

Happy
Thanksgiving
November 23



Kingsport Senior Center News

November 2006

Volume XIV Edition 11

1200 East Center Street Kingsport, TN 37660

Allandale Christmas Dance



Monday, December 11th
6:30 - 9:30

Jerry Pierce and the Nightlife Band

One of our most festive events of the year is coming soon. Our annual Christmas dance at Allandale is just a little over a month away. The staff will once again provide heavy hors d'oeuvres for your enjoyment. There is nothing like the atmosphere to get you in the Christmas spirit. Tickets will go on sale November 6th and will only be available to members and their guests through the 27th of November. After the 27th, ticket sales will be open to non-members. Only 75 tickets will be available due to space limitations.

Senior Center Thanksgiving Lunch
Friday, November 10th
11:30 a.m.

There is still time to sign up for the Senior Center Thanksgiving Lunch on Friday, November 10th. The deadline to sign up is Friday, November 3rd. The Center will provide the turkey and dressing and all you need to do is bring a dish. We will also be honoring our veterans at this time. Grab a friend or loved one and come on down to celebrate the season of "Thanksgiving" with the Senior Center family.

Attention all Clay Room Participants

We are in the middle of making the move to the newly renovated combined clay/ceramics studio. If you have any old completed works or supplies that you are not currently using in the clay room please come by and pick them up. There are a lot of pieces on the shelves of the clay room that still need to be claimed. We thank you in advance for your cooperation.



"AN OPPORTUNITY FOR LIFELONG ENRICHMENT"

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.



Senior Center Advisory Council Meeting
Thursday, November 16
12:30 noon

Newsletter Subscriptions

\$6 per year

Or go to
www.kptseniors.com

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 refund.

Senior Center Closings

November 23
November 24
November 25

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

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.

Kingsport Senior Center Staff

Interim Director
Shirley Buchanan
392-8405

Program Leader Shirley Buchanan 392-8405
Program Leader Cindy Price 392-8404

Wellness Coordinator
Kevin Lytle
392-8407

Office Assistant
Marsha Mullins 392-8400
Amy Ramey 392-8402

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Angie Doran 392-8402
Marlana Williams 392-8402

Nutrition Site Manager
Sona Bingham
246-8060

Area Agency on Aging Options Worker
392-8429

Newsletter Staff
Operations Editor ~ Shirley Buchanan
Editor—Cindy Price

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

Billiards Tournament - We invite all pool sharks to show off your skills on Monday, November 6 at 9:30 am in the Billiards Room. Cost is \$2.00 per person. This tournament will be singles playing the best of three games. A sign up sheet will be posted in the billiards room, but you must pay in the office before you will be entered for the tournament. Sign up in the office.



Bowling for Turkeys - The Bowling for Turkeys Tournament will be held on Monday, November 20 at 9:00 am at Warpath Bowling Lanes. This is a singles tournament with highest scores of three games to determine the winners of 1st, 2nd, and 3rd place. Cost will be the fee for the lane and shoes at bowling alley. Remember, you don't have to be an everyday bowler because in this tournament you bowl with both hands between your legs. It's a lot of fun and we hope to have new players come out and join us. Stop by the Office and sign up.

Wellness Seminar

Select Specialty Hospital - Faye Price, RN, Clinical Liaison will be here on Thursday, November 16 from 12:00 noon to 1:00 pm in the Card Room. Topic of discussion will be an Educational In-Service to learn about Select's many programs that are available to our seniors and community. All members are invited to attend.

FACTS OF LIFE

4

PERCENTAGE EVERY ONE SERVING INCREASE IN DAILY FRUIT OR VEGETABLE INTAKE REDUCES HEART-DISEASE RISK

Source: Harvard University

Crack the Color Code

The pigment of produce can provide you with information about its nutritional value. Check out how each of the five different color categories of fruits and vegetables can benefit your health. The mix and match for a total of five servings everyday. One serving equals 1 cup raw or 1/2 cup cooked.



- **BLUES AND PURPLES**

Blueberries, blackberries, purple grapes, plums, raisins, eggplant **Benefits:** Keep memory sharp and reduce risk of many types of cancer, including prostate cancer.

- **GREENS**

Kiwi, honeydew, spinach, broccoli, romaine lettuce, Brussels sprouts, cabbage **Benefits:** Protect bones, teeth, and eyesight.

