

# the Kingsport Senior Center News



Tuesday,  
February 23

12:30P.M.-  
2:00P.M.

## 9<sup>th</sup> Annual Dog Show

We will be having our 9<sup>th</sup> Annual Dog show on Tuesday, February 23, 2016. You may enter your dog in any of our 10 categories. Please arrive by 12:00noon to register your dog. Your dog must be up to date on its rabies vaccine. Our local Kingsport Animal Shelter will be at the Dog Show with pets available for adoption. The categories include: 1. Dog and owner look alike 2. Best trick 3. Best dressed 4. Celebrity look alike 5. Best tail way 6. Most vocal performance 7. Cutest male 8. Most glamorous female 9. Least obedient 10. Top dog. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each category.

Cost: Please  
bring a  
donation for the  
animal shelter

### Save the Date: Mark Your Calendars

Candlelight Dinner:  
Thursday, February  
11, 2016 at 5:30P.M.  
in room 310. \*see  
page 5 for menu.

Johnny Cash Birthday  
Celebration: Thursday,  
February 25, 2016 at  
1:00P.M.  
\*See back page for  
more detail

AARP Safe Driving:  
February 25-26,  
2016 at 9:00A.M. in  
room 230.



## **Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
[Shirleybuchanan@kingsporttn.gov](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** Michelle Tolbert  
[michelleitolbert@kingsporttn.gov](mailto:michelleitolbert@kingsporttn.gov)  
392-8404
- **Wellness Coordinator-** Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407
- **Program Leader-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Program Leader-**Lori Calhoun  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8405 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Program Assistant-** Megan Morrow  
[meganmorrow@kingsporttn.gov](mailto:meganmorrow@kingsporttn.gov)  
343-9713
- **Branch Assistant-** Hannah Baker  
[hannahbaker@kingsporttn.gov](mailto:hannahbaker@kingsporttn.gov)  
765-9047
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060
- **Front Office-** 392-8400

## Center News

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

## 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, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

### **Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

### **Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

### **Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

### **Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Wellness Seminars

**Advance Directives:** Dr. Jennifer Easterday with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, February 23, 2016** at 10:30A.M. in the Card Room. Topic of discussion will be "Advance Directives": This seminar will discuss important medical decisions to consider as we age. She will also discuss CPR, Life Support, Feeding Tubes, and Hospice. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Kingsport Aquatic Center:** Charlotte Reasor with the Kingsport Aquatic Center will be at the Center on **Thursday, February 25, 2016** at 11:00A.M. in the Card Room. Topic of discussion will be "How Water Aerobics Takes the Pressure Off Your Joints": The seminar will discuss how the deeper you go in the water, the less tension on your joints and how water aerobics is all about the resistance for a good workout, with a tour of the Aquatic Center to follow, we need a minimum of 8 to sign up for the tour. She will also discuss the different classes offered.

- ✓ **Aqua Combo:** This class hits it all, weights, cardio, and resistance for a total body workout. Participants can work at their own pace..
- ✓ **Cardio Blast:** A high intensity workout that includes bouncing, jumping, kicking, and energy! Participants work at their own ability level. This class utilizes weights and resistance gloves.
- ✓ **Core Concentration:** A targeted class that focuses on abs and back muscular strength and endurance.
- ✓ **Forever Fit:** A class for water enthusiasts of all ages! This workout will provide low-impact exercise while targeting both upper and lower body. Includes an extended warm-down phase for extra flexibility and stretching.
- ✓ **Interval Training:** This class allows participants to train at high intensity levels for regulated amounts of time. Exertion rates will vary between intervals allowing recovery between demanding exercises.
- ✓ **Stretch & Tone:** A class aimed at toning the muscles using water weights and resistance. Includes a portion aimed at stretching and relaxing the muscles in the warmth of the Palmer Center Foundation Warm Water Pool.

