

KINGSPORT SENIOR CENTER  
SPRING 08  
Session II  
Class Schedule

Classes begin the week of April 7  
Classes end the week of June 23  
*Unless otherwise specified*

For more information call (423) 392-8400

Center Hours

Monday - Friday ~ 8:00 a.m. - 7:00 p.m.  
Saturday ~ 9:00 am - Noon

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

## SRING 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*

### Basic Computer Class

< Mondays, April, 14, 21, 28  
May 5, 12 and 19

< Time: 1:00 pm- 3:30 pm

< Instructor: Mary McNabb

### Introduction to Microsoft Word

< Tuesdays, May, 20, 27, June 3,10,  
17,and 24

< Time: 1:00 p.m.-3:30 p.m.

< Instructor: Mary McNabb

### Internet Computer Class

< Wednesdays, June 18, 25, July 2, and 9

< Time: 9:00 am- 11:30 am

< Instructor: Mary McNabb

### E-Mail Class

< Thursdays, May 15 ,22, 29,  
and June 5

< Time: 1:00 pm- 3:30 pm

< Instructor: Mary McNabb

### Internet Security

< Thursday, June 12

< Time: 9:00 a.m. - 11:30 a.m.  
And 1:00- 3:30

< Instructor: Mary McNabb

### Basic Computer Class

< Tuesdays, May, 27, June 3, 10, 17, 24 and  
July 1

< Time: 9:00 a.m. - 11:30 a.m.

< Instructor: Mary McNabb

### How to Set up an Ebay Business

< We will offer an 8 week class if we have at  
10 students

< Cost: \$50

< Instructor: Todd Golden

< The class will encompass setting up your own  
ebay business, including how to make back  
your \$50 class fee in your first transaction.

< Sign up in the office if you are interested.

< Maximum of 12 students.

### Web Design

Monday, June 2

Time: 9:00 a.m.-11:30 a.m. 12:30 p.m.:3:30 p.m.

Instructor: Mary McNabb

*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 2008

### Abs & Back Class -

- < Monday (12 weeks)
- < Wednesday (12 weeks)
- < Time: 10:30 am - 11:30 am
- < Location: Room 302
- < Instructor: Ruth Rohrbacher (Monday)  
Wynn Herbert (Wednesday)
- < Stretch & strengthen your abdomen & lower back.

### Aerobics -

- < Monday, Wednesday & Friday (Ongoing)
- < Time: 8:30am - 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 -

- < Friday
- < Time: 5:00pm - 6:30 pm
- < Location: Cafeteria
- < Instructors: Walt & Margaret Baumgardner
- < Learn to waltz, polka, and cut a rug.

### Basketweaving -

- < Tuesday
- < Time: 9:30am - 11:30 am  
& 12:00 pm - 2:00 pm
- < Location: Room 303
- < Instructor: Lynne Bowers
- < Make beautiful baskets.

### Balance and Flexibility

- < Tuesday and Thursday
- < Time: 9:30 am- 10:30 a.m.
- < Location: Room 310
- < Instructor: Wynn Herbert
- < Strengthening exercises focusing on the legs

### Belly dancing - (WOMEN ONLY)

- < Wednesday
- < Time: 1:30 pm - 2:30 pm
- < Location: Room 302
- < Instructor: no instructor, practice time,
- < Beginners welcome
- < Great for your abdominal muscles.

### Bible Study -

- < Monday
- < Time: 12:00
- < Location: Multipurpose room
- < Different denominations each month.

### Bridge ~ Beginning (6 weeks)

- < Possible class Session III Beginning in July
- < Must have minimum of 5 students
- < Sign up in office if interested

### Bridge ~ Advanced Specialized Bidding (6 weeks)

- < Session III class (July) if enough interest
- < Sign up in office

### Camera Club -

- < 2nd and 4th Monday
- < Time: 9:30 am
- < Location: Room 230
- < Instructor: Claude Kelly
- < Field trips and photo critique

### Clogging - (BEGINNING)

- < Tuesday
- < Time: 12:00
- < Location: Room 302
- < Instructor: Laverne Olney
- < Must have 8 new beginners, sign up in office

### Clogging - (Intermediate)

- < Wednesday
- < Time: 11:30 a.m.
- < Location: Room 302
- < Instructor: Angela Price

### Clogging - Advanced

- < Thursday
- < Time: 3:00 pm
- < Location: Room 302
- < Instructor: Carolyn Jarrell

### Ceramics -

- < Tuesday
- < Time: 9:00 am - 2:00 pm
- < Location: Ceramic/Clay Studio
- < Instructor: Lanni Dixon

### Clay -

- < Wednesday (9:00 am to 2:00 pm)
- < Location: Ceramics/Clay Studio
- < Instructor: Carol Taylor
- < Handbuilding & wheel throwing.

