



Kingsport Senior Center News

September 2010

Volume XVIII Edition 9

1200 East Center Street Kingsport, Tenn. 37660

Kentucky Horse Country Trip ~ Kentucky Horse Park Horse drawn Tour

Transportation by Maxwell Coach

Dates: October 20th and 22nd

Depart at 7:30 am

**Cost: \$136.00 per person double occupancy due at
sign-up/\$18.00 cash at horse park**

Must sign-up by September 17th

Must have 40 to go on this trip, 54 max



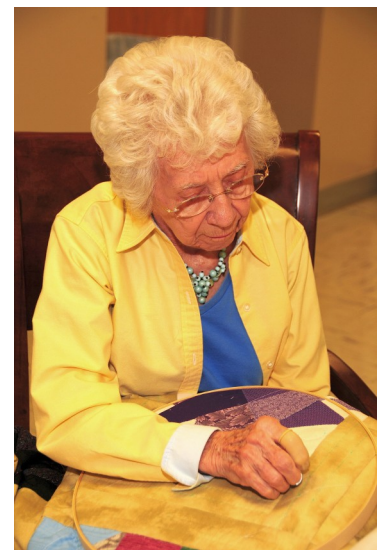
Quilt Show Winners

First Place: Marion Byrd

Second Place: Shelia Davis

Third Place: Judy Reed

**Beautiful Quilts ladies, thanks for
entering the quilt show!**



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center.

**For more information call the Center at (423) 392-8400
www.kptseniors.com**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close 15 minutes prior to the closing of the Center.**

**Senior Center Closings:
Saturday, September 4, 2010
Monday, September 6, 2010
For Labor Day Weekend**

**Membership dues
For Fiscal year
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Advisory Council Meeting
Thursday, September 16, 2010
12:30 p.m.
Room: 228

Kingsport Senior Center Staff

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392-8403

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**Newsletter Staff
Operations Editor ~ Shirley Buchanan
Editor— Michelle Tolbert**

Partial funding by the Area Agency on Aging and the Tennessee Commission on Aging. The Kingsport Senior Center does not discriminate on the basis of race, color, or national origin.

**The Kingsport Senior Center accepts donations / contributions.
Your favorite program area may be specified.**

Wellness

WELLNESS SEMINARS

LINCARE

Brittany Starnes, Sales Representative with Lincare will be at the Center on **Tuesday, September 14, 2010** at 12:30 pm in the Card Room.

Lincare has been synonymous with state-of-the-art oxygen systems since 1965. Our reputation for 24-hour, seven-days-a-week responsiveness, expert service representatives, and professional staff testifies to our absolute commitment to provide the very best quality home respiratory service available. Oxygen, respiratory and home infusion products and services provided by Lincare include the following:

* Oxygen Therapy * Respiratory * Infusion Therapy * CPAP * Ventilators * NVS * Eternal Therapy * Pediatric Respiratory Services * Patient Education & Rehabilitation

Light refreshments will be served. All members are invited and we hope to see you there.

Diabetes Awareness

A CVS Pharmacy representative will be at the Center on **Tuesday, September 21, 2010** at 12:30 pm in the Card Room. Topic of discussion will be "Diabetes", signs, symptoms, and life changing things to help in preventing diabetes. Light refreshments will be served. All members are invited and we hope to see you there.

FACT OF LIFE

15

**PERCENTAGE BY WHICH YOUR
ENDURANCE IMPROVES WHEN YOU
EXERCISE TO MUSIC**

SOURCE: Journal of Sports & Exercise
Psychology

Bike Ride in Damascus VA

Come join us for a day of biking in Damascus, VA. We will depart the Center at 8:15 am **Wednesday, September 8, 2010**. Cost is \$5.00 for transportation payable when you sign up, bike rental fee is \$20.00 each, (cash only) payable before we leave. **NOTE:** Please bring the correct amount, we will not have any change. We need a minimum of 12 on the van in order for this trip to go. The bike ride is 17 miles from White Top to Damascus, which is down hill for the first 14 miles and leveling out the last 3 miles. Lunch is on your own at The Creeper Trail Café or you can pack a lunch. Bikes are available with hand or foot brakes. Stop by the Office and sign up.