**Simple Ways to Improve Back Pain:** Dr. Kari Goan with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, March 22, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Simple Ways to Improve Back Pain". This seminar will show demonstration and educational points on common causes of back pain and simple ways to improve and prevent the pain. **Note:** No sign up required to attend.

## 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, and 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! Please join us on **Tuesday, February 9, 2016** at 10:00A.M. in the Card Room at the Kingsport Senior Center, 1200 E. Center Street. Refreshments will be provided. No sign up is required to attend this seminar.

## Tournaments

**Table Tennis Tournament:** We invite all table tennis players to show off your skills on Wednesday, February 24, 2016 at 1:00P.M. in the Gym. This tournament will be doubles playing the best of three games, and double elimination with a minimum of 10 to sign up for tournament to be played. Cost is \$2.00 per person, payable the day of the tournament. Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only. Sign up will start on Wednesday, February 3, 2016.

**Billiards Tournament:** We invite all pool sharks to show off your skills on Wednesday, March 16, 2016 at 10:00A.M. in the billiards room. This tournament will be an 8-ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only. **Note: We will play on all four tables in the billiards room.** Sign up will start on Wednesday, February 17, 2016.

## Lunch and Learn

Alicia Greer, PTA Rehabilitation Liaison with HealthSouth Rehabilitation Hospital will be at the Center on **Tuesday, February 16, 2016** at 11:30A.M. in Room 310. Topic of discussion will be "What Do I Do Now?" This seminar will be a slide show presentation for anyone who may find themselves having to make decisions for extended care after an illness or injury. The differences between inpatient rehab, skilled care, outpatient therapy, and home health will be discussed. Sign up will start on Wednesday, January 13, 2016. There is a limit of 40 seats available.

## Blood Pressure Checks

Sheri C. Collins, with Asbury Place in Kingsport will be doing Blood Pressure Checks in the hallway by the Front Office from 9:00A.M. to 11:00A.M. every second Thursday of the months starting on Thursday, February 11, 2016.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Beginning: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickelball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm-Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Tai- Chi: 8:30am- Room 310
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



## Travel and Special Events

**AARP Tax Aide** will be held every Thursday beginning on **February 4 through April 14, 2016**. This is a free tax assistance. Call the front office at 392-8400 to schedule your appointment.

Come and learn how to **Swing Dance** at the Kingsport Senior Center. This class will be held every Monday beginning on **February 8 through March 14, 2016** from 5:30P.M.-6:40P.M. in Room 302. The Lindy Hop is a partner dance that originated in the 1920's and 30's in Harlem, NY, and soon spread throughout the country. It was inspired by the music of Jazz greats like Duke Ellington, Ella Fitzgerald and Chick Webb, Benny Goodman, and many others. Lindy Hop is a high-energy variety of swing dance related to the Jitterbug, Charleston, and Shag. This beginner level class will teach six count Lindy Hop and incorporate steps from other swing era dances. No partner necessary. We will take up to 20 people. Bring comfortable shoes, water, and your enthusiasm! This class is free. Sign up in the front office now.

Are you interested in joining a Book Club? The Kingsport Senior Center will have a Book Club Meeting on **Tuesday, February 16, 2016** at 10:00A.M. in the Card Room. In this meeting we will discuss the kinds of books you are interested in reading and how much you are willing to pay for the books. If you are interested in the book club then please attend this meeting. Call 392-8400 to sign up, or stop on by.

**Bob Ross Style Painting-** Wednesday, February 17, 2016- Room 303- 10:00A.M.-2:00P.M.- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. You may sign up now in the front office.

**Beginning Drawing-** Friday, February 26, 2016- Room 303- 1:00P.M.-4:00P.M.- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up now.

**Flower Arranging Class:** Thursday, February 11, 2016-Card Room- 10:30A.M.-11:30A.M.- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Benefits of Meditation Seminar:** Thursday, February 18, 2016- Card Room- 10:30A.M.-11:30A.M.- Free- Come and meet Lee Stone and learn about the benefits of meditation. Lee Stone teaches meditation class every Tuesday and Thursday. (See pg. 9) Light refreshments will be served. Sign up now in the front office.

