



**Happy Thanksgiving  
November 27, 2008**

# **Kingsport Senior Center News**

**November 2008**

**Volume XVI Edition 11**

**1200 East Center Street Kingsport, TN 37660**

## **Thanksgiving Lunch**

It's hard to believe that Thanksgiving is right around the corner. On Tuesday, November 11, we will be having our annual Thanksgiving Lunch. This event has become one of the biggest and best of the year. Come share a meal with your friends at the Senior Center. The Senior Center will provide the turkey, dressing, gravy and drinks. The cost is \$1 and a dish to share. Lunch will be served at 11:30 a.m. **Monday, November 3 will be the last day we can accept sign ups.**

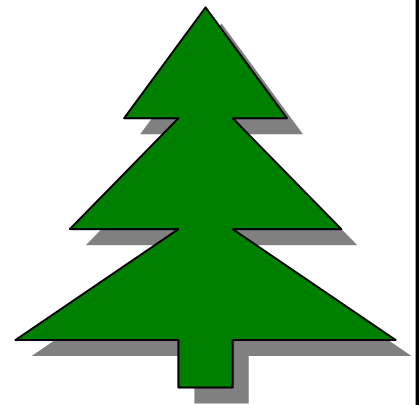
## **Thanksgiving Centerpiece Contest**

We are also having a centerpiece contest for the Thanksgiving Lunch. All centerpieces will be donated and used as door prizes. There will be a \$25 gift card for the winning centerpiece. All centerpieces must be turned into the office by **Monday, November 10, 2008.**

## **Christmas Tree Forest**

The publicity committee would like to present our **1st Annual Christmas Tree Forest**. We will be accepting trees for profit and non-profit agencies. You may provide your own tree or for a fee, we will provide you with a decorated tree with your company name to be displayed in the Kingsport Renaissance Center. Companies have the option of donating their tree to the Auction or leaving it to be displayed in the building until after the holidays.

On Tuesday, December 2, 2008, we will hold our **Auction and Reception**. During this time all trees being auctioned will be on display in the second floor art gallery. Our reception will be held in the second floor atrium with Santa and his elves on hand for the festivities. The Renaissance Strings Dulcimer group will provide the entertainment. We are also having an **Hors d'Oeuvre Contest**. Bring your best holiday party hors d'oeuvre to be vote on during the reception. The winner will receive a \$25 gift certificate, donated by Evelyn McConnell. Please sign up in the office for this contest. Christmas Tree Forest entry forms are included in the newsletter. If you have a business contact, please pass along the information. Proceeds from the silent auction will help fund Senior Fest 2009.



## 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  
[www.kptseniors.com](http://www.kptseniors.com)**

### 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.**

### Senior Center Closings:

**Thursday, November 27, 2008  
Friday, November 28, 2008  
Saturday, November 29, 2008**

### Membership dues

**For Fiscal year 2008-2009  
July 1, 2008-June 30, 2009**

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

Advisory Council Meeting  
Thursday, November 13, 2008  
12:30 p.m.

### 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

## WELLNESS SEMINARS

**Secure Horizons** - Choosing a Medicare health plan is a big decision—one you shouldn't have to make on your own. As complicated as Medicare can be, Secure Horizons can help simplify your choice. A Secure Horizons representative will be at the Senior Center in the hallway (Billiards Room Side) on **Tuesday, November 18, 2008**, from 8:30 am- 4:00 pm to answer any questions you may have about Medicare or any of the Secure Horizons products being offered for 2009. The sales representative will have information and applications. For accommodation of persons with special needs at sales meetings, call 1-800-721-8741 (TTY 1-800-387-1074).

**Diabetes Awareness** - Kim Nuss, Certified Diabetes Educator with MERCK will be at the Center on **Thursday, November 20, 2008** at 12:15 pm in the Card Room. Topic of discussion will be "What is Diabetes? and Types of Diabetes". A snack will be provided and all members are invited to attend and we hope to see you there.

## **Volleyball Lessons**

Dee Dee Mullins will be teaching volleyball lessons on Thursdays only, starting **November 13, 2008 to December 18, 2008** from 12:00 pm to 1:00 pm. The lessons are free. All members who are interested in volleyball are encouraged to attend these sessions. Remember this will only improve your game.

## **Billiard's Tournament Winners**

This years Men's and Women's Billiards Tournaments were a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. **(Men's)** 1st place: Jim Parker, 2nd place: Jack McDavid, and 3rd place: Charlie Fisher. **(Women's)** 1st place: Freda Miller, 2nd place: Joyce Manis, and 3rd place: Bobbie Duffy.

