Mission:

The Kingsport Senior Center is a community resource dedicated to enriching the quality of life for area seniors.

About the Kingsport Senior Center: The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.

Location and Hours of Operation:

Main Site – Renaissance Building:
1200 E. Center Street Kingsport, TN 37660
Hours of Operation:
Monday-Friday: 8:00am - 7:00pm  Saturday: 9:00am – 12:00pm
www.kptseniors.net
423-392-8400

Branch Sites:

Lynn View:
257 Walker Street Kingsport, TN 37665
Hours of Operation: Monday-Friday, 8:00am - 2:30pm.
423-765-9047

Aquatic Center:
1820 Meadowview Pkwy, Kingsport, TN 37660
Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:
100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:
631 Lebanon Rd Kingsport, TN 37663

Follow us on Social Media: Kingsport Senior Center @KingsportSeniorCenter @KingsportSeniorCenter

Kingsport Senior Center Advisory Council Members:

Mary Porter (Chairman)
Brenda Cunningham
Pat Breeding
Frances Cottrell
Laurel McKinney
Linda Gemayel

Richard Currie
Peter Shang
Lisa Shipley
Brenda Eilers
Kenn Naegele

The Senior Center Advisory Council would like to announce the addition of Public/Senior Member comments at the end of each meeting. This will give members the opportunity to address the Council with comments, concerns, and suggestions. Please present your concern, suggestion, or comment in writing to the Senior Center office. The meeting is suspended until further notice. It is our hope that this will be a benefit to our seniors, staff, and the council.

View our Annual Report on the KSC website under the About Us Page.
Interested in keeping up with events with a digital copy of the newsletter sent to your email?!
Call (423) 392-8400 or stop by Front Office and give us your email!!!

Disclaimer: The Kingsport Senior Center will not sell or give out your email and you won’t have to worry about junk mail with us (we only send the 1 copy a month)!!

Facebook Tips for Seniors

by Aging & Awesome Youtube

September 18

Interested in keeping up with events with a digital copy of the newsletter sent to your email?!
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Disclaimer: The Kingsport Senior Center will not sell or give out your email and you won’t have to worry about junk mail with us (we only send the 1 copy a month)!!

Senior Services

Seeking Woodworkers

The Inventor Center has the tools and space you need.

- 5x5ft Sawstop Table
- Power Matic Jointer
- Power Matic Planer
- Board Surface Drum Sander - Self Feeding
- 4x8 Rolling Work Table
- Miter Saw
- Lathe
- Hidden Pocket Joiner
- Too much to list - take a tour!

Call Us At: (423) 765-0900

Join Today!

theinventorcenter.com
Phone: (423) 765-0908
Email: theinventorcenter@gmail.com
Facebook: @theinventorcenter

