

April 2022

SeniorLiving

Kingsport Senior Center



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KINGSPORT
SENIOR CENTER
the fun begins at 50

Staff:

**Please call the front office for information:
(423) 392-8400 (Main Number)**

Director- Shirley Buchanan
shirleybuchanan@kingsporttn.gov
(423) 392-8403

Branch Coordinator- Michelle Tolbert
michelletolbert@kingsporttn.gov
(423) 392-8404

Branch Assistant- Diane Broyles
dianebroyles@kingsporttn.gov
(423) 765- 9047

Wellness Coordinator- Kevin Lytle
kevinlytle@kingsporttn.gov
(423) 392-8407

Program Coordinator - Lori Calhoun
loricalhoun@kingsporttn.gov
(423) 392-8405

Program Leader - Amber Quillen
amberquillen@kingsporttn.gov
(423) 392-8402

Program Leader - Beth Freeman
bethfreeman@kingsporttn.gov
(423)343-9713

Program Assistant - Cameron Waldon
cameronwaldon@kingsporttn.gov
423-392-8406

Secretary - Kelsie Gillum
kelsiegillum@kingsporttn.gov
423-392-8400

Nutrition Site Manager
(423)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, 2021 - June 20, 2022
\$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: 8:00am - 7:00pm Saturday: 9:00am – 12:00pm

www.kptseniors.net

423-392-8400

Branch Sites:

Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday, 8:00am - 2:30pm.

423-765-9047

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

Follow us on Social Media:



Kingsport Senior Center



@KingsportSeniorCenter



@KingsportSeniorCenter

Kingsport Senior Center Advisory Council Members:

Richard Currie
(Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney

Linda Gemayel
Peter Shang
Lisa Shipley
Brenda Eilers
Kenn Naegele

The Senior Advisory Council meeting will be April 21st at 12:30. 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. It is our hope that this will be a benefit to our seniors, staff, and the council.

**Subscribe to our new
Kingsport Senior Center
YouTube Channel!**

https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber

Stop Searching.

Get in-person answers on assisted living from the experts.

Are you concerned about a loved one's safety and quality of life? Call us. We can help.

For more than 30 years, Asbury Place at Steadman Hill has been providing solutions for complex problems – with loving care.

Contact Us – We Can Help

- » **(423) 900-2296**
- » **AsburyPlaceKingsport.org**
- » **SCloyd@Asbury.org**

ASBURY PLACE
Assisted Living at
STEADMAN HILL



Anticipate More

1300 Bloomingdale Pike
Kingsport, TN 37660



Faith-based. Not-for-profit. Mission-focused.

Virtual Calendar

Events and Virtual Classes

Apr 3 - 1 Min. Foot & Ankle Workout for Better Balance & Walking!

<https://www.youtube.com/watch?v=viV3-zt2eQU>

Apr 6 - Love & Best Dishes: Behind the Scenes of Paula's Trip to Tennessee

https://www.youtube.com/watch?v=jjys_gnvQzs

Apr 9 - DIY Mesh Easter Wreath

<https://www.youtube.com/watch?v=cDpq-oHZFSM>

Apr 12 - Replacing the 'OI Knee I Bill Engvall

<https://www.youtube.com/watch?v=GpqpFlyQvuk>

Apr 14 - What Can I Make For Breakfast? - 17 Breakfast Recipes!! I Cooking for Two

<https://www.youtube.com/watch?v=jlboYLIYi4>

April 18 - Tap dancing good for seniors' bodies and minds

<https://www.youtube.com/watch?v=5g2HfSBudk0>

April 23 - Spring Clean Like a Boxx

<https://www.youtube.com/watch?v=5yZ4LeU2Sqg>

April 27 - 12 Vegetables You Should Grow in the Spring

https://www.youtube.com/watch?v=F3ePVs_-eDQ

Senior Services Virtual Programs

Apr 5 - How Does Social Security Work?

<https://youtu.be/3N5xeWyU128>

Apr 12 - Living Wills & Power of Attorney

<https://youtu.be/GsrCiv3MR3E>

Apr 19 - Understanding Your Trust - Revocable or Living Trusts

<https://youtu.be/jfRZKtck7Rk>

Apr 26 - What You Should Know About Long Term Care Insurance

<https://youtu.be/LtYrXHMpik8>

Apr 29 - Advance Directives

https://youtu.be/_jggZ5IK1Ns

Facebook Classes - April 2022

Mon, Wed, Fri - SilverSneakers Classic with Terri Bowling

Mon, Wed, Fri - Total Body with Terri Bowling

Mon, Wed, Fri - SilverSneakers Yoga with Terri Bowling

Tues, Thurs - SilverSneakers Boom Fitness with Terri Bowling

Tues, Thurs - Piloxing with Terri Bowling

Mon, Wed, Fri - High/Low Aerobics with Terri Bowling

Mon, Wed, Fri - Strength/Stretch with Terri Farthing

Wellness Virtual Classes

Apr 5 - Hamstring Strengthening Exercises & Stretches

<https://youtu.be/fPCTajPbux4>

Apr 7 - Hamstring Stretches for Seniors

<https://youtu.be/8R7cU7yFFQs>

Apr 12 - Tight Hamstrings Relief

<https://youtu.be/pJUwEBgxWoE>

Apr 14 - How to Fix Tight Hamstrings

<https://youtu.be/Mado1V7Qb6o>

Apr 19 - High Hamstring Exercises

<https://youtu.be/OPU5teSONhe>

Apr 21 - High Hamstring Tendinopathy

<https://youtu.be/tQZYutHM0QY>



KINGSPORT SENIOR CENTER & OPERATION HOPE PRESENT

CREDIT & MONEY MANAGEMENT WORKSHOP

Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a Free 2 hour workshop and lunch will be provided to participants. Come by or call the Front Office to sign up beginning March 1 (423) 392-8400

