

The Kingsport Senior Center is owned and operated by the City of Kingsport Leisure Services

Department, and has been serving older adults since 1960.

The Kingsport Senior Center is a community resource dedicated to enriching quality of life for area seniors. The Center values advocacy of senior issues, promotes stimulating educational opportunities, and encourages community involvement and volunteerism.



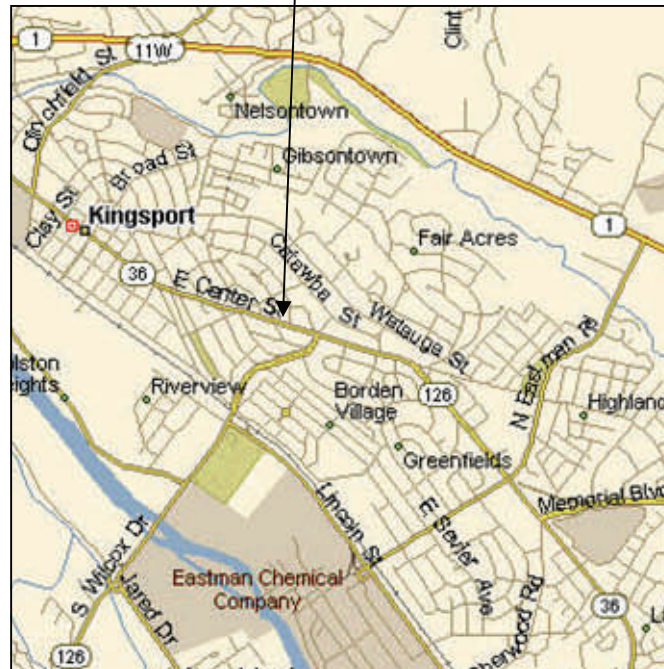
Fitness Center

Join Today!!

Only \$15.00 per year
for Kingsport residents

Sullivan County \$35.00 per year
All Other Counties \$60.00 per year

SENIOR CENTER



Hours:

**Monday—Friday
8:00 AM—7:00 PM**

**Saturday
9:00 AM—12:00 PM**

Kingsport Senior Center

**1200 E. Center Street
Kingsport, TN 37660**

Phone: (423) 392-8400

Fax: (423) 224-2488

kptseniors.org

Kingsport
T E N N E S S E E

Senior Center



If you are over 50 years of age, the Senior Center is one of the best values in Kingsport!

Located in a beautifully restored historic school building on Center Street near downtown Kingsport, the Center offers a full array of classes, activities and volunteer opportunities which support independence and encourage involvement in and with the community.

The Kingsport Senior Center Promotes Lifelong Learning, Social Interaction and Recreation.

CLASSES & PROGRAMS

Arts & Crafts

- Painting
- Clay and Ceramics
- Wood Shop
- Wood Carving
- Knitting
- Quilting
- Basket Weaving
- Photography

Computer

- Basic Computer
- Keyboarding
- Email
- Word Processing
- Desktop Publishing
- Internet

Dance Classes

- Line-dancing
- Ballroom Dance
- Clogging
- Belly Dance

Exercise Classes

- Exercise for Every Body
- Aerobics
- Yoga
- Pilates
- Leg Conditioning
- Strength Training
- Abs and Back
- Lap Swimming
- Tai Chi

SUBSCRIBE NOW

To the monthly newsletter.

Mail to home \$6 per year.

Call 392-8400 for a complimentary copy.

KATS FREE TRANSPORTATION TO THE CENTER

Inside City Limits
Handicap Accessible
Call 224-2613 for reservations

FACILITIES & EQUIPMENT

BILLIARDS ROOM

Four pool tables, regulation dartboard

CAFETERIA

Lunch is served Monday-Friday at 11:30 AM to pre-registered members

CARD ROOM

Card tables for regular and unscheduled game activities. The room also hosts small group meetings and seminars.

COMPUTER LAB

Thirteen computers with broadband Internet access

FITNESS CENTER

Wide array of cardio machines, weight machines, and a free weight area.

GYMNASIUM

Regulation size gym for volleyball, basketball, badminton, pickleball, etc.

LOUNGE

A large room that has abundant seating, a full kitchen with appliances, phone, television, magazines, and books.

WOODSHOP

Several workbenches with a large number and variety of power tools and equipment including thickness planer, joiner, band saws, table saws, drill press, belt sander, router-shaper.

CRAFTS ROOM

Room 303 is a multi-purpose room primarily used for arts and crafts classes

CLAY-CERAMICS STUDIO

Two potter's wheels, kilns, slab roller, extruder, large work area for working with ceramics

EVENTS

- Wellness Seminars and Fair
- Financial Seminars
- Shopping trips to regional cities
- Lunch excursions to regional restaurants
- Day trips to Barter theatre
- Overnight trips to tourist destinations
- Sports tournaments: horseshoes, shuffleboard, table tennis, volleyball, billiards, bowling
- Cooking classes
- Income Tax Assistance
- Annual Art and Crafts show
- Picnics, tailgate parties and potluck dinners
- Canoeing excursions
- Annual Dance Exhibition
- Member yard sale and trunk-sale
- Omega Challenge tournament
- Monthly Socials and Dances
- And MORE!

NUTRITION SITE

Lunch is offered Monday-Friday to people over 50 with a nominal contribution.
Call 246-8060 for reservations.