MENTION THIS AD FOR YOUR FIRST MONTH FREE!
Virtual Calendar

9/1/20  8 Secret Android Phone Settings You Should Try https://www.youtube.com/watch?v=usSPEEELypmbl
9/1/20  4 Stretches that Get Rid of Neck Pain and Give You Better Posture https://youtu.be/NaShux69R1w
9/1/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/2/20  Advanced Microsoft Excel – VLOOKUP Basics https://www.youtube.com/watch?v=8y8yI1Zkcs
9/2/20  Air Fryer Tutorial with Recipe/Recipe https://www.youtube.com/watch?v=6KP6NGEFYZU
9/2/20  DIY Labor Day Deco Projects/Facebook https://www.youtube.com/watch?v=eUGe3aPBsIU
9/2/20  Ben Hubert at Bays Mountain with Wegs, the Red-Tailed Hawk/Facebook
9/2/20  What is My Social Security?/YouTube Video
9/2/20  Bays Mountain video with Megan Krager
9/3/20  Anakeesta in Gatlinburg, TN Virtual Tour https://www.youtube.com/watch?v=eUGe3aPBsIU
9/3/20  How to Get Rid of a Neck Hump (5 Exercises for a Total Posture Makeover https://youtu.be/0OkB0x0_9kU
9/4/20  Name That Tune @ 3:00 pm/Facebook Live
9/4/20  Grindelwald Switzerland Virtual Walking Tour https://www.youtube.com/watch?v=AnpFRl47-2Y
9/5/20  iPhone iOS 13 Tips, Tricks and Hidden Features https://www.youtube.com/watch?v=3NOabYqozal
9/5/20  15 Minute Senior Mat Pilates to Build Strength, Confidence and Flexibility https://youtu.be/M9GFND9I30
9/6/20  The Beginner’s Guide to Microsoft PowerPoint https://www.youtube.com/watch?v=UF34-Wu6qWU
9/6/20  Learn How to Play Hearts/Facebook
9/6/20  No-Sew DIY Thrift Store Sweater Pumpkins https://www.youtube.com/watch?v=XieU7cfq7Y
9/6/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/6/20  Old City of Jerusalem, Israel Virtual Walking Tour https://www.youtube.com/watch?v=YNewcAVUb4
9/6/20  Tips for Seniors on Facebook/YouTube Video
9/6/20  DIY Fall Craft/Facebook
9/7/20  25 Things You Didn’t Know Siri Can Do on iPhone/iPad https://www.youtube.com/watch?v=dCZwIjyickQ
9/7/20  Wicked Plant Video/Facebook
9/7/20  DIY Outdoor Fall Birthday Party Ideas https://www.youtube.com/watch?v=x0pX0mhrCSg
9/7/20  Coffee and Chat with Amber @9:00 am/Facebook Live
9/7/20  Android Phone Tutorial for Beginners/From Previous iPhone Users https://www.youtube.com/watch?v=Fg05ZPlyEyA
9/7/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/8/20  Frozen Shoulder Stretches & Exercises https://youtu.be/FgL9P5ZtW8c
9/8/20  15 Amazing Shortcuts You Aren’t Using on Your PC (Windows or Mac) https://www.youtube.com/watch?v=VeAK7Bv4F1o
9/8/20  Daily 15 Minute Senior Mat Pilates to Build Strength, Confidence and Flexibility https://youtu.be/M9GFND9I30
9/8/20  How to use Google Photos https://www.youtube.com/watch?v=Jl-5N2OJJaA
9/8/20  Growing Peppers in Containers or Pots https://www.youtube.com/watch?v=H_A UdJQUado
9/8/20  Learn How to Play Rook/Facebook
9/8/20  Tour of Lynn View Mural/Facebook
9/8/20  Legal Aid of East Tennessee/Facebook (You must pre-register for this event; contact Beth @ (423)343-9713 or beth-freeman@kingsporttn.gov)
9/8/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/9/20  Tour of Salt Oasis Video/Facebook
9/9/20  Gatlinburg SkyBridge and Sky Lift Tour https://www.youtube.com/watch?v=4ySAxZxL1
9/9/20  SMILE Meeting via Zoom @2:00 pm (Volunteers must pre-register for this meeting with Beth @ (423) 343-9713 or beth-freeman@kingsporttn.gov)
9/9/20  Pilates for Older Women https://youtu.be/o0WPm9vsGTE
9/9/20  Compass Health tour video
9/11/20  Iceland Virtual Walking Tour (Reykjavik) https://www.youtube.com/watch?v=i6V7jc6bXP0
9/11/20  Best Cell Phones for Seniors/YouTube Video
9/11/20  Brain Games @ 3:00 pm/Facebook Live
9/14/20  iPhone Secret Hacks You Must Try! https://www.youtube.com/watch?v=FZij54tPk3c
9/14/20  Card Making with Susan Adesman/Facebook
9/14/20  Slow Cooker Meals with Rachel/Facebook
9/14/20  Pictionary @ 3:00 pm/Facebook Live
9/15/20  Adding Videos to Microsoft PowerPoint Presentations https://www.youtube.com/watch?v=zLFfZKo9NRo
9/15/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/15/20  Can You Get Rid of Bat Wings and Go Sleeveless at Sixty https://youtu.be/f0lcqXdmk9U
9/15/20  What are some causes, symptoms & cures of Sleep Apnea: 10:30 a.m.
9/15/20  Larry’s Cycle Shop video
9/16/20  Learn a New Dance with the Staff/Facebook
9/16/20  Bellafina Chocolate Video/Facebook
9/16/20  Downsizing & Living Clutter Free/Facebook
9/16/20  Easy DIY Easy Fall Treats https://www.youtube.com/watch?v=cmfcr8Ty_1
9/17/20  Most Amazingly Beautiful Places In America https://www.youtube.com/watch?v=xoCVDr1R5389
9/17/20  The Power of Music: 10:30 a.m.
9/17/20  How to Shop Smart
9/18/20  Old City of Jerusalem, Israel Virtual Walking Tour https://www.youtube.com/watch?v=YNewcAVUb4
9/18/20  Tips for Seniors on Facebook/YouTube Video
9/18/20  DIY Fall Craft/Facebook
9/19/20  25 Things You Didn’t Know SIRI Can Do on iPhone/iPad https://www.youtube.com/watch?v=dCZwIjyickQ
9/19/20  Wicked Plant Video/Facebook
9/19/20  DIY Outdoor Fall Birthday Party Ideas https://www.youtube.com/watch?v=x0pX0mhrCSg
9/19/20  Coffee and Chat with Amber @9:00 am/Facebook Live
9/22/20  Android Phone Tutorial for Beginners/From Previous iPhone Users https://www.youtube.com/watch?v=Fg05ZPlyEyA
9/22/20  Tech Tuesday with Brookdale @ 2:00 pm/Facebook Live
9/22/20  Frozen Shoulder Stretches & Exercises https://youtu.be/wT8gPa-6B-c
9/23/20  15 Amazing Shortcuts You Aren’t Using on Your PC (Windows or Mac) https://www.youtube.com/watch?v=VeAK7Bv4F1o
9/23/20  Healthy Eating for Fall/Facebook
9/23/20  Succulent Tips for Beginners https://www.youtube.com/watch?v=f8nsXcxySig
9/23/20  Brain Games @ 3:00 pm/Facebook Live
9/23/20  MyRide TN Kingsport @2:00 pm/Facebook Live
9/24/20  Tour of Nashville, TN – Best Places to Visit https://www.youtube.com/watch?v=CS6SglvGZXE
9/24/20  Shoulder Pain Relief Stretches https://youtu.be/6JHsraw2NIK
9/24/20  Memory and Brain Health: 2pm-4pm
9/25/20  What Does Driving Give You?!/YouTube Video
9/25/20  Pyramids of Giza Virtual Walking Tour https://www.youtube.com/watch?v=H_A UdJQUado
9/25/20  Learn How to Play Rook/Facebook
9/25/20  Tour of Lynn View Mural/Facebook
9/25/20  10 Best Rotator Cuff Exercises for Strengthening https://youtu.be/6u8QpNmQy_g
9/25/20  Why Inpatient Rehab is needed: 12:30 a.m.
9/25/20  How to Make a YouTube Account (Beginners Guide) https://www.youtube.com/watch?v=b38ef8n1p4U
9/25/20  Flower Pots Using Cement and 2 Liter Bottles https://www.youtube.com/watch?v=c2FAcJDLQdo
9/25/20  What Are the Best Senior Citizens Discounts/YouTube Video
9/25/20  Tour of the New Miracle Field @3:00 pm/Facebook Live