Monday, April 4th
11:00am-2:00pm
Room 230

SHRED DAY EVENT

Wednesday, May 4
9:00am-1:00pm
(or until the truck is full)
KSC Front Parking Lot Loading Zone

Shred-A-Way of East TN will be on site to help KSC Members dispose of unwanted or outdated documents.

Please Note:
All documents must be free of paper clips, folders, binders, etc. Any non-paper documents will not be accepted. Please be sure any documents are removed from 3-ring binders!

SHRED A WAY
Capacity approx. 300 lbs.
Of East Tennessee, Inc.

Senior Services

KINGSPORT SENIOR CENTER

SMARTPHONE BASICS



Wednesday, April 20
10:00am-11:30pm
Computer Lab
Sign up in the Front Office or
call (423) 392-8400

ARE YOU HAVING TROUBLE FIGURING OUT ALL THE FUNCTIONS THAT YOUR SMARTPHONE CAN DO? WITH THE RIGHT KNOWLEDGE, HAVING A SMARTPHONE IS HAVING THE WORLD OF TECHNOLOGY AT YOUR FINGERTIPS! JOIN US TO LEARN ALL THE THINGS YOU NEVER KNEW ABOUT YOUR SMARTPHONE. PRESENTED BY LYDIA F. HOSKINS, EXTENSION AGENT, FAMILY & CONSUMER SCIENCES, UT/TSU EXTENSION, SULLIVAN COUNTY

EAT WELL FEEL WELL

Mondays, March 7-April 25
9:00-10:30am
Card Room
Sign up in the Front Office or
call (423) 392-8400



Eat Well, Feel Well is a series of educational activities designed to engage older adults and teach nutrition, food resource management and food safety. Lesson topics include Hydration, Use It or Toss It, Physical Activity and Vegetables. Join Lydia Hoskins, Family & Consumer Sciences Agent, UT/TSU Extension, Sullivan County, as she presents this 8-week series every Monday morning between March 7 and April 25. (You do not have to attend all sessions)

Kingsport Senior Center

2nd & 4th Wednesdays
of Every Month

10:30am-12:00pm
Computer Lab

Technology Assistance from a Library Geek

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

Call today, only 3 appointments available per day!

S.M.I.L.E. MEETING

2ND WEDNESDAY OF EVERY MONTH
2:00PM IN THE CAFETERIA

Contact Beth Freeman for more information about our Volunteer program
(423)343-9713 or bethfreeman@kingsporttn.gov



KINGSPORT SENIOR CENTER

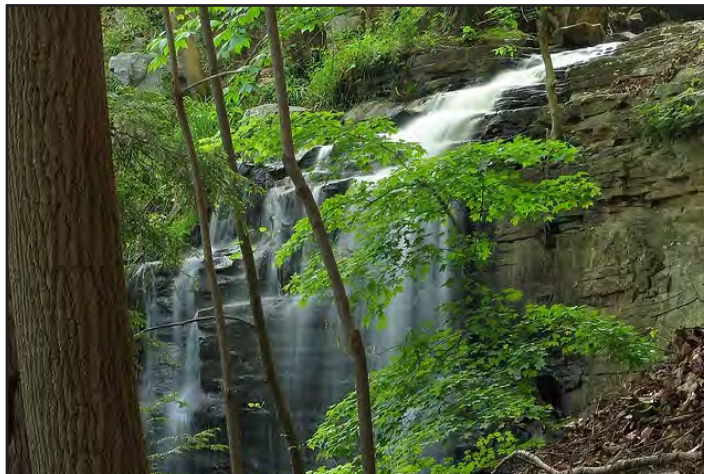
TRUNK SALE

Friday, May 27

8:00am-2:00pm

Front Parking Lot

Come by the Front Office to reserve your spot starting April 1



HIKING CLUB TRIP

BAYS MOUNTAIN FERN TRAIL, LAKE ROAD, CHINQUAPIN TR.

KINGSPORT, TN

Friday, April 1st
Depart from Senior Center at 9:30am
Cost is \$5.00 for transportation
Sign up in the Office

We will hike on three trails Fern Trail, Lake Road, & Chinquapin Trail. Be sure to wear hiking boots & bring a walking stick and dress according to the weather. Bring a bag lunch & something to drink, we will have lunch in the park.

