

Branch Site News

HeartSHAPE Fundraiser Kick-off Luncheon-February 18, 2010, 11:00 a.m., Room 310 at the Renaissance Center ~ The luncheon is free and is limited to the first 100 people who sign up. It is sponsored by Cardio Vascular Associates. Dr. Blackwell will be speaking about CVA calcium scoring testing. We will also be explaining our Fundraiser, how it works and what the money will be used for. Call 392-8400 to sign up.

LynnView Branch– We are making progress toward the opening of the LynnView Branch. I am hoping to have an opening date by the next newsletter. The following will be available at LynnView in the future: Gymnasium, lounge, computer lab, art gallery, billiards room and an exercise room. Watch for updates!

Boys and Girls Club - We have a new instructor for Step Aerobics and Core Conditioning class at the boys and girls club. His name is Chris Hicks and he is an exercise science major at ETSU. Chris is a certified personal trainer. Come on out to the Boys and Girls Club and try out his classes.

First Broad Street United Methodist Church - Yoga Classes will continue as before at First Broad Street United Methodist Church.

Dogwood Terrace - We currently partner with Kingsport Housing and Redevelopment Authority to bring a bi-weekly program of exercise and art to the residents of Dogwood Terrace and Holston Terrace. We offer a chair exercise class twice each week and an arts and crafts program once a week at the Dogwood Terrace Community Room. We are planning an Easter Luncheon for April. Watch for more information to come.

Kiwanis Towers - The chair exercise program has begun at Kiwanis Towers. It will include Gentle Exercise, Strength Improvement, Aerobics, and Yoga. See the back page for schedule.

George Washington School Apartments - Currently we offer Karaoke every other month at George Washington School Apartments. This program is open to any member of the Senior Center and is held in the community room at George Washington School Apartments.

Class Instructors needed for LynnView Branch site. If you are interested in teaching a class, please call Cindy at 392-8402. Looking for the following areas: fitness, arts and crafts, cultural and educational.

Branch Sites

Branch Site Class Schedule

Boys & Girls Club

Step Aerobics ~ 8:30 a.m.

Core Conditioning ~ 9:30 a.m.

Advanced Tai Chi ~ Monday & Wednesday,
8:30 a.m., Gym, additional fee required

Beginning Line Dance ~ Mondays, 11:30
a.m., Gym

Intermediate Line Dance ~ Mondays,
12:45 p.m., Gym

First Broad Street United Methodist Church

Yoga ~ Tuesday & Thursday, 11:15 a.m.,
Recreation Room

Power Yoga ~ Tuesday & Thursday, 10:45
a.m., Recreation Room

George Washington School Apartments

Karaoke ~ 2nd Wednesday, every other
month, 2:00 p.m., Community Room, March
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Dogwood Terrace/Holston Terrace

Chair Exercise ~ Tuesday & Thursday,
12:30 p.m., Community Room @ Dogwood
Terrace

Arts and Crafts Class ~ Thursday, 1:30
p.m., Community Room @ Dogwood Terrace

Kiwanis Towers

Chair Exercise, Tuesdays & Thursdays, 2:00
p.m.

Lynn View Branch

Schedule coming soon!

Items still needed for Lynn View Branch

As you know by now, the City of Kingsport has acquired the old Lynn View Middle School building. We will be beginning a branch site program there in the fall. There are many items needed for our new program. Please find a list below of some of the items and equipment needed to furnish the Lynn View site. If you would rather make a monetary donation toward the purchase of equipment, those donations should be made to Friends of the Senior Center and marked Lynn View Branch Site. Thank you for considering a donation to the Kingsport Senior Center.

Needed Items

Refrigerator
Occasional tables
Art work
Occasional Chairs
Office Desks
File Cabinets
Cash Register
Commercial exercise equipment

Help yourself stay healthy and Benefit the Senior Center at the same time! HEART SHAPE CHALLENGE!

We are partnering with Cardiovascular Associates to offer a program called the Heart Shape Challenge. Cardiovascular Associates and the Senior Center would like to offer you the opportunity to have their calcium scoring test for \$99. It is a completely non-invasive test that takes about 15 minutes and is one of the best early detection tests available for heart disease and stroke. For every test done CVA will donate \$50 to the Senior Center. Our goal is to collect \$15,000 in donations which amounts to 300 tests. These funds will be used to purchase exercise equipment for an exercise room at the Lynn View Branch site. You don't have to be a member to take advantage of the program, just mention that you heard about the program here and want to donate to us. If you need more information, call Cindy at 392-8402.