

LIVING

K I N G S P O R T
S E N I O R C E N T E R

OCTOBER 2023

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TimesNews


KINGSPORT
SENIOR CENTER
the fun begins at 50

Kingsport Senior Center ▪ 1200 E Center St., Ste 121, Kingsport, TN ▪ (423) 392-8400 ▪ Monday-Friday 8 AM-7 PM ▪ Saturday 9 AM -12 PM ▪ Closed Sunday

Staff:

Please call the front office for information:

(423) 392-8400 (Main Number)

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

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

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

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

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

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

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

Program Assistant - Vickie Duncan
vickieduncan@kingsporttn.gov
423-343-9713

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 enter, 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, 2023 - June 30, 2024
\$25.00- Kingsport City Residents
\$45.00- Sullivan County Residents
\$70.00- Out of County Residents

*If you have Silver Sneakers, Silver and Fit or Renew Active 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 enter, 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

From the cover: Pictured is Diane Caldwell.

The Senior Advisory Council meeting will be October 19th 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.

**Kingsport Senior Center
Advisory Council Members:**

Xue Xiaoli
Terry Cunningham
Pat Breeding
Linda Ford
Laurel McKinney
Brenda Eilers

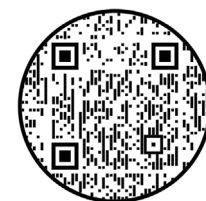
Rick Valone
Kenn Naegele
Rick Currie
Peter Shang
Lisa Shipley

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Social Media**

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 **@KingsportSeniorCenter**
 **@KingsportSeniorCenter**

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<https://www.youtube.com/@kingsportseniorcenter2443>



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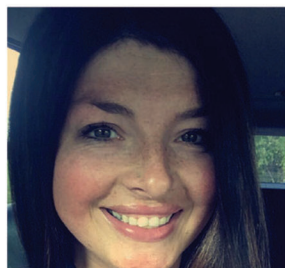
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Humana® **A more human way to healthcare™**

*Source: Humana Inc. First Quarter 2022 Earnings Release, April 27, 2022
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assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235 (聽障專線：711)**。

Virtual Calendar

Wellness Virtual Classes

- **October 10, 2023 — “Standing Workout with Weights for Seniors”** https://youtu.be/_tPETrKicbA?si
- **October 12, 2023 — “Standing Pilates improve Strength for Seniors”**
https://youtu.be/i3PYS_jsA1c?si
- **October 17, 2023 — “Most Important Exercise for Seniors to Master”**
<https://youtu.be/0r6w8K6ckQk?si>
- **October 19, 2023 — “Exercises for Seniors to Improve Balance & Prevent Falls”**
<https://youtu.be/9m1w0dA6eJ0?si>
- **October 24, 2023 — “How to Build Muscle at Any Age (7 Tips)”**
<https://youtu.be/uR4CRysviMU?si>
- **October 26, 2023 — “How to Increase Metabolism at Any Age (6 Tips)”**
<https://youtu.be/0nUEyAPKlE?si>

Senior Services Virtual Programs

- **October 8 — “GETTING READY FOR FALL VLOG”**
<https://www.youtube.com/watch?v=kMduc48Z0Q8>
- **October 14 — “Seniors: Get UP after a fall — Best Two Ways”**

<https://www.youtube.com/watch?v=LSR18kBYB4M>

- **October 19 — “Chair Yoga for Seniors & Beginners // Energizing Seated Stretches”**

<https://www.youtube.com/watch?v=cgaDPZ8UdZY>

- **October 26 — “Volunteering Could Help With Depression”**

<https://www.youtube.com/watch?v=JHg-Jia59dE>

- **October 29 — “Local Volunteering For Seniors”**

<https://www.youtube.com/watch?v=W9W6moTY4aQ>

Events and Virtual Classes

- **October 2 — “25 Second Balance Exercises That Stop Falls”**

<https://www.youtube.com/watch?v=4aCFY0jiD98> —

- **October 4 — “Caramel Apple Crack Pretzel Salad”**

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

- **October 5 — “Yahoos & Boos August 2023”**

<https://www.youtube.com/watch?v=ffAhuqHR2qA>

- **October 9 — “Updo-How to Fake It and Make It!”**

<https://www.youtube.com/watch?v=91dGN6oGzwo>

- **October 13 — “3 Exercises to REDUCE Hip Stiffness”**

<https://www.youtube.com/>

[watch?v=3wQUUt6L2w4](https://www.youtube.com/watch?v=3wQUUt6L2w4)