For information on joining the Hiking Club contact Kevin Lytle, Wellness Coordinator, (423) 392-8407



KINGSPORT
SENIOR
CENTER

POUND FIT

Taught by Tammie Chandley

TUESDAYS, MARCH 29-MAY 31

5:30-6:15PM

ROOM 302

If you've always secretly wanted to be a rock star, you'll love the POUND workout! POUND can help people of all fitness levels improve coordination, strength, and cardiovascular health.

Burning up to 450+ calories in a half hour, it is also a great way to lose weight.

Sign up in the Front Office or call (423) 392-8400

MOTHER'S DAY PARTY

THURSDAY, MAY 5

11:30-1:00PM

KINGSPORT FARMER'S MARKET

\$5.00 per person

Sign up starts March 21



Join us for a nice brunch and entertainment!

BASIC WOODWORKING CLASS



Thursdays & Fridays

April 21-May 13

(4-week course)

9:00am-2:00pm

\$150.00

INSTRUCTED BY: JOHNNY CHANDLER, JOHNNY CLARK, & RON GROOMS

\$150 FEE COVERS ALL MATERIALS: \$75 DUE ON THE FIRST DAY OF CLASS AND THE FINAL PAYMENT IS DUE ON THE LAST DAY OF CLASS PAID TO INSTRUCTORS.

THIS CLASS WILL COVER ALL THE SAFETY REQUIREMENTS AND TEACH YOU HOW TO USE ALL OF THE EQUIPMENT. YOU WILL MAKE A CUTTING BOARD & FOOTSTOOL.

CLASS IS LIMITED TO 10, WITH A MINIMUM OF 5 FOR CLASS TO BE HELD.

Sign-up start Wed, Mar 23rd in the Office
or by calling 423-392-8400

PATRIOTIC PICNIC



TUESDAY, MAY 24

ALLANDALE PAVILION

11:30AM-1:00PM

SIGN UP STARTS MARCH 15

\$5.00 PAYS FOR ENTIRE MEAL

Senior Services

Senior Services Programs:

Call or Come by the Front Office to sign up
(423) 392-8400

• Ask a Library Geek

2nd & 4th Wednesdays of Every Month, 10:30am-12pm, Computer Lab

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian today.

• SMILE Meeting

April 13, 2:00pm, Cafeteria

SMILE stands for Seniors Making Individual Lives Exciting and is the Kingsport Senior Center's Volunteer Program. We have a meeting the 2nd Wednesday of every month and always welcome new volunteers! If you would like more information please contact Beth Freeman at (423) 343-9713 or bethfreeman@kingsporttn.gov.

• Credit & Money Management Workshop

Monday, April 4, 11:00am-2:00pm, Room 230

Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a 2 hour workshop and lunch will be provided to participants. This is a Free workshop and is limited to 20 Participants.

• Eat Well, Feel Well

Mondays, March 7-April 25, 9:00-10:30am, Card Room

Eat Well, Feel Well is a series of educational activities designed to engage older adults and teach nutrition, food resource management and food safety. Lesson topics include Hydration, Use It or Toss It, Physical Activity and Vegetables. Join Lydia Hoskins, Family & Consumer Sciences Agent, UT/TSU Extension, Sullivan County, as she presents this 8-week series every Monday morning between March 7 and April 25. (You do not have to attend all sessions)

• Smartphone Basics

Wednesday, April 20, 10:00am, Computer Lab

Are you having trouble figuring out all the functions that your Smartphone can do? With the right knowledge, having a Smartphone is having the world of technology at your fingertips! Join us to learn all the things you never knew about your Smartphone. Presented by Lydia F. Hoskins, Extension Agent, Family & Consumer Sciences, UT/TSU Extension, Sullivan County.

• Shred Day

Wednesday, May 4, 9:00am-1:00pm, Front Parking Lot Loading Zone

Shred-A-Way of East TN will set up their truck in the Front Parking Lot for Members to dispose of unwanted papers and documents. **PLEASE NOTE: ALL DOCUMENTS MUST BE LOOSE (STAPLES ARE HOWEVER ACCEPTABLE) AND FREE FROM BINDERS OR NOTEBOOKS. ONLY PAPER DOCUMENTS CAN BE ACCEPTED.** The truck will be here 9:00am-1:00pm or until the truck reaches capacity.

ARTISAN OF THE MONTH

APRIL ARTISAN OF THE MONTH

CANDACE (CANDY) ALEXANDER



"I am a retired art teacher who has a second career as a basket maker. I have taught across the Southeast at basketry conventions and guilds, as well as local venues."

Smoky Mountain
Home Health & Hospice

*Life Is Stressful -
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***

COVID 19 Prevention-Wear Mask-Wash Hands Frequently-Maintain Social Distancing
**We have always been your "Front-Line Heroes" especially during Covid 19*

Interested in keeping up with events with a digital copy of the newsletter sent to your email?!



Call (423) 392-8400 or stop by Front Office and give us your email!!!