Lake Lure Tour

We will depart the Center at 8:30 am on **Wednesday, September 15, 2010** for Lake Lure, NC. Cost is \$5.00 for transportation payable when you sign up, lake lure tour is \$11.00 each (cash only) payable before we leave. Lunch is on your own at La Strada at Lake Lure Italian Bar & Grill. Discover the beauty and charm of Lake Lure. Relax on one of our covered tour boats while your skipper guides you past local attractions and landmarks such as the locations used in filming the popular **Dirty Dancing** and the recently restored historic 1927 Lake Lure Inn and Spa. Listen to the legends, and learn about the natural and cultural history of Hickory Nut Gorge, home to Lake Lure, North Carolina. Stop by the office and sign up.

Humor Quote of the Month

A sense of humor... is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life. ~ Hugh Sidey

Daily Activities & Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Woodworking ~ 8:30 ~ Woodshop
Chinese Yoga ~ 8:30 ~ Lynn View Community Center
Quilting ~ 9:00 ~ Room 303
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay Beginning Throwing ~ 10:00 ~ Ceramic/Clay Studio
Strength Training ~ 10:15 ~ Gym
Beginning Line Dancing ~ 11:30 ~ B & G Club
Intermediate Line Dancing ~ 12:45 ~ B&G Club
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center
Strength and Conditioning ~ 3:15 ~ Lynn View Community Center
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Tai-chi ~ 8:30 ~ Room 310
Woodworking ~ 8:30 ~ Woodshop
Step Aerobics ~ 8:30 ~ B&G Club
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Core Conditioning ~ 9:30 ~ Boys and Girls Club
Strength Training ~ 9:30 ~ Gym
Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC
Beginning Clogging ~ 10:00 ~ Room 302
Renaissance Strings ~ 10:00 ~ Multipurpose Rm
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Power Yoga ~ 11:00 ~ First Broad Street UMC
Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room
Yoga ~ 11:45 ~ First Broad Street UMC
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30—1:00 ~ DB Pool
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Piano Lessons ~ 1:30 ~ Multipurpose Room
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Woodworking ~ 8:30 ~ Woodshop
Clay Beginning/Intermediate ~ 9:00 ~ Ceramic/Clay Studio
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302

Wednesday Continued

Lap Swimming ~ 12:30-1:00 ~ DB Pool
Belly Dancing ~ 1:30 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Laughter Yoga ~ 11:00 ~ Multipurpose Room
Balance, Stability and Stretching ~ 2:30 ~ Lynn View Community Center
Strength and Conditioning ~ 3:15 ~ Lynn View Community Center

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Woodworking ~ 8:30 ~ Woodshop
Tai-chi ~ 8:30 ~ Room 310
Step Aerobics ~ 8:30 ~ B&G Club
Woodworking ~ 8:30 am -3:30 pm ~ Woodshop
Mini Cardio ~ 8:45 ~ Room 302
Woodcarving ~ 9:00 ~ Room 303
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Core Conditioning ~ 9:30 ~ Boys and Girls Club
Strength Training ~ 9:30 ~ Gym
Beginning Tai-chi ~ 9:45 ~ First Broad St. UMC
Exercise for Everybody ~ 10:30 ~ Gym
Power Yoga ~ 11:00 ~ First Broad Street UMC
Beginning Belly Dance ~ 11:30 ~ Room 302
Yoga ~ 11:45 ~ First Broad Street UMC
Jam Session ~ 12:00 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00 ~ Gym
Lap Swimming ~ 12:30-1:00 ~ DB Pool
Pickleball ~ 4:00 ~ Gym

