

September 2021

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:

Mary Porter (Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney
Linda Gemayel

Richard Currie
Peter Shang
Lisa Shipley
Brenda Eilers
Kenn Naegele

The Senior Advisory Council meeting will be postponed until further notice. 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. The meeting is suspended until further notice. 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

The Reviews Are In!

Quality Assisted Living & Memory Care

"We feel so blessed to have you in our lives and appreciate all that is being done by everyone."



- Bonnie Ketron, resident

"It's comforting to know you are there, helping our loved ones."



- David & Susie Kern, family members

OPEN FOR TOURS!

Learn about our all-inclusive services, affordable choices, and household-style living.

ASBURY PLACE
Assisted Living at
STEADMAN HILL



Anticipate More

Schedule your tour today by visiting AsburyPlaceKingsport.org or contact Suzy Cloyd at 423-900-2296 or email scloyd@asbury.org



SENIOR SERVICES

MEDICARE OPEN ENROLLMENT EVENT



Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on October 19th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022.

Tuesday, October 19
9am-12pm
Computer Lab
By Appointment only
Sign up in the
Front Office

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

2nd Wednesday of Every Month, 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.

• Medicare Open Enrollment Event

Tuesday, October 19, 9:00am-12:00pm, Computer Lab

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on October 19th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022. This event is by appointment only, call the Front Office for available times.



2nd & 4th Wednesdays
of Every Month

10:30am-12:00pm
Computer Lab

Ask 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!

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)!!



SMILE MEETING

WE WILL HAVE A VOLUNTEER MEETING
THE 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



*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*

Virtual Calendar

Events and Classes Virtual

Sept. 8th - Best crops to plant in September:
<https://www.youtube.com/watch?v=7TnFm-NtFnU>

Sept. 11th - DIY Fall Porch Decorations:
<https://www.youtube.com/watch?v=rchCq3m3Tr8>

Sept. 16th - 9 Cozy Recipes for Fall:
<https://www.youtube.com/watch?v=Y9Fq-Bo-VJw>

Sept. 21st - Cozy things to do & watch this Fall:
<https://www.youtube.com/watch?v=3tawBQUyDXI>

Sept. 28th - How to make Fall potourri:
<https://www.youtube.com/watch?v=kK2H69GR0DQ>

Senior Services Virtual Programs

Sept. 7th - What's the Cost of Living Adjustment for Social Security?
<https://youtu.be/Ka63cnwKbZY>

Sept. 14th - How to Apply for Social Security Benefits
<https://youtu.be/gGTbkeFxyEw>

Sept. 21st - What's the Social Security Windfall Elimination Provision?
<https://youtu.be/CJ3KxqEvecE>

Sept. 28th - What to do if you Need Help with Your Social Security Business
<https://youtu.be/tfUluNI4xwY>

Sept. 30th - Save Time with My Social Security
<https://youtu.be/zoqcQk5mkAU>

Wellness Virtual Classes

Sept. 7th - Fall Reduction Exercises for Seniors
<https://youtu.be/mQTy3iKe3Ec>

Sept. 9th - 5 Exercises to Improve Your Balances
<https://youtu.be/XJJeGq4N7ac>

Sept. 14th - Balance Exercises for Seniors
https://youtu.be/cyO29Usk2_8

Sept. 16th - SilverSneakers/Strength & Balance
<https://youtu.be/TTjwwG-pFtk>

Sept. 21st - Best Balance Exercises for Seniors
<https://youtu.be/VHMgkTC9UAc>

Sept. 23rd - Standing Balance Exercises for Seniors
<https://youtu.be/lxqU5WgU-UQ>