**Cooking with Tracy Demonstration-** Monday, March 7, 2016 at 11:00A.M. in the lounge- Cost is \$5.00 paid at sign up. Sign up begins February 15. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:15A.M, we will replace you with someone from the waiting list.

**Candle Light Dinner** will be held on Thursday, February 11, 2016 from 5:30P.M. to 7:30P.M in room 310. The cost is \$12.00 per person. Come and enjoy a romantic Italian Dinner with the one you love. The menu will include: Spaghetti with meatballs, chicken alfredo, green beans, salad, bread, hot fudge cake, and sweet/unsweet tea. We will also have entertainment by The Diamonds Jazz Band. You do not want to miss this! **Sign up now! \*Please sign up by Friday, February 5!**

**Italian Style Cooking-** Monday, February 22, 2016 at 11:30A.M. in the lounge. Cost is \$3.00 paid to instructor Donna Chmielnik day of class. You may sign up now. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:45A.M, we will replace you with someone from the waiting list.

**Dog Show 2016** will be held on Tuesday, February 23, 2016 in the Atrium from 12:30P.M.-2:00P.M. Cost is to bring a donation for the animal shelter (food, blankets, bleach, toys, etc.). You may enter your pet in any of our 10 categories. Categories include: Owner and pet look alike, celebrity look alike, best trick, least obedient, cutest male, most glamorous female, best dressed, best vocal performance, best tail wag, and top dog.

**AARP Safe Driving** will be held on **Thursday, February 25 and Friday, February 26, 2016** from 9:00A.M. to 1:00P.M. in room 230. Cost is \$15.00 for AARP members and \$20.00 for non-members. Call the front office to make your appointment.

We will be offering **Speed Dating** at the Center on **Friday, March 4, 2016** at 2:00P.M. in the Cafeteria. This is a great way to meet new people. You will have about 5-7 minutes per person to ask questions and get to know them better. This is not just for dating but for friendships also. Sign up in the front office now.

**Wear Your Green St. Patrick's Day Party!** This will be held on **Thursday, March 17, 2016** at 1:00P.M. in the cafeteria. Sign up begins on February 8, 2016 and this is a free event. Please sign up no later than March 14<sup>th</sup>.

# Travel and Special Events

## Winter Ice Solstice at the Niswonger Performing Arts and Dinner at Poblano's

Sunday, February 28, 2016  
Greenville, TN

12:30p.m.-7:30p.m.

Cost: \$45.00 for ticket and transportation with dinner on your own at Poblano's

**We still have spots available. Sign up now.**

## Barter Theater: "Lying In State" & Lunch at Logans

Thursday, February 18, 2016  
Abingdon, VA

10:30A.M.-6:00P.M.

Cost: \$30.00 for ticket and transportation

A riotous comedy. The state senator has died in a ridiculous gun accident, and it has made him a national hero. Everyone is searching for something. The local political party leaders are strenuously looking for someone to fill his senate seat. His ex-wife is looking for a bugler to play for his funeral. Bunny, the stripper, and hose of other zany characters are looking for love, votes, the right casket and a big purple squirrel named Mel.

**Sign up begins on January 29.**

## OTLB: Harvest Table Restaurant & Farm Tour



Friday, April 8, 2016  
Meadowview, VA  
9:15A.M.-3:30P.M.

Cost: \$28.00 for lunch and transportation

At the Harvest Table, we work with seasonal produce and meats from local and regional sources, offering the best of each season. Our creative recipes are designed to highlight freshness and quality. We favor real foods prepared in a healthy way; nothing on our menu is deep fat fried.

**Sign up will begin on January 25<sup>th</sup>.**

## OTLB: Timberwood Grill & Tour of Ole Smoky Distillery



Friday, March 11,  
2016

Pigeon Forge, TN  
8:30A.M.-5:00P.M.  
Cost: \$26.00, which includes lunch and transportation

You will select an item from the menu at sign up.