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Woodworking ~ 8:30 ~ Woodshop
Genealogy Group ~ 9:00 ~ Computer Lab
Beginning Bridge ~ 9:30 ~ Card Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30—1:00 ~ DB Pool
Bridge Group ~ 1:00 ~ Lynn View
Pickleball ~ 1:00 ~ Gym
Art Class ~ 2:00 ~ Room 303
Ballroom Dance ~ 5:00 ~ Cafeteria
Spanish ~ 5:30 ~ Multipurpose Room

Saturday ~

Basketball ~ 9:00 ~ Gym
French Class ~ 9:00 ~ Card Room
Harmonica ~ 9:00 ~ Lounge
Table Tennis ~ 10:30 ~ Gym

Travel and Special Events

Downtown Gatlinburg Shopping, Gatlinburg, TN. ~ Wednesday, September 1, 2010 ~ Cost: \$5.00 transportation/plus lunch on your own. Sign-ups began: August 6th. Depart at 8:30 a.m. return approximately 5:00 p.m.

Gray Fossil Site and Natural History Museum/Lunch at Carino's, Gray and Johnson City, TN. ~ Friday, September 3, 2010 ~ depart at 10:30 am, return by 5:00 pm. Cost: \$2.00 transportation, plus \$9.00 day of trip. Sign-ups began: August 4th.

East Tennessee Historical Society Museum of East TN/McClung Historical Collection, Knoxville, TN. ~ Tuesday, September 7, 2010 ~ depart at 8:45 am, return by 6:00 pm. Cost: \$5/plus lunch on your own. Sign-up began: August 11th.

Budgeting on Fixed Incomes ~ Thursday, September 9, 2010 ~ 10am in the card room. Cost: FREE. Provided by Regions Bank. Sign-ups begin: September 1st. Sign-ups recommended, walk-ins welcome.

Out-To-Lunch-Bunch ~ The Harvest Table Restaurant, Meadowview, VA. ~ Friday, September 10, 2010 ~ depart at 10:00 am, return by 3:00 pm. Cost: \$5.00. Sign-up began August 10th.

Lunch and Learn ~ Fixed Investments for a safe retirement ~ sponsored by : Tri-Cities Retirement Consultants ~ Thursday, September 16, 2010 ~ Card Room of senior center. Cost: FREE. Sign-ups begin: September 1st.

Barter, Abingdon, VA. ~ "The Full Monty"/lunch at O'Charley's (exit 7) ~ Wednesday, September 22, 2010 ~ depart at 10:30 am, return by 6:00 pm. Cost: \$20.00. Sign-ups began: August 4th.

Essential Oils ~ Help with Digestive Problems ~ Tuesday, September 28, 2010 ~ 10:00 a.m. in Card Room. Cost: FREE. Learn how beneficial these oils can be. Sign-up began August 28th.

Visit Mike Carter Stables, Kingsport, TN. ~ Wednesday, September 29, 2010 ~ depart at 9:30am, return by 2:00pm. Cost: \$2.00 at sign-up, \$5.00 day of trip (cash only please) for lunch. Please bring a folding chair day of trip. Sign-ups begin: Sept 1st. ***Limited to 22 participants***

Storytelling Live, Jonesborough Storytelling Center, Jonesborough, TN. With Donald Davis ~ Thursday, September 30, 2010 ~ depart at 10:30am, return by 4:30pm. Cost: \$20.00, plus lunch on your own. Sign-ups began August 12th.

Barter, Abingdon, VA. ~ "Sherlock Holmes and the case of the Jersey Lilly with lunch at Ruby Tuesday ~ Wednesday, October 6, 2010 ~ depart at 9:45am, return by 6:00pm. Cost: \$20.00, plus lunch on your own. Sign-ups begin: September 2nd.

Out-to-lunch-bunch ~ Apple wood Farmhouse Restaurant, Pigeon Forge, TN. ~ Friday, October 8, 2010 ~ depart at 9:00am, return by 4:00pm. Cost: \$5.00 at sign-up, plus \$12.50 (lunch) day of trip, menu at front desk. Sign-ups begin: September 10th.