KSC@LYNNVIEW Virtual Programs

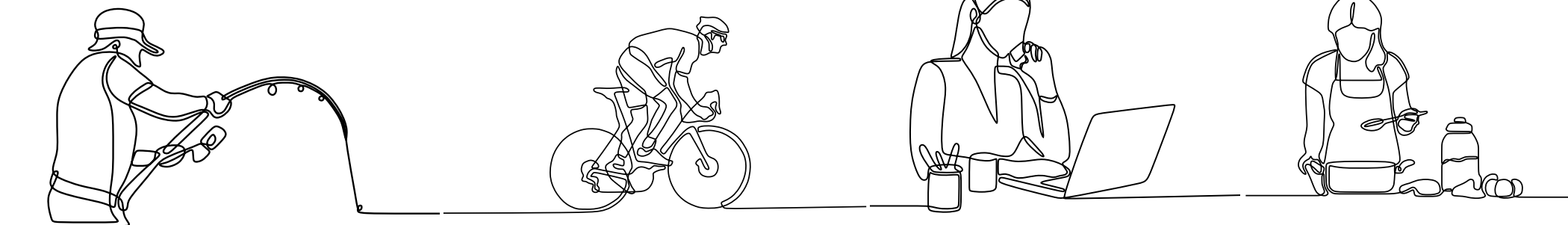
Sept. 5th - Gran's Hilarious Song About Getting Old!
<https://www.youtube.com/watch?v=owogdFg62iw>

Sept. 12th - Is Dizziness Vertigo (BPPV) Questions to Know
<https://www.youtube.com/watch?v=Q1ittIGYwLc>

Sept. 20th - 3 Fashion Trends Women over 50 must try
<https://www.youtube.com/watch?v=pW8bysZBpMs>

Sept. 24th - 15 DIY Dollar Tree Fall Decor Ideas
<https://www.youtube.com/watch?v=ld0HA6RpN21>

Sept. 30th - My Options Were: Throw-Up, Faint Walk/Biking over 50
<https://www.youtube.com/watch?v=fFRig7FDENo>



1 & 2 BDRMs Available Now

ALL INCLUSIVE Starting at \$1700/Mo

Sweet Summer Days & Sweet Summer Nights



FRIDAYS AFTER 5
Summer Concerts
Kings Commons Park
TownView is a proud sponsor of
FRIDAYS AFTER 5 and
The TownView Twist
- a fun kids hula hoop contest!

★ ★ *Make the most of them at TownView* ★ ★
where there's time to enjoy the things you love to do
& home maintenance is a thing of past!

7 Great Reasons to Choose TOWNVIEW of Johnson City



- 1. Convenience!** All included in rent: utilities, cable, transportation to doctor 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, 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!
" Love living here at Town View. I wouldn't want to be anywhere else.
My family of friends are here." ~ Sharon Y



Call Today to schedule Lunch & a Private Tour!
114 West Fairview Ave., Johnson City, TN 37604

423-328-9068
thetownview.com

KINGSPORT SENIOR CENTER

Beginning Hand-Building with Clay



INSTRUCTED BY
JESS PARKS



Mondays,
September 13-November 29
11:00am-4:00pm

\$30.00 plus \$15.00 firing fee
(if not already paid)

KINGSPORT SENIOR CENTER

Advanced Hand-Building with Clay



INSTRUCTED BY
JESS PARKS



Thursdays,
September 16-December 2
11:00am-4:00pm

\$30.00 plus \$15.00 firing fee
(if not already paid)

HALLOWEEN COSTUME PARTY

THURSDAY, OCTOBER 28

1:30-3:30pm

FARMER'S MARKET

\$5.00
per person

PRIZES FOR
1ST, 2ND, 3RD PLACE
COSTUME



Hearts Tournament

DOUBLE ELIMINATION

Thursday, October 7

9:00am-5:30pm

Card Room

\$2.00 fee per person

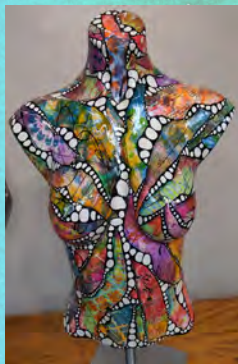
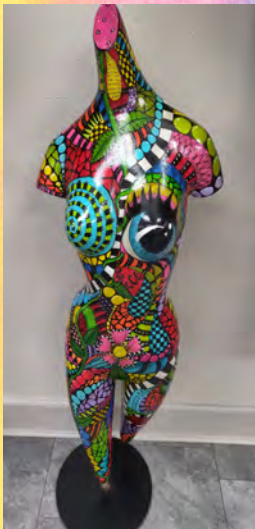
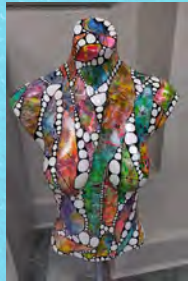
Sign up in the Office by
October 1



September Artisan of the Month

Kimberly Beck

Artisan Quote: "I love to find new ways to use recycled materials. Also, Chaotic color and patterns inform my art."