- **WHITES**

Pears, bananas, mushrooms, cauliflower, onions, garlic **Benefits:** Lower LDL cholesterol and reduce risk of heart disease.

- **REDS**

Watermelon, strawberries, raspberries, cherries, cranberries, tomatoes, radishes, red apples **Benefits:** Help prevent Alzheimer's disease and improve blood flow to the heart.

- **YELLOW AND ORANGES**

Oranges, grapefruit, peaches, cantaloupe, mangoes, pineapple, squash, carrots, corn **Benefits:** Boost immune system and help prevent eye disease.

FOOD COURT

THE CRIME

1,070

Calories in a bacon-and-cheese potato, large chili, and large Coke from Wendy's.

THE PUNISHMENT

4

Number of times you'd have to run across the Golden Gate Bridge to burn 1,070 calories, it's 1.7 miles long.

Information gathered from:
Men's Health Magazine

Daily Activities & Classes At the Center

Monday ~

Woodworking ~ 8:30 ~ Woodshop
Aerobics ~ 8:30 & 9:30 ~ Gym
Advanced Tai Chi ~ 8:30 ~ Room 302
Quilting ~ 9:00 ~ Room 303
Clay ~ 9:00 ~ Ceramic/Clay Studio
Bible Study ~ 9:30 ~ Card Room
Camera Club ~ 2nd & 4th, 9:30 ~ Room 230
Happy Day Singers ~ 9:45 ~ Travel
Abs & Back ~ 10:30 ~ Room 302
Strength Training ~ 10:30 ~ Gym
Knitting ~ 12:30 ~ Room 303
Lap Swim ~ 12:30-12:55 ~ DB pool
Line Dance ~ 12:45 ~ Room 310
Table Tennis ~ 1:00 ~ Gym
Clogging ~ 2:30 ~ Room 302
Karaoke ~ 4:00 ~ 3rd Monday ~ Cafeteria
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Woodworking ~ 8:30 ~ Woodshop
Tai Chi ~ 8:30 ~ 310
Pilates ~ 8:30 ~ Room 302
Ceramics ~ 9:00 ~ Ceramic/Clay Studio
Leg Conditioning ~ 9:30 ~ Room 310
Strength Training ~ 9:30 ~ Gym
Basket Weaving ~ 10:00 ~ Room 303
Renaissance Strings ~ 10:00 ~ Room 306
Laughter Yoga ~ 10:00 ~ 302 ~ 30 min class
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Yoga ~ 10:30 ~ Room 302
Dulcimer (Beginners) ~ 11:00 ~ Room 306
Good Neighbors ~ 12:00 ~ Lounge
Renaissance Players ~ 12:00
Lap Swim ~ 12:30-12:55 ~ DB pool
Shuffleboard ~ 1:00
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym

Wednesday ~

Woodworking ~ 8:30 ~ Woodshop
Aerobics ~ 8:30 & 9:30 ~ Gym
Advanced Tai Chi ~ 8:30 ~ Room 302
Clay ~ 9:00 ~ Ceramic/Clay Studio
Abs & Back ~ 10:30 ~ Room 302
Strength Training ~ 10:30 ~ Gym

Beginning Clogging ~ 11:30 ~ Room 302
Lap Swim ~ 12:30-12:55 ~ DB pool
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ 1:30 ~ Room 302

Thursday ~

Woodworking ~ 8:30 ~ Woodshop
Tai Chi ~ 8:30 ~ 310
Pilates ~ 8:30 ~ Room 302
Woodcarving ~ 9:00 ~ 303
Leg Conditioning ~ 9:30 ~ 310
Strength Training ~ 9:30 ~ Gym
Advanced Yoga ~ 9:30 ~ Room 302
Yoga ~ 10:30 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:00 ~ Lounge
Lap Swim ~ 12:30-12:55 ~ DB pool
Jam Session ~ 12:30 ~ cafeteria
Volleyball ~ 1:00 ~ Gym
Pickleball ~ 4:00 ~ Gym

Friday ~

Woodworking ~ 8:30 ~ Woodshop
Aerobics ~ 8:30 & 9:30 ~ Gym
Strength Training ~ 10:30 ~ Gym
Abs & Back ~ 10:30 ~ Room 302
Lap Swim ~ 12:30-12:55 ~ DB pool
Bridge Group ~ 1:00 ~ Card Room
Pickleball ~ 1:00 ~ Gym
Painting ~ 2:00 - 4:00 ~ room 303
Basketball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00-6:30 ~ Cafeteria

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym

Recreation ~

The card, exercise, billiards, ceramic and clay rooms, the lounge, gym, and cafeteria are opened daily at 8:00 am. You may use any of these rooms, unless otherwise reserved for class, during business hours.

