

**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

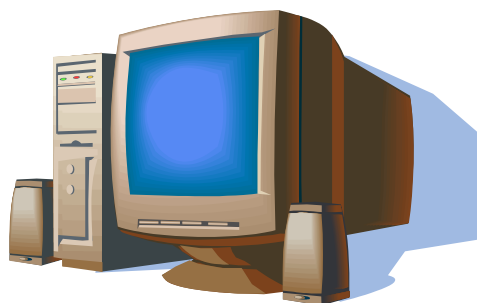
### **How to get started in Genealogy (all day)**

- 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](http://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**

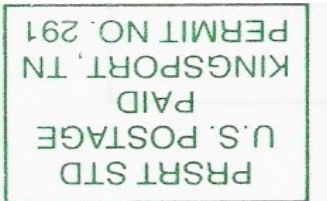
- **MANICURES**
- **MASSAGE**

**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**