Facebook Exercise Classes

M-TH  SS Classic, Core Conditioning, and SS Yoga with Brenda
M, W, F High/Low Impact Aerobics with Terri Farthing
M, W, F SilverSneakers Classic with Terri Bowling
M, W, F SilverSneakers Yoga with Terri Bowling
M, W, F Strength/Stretch with Terri Farthing
M, W, F Total Body Workout with Terri Bowling
T, TH Piloxing with Terri Bowling
T, TH SilverSneakers Boom Fitness with Terri Bowling
TH Tai Chi at 8:30 am with Ming
Guess the Staff Member

A.
1. Enjoys watching true crime shows, i.e. Unsolved Mysteries and Snapped
2. Likes unfrosted strawberry & blueberry poptarts
3. Favorite sandwich is peanut butter & strawberry jelly
4. Smoked Paprika is not my friend
5. Not a big fan of baseball

B.
1. Could eat nachos everyday
2. Survivor fan
3. Favorite TV series is Seinfeld
4. Can watch jets take off & land from my grandmother’s backyard
5. Cougar & Buccaneer alumni

C.
1. I am the oldest of 28 grandchildren
2. When my cousins & I were little we loved riding Hot Cycles & trying stunts with them. During one particular stunt, I went airborne & landed over a small ditch & broke my Hot Cycle in half. I was not injured but was very upset about my Hot Cycle.
3. Music & being near water are my stress relievers
4. I LOVE electronics & gadgets
5. I love all types of genres of music

D.
1. Love Corgis
2. Went into septic shock in 5th grade
3. Have seen 75-100 artists/bands live
4. Has a stereo/record player from 1963
5. I hold the 3 point record at my high school

E.
1. I did basic training at Fort Dix in New Jersey
2. I was a hair dresser/owner of a salon for 16 years
3. I played softball & volleyball in high school
4. My first car was a black ’65 Mustang
5. I had a dog named Meatball & a cat named Pu Pu Platter growing up

F.
1. I won an essay contest in 7th grade. The prize was $50 & I had to ride in a parade as the winner
2. I have never broken a bone
3. I worked all summer at a ranch camp. My job was doing all the rest of the staff’s laundry (phew)
4. I learned how to cast a bait casting fishing rod last weekend
5. I could eat my weight in Japanese food that is cooked at your table