Computer Lab ~ Available to all members, the lab closes 15 minutes prior to the Center closing every day. **The room will not be open during scheduled class times.** Feel free to stop by to check E-mail, surf the internet, or play a game.

Travel & Special Events

Out to Lunch Bunch ~ Friday, November 3rd ~ Switzerland Inn Chalet Restaurant, Blue Ridge Parkway ~ come with us and enjoy an afternoon of fine dining and panoramic views of the Blue Ridge Parkway ~ Cost: \$5 for transportation, lunch on your own Depart: 8:30 Return: approximately 5:00.

Friday, December 8th ~ My Restaurant ~ Eastern Star Road ~ Depart 10:00 and return 2:00 ~ cost \$2 for transportation, lunch is on your own. "My Restaurant" is run by the former chef of Harmony Grocery. The menu boasts wonderful Cajun cuisine and fresh seafood along with steaks and a half pound black angus burger. Don't miss this months Out to Lunch. **Sign up begins November 6th.**

Wohlfahrt House Dinner Theatre, Wytheville, VA ~ Wednesday, November 15 ~ "**My Favorite Things Christmas Show**" ~ Depart 9:00 a.m. and return approximately 6:00 p.m. Cost : \$37 which includes dinner, show and transportation.

Shopping in Asheville, North Carolina (weather permitting) ~ Wednesday, November 8th ~ Asheville Mall with lunch on your own. ~ cost \$5 for transportation. Depart 8:30 and return approximately 5:30.

Senior Center Thanksgiving Lunch ~ Friday, November 10th ~ 11:30 a.m. ~ Cost is FREE sign up in the office to bring a dish. (No potato chips please) **Must sign up by November 3rd.** (so we know how much turkey to buy)

Decorate the Senior Center Christmas Tree~ Thursday, November 30th ~ 10:00 a.m. ~ Come enjoy cookies and hot spiced tea and help the staff decorate the Christmas tree in the courtyard.

Shopping @ West Towne Mall (weather permitting) ~ Wednesday, December 6th ~ Depart 8:30 a.m. and return approximately 6:00 p.m. Cost: \$5.00 for transportation. **Sign up begins November 6th.**

Barter Theatre ~ Wednesday, November 29th ~ "**It's A Wonderful Life**" with lunch at Logan's. Depart:10:45 Return: approximately 5:30~ Cost: \$16 for transportation and show, lunch on your own. One of the most popular and heartwarming stories of the American holiday season is the story of George Bailey and his journey to find the value of his life in Bedford Falls. This is one of the best and most inspirational of American holiday tales. Don't miss it.

Grove Park Inn National Gingerbread House Competition & Grove Arcade ~ Wednesday, December 13. We will visit Grove Park Inn in Asheville, NC to view the entries in the National Gingerbread House Competition. After spending some time at Grove Park we will travel to Grove Arcade and park there where you will be on your own to visit shops downtown including the shoe store, weather permitting. You may purchase lunch either at Grove Park or downtown. We will depart at 8:30 a.m. and return approximately 5:30 p.m. Cost is \$5 for transportation, lunch on your own. **Sign up begins November 6th.**

Allandale Christmas Dance ~ Monday, December 11th ~ 6:30 p.m. until 9:30 p.m. Come dance the night away in the festive atmosphere of The Allandale Mansion. The Senior Center will provide heavy hors d'oeuvres. Get your tickets early! Only 75 tickets available due to space constraints. Tickets go on sale November 6th and will only be sold to members and their guests through November 27th. After November 27th the tickets will be opened up to nonmembers. Jerry Pierce and the Nightlife Band will provide the music. Cost: \$10 per person. **Tickets on sale November 6th.**

Southwest Virginia Museum/ Festival of Trees ~ Tuesday, December 19th ~ Depart 9:00 and return 2:00. Cost is \$3.50 and includes transportation and admission. Lunch will be on your own at Fatz in Kingsport. **Sign up begins**

News To Use

OMEGA PUZZLER

We must not have many mathematicians out there because we had no correct answers this month. Don't be discouraged try the November puzzler.