## TOURNAMENTS

### **Bowling for Turkeys**

The Bowling for Turkeys Tournament will be held on **Monday, November 24, 2008**, at 9:00 am at Warpath Bowling Lanes. Cost per game for each participant is \$1.90+tax payable at Warpath Lanes. We will need a minimum of 10 to sign up to have this tournament. This is a single's tournament with highest scores of three games to determine the winners of 1st, 2nd, and 3rd place only. Remember, you don't have to be a regular bowler, because in this tournament you bowl with both hands on the ball and between your legs. It's a lot of fun and this may be your lucky year to win a turkey. As always, we hope to have some new players come out and join us. So stop by the office and sign up.

### **Shuffleboard Tournament**

Sherry King with Greystone Health Care Center will sponsor a shuffleboard tournament on **Friday, November 7, 2008**, at 9:30 am. This tournament will be doubles, playing the best of three games and single elimination with a minimum of 12 players to sign up for tournament to be held. Cost is Free. Sign up in the office. The deadline date for signing up is at the close of business Wednesday, November 5, 2008.

## **SALVE-ATION**

A pain-relieving cream-not a pill-may be the best remedy for aching knees, according to British researchers. In the study, people experienced similar levels of relief whether they took oral ibuprofen or applied the drug topically. The difference is that people who swallowed their medicine suffered more respiratory and kidney problems. Since ibuprofen gels aren't sold in the United States, *Men's Health* orthopedic advisor Nick DiNubile, M.D., recommends Voltaren gel. It's made with diclofenac, a drug similar to ibuprofen that should produce comparable results.

## Daily Activities & Classes at the Center

### Monday ~

Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Advanced Tai Chi ~ 8:30 ~ Room 302  
Aerobics ~ 8:30 & 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Quilting ~ 9:00 ~ Room 303  
Happy Day Singers ~ 9:45 ~ Travel  
Strength Training ~ 10:15 ~ Gym  
Core Conditioning ~ 10:30 ~ Room 302  
Lap Swimming ~ 12:25-12:55 ~ DB Pool  
Intermediate Line Dance ~ 12:45 ~ Room 302  
Beginning Line Dance ~ 2:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym  
Knitting ~ 1:00 - 3:00 ~ Room 303  
Volleyball ~ 4:00 ~ Gym  
Kick Boxing ~ 5:30 ~ Room 302

### Tuesday ~

Water Aerobics ~ 7:00 a.m. ~ DB pool  
Step Aerobics ~ 8:30 ~ gym  
Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Beginner Tai Chi ~ 8:30 ~ Room 310  
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  
Renaissance Strings ~ 10:00 ~ Multipurpose Rm  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Yoga ~ 10:30 ~ Room 302  
Beginning Dulcimer ~ 11:00 ~ Multipurpose Rm  
Beginning Clogging ~ 12:00 ~ Room 302  
Renaissance Players ~ 12:00 ~ Multipurpose Rm  
Good Neighbors ~ 12:00 ~ Lounge  
Lap Swimming ~ 12:25-12:55- ~ DB Pool  
Shuffleboard ~ 1:00  
Pickleball ~ 1:00 ~ Gym  
Karaoke ~ 4:00 ~ 3rd Tuesday ~ Cafeteria  
Basketball ~ 4:00 ~ Gym  
Latin Dance ~ 5:30 ~ TBA

### Wednesday ~

Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Advanced Tai Chi ~ 8:30 ~ Room 302  
Aerobics ~ 8:30 & 9:15 ~ Gym  
Clay ~ 9:00 ~ Clay/Ceramics Studio  
Laughter Yoga ~ 9:45 ~ Multipurpose Room  
Strength Training ~ 10:15 ~ Gym  
Core Conditioning ~ 10:30 ~ Room 302  
Intermediate Clogging ~ 11:30 ~ Room 302  
Lap Swimming ~ 12:25-12:55 ~ DB Pool

### Wednesday Continued

Table Tennis ~ 1:00 ~ Gym  
Bellydance ~ 1:30 ~ Room 302

### Thursday ~

Water Aerobics ~ 7:00 a.m. ~ DB Pool  
Step Aerobics ~ 8:30 ~ Gym  
Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Beginner Tai Chi ~ 8:30 ~ Room 310  
Woodcarving ~ 9:00 ~ Room 303  
Balance & Flexibility ~ 9:30 ~ Room 310  
Strength Training ~ 9:30 ~ Gym  
Yoga ~ 10:30 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym  
Good Neighbors ~ 12:00 ~ Lounge  
Lap Swimming ~ 12:25-12:55 ~ DB Pool  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00 ~ Gym  
Pickleball ~ 4:00 ~ Gym  
Kick Boxing ~ 5:30 ~ Cafeteria

### Friday ~

Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Aerobics ~ 8:30 & 9:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Advanced Bridge ~ 9:30-11:30 ~ Card Room  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:25-12:55 ~ 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

### Aroma Therapy Workshop

Introduction to Essential Oils

**FREE**

Thursday, November 13, 2008

12:30 p.m.

