



**Celebrate National
Volunteer Month**

Kingsport Senior Center News

April 2008

Volume XVI Edition 4

1200 East Center Street Kingsport, TN 37660

Senior Center Athletic Club Annual Yard and Bake Sale

The Senior Center Athletic Club annual yard and bake sale will be May 9 and 10, 2008. The sale is located on the front lawn of the Kingsport Renaissance Center and the hours will be from 8:00 a.m. until 4:00 p.m. each day. This is the athletic club's biggest fundraiser of the year and helps to send athletes to represent us at the Senior Games. If you have items to donate, we will pick them up on May 8 or you may drop them off on May 8 yourself. For more information or to arrange a pick up, call 276-8977.

First District Tennessee Senior Olympics

The Senior Olympics is a special event for seniors 50 and older which combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime

leisure activities; and provides opportunities for fun, recreation and fellowship. The following counties are included in the First

District: Carter, Greene, Hancock, Johnson, Sullivan, Unicoi, and Washington. The First District Tennessee Senior Olympics start on May 19, 2008 and continue through May 23, 2008. Golf will be played on Wednesday, May 28, 2008. For more information, call Teresa Sutphin at 423-722-5120 or visit this web site: www.tnseniorolympics.com.



Kingsport Senior Center's Renaissance Players Present " Said the Spider to the Spy"

The Senior Center Theatre group will be producing their spring play. The murder mystery-farce, "Said the Spider to the Spy" is a two-act play written by Fred Carmichael. Performances will be May 30, 31 and June 1st. The play is directed by Stan Sanders who promises an experience you will never forget. Stan directed "Death of a Doornail" presented by the Senior Center staff this past

October. We promise you a fun and exciting experience. See You There! Tickets are \$5 and are available beginning April 2 in the Senior Center office. Friday and Saturday performances are at 7:00 p.m. and Sundays performance is at 3:00 p.m. There will be a meet and greet the cast after each performance with refreshments.

"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 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 a refund.

**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.**

Membership Dues

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out of County Residents

**Don't forget to renew your
newsletter subscription!**

Only \$6 per year

* Advisory Council Meeting Change *
Thursday, April 3
12:30 p.m., Room 228

Kingsport Senior Center Staff

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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

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TOURNAMENTS

Fit After 50, 8-Ball Tournament

A Billiards Tournament, presented by Kingsport Times News and sponsored by Cal Spas and Pools, will be held on Saturday, **April 12, 2008**, from 10:00 a.m. to 3:00 p.m. at the Civic Auditorium. We invite all pool sharks to show off your skills. This tournament will be an 8-Ball Tournament singles play, best of three games and single elimination with a maximum of 25 players, due to only one billiard table. This is free, with prizes awarded to 1st, 2nd, and 3rd places, only. Deadline date for signing up is Monday, April 7, 2008. If you have any questions, see Kevin.

Horseshoe Tournament

We invite all horseshoe players to show off your skills on **Monday, April 21, 2008**, at 9:30 a.m. on the back lawn of the Senior Center. This tournament is free and will match a staff member and a senior member as partners in doubles playing the best of three games. Sign up in the office. The deadline date for signing up is Friday, April 18, 2008.



Biking The Virginia Creeper Trail

Come join us for a day of biking on the Virginia Creeper Trail. The van will leave the Center at 8:15 a.m. Friday, **May 16, 2008** for Damascus, Va. Cost of transportation is \$5.00 per person payable when you sign up. The rental fee for bike and shuttle ride is \$21.00 each, (cash only) payable before we load the van. **NOTE: Please bring the correct amount; we will not have any change.** We need a minimum of 12 on the van in order to go on this trip. We will bike ride 17 miles from White Top to Damascus, which is downhill for the first 14 miles and levels out the last 3 miles.

Lunch is on your own at The Creeper Trail Café or you can pack a lunch. Bikes are available with hand or foot brakes. Sign up will start on Monday, April 14, 2008.