END OF SUMMER

COOKOUT

WITH BINGO!!





TUESDAY ★ **KSC** ★

SEPT 14 ★ **FRONT LAWN** ★

10AM-1PM

SIGN UP IN THE FRONT OFFICE
BRING A LAWN CHAIR

Kingsport Senior Center

BEGINNING VOLLEYBALL

5 Week Class

Tuesdays, September 14 – October 26

(No class Sept. 21 or Oct. 19)

9:00am–10:00am

TNT Sportsplex



Limited Spots available, sign up before September 10

in the Senior Center Front Office or call (423) 392-8400

Instructed by:

Kitty Frazier

- Manager of the City of Kingsport Parks and Recreation Department
- Former scholarship athlete in volleyball at ETSU
- Certified high school Volleyball Official
- Former college unofficial landline judge
- Gold medal winner in volleyball at National Senior Games
- Participant in 3 National Senior Games/Olympics
- Plays in Eastman VB leagues and other places

Debbie Cutshaw

- Dobyms-Bennett, All-State & McDonald Player of the Year
- Played on the first DB team to appear at State Tournament in 1991
- Attended King University as a Scholarship Athlete
- Was All-American and Female Athlete of the Year before King jersey was retired
- Coached at Milligan College from 1996-2001 where team attended the NAIA National Tournament in 1996
- Founder/Director of E3 Volleyball Club, a local Christian Travel Volleyball Organization

KINGSPORT SENIOR CENTER

FLU VACCINE CLINIC

PINNEY'S PRESCRIPTION SHOP

TUESDAY, SEPTEMBER 14, 2021
9 AM-11 AM
HALLWAY, BILLIARDS ROOM SIDE

SIGN UP IN THE FRONT OFFICE,
WALK-INS ARE WELCOME THE DAY OF THE
CLINIC.

Medicare Part B and TNCARE are going to cover the
influenza vaccine at no cost to the patient, but you must
bring your insurance card!

Pinney's will be providing the following Vaccines:
*Quadravalent flu *High dose senior flu *Shingles
*Pneumonia *Moderna COVID *Johnson & Johnson COVID



Princeton

ASSISTED LIVING

A PARTNERSHIP OF *Signature* HEALTHCARE *Ballad*Health.

WE HAVE APARTMENTS AVAILABLE

Call today for our Spring Promotion Pricing

423-975-1800



CALL TODAY TO SCHEDULE A TOUR!

401 Princeton Road
Johnson City, TN 37601
www.PrincetonTransitionalCare.com

CROWN CYPRESS

Assisted Living - and - At Home Care

CROWN CYPRESS IS A CHOICES FACILITY!

ASSISTED LIVING



423.378.3100

2424 EAST STONE DRIVE, KINGSFORT, TN 37660

- 3 Home-Cooked Meals each Day
- Emergency Call System
- Laundry & Housekeeping Services
- Transportation
- Beauty Salon/Barber Shop
- Cozy Living Areas with Fireplaces
- Relaxing Sun Room
- Social & Educational Programs
- Walking Paths, Park Benches & Patios
- Community Outings & Religious Services



Call & come by for a tour!

423.378.3100

CROWN CYPRESS



All KATS vans are lift-equipped

Need Transportation?

Choose KATS Dial A Ride

KATS Dial-A-Ride service is a curb to curb (origin-to-destination) transportation service that is available to those individuals who are Dial-A-Ride certified and reside in the City Limits of Kingsport.

Cost for Dial A Ride

Trips within the city's core zone are \$2 and \$3 depending on your eligibility tier. The cost per trip outside the core zone is \$4.00. Check to see your cost prior to scheduling your trip.

Reservations for Dial A Ride are to be made in advance for the desired trip. The number to schedule your reservation is

423-224-2613.

Call or check the website for more information!



