

Enjoy the school year



and thank a Teacher!

# Kingsport Senior Center News

**September, 2009**

**Volume XVII Edition 9**

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

## Hoedown Dinner at Allandale Barn

**Thursday, September 10, 2009**

**Time: 6-8 pm**

**Cost: \$2.00, plus bring a dish of food to share,**

**Senior Center will furnish Chicken and drinks**

**Sign-ups began: August 17th , please sign-up by: September 8th**

**(You must sign-up so we will have enough Chicken)**

**Entertainment: a Square Dance performance and**

**Music to dance to by The Country Classics (country/bluegrass)**

**See ya there!**

## September is National Senior Center Month

Theme: Make A Connection

**In recognition of National Senior Center Month, join us for our  
"Making a Connection Day" Mini-Health Fair on Thursday, September 24th.**

**Topics on display, with take home information are:**

**Big Brothers / Big Sisters (being a mentor)**

**Bright Star Life Care (home healthcare for all ages)**

**and The Joint Replacement Center (Joint replacement: hip & knee)**

**1st floor hallway billiards room side**

**Time: 9-11 a.m.**

**Refreshments and door prizes**

**(Prizes will be at 11:15 a.m., you must be present to win)**

**No sign-ups required, walk-ins welcome!**

**All members are encouraged to stop by for some valuable information**

## 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

**Saturday, September 5 and Monday,**

**September 7, 2009 ~ Labor Day**

**It's Time to Renew Your Membership  
For Fiscal year July 1, 2009 - June 30, 2010**

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

Advisory Council Meeting  
Thursday, September 17, 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 Leader  
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  
Jody Staley  
staley@ci.kingsport.tn.us  
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

### Foot Care

Angie Maddox, Marketing/Sales Representative with Interim HealthCare of E. Tenn. Will be at the Center on **Tuesday, September 1, 2009** at 12:15 pm in the Card Room. Topic of discussion will be "Foot Care". Also a free Accu-Chek meter will be given to each (member with diabetes) who attends. All members are encouraged to attend and we do hope to see you there.

### Fall Prevention( Fall Screening) Program

FTAAAD and ETSU Falls Clinic will be at the Senior Center on **Thursday, September 17, 2009** from 10:00 am to 11:30 am in Room 310. ETSU Falls Prevention Clinic will be conducting a Falls Screening, the team will consist of a Pharmacist & pharmacy students, Nurse Practitioner & nurse students, and Physical Therapist & physical therapist students. The screening is to identify those individuals that have risk factors that could result in falling, and if identified as having risk factors, they may be referred to the Falls Clinic at ETSU for a full evaluation. We would also encourage all participants to bring their medication or bring their Portable Health Profile with a medication list. Stop by the office and sign up if you plan to attend.

### Living Wills

Desiree Saunders, Bereavement & Volunteer Coordinator and Connie Lambert, Social Worker with Amedisys Hospice will be at the Center on **Tuesday, September 29, 2009** at 12:15 pm in the Card Room. Topic of discussion will be "Living Wills: Five Wishes". Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. All members are invited and we hope to see you there.

## Free Medication Consultation

Lori Walls, PHARM D. with CVS will be at the Senior Center on **Tuesday, September 22, 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 "Controlling High Cholesterol". 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. **NOTE:** You must sign up to have your 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.

## Briarwood Ranch Safari Park

Come join us for a day on a tractor & wagon ride at Briarwood Ranch Safari Park. We will depart the Center at 9:00 am **Friday, September 4, 2009**. Cost is \$5.00 for transportation payable when you sign up, park fee is \$10.00 if 15 or more sign up and \$14.00 if less than 15 sign up. This fee is payable before we depart the Center. The tractor & wagon ride is a great way to see the Park. The park Ranger will stop the tractor from time to time and share great animal stories! The Park also offers a gift shop to buy souvenirs and a picnic area to eat lunch. Be sure to bring your camera and dress appropriately to the weather, and pack a lunch. **NOTICE:** All persons entering Briarwood Ranch do so at their own risk. Briarwood Ranch will not be responsible for injuries to any individual. Stop by the Office and sign up.