Billiards Tournament Winners

We would like to thank all our members who competed in the tournament on Wednesday, March 12, 2008. Winners: 1st place, Tony Saucedo; 2nd place, Edward Throp; 3rd place, Linsy Snapp; and 4th place Jim Parker.

WELLNESS SEMINARS

Stroke Prevention

Sharon Rice, MS, ED, with Wellmont will be at the Center **Tuesday, April 15, 2008**, at 12:00 noon in the Card Room. Topic of discussion will be important information on stroke prevention. All members are invited and we hope to see you there.

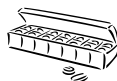
Lunch & Learn Hearing Awareness

This seminar will be presented by Dr. Daniel R. Schumaier, Audiologist and Heather L. Kistner, Au.D., CCC-A, with the Kingsport Hearing Center, on **Tuesday, May 6, 2008** in Room 310 from 10:30 a.m. to 11:30 a.m. Topic of discussion will be hearing aids and hearing loss prevention. Lunch will be served at 11:30 a.m. but **you must reserve a seat to attend.** Stop by the office or call 423-392-8400 to sign up. There are only 50 seats available. Deadline for signing up is Thursday, May 1, 2008.



Brown Bag Medicine

Chris Poston, PharmD, at Kroger Pharmacy will be at the Senior Center on **Tuesday, May 13, 2008**, from 8:30 a.m. to 11:30 a.m. in the Card Room. Please bring all your prescription medications, as well as those that are non-prescription. She will check for correct dosages, drug interactions, and answer a other questions you may have regarding your medications. You must make an appointment in the office to participate in this activity, starting on Monday, April 14, 2008. This seminar is a free service provided by Kroger Pharmacy and is open to all members of the Senior Center.



Daily Activities & Classes at the Center

Monday ~

Woodworking ~ 8:30 ~ Woodshop
Advanced Tai Chi ~ 8:30 ~ Room 302
Aerobics ~ 8:30 & 9:15 ~ Gym
Camera Club ~ Go to www.scphotogroup.com
Quilting ~ 9:00 ~ Room 303
Happy Day Singers ~ 9:45 ~ Travel
Strength Training ~ 10:15 ~ Gym
Abs & Back ~ 10:30 ~ Room 302
Bible Study ~ 12:00 ~ Multipurpose room
Lap Swimming ~ 12:30-12:55 ~ DB Pool
Intermediate Line Dance ~ 12:45 ~ Room 302
Beginning Line Dance ~ 2:00 ~ Room 302
Knitting ~ 1:00 ~ Room 303
Table Tennis ~ 1:00 ~ Gym
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Woodworking ~ 8:30 ~ Woodshop
Beginner Tai Chi ~ 8:30 ~ Room 310
Pilates ~ 8:30 ~ Room 302 (self-directed)
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Balance & Flexibility ~ 9:30 ~ Room 310
Basket weaving ~ 9:30-11:30, 12:00-2:00
Room 303
Strength Training ~ 9:30 ~ Gym
Power Yoga ~ 10:00 ~ Room 302
Renaissance Strings ~ 10:00 ~ Room 306
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Yoga ~ 10:30 ~ Room 302
Beginning Dulcimer ~ 11:00 ~ Room 306
Beginning Clogging ~ 12:00 ~ Room 302
Good Neighbors ~ 12:00 ~ Lounge
Lap Swimming ~ 12:30-12:55 ~ DB Pool
Renaissance Players ~ 12:00 ~ Multipurpose
Shuffleboard ~ 1:00
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)

Wednesday ~

Woodworking ~ 8:30 ~ Woodshop
Advanced Tai Chi ~ 8:30 ~ Room 302
Aerobics ~ 8:30 & 9:15 ~ Gym
Clay ~ 9:00 ~ Clay/Ceramics Studio
Abs & Back ~ 10:30 ~ Room 302
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:30 ~ Room 302
Lap Swimming ~ 12:30-12:55 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dance (women only) ~ 1:30 ~ Room 302