Taking People Places



Monday - Friday
7:30 am - 5:30 pm
900 East Main Street
Kingsport, TN 37660

www.kingsporttransit.org

DAY TRIPS



WOHLFAHRT HAUS DINNER THEATRE

Christmas in the Mountains

WEDNESDAY, NOVEMBER 17
BUS LEAVES AT 9:45AM
\$45.00 INCLUDES TRANSPORTATION,
LUNCH AND SHOW

SIGN UP STARTS AUGUST 31

OUT TO LUNCH BUNCH

DAN'L BOONE INN

Boone, NC

Friday, October 8
Bus leaves at 9:00am
\$30.00 includes Lunch & Transportation

Sign up in the Front Office
starting August 31





Country Tonite Christmas Show & Lunch at Applewood Farmhouse Restaurant

TUESDAY, DECEMBER 14, 2021
BUS LEAVES AT 10:15AM
40.00 INCLUDES LUNCH, SHOW &
TRANSPORTATION
SIGN UP BEGINS SEPTEMBER 28






TUCKALEECHEE CAVERNS

TOWNSEND, TN

Friday, September 24
Bus leaves at 9:00am
\$8.00 transportation fee
\$20.00 Cave fee paid day of trip (cash only)

Wear a good pair of shoes & dress appropriately for
the temperature in the caverns (58 degrees)

Lunch is on
your own at
Smokin Joe's
BBQ

Sign up in the Front Office starting August 18




EXTENDED TRAVEL TRIPS

Myrtle Beach

OCTOBER 18 - OCTOBER 21, 2021

Double & Triple Occupancy: \$625/Person
Single Occupancy: \$755/Person

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



NYC AT CHRISTMAS

DECEMBER 5-DECEMBER 9, 2021

DINNERS, GUIDED TOURS, BROADWAY
SHOW, AND MORE!

\$1,024/person - Double Occupancy

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



Ireland

MARCH 12-MARCH 19, 2022

WATCH THE DOBYNS-BENNETT BAND PERFORM AT
THE ST. PATRICK'S DAY IN DUBLIN

SIGHTSEEING, KISS THE "BLARNEY STONE," AND MORE!

\$3,499 - Double Occupancy

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



Mediterranean Cruise

JUNE 3 - JUNE 12, 2022

\$250 DUE AT SIGN-UP

Double - Inside Cabin: \$3524/Person
Double - Central Park Balcony: \$3624/Person
Double - Ocean View Balcony: \$3824/Person

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



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: 9:00am (Room 302) (August 30-November 15) - Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Brain Games: 1:30 – 3:00pm (Computer Lab)
We will play a variety of trivia games each Monday!
NEW

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

Quilting: 9:00am (Room 303) (August 30-November 15)

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 (Room 302)

Beginning Line Dance: 11:30am (Gym) (August 30-November 15)

Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | August 30-November 15 Come play checkers and chess! If you don't know how to play, we will teach you! Cards can still be played during this time too.

Intermediate Line Dance: 12:45pm (Gym) (August 30-November 15)

Knitting: 1:00pm (Room 303) Begin date: TBD
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) (August 31-November 16) (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) (August 31-November 16) This class is open to individuals of all expert levels.

Strength Training: 9:45am (Gym)

Renaissance Strings: 10:00am (Atrium) (August 31-November 16) 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) (August 31-November 16) 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!

Advanced Pickleball: 12:00pm (Gym)

Clay 101: 12:30pm (Clay room) Begin date: TBD 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: 12noon-4:00pm (Gym)

Rook: 4:00pm (Card Room) August 31-November 16
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)

Tai-Chi: 9:00am (Room 302) (September 1-November 17)

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.

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

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Room 302)

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) September 2-November 18

Ceramics: 9:00am- (Ceramics Room) (September 2-November 18) - 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.

Strength Training: 9:45am (Gym)

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. September 2-November 18 Bunco is a dice game where each round's purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

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.

Volleyball: 1:00pm (Gym)

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

Cornhole: 4:00pm (Gym)

Spades: 5:00pm (Card Room) September 2-November 18 Played in partners or solos. The object is to take at least the number of tricks that were bid before play of the hand began.

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- 9:00am (Room 302) (September 3-November 19)

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.