- **October 16 — “DIY Dollar Tree Halloween Décor”**

<https://www.youtube.com/watch?v=vUONTUtGzn0>

- **October 17 — “6 Min Beginner Tai-Chi Exercise”**

https://www.youtube.com/watch?v=ZBgkbBx_c9o

- **October 21 — “A Beginners Guide to Sewing”**

https://www.youtube.com/watch?v=oD_KpZm7OaM

- **October 24 — “5 Easy Halloween Treat”**

<https://www.youtube.com/watch?v=YUmfHcXRof4>

- **October 30 — “DIY Halloween Costumes:”**

<https://www.youtube.com/watch?v=dGHrd37qcr8>

Facebook Classes — October 2023

Mon, Wed, Fri - SilverSneakers Classic with Terri Bowling

Mon, Wed, Fri - Total Body with Terri Bowling

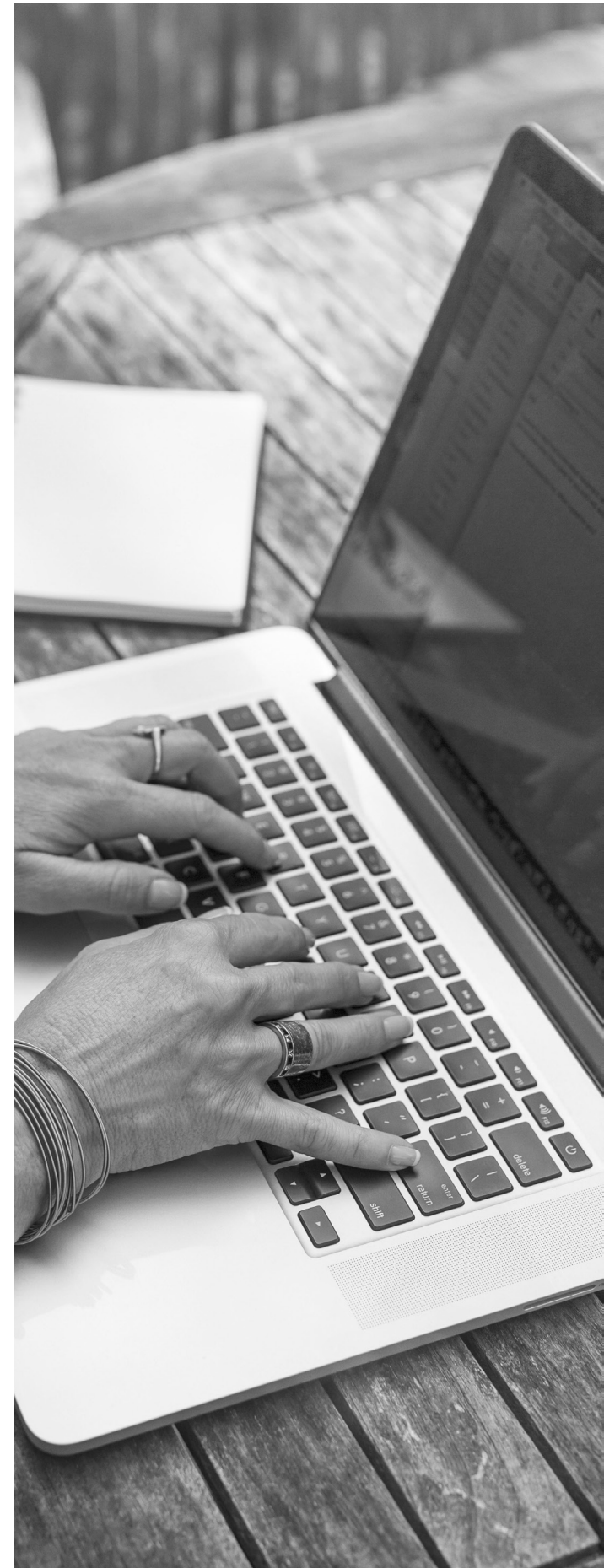
Mon, Wed, Fri - SilverSneakers Yoga with Terri Bowling

Tues, Thurs - SilverSneakers Boom Fitness with Terri Bowling

Tues, Thurs - Piloxing with Terri Bowling

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

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



Wellness

Blood Pressure Checks

9am-11am. Every 2nd Wednesday of the month

Hallway by the Office

Bevin Orzechowski, LPN, Rehab Liaison with Encompass Health. Blood Pressure Checks: 9am-11am. Every 4th Wednesday of the month | Hallway by the Office | Miranda Stout, with Brookdale Rock Springs. Sign up in the Office or by calling 423-392-8400.

Grief Share Program

9:30am. Every 3rd Wednesday of the month

Card Room

Gabe Manis, M.Div., Hospice Chaplain with Suncrest Hospice | The Grief Share Program is offered to our members who have experienced the death of a family member, or a friend. The program is helpful on how to deal with emotions, tips on surviving social events, and how to find hope for the future. Please join us for this very encouraging seminar, sign up in Office or by calling 423-392-8400.

Woodshop Safety Orientation

9am. Monday, Oct 2

Woodshop

Every 1st Monday of the Month. If you are interested in working in the Woodshop you must be a member of the Senior Center, and complete the Safety Orientation. Stop by the Woodshop or call 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. Also the Wood Shop will close after the clean-up on the 1st Monday. NOTE: Wood Shop Hours are Mon, Tue, & Wed from 8:30am-3pm.