Answer to October Puzzler:

Magic Numbers

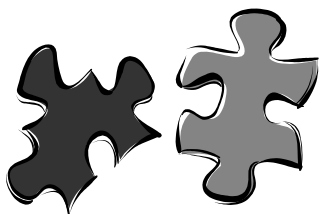
Find three different numbers that when multiplied together give the same result as when they are added together. Fractions are not allowed nor are negative numbers. How many solutions can you find? The only solution using positive numbers is 1,2, and 3, because $1+2+3 = 1 \times 2 \times 3$. (6) There is an infinite number of solutions using negative numbers because $(-1)+0+1=(-1) \times 0 \times 1$, $(-2) +0+2=(-2) \times 0 \times 2$ and so on.

November Puzzler

Four scientists get together for dinner. Their first names are Max, Charles, Fred, and Susan, Four place cards on the table show only their last names: Osmium, Tissue, Infinity, and Radian. Can you match the first and last names of each of the scientists from the clues below?

- A. Radian's first name contains an r.
- B. No one's first initial appears in his or her last name.
- C. Charles's last name is also an element.

**November Puzzler due by
November 17th**



A Tasty Treat From Marsha

Banana Banana Bread

Why compromise the banana flavor? This banana bread is moist and delicious with loads of banana flavor!

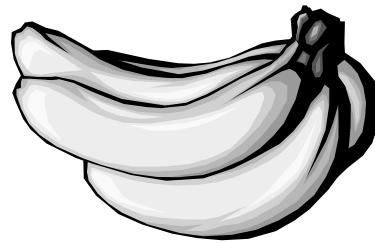
INGREDIENTS:

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas

DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly grease a 9 x 5 inch loaf pan.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into the center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Courtesy of allrecipes.com



Your Page

Kingsport Senior Center Newsletter available by email

If anyone is interested in receiving the Kingsport Senior Center newsletter by email, please send a request to Laverne Olney at lolney@charter.net .

Also, a desktop link to the newsletter has been added to all computers in the computer lab for your convenience. Just click on the icon.

Dance Committee Forming

We are accepting nominations for a new dance committee. The committee will serve the staff in an advisory capacity. They will recommend bands, dance locations, dance frequency and themes. We are looking for members from all different areas of dance. Nominations are due to the office in writing by November 17th. This will be a seven member committee with an 18 month service commitment. The committee will hold their first meeting in December. Please contact Cindy Price with any questions or comments. 392-8404

AARP Drivers Training

Due to the requests of our members, we will be offering an evening AARP drivers safety course. The class will be held Wednesday and Thursday, November 15th and 16th, from 5:30 p.m. until 9:30 p.m. each evening. There must be a minimum of 10 participants in order to hold the class. The instructor will be Jim Snodgrass. You may call the Senior Center office to reserve your spot at 392-8400. The cost is \$10 per person, which is paid directly to the instructor.

Renaissance Players Theatre group will not meet again until January

The Neighborly Exchange

If you have anything to buy, sell, or trade please call Cindy at 392-8404.

Want to buy 1956 Shoemaker School Yearbook. Please call Dorothy Lawson @ 247-2942

Local collector seeking military antiques and relics for personal collection. World War II through Vietnam eras. Helmets, uniforms, medals, flags, daggers, swords, and firearms. Please call 247-9485

Clogging shoes with taps for sale, like new, women's size 8 1/2 narrow ~ Mary Jane style, white. \$30, contact Angie in the office.

4- professional light aluminum exhibition panels, 4' x 6'. Hardware for every formation or uneven height, covering with white jute if wanted. For arts show, advertising, separating areas. In good condition. \$200 Call Gisela Bulle 245-6232

For Sale - Easy spirit shoes, 6 1/2 M, new, taupe, nubuck walking shoes. SAS walking shoes, like new 6 1/2 N, mocha. Call Lou Richards 246-4303

Set of 12 English Garden Fine China (Blue Carnation) Bonus collection w/Kroger, tea pot and serving utensils included. \$100 call Betty Williams for info 392-1954

Attention all Knitters

You are invited to join the knitting class on Mondays at 12:30 in room 303. Come learn new skills and make some great gift items for Christmas.

Instructor: Barbara White

Library Book Check-out ~

Thursday, November 17th from 9:30 a.m. until 11:30 a.m. in the hallway in front of the office.





Christmas Dance at Allandale
Monday, December 11th
6:30 - 9:30
Tickets \$10
Tickets limited to 75