

**KINGSPORT SENIOR CENTER  
SPRING 2010  
Session II  
Class Schedule**

**Classes begin the week of April 12, 2010  
Classes end the week of June 28, 2010  
*(Unless otherwise specified)***

**For more information call (423) 392-8400**

**Center Hours**

**Monday - Friday ~ 8:00 am - 7:00 pm**

**Saturday ~ 9:00 am - Noon**

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

## **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***

**All classes other than basic require student to have basic computer skills and have proficient skills in using a mouse in order to take the class.**

### **Basic Computer Class (6 weeks)**

- Tuesdays, April 20, 27, and May 4,11,18 and 25th
- Time: 1:00 p.m. - 3:30 p.m.
- Instructor: Mary McNabb

### **Genealogy**

#### **(One Day Seminar)**

- Wednesdays, June 2nd
- Time: 9:00 a.m. - 11:30 a.m.
- 1:00 p.m.—3:30 p.m.
- Instructor: Mary McNabb

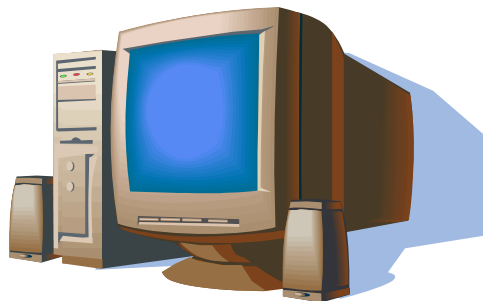
### **Microsoft Word (6 weeks)**

- Thursdays, April 29 and May 6,13,20,27 and June 3
- Time: 1:00 p.m. - 3:30 p.m.
- Instructor: Mary McNabb

**The Genealogy Group meets every  
Friday  
9-11:30 a.m.  
In the Computer Room  
This group is for all levels of  
Genealogy**

**We are looking for a volunteer in the  
computer room for evening hours.  
If interested, please  
contact Michelle at 392-8404**

*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, call 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 2010

### **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 Practice**

- Tuesday
- Time: 4:30 pm — 6:30 pm
- Room: 302
- No instructor, practice on own to music

### **Ballroom Dance**

- Friday
- Time: 5:00 pm - 6:30pm
- 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.

### **Belly dancing - (WOMEN ONLY)**

- Wednesday
- Time: 1:30 pm - 3:00 pm
- Location: Room 302
- Instructor: Angela Price
- Beginners welcome, great for your abdominals
- Must sign-up in office. Need minimum of 5 for class to be held.

### **Beginning Bridge (Continuing class)**

- Friday
- Time: 9:30 a.m. - 11:00 a.m.
- Location: Card Room
- Instructor: Martha Hoyle
- Cost: FREE (Please sign-up in front office)

### **Camera Club**

#### **Please visit website for meeting times**

- Instructor: Claude Kelly
- Website: [www.scphotogroup.com](http://www.scphotogroup.com)

### **Clogging - (BEGINNING)**

- Thursday
- Time: 10:00 am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners,  
Please sign up in office

### **Clogging- (Intermediate)**

- Wednesday
- Time: 11:15 a.m.
- Location: Room 302
- Instructor: Angela Price

### **Core Conditioning -**

- Tuesday and Thursday
- Time: 9:30 am - 10:30 am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- A 45-60 minute class formatted to work all the 35 muscles of the core. You will leave this class knowing that you have gotten a thorough, safe and effective core workout. All the muscles of the belt and below will feel stronger, tighter and more firm in a just a few class sessions and you will learn valuable exercise forms and techniques that you can do at home to even further your progress. This class is great for all ages and for those who want to maintain functional ability in their everyday living or to gain strength in previously weaker areas of the core.

### **Ceramics**

- Tuesday and Thursday
- Time: 9:00 am - 11:30 am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson

### **Clay (Intermediate and Advanced)**

- Wednesday
- Time: 9:00 am – 2:00 pm
- Location: Ceramics/Clay Studio
- Instructor: TBA
- 16 weeks: \$30, pay in office
- Handbuilding & wheel throwing

### **Dulcimer (Beginners)**

- Tuesdays, 11:00 am
- Location: Multipurpose Room
- 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.

### **French Classes (Beginning level)**

- Wednesdays
- Time: 1-2:30pm
- Location: Room 303
- Instructor: Fay Saffari
- Handouts will be given in class, no book required

### **Golf Class**

- Beginning Tuesday May 18
- Time: 5:15 p.m.
- Instructor: Wallace Ketron
- Fee: \$20 / 8 weeks
- Location: various
- Sign up required. Minimum 20.
- Adult Education class anyone 18 or above may attend

### **Good Neighbors**

- Tuesday & Thursday
- Time: 12:15 pm
- Location: Lounge
- 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.

### **Karaoke**

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring a snack to share

### **Knitting Class**

- Monday
- Time: 1:00 pm - 3:00 pm
- Location: Room 303
- Instructor: Barbara White
- A knitting class for all skill levels.