**Sign up will begin on January 29<sup>th</sup>.**

## Popovich Comedy Pet Theater- Niswonger Performing Arts & Dinner at Brumley's

Thursday, April 14, 2016  
Greeneville, TN  
3:45P.M.-10:00P.M.

Cost: \$45.00 for ticket and transportation

\*Dinner will be on your own at Brumley's



Gregory Popovich brings his Vegas show to the NPAC stage! The World Famous Popovich Comedy Pet Theater is a family oriented blend of comedy and unique talent. Comedy Pet Theater features an amazing cast of house cats, dogs, parrots, even geese and mice! Critics describe it as a unique blend of comedy, world-champion juggling, and the extraordinary talents of more than 30 performing pets. Gregory has rescued the animals from shelters all over the country and transformed them into Las Vegas stars, using positive reinforcement and working with the animal's natural abilities to create a fun, one-of-kind show. Audiences will be delighted to see the extravaganza of European-style clowning, balancing acts, and of course, very talented performing pets.

**Sign up will begin on January 26<sup>th</sup>.**

# Your Page

## **2016 Happy Day Singers Schedule**

January 4- Crown Cypress  
 January 11- Elmcroft  
 January 18- Closed  
 January 25- Preston Place I  
 February 1- Holston Manor  
 February 8- Brookhaven  
 February 15- Church Hill  
 February 22- Greystone @ Airport  
 February 29- Baysmont  
 March 7- Crown Cypress  
 March 14- Elmcroft  
 March 21- Brookdale @ Rocksprings  
 March 28- Preston Place II  
 April 4- Holston Manor  
 April 11- Brookhaven  
 April 18- Church Hill  
 April 25- Greystone @ Airport  
 May 2- Crown Cypress  
 May 9- Elmcroft  
 May 16- Brookdale @ Rocksprings  
 May 23- Preston Place I  
 May 30- Closed  
 June 6- Holston Manor  
 June 13- Brookhaven  
 June 20- Church Hill  
 June 27- Greystone @ Airport  
 July 4- Closed  
 July 11- Elmcroft  
 July 18- Brookdale @ Rocksprings  
 July 25- Preston Place II  
 August 1- Holston Manor  
 August 8- Brookhaven  
 August 15- Church Hill  
 August 22- Greystone @ Airport  
 August 29- Baysmont  
 September 5- Closed  
 September 12- Elmcroft  
 September 19- Brookdale @ Rocksprings  
 September 26- Preston Place I  
 October 3- Holston Manor  
 October 10- Brookhaven  
 October 17- Church Hill  
 October 24- Greystone @ Airport  
 October 31- Baysmont  
 November 7- Crown Cypress  
 November 14- Elmcroft  
 November 21- Brookdale @ Rocksprings  
 November 28- Preston Place II  
 December 5- Holston Manor  
 December 12- Brookhaven  
 December 19- Church Hill  
 December 26- Closed

## **Massage Therapy**

Mondays and Tuesdays  
 9:00am-3:00pm  
 Call Barbara Keesecker at 423-735-7475  
 to set up your 30-minute appointment  
 Cost: \$20.00

## **Kingsport Senior Center Advisory Council Members**

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



**Biscuits and Bingo at Lynn View Cafeteria  
 will be held on Thursday, February 11,  
 2016 from 10:30am-11:30am. This is a free  
 event you will not want to miss. Sign up by  
 calling Lynn View Branch Site (Monday-  
 Friday 9:00am-2:00pm) at 765-9047**



## News to Use

### Schedule changes due to weather:

If the Kingsport City Schools are closed all of our regular scheduled classes for the day will be cancelled. However, we will still be open. You will still have access to the billiards room, computer lab, exercise room, ceramic room, gym and lounge.