Wellness Seminar "Diabetes Prevention Program":

10am-11am. Mondays

Computer Lab

Andrea Haubner, Extension Agent with Virginia Cooperative Extension. One key feature of the

National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with pre-diabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). NOTE: Session Schedule; Bi-Weekly-Oct 9-Nov 20, and Monthly-Dec 4, Jan 8, Feb 5, Mar 4, Apr 1 and May 6. Sign up in the Office or by calling 423-392-8400.

Wellness Seminar "Balance & Exercise"

10:30am. Tuesday, Oct 17

Card Room

Evan Milner, DO with ETSU Family Physicians of Kingsport. Dr. Milner will discuss balance and exercise with the goals of improving quality of life and independence. Sign-ups start on Tue, Oct 3 in Office or by calling 423-392-8400.

Wellness Seminar "Memory and Brain Health"

2pm-4pm. Thursday, Oct 26

Multipurpose Room

Every 4th Thursday of the month. Topic of discussion "The Effects of Stress on Memory" Guest speaker, Michelle Miller, Gerontologist with Home Instead will join us to discuss the effects as well as strategies to decrease stress and boost cognitive ability. Research shows the effects of stress reach beyond physical and emotional changes to affect cognitive health as well. Sign-ups start on Fri, Sept 29 in the Office or call 423-392-8400.

Neuro Yoga

5:30pm. Thursday, Oct 12 & 26

Room 302

Kristie Nies, PhD. Neuropsychologist & Registered Yoga Teacher | Neuro Yoga is chair based yoga for brain health, which will build resilience, improve mood, reduce pain, and reduce

stress. Cost is free to our members, no yoga experience is required. Sign up the Office or by calling 423-392-8400.

Healthy Facial & Spa Skin Care

10am. Wednesday, Nov 1

Multipurpose Room

Heather Miller with Mary Kay | Fall Pamper Session, experience a relaxing DIY Facial & Spa Skin treatment of your choice. One Product from each category: Customized Skin Care Treatment Exfoliating Treatment Hydrating Treatment Targeted Serum. All members will also receive, Hand & Lip Treatment, and CC Cream & Mascara. Sign-ups start on Wed, Oct 4 in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

Parks & Rec. Youth Basketball

6pm. | Tue, Wed, and Thu

Gym

Parks & Rec. Youth Basketball will start on Oct 17 – Dec 14. All

Senior Center activities on these days will stop at 5:30pm so any gear can be put away and the youth basketball goals can be attached on basketball goals. Sorry for any inconvenience.

Bowling for Turkeys

12:30pm. Wednesday, Nov 22

Warpath Lanes

Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. Cost of each game is \$3.00 and no charge for the shoes payable at Warpath Lanes. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only, sponsored by Michelle Bolling. Sign-ups will start on Thu, Oct 12 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Fri, Nov 17.



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Let us review your options and explain the information needed for you to make an informed decision on a Medicare plan that fits your needs and budget!

REMINDER:

**Medicare “Annual Enrollment” is from October 15th
thru December 7th.**

East Tennessee Insurance Agency is an independent, family owned insurance consulting and brokerage agency nestled in the mountains of East Tennessee. Our business was established on hometown values back in 1950 (Originally called Cambron Insurance) and we have happily served the insurance needs of our customers ever since.

Owners, Jay and Beth Larshus, have a combined 50+ years of experience in the insurance industry. We are committed to providing quality insurance products for individuals and businesses. Our team of knowledgeable insurance professionals is experienced in creating personal and group policies. Our friendly and caring staff will work with you one-on-one to find coverages that fit your needs and build a lasting relationship.

*We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



October Artisan — of the Month —

**GERALD (JERRY)
FRITZ**

Wood Craftsman

The love of wood working was passed down from his father and grandfather.

Their philosophy was "The Wood I chop will warm me twice."

KSC at Branch Locations

Lynn View Community Center 765-9047

Hours: M-F, 8:00am – 2:30pm

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.

Low Impact Aerobics,

9:00 – 10:00 a.m. Fridays in the cafeteria. Join us & get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning & strengthening in addition to low impact cardio.

Stretch & Flex! 10:00 — 11:00am Fridays in the 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! Optional floor exercises may be offered towards the end of class but these can also be chair-based — your choice! Bring a yoga mat if you have one to use alongside the chairs provided.

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

Blood Pressure Checks, M, 8:45 a.m.

– 10:00 a.m., with volunteer Nancy Greene. No sign up required.

Yoga, M, Oct 1 – Nov 6, 5:30 p.m. Instructor Becky Mills. Main Site, Room 302. Cost: \$25 payable at sign up.

Bow making, T, Oct 3, 10:30 a.m. Participants will make a loop bow. Supplies needed, stiff or wired ribbon, bring twist tie, zip tie or pipe cleaners. Cost: \$10.

Beginning Hand Quilting, T/TH, Oct 3 — 31, 9:00 -10:00 a.m., all supplies are included. Cost: \$15, paid to instructor Sandra Arnold. Walk-ins welcome!

Advanced Hand Quilting, T/TH, Oct 3 — 31, 10:00 a.m. – 12:00 p.m. More advanced quilters gather each day and quilt together on projects.