Disclaimer: *The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!*



TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY

of Johnson City

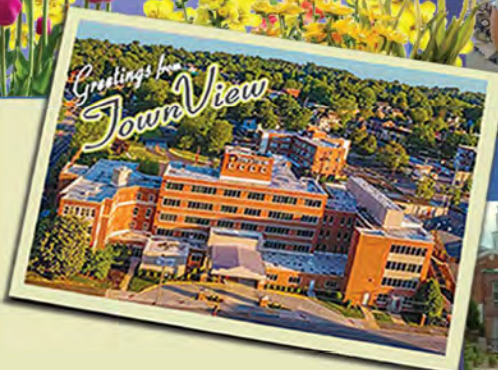


Spring into a more independent lifestyle

-where home maintenance and yard work are a thing of the past!



7 Great Reasons to Choose TOWNVIEW of Johnson City



- 1. All Inclusive!** All included in rent: utilities, cable, transportation to Dr. appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, shopping and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

55+ Welcome Home to TownView!



Living at TownView...
It's one of the best decisions I've ever made! I really love it here!

~ Ruby M



Call Today to schedule a Private Tour!

114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com

Day Trips



Tennessee Riverboat Cruise

Knoxville, TN

Friday, May 13
 Bus leaves at 9:00am
 \$45.00 includes Lunch, Cruise & Transportation

Enjoy a scenic 1 and a half hour cruise on the Star of Knoxville PaddleWheel Boat with lunch served on the boat. During the cruise you will enjoy one of the most breathtaking views in Knoxville. Not only will you see some of the history of the river, you will most certainly be relaxed by the river's beauty.



Sign up starts March 29

KINGSPORT SENIOR CENTER

Wohlfahrt Haus Dinner Theatre - Sensational 70's

Thursday, April 21
 Bus leaves at 9:45am
 \$63.00 includes Transportation, Lunch & Show
 Sign up starts March 29th

WHDT Records presents to you the definitive compilation album from the decade that loved to get down: Sensational '70's! Move and groove as this "Best Of" record come to life brings you back with the best music from the top genres of the decade. Be it Rock, R&B, Soul, Funk, or Disco, you'll be transported back to the days of flared jeans, bold patterns, and good times. Boogie down and save the "Last Dance" with us!




KINGSPORT SENIOR CENTER

Spring Artisan Fair

THURSDAY, APRIL 28 &
 FRIDAY, APRIL 29
 9:00AM-2:00PM

Our Artisans will have baskets, greeting cards, woodworking items, hand sewn items, crocheted items and much more!!



KINGSPORT SENIOR CENTER



SPADES TOURNAMENT

THURSDAY, MAY 26
 9:00AM-5:30PM
 CARD ROOM
 \$2.00 PER PLAYER

SIGN UP IN THE FRONT OFFICE BY MAY 19
 MUST HAVE A PARTNER
 PRIZES FOR 1ST, 2ND, & 3RD PLACE



Brain Games



First Monday
of Each Month

1:00-3:00pm

Computer
Lab

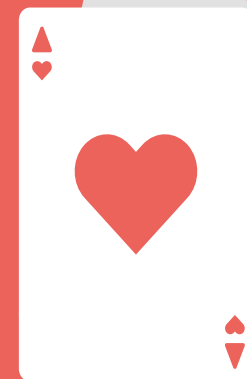
Sign up in the Front Office or call (423) 392-8400

Hearts Tournament

DOUBLE ELIMINATION

Thursday, April 14
9:00am-5:30pm
Card Room
\$2.00 fee per person

Sign up in the Office by
April 7



KINGSPORT SENIOR CENTER

EASTER LUNCH

WEDNESDAY, APRIL 6
12:00-1:30PM
FARMERS MARKET

Sign up in the Front Office starting March 1

\$10.00 Per Person



Sponsored by Kim Howell, Marketing Liaison
with Visiting Angels

BILLIARDS TOURNAMENT

Cost is Free - Sign-ups start on Wed, March 23 in the Office
or by calling 423-392-8400 - Deadline to sign up by close of
business on Mon. April 11

Wednesday, April 13
9:30am Billiards Room

This will be an 8-ball tournament singles play best of three games
with double elimination. NOTE: We will play on all four tables in
the billiards room.

Wellness



Wellness Seminars

- **GriefShare:** 9:30 am | Wednesday, April 20 | Card Room | Offered to those who have experienced death of family and/or friends and want information on helpful ways to deal with emotions, tips on surviving social events, etc. **
- **Arthritis Education:** 10:30 am | Tuesday, April 26 | Card Room | Morgan Smallman, Rehab Liaison, RN, BSN with Encompass Health. Come join us to be educated on what types of arthritis there are, risk factors, S.M.A.R.T joint-friendly exercise, safe techniques for home management tasks with arthritis, and safe mobility tasks for arthritis with an assistive device. **
- **Memory and Brain Health:** 2:00 pm - 4:00 pm | Thursday, April 28 | Multipurpose Room | Every 4th Thursday of the month. Topic of discussion: "Creative Strategies to Maximize Brain Health" Join Tracey Wilson with Alzheimer's Tennessee to learn some of the most interesting ways to improve memory and sharpen recall abilities. **
- **Matter of Balance:** 10:00 - 11:15 am | Mondays, May 2-23 & June 6-27 | Card Room | Lydia Hoskins & Andrea Haubner will help people manage concerns about falls and increase in physical activity. Matter of Balance is designed to benefit older adults concerned about falls; have sustained falls in past; interested in improving balance, flexibility, and strength. Class is limited to a small group of 8-12 participants. **

