

Happy Holidays!



Kingsport Senior Center News

December 2006

Volume XIV Edition 12

1200 East Center Street Kingsport, TN 37660

The Senior Center says “good-bye” to two staff members.

This month we had to bid farewell to program assistant Angela Doran. As most of you all know Angie taught bellydance and clogging for the Senior Center, along with her other duties. We will all miss her, but we wish her well with her new position (a promotion) with the City’s public works department.

Amy Ramey, our part-time office assistant will be leaving as of January 4th. Amy and her husband are expecting a new addition to their family in February and Amy has decided to stay home and be a fulltime mom. We wish Amy well and can’t wait to hear about the new arrival.

Medicare Drug Subsidies

Friday, December 8th representatives from the Social Security offices will be at the Kingsport Senior Center from 9:00 a.m until 11:00 a.m in Room 310, to help members complete paper applications for the Medicare Drug Subsidy and to answer basic Social Security questions. The open enrollment period for Medicare Part D coverage in 2007 began November 15th and will continue through December 31st. During this period, all eligible beneficiaries may choose to enroll for the first time, choose a new plan, or do nothing at all and stay in the plan they already have.

Ceramic Snowman Christmas Project

We will offer a one-time class on December 14th to make the snowman pictured on the right. The class will be in the ceramics/clay room and will begin at 9:30. A materials list will be at the front desk. Please sign up by December 12th. We must have 5 people signed up to have the class.



Bowling 4 Turkeys winners: Dewanna Calhoun, Gary Mullins and Gary Calhoun

“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, January 18 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

**December 23, 24, 25, 30, 31
January 1**

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

Wellness Coordinator
Kevin Lytle
392-8407

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

Program Assistant
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

Tournaments

Billiards Tournament - We would like to thank all our members who competed in the tournament held on Monday, November 6. Congratulations to our winners. **Men's Division**, 1st place: Chris McGlothlin, 2nd place: Charlie Fisher, and 3rd place Tony Saucedo. **Women's Division**, 1st place: Joyce Manis, 2nd place: Karlene Gibson, and 3rd place: Freda Miller.



Bowling for Turkeys - This years Bowling for Turkeys was a hard fought battle, and we would like to thank all our members who came out and bowled. Congratulations to our winners. 1st place: Carl Mullins, 361 points, 2nd place: Gary Calhoun, 345 points, and Dewanna Calhoun, 312 points.

FOOD COURT

THE CRIME

1,790



Calories in a BK Stackers Quad, Large Fries, and a Large Coke at Burger King.

THE PUNISHMENT

21

That's the number of times you'd have to run up the steps of the Philadelphia Art Museum (Think Rocky) to burn 1,790 calories. There are 97 stairs.

Facts of Life

38

Percentage Increase in the effectiveness of the Flu Shot when it's administered before November 12

LOW Z'S HIGH BP

Something else to keep you up nights: A new study reveals that lack of sleep can permanently raise your blood pressure. Columbia University researchers examined survey data on 4,810 people, excluding those who were overweight or suffered from sleep disorders, and found that logging less than 5 hours a night increased the incidence of high blood pressure by 60 percent. Sleep deprivation stimulates stress hormones, which cause short-term spikes in blood pressure. Miss sleep regularly and you may suffer lasting damage to heart valves. "Sleeping less raises average 24-hour blood pressure and heart rate, which, through increased strain, can set up the cardiovascular system to persistently operate at an elevated pressure," says James Gangwisch, Ph.D., the study's lead author. Evening exercise can lower your core body temperature, which may help you fall asleep faster.



Bare Aspirin For Your Heart



An aspirin a day keeps the ambulance at bay? Only if you swallow the right kind. Coated aspirin may not be as effective as plain aspirin at preventing coronary heart disease, according to a new study published in the journal *Stroke*. Researchers gave 71 healthy people different forms of aspirin to take for 2 weeks at a time, then tested their blood for thromboxane, a substance that contributes to blood clots. Levels were 87 percent lower among those taking plain aspirin than in those swallowing coated pills. "Doctors normally prescribe coated aspirin to protect the stomach lining," says lead study author Dermot Cox, Ph.D., "but the coating may impede absorption." Consider swallowing a 75-milligram uncoated pill. "It will provide all the benefits with the lowest chance of side effects," he says.

Information gathered from: Men's Health

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
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 ~ 3:00 ~ 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
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, 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. Friday, January 12th ~ Danielle's, Greenville, TN ~ pan-roasted shrimp and sea scallops are a house specialty but entrees like cheeseburgers are also available. Cost \$2 for transportation, lunch on your own. **Sign up begins December 7th.**

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.