Embroidery, M, Oct 2, 9:00 a.m. – 10:00 a.m. Cost: \$15, pay first day of class to instructor Sandra Arnold.

Cat's Meow and Bat (paper Halloween decoration), TH, Oct 5, 10:00 a.m. Cost is \$15 paid at sign-up. Kits provided at class.

Palette Painting Class, M, Oct 9, 10:30 – 1:00, Cost: \$30, paid to instructor day of class. Participants will paint an old truck with fall decorations and a pumpkin stake decoration. Instructor: Robin Wilbanks Hilman.

Artisan Meeting, T, Oct 10, 1:00 p.m. Local artisans from the Tri Cities are welcome to attend. Check out our artisan center and upcoming events that we are attending and how you can join us. No sign up required. Meet August artisan of the month.

Loom Hat Creation, W, Oct 11, 9:30 a.m. Cost: \$30. Participants will learn how to cast on a loom, knit in the round and cast off the loom to create a hat. All supplies provided. Min 5. Max 11 participants.

Halloween Gnome, W, Oct 11, 10:30 a.m. Supplies needed: a black sock and other sock of choice for gnome body, all other supplies provided. Example in office. Cost: \$10 paid to instructor day of class.

Biscuits and Bingo, TH, Oct 12, 10:30 a.m. Biscuits and bingo

KSC

From Page S7

prizes are sponsored by Brookdale Rock Springs. Come out and enjoy a biscuit and a fun game of bingo! Please call 765-9047 to sign up, limited to 30 participants.

Beginning Stained Glass, TH, Oct 12 — 26, 10:00 – 11:00am, Cost: \$5.00 paid first day of class and bring an 8x10 piece of glass.

Stained Glass II, TH, Oct 12 — 26, 11:00am — 12:00pm, Cost: \$5.00 paid first day of class. Supply list available at sign up.

Building blocks of Pickleball, T/TH, Oct 10 — 26, 10:00 a.m. Cost: \$30, pay at sign up. Limited to 8 participants. 3 weeks, 6 classes. Instructor Anna Walters. Build on your Pickleball skills with drills. These classes are at TNT Sports complex

Paint Pouring, T, Oct 17, 11:00 a.m. Create your own original paint poured artwork. Learn the basics of this fun and expressive art technique. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Basket Class, W, Oct 18, 10:00 – 1:00p.m. Class limit of 10.

Participants will weave 2 full size Indian corn with fodder stalks. Supplies needed: a ruler, clothes pins, kitchen scissors or garden snips and a pencil. Cost: \$20.00.

Jewels Plant Stake, TH, Oct 19, 12:00 p.m. Jazz up your plants with a jeweled plant stake. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Wire Christmas Ball, TH, Oct 19, 12:30p.m. Create a chicken wire ball with Christmas lights. Bring your choice of a string of lights. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Grief Share, F, Oct 20, 11:00 a.m. 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.

Needle Felting, M, Oct 16, 11:00 a.m. Learn the basics of this cute wool based craft. Create and take home an owl or project of your choice. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Watercolor Autumn Card painting, Oct 23, 11:00 a.m. Create beautiful watercolor cards that capture the warm colors of fall. These cards are perfect for gifting or home decorating. Beginner friendly, no painting experience needed. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Card Making Class, M, Oct 23, 11:00 a.m. to 1:00 p.m. We will make 4 seasonal cards. Cost is \$10. Please bring favorite adhesives and scissors.

Decoupage Can and Wooden Jars, T, Oct 24, 10:30 a.m. \$25. Join Robin Wilbanks Hillman and artisan Esther Richards to learn decoupage and creative painting ideas to create beautiful fall décor.

Poinsettia Wreath, W or TH, Oct 25 or 26, 10:00 a.m. – 1:00 p.m. Example in office. Cost: \$25, paid to instructor day of class. Max 12 per class.

Butterbean Auction, W, Oct 25, 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.

Leather keychain, TH, Oct 26, 12:00 p.m. Make a sturdy keychain. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Embroidered Initial Bookmark, TH, Oct 26, 12:30 p.m. Sew a corner book cover with an embroidered initial. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

Pumpkin Spice latte cat painting, M, Oct 30, 11:00 a.m. Create your own version of this fun fall cat. Using paint, stamps and other media. This Program provided in partnership with the West End Home Foundation Digital Literacy Grant.

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

Pickleball is played in the gym at Lynn View Monday — Friday 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. Must be a senior center member to play, please bring membership card.

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.

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.

Restorative Yoga: Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m. Majority of

See **KSC**, Page S10

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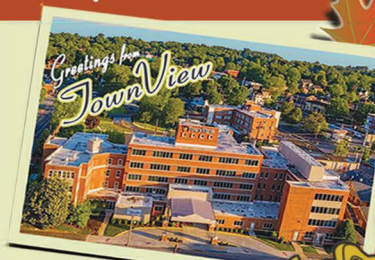
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- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful 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!