Movement Health Qigong - Liu Zi Jue – Yi Jin Jing "Five Change": 10:00am (Room 302) - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

Strength Training: 10:15am (Gym)

Stretch Class: 11:15am (Room 302)

Advanced Pickleball: 12:00pm (Gym)

Bridge Group: 1:00pm (Atrium) September 3-November 19 This is an intermediate level Bridge group. If interested please contact the front office.

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



WELLNESS

Activities



- **Volleyball:** 9:00 am - 1:00 pm | Every Tuesday | TNT Sportsplex | Every Tuesday for KSC members. Two courts are available.
- **Pickleball (Open Play):** 9:00 am - 1:00 pm | Every Thursday | TNT Sportsplex | Every Thursday for KSC members. Four courts are available.
- **Table Tennis Tournament:** 1:00 pm. | Wednesday, October 13 | Gym | This tournament will be doubles with double elimination. Cost is free. Prizes are sponsored by Robin Hall, Account Executive with Adoration Home Health. Sign-ups start September 17 in the Front Office or by calling 423-392-8400.
- **Shuffleboard Tournament:** 9:00 am. | Wednesday, September 8 | Shuffleboard Courts | This will be the best of three games, double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sponsored by Edie Cannon, Sales Manager with Brookdale Rock Springs. At least 12 players are needed. Sign-ups start on August 8 with a deadline of September 7.
- **Bike the Creeper Trail:** 8:30 am. Friday, October 15. | Damascus, VA | Cost is \$8 at sign-up, \$30 (**CASH ONLY**) on the day of the trip. Minimum of 15 needed for the trip to go. We will bike 14 miles downhill and 3 miles flat from White Top to Damascus. Lunch is on your own at the Creeper Trail Cafe. Sign-up starts Wednesday, September 15 in the Front Office.



Wellness Seminars

- **Blood Pressure Checks:** Melissa Keene, COTA Rehab Liaison with Encompass Health will be at the Center on Tuesday, September 14 for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office. Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport will be at the Center on Thursday, September 16 for blood pressure checks from 9am-11am and every 3rd Thursday of the month, in the Hallway by the Office.
- **Joint Health:** 10:30 am | Tuesday, October 12 | Card Room | Dr. Tim Dunn, with Advocate Integrated Medical, will discuss Joint Health/Symptoms and treatment options to safely improve your life. Sign-up starting Sept 17 in the Front Office or by call 423-392-8400.
- **Memory and Brain Health:** 2pm-4pm. Thursday, September 23 | Every 4th Thursday of the month in the Multipurpose Room. Join Tracey Wilson with Alzheimer's Tennessee to learn the amazing effects of music on the brain. Sign-up in the office or call 423-392-8400, walk-ins are welcome.
- **Flu Vaccine Clinic:** 9am - 11am. Tuesday, Sep 14 | Pinney's Prescription Shop | Hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Pinney's will be providing Quadrivalent flu vaccine, High dose senior flu vaccine, Shingles Vaccines, Pneumonia vaccine, Moderna COVID vaccine, and Johnson & Johnson COVID vaccine. Sign-ups start on Thursday, Aug 19 in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

Events



- **Woodshop Safety Orientation:** 9am. Monday, September 13 | 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 wood workers please come and help.
- **Hiking Club:** We will depart at 9:30am Friday, Sept 17 | Laurel Run, Church Hill, TN | Cost is \$5 for transportation. Moderate 4.3 mile hiking trail featuring a waterfall. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Also, bring plenty of water to keep you hydrated and a lunch to eat in the park. Sign-up in the Front Office.
- **First District Tennessee Senior Olympics:** Sep 13 - Oct 9 | Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives, promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. For more information contact, Teresa Sutphin, Coordinator. Phone: 423-722-5120 Email: tsutphin@ftaad.org / Website: www.tnseniorolympics.com
- **Support Group "Restless Legs Syndrome":** Tuesday, Sept 14 | 12:30pm | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. Sign-up in Office or by calling 423-392-8400, there is a limit of 20 seats available.