Thursday ~

Woodworking ~ 8:30 ~ Woodshop
Beginner Tai Chi ~ 8:30 ~ Room 310
Pilates ~ 8:30 ~ Room 302 (self-directed)
Woodcarving ~ 9:00 ~ Room 303
Balance & Flexibility ~ 9:30 ~ Room 310
Strength Training ~ 9:30 ~ Gym
Power Yoga ~ 9:30 ~ Room 302
Yoga ~ 10:30 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:00 ~ Lounge
Jam Session ~ 12:00 ~ Cafeteria
Lap Swimming ~ 12:30-12:55 ~ DB Pool
Volleyball ~ 1:00 ~ Gym
Advanced Clogging ~ 3:00 ~ Room 302
Pickleball ~ 4:00 ~ Gym

Friday ~

Woodworking ~ 8:30 ~ Woodshop
Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Strength Training ~ 10:15 ~ Gym
Jewelry Making ~ 10:30 ~ Ceramics/Clay Studio
Lap Swimming ~ 12:30-12:55 ~ DB Pool
Bridge Group ~ 1:00 ~ Card Room
Pickleball ~ 1:00 ~ Gym
Art Class ~ 2:00-4:00 ~ Room 303
Ballroom Dance ~ 5:00 ~ Cafeteria

Saturday ~

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

Recreation ~

You may use any of these rooms: the card, exercise, billiards, ceramic and clay rooms, the lounge, gym, and cafeteria, unless otherwise reserved for class, during business hours.

Computer Lab ~ Available to all members. The room will not be open during scheduled class times.

Travel and Special Events

Trip to McClung Historical Collection and/or Dogwood Arts Festival, Knoxville, Tenn. ~ Friday, April 18 depart at 8:30 a.m. and return at approximately 6:00 p.m. Cost is \$5 for transportation and lunch will be on your own.

Barter Theatre, "Much to do about Nothing" (Play adapted by director Richard Rose, a comedy set in the modern day White House) Wednesday, April 23, with lunch at Pepper Jack Grill at your own expense. Depart at 10:30 a.m. and return at about 5:30 p.m. Cost is \$16 for the show and transp

April Out-to-Lunch-Bunch

The Snow House Café, Wytheville, Va., Friday, April 25, depart at 9:30 a.m. and return at approximately 4:00 p.m. After lunch you will be able to pick flowers if you wish at the "Field of Flowers." Cost is \$5 for transportation with an extra \$7.95 on the day of the outing if you wish to pick flowers. A mason jar will be provided. Lunch will be at your own expense.

Shopping at Knoxville Center Mall (was East Town) with lunch at **Applebees**, Wednesday, April 30. Depart at 8:30 a.m. and return at approximately 5:00 p.m. The cost is \$5 for transportation and lunch is at your own expense. Transportation provided from mall to Applebees. *Sign up begins April 2.*

Barter Theatre

"Keep on the Sunny Side" with lunch at **Red Lobster** on Wednesday, May 7. Depart at 10:30 a.m. and return at approximately 5:30 p.m. Cost is \$16. Lunch at your own expense.

"Don't Cry for Me, Margaret Mitchell" with lunch at **Ruby Tuesdays**. Wednesday, May 28, departing at 10:30 a.m. and returning approximately 5:30 p.m. Cost is \$16 for show and transportation. Lunch is on your own. *Sign up for both Barter shows begin April 2.*

Shopping at Asheville Mall, Asheville, N.C. Tuesday, May 20, departing at 8:30 a.m. and returning at approximately 5:00 p.m. The cost is \$5 for transportation and lunch is on your own. *Sign up begins April 2.*

"Ghost Town in the Sky", Maggie Valley, N.C. ~ Friday, May 23, depart at 8:30 a.m. and return at approximately 5:30 p.m. Cost is \$27 and lunch is on your own. Step back into the Wild West at "Ghost Town in the Sky." Start your day by riding the inclined railway or chairlift that takes you 3,500 feet up the side of a mountain with 75-degree inclines, and spectacular views of the mountains and valley below. Shuttle bus available for those who are faint of heart. Enjoy wild west gun fight reenactments, music, arts, crafts and even try your hand at mining. Cool off in the Silver Dollar Saloon and enjoy live music and the Can Can girl dancers.