G.
1. Drove into Canada once for only 30 minutes
2. Loves to read murder mysteries
3. Secretly a hippie
4. Afraid of spiders
5. Learned to type on a manual typewriter

H.
1. I have a Masters Degree
2. I could eat sushi everyday
3. I broke my back while sledding
4. I have dyslexia
5. My mamaw was friends with George Jones and he would visit her at her home from time to time

I.
1. I am part German
2. The farthest place I have traveled beyond East Tennessee is Las Vegas
3. I worked as a nursing home administrator
4. I owned & ran a small business with my sister for 10 years

ANSWERS FROM LAST MONTH:
A. Answer is picture # 5. Kevin Lytle
B. Answer is picture # 9. Shirley Buchanan
C. Answer is picture # 8. Michelle Tolbert
D. Answer is picture # 6. LeAnna Hickman
E. Answer is picture # 1. Amber Quillen
F. Answer is picture # 4. Diane Broyles
G. Answer is picture # 2. Beth Freeman
H. Answer is picture # 7. Lori Calhoun
I. Answer is picture # 3. DeAnna Way
Subscribe to our new Kingsport Senior Center YouTube Channel! (Link Below)

https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber

Rob’s Story

Music has been a part of Rob for most of his life. After mastering piano at a young age, he grew to also love singing and playing guitar (among many other instruments).

For years, Rob knew he had a hearing problem, but similar to many people, he put off getting hearing aids. Eventually, he grew tired of sounding like a broken record. “It’s very frustrating to have to ask people to repeat themselves all the time,” says Rob.

After getting fitted for hearing aids by his Miracle-Ear provider, Rob realized how much he had been missing out on—especially in his relationships with others. “Really, at the end of the day, it’s about being able to have a conversation with another person,” he says.

Rob loves how he’s now able to hear and enjoy the beautiful intricacies of music, from melodies and vocals to crescendos and cadences. When asked about his decision to get hearing aids, he says: “I should have done this five years ago. And I’m glad I did it.”

“For me, you can’t put a price tag on the relationships that you have with the people in your life.”
What have our SMILE Volunteers been up to?

Beginning the 3rd week of July, our Volunteers started making Wellness Calls to all of our Members. If you haven’t received one yet, be patient! We have 4,482 Members and it takes some time to make that many calls! We have 15 volunteers who have made approximately 3,360 calls so far!!

If you would like to volunteer to help make these calls, please contact Beth Freeman at (423) 343-9713.

We will be having a SMILE meeting via Zoom on Thursday, September 10 at 2:00pm. The purpose of this is so we can speak with one another “face to face” and see what everyone has been up to!

If you would like to participate, please contact Beth at the number above or bethfreeman@kingsporttn.gov and you will be given instructions.

I’m looking forward to hearing from all of you!!

A big Thank You to all of our Volunteers for their continued dedication to the Kingsport Senior Center and to the community!!

We love to hear how our Volunteers are staying active! Contact Beth Freeman if you, or someone you know, would like to be mentioned in next month’s Newsletter!

Keeping the Comforts of Home

In-Home Senior Care
• Companion Care • Personal Care
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(423) 246-0100
ComfortKeepers.com

Life Is Stressful - Let US Be The Easiest Part of Your Day

* Specialized Medical Care In Your Home or Place of Residence *
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  • Call our Kingsport office today * 800-516-6371
** Free In-Home Consults**

COVID 19 Prevention-Wear Mask-Wash Hands Frequently-Maintain Social Distancing
‘We have always been your “Front-Line Heroes” especially during Covid 19
Anticipate More Opportunity!

Ready for more out of retirement?

With maintenance-free senior-living at Asbury Place Kingsport, you’ll have more time to spend on things you want to do - not what you have to do.

Call 423-830-0808 or visit AsburyPlaceKingsport.org to schedule a tour!

100 Netherland Lane, Kingsport, TN 37660
AIR FRYER TUTORIAL

BE SURE TO KEEP AN EYE OUT FOR AMBER’S AIR FRYER TUTORIAL + RECIPE!

WEDNESDAY, SEPTEMBER 2

YOU CAN VIEW ALL VIRTUAL EVENTS ON THE KINGSPORT SENIOR CENTER FACEBOOK OR YOUTUBE.

facebook live

September 23 | 2:00 PM

Lisa Christian will be here to discuss the services & benefits of MyRide TN, as well as any volunteer needs.

How is your loved one with special needs this fall?

Special Needs Trusts provide for your loved one’s supplemental needs when you cannot.