Trips



- **Tuckaleechee Caverns:** 9am. Friday, Sep 24 | Townsend, TN | Cost is \$8.00 for transportation payable when you sign up. Cave fee is \$20.00 (cash only) due day of trip. We need a minimum of 20 to sign up in order for the trip to go. Lunch is on your own at Little River BBQ. Tuckaleechee Caverns known as the "Greatest Site Under the Smokies" are the highest rating Cave or Cavern of the Eastern United States. NOTE: There are about 87 steps you will have to go down & back up, so be sure you are able to handle this. Wear a good pair of comfortable shoes, and dress appropriately for the caverns the temperature inside is 58 degrees year-round. Sign-ups start on Wed, Aug 18.
- **Off the Grid Zipline:** 10am. Wednesday, Sep 22 | Cost of transportation is \$8.00 per person payable when you sign up. The zip line fee is \$29.00 each (cash only) payable the day of the trip before we depart. Please bring the correct amount, we will not have any change. Off The Grid Mountain Adventures features one of the longest zip lines in the country, at nearly 3000 feet long, the length of 10 football fields, and close to 300 feet above the canyon floor, reaching speeds up to 60 miles per hour. We need a minimum of 20 to sign up in order for trip to go. Lunch is on your own at Dairy Queen. NOTE: There is no age or height limit, but there is a maximum weight limit of 275 lbs. Sign-ups will start on Thursday, Aug 26, with a deadline by close of business on Monday, Sep 20.

KSC *at Lynn View*

Lynn View Community Center
765-9047
Hours: M-F, 8:00am - 2:30pm

Calling all area art and craft vendors! Sign up for the Old Fashioned Christmas Fair to be held on Friday, Nov 19 from 10:00 a.m. – 5:00 p.m. and Saturday, Nov 20 from 10:00 a.m. - 4:00 p.m. To be a vendor, sign up for an appointment with Michelle on Wed, Sept 15, appointments are every 15 minutes. Bring an example of your items, max 5 items to be previewed. Call 765-9047 for an appointment.

Walk with KSC@LynnView Mile-agers every Thursday @ 10:00 a.m., record your miles and get incentives, for more information call 765-9047. If inclement weather can walk inside.

Core conditioning, 9:00 a.m. Mondays and Wednesdays in the cafeteria. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination of these gadgets. You perform traditional weight-training movements in a class setting.

Silver Sneakers Classic, 10:00 a.m. Mondays and Wednesdays in the cafeteria. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

Silver Sneakers Classic, 9:00 -10:00 a.m. Tuesday and Thursday in the cafeteria.

POUNDFIT exercise class, Tuesdays, 11:00 a.m. POUND is a cardio jam-session designed to release the rockstar within us all while promoting total-body fitness. Instead of listening to the music, you become the music in this full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movement. Come join us! No sign up required.

Scrabble Day, 11:00 a.m. Thursdays in the cafeteria. Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

Blood Pressure Checks, Mondays, 8:45 a.m. – 10:00 a.m., with volunteer Nancy Greene. No sign up required, walk-ins welcome!

Dietician's Pick, 10:00 a.m. Wednesday, Sept 8, Elizabeth Hall,

R.D. Food City will share all the benefits of this new program at your local Food City. Sign up by 9/2.

Trunk Sale, Friday, Sept 10, 8:00 a.m. – 12:00 p.m. Call and reserve your parking space to sale your items from your vehicle. Sign up by 9/8.

Beginner Pickleball, Mondays, Sept 13 – Oct 4, 9:30 – 11:30am, Cost: FREE. This is group play not one on one instruction. Please sign up by 9/10.

Beginner Stained Glass, Tuesday, Sept 14, 11:00 a.m. – 1:00 p.m. Join us as Lynn Davenport shares how to make a sun catcher. All supplies are provided. Sign up by 9/10.

Artisan Meeting, Tuesday, Sept 14, 1:00 p.m. Local artisans from the TriCities are welcome to attend. Check out our newly renovated artisan center, events coming up that we are attending and how you can join us. No sign up required. Meet September's artisan of the month, Kimberly Beck.

Car Basket Class, Wednesday, Sept 15, 10:00 – 12:00p.m. Cost: \$15. This basket makes a great catch all for your car stuff. Sign up by 9/10. Instructor: Candy Alexander.