- **Dining with Diabetes:** 9:00 - 10:15 am | Tuesdays, May 3-17 | Lounge | Lydia Hoskins will teach practical skills for managing diabetes. Each lesson will have a food demonstration. Class is limited to 8-12 participants. **
- **Support Group "Restless Legs Syndrome":** 12:30 pm | Tuesday, May 10 | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. Every other 2nd Tuesday of the Month. There is a limit of 20 seats available. **

Events



- **Woodshop Safety Orientation:** 9am. Monday, April 4 | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 or 423-392-8407 to sign-up. NOTE: We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all woodworkers please come and help.
- **Billiards Tournament:** 9:30 am | Wednesday, April 13 | Billiards Room | This will be an 8-ball tournament, singles, best of three games with double elimination. Prizes for 1st, 2nd, & 3rd sponsored by Kim Howell with Visiting Angels. Sign-up in the Front Office by April 11. **
- **Cornhole Tournament:** 1:00 pm | Wednesday, May 18 | Gym | Doubles. Best of 3 games w/ double elimination. Cost is free. Prizes for 1st, 2nd, & 3rd sponsored by Michelle Bolling, Executive Director with the Courtyards Senior Living in Johnson City. We will need at least 12 sign-ups to play. **

Activities



- **Blood Pressure Checks:** Morgan Smallman, RN, BSN, Rehab Liaison, with Encompass Health will be at the Center on **Tuesday, April 12** for blood pressure checks from 9 am-11 am and every 2nd Tuesday of the month, in the Hallway by the Office. Nathaniel Young, with Brookdale Kingsport, will be at the Center on **Tuesday, April 19** for blood pressure checks from 9am-11am and every 3rd Tuesday of the month, in the Hallway by the Office.
- **Pickleball Drills:** 10:00 am - 12:00 pm. Every 3rd Thursday, Starts on April 21 | TNT Sportsplex, 600 E. Main Street | Instructors: Anna Walters and Andy Wilson will be teaching a pickleball drills class, which will help improve advanced pickleball players skills and teach you the correct techniques of playing pickleball. Cost is Free. **
- **Beginners Pickleball:** 11:30am-12:30pm. Wednesday, April 27 - May 11 | TNT Sportsplex, 600 E. Main Street | Instructor: Anna Walters will be teaching a beginners pickleball II class, which will help improve your pickleball skills and teach you the correct techniques of playing the game of pickleball. Cost is \$30. **
- **Basic Woodworking Class:** 9:00 am - 2:00 pm. Thursdays & Fridays, April 21 - May 13. | Woodshop | Johnny Chandler & Johnny Clark will be teaching a 4-week basic woodworking class. Cost is \$150, which covers all your materials. \$75 due on first day of class, 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. You will make a cutting board and a foot stool. Class is limited to 10 people. with a minimum of 5. **

Trips



- **Hiking Club:** 8:30 am | Friday, May 20 | Linville Falls via Plunge Basin Trail | Newland, North Carolina Cost is \$8 for transportation. Linville Falls is a 1.7-mile loop trail that features a river and is rated as moderate. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone brings a bag lunch with something to drink, we will be eating in the park after the hike. **

Sign-up for all events in the Front Office or by calling (423) 392-8400.

Princeton

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A PARTNERSHIP OF *Signature* HEALTHCARE *Ballad* Health

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AVAILABLE**

Call today for our Spring
Promotion Pricing

423-656-1098

**CALL TODAY
TO
SCHEDULE
A TOUR!**

401 Princeton Road
Johnson City, TN 37601

www.PrincetonTransitionalCare.com

Extended Travel Trips



Mediterranean Cruise

JUNE 3 - JUNE 12, 2022

BELOW PRICES, GOOD ONLY THROUGH 02/01/2022 WHEN PRICES WILL INCREASE. SIGN UP NOW TO GET THE LOWEST PRICE!!

INSIDE CABIN - \$3,674 PER PERSON DOUBLE OCCUPANCY
CENTRAL PARK BALCONY - \$3,774 PER PERSON DOUBLE OCCUPANCY
OCEAN VIEW BALCONY - \$3,974 PER PERSON DOUBLE OCCUPANCY

ROYAL CARIBBEAN "WONDER OF THE SEAS"

4 TOURS INCLUDED

BARCELONA, ROME, PISA

OVERNIGHT IN BARCELONA PRE-CRUISE

WE WILL BE FLYING OUT OF TRI-CITIES AIRPORT

FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403

KINGSPORT SENIOR CENTER - EXTENDED TRAVEL

AMISH LANCASTER

4 DAYS / 3 NIGHTS

MAY 9 - MAY 12, 2022

- DOUBLE OCCUPANCY PER PERSON \$624.00
- SINGLE OCCUPANCY PER PERSON \$764.00

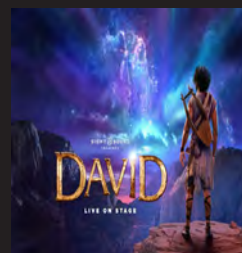


Enjoy a Sight & Sound Production of David, Guided Tour of Amish Farmlands, Guided Tour of Hershey, Visit to Hershey's Chocolate World, and much, much more!!

