

KINGSPORT SENIOR CENTER
SPRING 09
Session II
Class Schedule

Classes begin the week of April 13-17
Classes end the week of June 29-July 3
Unless otherwise specified

For more information call (423) 392-8400

Center Hours

Monday - Friday ~ 8:00 a.m. - 7:00 p.m.

Saturday ~ 9:00 am - Noon

1st Floor of the Renaissance Center
1200 E. Center St.
Kingsport, TN 37660

SRING COMPUTER CLASSES

Four-Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class

Basic Computer Class

- Mondays, April, 13, 20, 27
May 4, 11 and 18
- Time: 1:00 pm - 3:30 pm
- Instructor: Mary McNabb

Introduction to Microsoft Word

- Thursdays, May, 21, 28, June 4,11,
18,and 25
- Time: 1:00 p.m.-3:30 p.m.
- Instructor: Mary McNabb

Internet Computer Class

- Thursdays, May 21, 28, June 4 and 11
- Time: 1:00 - 3:30 pm
- Instructor: Mary McNabb

E-Mail Class

- Thursdays, May 15 ,22, 29,
and June 5
- Time: 1:00 pm - 3:30 pm
- Instructor: Mary McNabb

Internet Security

- Thursday, June 22 (One Day Session)
- Time: 9:00 a.m. - 11:30 a.m.
And 1:00 - 3:30
- Instructor: Mary McNabb

Excel

- Tuesdays, April 15, 21, 28 May 4
- Time: 3:00 - 5:30 p.m.
- Instructor: Mary McNabb

Ebay Basics

- One Day Session, Monday, June 8
- Time: 1-3:30 p.m.
- Instructor: Mary McNabb
- Learn how E-bay works

*Individual help available for persons with disabilities, in order to learn how to adapt settings on **Home** computers. For more information or to schedule an appointment, vall Mary at 392-8433.*

The Kingsport Senior Center has a fully equipped ceramic & clay room, woodshop, billiards room, & exercise room.

Anyone 50 & over or married to a member regardless of age is eligible to become a member.

Membership fees:

City Residents ~ \$15.00

Sullivan County Residents ~ \$35.00

Other Counties ~ \$60.00

For Meal Information:

Sona Bingham

(423) 246-8060



SESSION II SCHEDULE 2009

Aerobics -

- Monday, Wednesday & Friday (Ongoing)
- Time: 8:30 am - 9:15 am
- Location: Gym
- Instructors: Earl Selfe
- Low impact aerobics

Aerobics-

- Monday, Wednesday , Friday (Ongoing)
- Time: 9:15 am - 10:00 am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

Art Class - Painting

- Friday
- Time: 2:00 pm - 4:00 pm
- Location: Room 303
- Instructor: Anne Thwaites
- All types of media; painting and drawing

Ballroom Dance

- Friday
- Time: 5:00 pm - 6:30 pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, polka, and cut a rug.

Basketweaving

- Tuesday
- Time: 9:30 am - 11:30 am
& 12:00 pm - 2:00 pm
- Location: Room 303
- Instructor: Lynne Bowers
- Make beautiful baskets.

Balance and Flexibility

- Tuesday and Thursday
- Time: 9:30 am - 10:30 a.m.
- Location: Room 310
- Instructor: Wynn Herbert
- Strengthening exercises focusing on the legs

Beginning Mini-Cardio Exercise Class

- Tuesday, beginning April 14th
- Location: Room 302
- Time: 8:45 a.m.—9:45 a.m.
- Cost: FREE
- Instructor: Roger Hixon

Belly dancing - (WOMEN ONLY)

- Wednesday
- Time: 1:30 pm - 2:30 pm
- Location: Room 302
- Instructor: Angela Price

Beginners welcome, great for your abs!