### Kingsport Senior Center Space Study

The Kingsport Senior Center has received quotes and is working to finalize plans for a space study to begin in the New Year. This study will take an in depth look at the Centers programs, attendance, facility, and the needs required to meet present and future growth of membership. Like the accreditation process, we will be asking for our members input. Please be thinking about current usage of the space we have in our facility and what we will need for the future. Several open meetings will be planned to relay these ideas in the upcoming months.



Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



## Recipe of the Month

### Valentines Day Lava Cake

#### Ingredients:

Butter as needed  
 2 egg yolks  
 2 eggs  
 3 tablespoons white sugar  
 3 ½ ounces chopped dark chocolate  
 5 tablespoons butter  
 4 teaspoons unsweetened cocoa powder  
 3 tablespoons flour  
 1 pinch salt  
 1/8 teaspoon vanilla extract

#### Directions:

1. Generously butter the inside of 4 (5 ½ ounce) ramekins. Place them in a casserole dish.
2. Whisk together egg yolks, eggs, and sugar in a bowl until light, foamy and lemon colored.
3. Melt chocolate and butter in a microwave safe bowl in 30-second intervals, stirring after each melting.
4. Stir melted chocolate mixture into egg and sugar mixture until combined.
5. Sift cocoa powder into the mixture; stir to combine.
6. Sift flour and salt into the mixture; stir to combine into a batter.
7. Stir vanilla extract into the batter
8. Transfer batter to a resealable plastic bag. Snip one corner of the bag to create a tip.
9. Divide batter evenly between the prepared ramekins; tap gently on the counter to remove any air bubbles.
10. Refrigerate 30 minutes.
11. Preheat an oven to 425 degrees.
12. Arrange the ramekins in a casserole dish. Pour enough hot tap water into the casserole dish to reach halfway up the sides of the ramekins.
13. Bake in the preheated oven for 15-18 minutes. Set aside to cook for 15 minutes.
14. Loosen the edges of the ramekin with a knife. Invert each cake into a plate and dust with powdered sugar.

### **Computer Classes**

**How to Use an iPad:** Monday's and Friday's (Feb 8, 12, 15, 18, 22, 26, 29, and Mar 1, 2016) The cost is \$25.00 paid at sign up. Please sign up by Feb 5 by noon.

**\*Note:** Let us know in the front office (392-8400) if you have any request on computer classes you need.



### **Benefits of Meditation with Lee Stone**



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

This class is taught by Lee Stone on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class. (Come to the Seminar on Feb 18)

### **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, February 9, 2016 to do manicures. Sign up now.

### **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

### **Karaoke**

Tuesday, February 16, 2016  
4:00pm-6:30pm in the cafeteria

### **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, February 11, 2016 at  
2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Winter Classes 2015

**Classes begin week of January 4, 2015 through week of March 21, 2016 unless otherwise noted.**

## **Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## **Basic Tai-Chi**

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## **Ballroom Video Class**

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

## **Basket Weaving**

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

## **Core & Posture 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 core and abdominals.

## **Camera Club**

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## **Ceramics**

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## **Clay (Beginning Hand-Building)**

- Monday- January 4 – March 21.
- Sign up starts Dec. 4
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## **Clay (Intermediate Hand Building)**

- Wednesday- January 6- March 23.
- Sign up starts Dec. 4.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## **Clogging (Beginning)**

- Thursday
- Time: 10:00-11:30am
- 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
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

## **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 Classes 2015

## Happy Day Singers

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

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**Will be held every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month. (1<sup>st</sup> Thursday will not start until March)**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

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

## Lap Swimming

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

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

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

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 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
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: 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-11:0am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

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

## Tai-Chi

- Friday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

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

# Winter Classes 2015 Branch Site Schedule

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet

- Friday
- 6 week class
- Time: 12:00pm-1:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Will be making a heartwarming crochet scarf
- Supplies needed, #4 worsted weight yarn and size H hook. Limited to 6 participants.