Contact Shirley Buchanan @ (423) 392-8403 for more information



Sign up starts March 1, with a deadline of April 1, 2022



Kingsport Senior Center - Extended Travel

LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

Travel Meeting

TUESDAY, MAY 24, 2022

- Double Occupancy Per Person - \$3,660.00

Travel Meeting Presentation by Jennifer Powers with Premier Travel Company. Jennifer will be providing a presentation on the upcoming Rose Parade NYE Trip on 12/30/22-1/4/23

Sign up starts March 1
Contact Shirley Buchanan @ (423) 392-8403 for more information



Kingsport Senior Center - Extended Travel

NASHVILLE & WINE TRAIN

4 DAYS / 3 NIGHTS

OCTOBER 14 - 17, 2022

Trip includes the Tennessee Central Railway Wine Tasting Excursion, Dinner Show at Nashville Nightlife dinner Theater, Tour Ryman Auditorium, Visit Opryland Resort, and much, much more!!

- Double Occupancy per person - \$924.00
- Single Occupancy per person - \$1174.00

Sign up Starts March 1
Contact Shirley Buchanan @ (423) 392-8403 for more information



KINGSPORT SENIOR CENTER - EXTENDED TRAVEL

Charleston Festival of Lights

4 Days / 3 Nights
November 14-17, 2022

- DOUBLE OCCUPANCY PER PERSON - \$624.00
- SINGLE OCCUPANCY PER PERSON - \$774.00

Trip includes the James Island Holiday Festival of Lights, Dinner Cruise aboard the Spirit of Carolina & much more!

Sign up Starts March 1
Contact Shirley Buchanan @ (423) 392-8403 for more information



Kingsport Senior Center - Extended Travel

LOS ANGELES, CA NEW YEAR'S EVE ROSE PARADE

6 DAYS / 5 NIGHTS

DECEMBER 30, 2022 -
JANUARY 4, 2023

- Double Occupancy Per Person - \$3,660.00

Trip includes the New Year's Eve Rose Parade, New Year's Eve Dinner Party, Hollywood & Beverly Hills Tour, San Diego City Tour, San Diego Harbor Cruise and much, much more!!

Sign up starts March 1
Contact Shirley Buchanan @ (423) 392-8403 for more information



KSC at Lynn View

CORE CONDITIONING

Mondays & Wednesdays, 9:00 am, Cafeteria
Non-aerobic, muscle-toning, focused on core strength. Perform traditional weight-training movements in a class setting.

SILVER SNEAKERS CLASSIC

Mondays & Wednesdays: 10:00 am, Cafeteria.
Tuesdays & Thursdays: 9:00 am, Cafeteria.
Increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing, or Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

LOW-IMPACT AEROBICS

Fridays, 9:00-10:00 in the cafeteria.

STRETCH & FLEX

Fridays, 10:00 - 11:00 am, Cafeteria.
Enjoy stretching, increasing your flexibility & balance, & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair - no floor work required!

POUNDFIT

Tuesdays, 11:00 am. No sign-up required.
Cardio jam-session designed to promote total-body fitness. Come join us and become the music!

SCRABBLE DAY

11:00 am, Thursdays, Cafeteria. Bring lunch and a drink and enjoy a game of Scrabble!

BLOOD PRESSURE CHECKS

Mondays (8:45 am - 10:00 am) with volunteer Nancy Greene. No sign-up required, walk-ins welcome! Also, Wednesday, April 20 at 8:30 - 11 a.m. with Caden W. Cox, Pharm.D. with Colonial Heights Pharmacy and an ETSU student.

BEGINNER "HAND" QUILTING*

Tuesdays & Thursdays, April 12 - May 17, 10:00 - 11:00 am. All supplies are included. Cost is \$15, paid to instructor Sandra Arnold on the first day of class.

ARTISAN MEETING

Tuesday, April 12, 1:00 pm. Local artisans are welcome to attend. No sign-up required. Artisan of the Month: Candy Alexander.

BISCUITS & BINGO*

Thursday, April 14, 10:30 am. Biscuits and prizes are sponsored by Asbury Place Kingsport. Come and enjoy!

COOKING W/ THERESA*

Tuesday, April 19, 11:30 am. Participants will learn how to make everything quiche and roasted vegetables. Theresa will share cooking techniques, recipes, and samples.

TAP CLASS FOR BEGINNERS*

T/TH, April 19 - May 12. 1:00 - 2:00pm. Taught by ETSU Faculty and Broadway Veteran, Kirk Sprinkles Pfeiffer. Explore basic tap steps and musical rhythms while dancing to the best jazz and swing classics! Not only is tap great fun, but it also has its list of health benefits including building bone density and lowering the risk of dementia. Tap can be learned standing or seated. No experience is necessary. Tap shoes required. Cost: \$48. Min 6 - Max 20.

