FREE

Light refreshments will be served.

Sign up now.

Recipe of the Month

Linda's Cookies

Ingredients:

1 box Dunkin Hines Yellow Cake Mix
(NO BUTTER)
2 eggs
1 teaspoon vanilla
1/2 cup vegetable oil
6 oz. chocolate chips

Directions:

Preheat oven to 350 degrees. Put all ingredients in a bowl and mix together with a spoon. This will make a dough. DO NOT FOLLOW DIRECTIONS ON BOX. Spray an 8x8 serving dish with PAM or any cooking spray. Place dough in dish and spread evenly. Bake at 350 degrees for 10 minutes. Check. Then bake 5 more minutes or until top and edges are lightly brown.

Computer Class Schedule

Iphone Class– Saturday, December 6, 2014– Card Room– 9:30a.m.-11:30a.m.– Cost: \$10.00 per person– Bring your iphone– **Sign up now!**

How to use a Kindle– Thursday, December 11, 2014– Card Room– 3:00p.m.-4:00p.m.– FREE– Bring your Kindle– Limit 10 people– Instructor: Teresa McMahan– **Sign up now!**



Up Your Alley Wii Bowling Team

Top Row (L-R): Trula Cox, Lewis McMullins, Angela Price, Charles Gray, Paul Buonaccorsi, Rena Buonaccorsi, Jim Lane, George Price with Mascot Sandy
Bottom Row (L-R): Coach Amber Quillen, Joyce Manis, Annabell Hammonds, Nell Raeon, Carole Keene, (Not Pictured) Doris Luckadoo



Edna Longwell poses during our Halloween Party!

Manicures

Tuesday, December 9, 2014
Multipurpose Room
11:30a.m.-2:00p.m.
Cost: \$2.00

Dobyns-Bennett cosmetology students

Sign up begins November 7.

KARAOKE: Tuesday, December 16, 2014



SMILE: Volunteers Wanted

(See Michelle if interested)

- Library Book Day
- Volunteer Instructors
- Welcome Center: Tour guides/Greeters for Center
- Exercise Room
- Entertainment
- Program Liaison
- Computer Lab
- Nutritional Assistant

Attend SMILE meeting- Thursday, December 11 at 2:00 in Room 239.

Library Book Day
Thursday, December 18, 2014

Winter Session Classes 2014

Classes begin week of January 5, 2015—week of March 23, 2015, unless otherwise noted.

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Ballroom Video Class

- Tuesday
 - Time: 4:30pm - 6:00pm
 - Room 302
- No instructor, practice on own

Basic Photography

- Tuesday and Thursday
- Beginning January 6– January 29, 2015
- 3:00p.m.-5:00p.m.
- Instructor: Claude Kelly
- Location: Room 230
- Sign up begins December 8th; sign up by January 2nd.

Basket weaving

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times.
Instructor: Claude Kelly
Website: www.scphotogroup.com

Ceramics

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay (Intermediate Handbuilding)

- Monday Beginning Jan 5 - March 30, 2015
- Sign up starts December 15th
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pay at signup; no refunds

Clay (Intermediate Hand building)

- Wednesday beginning Jan 7 – April 1, 2015
- Sign up starts December 15th.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pre-requisite must have taken beginning hand building.

Clogging - (Beginning)

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Winter Session Classes 2014

Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.

Jam Session

- Thursday
- Time: 12:30 noon
- Location: Cafeteria
- Bring your instrument and play with the group, dance or just enjoy the music!

Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Lap Swimming

- M-F
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, lap swimming
- Locker room and warm water pool available for use.

Mahjong

- Friday
 - Time: 1:30pm
 - Location: Multipurpose Room
 - Instructor: Jean Chang
- Beginners to Advanced players Welcome.