Biltmore House and Gardens, Asheville, N.C. ~ Tuesday, June 3, with lunch at Deer Park. Depart at 8:30 a.m. and return at approximately 5:00 p.m. Cost is \$59 and includes lunch. Tentative itinerary, 10:00 a.m., enter home; tour lasts two hours; lunch at 12:30 p.m. Tour the winery at 2:00 p.m., approximately 1 hour, and finally visit the gardens. **Deadline to sign up May 9.**

Harrah's Casino, Cherokee, N.C. ~ Wednesday, June 18, depart at 8:30 a.m. and return at 7:30 p.m. The cost is \$30. Upon arrival, you will receive \$20 back to use either for lunch buffet or gaming. Transportation is by tour bus, NOT the Senior Center bus. **PHOTO ID REQUIRED.**

Deadline to sign up on May 15th.

North Carolina Farmer's Market, Asheville, N.C. with lunch at **Tripps** on Friday, May 30. Depart at 10:00 a.m. and return around 5:00 p.m. Cost is \$5.00 for transportation, with lunch at your expense. *Sign up begins April 2.*

Antique Road Show/Senior Fest Event ~ Thursday, July 17, 9:00 a.m. until 2:00 p.m. in room 310. Appraisers will be here to evaluate your treasures. There is no charge but you must sign up. *Sign up begins April 2.*

News To Use

SENIORS GOT TALENT?

The Senior Center's publicity committee along with staff members are making plans for a new and exciting event. It will be our own version of the Television show "America's Got Talent." We will be accepting auditions for most any type of talent. There will be different audition sites within Kingsport beginning in April. Candidates chosen to move on from the initial auditions will perform at the Semi Finals during our Fun Fest Block Party July 7. Finalists selected will ride on the Senior Center Float Friday, July 11, and perform at the grand finale of Senior Fest week on Friday July 18. The rules are simple; you must be 50 years or older; performance groups must be 5 or less performers: initial auditions are limited to 3 minutes. Entry forms will be available at the Senior Center office in April. Watch for more information to come, including prizes and awards.

Attention, Collectors!

We are looking for seniors who have interesting collections or crafty creations to display in our cases at the senior center. If you have something you think might be appropriate for the cases, contact the office and speak with Marlana or Jody. Displays will run for one month.

Legal Aid Scam Seminar

Legal Aid representatives will present a seminar on scams on **May 15, 2008**. Learn how to protect yourself from scams! The seminar is from 1:00 until 2:00 in Room 239. Snacks will be provided.

Library Book Check-Out

Books will be available from the Kingsport Public Library on **Thursday, April 17**, from 9: 00 a.m. until 11:00 a.m. in the hallway beside the Senior Center office.

A Tasty Treat from Marsha

Layered Reuben Spread

3/4 cup mayonnaise
1/3 cup Thousand Island dressing
1 can (8 oz.) sauerkraut, well drained
1 bag (8 oz.) shredded Swiss cheese
1 package (6 oz.) thinly sliced corned beef, chopped
2 tablespoons sliced green onions (2 medium)
1 box (8 oz.) toasted wheat crackers (about 72 crackers)

- 1) Heat oven to 350 degrees F. In small bowl, mix mayonnaise and dressing until well blended.
- 2) In ungreased 9-inch pie pan, layer sauerkraut, half of the cheese, the corned beef and mayonnaise mixture. To remaining half of cheese in bag, add onions: toss to mix. Sprinkle over top.
- 3) Bake 20 to 25 minutes or until bubbly around edges. Serve spread with crackers.