PORTION CONTROL*

Tuesday, April 19, 10:00 am. Presenter is Linda Jones Ext. Program Assistant II, TNCEP, UT-TSU Sullivan County.

BASKET CLASS*

Wednesday, April 20, 10:00 - 1:00 pm. Cost is \$12, paid to instructor Candy Alexander. Class limit of 10. Participants will make a napkin basket with a filled bottom using the "chicken feet" method. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil.

SMALL ENGINE REPAIR*

Thursday, April 21, 10:00 am. Join Doug Clark as he shares how to do simple, small engine repairs.

NO SEW QUILT CLASS*

Thursday, April 21, 10:00 am. Participants will need to supply a no-sew kit (JoAnn Fabrics) or can buy 2 pieces of flannel 50x60. Bring scissors. Cost is \$10 paid to instructor Sandra Arnold.

ADVANCED CROCHET*

Fridays, April 22 - May 27, 9:30 - 10:30 am. Cost is \$20, paid to instructor. Participants will work on project of choice.

BEGINNING CROCHET*

Fridays, April 22 - May 27, 11:00 am - 12:00 pm. Cost is \$20, paid to instructor. Participants will use basic stitches to learn how to make a scarf. Bring a size 5mm (US size H8) Susan Bates hook.

INTERMEDIATE CROCHET*

Fridays, April 22 - May 27, 12:30 pm - 1:30 pm. Cost is \$20, paid to instructor. Participants will make a sampler afghan that uses squares of different designs. Supplies: a size H hook and four 7-ounce skeins of #4 worsted weight yarn. Main color (3) and contrasting color (1).

JELLYBEAN DAY*

Friday, April 22, 11:30 am. Sponsored by American House Senior Living of JC. We will have a jellybean toss, guess the jellybean flavor, and enjoy jellybean themed refreshments.

PICKLEBALL DRILLS*

Friday, April 8 & April 22, 10:30-11:30 am. Improve your pickleball groove with these drills and have fun while you're at it! Limited to 10 participants. These drills are offered twice a month and an individual may only participate in one per month.

GRIEF SHARE*

Friday, April 22, 11:00 am. This grief support group will meet the 3rd Friday of the month with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.

CARD MAKING CLASS*

Monday, April 25, 11:00 am - 1:00 pm. We will borrow ideas from our quilting friends and make 4 "paper-pieced" greeting cards. Cost is \$10, all supplies included. Bring scissors and favorite adhesives.

CONTAINER GARDENS*

Tuesday, April 26, 10:30 am. Join us as Lynn Carson, Master Gardener, shares what plants you can plant together, sunlight requirements, etc.

PICKLEBALL II*

Tuesdays & Thursdays, April 26 - May 12, 9:30 - 10:30. Limited to 10 participants. Cost is \$30 paid at sign-up.

BUTTERBEAN AUCTION*

Wednesday, April 27, 12:30 p.m. 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.

SPRING ARTISAN FAIR

Thursday & Friday, April 28 & 29, 9:00 am - 2:00 pm. Main Site. Shop for Mothers Day and all the upcoming wedding showers, etc. at our Spring Artisan Fair! Baskets, greeting cards, handcrafted items, and more. Enjoy entertainment and popcorn. We hope to see you there.

BEGINNER STAINED GLASS*

Tuesdays, May 10 - 24, 11:00-1:00. Lynn Davenport will share how to make a ribbon sun catcher. Please bring the glass you would like to use. This class is for a true beginner.

MINUTE TO WIN IT GAME DAY*

Thursday, March 31, 11:30 am. Sponsored by Amedysis. Light refreshments will be served.

BASKETBALL

Monday-Thursday, 8:00 am - 10:00 am.
Stop by the office and get a ball and shoot some hoops!

PICKLEBALL

Mondays & Wednesdays: 11:30 am - 2:00 pm.
Tuesday, Thursday & Friday: 10:00 am - 2:00 pm.
This is open for all skill levels.

SIGN-UP BY CALLING LYNN VIEW AT 423-765-9047

COLONIAL HEIGHTS UNITED METHODIST

SILVER SNEAKERS YOGA

Tuesdays & Thursdays, 9:00 AM - 10:00 AM in the gym. Move your whole body with seated and standing poses. Chair support is offered. Relaxation and mental clarity!

FIRST BROAD STREET UNITED METHODIST

TOTAL BODY WORKOUT

Mondays, Wednesdays, & Fridays, 9:30 AM in Room 239. Upper & Lower body exercises.

CORE YOGA

Tuesdays & Thursdays, 11:00-11:30 AM in Room 239. Mat Yoga.

YOGA

Tuesdays & Thursdays, 11:30 AM - 12:30 PM in Room 239. Standing poses and gentle movements.

V.O. DOBBINS

OUTDOOR PICKLEBALL: Mondays & Wednesdays, 8:30-10:30 AM. Open Play.

AQUATICS CENTER

LAP SWIMMING: Monday-Friday, 8-10 AM. Free w/ Senior Center Membership.