TownView 114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com

Trips/Travel

Wohlfahrt Haus Dinner Theater- Trip to the Wohlfahrt Haus Theater in Wytheville, VA to see the "A Wohlfahrt Haus Christmas Carol". The price includes transportation, lunch & show.

- Wohlfahrt Haus Dinner Theater- 170 Malin Dr Wytheville, VA 24382
- \$72.00 per person (includes lunch and show)
- Tuesday, December 12, 2023
- 9:45am — 6:05pm
- Sign ups begin October 6, 2023

Out To Lunch Bunch-Dan'l Boone Inn- Enjoy a trip to Boone, NC and lunch at Dan'l Boone Inn. Enjoy a down-home Sothern Comfort meal served family-

style in one of the town's oldest buildings. After lunch, enjoy a stop at the Mast General Store for shopping for some goodies.

- Dan'l Boone Inn- 130 Hardin Street Boone, NC 28607
- \$37.00 per person (includes lunch and transportation)
- Monday, November 6, 2023
- 9:00am — 5:30am
- Sign ups begin October 6, 2023

Barter Theater- Miracle on 34th Street- Join us for the timeless classic, Miracle on 34th Street. Special guest, Mr. Don Royston a.k.a. Santa Claus from the Appalachian Santa train, will be on stage. The Appalachian Santa train is sponsored by the Kingsport Chamber of

Commerce. This marks Don's 25th year portraying the jolly old elf, distributing toys, food, clothing and candy to thousands of people along the trains 14 stops from Pikeville, KY to Kingsport, TN. Join us as Don shares his memories and stories from his time on the most wonderful train of all! Lunch will be at Luke's at 11:00 a.m. (Lunch will be on your own)

- Barter Theater
- \$44.00 per person (Lunch will be on your own)
- Wednesday, December 13, 2023
- 10:00am — 6:00pm
- Sign ups begin October 6, 2023

KSC

From Page S8

the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body (typically from student requests).

Active/Flow Yoga:

Tuesday and Thursday in Room 239 from 11:00 a.m. — 12:00 p.m. more standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some

floor work and target areas you especially feel need attention. We will continue to end the class with Relaxation.

Riverview Park Pickleball (VO Dobbins)

— Mondays and Wednesdays, 8:30 — 10:30 a.m. Open play. All skill levels. Must be a senior center member to play, please bring membership card.

TNT Sports Complex

— (600 E. Main Street) — Tuesdays and Thursdays, 9:00 a.m. — 1:00 p.m. Open play. All skill levels. Must be a senior center member to play, please bring membership card.

Wellness

From Page S5

Easing Stress is a Key Healthy-Heart Move

The mind-body connection extends to your ticker. Here's why: Study after study has shown that mental stress can be a strong potential cardiac risk factor. When the fight-or-flight response kicks in, hormones are released that cause changes in the body (for example, increasing blood pressure and body fat over time). Stress also brings about

higher inflammation in the arteries, and chronic inflammation has major potential to harm your heart. Find chill-out tactics you enjoy like doing crossword puzzles, or getting lost in a good book, or whipping up healthy comfort food.

October is Breast Cancer Awareness Month: Breast cancer is a disease which begins in the breast tissue; it's the second most common type of cancer and mainly affects women (breast cancer is rare in men). During 2005, over 185,000 women were diagnosed

with breast cancer. Left undetected and untreated, breast cancer can spread to other areas of the body. Where breast cancer has to spread to other areas, it is referred to as metastatic breast cancer and classed as stage 4. The prognosis for stage 4 breast cancer is not good; the 5 year survival rate is only 16 percent. Given the high incidence and destructive nature of breast cancer, early prevention and treatment of this disease is a high priority.

Helping Ensure Quality of Life and Independence

At First Tennessee Area Agency on Aging and Disability, we are here to help you access the programs you need to take care of yourself as you age.



FTAAAD Services and Programs

- COVID-19 Vaccination/Booster Assistance
- Information and Referral Line
- Family Caregiver Support
- Wellness Workshops
- Congregate and Home-Delivered Meals
- Advocacy for Long-Term-Care Residents
- In-Home Services for Aging in Place
- SNAP Application Assistance
- Senior Transportation
- Medicare/Health Insurance Counseling

If you have questions on these or other available programs, go to

www.ftaaad.org

or call us at **423.928.3258**



Serving Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi, Washington Counties

First Tennessee Area Agency on Aging and Disability (FTAAAD)

3211 North Roan Street
Johnson City, TN 37601

No person shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance. This project is funded under a grant contract with the State of Tennessee.

