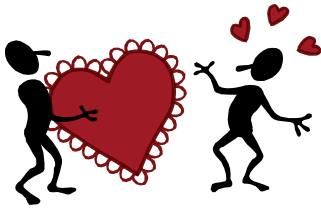


Happy  
Valentine's Day



# Kingsport Senior Center News

February 2007

Volume XV Edition 2

1200 East Center Street Kingsport, TN 37660

## From the New Senior Center Director



*"It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives."* This famous quote written by an

unknown author describes a little bit of my feelings about becoming the next director of the Kingsport Senior Center. I have enjoyed being a Program Leader under the direction of Kathryn Whorton, and have seen the Center thrive in many different areas during that time. However, I now look forward to dedicating my time to the direction of the Center. One of my first goals is to become fully staffed. We have hired a new Program Assistant, and we are preparing to interview for the vacant part time Office Assistant. The Program Leader position will soon be advertised and upon hiring for that position the Center will be back to full staff and ready to serve the membership in the best possible ways.

As always, your input is very important to our programming. Please stop by and let myself or another staff member know if you have a suggestion or concern. Our doors are always open and we look forward to your visits. Together, we can continue to make the Kingsport Senior Center the best center in the State of Tennessee, and the southeast region.

## Omega Challenge

Form your team now for Omega Challenge. A registration form has been included with this newsletter and may also be picked up in the front office. Omega Challenge will be held March 10th starting at 8:30 a.m. Please fill out forms and return them to the Center office by February 23rd. We will need a count of every team and player so that we may order medals and lunch! Omega Challenge is one of the most fun events offered by the Kingsport Senior Center. You do not have to be a member to play on a team, however you must be age 50 or older. Teams consist of 4 to 5 people and will compete in various fun, mind boggling games. The event usually lasts until about 11:30 a.m. with lunch and awards following. Bragging rights to each game victory are as fun as receiving the award. Please sign up even if you do not have a full team. We may have several people who want to compete but were not on a team last year, and we will be glad to form new teams. If you have senior friends in Bristol or Johnson City encourage them to come and compete against or with you. All area seniors are invited to compete!

## WKPT 50's Expo

Come join us at our booth February 17th. We will be participating this year in the 50's Expo, taking place at Meadowview Conference Center. We will be conducting a ping pong tournament at the Expo, so if you are interested in competing please contact Kevin at 392-8407.

**"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.



### Kingsport Senior Center Staff

Director  
Shirley Buchanan  
buchanans@ci.kingsport.tn.us  
392-8405

Program Leader  
Cindy Price  
price@ci.kingsport.tn.us  
392-8404

Wellness Coordinator  
Kevin Lytle  
lytle@ci.kingsport.tn.us  
392-8407

Office Assistant  
Marsha Mullins  
392-8400

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

**Senior Center Advisory Council Meeting**  
**Thursday, March 15**  
**12:30 p.m.**

### Newsletter Subscriptions

\$6 per year

Or go to

[www.kptseniors.com](http://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

**None February or March**

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.

**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

## Wellness Seminar

**Adventa Hospice Services** - Desiree Saunders, Volunteer/Bereavement Coordinator will speak on Basic Understanding of Hospice. Topic of discussion will be assisting patients in maintaining and improving their quality of life. Home care services offered are: Home Health Aides, Physical Therapy, Occupational Therapy, and Speech Therapy. The Wellness Seminar will be on Tuesday, February 20 from 12:00 noon to 1:00 pm in the Card Room. All members are invited and we do hope to see you there.

## Lower Your Slumber Numbers

Preventing a heart attack is easy-heck, you can do it in your sleep. Taking melatonin may help decrease your blood pressure, report researchers in the *American Journal of Hypertension*. In the study of 18 people, nearly everyone who took 3 milligrams of the sleep supplement nightly for 2 weeks experienced a 10 percent decrease in systolic and diastolic blood pressure. "If blood pressure doesn't dip by 10 percent at night, the cardiovascular system won't rest sufficiently, which stresses the heart," says lead author Angelo Cagnacci, M.D., Ph.D. He adds that melatonin may help reduce BP by increasing nitric oxide levels, which in turn dilates blood vessels. If you have high blood pressure, ask your doctor about taking a timed-release melatonin supplement.