Zumba Gold, Tuesday/Thursday, Sept 16, 11:30am - 12:30pm, Room 302 (Main Site). Instructor: Dannie Lee. Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. The Zumba Gold Live it Up! System is the total-body wellness experience. Sign up by 9/13.

Cooking with Theresa, Tuesday, Sept 21, 11:30a.m. Chicken Marsala in the instant pot. See how a few ingredients make a delicious meal. Sign up by 9/17.

Butterbean Auction, 12:30 p.m. Wednesday, Sept 22, 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. Please call Lynn View at 765-9047 and sign up by 9/20.

Fall Rag Garland, 10:30 a.m. Thursday, Sept 28. Esther Richards will demonstrate how you can take apart a rug and make a decorative rag garland to add to your fall decorations. Cost: \$10. All supplies provided. Sign up by 9/20.

Card Making Class, Monday, Sept 27, from 11:00 a.m. to 1:00 p.m. We will be using a sheet of gold foil precuts to "dress up" 4 cards. Cost is \$10, paid to instructor. All supplies are included. Please bring scissors and your favorite adhesives and join the fun! Sign up by 9/22.

Bill's Hoot n Holler, Wednesday, Sept 29, 11:30 a.m. enjoy

entertainment by Bill's Hoot n Holler in recognition of international coffee day Crown Cypress is providing iced coffee drinks. Sign up by 9/24.

Recycled paint brush art class, Thursday, Sept 30, 10:00 – 12:30 p.m. Instructor Kimberly Beck. Supply list: Black + White paint pen, instructor recommends Posca pen, 7mm or finer. Junk jewelry for embellishments, medium to fine tip paint brush for painting details, Kim will supply primered paint brushes and fabric. Sign up by 9/27. Max 6 participants.

Yoga, Mondays, 5:30pm, room 302 (Main Site). Instructor: Becky Mills. Cost: \$25. Sign up by 10/ 1.

Biscuits and Bingo, 10:30 a.m., Thursday, October 14. Biscuits and bingo prizes are sponsored by Crown Cypress. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 30 participants. Please sign up by 10/11.

Advanced Crochet, 9:30 – 10:30 a.m., Friday's, Oct 15 – Nov 19. Cost: \$ 20.00 paid to instructor. Please call Lynn View and be signed up by 10/12. Class is limited to 4 participants. Participants will work on project of choice.

Beginning Crochet, 11:00 a.m. – Noon, Friday's, Oct 15 – Nov 19. Participants will use basic stitches and learn how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20.00 paid to instructor. Call Lynn View and sign up by 10/12. Class is limited to 4 participants.

Intermediate Crochet, 12:30 – 1:30 p.m., Friday's, Oct 15 – Nov 19. Cost is \$20.00 paid to instructor. Class is limited to 4 participants. Please call Lynn View and be signed up by 10/12. Participants will make a sampler afghan that uses squares of different designs. Required supplies, a size H hook and four 7 ounce skeins of #4 worsted weight yarn (bring a main color (3) and (1) contrasting color).

Basketball is played at Lynn View from 8-10 a.m. M-TH. Stop by the office and get a ball and shoot some hoops with us!

Pickleball is played in the gym at Lynn View on **Mondays and Wednesdays 11:30am – 2:00pm and Tuesday, Thursday and Friday from 10:00am – 2:00pm**, Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. **This is Open Pickleball for all skill levels.**

BRANCH SITES *Classes*

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

V.O. Dobbins

Outdoor Pickleball, 8:30 - 10:30 a.m. Mondays and Wednesdays. Open play. All skill levels.

First Broad Street United Methodist Church

Total Body Workout: Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

Core Yoga: Tuesday and Thursday in Room 239 from 11:00 -11:30am. Mat yoga. Includes breath, abdominal and arm strength building.

Yoga: Tuesday and Thursday in Room 239 from 11:30am – 12:30pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation

George Washington Apartments, Friendship Manor Apartments, Forest Ridge Manor Apartments, Kiwanis Towers Apartments

Bi-annual activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

Aquatics Center

Monday - Friday, 8:00 a.m. – 11:00 a.m. lap swimming with your Senior Center membership card is free and you will receive a 20% discount on swim classes.



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
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