## Quote of the Month

*"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~ Doug Larson*

## Daily Activities & Classes at the Center

### Monday ~

Advanced Tai-chi ~ 8:30 ~ Boys/Girls Club  
Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 - 3:30 ~ (begins Sept 22nd) ~ Wood shop  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Quilting ~ 9:00 ~ Room 303  
Happy Day Singers ~ 9:45 ~ Travel  
Beginning Clay ~ 10:00 ~ Ceramic/Clay Studio  
Strength Training ~ 10:15 ~ Gym  
Karate for Seniors ~ 10:30 ~ 302  
Beginning Line Dance ~ 11:30 ~ Boys/Girls Club  
Lap Swimming ~ 12:25-12:55 ~ DB Pool  
Intermediate and Advanced Line Dance ~ 12:45 ~ Boys/Girls Club  
Table Tennis ~ 1:00 ~ Gym  
Knitting ~ 1:00 ~ 303 (begins September 14th)  
Volleyball ~ 4:00 ~ Gym

### Tuesday ~

Tai-Chi ~ 8:30 ~ Room 310  
Step Aerobics ~ 8:30 ~ Boys/Girls Club  
Woodworking ~ 8:30 - 3:30 ~ Wood shop  
Mini-Cardio ~ 8:45 ~ Cafeteria  
Beginning Clogging ~ 9:00 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
West Coast Swing (beginning) ~ 9:30 ~ Room 310  
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303  
Core Conditioning ~ 9:30 ~ Boys/Girls Club  
Strength Training ~ 9:30 ~ Gym  
Renaissance Strings ~ 10:00 ~ Multipurpose RM  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Power Yoga ~ 10:45 ~ 1st Broad St. UMC  
Beginning Dulcimer ~ 11:00 ~ Multipurpose RM  
Yoga ~ 11:15 ~ 1st Broad St. UMC  
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  
Open Ballroom Dance Practice ~ 4:30 ~ 302

**Renaissance Players will be partnering with Kingsport Theater Guild schedule TBA**

### Wednesday ~

Woodworking ~ 8:30 - 3:30 ~ Woodshop  
Advanced Tai Chi ~ 8:30 ~ Boys/Girls Club  
Aerobics ~ 8:30 & 9:15 ~ Gym  
Intermediate/Advanced Clay ~ 9:00 ~ Clay/Ceramics Studio  
Strength Training ~ 10:15 ~ Gym  
Karate for Seniors ~ 10:30 ~ 302  
Intermediate Clogging ~ 11:30 ~ Room 302  
Laughter Yoga ~ 11:00 ~ Multipurpose Room  
Lap Swimming ~ 12:25 - 12:55 ~ DB Pool  
Table Tennis ~ 1:00 ~ Gym  
Hand and Foot Card Game ~ 1:00 ~ Card Room  
Belly Dance ~ 1:30 ~ Room 302

### Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Tai-Chi ~ 8:30 ~ Room 310  
Woodworking ~ 8:30 - 3:30 ~ Woodshop  
Step Aerobics ~ 8:30 ~ Boys/Girls Club  
Mini-Cardio ~ 8:45 ~ Room 302  
Woodcarving ~ 9:00 ~ Room 303  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Strength Training ~ 9:30 ~ Gym  
Core Conditioning ~ 9:30 ~ Boys/Girls Club  
Beginning Mambo ~ 9:30 ~ Room 310  
Exercise for Everybody ~ 10:30 ~ Gym  
Power Yoga ~ 10:45 ~ 1st Broad St. UMC  
Yoga ~ 11:15 ~ 1st Broad St. UMC  
Good Neighbors ~ 12:00 ~ Lounge  
Jam Session ~ 12:00 ~ Cafeteria  
Lap Swimming ~ 12:25-12:55 ~ DB Pool  
Volleyball ~ 1:00 ~ Gym  
Pickleball ~ 4:00 ~ Gym

### Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 - 3:30 ~ Woodshop  
Genealogy Group ~ 9:00 ~ Computer Lab  
Beginning Spanish ~ 9:00 ~ Multipurpose Room  
Strength Training ~ 10:15 ~ Gym  
Intermediate Spanish ~ 10:30 ~ Multipurpose Room  
Lap Swimming ~ 12:25-12:55 ~ DB Pool  
Bridge Group ~ 1:00 ~ Card Room  
Pickleball ~ 1:00 ~ Gym  
Art Class ~ 2:00 ~ Room 303  
Ballroom Dance ~ 5:00 ~ Cafeteria

### Saturday ~

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

## Travel and Special Events

**Safety In Your Home** ~ Thursday, September 10, 2009 ~ 10:30 a.m. in the card room. Cost: FREE. Refreshments will be served and a door prize, provided by Remington House. Sign-up begins: **September 1st.**

**Trunk Sale** ~ Friday, September 11, 2009 ~ 8 a.m.—1 p.m. Cost: FREE. Sign-up for a spot in the front parking lot and sale your stuff from your trunk!