Multipurpose Room

This is an introduction to the many uses of therapeutic grade essential oils. The class will be taught by Jamie Hyatt, RN.

Please call the office to reserve your spot.

## Travel and Special Events

### **Cirque de Chine, Sevierville, Tenn.~**

Tuesday, November 4 ~ Depart at 9:30 am and return approximately 6:30 pm ~ Cost is \$27 and includes transportation and the show. Lunch will be on your own at Olive Garden.

### **Dollywood Christmas, Sevierville, Tenn.~**

Wednesday, November 12 ~ Depart at 9:30 am and return at approximately 9:00 pm ~ Cost is \$47 and includes transportation and admission to Dollywood. Lunch will be on your own at Applewood Farmhouse. Dinner will be on your own at Dollywood. **Space available.**

**Christmas Shopping at the New Belle Island Village in Pigeon Forge, Tenn.** Thursday, November 20 ~ Depart at 8:30 am and return approximately 5:30 pm. Cost is \$5 for transportation and lunch is on your own. **Sign up begins October 7.**

**Barter Theatre, "Another Night Before Christmas" with lunch at Alison's in Abingdon.** Wednesday, November 26 ~ depart at 10:30 a.m. and return at approximately 5:30 p.m. Cost is \$16 and includes transportation and the show.

**Out to Lunch Bunch at Flying Horse Grill, Pigeon Forge, Tenn.** with shopping at The Christmas Place ~ Friday, November 14. Depart at 9:30 am and return approximately 5:30 pm. Cost is \$5 for transportation with lunch on your own.

**Thanksgiving Lunch, Tuesday, November 11** at 11:30 a.m. The Center will provide the turkey, dressing, gravy and drinks. Cost is \$1 and bring a dish to share. Don't miss out on one of our most festive events of the year. **Deadline to sign up is Monday, November 3.**

**Gingerbread House Exhibit at Grove Park Inn, Asheville, NC. with lunch at Tripps.** Wednesday, December 17 ~ depart at 9:45 a.m. and return at approximately 5:30 p.m. Cost is \$5 for transportation and lunch will be on your own.

**Wolfhart Haus Christmas, Wytheville, VA.** Thursday, December 11 ~ depart at 9:00 a.m. and return at approximately 6:30 p.m. Cost is \$38 including transportation, lunch and show.

**Allandale Christmas Dance, Tuesday, December 9** ~ Dance to the music of the "Kids Our Age" band and enjoy the wonderful food. Heavy Hors d'oeuvres will be served. Limited to 75 tickets due to the limited space at Allandale Mansion. Doors open at 6:00 p.m.; dancing 6:30 p.m. until 9:30 p.m. Tickets \$10 each.

**Tickets go on sale Friday, November 7. You must be a member to purchase tickets during the first 10 days of sales; however, you may bring a guest. Maximum of 4 tickets per purchase.**

**Newcomer's Breakfast** ~ Monday, January 5, 2009, 8:30 a.m. until 9:30 a.m. in the cafeteria. FREE. Come meet the staff and volunteers. New first time members are encouraged to sign up. Limited to the first 30 non-first-time members. **Sign up in the office beginning Thursday, November 6.**

**December Out-to -Lunch Bunch at Carter on Main in Elizabethton** with a visit to the Sycamore Shoals Christmas Tree Forest afterwards. Friday, December 12, 2008, depart at 10:30 a.m. and return at approximately 4:00 p.m. Cost is \$5 for transportation. **Sign up begins Thursday, November 6, 2008.**

**UT Men's Basketball Game- vs Belmont with lunch at Pueblo's Grill in Strawberry Plains** ~ Saturday, December 20, 2008, depart at 10:30 a.m. and return at approximately 7:00 p.m. Fast food stop for dinner. Cost is \$12 and includes ticket and transportation. **Sign up begins Thursday, November 6.**

**UT Women's Basketball Game vs. University of South Carolina with lunch at Cowboy's on the Water** ~ Sunday, January 18, 2009, depart at 10:30 a.m. and return at approximately 7:00 p.m. Fast food stop for dinner. Cost is \$12 and includes ticket and transportation. **Sign up begins December 4, so mark your calendar!**

# News To Use

## FREE Introduction to Healing Essential Oils

When: Thursday, November 13, 2008  
Where: Multipurpose room  
Time: 12:30

Come learn about the many uses of therapeutic grade essential oils. This introductory class will be taught by Jamie Hyatt R.N. Please come by the office to sign up. Limited to 20 participants.