## Intermediate Crochet

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 10:00am-11:00am
- Cost: \$20.00, paid to instructor
- Limited to 6 participants

## Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Core Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View

## Game Day: Learn to play bunco!

- Thursday, March 10, 2016
- 10:30am
- Lynn view Community Center
- Facilitated by: Dottie Shockley and Delilah McCarty
- Call Lynn View to sign up

## Artist and Crafters Monthly

### Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

### Yoga

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

### SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

### Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

### Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2<sup>nd</sup> Tuesday of the month

### Pamper Me Pretty

- Wednesday, February 10, 2016
- 12:30pm to 1:45pm
- Location: Lynn View Cafeteria
- Instructor: Angela Tunnell
- Facials and makeup along with skin care over 50. Free samples of Clarion and Lancôme
- Call 765-9047 to sign up, please sign up by Feb 3

### Basic Computer Class

- Tuesday's (February 16, 23, March 1, and 8<sup>th</sup>)
- 10:30am to 12:00noon
- Lynn View Community Center
- Cost: \$25.00 paid at sign up
- This class will be a beginner level class for participants who want to get started using a computer. Please sign up by Feb 12.

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View Community Center Gym

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Bloomingdale Baptist Church
- Instructor: Stephanie Scissom

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster for attendance.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Community Center
- Instructor: Chris Hicks

## Valentine's Day Party

- Thursday, February 25, 2016
- Time: 12:30-1:30pm
- Lynn View Community Center
- Sponsored by Comfort Keepers
- Free
- Call 765-9047 to sign up, sign up by Feb 19.

## It's Your Lucky Day!

- Wednesday, March 16, 2016
- Time: 12:30-1:45pm
- Lynn View Cafeteria
- Music provided by Slim Pickins
- Don't forget to wear your green!
- Free
- Call 765-9047 to sign up, sign up by March 9.

Biscuits and Bingo will be held on Thursday, February 11, 2016 at 10:30am, in the Lynn View Cafeteria. Sponsored by Amedisys Hospice Care. Limited to 50 participants, please call Lynn View Community Center 765-9047 to sign up, sign up by Feb 8.

# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### Updating your Job Skills

- ❖ Thursday
- ❖ February 16-March 8, 2016
- ❖ Computer Lab
- ❖ 5:00P.M.-7:00P.M.
- ❖ Cost: \$25.00 for center members and \$30.00 for non-members
- ❖ Fee to be paid first day of class
- ❖ Sign up in the front office now.

#### Cake Decorating

- ❖ Monday
- ❖ March 7-21, 2016
- ❖ 5:30P.M. to 7:30P.M.
- ❖ Cafeteria
- ❖ Cost: \$20.00 paid to instructor first day of class
- ❖ Focus will be decorating cakes with fondant.
- ❖ Please sign up by March 1, 2016

### Cultural/Arts/Crafts

#### "The Tour De France" Regional Cooking Classes

- ❖ Thursday
- ❖ March 24-April 28, 2016
- ❖ 6:15P.M.-9:15P.M.
- ❖ Location: Village at Allandale
- ❖ Cost: \$249.00 per person paid at sign up
- ❖ Please sign up by March 17, 2016.

\*France is a wondrous country composed of several provinces in which a specific cuisine has evolved, each using locally produced ingredients. French cuisine is thought of as a major art form, French Gastronomy, which uses the enormous riches of the French countryside to produce food that is unique in the world of cooking; it is a gastronomic tradition which is closely guarded by French chefs and restaurateurs. We will use the best of seasonal, fresh ingredients, sans preservative, additives, or chemicals; nothing will be frozen or canned. Each class will feature both classical and modern elements of a regional cuisine, beginning with Brittany and Normandy; we will conclude each class with a three-course meal, which we will share together.