Mini Cardio Exercise Class

- Tuesday & Thursday
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Thursdays
- Time: 2:00pm-4:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

Renaissance Strings

- Tuesday
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Mark Farmer

Rook

- Tuesday
- 4:00pm
- Card Room (Bring snack to share)

SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

Woodshop

- Monday, Wednesday, Friday
- Time: 9:00am-2:00pm
- Location: Woodshop
- Volunteer Instructors
- Complete woodshop. **Safety test Required, given 1st Monday of each month at 9 am.**

Zumba

- Tuesday and Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

Winter 2014 BRANCH SITE SCHEDULE

New class schedule begins September 2nd unless otherwise noted

Core Conditioning

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- 10:30-
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

Intermediate Crochet (Begins Sept 10)

- Wednesday
- 6 week class
- Instructor: Susan Egan
- Location: Lynn View Branch site
- 11:30
- \$20.00
- Bring your own pattern

Beginning Drawing

- Monday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Fee: \$25 Minimum 5 students
- Basic drawing class

Advanced Drawing

- Wednesday
- Time: 9:00am -11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell

Line Dance - Intermediate

- Monday
- Time: 12:45pm -1:45pm
- Location: Boys/Girls Club (Sept 8)
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

Advanced Yoga

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

Private Personal Training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Artist and Crafters Monthly Breakfast

- 2nd Wednesday *NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

Yoga

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Muscular Strength and Range of Movement

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

Piloxing

- Tuesday
- Time: 9:30am
- Location: Colonial Heights Baptist Church (Sept 2)
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

Total Body Workout

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

Game Day

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

Pickleball

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

Silver Sneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

Indoor Walking

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Silver Sneakers Yoga

Monday and Wednesday
Time: 11:00
Location: Lynn View Branch Site
Instructor: Chris Hicks

Artists Wanted

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information.

Cindy at 423 392-8402 or 423-765-9047.

Visit our website

www.kingsportseniorartisancenter.com

And like us on Facebook

Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

JOB SKILLS



21ST CENTURY JOB SEEKING *NEW

- 8 weeks
- Fee \$100
- Instructor: TBA
- Wednesday 6:00pm - 8:00pm
- Location: Computer Lab, Senior Center
- Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview

2008 National Electric Code (Commercial) Begins September 22

- 8 Weeks
- Fee: \$75
- Monday 6:00pm - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

2008 National Electric Code (Residential) Begins January 26

- 8 Weeks
- Fee \$75
- Monday 6:00pm-8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
- Location: Renaissance Center Cafeteria

Beginning Heating Ventilation and Air Conditioning Certification Preparation

- Part I
- 10 Weeks
- Fee: \$165
- Tuesday 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Instructor: TBA
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make five cards and take materials home to make five additional cards.

Beginning Chinese Class

Wednesdays 11 classes
3:45 P.M.
Instructor: Jean Chang
Fee:\$55 per child or \$75 for child with a parent
Location: Kingsport Renaissance Center
Wednesdays 11 classes
4:45 p.m.
Instructor: Jean Chang
Fee:\$55 per child or \$75 for child with a parent
Location: Kingsport Renaissance Center

Intermediate Chinese Class

Wednesdays 11 classes
5:15 P.M.
Instructor: Jean Chang
Fee: \$55 per child or \$75 for child with a parent
Location: Kingsport Renaissance Center

HEALTH/EXERCISE

Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package
- Contact Chris (423-741-5643)

*****Pound Fit**

- 6 weeks
 - \$30
 - Instructor: Darlene Taylor
 - Tuesdays 5:30
 - Location: Renaissance Center Gym
- Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase

Zumba Fitness

- 6 weeks
- \$25 fee per session
- Thursday, 5:15pm
- Instructor: Becky Mills
- Location: Lynn View Community Center, Cafeteria

Piloxing

- Tuesday, 6:00pm
- Instructor: Becky Mills
- Limited to 15 participants
- Location: Kingsport Renaissance Center
- \$30.00 payable first night of class

DANCE CLASSES

Beginning/Intermediate Line Dance

- 8 weeks class
- Fee: \$25
- Instructor: Lyna Faye McConnell
- Thursday, 6:30pm - 8:30pm
- Location: Lynn View Community Center

Salsa Dance (Beginning Oct 14)

- 4 week class (8 classes)
- Tuesday and Thursday
- Time: 1:30pm
- Room 302, Renaissance Center
- Instructor: BJ Goliday
- Fee: \$20 per person paid to instructor

* Call for starting dates where not listed.