Flatrock Playhouse "The Seduction of Shelia Valentine", lunch at The Back Room/Flatrock Wine Shoppe, Flatrock, NC. ~ Wednesday, October 13, 2010 ~ depart at 9:15am, return by 7:30pm. Cost: \$39.00 bus and ticket. Menu at front desk. Sign-ups Begin: September 8th.

News To Use

Salsa Dance Lessons

If interested, please let us know in the office
We need 10 participants and the cost will be
\$5.00 per class, we will schedule a class as
soon as we have enough interest

**Wohlfahrt Haus - "42nd Street",
Wytheville, VA.
Thursday, October 14, 2010
Time: 9:45am, return by 6:00pm
Cost: \$38.00
Sign-ups begin: September 7th**

Widowed Person's Support Group
Thursday, September 23, 2010
Time: 5:00 p.m.
Multipurpose Room
Topic of discussion: "We March to a Different
Drummer"

**Cooking Class
Senior Center Lounge
Monday, September 20, 2010
Time: 9-12:30pm
Facilitator: Nathalie Trent**

Library Book Day
Thursday, September 16, 2010
Time: 9-11 a.m.
Table in front of the senior center office
*There are several overdue books, please check
to see if you have a library book and return it as
soon as possible*
THANKS

A TASTY TREAT FROM MARSHA

Cheese Danish

2 cans crescent rolls

Filling: (cream all together until well
blended)

2 bricks cream cheese softened

1 cup sugar

1 tsp vanilla

1 egg yolk (save egg white)

Topping: (mix until well blended)

1/4 cup sugar

1/8 cup brown sugar

1 tsp cinnamon

Spray glass 13X9 casserole dish with
Pam. Unroll one can crescent rolls and
pat together to make solid layer of
dough. Pour filling over crescents. Top
with other can crescent rolls and pat to-
gether seams to make another solid
layer of dough. Brush top with egg white
and sprinkle evenly with topping—
(optional sprinkle with one handful of
oatmeal). Bake for 25-30 minutes on 350
degrees.

ENJOY!

Your Page

From the Dancing Corner

Big Band Theory returns to Rascals on September 10th. This large ensemble plays a wide variety of Ballroom hits, and all of it very danceable. Each of the musicians are exceptional in their own right. It is delightful just to listen as instruments like the trumpet, trombone, keyboard, drums, saxophone and guitar are highlighted with others accompany the lead part.

Come join us at Rascals on September 10th to dance and listen - or just sing quietly along with their Vocalists - as the Big Band Theory struts their stuff.

September Dance with Live Music from Big Band Theory

When: September 10, 2010

Time: 7:00 PM—10:00 PM

Where: Rascals Teen Center

125 Cumberland Street, Kingsport

The cost is \$5.00 per person. Please bring a dessert or snack to share.

Items Needed

Looking for a used refrigerator in excellent condition for Lynn View Community Center Branch Site. Please call senior center office if you have one to donate ~ 392-8402

THANKS

***Volunteers Needed!**

To help with the Kingsport Scrapbook, a couple times per week, you pick the schedule; if interested, please call Ann at 229-9400.

One day a week to maintain flowers beds at Kingsport Animal Shelter, call Terri at 229-2449

Finance Department needs help with filing, call Eleanor at 229-9396

Just for Singles Fun Dinner

Thursday, September 9, 2010

Time: 6:00 PM

Where: 1st Floor Atrium

Sign-ups begin: August 23rd

Sign-ups recommended, walk-ins welcome!