Sponsored by:



### Health/Exercise

#### Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Piloxing

- ❖ Tuesday's/Friday's
- ❖ 9:30A.M.
- ❖ Room 302
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

#### Zumba

- ❖ Monday
- ❖ March 7-April 11, 2016
- ❖ 5:30P.M.
- ❖ Cost: \$20.00 for members and \$25.00 non members paid at sign up
- ❖ Where: Lynn View Cafeteria

## Pool Advisory Update

\*Wednesday, January 13, 2016 we held a pool tournament with 14 players from Bristol. We played 117 games in 4 hours and 15 minutes. We won by 5 games.

\*Periodically we plan on shooting with various senior centers, through tournaments and such, to get to know people in the tri-cities area.

\*Johnson City has recently reached out to our senior center to have a tournament.

\*The pool room is always busy, yet everyone always has a fair opportunity to get on a table and play.

\*Everyone that drinks the coffee in the pool room happily contributes in for the supplies needed to drink the coffee.

\*Everyone gets along nicely in the pool room and its always full of traffic.

## Investment Advisory Update

\*They meet the first Friday of each month at 10:00A.M.

\*They speak about the stock market and analyze personal stock.

\*They trade information on how each other should and could better invest.

\*This meeting gives investors a sounding board with people of like interests in financial goals.

\*It's an open discussion where everyone gets to speak fairly and everyone is heard. No one dominates any of the conversations in order for everyone to have a fair experience.

\*Each meeting had anywhere from 5 to 10 members. The number of members has increased due to personal contact and word of mouth.

\*They have a screen with visual aids of the stock they are speaking about as well as having a few laptops to get the best information across as they can.

\*Everyone in the meetings has investments and they all offer help to each other.

\*Everyone is very happy with the meeting and everyone is benefiting from it.

## Brain Teasers Riddles

- 1) Q: What 5-letter word becomes shorter when you add two letters to it?
- 2) Q: Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.
- 3) Q: A farmer is trying to cross a river with a bag of corn, a hen, and a fox. The farmer's boat is only big enough to take himself and one other item per trip. The hen cannot be left alone with the corn or she will eat it. Likewise the fox cannot be left with the hen, or the hen will be eaten. How does the farmer get all three items across the river?
- 4) Q: A bat and a ball cost \$1.10. The bat costs one dollar more than the ball. How much does the ball cost?
- 5) Q: What letter comes next in the following sequence? D R M F S L T\_
- 6) Q: Johnny's Mother had three children. The first child was named April. The second child was named May. What was the third child's name?
- 7) Q: A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers. What does he weigh?
- 8) Q: If you were running a race and you passed the person in 2nd place, what place would you be in now?
- 9) Q: How many times can you subtract the number two from the number fifty?
- 10) Q: It's a stormy night and a plane takes off from JFK airport in New York. The storm worsens, and the plane crashes - half lands in the United States, the other half lands in Canada. In which country do you bury the survivors?
- 11) Q: In British Columbia you cannot take a picture of a man with a wooden leg. Why not?
- 12) Q: What word in the English language is always spelled incorrectly?
- 13) Q: Given these equations, what does 4500 equal?
- 8898=7  
 4566=2  
 1203=1  
 2313=0  
 4566=2  
 5464=1  
 7774=0  
 1003=2  
 9856=4  
 9955=2  
 1886=5  
 1231=0  
 8764=3  
 4500=
- 14) Q: What's full of holes but can still hold water?
- 15) Q: Can you think of a common word that contains double C, double S and double L? Can you think of a second one?

**\*Come by the front office for the answers and see how you did.**

## Johnny Cash “*Walk the Line*” Birthday Celebration



**Thursday, February 25, 2016  
1:00P.M. to 3:30P.M.  
Theater  
Free- Sign up in the front office**

**Come and celebrate Johnny Cash’s birthday with us as we watch the movie “*Walk the Line*” that tells his life story.**

**We will have popcorn and drinks during the movie**



The Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN 37660

PRSR T STD  
U.S. POSTAGE  
PAID  
KINGSPORT, TN  
PERMIT NO. 291