

Spring showers  
Bring  
May flowers!



# Kingsport Senior Center News

May 2007

Volume XV Edition 5

1200 East Center Street Kingsport, TN 37660

## Derby Day

Thursday, May 10th 10:30 a.m. until 1:00  
Lunch at 11:30 Cost: \$2 and a covered dish,  
Senior Center will provide burgers with all the  
fixins'. **Sign up by May 7th so we know how  
many burgers to buy!** Watch the hallway the  
1st week of May for a chance to sign up for the  
horse racing game. Prizes for the winning horse  
and jockey. You do not need to be able to walk  
or run to play. It will be fun for all. Prize awarded  
for the best hat.

## Publicity Committee News

The publicity committee and the staff of the  
Kingsport Senior Center will be undertaking a  
huge project to try and increase awareness and  
membership at the Senior Center. We will need  
everyone's help to make this a successful event.

Below is a tentative schedule of events:

Friday, July 6th– Block Party with band

Friday, July 13th– Senior Center Float in Parade  
(several float building days will be held during the  
week.)

Monday, July 16-Friday, July 20th - class demon-  
strations, performances, seminars, workshops,  
arts and crafts sale, and displays.

We will need volunteers to perform the following  
tasks: set up and clean up for Block party, float  
building, tour guides, membership booth, set up  
and take down on front lawn daily, set up cooks  
servers and clean up for food giveaways, event  
judges, information booth. If you would like to vol-  
unteer for one of these jobs please sign up in the  
office. Our volunteers will receive a free t-shirt.

## Senior Fest / Fun Fest Arts and Crafts Sale

We are looking for artists and craftsmen to sell  
their wares at our 1st annual Senior Fest Arts  
and Crafts Sale. It will be in the 1st floor court-  
yard, daily from July 16th-July 20th. The hours  
are from 9 a.m. until 2 p.m. We are looking for  
items that have been learned in a class at the  
senior center. It doesn't have to be recent. If  
you learned an art or craft at the senior center  
years ago and are not taking the class now, you  
are still welcome to participate. You must, how-  
ever be a member of the senior center. There is  
no cost for a booth. Registration forms are avail-  
able in the office. All booths must be approved  
by a staff member. Deadline to register is June  
15th. For information, call Cindy at 392-8402.

## Senior Center Athletic Club Annual Yard Sale



SCAC annual yard sale is May 11-12 from 8:00  
a.m. until 4:00 p.m. on the front lawn. If you  
have items to donate, please bring to the Senior  
Center on Thursday, May 10th. If you have  
large items that need to be picked up,  
call 276-8977.

**“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, May 17 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 Saturday, May 26th Monday, May 28th for the Memorial Day Holiday

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

Director

Shirley Buchanan

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246-8060

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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

## Tournament

**Table Tennis Tournament** - This years Table Tennis Tournament was a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. 1st place: Charles Gray & Helen Stone, 2nd place: Mike Bus & Bill Elderbrock, and 3rd place: Ewing Livesay & Charles Shelton.



**Fit After 50, 8-Ball Tournament** - Fit After 50 presented by Kingsport Times News will hold a Billiards Tournament sponsored by Cal Spas & Pools on Saturday, May 5, 2007 from 10:00 am to 3:00 pm at the Civic Auditorium. We invite all pool sharks to show off your skills. This tournament will be an 8-Ball Tournament singles best of three games, and single elimination, due to only one billiards table. Cost is Free, with prizes awarded to 1st, 2nd, and 3rd place only. Dead line date for signing up is Monday, April 30, 2007. If you have any questions see Kevin.

**Horseshoe Tournament** - We invite all horseshoe players to show off your skills on Monday, May 14 at 9:00 am on the back lawn of the Senior Center. Cost is \$2.00 per person. 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, May 11, 2007.

## HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on Tuesday, May 8 on the 1st floor from 9:00 am to 12:00 noon. Come join us for a day of Wellness, Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn. So mark your calendar for this very important date to be a part of the fun along with the Participating Organizations below.

- AARP
- Adventa Hospice
- Alzheimer's Associates
- Amedisys Home Care
- BlueCross BlueShield
- Care Central, Inc
- Christine LaGuardia Phillips Cancer
- Fuller Rehabilitation
- Greystone Health Care Center
- HealthSouth
- Humana
- Integrated Health Concepts
- Interim HealthCare
- Life Care Center of Gray
- Mary Kay
- Mountain Region Donor Services
- Mutual of Omaha
- National Kidney Foundation
- Pro Care Home Health
- Regional Eye Center
- Wellmont Madison House
- Wellness Way Chiropractic
- Wexford House

### Facts of Life

**5%**

Reduction in total cholesterol when you include 5 to 10 grams of soluble fiber like the kind found in Metamucil in your daily diet.

