

**Enjoy
Your
Memorial
Day!**



Kingsport Senior Center News

May 2009

Volume XVII Edition 5

1200 East Center Street Kingsport, Tenn. 37660

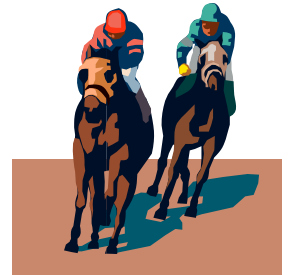
Derby Day

**Join us on the front lawn of the Senior Center as we
celebrate Derby Day on Friday, May 1, 2009.**

**Please bring a food dish to share, we will have virgin mint juleps to
drink and be sure you wear your best decorated hat!**

Visit with Josie and her horse Prince.

**Stop by the office and let us know if you plan to attend before
May 1st**



Diaper, Wipes and Baby Clothes Drive

Please donate for a good cause during May!

We are accepting baby shampoo, baby lotions,

New or gently used baby clothes,

baby wipes and any size baby diapers

All items collected will be donated to

The Hope Center Freewill Baptist , Family Ministries



Mother's Day Tea

**Celebrate Mother's Day with us on Thursday, May 7, 2009 at
George Washington School Apartments community room, at 1:00 p.m.**

Please bring a bag of your favorite tea and a dessert to share.

**Lance Halverson with Dare 2 Dance will provide dance
performances for your entertainment**

Please sign-up by May 5th

Class Surveys

**Please pick-up, complete and then return your class surveys in the
front office by June 1st**

THANK YOU!

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**

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:

Monday, May 25th
Memorial Day

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, May 21, 2009
12:30 p.m.

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
buchanans@ci.kingsport.tn.us
392-8403

Branch Coordinator
Cindy Price
price@ci.kingsport.tn.us
392-8402

Program Leaders
Julie Bickford
scott@ci.kingsport.tn.us
392-8405
Michelle Tolbert
tolbert@ci.kingsport.tn.us
392-8404

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

Secretary ~ Marsha Mullins
mullins@ci.kingsport.tn.us
392-8400

Office Assistant
Cameron Waldon
392-5942

Program Assistant
Marlana Williams
williamsm@ci.kingsport.tn.us
423-392-8406

Program Assistant
staley@ci.kingsport.tn.us
Jody Staley
392-8406

Nutrition Site Manager ~ Sona Bingham
246-8060

Newsletter Staff

Operations Editor ~ Shirley Buchanan
Editor—Michelle Tolbert

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

Sally Long with Banker's Life will be at the Center on **Tuesday, May 5, 2009** at 12:15 pm in the Card Room. Topic of discussion will be "Medicare and Active Americans ". All members are invited and we hope to see you there.

Pack Your Bag: Free Medication Consultation

Lori Griffin, Pharmacist with CVS will be at the Senior Center on **Tuesday, May 26, 2009** at 10:00 am in the Card Room. There will be a 15-minute presentation on improving health through Medication Compliance. Topic of discussion "Bone Health: Preventing & Managing Osteoporosis". Also there will be 15 minute one-on-one consultations with each member to review prescription and non-prescription medications, be sure to bring all your medications. You must sign up to have medications checked. Each member who attends will receive give-aways, including product samples, coupons, and a Medication Management Record. All members are invited. We encourage you to take full advantage of this very good free service.

Shuffleboard Tournament

We invite all shuffleboard players to show off your skill on **Wednesday, July 1, 2009** at 9:00 am. Cost is \$2.00 per person and we will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with single elimination. We will only use one half of the score board for this tournament. Sign up today.

District Senior Olympics

District Senior Olympics start **May 18-22, 2009** and the Golf tournament will be on Wednesday, **May 12, 2009** at Cattails of Meadowview. For more information and entry forms see Kevin or visit: www.tnseniorolympics.com.

Bike Ride in Damascus VA

Come join us for a day of biking in Damascus, VA. We will depart the Center at 8:30 am **Friday, May 29, 2009**. Cost is \$5.00 for transportation payable when you sign up, bike rental fee is \$21.00 each, (cash only) payable before we leave. **NOTE:** Please bring the correct amount, we will not have any change. We need a minimum of 12 on the van in order for this trip to go. The bike ride is 17 miles from White Top to Damascus, which is down hill for the first 14 miles and leveling 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. Stop by the office and sign up.