**Barter (Main stage) ~ The Witnesses with lunch at Brooklyn Grill** ~ Wednesday, September 16, 2009 ~ depart at 10:30 a.m. return by 6:00 p.m. Cost: \$16.00, plus lunch on your own. Sign-ups began **August 5th**

**Barter (Stage II) ~ Foreigner with lunch at Pepper Jack Grill** ~ Wednesday, September 23, 2009 ~ depart at 10:30 a.m. return by 6:00 p.m. Cost: \$16.00, plus lunch on your own. Sign-ups began **August 11th.**

**Skin Care for 50+ by Mary Kay** ~ Tuesday, September 24, 2009 ~ 12:15 p.m. Card Room. After program will have a door prize drawing.

**Shopping at West Town Mall** ~ Wednesday, September 30, 2009 ~ Cost: \$5.00 for Transportation. Sign-ups begin **September 2nd.**

**Manicures** ~ Wednesday, September 30, 2009 ~ 11:30 a.m. Multipurpose Room. Cost: \$2.00, please pay Manicurist. Sign-up begins: **September 1st.** \*Manicures will be 1 hour each\*.

**Barter (Main Stage) "Frankenstein" with lunch at Withers Hardware** ~ Thursday, October 1, 2009 ~ depart 10:30 a.m. Return by 6:00 p.m. Cost: \$16.00. Sign-ups begin: **September 8th.**

**Blue Moon Dinner Theater ~ "Death Trap" (Comedy/Thriller) ~ 5 course meal / show** ~ Wednesday, October 7, 2009 ~ depart at 5:15 p.m. return by 10:45 p.m. Cost: \$31.00. Sign-ups begin: **September 2nd.**

~ **Mackinac Island & Frankenmuth Trip** ~  
**Sept 20-26, 2009**  
For information call **392-8400**

**How to Survive these Difficult Economic Times by Merrill Lynch** ~ (5 week session) ~ Wednesdays ~ October 7th - November 4, 2009. Times: 10 a.m.—11 a.m. Card Room. Speaker: Bill Hamilton, Senior Financial Advisor.  
**Walk ins Welcome!**

**Wohlfahrt House ~ "Thoroughly Modern Millie"** ~ Thursday, October 8, 2009 ~ depart at 10:00 a.m. return by 6:30 p.m. ~ Cost: \$38.00. Sign-ups begin **September 8th.**

**Harrahs Casino— 20th Century Coach** ~ Wednesday, October 14, 2009 ~ depart 8:30 a.m. return by 6:30 p.m. Cost: \$35.00. A \$20.00 voucher will be given upon arrival, please bring a photo ID. Sign-ups began **August 5th.**

**Mike Carter Stables and Barbeque Lunch** ~ Thursday, October 15, 2009 ~ depart at 9:30 a.m. return by 1 p.m. Cost: \$2.00 for transportation pay at sign-up, bring \$5.00 cash day of for lunch. \*Bring a folding chair\*. **Must sign-up by October 8th.**

**Barter (Main Stage)** ~ Heaven Sent with lunch at Red Lobster ~ Thursday, October 22, 2009 ~ depart at 10:30 a.m. return by 6 p.m. Cost: \$16.00. Sign-ups begin **September 8th.**

**Out-to-lunch-bunch— Hale Springs Inn-Rogersville** ~ Friday, October 23, 2009 ~ Depart at 10:15 a.m. return by 2:30 p.m. Cost: \$2.00, plus lunch on your own. Pre-order meal at sign-up, which begins : **September 10th.**

**Dollywood ~ Harvest Celebration** ~ Friday, October 30, 2009 ~ depart at 8:30 a.m. return by 8:00 p.m. Cost: \$45.00. Sign-ups begin **September 9th.** Must have 25 paying before season passes can be signed up.

**"The Senior Attack Raft"**  
Kevin Lytle, Rosie Johnston, Joyce Owens, Jody Staley, "The guide: Brandon", Wanda Webb, Carolyn Tymus and Bob Johnston.  
Whitewater rafting  
August 20, 2009



## News To Use

### **Epilepsy Training**

Tuesday, September 29th  
Room 239

Time: 8:30 - 9:30 a.m.

Hosted by the National Epilepsy Foundation  
Learn about different kinds of seizures and  
first aid for someone having a seizure.  
Sign-up in the front office

### **A TASTY TREAT FROM MARSHA**

#### **Zesty Veggies**

Your choice of vegetables may be used,  
i.e. zucchini, colored peppers, onion, yellow  
squash, eggplant, mushrooms.

Cut veggies up and either place on a grill  
pan if being used on an outdoor grill or pan for  
oven broiling. Grill or bake till crisp - tender.

Place in large bowl, add Fat - Free  
Zesty Italian dressing and sprinkle with parmesan  
cheese.

ENJOY!