Extended Travel Trips

Kingsport Senior Center & PML
Travel & Tours

Ancient Cities & Holy Land Cruise

**August 31,
2024-September 15, 2024**

- Price From: \$4,774 Per Person- Double Occupancy
- Featured Countries: Israel, Greece, Italy, & Cypress
- Your 16 Day / 15 Night Package Includes:
- Roundtrip airfare
- 13 Day / 12 Night Cruise onboard Odyssey of the Seas
- 2 Nights in a Deluxe Hotel in Rome
- 2 Days of Guided Touring in Rome
- Stateroom Accommodation
- Shipboard meals

TRIP SNAPSHOT:

Day 1: Depart from Home
Day 2: Arrive Rome (Civitavecchia), Italy- Tour Included
Day 3: Rome (Civitavecchia), Italy- Tour Included
Day 4: Rome (Civitavecchia), Italy- Embark on Odyssey of the Seas
Day 5: Naples/Capri, Italy
Day 6: Cruising
Day 7: Athens (Piraeus), Greece
Day 8: Santorini, Greece
Day 9: Rhodes, Greece
Day 10: Limassol, Cyprus
Day 11: Haifa, Israel
Day 12: Jerusalem (Ashdod), Israel
Day 13: Cruising
Day 14: Chania (Souda), Crete
Day 15: Cruising
Day 16: Rome (Civitavecchia), Italy

Kingsport Senior Center & PML
Travel & Tours

Royal Caribbean's Wonder of the Seas

January 19, 2024-January 29, 2024

- Price From: \$2,024.00 Per Person- Double Occupancy
- Your 11 Day / 10 Night Package Includes:
- 8 Day 7 Night Cruise aboard Wonder of the Seas
- 2 Nights Pre-Cruise Hotel Accommodations in St. Augustine, FL
- Guided Tour of St. Augustine
- 1 Night Post-Cruise Hotel Accommodations

- Stateroom Accommodations
- Shipboard Accommodations
- Transportation Included

TRIP SNAPSHOT:

Day 1: Arrive St. Augustine, FL
Day 2: St Augustine, FL Tour (included)
Day 3: Port Canaveral, FL – Embark on Wonder of the Seas
Day 4: Perfect Day- CocoCay, Bahamas
Day 5: Cruising
Day 6: San Juan, Puerto Rico
Day 7: St. Maarten
Day 8: Cruising
Day 9: Cruising
Day 10: Port Canaveral, FL
Day 11: Arrive Home

Kingsport Senior Center Presents a New York City Christmas

December 3 – December 6, 2023

- Price: \$824.00 Per Person- Double Occupancy
- Your 4 Day / 3 Night Package Includes:
- 3 Nights Hotel Accommodations
- 3 Breakfasts at your Hotel
- 2 Wonderful Dinners Including 1 Dinner at a New York City Restaurant
- Orchestra Seating for the Radio City Music Hall Christmas Spectacular
- Guided Touring of New York City
- Visit the 9/11 Museum along with the 9/11 Memorial
- Enjoy Time to Explore and Holiday Shopping in New York City



ASSISTED LIVING

- Daily Cooked Nutritious Meals & Snacks
- Spacious Single & Shared Apartments
- 24/7 Nursing Care & Support Staff
- Pleasant & Cheerful Living Areas
- Seasonal Sunroom with Library
- Nurse & Emergency Call System
- Beauty Salon & Barber Shop
- Laundry, Linen, & Housekeeping
- Variety of Activities & Entertainment
- Transportation- Appointments & Events
- Walking Paths, Park Benches, & Veranda

AT-HOME CARE

- Assistance With Daily Living & Care
- Diet Specific Meal Planning & Preparation
- Grooming, Bathing, & Dressing
- Laundry Service & Light Housekeeping
- Medication Reminders & Organization
- Transportation- Appointments & Events
- Shopping, Errands, & General Assistance
- Companionship, Supervision, Safety
- Emotional, Physical, & Social Health
- Organization & Peace of Mind



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Resident Aids,
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KINGSPORT, TN 37660

Senior Services

S.M.I.L.E Meeting

Wednesday, October 18th at 1pm
in the cafeteria.

Explore Google Apps (Gmail, Calendar, Maps, etc.)

Tuesday, October 3rd and Tuesday,
October 24th in the Computer Lab
from 10:00 — 11:00am.

Sign up in the front office starting
Wednesday, September 13th.

One-on-one Device Assistance — Computer Lab

Tuesdays, October 3rd, 10th, 17th
and 24th 11:00am — 12:00pm

Wednesdays October 4th,
11th, 18th and 25th 10:00am —
12:00pm

Each class is one hour ONLY ONE
MEMBER PER TIME SLOT

Nadine McMackin will be assisting
one Senior with any help they
need with any device (i.e.phone,
computer, tablet, etc.) Sign ups
starting 9/13/2023. Members can call
the front office at 423-392-8400 to
sign up or come by the front office
starting september 13th.

Facebook Adv. — Q/A on Posting, Comments, Search, Saving — Computer Lab

Tuesday, October 10th 10:00am —
11:00am

Come by the front office or call 423-
392-8400 startign September 13th.

Facebook Basics; Security and Setup — Computer Lab

Tuesday, October 17th 10:00am —
11:00am

Come by the front office to sign
up or call 423-392-8400 starting
September 13th.

Medicare Part D Enrollment Event

Thursday, November 16 9am-12pm

Melody Conkin from SHIP will be
at The Kingsport Senior Center on
Thursday, November 16th from 9am
— 12pm for the Medicare Part D
enrollment event that will be held in
the multi-purpose room.