HEALTH & WELLNESS FAIR

The Kingsport Senior Center's Health & Wellness Fair will be on **Tuesday, June 9, 2009** on the 1st floor from 9:00 am to 11:30 am. Come join us for a day of Wellness. Kroger Pharmacy will be doing Blood Pressure Checks, and Cholesterol Screenings (Total, HDL, LDL, Triglycerides), Blood Sugar Screenings. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. 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 Association
*Amedisys Home Care *American Cancer Society
*Arbonne International *Asbury Place *Bankers Life & Casualty Co. *BlueCross BlueShield *Brian Center Health & Rehab. *Cariten *First TN Area Agency *Friends of the Senior Center *Greystone Health Care *Healthier Solutions *HealthSouth
*Humana *Integrated Health *Interim HealthCare
*Kroger Pharmacy *Marsh Regional Blood Center
* Mary Kay *MedXpress *Mountain Region Donor
*Mountain States Health Alliance *Mountain State Lifeline *National Kidney Foundation Center
*Ridgecrest Manor *Rural Health Service *Secure Horizons *Smoky Mountain Home Health *The Oaks of Kingsport *Wellmont Madison House
*Wexford House

Daily Activities & Classes at the Center

Monday ~

Woodworking ~ 8:30 -3:30 ~ Woodshop
Advanced Tai Chi ~ 8:30 ~ Boys/Girls Club
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
Lap Swimming ~ 12:25-12:55 ~ DB Pool
Intermediate Line Dance ~ 12:45 ~ Boys/Girls Club
Beginning Line Dance ~ 11:30 ~ Boys/Girls Club
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00-3:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym
Kick Boxing ~ 5:30 ~ Room 302

Tuesday ~

Step Aerobics ~ 8:15 ~ Boys/Girls Club
Woodworking ~ 8:30-3:30 ~ Woodshop
Beginner Tai Chi ~ 8:30 ~ Room 310
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Balance & Flexibility ~ 9:30 ~ Room 310
BasketWeaving~9:30-11:30,12:00-2:00, RM 303
Core Conditioning ~ 9:30 ~ Boys/Girls Club
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Multipurpose Rm
Power Yoga~10:30 ~1st Broad St. UMC REC RM
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Yoga ~ 11:00 ~ 1st Broad St. UMC REC ROOM
Beginning Dulcimer ~ 11:00 ~ Multipurpose Rm
Beginning Clogging ~ 1:30 ~ Room 302
Renaissance Players ~ 12:00 ~ TBA
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

Wednesday ~

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

Wednesday, Continued

Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ 1:30 ~ Room 302

Thursday ~

Step Aerobics ~ 8:15 ~ Boys/Girls Club
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
Core Conditioning ~ 9:30 ~ Boys/Girls Club
Strength Training ~ 9:30 ~ Gym
Power Yoga ~ 10:30 ~ 1st Broad Street UMC REC RM
Yoga ~ 11:00 ~ 1st Broad Street UMC REC RM
Exercise for Everybody ~ 10:30 ~ Gym
Good Neighbors ~ 12:00 ~ Lounge
Lap Swimming ~ 12:25-12:55 ~ DB Pool
Jam Session ~ 12:00 ~ 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
Strength Training ~ 10:15 ~ Gym
Spanish ~ 10:30 a.m.~ Multipurpose Room
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

Pfizer Helpful Answers

Pfizer Helpful Answers is a program that helps people without prescription coverage to save money on Pfizer medications, no matter their age or income. People with limited income may qualify to get their medications for free. Medicare participants that have fallen into the "Doughnut Hole" may also qualify for assistance.

Please call Julie Bickford @ 423-392-8405 to schedule an appointment to complete an application or with questions

Travel and Special Events

Mother's Day Tea ~ Thursday, May 7, 2009 ~ at George Washington School Apartments. Time: 1:00—2:00 p.m. Please bring a dessert and a bag of your favorite tea. Special dance entertainment by Lance Halverson. Door prizes! Sign-up by May 4th.