### **Lap Swimming**

- Monday, Wednesday and Friday
  - Time: 12:25 - 12:55 pm
  - Location: Doby's Bennett pool
  - No instructor, lap swimming only.
- (Please call office for more information)

### **Laughter Yoga**

- Wednesdays
- Time: 11:00am—12:00pm
- Location: Multipurpose Room
- Instructor: Sharmi Mehta

### **Line Dance - Beginning**

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

### **Line Dance - Intermediate**

- Monday
- Time: 12:45 pm - 1:45 pm
- Location: Boys/Girls Club
- 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**

- Wednesdays
- Time: 5:15 p.m.
- Instructor: Lyna Faye McConnell
- Location: Lynn View Gym
- Fee: \$25 / 8 weeks
- Must sign-up
- Adult Education open to anyone 18 yrs and older

### **Martial Arts —**

- Mondays and Wednesdays
- Time: 8:30 am - 9:30 am
- Cost: \$5.00 per class, pay to Instructor
- Room: 302
- Learn a variety of martial arts at your own pace
- Instructor: Ray Battle

### **Mini Cardio Exercise Class**

- Tuesday (Gym), Thursday (Gym)
- Time: 8:45 am - 9:15 am
- Instructor: Roger Hixson

### **Piano Lessons**

- Thursday
- 8 am - 11 am
- \$15 (30 minute lessons, paid instructor)
- Location: Multipurpose Room
- Instructor: Freda Karsnak, please her call to schedule appointment
- Additional day: Tuesdays 1:30-3:30 p.m.

### **Quilting**

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

### **Renaissance Strings**

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

### **Strength Training**

- Monday, Wednesday & Friday (Ongoing)
- 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

### **Stretch and Toning**

- Tuesdays
- Time: 9:30 a.m.
- Location: Lynn View
- Instructor: Ruth Cooper
- Fee: \$15/12 week class

### **Strength and Conditioning (Introduction to the Weight Room)**

- Tuesdays and Thursdays
  - Time: 5:30 p.m.
  - Location: 1st class in lounge/Sr. Center Exercise Room
  - Instructor: Chris Hicks
  - Description: An introduction to the safe use of weight training in an exercise program.
  - Fee: \$40/\$25 Senior Center Members
  - Must sign-up/Limit 15
- Adult Education class open to anyone 18 and over

### **Strength and Conditioning (Introduction to the Weight Room)**

- Wednesdays and Fridays
- Time: 3:00 p.m.
- Location: 1st class in lounge/Sr. Center Exercise Room
- Instructor: Chris Hicks
- Description: An introduction to the safe use of weight training in an exercise program
- **Senior Center Members only this class**
- Fee: \$25

### **Strength and Conditioning (Advanced Weight Training)**

Wednesdays and Fridays

Time: 4:30

Location: Exercise Room

Instructor: Chris Hicks

Description: Continuation of the Beginning class.

Must have completed the beginning class.

Fee: \$40/\$25 Senior Center Members

Must sign up / Limit 15

### **Step Aerobics -**

- Tuesday and Thursday
- Time: 8:30 am– 9:30 am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks

### **Tai-Chi (Advanced)**

- Monday
- Time: 8:30 am - 9:15 am
- Location: Boys and Girls Club
- Cost: \$120, payable before first day of class / classes will last 12 weeks
- Must have 10 paid participants
- Instructor: Garry Mullins
- Ancient Chinese deep breathing exercise.

### **Tai-Chi**

- Tuesday & Thursday
- Time: 8:30 a.m.
- Location: Room 310
- Instructor: Hang Lei

### **Beginning Tai-Chi**

- Tuesday & Thursday
- Time: 9:45 a.m.
- Location: First Broad Street United Methodist Church
- Cost: \$25/12 weeks, Need minimum of 10 for class to be held
- Instructor: Hang Lei

### **Walk across Tennessee**

- Mondays and Thursdays
- Time: 12 Noon
- Location: Lynn View Track
- Instructor: staff
- Open to all ages
- Description: Community walking program

### **Watercolor—Beginning level**

- Tuesdays
- Time: 11:00 a.m.
- Location: Lynn View Multipurpose Room
- Instructor: Ruth Cooper
- Fee: \$15/12 week class
- Must sign up/Minimum to hold class 4

### **Woodworking**

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

### **Woodcarving (Beginners Welcome)**

- Thursday
- Time: 9:00 am - 12 Noon
- Instructor: Jim Helmer

- Location: Room 303
- Learn the art of woodcarving

### **Power Yoga**

- Tuesday & Thursday
- Time: 10:45 a.m.
- Location: First Broad Street UMC, Rec Rm.
- Instructor: Tish Kashdan

### **Yoga**

- Tuesday & Thursday (Ongoing)
- Time: 11:15am-12:15 Noon
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

### **Zumba Fitness**

- Thursdays
- Time: 5:15 p.m.
- Location: Lynn View Cafeteria
- Fee: \$25 / 6 weeks
- Instructor: Becky Lifford
- Description: Fuses hypnotic Latin rhythms and easy to follow dance moves creating a dynamic fitness program.
- Limited to 35

### **Adult Education class open to anyone 18 and over**

#### **Beginning Belly Dance Classes**

**If interested, please call or stop by the office and give your name and phone number  
We need a minimum of 5 participants  
To schedule the class.**

#### **Ladies Golf**

**Are you interested in playing golf but, don't have other ladies to play with? We are starting a data base list of lady golfers so you will have a ready and willing four some anytime. Call Cindy to get your name on the list.**

### **Miss Patsy and Miss Pinky at St. Patrick's Day**