We will be taking appointments
starting at 9am and every thirty
minutes after with the last
appointment being at 11:30am. Call
the front office at 423-392-8400 to
schedule your appointment!

Main Site Classes & Events

Learn French

Wednesday's beginning October
25-December 13.

Multipurpose Room.

Cost is \$56.00 per person paid to
instructor first day of class. Beginner
French: 9:00am-10:00am. Intermediate
French: 10:00am-11:00am. Advanced
French: 11:00am-12:00pm. Must
purchase book: Barron's E-Z French by
Christopher Kendrins and Theodore
Kendris at Book A Million or Amazon.
Sign up now in the front office.

You and Your Sewing Machine

Tuesday's beginning August
22-November 6 in Room 303.
5:30pm-7:00pm.

This class is designed to teach you how
to use your own machine and create
projects with it. No cost for this class just

bring your own machine and thread.
Sign up in the front office.

Basic Drawing and Beyond

Wednesday's beginning November
8-December 13. 11:00am-1:00pm.

Room 303.

Drawing is an essential tool any artist
needs as a foundation. Students will
learn to use charcoal, pencil and ink.
Taught by Michael Farrar. Cost is \$20
paid at sign up and you will need to pick
up a supply list when you sign up. Limit
of 12 people. Sign up begins October
11.

Beginner Oil Painting

Wednesday's beginning November
8-December 13. 1:00pm-3:00pm.

Room 303.

Oil painting is a type of painting
produced using oil-based paints. Oil

painting involves using pigments that
use a medium of drying oil as the binder
and painting with them on a canvas.
Cost is \$20 at sign up and you will need
to pick up a supply list when you sign
up. Limit of 12 people. Sign up begins
October 11.

Acrylic Painting

Thursday's beginning November
9-December 14. 1:00pm-3:00pm.

Room 303.

This beginner class provides the
basics of using acrylic paints and the
techniques needed to create finished
artwork. Different acrylic mediums
and styles will be introduced as well.
Students will have the opportunity
to paint various subjects that will
incorporate the techniques learned.
Taught by Michael Farrar. The cost is
\$20 paid at sign up and you will need
to pick up a supply list when you sign

up. Limit to 12 people. Sign up begins
October 11.

Watercolor

Thursday's beginning November
9-December 14. Thursday's beginning
November 9-December 14. 3:00pm-
5:00pm.

Room 303.

Watercolor painting is the process of
painting with pigments that are mixed
with water. Taught by Michael Farrar.
Cost is \$20 paid at sign up and you
will need to pick up a supply list at sign
up. Limit of 12 people. Sign up begins
October 11.

Tie Dye Party: Thursday, October 19.
9:00am. Front Lawn. Cost is \$8.00 paid
at sign up. Bring up to 3 prewashed
cotton shirts. Tie Dye kits are included.
Sign up now in the front office.

Main

From Page S12

Flower Arranging Class

Mixed Fall Colors Arrangement.
Thursday, October 19. 10:00am.
MPR.

Cost is \$10 at sign up and \$10 day of class paid to instructor Phillis Fortney. You will make a fresh arrangement in mixed Fall colors in a unique container that will be provided. Please bring a floral knife or stem cutters. Sign up now.

Beginner Guitar Lessons (Acoustic)

Tuesday's beginning October 24-November 28. 10:00am-10:45am.

MPR. Cost is \$40.00 for a 6 week class paid to instructor 1st day of

class. Must have an acoustic guitar. Sign up now in the front office.

Halloween Costume Party

Tuesday, October 31. 1:30pm.
Atrium.

Cost is \$5.00. Costume prizes for 1st, 2nd and 3rd place. Halloween themed hors d'oeuvres will be served and entertainment provided. Sign up now in the front office.

Thanksgiving Lunch

Thursday, November 9. 12:00pm.
Gym.

Cost is \$7.00 and bring a side dish to share. You will choose from a list of sides when you sign up. Door prizes will be given. Sign up now in the front office.

Christmas Lunch

Thursday, December 7. 12:00pm.
Gym.

Cost is \$7.00 and bring a side dish to share. You will choose a side dish from a list of sides at sign up. Door prizes will be given. Sign up begins October 16.

Christmas Spirit Week

Monday, December 11-December 15.

Join the staff and get in the Christmas spirit with us!

Monday-Christmas Colors- Wear something red and green.

Tuesday- Ugly Christmas Sweater

Wednesday- Christmas Socks

Thursday- Holiday Cheer- Wear your favorite Christmas shirt.

Friday- Christmas Pajamas



MEALS on WHEELS
 NORTHEAST TENNESSEE

VOLUNTEER DRIVERS NEEDED

Flexible scheduling with limited time commitment!
 Routes take an average of 1.5 hours and run
 Monday-Friday between 9am-12pm

**TALK WITH YOUR LOCAL SENIOR CENTER
 OR CALL 423-461-8204 TODAY!**



Classes & Daily Activities

Class session runs August 21-November 8 except for exercise classes which are ongoing.