## Your Lung Capacity For Cancer

The last people you'd expect to see smoking may be among the most likely to develop lung cancer. Researchers at the Centers for Disease Control found that asthma sufferers are at an increased risk of lung cancer. In a 10-year study of 9,000 people, having asthma doubled lung-cancer risk regardless of other risk factors, like secondhand smoke. Asthma may cause inflammation that damages lung DNA. Have asthma? Drink white grapefruit juice; it contains naringin, which lowers the risk of lung cancer by up to 50 percent.

**Information gathered from: Men's Health**

## TOURNAMENTS

**Pickleball Tournament** - Johnson City Senior Center is hosting a Pickleball Tournament on Tuesday, February 13 at 11:30 am. The tournament will be held at Munsey Memorial Methodist Church. Cost is \$2.00 per person payable at the Church. This tournament will be single elimination mixed doubles, blind draw for the first 10 teams to enter. Awards to 1st and 2nd place only; Gift Certificates. Reservation deadline is Monday, February 12. For more information call Mike Woods at 434-6223. **Note:** The Kingsport Senior Center will not be providing transportation to the tournament, it is your responsibility to get to the tournament. If you have any questions see Kevin.

**Shuffleboard Tournament** - We invite all shuffleboard players to show off your skills on Monday, February 26 at 9:30 am. Cost is \$2.00 per person. We need a minimum of 12 players to sign up in order for this tournament to be held. This tournament will be doubles playing the best of three games. Sign up in the office, the dead line date for signing up is Friday, February 23, 2007.

**Billiards Tournament** - Slater Community Center in Bristol, TN is hosting an 8-Ball Tournament on Wednesday, February 28 at 9:30 am. Cost is free. Refreshments and prizes will be provided. For more information call Bristol TN Leisure Services at 423-764-4023. A sign up sheet will be posted in the Billiards Room and Kevin will call on Friday to let them know how many players will compete. **Note:** The Kingsport Senior Center will not be providing transportation to the tournament, it is your responsibility to get to the tournament. If you have any question see Kevin.

**Volleyball Lessons** - Dee Dee Mullins will be teaching volleyball lessons starting Thursday, February 8 through Thursday, March 15 at 12:00 noon in the Gym. The lessons are free. All members that are interested in volleyball are encouraged to attend these sessions. Remember this will only improve your game!

## *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 (self directed with tapes)  
 Strength Training ~ 10:30 ~ Gym  
 Knitting ~ 1:00 ~ Room 303  
 Lap Swim ~ 12:30-12:55 ~ DB pool  
 Advanced Line Dance ~ 12:45 ~ Room 310  
 Table Tennis ~ 1:00 ~ Gym  
 Cooking Class ~ 1:00 ~ lounge (1st Monday)  
 Karaoke ~ 4:00 ~ 3rd Monday ~ Cafeteria  
 Volleyball ~ 4:00 ~ Gym

### **Tuesday ~**

Woodworking ~ 8:30 ~ Woodshop  
 Tai Chi ~ 8:30 ~ Room 310  
 Pilates ~ 8:30 ~ Room 302 (self directed)  
 Ceramics ~ 9:00 ~ Ceramic/Clay Studio  
 Leg Conditioning ~ 9:30 ~ Room 310  
 Strength Training ~ 9:30 ~ Gym  
 Laughter Yoga ~ 9:45 ~ Room 302  
 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  
 Basketweaving ~ 12:30 ~ Room 303  
 Lap Swim ~ 12:30-12:55 ~ DB pool  
 Shuffleboard ~ 1:00  
 Pickleball ~ 1:00 ~ Gym  
 Beginning Clogging ~ 1:30 ~ 302  
 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 (self directed)  
 Strength Training ~ 10:30 ~ Gym

Intermediate 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 ~ Room 310  
 Pilates ~ 8:30 ~ Room 302 (self directed)  
 Woodcarving ~ 9:00 ~ 303 (Begins Feb 22)  
 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  
 Jam Session ~ 12:30 ~ Cafeteria  
 Lap Swim ~ 12:30-12:55 ~ DB pool  
 Volleyball ~ 1:00 ~ Gym  
 Beginning Linedance ~ 1:30 ~ Room 302  
 Advanced Clogging ~ 3:00 ~ Room 302  
 Pickleball ~ 4:00 ~ Gym