*Source: Mayo Clinic*

## Daily Activities & Classes At the Center

### Monday ~

Woodworking ~ 8:30 ~ Woodshop  
Aerobics ~ 8:30 & 9:30 ~ Gym  
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  
Lap Swim ~ 12:30-12:55 ~ DB pool  
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)  
Leg Conditioning ~ 9:30 ~ Room 310  
Strength Training ~ 9:30 ~ Gym  
Renaissance Strings ~ 10:00 ~ Room 306  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Yoga ~ 10:30 ~ Room 302  
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  
Abs & Back ~ 10:30 ~ Room 302 (self directed)  
Strength Training ~ 10:30 ~ Gym

Beginning Golf Lessons  
mid-June  
Instructor : Wallace Ketron  
6 weeks  
Free except for your range balls  
Call Cindy at the Senior Center for  
more details and to sign up. 392-8402

### The woodshop's summer schedule

Last day June 29th  
Reopen on September 17th.

Lap Swim ~ 12:30-12:55 ~ DB pool

Table Tennis ~ 1:00 ~ Gym

### Thursday ~

Woodworking ~ 8:30 ~ Woodshop  
Tai Chi ~ 8:30 ~ Room 310  
Pilates ~ 8:30 ~ Room 302 (self directed)  
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  
Jam Session ~ 12:30 ~ Cafeteria  
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 (self directed)  
Lap Swim ~ 12:30-12:55 ~ DB pool  
Bridge Group ~ 1:00 ~ Card Room  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym

### 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.

The **summer class schedule** will be distributed in June. Wellness classes are continuous and will not take a break. All other classes will finish up by May 4th and resume the week of July 2nd. We are hoping to better integrate class schedules with membership renewals.

## *Travel & Special Events*

### **Out to Lunch Bunch ~ Friday, June 8th ~**

Applewood Farmhouse Best ~ Depart 9:00 and return 4:00. Cost: \$5 for transportation and \$11.25 for lunch to be collected at departure.

**Sign up May 1st.**

### **Barter Theatre, "Tradin Paint", Stage II ~ Thursday, May 24th ~**

Cost \$16 for transportation and show. Lunch on your own at O'Charley's. Depart 10:30 and return approximately 5:30.

**Sign up begins April 27th.** Darla Frye's life is on the skids. Her mother's dead, her boyfriend's delusional and her job stocking auto parts is going nowhere fast. Then on night a woman named Lucky Tibbs teaches Darla how to change a flat tire and changes Darla's life. Now Darla is on a quest to find her true "destiny", a journey that takes her deep into the world of stock car racing and includes a head-on collision with a car battery as well as a heavenly visit with Danle Earnhardt. The bump in the road makes the trip worthwhile. **"Baby", Stage II ~ Thursday, June 21st ~**

Cost \$16 for transportation and show. Lunch on your own in Abingdon. Depart 10:30 and return approximately 5:30. **Sign up**

**beginning May 1st.** Is there anything more exciting, frightening and utterly life-changing than impending parenthood? Follow three couples-the college students, at the beginning of their adult lives, the 30-somethings, having trouble conceiving: and the middle-aged parents whose night of passion lands them back where they started.

Baby moves beyond mood swings and labor pains to celebrate life-and the challenges of creating it. . **"Oliver", Main Stage ~ Wednesday, June 6th ~**

Cost \$16 for transportation and show. Lunch on your own at Red Lobster. Depart 10:30 and return approximately 5:30. **Sign up begins**

**May 1st.** One of the most enduring and popular musicals of all time.

### **May Dance sponsored by Friends of the Senior Center ~ Friday, May 11th ~**

7:00 until 10:00 ~ Cost: \$5 ~ Jerry Pierce will provide the music. Rascals Teen Center. Tickets available only at the door.

### **Shopping at Hanes Mall @ Winston Salem, NC ~ Wednesday, May 30th ~**

Depart 8:30 a.m. and return approximately 8:30 p.m. Cost: \$5 for transportation and lunch and dinner on your own. Lunch will be at the mall and dinner at a local restaurant TBA.

### **The Lost Sea Tour, Sweetwater, TN ~**

**Wednesday, May 9th ~** Cost: \$5 for transportation, \$11.95 for tour (collected the day of the tour, please have correct change) price for lunch is NOT included in the tour. Depart 8:30 and return approximately 6:30.

### **Hands on Museum, "Johnson's Journey" in Johnson City ~ Wednesday, June 13th ~**

Cost: \$5 for transportation and Johnson's Journey. Bring an extra \$3 the day of trip to see the rest of the museum. Celebrate 150 years of Johnson City history with an exciting, interactive look at it's past, present, and future! Beginning as a simple train depot, Johnson's Journey leads us to an established city with a bright future. Step back in time and experience life in a different era in The Beehive, our old-time department store, the Blue Plum Post office, and the famous, 100 year old Lady of the fountain statue. **Sign up begins May 1st.**

### **20th Annual Best Friends Festival, Norton, VA. ~ Thursday, June 14th ~**

Cost \$5 for transportation ~ Depart 8:30 and return approximately 3:30 ~ Today is Senior day at the Festival, featuring free lunch, crafts, face painting, etc. At 12:45 you will have the opportunity to tie-dye a tee shirt. **Sign up begins May 7th.**

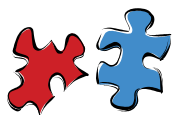
### **Wohlfahrt Haus Dnner Theatre, Wytheville, VA ~ Thursday, June 7th ~**