MONDAY

CLASSES ONLY

Lap Swimming: 8:00AM-12:00PM

(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.

Open Woodshop

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

Quilting

9:00am (Room 303)

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.

Basic Tai-Chi

10:00am (Room 302) — 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 are good for blood, knee joints, balance, mind,

lungs, digestive system, and immune system. Beginner friendly.

Strength Training

10:10am (Gym)

Stretch Class

10:50am (Gym)

Beginning Line Dance

11:30am (Gym)

Intermediate Line Dance

12:45pm (Gym)

Table Tennis

2:00pm (Gym)

Volleyball

4:00pm (Gym)

Horseshoes

Open play (singles or doubles) (back of senior center)

TUESDAY

CLASSES ONLY

Lap Swimming

8:00am-12:00pm
(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.

Basket Weaving

9:00am (Room 303)

This class is open to individuals of all expert levels.

Strength Training

9:45am (Gym)

Sing Along

10am (Cafeteria)

Basic Tai-Chi

10:00am (Room 302) — Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movements 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 are good for blood, knee joints, balance, mind, lungs, digestive system, and immune system. Beginner friendly.

Clay 101

10:00am — 3:00pm
(Clay room) This is a six weeks beginner course and then a six weeks intermediate course.

Renaissance Strings

10:00am (Multipurpose Room)

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 a Dyna-A-Band to provide the means of safely improving muscular strength and endurance, range of motion, and flexibility.

Beginner Dulcimer

11:00am (Multipurpose Room) 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

11:45am (Gym)

Bowling

12:30pm at Warpath Lanes

Shuffleboard

1:00pm (Ceramics Hallway) — All levels of experience are welcome, with tournaments held semiannual.

Open Pickleball

1:00-4:00pm (Gym)

Open Card Play

1:00-7:00pm (Card Room) Please bring a snack to share with others. Potluck every 1st Tuesday of the month.

Badminton

4:00-6:30pm (Gym)

WEDNESDAY

CLASSES ONLY

Lap Swimming

8:00am-12:00pm
(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)

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.

Croquet

9:30am (Front Lawn)

Strength Training

10:10am (Gym)

Stretch Class

10:50am (Gym)

Beginning Clay

11:00am-4:00pm (Clay Room) Hand building. This is for our beginners.

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

See **CLASSES**, Page S15



Fall Bazaar & Crafts Fair

October 21, 10am - 4pm

Free Entry

Giveaways • Local Artisans
• Baked Goods • Home Decor
• Handmade Crafts and much more

Colonial Hill
Retirement Center

3207 Bristol Highway
Johnson City, TN 37601
(423) 282-6903
colonialhillrc.com

Classes

From Page S14

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)

THURSDAY

CLASSES ONLY

Lap Swimming

8:00am-12:00pm (Aquatic 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)

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)

Intermediate Clay

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

Bunco

10:30am every 2nd Thursday

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.

Shuffleboard

1:00pm (Ceramics Hallway) — All levels of experience are welcome, with tournaments held semiannual.

Cornhole

1:00pm (Gym)

Volleyball

4:00pm (Gym)

FRIDAY

CLASSES ONLY

Lap Swimming

8:00am-12:00pm (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.

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.

Tai Chi

10:00am (Room 302) 13 Form Chen Style Tai Chi Chuan. For the brief: See basic Tai Chi classes on Monday.

Strength Training

10:10am (Gym)

Stretch Class

10:50am (Gym)

Cornhole

1:00pm (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 on the month will be for beginners who would

like to learn how to play Mahjong.

Open Pickleball

4:00pm (Gym)

Bridge Group

1:00pm

SATURDAY

Basketball

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

Table Tennis

10:30am (Gym)

Lap Swimming (Aquatic Center)

8am-11pm

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

Exercise Room

Billiards Room

Computer Lab

Clay/Ceramic Room

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Reach this active age group each month via the Senior Living publication. Senior Living is published the last Thursday of every month and distributed in the Times News and its website. Plus, it is emailed to over 6,000 active seniors in our area.

If you would like to learn more about the different advertising opportunities in this publication, please contact the Times News/Six Rivers Media at: (423) 392-1319 or advertising@sixriversmedia.com.

TimesNews

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Preston Place II offers a beautiful, comfortable and secure assisted living experience that provides specialized care for Alzheimer's disease and other dementia-related conditions. Accommodating 33 residents, our one-level floor plan (including a spa room) is staffed by a Certified Dementia Care Team trained to provide the additional support that your loved one requires.

With Preston Place II, you will have peace of mind in knowing that the one you love is thriving in a caring home environment designed to meet their very special needs.

Certified Dementia Care Team

Each of our Preston Place II team members are Certified Dementia Practitioners according to the credentials set forth by the National Council

of Certified Dementia Practitioners. For you, this means that regardless of the employee providing care, each one has the skills and knowledge to care for the very unique dementia-related needs of your loved one.

Additionally, our 24-hour nursing team is available to not only administer medications but also to secure round-the-clock emergency call response.

2022

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