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.

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.

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.



Wohlfahrt Haus ~ "Echo's of a Legend" A tribute to Elvis Presley ~ Thursday, January 25th ~ Depart: 9:00 and return approximately 6:30 p.m. ~ Cost: \$37 for dinner, show and transportation. **Sign up begins December 7th.**

Travel Meeting ~ Cruise to New England, Canada in the fall (September 14 - September 24) ~ Wednesday, January 24th, 12:30, Room 228 ~ you will be able to sign up after the meeting. **Sign up for meeting begins December 7th.**

Itinerary and Ports of Call

- Day 1 Departure
 - Day 2 Depart for New York, NY _ Board Carnival's "Victory", ship departs 4:00 p.m.
 - Day 3 Boston, MA
 - Day 4 Portland, ME
 - Day 5 Saint John, NB
 - Day 6 Fun day at sea!
 - Day 7 Halifax, NS, Canada ~ as your ship comes to port, a bagpiper will welcome you to Halifax. Peggy's Cove, Citadel Hill, and the Acadian County are just a few sights that you will see.
 - Day 8 At Sea
 - Day 9 New York, NY., enjoy a Broadway show and dinner at a Time Square restaurant in New York City
 - Day 10 Breakfast in your hotel before departing. Check into your overnight hotel and enjoy dinner.
 - Day 11 Enjoy breakfast at your hotel before departing for home.
- Price: \$1299/person Inside cabin
 \$1549/person outside cabin
 \$1699/person balcony cabin

Knoxville Museum of Art with lunch at PF Chang's in Knoxville ~ Tuesday, January 30th ~ Depart 8:30 a.m. and return approximately 4:30. Cost: \$5 for transportation, admission is free.

Sorry
This is FULL
Waiting list only

News To Use

OMEGA PUZZLER

We had several correct answers this month. The name drawn out of the hat was Walter Mullins. Congrats!

Answer to 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.

Charles Osmium

Max Tissue

Susan Infinity

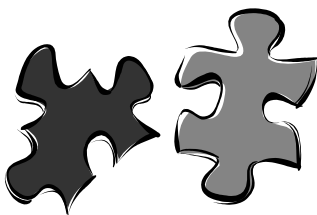
Fred Radian

December Puzzler



Turning Glasses

You must turn all the glasses right side up, inverting three glasses at each move. How many moves will it take you?



**December
Puzzler due by
December 15th**

A Tasty Treat From Marsha

Easy Beef & Gravy

2 lbs stew beef or lean beef cut into cubes
1 can cream of mushroom soup
1/2 can water
Onion, mushroom, celery (optional)
1/4 teaspoon garlic powder
Salt & pepper to taste

Put all ingredients into a slow cooker and cook until tender. Start the cooker on high until the meat begins to get tender, you may then turn the cooker to low and continue to cook until ready to serve. Usually completely cooked in about 4 hours, depending on the size of the cubes.

Very good served with mashed potatoes, rice or noodles. Recipe can be easily adjusted for a crowd.

**Woodcarving Class will end
December 21st
Class will resume on
February 15th**

Omega Mini Challenges

Beginning in January we will be having several mini challenges set up in the hallway in order to practice and get ready for the big event to be held March 10th this year. The mini challenge dates for January are the 10th and the 17th beginning at 9:30 a.m. Be sure and stop by and try to solve our mini challenge. It's also time to be putting together your team for March!

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 News

The following members were nominated and have accepted to serve on a new dance committee:

Laverne Olney	Betty Watson
Angela Price	Doris Cox
Millard Burton	Jenny Meade
Mary Helen Caldwell	Ruth Sluder
John Pecktol	

The committee will be looking into ways to improve the current dances, including attendance , frequency, etc. If you have any suggestions please talk with one of the above members.

Save the Date...more info to follow

Workshops by Marlana:
January 26th-papermaking
February 23rd-candlemaking
March 23rd-soapmaking
April 27th- decopauge

Spring semester classes begin January 15th.
Class schedule will be available January 1st.