Prep Time: 15 minutes

Ready in 40 minutes

Servings: 24

(2 tablespoons spread and 3 crackers each)

Nutritional Information per serving

Calories: 150	From fat: 100
Total Fat	11 g
Saturated Fat	3.5 g
Cholesterol	15 mg
Sodium	350 mg
Total Carbohydrate	7 g
Dietary Fiber	0 g
Sugars	0 g
Protein	5 g

Your Page

AARP Driving Class, May 13 and 15,

9:00 a.m. until 1:00 p.m., Room 230. AARP is having a special this month with two for the price of one, so bring a friend and the cost is only \$10 for the two of you. Sign up in the office. What a bargain!

Showers Available at the Senior Center

As of Monday, March 17, shower facilities on the second floor will be available for Senior Center member usage between the hours of 8:00 a.m. and 4:00 p.m. If you wish to use the showers, you must check in at the Senior Center office first. There is both a men's and women's shower.

Recipe Swap

April 1 is our monthly recipe swap. In celebration of April Fool's day bring your craziest recipes to swap. Stop by the office before April 1 and we will make copies for you.

Arbor Day Plant Swap

We will be having a plant swap (anything goes) on Tuesday April 22 at 10:00 in the courtyard. This is in observance of Arbor Day. Please feel free to bring houseplants, bulbs, vegetables or anything else you want to swap.

April Dance ~ Friday, April 11 ~ Sponsored by the Friends of the Senior Center ~ 7:00 p.m. – 10:00 p.m., at Rascals Teen Center. Cost is \$5. **Eddie Skelton's Band** will be the featured entertainment. Come on out for a fun time and bring a finger food or snack food.

Volunteers Needed

Volunteers needed to help publicity committee with various tasks related to the planning of this year's **Senior Fest**. The jobs are varied and flexible. If you are willing, we will find a job for you. Please call Cindy, at 392-8402 or Julie at 392-8405. We are also looking for local businesses that are willing to donate door prizes or sponsor specific events. If you have a connection to a local business, let us know.

The Neighborly Exchange Classifieds

Sewing Machine For Sale ~ Brother sewing machine with all attachments, including needle threader, button hole attachment, and 15 decorator stitches. In good shape. \$60
Call 247-1665

Social Security Seminar

On Thursday, April 24, 2008, representatives from the Kingsport Social Security office will be on hand to assist individuals wishing to file for Retirement benefits using Social Security's secure website, www.socialsecurity.gov.

If you can't attend and are interested in having a representative assist you in filing for benefits, please call 1-800-247-9820, extension 211. Please leave your name, social security number and a day-time phone number. A representative from the local Social Security office will contact you to describe the process within 1 business day.

Kingsport Theatre Guild needs Help

The Kingsport Theatre Guild is seeking people who love to sew and craft. Volunteers are needed to help with COSTUMES for several productions this spring. Your time and talents are valued and in need! We have a lot of fun and you will meet some new people with similar interests. All of our volunteers are acknowledged in programs and receive complimentary tickets to the performance on which they helped. Kingsport Theatre Guild is located in the Renaissance Center on the third floor. For more information, call 392-8427.

Don't Forget!!

ALTERNATIVE HOUSING FAIR Tuesday, April 8

9:00 a.m. - 11:30 a.m.
Information about Senior Housing
Door prizes, Refreshments, Games
FREE

A decorative border of pink, multi-petaled flowers surrounds the text. The flowers are arranged in a rectangular frame, with a single row of flowers along each side.

A Trip to Nashville, Tennessee A Country Christmas

Package Includes:

3-Night Hotel Accommodations
3 Breakfasts & 3 Dinners to include
Dinner and Entertainment aboard the General Jackson Showboat
Tour of the Opryland Hotel
Radio City Music Hall Rockette's
Christmas Spectacular at the Grand Ole Opry
Guided Tour of Nashville
Admission to the Country Music Hall of Fame and Museum
Enjoy shopping at the Opry Mills Mall
November 13 through November 16, 2008
Cost \$669 double occupancy, \$789 single occupancy

Sign up begins April 2. Deposit due June 1, 2008.