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## Wednesday, July 15

**Honoring: Dogwood Terrace/Finley Villas Apartments**

- 9-12** Piano Music by Freda (Hallway)  
**9:00** Senior Games Breakfast (Cafeteria)  
Aerobics Demo(Gym)  
Clay Class Demo (Ceramic/Clay Studio)
- 9:30** Decorative Painting Demo (Room 303)
- 10:15** Strength Training Demo (Gym)
- 10:30** Eco-Populace Seminar- "Building Tomorrow's Future Today"(Card room)
- 11:00** Laughter and Light Yoga Demo (Atrium)
- 11:30** Intermediate Clogging Demo (Room 302)
- 12:15** Invest Prospective Seminar and Dessert sponsored by Edward Jones (Card Room)
- 1:00** Table Tennis Demo (Gym)  
Omega Challenge Word Challenge (Computer Lab)  
Spelling Bee (Room 310)
- 1:30** Belly Dance Class Demo (Room 302)

**All day events:**

**Senior Camera Club Show~ 2<sup>nd</sup> Floor Atrium**

**Craft Show in Multipurpose Room**

**9am-2pm Computer Lab Open House with refreshments  
hosted by The Genealogy Club (Computer Lab)**

**Billiards –Pool Room**

**Play the Wii (Ceramic room hallway)**

**See vendors (hallways inside Senior Center)**

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## Thursday, July 16

**Honoring: Holly Hills/George Washington  
School Apartments/One Wilcox Place Apts**

- 9:00 to 11:00** Bingo sponsored by Elmcroft  
(Cafeteria)
- 9:00– 3:00** Antiques Appraisal (Room 310)  
Pre-registration required.
- 9:30-12:00** Make and Take Craft /Asbury Place of  
Kingsport Booth (Pool Room Hallway)
- 10:00** "Estate Planning: What, Why and How" with  
refreshments (Card Room)
- 11:30** Lunch and Learn Seminar –sponsored by Primary  
Residential Mortgage, Inc. (Card Room)
- 12:00** Jam Session (Cafeteria)
- 1:00** Intro to Genealogy Seminar - Pre-registration  
required (Computer Lab)  
Volleyball Demonstration (Gym)
- 2:00** Banker's Life Seminar (Card Room)  
Free Cell Tournament -Pre-registration required  
(Computer Lab)

**All day events:**

**Senior Camera Club Show~ 2<sup>nd</sup> Floor Atrium**

**Craft Show in Multipurpose Room**

**9am-2pm Computer lab Open House with refreshments ,  
hosted by the Genealogy Club (Computer Lab)**

**Billiards –Pool Room**

**Play the Wii (Ceramic room hallway)**

**See vendors (hallways inside Senior Center)**

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## Friday, July 17

**Honoring: Holston Terrace / Friendship Manor**

- 9a-12p** Piano Music by Freda (Hallway)
- 9:00-10:00** Cake Walk Sponsored by The Oaks (Cafeteria)  
Aerobics Class Demo (Gym)
- 9:30** K-9 Demonstration (Front lawn)  
Kingsport Animal Shelter– Animals for Adoption by Seniors (Atrium)  
Weldwood Inter Tribal Native American Demo (Side lawn)
- 10:30** Strength Training Demo (Gym)
- 12:30-2:00** Dance Extravaganza with singing performance by Just Friends (2nd Floor Theater)  
\*Dessert will be served in the atrium following the performance.
- 1:00** Pickleball Demo (Gym)  
Omega Challenge– Statements (Computer Lab)

**All day events:**

**Senior Camera Club Show~ 2<sup>nd</sup> Floor Atrium**

**Craft Show in Multipurpose Room**

**9am-2pm Computer Lab Open House with refreshments, hosted by the Genealogy Club (Computer Lab)**

**Billiards –Pool Room**

**Wii tournament (Ceramic room hallway)**

**See vendors (hallways inside Senior Center)**

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## Tuesday, July 14

**Honoring: Preston Place Suites/Frank Cloud Apartments / Kiwanis Towers**

- 8:15** Mambo Dance Demo (Gym)
- 8:30** Tai Chi Demo (Room 310)
- 9:00** Free Breakfast for first 100 seniors sponsored by Preston Place Suites – (Cafeteria) Pre-registration required.
- 10:00** Renaissance Strings Performance (Atrium)
- 9-11:00** Brown Bag Medication Check Wellness Seminar sponsored by CVS (Multipurpose Room)
- 9:30** Make and Take Craft / Asbury Place of Kingsport Booth (Pool Room Hallway)  
Balance and Flexibility (Room 310)  
Self Defense for Women Workshop (Cafeteria)
- 10:15** Sing-a-long (Cafeteria)
- 11:30** Yoga Demo (Room 302)
- 12:00** Karaoke (Cafeteria)
- 12:45** “Residential Property Tax Relief” Seminar (Card Room)
- 1:00** Clogging Demo (Room 302)  
Intro to Genealogy Seminar (Computer Lab) Pre-registration required.
- 2:00** Collapse Tournament (Computer Lab) Pre-registration required.

**All day events:**

**Senior Camera Club Show~ 2<sup>nd</sup> Floor Atrium**

**Craft Show in Multipurpose Room**

**9am-2pm Computer Lab Open House with refreshments, hosted by the Genealogy Club (Computer Lab)**

**Billiards –Pool Room**

**Play the Wii (Ceramic room hallway)**

**See vendors (hallways inside Senior Center)**