**"Celebrate America" ~ Wednesday, August 1st ~ "Echo's of a Legend" ~** Both shows will depart the center at 9:00 and return approximately 6:30. The cost of each show is \$38 which includes transportation, lunch and the show. **June show sign up begins May 1st. August show sign up begins May 14th.**

**Shopping in Blowing Rock ~ Tuesday, June 26th. Depart 8:30 and return 5:30. Cost \$5 with lunch on your own. **Sign up May 1st.****

# News To Use

## OMEGA PUZZLER



### Answer to April Puzzler Lottery Draw

If you draw the lucky ticket, you win the lottery jackpot. You are given the option to draw one ticket out of a box of 10, or draw ten times out of a box of 100, returning the drawn ticket each time before drawing again. Which choice gives you the best odds? *The choices offer identical odds. But in a psychological experiment, about four in ten people preferred the single draw and held to this view even when the other choice was altered to provide fifty draws from the box of 100.*



### May Puzzler Three Coin Paradox

Suppose you have three coins-one with a head and a tail, one with two heads and one with two tails- that are dropped in a hat If you draw one coin from the hat and lay it flat on a table without looking at it, what are the chances that the hidden side is the same as the visible side?

**May Puzzler due by  
May 18th**



The Renaissance Players will present two plays May 4-6th. Just Friends Band will also perform, Details on back

## A Tasty Treat From Marsha

### Seven Layer Taco Dip

- 1 (1 ounce) package taco seasoning mix
- 1 (16 ounce) can refried beans
- 1 (8 ounce ) package cream cheese, softened
- 1 (16 ounce) container sour cream
- 1 (16 ounce ) jar salsa
- 1 large tomato, chopped
- 1 green bell pepper, chopped
- 1 bunch chopped green onions
- 1 small head iceberg lettuce, shredded
- 1 (6 ounce ) can sliced black olives
- 2 cups shredded cheddar cheese

1. In a medium bowl, blend the taco seasoning mix and refried beans. Spread the mixture onto a large serving platter.
2. Mix the sour cream and cream cheese in a medium bowl. Spread over the refried beans.
3. Top the layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with cheddar cheese. Garnish with black olives.

### Guess Who Game

Congratulations to Linda Collette, who wne Guess Who! Contest this month. The answer was Earl Selfe. Be sure to check out the current pictures for a chance to win!



### Library Book Check-out ~

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



## *Your Page*

### **Senior Fest Displays Needed**

Do you have a special collection that you think would be of interest to others? We are looking for members who have an interesting collection to display during the week of July 16-20th at the Senior Center. It could be almost anything, rocks, war relics, coin collection, comic books, etc. If you have something you think might be fun and interesting to others, contact Cindy at the Senior Center, 392-8402.

### **The Shepherd Center proudly presents The Has Beens**

Big Band Concert and Dance  
Benefiting the Shepherd Center of Kingsport  
Monday, June 11, 7:00-9:00p.m.  
Kingsport's Civic Auditorium

Tickets are \$5 and can be purchased from a board member, through the Shepherd Center office (M-Th, 9-noon) or at the door the evening of the event.

For more information, contact the Shepherd Center, (423) 392-4514.

FREE Handmade Paper Workshop  
Friday, May 11th  
10:00 a.m.  
Lounge  
All materials provided  
Instructor: Jay Church



The **summer class schedule** will be distributed in June. Wellness classes are continuous and will not take a break. All other classes will finish up by May 4th and resume the week of July 2nd. We are hoping to better integrate class schedules with membership renewals.

### **Festus needs your help!**

Do you enjoy Fun Fest and are you looking for a short term volunteer job? We are looking for volunteers to help in our Fort Henry Mall Store between June 23 and July 21.

Our volunteers work 4 hour shifts (training provided) Especially need helpers afternoons, nights and weekends. Responsibilities include:

Answer phone, take and fill orders, assist people to register for activities and provide festival information. To qualify: Be over age 16, friendly and enjoy people, able to hear well in crowds, stand up for a period of time, bend and lift 15 lbs. Some people will work at our outside sales tents and should be able to stand hot weather.

**Contact Holly Brandon at 357-7043 or  
Kathy Charlton at 378-3213 before June 1  
to apply or for more information**

### **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

Wanted 1 pair of binoculars, 7 to 10 by 35 - 50  
Call 239-8977, Ed Osborne

Lost at Dance Recital March 22 - 1 gold hoop earring clip style. If found, please call Mary Sewell at 245-2447

For Sale - Men's apparel (new never worn still tagged) Leather coats and jackets, cloth and fabric jackets, sweaters and vests, shoes (size 10 1/2 and 11) and men's hats sizes 7, 7 1/8, and 7 1/4 all different styles. For more information call 245-9432.

**The Kingsport Senior Center's  
Renaissance Players  
Present  
Good Night, Caroline  
The Just Friends Band  
Plaza Suite: Visitor from Forest Hills**

**May 4-6, 2007  
Friday and Saturday 7:00 p.m.  
Sunday 2:30 p.m.  
Tickets \$3.00**

**Kingsport Renaissance Center Theatre, 2nd Floor  
1200 East Center Street**