National Popcorn Day-January 19th

Senior Center Super Bowl - January 31st

Candlelight Dinner - February 19th

Cooking Class - January 8th - 1:30

Instructor's Training and Luncheon - Jan. 11th

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

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, nubuch 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

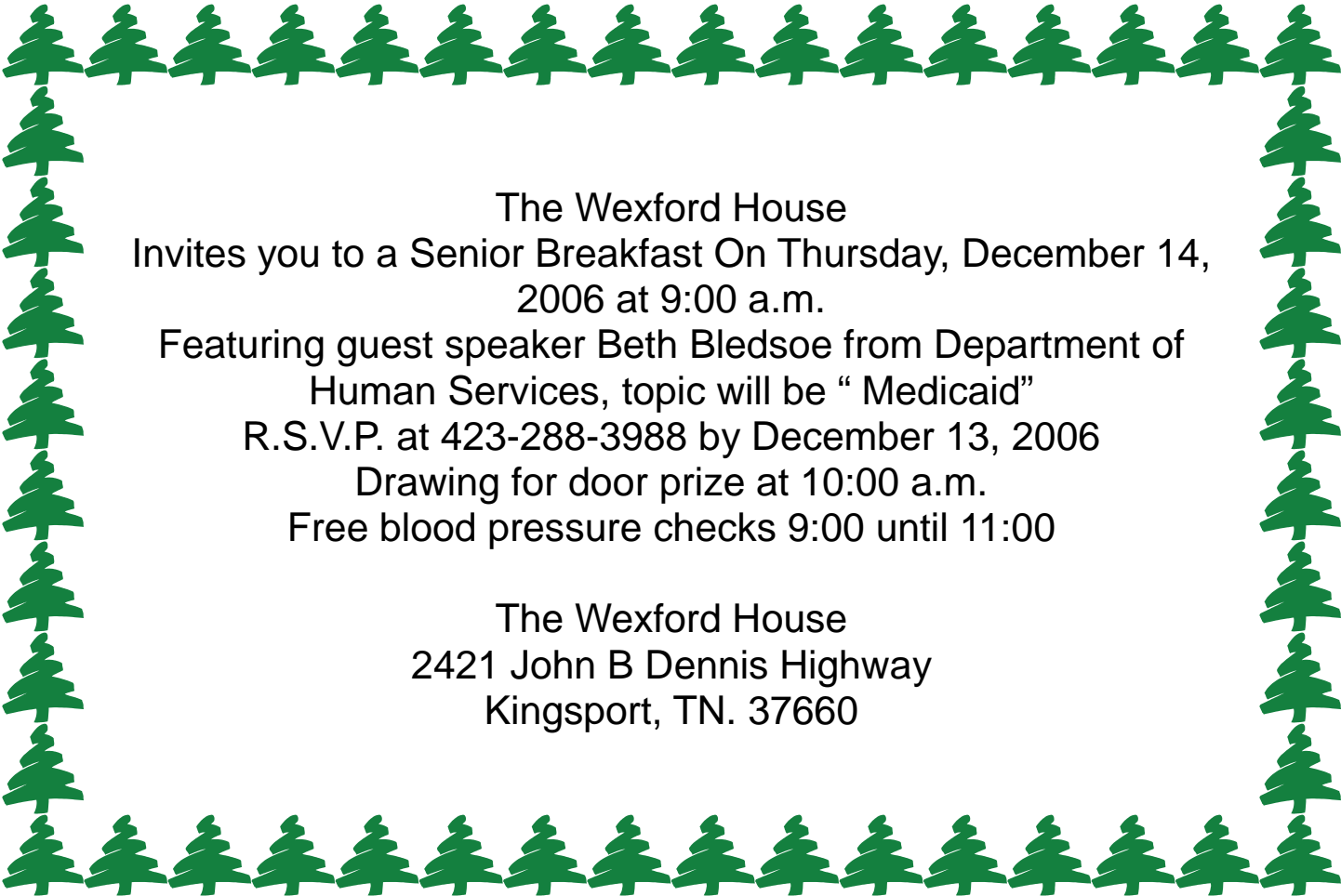
Renaissance Players Theatre group will not meet again until January

The Woodshop will be closed December 15th-January 15th

Library Book Check-out ~

Thursday, December 21st from 9:30 a.m. until 11:30 a.m. in the hallway in front of the office.





The Wexford House
Invites you to a Senior Breakfast On Thursday, December 14,
2006 at 9:00 a.m.

Featuring guest speaker Beth Bledsoe from Department of
Human Services, topic will be " Medicaid"

R.S.V.P. at 423-288-3988 by December 13, 2006

Drawing for door prize at 10:00 a.m.

Free blood pressure checks 9:00 until 11:00

The Wexford House
2421 John B Dennis Highway
Kingsport, TN. 37660