CLASSES & Daily Activities

Monday

Lap Swimming: 8:00am - 11:00am (Aquatics Center)
(First come first serve)

Silver Sneakers Classic: 8:15am (Gym) –You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Basic Tai-Chi: 10:00am (Room 302) (March 28-May 30) - Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movement with the purpose of cultivating the "Qi" or life energy within the body. Sequencing will result in a smooth but powerful harmony of movement and breath work. The benefits might good for blood, knees joint, balance, mind, lungs, digestive system, immune system. Beginning friendly.

Brain Games: 1:00pm (Computer Lab) We will play a variety of trivia games each Monday! *NEW* **Must sign up.**

Open Woodshop: 8:30am - 3:00pm (Woodshop)

Quilting: 9:00am (Room 303) (March 28-May 30)

High/ Low Impact Aerobics: 9:15am (Gym) - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Beginning Clay: 10:00am (Clay Room) Begin date: TBD Hand building. This is for our beginners.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Beginning Line Dance: 11:30am (Gym) (March 28-May 30)

Intermediate Line Dance: 12:45pm (Gym) (March 28-May 30)

Knitting: 1:00pm (Room 303) Begin date: No instructor; self-guided until further notice. This class is open to individuals of all expert levels.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Horseshoes: open play (singles or doubles) (back of senior center)

Tuesday

Lap Swimming: 8:00am (Aquatics Center)

Open Woodshop: 8:30am -3:00pm (Woodshop)

Boom Move & Mind Fitness: 8:30am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Ceramics: 9:00am (Ceramics Room) (March 29 - May 31) (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: 9:00am (Room 303) (March 29 - May 31) This class is open to individuals of all expert levels.

Strength Training: 9:45am (Gym)

Sing Along: 10am (Cafeteria)

Renaissance Strings: 10:00am (Atrium) (March 29 - May 31) 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.

Exercise for Everyone: 10:45am (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: 11:00am (Atrium) (March 29 - May 31) 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!

Zumba Gold: 11:45a

Clay 101: 12:30pm (Clay room) March 29 - May 31 This is a six weeks beginner course and then a six weeks intermediate course.

Bowling: 12:30pm at Warpath Lanes

Shuffleboard: 1:00pm (Ceramics Hallway) - All levels of experience are welcome, with tournaments held semi-annual.

Open Pickleball: 1:00-4:00pm (Gym)

Rook: 1:00-7:00pm (Card Room) March 29 - May 31 Please bring a snack to share with others.

Karaoke: 4:00pm (Cafeteria) begin date: TBD - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share

Badminton: 4:00-6:30pm (Gym)

Wednesday

Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)

Silver Sneakers Classic: 8:15am (Gym) - You'll have a chair for seated exercises and standing support.

Open Woodshop: 8:30am - 3:00pm (Woodshop)

Croquet: 9:30am (Front Lawn)

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Hand & Foot Card Game: 12:30pm (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 Wednesdays.

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)



CLASSES & Daily Activities

Thursday

Lap Swimming: 8:00am (Aquatics Center)

Boom Move & Mind Fitness: 8:30am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Bingo: 9:00am (Cafeteria)

Ceramics: 9:00am- (Ceramics Room) (March 31 - June 2) - 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: 9:00am (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.

Bunco: 10:30am every 2nd Thursday

Strength Training: 9:45am (Gym)

Intermediate Clay: 10:00am (Clay Room)
Begin date: TBD In this class you will hand-build and use the pottery wheel.

Exercise for Everyone: 10:45am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Intermediate Dulcimer: 11:00am (Atrium)
This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Zumba Gold: 11:45a

Volleyball: 4:00pm (Gym)

Shuffleboard: 1:00pm (Ceramics Hallway)
- All levels of experience are welcome, with tournaments held semi-annual.

Cornhole: 1:00pm (Gym)

Friday

Lap Swimming: 8:00am (Aquatics Center)
(First come first serve)

Silver Sneakers Classic: 8:15am (Gym) You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Tai Chi- 10:00am (Room 302) (April 1 - June 3)
13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

Genealogy Club: 9:00am (Computer Lab)
Join us for class and our instructors will help you discover the history of your ancestors.

High/ Low Impact Aerobics: 9:15am (Gym) At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Gym)

Mahjong: 1:30pm (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. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

Open Pickleball: 12noon-4:00pm (Gym)

Cornhole: 4:00pm (Gym)



Saturday

Basketball: 9:00am (Gym) - Played alone or in groups.

Table Tennis: 10:30am (Gym)

Rooms available for use from 9:00am-12:00pm:

Exercise Room
Billiards Room
Computer Lab
Clay/Ceramic Room





Assisted Living With No Level of Care Charges



As a privately owned assisted living facility, we're able to focus on the "little things" that matter – the personal touches that make living at Preston Place "home." Those who visit Preston Place are quick to note our positive, nurturing environment created by our team of dedicated caregivers and around-the-clock licensed nursing staff. We have 2 locations to serve you. Preston Place Suites is an assisted living community that promotes independence and socialization. Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.

**To schedule a tour, please call
 Preston Place Suites - 423-378-6623
 For Specialized memory care 423-378-HOPE(4673)**



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 us the Best in
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