### **Friday ~**

Woodworking ~ 8:30 ~ Woodshop  
 Aerobics ~ 8:30 & 9:30 ~ Gym  
 Advanced Bidding Bridge ~ 9:30 ~ Card Room  
 Beginning Bridge ~ 9:30 ~ Room 230  
 Strength Training ~ 10:30 ~ Gym  
 Abs & Back ~ 10:30 ~ Room 302 (self directed)  
 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, February 9th ~ Red Lobster, Bristol ~ Cost is \$2 for transportation, lunch is on your own. **Few spots available.** Friday, March 9th ~ Double Olive Restaurant, Hendersonville, NC. We will take a few minutes after lunch to look around downtown Hendersonville. Depart 8:30 a.m. and return approximately 4:30 p.m. Cost if \$5 for transportation and lunch is on your own. **Sign up beginning February 7th.**

**Barter Theatre** ~ Wednesday, February 28th ~ "Long Shadow" with lunch at Logan's. Barter Stage II: In 1944, a Nevada City, California, local war hero, home on leave, was shot in the woods under mysterious circumstances. The town offers a bounty, and a witch-hunt ensues to find the killer. "Who bears the true guilt of death?" is the central question in this play about fear, poverty, vigilante justice and how we live with what's been done once it's done. Real and powerfully written characters engaged in a complex and compelling event make for an afternoon of exciting theatricality as relevant today as it was in 1944. Depart at 10:30 a.m. and return at approximately 5:30 p.m. Cost is \$16 for transportation and the show, lunch is on your own. **Sign up beginning February 1st.**

Wednesday, March 7th ~ "Don't Hug Me", with lunch at Allison's. Bunyan Bay, Minnesota: It's the coldest day of the year and cantankerous bar owner, Gunner, wants to sell the business and move to Florida, but his wife wants to stay. Bernice the pretty waitress, wants to pursue a singing career, but her fiancé', Kanute, wants her to stay home. When a fast-talking, good-looking salesman promises to bring romance into their lives through the magic of karaoke, all heck breaks loose! Depart at 10:30 a.m. and return approximately 5:30 p.m. Cost is \$16 for transportation and the show, lunch is on your own. **Sign up beginning February 7th.**

\*\*\*\*\*New Computer Class Added\*\*\*\*\*  
Basic Computer Class  
6 consecutive Tuesdays beginning February 6th  
1:00 - 3:30

**Candlelight Dinner** ~ February, 19th ~ 6:00 p.m. Come spend a romantic evening with your significant other. Entertainment will be the Jack Towle comedy show. Jack is a comedy impressionist and will take you on an adventure from Willie Nelson to Archie Bunker. Dinner is catered by Olive Garden. Cost: \$10 per person ~ **Must sign up by noon, February 16th.**

**Shopping at East Towne Mall, Knoxville** ~ Thursday, February 22nd ~ Depart 8:30 a.m. and return approximately 6:00 p.m. ~ Cost is \$5.00 for transportation, lunch is on your own. **SORRY FULL**

**Sprint Cell Phone Seminar** ~ February 27th and March 1st. 11:00 a.m. - 11:30 a.m. Ever wonder how to use all those features on your cell phone? Come to the seminar and learn how to set up your voicemail, check your messages and much more. FREE but please call the office to sign up.

**Valentine's Day Dance at Rascals** ~ Thursday, February 8th, from 7:00 p.m. until 10:00 p.m. The music will be provided by Kids Our Age. The admission cost is \$5 per person and we ask that you bring a snack to share. Tickets may be purchased from a dance committee member or will be available at the door.

**Shopping at Asheville Mall** ~ Thursday, March 29th. Depart at 8:30 a.m. and return approximately 5:00 p.m. Cost is \$5 for transportation and lunch is on your own. **Sign up beginning February 7th.**

**Candlemaking Workshop** ~ Friday, February 23rd ~ 1:30 p.m ~ lounge ~ Cost is \$5. Learn to make beautiful candles from essential oils in lovely scents to brighten your senses and bring life to your home or give as gifts. **Sign up begins February 2nd.** Class size limit 10.

Winter weather ~ All winter trips are planned "weather permitting." Due to the uncertainty of the winter weather there could be last minute cancellations. If a trip is cancelled due to weather, you may receive a refund with your receipt or transfer to another trip or event.

# News To Use

## OMEGA PUZZLER

**Correction:** Last months puzzler could be done in 4 moves not 5. You guys are really good...better than the puzzle book! This month we had several correct answers but the winner is Judy Reed. Congratulations!