May Out-To-Lunch-Bunch at General Morgan Inn ~ Friday, May 8, 2009 ~ Depart 10:15 a.m. and return by 3:00 p.m. Cost: \$2.00, with lunch on your own. Sign-ups began April 7th.

Therapeutic Grade Oils for Cleaning the Home ~ Tuesday, May 19, 2009 ~ Multipurpose Room. Time: 1:00 p.m.-2:00 p.m. Cost: FREE. Sign up by: May 15th.

Tour "The Carter Mansion" with lunch at Coffee Company, Tuesday, May 19, 2009 ~ depart at 10:30 a.m., return at approximately 4:30 p.m. Cost: \$2.00 with lunch on your own. Sign ups began April 8.

Shopping at Five Oaks in Pigeon Forge, Wednesday, May 20, 2009 ~ depart: 9:30 a.m., return: 6:00 p.m. Cost: \$5.00 with lunch on your own. Sign ups began April 8.

Are You Properly Insured ~ Thursday, May 21, 2009 ~ Card Room, Time: 12:15 p.m.– 1:15 p.m. Cost: FREE. Provided by: Aflac. Doughnuts and coffee will be provided. Sign-ups begin May 1st.

Picnic at Allendale with Native American Interactive Demonstrations ~ Tuesday, May 26, 2009 ~ Time: 11:30 a.m. Cost: \$2.00 and bring a dish to share, we will provide drinks. Join us at Allendale for a picnic and to learn about Native American customs, dance and traditions.

Therapeutic Oils: Topic to be discussed: Biblical Oils ~ Tuesday, May 26, 2009 ~ Multipurpose Room. Time: 1:00 p.m.– 2:00 p.m. Cost: FREE, Sign-up by: May 22nd.

Barter Theater (Stage II) : "6 Dance Lessons in 6 Weeks" with lunch at O'Charley's Restaurant. Thursday, May 28, 2009. Depart 10:30 a.m. Return 6:00 p.m. Cost: \$16.00 with lunch on your own. **Sign up began April 7th.**

Barter Theater: Wizard of Oz/lunch at Cracker Barrel ~ Wednesday, June 3, 2009 ~ depart: 10:30 a.m. return approximately 6p.m., Cost: \$16.00 plus lunch on your own. Sign-ups begin May 5th.

June: Out-To-Lunch -Bunch ~ Pssghetti's and shop afterward in Blowing Rock N.C. Friday, June 12, 2009 ~ depart: 9:30 a.m. return approximately 6:00 p.m. Cost: \$5.00 for transportation, plus lunch on your own. Sign-up begins May 7th.

Lunch and Learn ~ Thursday, June 18, 2009 ~ Topic of discussion: Everything You Need to Know about Funeral Planning, Time: 11:30 a.m.—12:30 p.m. Menu: Sharon's Barbeque. Door prizes! Sign-up begins May 7th.

Best Friends Festival in Norton VA. ~ Wednesday, June 17, 2009 ~ depart: 9:30 a.m. and return at approximately 4:30 p.m. Cost: \$2.00. Sign-ups begin May 7th.

Asheville Farmer's Market and lunch at Tripps Restaurant ~ Tuesday, June 23, 2009 ~ depart: 9:45 a.m. return at approximately 6:00 p.m. Cost: \$5.00 plus lunch on your own.

Shopping Down Town Gatlinburg ~ Tuesday, June 30, 2009 ~ depart: 9:30 a.m. and return approximately 6:00 p.m. Cost: \$5.00 plus lunch on your own. Sign-ups begin May 7th.

Health and Wellness Fair, June 9, 2009
Time: 9-11:30 a.m.
See the Wellness Page for more information

News To Use

Volunteer Opportunity

Please join us on Tuesday, May 12, 2009

Time: 1:30 p.m.

Multipurpose Room

To sign –up in the various areas to volunteer during Senior Fest activities beginning July 7th at the Senior Fest block party and during the week of Senior Fest July 13-17th
Hope to see you there!



Wii Games

Sign up in the office for an hour time slot Monday -Friday to play the Wii games that are set up in the multipurpose room. **Practice for the Wii bowling tournament on Friday, June 26, 2009, sign –ups begin May 26, 2009.**

Portable Health Profiles– Update!