## Veterans Memorial Benefit

Kingsport Renaissance  
Center Theatre  
Saturday, November 15, 2008,  
7:30 p.m.



Celtic, Bluegrass & Country Music Concert featuring "Fire in the Kitchen," "Tennessee Skyline," and "The Golden Strings."

Tickets \$12 Adults/ \$10 Seniors and Students

Purchase your tickets online at [www.KingsportArts.org](http://www.KingsportArts.org) or at the Kingsport Tomorrow office. For information, call 392-8416 or the Box Office at 392-8417.

## Library Book Day

Thursday November 20,  
9:00 - 11:30 in the hallway in front of the office. We have several overdue books. Please make sure you let us know if you need to keep a book longer than one month.



## A TASTY TREAT FROM MARSHA

### Spiral Apple Dumplings

#### Ingredients:

- 2 cups granulated sugar
- 2 cups water
- 1/4 cup margarine or butter
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup shortening
- 2/3 cup milk
- 1/4 cup granulated sugar
- 1/2 teaspoon ground cinnamon
- 3 cups shredded, peeled cooking apples (3 to 4 medium), such as Golden Delicious, Rome, Granny Smith, Jonathan, or Newton Pippin

#### Directions

1. For sauce, in a large saucepan, combine 2 cups sugar, the water, margarine, 1/4 teaspoon cinnamon, and nutmeg. Bring to boiling and boil for 5 minutes: set aside (should have about 2 cups sauce).
2. For dough, in a large mixing bowl, combine flour, baking powder, and salt. Using a pastry blender, cut in shortening until pea-size. Make well in center. Add milk all at once. Stir just until moistened. Knead dough on a lightly floured surface 10 to 12 strokes or until nearly smooth. Roll out into a 12x10 inch rectangle.
3. For filling, combine 1/4 cup sugar and 1/2 teaspoon cinnamon and set aside. Sprinkle apples evenly over dough. Sprinkle with sugar mixture. Roll dough into spiral, starting from a long side. Pinch seam to seal. Cut into twelve 1-inch thick pieces. Place in 13x9x2 inch baking pan. Pour sauce over dumplings. Bake in a 350 degree F oven about 50 minutes or until golden. Makes 12 servings.

## Your Page

### Dance News



### FREE Beginning Ballroom Dance Workshop (Swing)

When: Monday, **November 10, 2008**, 7:30 p.m.- 8:30 p.m.

Where: Rascals Teen Center,  
125 Cumberland St., Kingsport

Dance Instructor: Noah Grunzweig

### November Dance at Rascals

When: Friday, **November 14, 2008**  
from 7:00 p.m. to 10:00pm

Place: Rascals Teen Center

Band of the evening: "Limited Edition"

The Oct. Free Dance Workshop went exceptionally well. Forty eight people attended the workshop: 21 gentlemen and 27 ladies, the best gender ratio we've seen! Most of the attendees were folks we've not seen on the dance floor before. Several people came from Johnson City and Gate City. James Maples taught the attendees several basic foxtrot steps and some advanced moves which enabled us to float around the dance floor with music!

If you attended either /or both the Waltz and Foxtrot Workshops, please come to the dances to practice your newly acquired skills. Remember, dancing is fun, a great exercise and a wonderful way to meet new people. Remember also, the more you practice, the better you will be on the dance floor. Keep in mind James Maples' advice: relax; **don't look at your own feet**; look ahead like you enjoy what you are doing and move along with the music!

**Don't Forget to purchase your tickets for the Annual Allandale Christmas Dance!**

### Publicity Committee

The publicity committee is a committee of staff and senior volunteers whose mission is to promote the senior center to the local community. Last year our goal was to increase the membership to 2500 members. We came very close as the year total was 2365. That was up over 500 members from last year. We have recently added several new members to the committee. If you have any suggestions please see one of the following committee members. We would love to hear your ideas.

Cindy Price– staff liaison

Julie Scott– staff budget consultant

Mary McNabb– 2009 Senior Fest Chairperson

Mary Underwood

Sandra Byington

Joyce Manis

Camille Waye

Millard Burton

Erma Burton

Buster Fogle

Peggy Fogle

Al Wilkes

Chassy Freeman

Jeter Kinsler

Helen Lemmons

Millie Yascavage

### Hand and Foot Card Game

Anyone interested in playing hand and foot, please call Brenda Reinhardt at 423-239-4866.



**ALLANDALE  
CHRISTMAS DANCE  
"Kids Our Age" Band**

Tuesday, December 11, 2008

Allandale Mansion

Doors Open at 6:00 P.M.

Dancing 6:30 P.M. until 9:30 P.M.

Heavy Hors d'Oeuvres Served

Tickets \$10 each

**Tickets go on sale Friday, November 9, 2008**