### **Seniors vs. the Wild**

Wednesday, October 21, 2009, Time: 8:30am  
Warrior's Path State Park

Are you ready for  
the challenge?

Form your team now!

Call 392-8400 for more information.



### **Senior Center Athletic Club Apple Butter Makin'**

**Friday, October 2, 2009**

**Time: begins at 7am (all day)**

**Come and help make apple butter, bring a  
crock pot of soup,  
sandwiches, etc, to the lounge to share  
and enjoy lunch together at 11:30am.  
No sign-up required**

**~Check out the Arts and Craft Show~  
In the Gallery ~ 2nd Floor**

**~ AARP Kingsport Chapter meeting ~  
Tuesday, September 22nd  
Time: 2-3p.m.  
Cafeteria  
Light refreshments will be served**

### **Donations Needed**

- 4 ply worsted weight yarn (standard weight) for our knitters group, please bring by front office
- We are in need of microwave, refrigerator, and various furniture for our new branch site, Lynn View, if you have furniture to donate, please call the front office

**THANKS!**

**Learning the Chinese Language  
(Multigenerational program)  
Begins Friday, Sept 11th, ages 5-9 years  
Time 4-5 p.m.**

**Instructor: Hang Lei  
and**

**Saturday, Sept 12th, ages 10 & up  
Time: 9:30—10:30 a.m.**

**Instructor: Jean Chang  
Cost: \$40, \$60 with parent  
Please pay class fees to instructor**

# Your Page

## **Widow and Widower Support Group Meeting**

Thursday, September 17, 2009

Time: 5:00 p.m.

Cost: FREE

Location: Card Room

Light refreshments will be served

Topic of discussion: Who moved my cheese?

The **Genealogy Group** is hosting a presentation by Kenny Stallard on 1920's Kingsport

Friday, September 25th

Time: 8:30 - 11:00 a.m.

Room: 239

Refreshments will be served

Learn history about Kingsport and how to join the Genealogy Group to look up your family's ancestors

## **Be Street Wise**

Thursday, September 10th

Time: 4-5 p.m.

Room: 310

Learn what you should do in the following situations:

- Someone snatches your purse
- Someone follows you home from shopping
- If asked to help an injured child in a parking lot

And others....

**Come learn how to be prepared!**

## **AARP Safe Driving Classes**

Wednesday, September 16th

And

Friday, September 18th

Room: 230

Time: 9 a.m.-1 p.m.

Cost: \$12 AARP members, \$14 non-members

Instructor: Randall Fields

Sign-up by September 14th

**\*Must attend both days\***

## **From the dancing corner**

Some of us have been traveling, visiting families or taking care of grand kids during the summer. Even though we have our monthly dance on the second Friday of the month as usual, the vacation, travel and family responsibilities have made it difficult for us to participate in all the dances. I hope you miss us as much as I have missed your presence.

Now that summer is over, do something fun for yourself: kick off your high heels and come cut the rugs with your friends. See you Friday, September 11 at 7 p.m. at the Rascals.

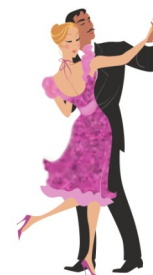
## **September Dance with Live Music**

**When:** Friday,  
September 11, 2009

**Time:** 7:00 p.m.—10:00 p.m.

**Where:** Rascals Teen Center

125 Cumberland Street, Kingsport



Band of the evening: **Jerry Pierce and the Night Life Band**

Cost: \$5.00 per person and please bring a dessert or snack to share.

## **Library Book Day**

3rd Thursday each month

9-11:30 a.m. in the hallway outside the Senior Center Office

We have several books that are overdue, please return ASAP!

**During September we are collecting toiletries for seniors in need , please drop off at the front**

## **Good Neighbors September Schedule**

**Tuesday, September 1, 2009 : Foot Care Seminar (card room @12:15pm)**

**Thursday, September 3, 2009 : Jingo (Sponsor: Preston Place Suites)**

**Tuesday, September 8, 2009 : Make Fall postcards for friends**

**Thursday, September 10, 2009 : Wexford House Breakfast, leave at 8:45am**

**Tuesday, September 15, 2009 : Movie at First Broad Street United Methodist**

**Thursday, September 17, 2009 : Fall Prevention Program (10 am Room310)**

**Tuesday, September 22, 2009 : Wellness Seminar (12:15 Card Room)**

**Thursday, September 24, 2009 : Skincare for 50+ by Mary Kay (12:15 Card Room)**

**Tuesday, September 29, 2009 : Out to Eat at Mama's House, leave @ 10:45am**

**HAPPY FALL YA'LL**