(Flash drives)

We are out of the Portable Health Profiles, if you would like to purchase a portable health profile— (flash drive), call Critical Access Inc. by calling 1- 865-405-5600 or order on their website at www.portablehealthprofile.com

Once you receive your flash drive, if you need help entering your information, please call Michelle at 392-8404

Library Book Day

Thursday, May 21, 2009

9:00 a.m.-11:30 a.m. in

the hallway in front of the office. We have several

overdue books. **Please** be responsible by making sure you let us know if you need to keep a book longer than one month.



A TASTY TREAT FROM MARSHA

Broccoli and Cauliflower Salad

- 1 head broccoli flowerets
- 1 head cauliflower flowerets
- 1 small onion
- 3 stalks of celery
- 1/4 cup sour cream
- 1/2 cup mayonnaise
- Dash salt to taste
- 1/8 cup sweet pickle juice
- Bacon pieces (optional)

Chop broccoli, cauliflower, onion and celery. (May be easier to chop separately)

Mix together sour cream, mayonnaise, pickle juice until smooth and pour over the chopped vegetables in a large bowl. Mix well and add salt and pepper to taste. For calorie reduction, use fat free sour cream and light mayonnaise. May be made ahead and stored in refrigerator overnight.



Senior's Got Talent

We are looking for all kinds of talent, if you haven't completed an application, we encourage you to do so as soon as possible! Applications for auditions are available in the Senior Center office and are due 5 days prior to the auditions. First audition is scheduled for Thursday, May 14, from 10 a.m.-2 p.m. in the theater. We need more applicants!

We have well known judges!

Come out and show your talent!

Your Page

Dance News

From the Dancing Corner:

There are a couple who don't come to our dances regularly but when they come, I just can't keep my eyes off them. On the floor, they are smooth, graceful and their steps are synchronized to the exact beats. They look stunning together! I got up my nerve one evening and asked them how long they had been dancing and where they learned their style. They looked at each other and smiled. "He comes over and we practice in my garage", she said, "so the style must come from my garage!" I couldn't help but laugh with them. She is absolutely right. Style isn't learned; it comes with knowing the steps, knowing your body as you sway to the music and most of all, it comes with a lot of practice!

No matter where you are in your dance journey, be sure to continue taking the dance lessons, learn new steps and PRACTICE whenever and wherever you can. Finding your own style may take awhile but enjoying the band, or simply watching others dance, is easy and fun to do. So, come on out and spend some time with your dancing friends. There never is a dull moment in Rascals on our Friday evening dances!

Please Note, we have two dances scheduled in May: **When: Friday, May 8, 2009**
Time: 7:00-10:00 p.m.

AND

Multimedia Dance

When: Friday, May 29, 2009

Time: 7:00-10:00 p.m.

Where: Rascals Teen Center
125 Cumberland Street, Kingsport



Social Service Needs

We have the following available in the office:

- Advance Directives Forms
 - Assistive Listening Devices
- Applications for medical assistance, rental assistance and other applications are also available

Please call Julie Bickford at 392-8405 for more information



Ruth Sluder began taking Taekwondo in March 2007 and received 1st degree Black Belt February 6, 2009 at Olson's Martial Arts Academy in Johnson City. She entered her 1st tournament February 28th 2009 and won 3rd place in form and creative weapons (sword) and 1st place in point sparring. She is now in the Master Club and working toward her second degree. Ruth says her favorite thing in Taekwondo is breaking boards!

Neighborhood Exchange

For Sale

Power Chair, right hand controlled in excellent condition. Weight limit 300lbs.

Will take minimum of \$500.00.

If interested, please call Sharon Howe at 423-245-2366

Donations Needed

If you have recently updated your computer and need to get rid of your old one, now is the time!

We need computer supplies for the computer classes we are starting at George Washington School Apartments.

Call Dwight Monday at 246-5209 to arrange pick-up



AARP Local Chapter Organizational Meeting

Wednesday, May 13, 2009

2:00-3:30 p.m.

Room: Cafeteria

Come and find out how a local Kingsport chapter can be vital to our community. Refreshments will be served. For more information contact Duffy Wigle
423-276-4748