Be sure to ask a friend to come

KINGSPORT SENIOR CENTER
FALL 2010
Session IV
Class Schedule

Classes begin the week of August 30th
Classes end the week of November 22nd
(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

FALL 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, September 7, 14, 21, 28, October 5, and 12
- Time: 9:00 a.m. - 11:30 a.m.
- Instructor: Mary McNabb

Microsoft Word (6 weeks)

- Thursdays, October 7, 14, 21, 28, November 4, and 11
- Time: 1:00 pm - 3:30 pm
- Instructor: Mary McNabb

Internet (4 weeks)

- Wednesday, October 13, 20, 27, and November 3
- Time: 1:00 pm - 3:30 pm
- Instructor: Mary McNabb

Microsoft Publisher (full day seminar)

- Monday, October 25
- Time: 9:00 - 11:30
- Instructor: Mary McNabb

E-bay (full day seminar)

- Thursday, September 30
- Time: 9 am - 11:30 am and 1:00 pm - 3:30 pm
- Instructor: Mary McNabb

How to get started in Genealogy (all day)

- Friday, October 29
- Time: 9-11:30am - 1-3:30pm
- Instructor: Mary McNabb

**The Genealogy Group meets every
Friday**

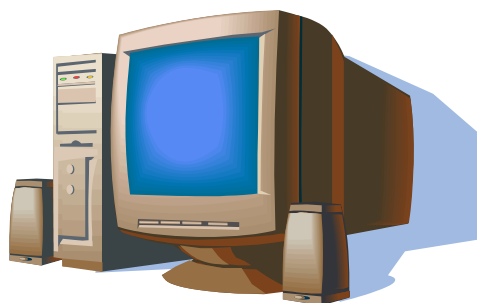
9-11:30 a.m.

In the Computer Room

**This group is for all levels of
Genealogy**

*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.*

We are creating a list of interest for e-mail and excel computer classes, if interested and to be put on the list, please call 392-8400.



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 IV SCHEDULE 2010

Aerobics

- Monday, Wednesday & Friday (Ongoing)
- Time: 8:30 am - 9:15 am
- Location: Gym
- Instructor: 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 Video Class

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

Ballroom Dance

- Fridays
- 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 - 2:30 pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Belly Dance for beginners (Women Only)

- Thursdays beginning ~ September 2nd
- Time: 11:30 am
- Location: Room 302
- Instructor: Angela Price

Must have 8 for class to go, please sign-up in office

How to Improve Your Bridge Game

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

This is not a beginner level class

Camera Club

Please visit website for meeting times

- Instructor: Claude Kelly
- Website: www.scphotogroup.com

Clogging - (BEGINNING)

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

Clogging- (Intermediate)

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

Core Conditioning

- Tuesdays and Thursdays
- 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

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

***Please remember your annual \$10 firing fee**

Clay ~ Beginning Throwing

- Mondays (August 29th)
- Time: 10:00 am - 2:00pm
- Location: Ceramic / Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office
- Limited to 8 participants

Clay ~ (Beginning and Intermediate)

- Wednesday (9:00 am – 2:00 pm)
- Location: Ceramics/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office(\$15 if taking both clay classes)
- Hand building

Please remember your annual \$10.00 firing fee

Dulcimer (Beginners)

- Tuesdays
- Time: 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.

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 Home

Jam Session

- Thursdays (resumes Sept 2nd)
- Time: 12:00 Noon
- Location: Cafeteria
- Relax and listen to music

Karaoke

- 3rd Tuesday (resumes Sept 21)
- Time: 4:00 p.m.
- 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.
- Lot of fun! Beginners welcome (Come by with problems). Learn to use up leftovers.

Lap Swimming

- M– F
- Time: 12:30 - 1:00 PM
- Location: Doby's Bennett pool
- No instructor, lap swimming only.

Laughter Yoga

- Wednesdays
- Time: 11:00 am – 12:00 pm
- Location: Multipurpose Room
- Instructor: Sharmi Mehta
- Laughter exercises & mild to moderate yoga Stretches

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

Mini Cardio Exercise Class

- Tuesdays ,Thursdays
- Room 302
- Time: 8:45 am - 9:15 am
- Instructor: Roger Hixson

Piano Lessons

- Thursdays
- 8 am - 11 am
- \$15 (30 minute lessons, sign - up in office), pay to instructor
- Location: Multipurpose Room
- Instructor: Freda Karsnak, please call her to schedule appointment, 423-292-2711
- Additional day: Tuesdays 1:30-3:30 p.m.