Bridge ~ Beginning (4 weeks)

- Fridays, 9:30-11:30am
- April 24, May 1, 8, 15
- Instructor: Martha Hoyle
- Location: Card Room
- Must have 8-10 participants, sign-up in office by April 17th

Camera Club -

- Check website www.scphotogroup.com for monthly meeting times
- Instructor: Claude Kelly, contact for more information @ ckkelly@chartertn.net

Clogging - (BEGINNING)

- Tuesday
- Time: 1:30 (New time)
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners, sign up in office

Clogging- (Intermediate)

- Wednesday
- Time: 11:30 a.m.
- Location: Room 302
- Instructor: Angela Price

Core Conditioning

- Tuesdays and Thursdays
- Time: 9:30 a.m.—10:30 a.m.
- Location: Boys and Girls Club Gym
- Instructor: Terry Bolling
- This class is great for all ages and for those wanting to maintain functional ability in their everyday living or to gain strength in previously weaker areas of the core.

Ceramics

- Tuesday
- Time: 9:00 a.m.— 2:00 p.m.
- Location: Ceramic/ Clay Studio
- Instructor: Lanni Dixon

Clay

- Wednesday (9:00 am - 2:00 pm)
- Location: Ceramics/Clay Studio
- Instructor: Carol Taylor
- Hand building / wheel throwing

Dulcimer (Beginners)

- Tuesdays, 11:00 am
- Location: Room 306
- Instructor: Peggy Ferrell
- Learn to play this beautiful instrument

Exercise For Everybody

- Tuesday & Thursday (Ongoing)
- Time: 10:30 am
- Location: Gym
- Instructor: Kevin Lytle
- A sit down aerobics class for everybody.

Golf Lessons

- Tuesdays
- 12:30p.m.
- Location : 1st & 2nd class, Boys & Girls Club Golf Room, last 4 classes, Warriors Path Golf Course, no fee for classes

Good Neighbors

- Tuesday & Thursday
- Time: 12:00 pm - 1:30 pm
- Location: Multipurpose room
- Instructor: Staff
- Guest speakers, trips, bingo, and fellowship.

Happy Day Singers

- Monday
- Time: 9:45 am
- (3rd) Friday
- Time: 10:15 am
- Inspirational singing at Nursing Homes.

Jam Session

- Thursdays
- Time: 12:00
- Location: Cafeteria
- Relax, dance and listen to music

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Sing, Dance and Fellowship

Knitting Class

- Monday
- Time: 1:00 pm - 3:00 pm
- Location: Room 303
- Instructor: Barbara White
- A knitting class for all skill levels.
- Lots of Fun! Beginners welcome! Come by with problems. Learn how to use up leftovers

Kick Boxing (Beginning)

- Monday and Thursday
- Time: 5:30-6:30pm
- Location: Room 302 (M), Cafeteria (TH)
- Instructor: Staff

Lap Swimming

- Monday through Friday
- Time: 12:30 - 12:55
- Location: Doby's Bennett pool
- No instructor, lap swimming only.

Laughter & Light Yoga

- Wednesdays
- Time: 11 am– 12 pm
- Location: Multipurpose Room
- Instructor: Sharmi Mehta
- Laughter exercises & mild to moderate yoga stretches

Line Dance - (Intermediate)

- Monday
- Time: 12:45 pm - 1:45 pm
- Location: Boys & Girls Club Gym
- Instructor: Lyna Faye McConnell
- This class is for more advanced dancers. Will be faster paced with less instruction time, MUST WEAR SOFT SOLED SHOES

Line Dance - (Beginning)

- Monday
- Time: 11:30 am - 12:30 pm
- Location: Boys & Girls Club Gym
- Instructor: Lyna Faye McConnell
- Beginning line dancers can learn the latest dance steps, MUST WEAR SOFT SOLED SHOES

Martial Arts

- Wednesdays
- Time: 9:30-10:30am
- Location: Boys & Girls Club Gym
- Instructor: Gary Mullins
- Class includes Kung Fu and other martial art forms.

Quilting

- Monday
- Time: 9:00 am - 10:30 am
- Location: Room 303
- Instructor: Marion Byrd
- Master the art of quilting.

