
Friday, July 23:

Honoring: The Oaks, Holly Hills, Walker Rose Apartments

- 8:30 Cake Walk Sponsored by The Oaks (Cafeteria)
8:30 & 9:15 a.m. Aerobics Demo (Gym)
9:00 Car Fit (back lower parking lot, pre-registration required by July 16)
9:00 Piano Music by Freda (Atrium)
9:00 Noon Genealogy Club ~ How to Get Started (Computer Lab)
9:30 Kingsport Animal Shelter (Atrium)
10:30 Strength Training Demo (Gym)
11:30 Trail Dance Demo (1st floor Atrium)
12:00 Art Class Demo (Room 303)
12:15 Dance Extravaganza with special guest Xavier Hall performing Stomp Dance ~ Dessert afterward sponsored by Mountain States Health Alliance Lifeline and Broadmore Senior Living at Bristol
1:00 Geography Challenge ~ An Omega Challenge Practice ~ Pre-registration required (Computer Lab)
1:00 Pickleball Demo (Gym)
2:00 Door prize drawing (atrium)

Vendors:

Tri-City Memory Gardens
East Lawn
Visiting Angels
Broadmore Senior Living of Bristol
Mountain States Health Alliance Life line
The Oaks

All day events:

Exercise Room, Billiards –Pool Room
Play the Wii (Ceramic room hallway)
See vendors (hallways inside Senior Center)
Play Horseshoes (Back lawn)

Personal Training Demo with Chris Hicks 11am - 2pm (Exercise Room)

9am - 2pm Computer Lab Open House with refreshments hosted by the Genealogy Club; Feel free to come and watch even if games or seminars are in progress

Thursday, July 22 :

Honoring: Asbury Place, Maple Oaks, Kiwanis Towers

- 9:00 Arts and Crafts (Multipurpose Room)
9:00 Wood Carving Demo (Room 303)
9:00 Bingo sponsored by Elmcroft (cafeteria)
9:00 Daisi Rain Band Performs Country, Blues/Pop (1st floor Atrium)
9:00 Ceramic Open House (Ceramic/Clay Room)
9:30 Noon Make and Take Craft ~ sponsored by Asbury Place of Kingsport
10:00 - 11:15 Camera Club (room 230) "Fallin for North Georgia" Travelogue
10:30 New Vision Thriller Demo (front parking lot)
11:30 Stories of Kingsport Lunch provided by Friends of the Kingsport Senior Center (pre-registration required by July 15) (Room 239)
1:00 Word Challenge ~ An Omega Challenge Practice Game ~ Pre-registration required (Computer Lab)
1:00 Volleyball Demo (Gym)
2:00 Door prizes and banana splits by the yard! (1st floor atrium), sponsored by: Life Care Center of Gray

Vendors:

Tri-City Memory Gardens
East Lawn
Amedysis
Visiting Angels,
Area Agency on Aging and Disability
Care Central

All day events:

Personal Training Demo with Chris Hicks 11am - 2pm (Exercise Room)
Billiards –Pool Room
Play the Wii (Ceramic room hallway)
See vendors (hallways inside Senior Center)
Play Horseshoes (Back lawn)
Learn about the Good Neighbors Program (Pool Room Hallway)

Computer Lab Open House with refreshments hosted by the Genealogy Club; Feel free to come and watch even if games or seminars are in progress

**Tuesday, July 20 : Honoring: The Village at Allandale,
Preston Place, Frank Cloud Apartments, George Washington
School Apartments**

- 8:30 Tai-chi Demo (front lawn)
- 8:30 Continental Breakfast for first 100 Seniors - Sponsored
by : Health South, pre-registration required by July
15, (cafeteria)
- 9:00 Noon Genealogy Club ~ How to Get Started
(Computer Lab)
- 9:00 Arts and Crafts (Multipurpose Room)
- 9:00 Ceramics Open House (Ceramic/Clay Room)
- 9:00 Kenny Stallard Seminar on Kingsport in 1940
(Room 239)
- 9:30 Make and Take Craft ~ sponsored by Asbury Place
of Kingsport (Pool Room Hallway)
- 9:30 Strength Training Demo (Gym)
- 10:00 Renaissance Strings Perform (Atrium)
- 10:00 East Lawn presentation "Planning ahead for Funeral and
Cemetery Arrangements" (Card Room) ~ Pre-registration
required by July 13th
- 10:15 Sing Along (Cafeteria)
- 11:30 Luau Lunch/Hula Demo : Cost: \$2, Room 310
(pre-registration required by July 13)
- 12:15 Fashion Show/Ice cream by The Village @ Allandale
(theater)
- 1:00 Shuffleboard Demo (Ceramic Room Hallway)
- 1:00 Pickleball Demo (Gym); 2:00 Door prizes (1st floor atrium)

Vendors:

Tri City Memory Gardens

East Lawn , Windsor Health Plan, Inc.

Comfort Keepers, Visiting Angels, Life Care Center of Gray

All day events:

Exercise Room, Billiards –Pool Room

Play the Wii (Ceramic room hallway)

See vendors (hallways inside Senior Center)

Personal Training with Chris, 11am-2pm (exercise room); Play Horseshoes (back lawn)

9am-2pm Computer Lab Open House hosted by Genealogy Club; Feel free to come
and watch even if games or seminars are in progress. Learn about The Good
Neighbors Program (Pool Room Hallway)

**Wednesday, July 21 Honoring: Wellington Place,
Emeritus, Dogwood, Holston Terrace**

- 8:30 Senior Games Breakfast ~ Pre-registration required ~
sponsored by: CVA and the Wellmont Regional Heart care
Network (Cafeteria), pre-registration required by July 14
- 8:30 & 9:15 Aerobics Demo (Gym)
- 9:00 Noon Genealogy Club ~ How to Get Started
(Computer Lab)
- 9:00 Piano Music by Freda (Atrium)
- 9:00 Arts and Crafts (Multipurpose Room)
- 9:00 Virtual Dementia Tour (Room 303)
- 9:00 Clay Open House (Ceramic/Clay Room)
- 10:15 Strength Training Demo (Gym)
- 10:30 Mary Kay Cosmetics Seminar (Card Room)
- 11:00 International Folk Dancing (Theater)
- 11:15 Clogging Demo (Room 302)
- 12:15 How to create edible flowers out of vegetables
sponsored by Bountiful Creations (Room 310)
- 1:00 Free Cell Tournament ~ Pre-registration required
(Computer Lab)
- 1:00 Hand and Foot Card Game (Card Room)
- 1:00 Table Tennis Demo (Gym)
- 1:30 Belly Dancing Demo (Room 302)
- 2:00 Door prizes and TCBY Vanilla/chocolate yogurt (1st floor
atrium)

Vendors:

Tri City Memory Gardens

East Lawn

Comfort Keepers, Visiting Angels

All day events:

Personal Training Demo with Chris Hicks 11am - 2pm (Exercise
Room)

Exercise Room, Billiards –Pool Room

Play the Wii (Ceramic room hallway)

See vendors (hallways inside Senior Center)

Play Horseshoes (back lawn)

9am-2pm Computer Lab Open House hosted by Genealogy Club; Feel free to come
and watch even if games or seminars are in progress. Learn about The Good
Neighbors Program (Pool Room Hallway)