### Dulcimer (Beginners) -

- < Tuesdays, 11:00 am
- < Location: Room 306
- < 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: 12:00 pm- 1:30 pm
- < Location: Multipurpose room
- < Staff
- < Guest speakers, trips, bingo, and fellowship.

### Happy Day Singers -

- < Monday
- < Time: 9:45am
- < (2nd) Friday
- < Time: 10:15 am
- < Inspirational singing at Nursing Homes.

### Jam Session -

- < Thursdays
- < Time: 12:30
- < Location: Cafeteria
- < Relax and listen to music

### Knitting Class -

- < Monday
- < Time: 1:00 pm- 3:00 pm
- < Location: Room 303
- < Instructor: Barbara White
- < A knitting class for all skill levels.
- < Learn to make cables this session , or feel free to bring your own project for help.

### Lap Swimming -

- < Monday through Friday
- < Time: 12:30- 12:55
- < Location: Dobyys Bennett pool
- < No instructor, lap swimming only.

### Laughter Yoga - Continuing until April 30

- < Wednesdays
- < Time: 9:45 a.m. - 10:30 a.m.
- < Location: multipurpose room
- < Instructor: Sharmi Mehta
- < Laughter exercises & mild to moderate yoga stretches

### Line Dance - Intermediate

- < Monday
- < Time: 12:45 pm- 1:45 pm
- < Location: Room 302
- < Instructor: Lina Faye McConnell
- < This class is for more advanced dancers. Will be faster paced with less instruction time.

### Line Dance - Beginning

- < Thursday
- < Time: 2:00 pm- 3:00 pm
- < Location: Room 302
- < Instructor: Lina Faye McConnell
- < Beginning line dancers can learn the latest dance steps.

### Quilting -

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

### Renaissance Players

- < Tuesday
- < Time: 12:00 noon
- < Location: multipurpose room
- < Instructor: volunteers
- < Senior theatre group, 2 annual performances

### Renaissance Strings

- < Tuesday
- < Time: 10:00 am- 11:00 am
- < Location: Room 306
- < Instructor: Lucille Hincke/Jan Fenelon
- < Learn new songs

Spanish 1(postponed until May, watch the newsletter for more information)

- < Thursdays
- < Time: 6:00 p.m. - 7:00 p.m.
- < Location: multipurpose room
- < Instructor: Todd Golden
- < Cost: \$25 (small additional cost for book)
- < Learn the basics of conversational 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

#### Advanced Tai Chi

- < Monday & Wednesday
- < Time: 8:30 am- 9:15 am
- < Location: Room 302
- < Fee: \$120 / 12 weeks
- < Must have 10 paid participants
- < Instructor: Garry Mullins
- < Ancient Chinese deep breathing exercise.

#### Tai Chi (Beginning)

- < Tuesday & Thursday
- < Time: 8:30-9:30
- < Location: Room 302
- < Instructor: Wynn Herbert
- < Empty hand, yangstyle.

\* Advanced Tai Chi with Garry Mullins will consist of a 12 week session which meets twice each week. The cost is \$120, payable before the first class. We must have 10 paid students . Please call the office if you have questions.

392-8402

#### Weaving (Basic)

- < Wednesdays
- < Time: 2:00 p.m.
- < Location: multipurpose room
- < Instructor: Jody Staley
- < Basic steps and instruction in weaving and dyeing

#### Woodcarving

- < Thursday
- < Time: 9:00 am- 12:00 noon
- < Location: Room 303
- < Instructor: Jim Helmer
- < Learn the art of woodcarving.
- < Beginners welcome.

#### Woodworking E

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

#### Yoga

- < Tuesday & Thursday (Ongoing)
- < Time: 10:30 am Tuesdays & Thursdays
- < Location: room 302
- < Instructor: Tish Kashdan
- < Ancient stretching and breathing exercise

#### Cards and Games

##### Scrabble

- < Tuesdays
- < Time: 10:00 a.m.- 12:00 noon
- < Location: Multipurpose room
- < Instructor: none, self guided
- < All interested scrabble players, please join us on Tuesdays

##### Canasta

- < Wednesdays
- < Time: 1:30 - 2:30 p.m.
- < Location: Card Room
- < Instructor: none, self guided

##### Rook

- < Mondays
- < Time: 10:30 a.m.-12:30 p.m.
- < Location: Card Room
- < Instructor: none, self guided