Renaissance Players

- Tuesday
- Time: 12 Noon
- Location: Multipurpose Room
- Instructor: Volunteers
- Senior theater group, 2 annual performances

Renaissance Strings

- Tuesday
- Time: 10:00 - 11:00 am
- Location: Multipurpose Room
- Instructor: Lucille Hincke/Jan Fenelon
- Learn new songs

Strength Training

- Monday, Wednesday, Friday
- Time: 10:15 am— 11:00 am
- Location: Gym
- Instructor: Terri Farthing
- Strength workout for the whole body

Strength Training

- Tuesday & Thursday
- Time: 9:30 am - 10:30 am
- Location: Gym
- Instructor: Kevin Lytle
- Turn fat into muscle

Step Aerobics

- Tuesdays and Thursdays
- Time: 8:15-9:15am
- Location: Boys & Girls Club Gym
- Instructor: Terry Bolling
- Great cardio workout, includes step, floor and ab workouts

Advanced Tai Chi

- Monday & Wednesday
 - Time: 8:30 am - 9:15 am
 - Location: Boys & Girls Club Gym
 - Fee: \$120 / 12 weeks
 - Must have 10 paid participants
 - Instructor: Garry Mullins
- Ancient Chinese deep breathing exercise

Tai Chi (Beginning)

- Tuesday & Thursday
- Time: 8:30—9:30am
- Location: Room 302
- Instructor: Wynn Herbert
- Empty hand, yang-style.

Woodcarving

- Thursday
- Time: 9:00 am - 12:00 noon
- Location: Room 303
- Instructor: Jim Helmer
- Learn the art of woodcarving.
- Beginners welcome.

Woodworking

- Monday-Friday
- Time: 8:30 am - 3:30 pm
- Location: Woodshop
- Instructor: B.L. Wilder
- Complete woodshop. Safety test required.

Power Yoga

- Tuesday & Thursday (On-going)
- Time: 10:30am
- Location: 1st Broad Street United Methodist Church, REC Room
- Instructor: Tish Kashdan

Yoga

- Tuesday & Thursday
- Time: 11:00 am — 12 Noon
- Location: 1st Broad Street United Methodist Church, REC Room
- Instructor: Tish Kashdan
- Ancient stretching and breathing exercise

If you would be interested in playing Scrabble, Rook, Canasta and/or other card games, let us know in the Senior Center Office.

Check Out these Programs!

Strength Training: (additional day) ~ Wednesdays, location: Room 302, Cost: FREE, Time: 1:00-2:00 p. m., self lead class with Kevin on DVD

Beginning Spanish ~ Mondays, beginning April 13th, Multipurpose room, Time: 10:15 a.m.-11:15 a.m. This class will meet for 12 weeks for 1 hour each class meeting. Cost: \$30.00, plus \$18.00 for class book. Instructor: Holanda Holtzclaw. Sign-up deadline: April 8th.

Essential Oils: The Missing Link to Modern Medicine ~ Thursday, April 16, 2009 ~ Time: 1:00 p.m.—2:00 p.m., Cost: \$5 paid to instructor. Location: Multipurpose Room. Sign-up deadline: April 13th.

How do therapeutic grade essential oils work? And the benefits of therapeutic grade oils ~ Thursday, April 23, 2009 ~ Time: 1:00 p.m.—2:00 p.m., Cost: \$5 paid to instructor. Location: Multipurpose Room. Sign-up deadline: April 13th.

Up-coming Events

Diapers, Wipes and Baby Clothes Drive ~ May

Wizard of Oz with lunch at Cracker Barrel ~ June

Health Fair ~ June

**Senior's Got Talent: auditions: May 14th, June 16th ,
Semi-finals June 26th, Finals: July 7th at Senior Fest Block Party
~ Applications available in Senior Center Office and are due 5
days prior to audition
Senior Fest: July 13-17th**

***Please remember to update your membership July 2009,
Please no renewals BEFORE July 1st***