Sullivan County Tennessee Sheriff's Office

September 14, 2014

This year, the Sullivan County Sheriff's Auxillary is conducting its thirteenth annual *Needy Children's Christmas Toy Drive, (Toys from Cops)*. Last year we provided Christmas gifts for 1025 needy children. We have grown every year and expect a larger number this year. The only way we can accomplish our goal of making sure every child in our area has a Merry Christmas is through donations and support from our community. We would appreciate any assistance you can render.

Thank you in advance for your support. For further information please contact Capt. Mark Murph at the Sullivan County Sheriff's Office, 306-3674, or Auxiliary Capt. Alan Long at 408-9924.

Thank you,

Aux. Capt. Alan Long
Sgt. Willard Guillon 297-3026

Kingsport Senior Center

Presents a Fabulous Trip To

Amish Country

Your 5 Day/4 Night Package Includes:

- 4 Nights Hotel Accommodations
- 4 Breakfasts at your Hotel

Welcome Reception at your Hotel

4 Dinners Including 1 Amish Style Hearty Supper

Guided Tour of Amish Acres

Taking you deep into the heart of the oldest Amish community in the world, as well as some of the most beautiful farmland you'll ever set eyes upon.

Broadway Musical in the Majestic Round Barn Theatre

Enjoy a House Seats Insights Tour

Learn about the unique 1911 Round Barn Theatre as you sit front row in a private session with the theatre's talented Artistic Director. Hear about the dismantling and reconstruction of the round barn into a state-of-the-art theatre and learn how current productions get finalized and ready for opening.

Enjoy Shopping at Amish Acres and Borkholder Dutch Village

You will find Amish quilts, crafts and furniture as well as fresh produce, cheese, meats, baked goods and more!

Renfro Retro Revue 50's & 60's Live Show (Subject to change)

The Renfro Valley cast of entertainers will take you back in time performing hits from the 1950's and 1960's, plus dancing, comedy and more!

Admission to the Kentucky Horse Park

Horses of all shapes and sizes are awaiting you at the Horses of the World Barn where there are many unique and rare breeds that are presented in daily summer shows along with breeds of horse that may be more familiar to the American public, and breeds that are special to Kentucky.

Guided Touring of Sugarcreek, OH

Standard Taxes, Meal Gratuities and Baggage Handling,
Motor Coach Transportation

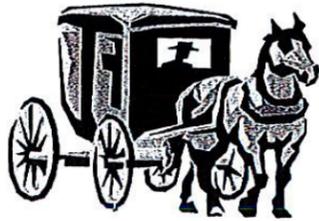
For Information and/or Reservations, Please Contact:

Shirley Buchanan @ 423-392-8403

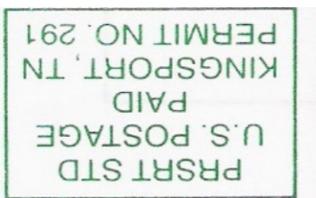
Trip Date: May 11 – May 15, 2015

Price: \$685.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$79.00/person – Double Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. Fuel surcharges by all transportation companies may be assessed.



\$100 deposit due by February 1st
Final payment due March 20th
Sign-up Now!



Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400

Cindy's Retirement Party!

Wednesday, December 31, 2014

1:30p.m.-3:00p.m.

Cafeteria

Cost: Bring a snack to share

Come join us for Cindy's retirement! Cindy is the Branch Coordinator for the Senior Center and has been with us for 13 years! She will be greatly missed.

Sign up now!