### Answer to January Puzzler

1. Grant Wood
2. "A Horse with No Name"
3. 1921
4. Leslie Caron
5. 7
6. boat

## February Puzzler

### Assembling Clues

When scientists can't observe a phenomenon directly, they rely on a process of deduction to infer what's happening. In each puzzle below, your challenge is to deduce a secret five-letter English word from a series of clues. Each clue states how many letters a given word shares with the secret word. For example, if a clue states that guess shares two letters with the secret word, the secret word could be seven (because the two words share letters s and e) You will need all of the clues in each puzzle to deduce the secret word, and there is only one correct answer to each puzzle.

#### 1. (Easy)

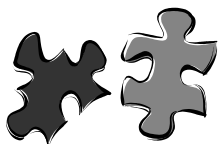
- 3 letters of SUETS
- 4 letters of SUITE
- 4 letters of GUESS

#### 2. (Challenging)

- 1 letter of NANNY
- 2 letters of SASSY
- 3 letters of GEESE
- 4 letters of GENES

#### 3. (Difficult)

- 1 letter of CANDY
- 2 letters of BOUND
- 2 letters of NOISE
- 2 letters of SCOUT
- 2 letters of TUNER
- 3 letters of SCENT



**February  
Puzzler due by  
February 16th**

## A Tasty Treat From Marsha

### Crock Pot Chicken Stroganoff for Dieters

- 1 pound frozen boneless skinless chicken breasts
- 1 can fat free cream of mushroom soup
- 1 16 oz. carton fat free sour cream
- 1 envelope dry onion soup mix

Put frozen chicken in bottom of crock pot. Mix soup, sour cream, soup mix and pour over chicken. Cook on low for 7 hours. Makes 6 servings.

From Cindy Price's kitchen.



### Good Neighbors Volunteer Opportunity

Are you familiar with the Good Neighbors? The Good Neighbors is a program of the Kingsport Senior Center dedicated to enriching the lives of those members who may live alone or who need special programming because of physical limitations. There are also members of the Good Neighbors who help those who have physical limitations during trips and outings. In other words, it's for everybody! Currently, there are opportunities available for those who want to help by going on trips with the Good Neighbors (lunch, shopping, etc.) and assist those in their shopping and mobility. If you are interested or if you have any questions, please contact Cindy Price in the Senior Center office. We'd love it if you would consider becoming a Good Neighbor!

## Your Page

### Guess Who Game

Congrats to Janice Bertrand– who won the Guess Who! Contest in January. Stop by to see the answer (Jim Tanner) and the history of his amazing story as a body double for Tommy Lee Jones in the movie “Coal Miner’s Daughter.”



If you would like to be in the Guess Who! Competition and show a picture of yourself from the past, see Marlana Williams in the office for more information.

### \*\*\*\*ALERT\*\*\*\* Jury Duty

#### Scam \*\*\*ALERT\*\*\*

Most of us take summonses for jury duty seriously, but enough people skip out on their civic duty, that a new and ominous kind of scam has surfaced. Fall for it and your identity could be stolen, reports CBS. In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you did not show up for jury duty. The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your Social Security number and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information and bingo your identity just got stolen.

### Attention Golfers

Senior Men golfers (55 and over) of Upper East TN and Southwest Virginia  
You are invited to join the Senior’s golf League of Upper East Tennessee. (not affiliated with the Senior Center) Two rounds per week, March 26 thru October 29. Pre-arranged foursomes and tee times. For More information and application forms call Ralph Hudson 423-246-9525 or email Ralph rehudson@chartertn.net.

### The Neighborly Exchange

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

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

### Senior Center Inclement Weather Policy

The Center is closed when mandated by inclement weather, and is usually on the same snow schedule as the Kingsport City Schools. Announcements are made on local radio and tv stations. The Center will close at 4:30 at the discretion of management, when snow or ice make conditions hazardous.

### Black History Month Program (sponsored by Senior Center member Pinkie Horton)

February 15th, 10:30 a.m. in the Atrium. Festivities will include local Red Hat Society members modeling their hats, a fashion show of African clothing, and numerous singers including the Richard Lomax singers from Big Stone Gap, Fletcher Hutchinson, Deacon Argo, and the

### Library Book Check-out ~

Thursday, February 15th from 9:30 a.m. until 11:30 a.m. in the hallway in front of the office.





# **Candlelight Dinner**

**Monday, February 19th**

**Dinner 6:00 p.m.**

**Comedy Show 7:00 p.m.**

**(Jack Towle ~ comedy impressionist)**

**Dinner catered by Olive Garden**

**Cost \$10 per person**

**Must sign up by noon on February**