Quilting

- Monday
- Time: 9:00 am - 10:30 am
- Location: Room 303
- Instructor: Shelia Davis
- Beginning level class, will help you master the art of quilting

Renaissance Strings - begins Sept 21st

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

Spanish—begins Friday, Sept 3rd

- Fridays
- Time: 5:30 pm
- Location: Multipurpose Room
- Cost: \$30 plus \$18 for book, pay instructor
- Minimum of 8 for class, sign-up in office
- Instructor: Holanda Holtzclaw
- This class is for students who know the basics of speaking Spanish

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

Step Aerobics

- Tuesdays and Thursdays
- Time: 8:30 am – 9:30 am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50-60 minute cardiovascular workout that incorporates step moves for all ages and abilities to give you a great workout for the heart and the body. Occasional floor moves may be incorporated in the class along with the body bar or light weights for an increased cardiovascular workout.

Tai-chi (Beginning level)

- Tuesday & Thursday
 - Time: 9:45 am - 10:45 am
 - Location: First Broad Street UMC
 - Cost: \$15, payable before first day of class / classes will last 12 weeks
 - Instructor: Hang Lei
 - Ancient Chinese deep breathing exercise
- *Must be a senior center member***

Tai-Chi

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

Woodcarving

- Thursdays
- Time: 9:00 am - 12 Noon
- Location: Room 303
- Learn the art of woodcarving
- Beginners welcome

Woodworking

- Monday - Friday (resumes Sept 20)
 - Time: 8:30 am — 3:30 pm
 - Location: Woodshop
 - Instructor: B.L. Wilder
- Complete woodshop. Safety test required.

Power Yoga

- Tuesday & Thursday
- Time: 11:00 am — 11:30 am
- Location: First Broad Street UMC, Rec Rm.
- Instructor: Tish Kashdan

Yoga

- Tuesday & Thursday (Ongoing)
- Time: 11:45 am - 12:15 Noon
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

NEW CLASSES:

Chinese Yoga

- Mondays
- Time: 8:30 am
- Location: Lynn View Community Center till school starts, then Boys and Girls Club
- Cost: \$5 per class, payable 1st of each month to instructor (**August is FREE**)

Tai-chi based, low impact exercises, slows stress, increases flexibility and strength

French Classes— begins Sat, Sept 11th

- Saturdays
- Time: 9:00 am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari

Private Personal Training

Call for an appointment ~ 723-9967
\$150 for 6 sessions or \$35 for 1 individual session
Instructor: Chris Hicks

Balance, Stability and Stretching

- Mondays and Wednesdays
- Time: 2:30 pm
- Bring a stability ball (available at Walmart)
- Instructor: Chris Hicks
- Location: Lynn View Community Center (cafeteria)

Strength and Conditioning

- Mondays and Wednesdays
- Time: 3:15 pm
- Instructor: Chris Hicks
- Location: Lynn View Community Center (exercise room)

Learn to play the Harmonica—begins Sat, Sept 11

- Saturdays
- Time: 9 am
- Cost: \$5.00 per lesson, pay to instructor
- Instructor: Bob Swartz

Look for these classes this Fall

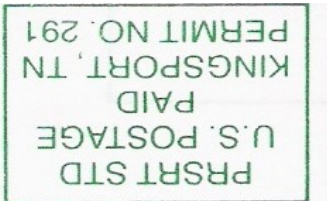
- **MANICURES**
- **MASSAGE**

**If interested in a beginning bridge class, please call
Martha Hoyle at 288– 3529.**

Salsa Dance Lessons

**If interested, please let us know in the office
We need 10 participants and the cost will be
\$5.00 per class, we will schedule a class as soon
as we have enough interest**

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400



AARP Safe Driving Classes
Room 230
Wednesday, October 13, 2010
And
Friday, October 15, 2010

Cost: \$12.00 members, \$14.00 non-members

Please pay instructor

Time: 9:00am-1:00pm

Sign-ups begin: September 13th