A Third-Party Supplemental Needs Trust is established and funded by a person who is not the person living with a disability – hence the term “Third-Party.” The Trust provides for the disabled person during his or her life while preserving funds for other descendants in the family upon the disabled person’s death.

Vista Points is focused on helping people living with disabilities, their parents and caregivers, and the professionals who serve and guide them.

Peace of mind does not have to cost a fortune.

VistaPoints
The Special Needs Trusts & Resource Center

Vista Points, Inc. | Special Needs Trusts & Resource Center
888.422.4076
www.vistapoints.org
EXTENDED TRAVEL TRIPS

The Kingsport Senior Center Presents a 10 day & 9 Night Portugal’s River of Gold River Cruise

Double Occupancy/person= Cat E (window cabin) $4799
Cat B (balcony cabin) $5799
$500 deposit due at sign up; $1500 deposit

A few of the places you will visit:

Lisbon, Portugal
Porto, Portugal
Régua, Portugal
Barca d’Alva, Portugal
Salamanca, Spain
Pinhão, Portugal
Régua, Portugal

Join us for a Virtual Walking Tour of Grindewald, Switzerland on 9/4/2020 on Facebook
https://www.youtube.com/watch?v=AnpFRI47-zY

The Kingsport Senior Center Presents an 8 Day & 6 Night trip to Ireland

Double Occupancy/person= $3099
Single Occupancy/person= $3799
$450 deposit due at sign up

A few of the benefits included in your trip:

3 dinners including: A special dinner with Traditional Irish Entertainment
View of the St. Patrick’s Parade Festivities in Dublin
Visit to Blarney Castle
Visit house of Waterford Crystal
Travel through beautiful Ring of Kerry
Visit the Guinness storehouse
Sightsee in Dublin

Join us for a Virtual Walking Tour of Reykjavik, Iceland on 9/11/2020 on Facebook
https://www.youtube.com/watch?v=i6V7jc6bXP0
FISHING TIPS & TRICKS
FRIDAY, SEPTEMBER 25
10:00 AM
KINGSPORT SENIOR CENTER FACEBOOK LIVE FROM THE POND W/ AMBER

Learn how lures work, different types of reels, how to tie line, etc.

MISCELLANEOUS

TOUR OF THE NEW MIRACLE FIELD
Wednesday, September 30
3:00 PM | KSC FACEBOOK LIVE

DANCE PARTY
LEARN A NEW DANCE WITH THE STAFF!
WEDNESDAY, SEPTEMBER 16
KINGSPORT SENIOR CENTER GYM

TECH TUESDAY
W/ BROOKDALE COLONIAL HEIGHTS

September 22
2:00 PM
Kingsport Senior Center Facebook LIVE

Jenna Sauro, Sales & Marketing Manager, will join us for a Facebook Live "Tech Tutorial"

Princeton ASSISTED LIVING
WE’RE STILL ACCEPTING NEW ADMISSIONS
Call for details on how we’re preventing the spread of COVID-19
423-975-1800

CALL TODAY TO TAKE A VIRTUAL TOUR!
401 Princeton Road
Johnson City, TN 37601
www.PrincetonTransitionalCare.com
How to identify a census taker

In July, census takers began interviewing households around the country that have not yet responded online, by phone, or by mail to the 2020 Census. The U.S. Census Bureau is working to complete data collection as quickly and safely as possible, while ensuring a complete and accurate count as it strives to comply with the law and statutory deadlines.

Check their badge
All Census Bureau employees will present an official ID badge. It will include:

> Their name
> Their photograph
> A Department of Commerce watermark
> An expiration date

If you are unsure, you can contact the U.S. Census Bureau:

Upon request, the census taker will provide their supervisor’s contact information and/or the phone number for the local Census Bureau regional census center.

The regional census center supervises the activities of all census takers who canvass communities and specializes in answering questions about them.

What to look for:

- Official 2020 Census bag
- Census Bureau issued iPhone

How to avoid a visit from a census taker:

Most households have received an invitation to participate in the 2020 Census. The best way to avoid a visit from a census taker at home is to complete the 2020 Census online, by phone, or by mail.
Qualified Retirement Plan Distributions

RETIREMENT ACCOUNT WITHDRAWAL AND RETIREMENT PLAN LOANS

The CARES Act may allow you to withdraw money from your retirement account or take a loan from your retirement plan. These options are available to qualified plans such as 401(k) and profit-sharing plans, 403(a) and (b) plans, 457 plans and IRS.

• You may be able to withdraw up to $100,000 from your retirement plan if you meet one of the following criteria:
  o You have been diagnosed with COVID-19.
  o Your spouse or a dependent has been diagnosed with COVID-19.
  o You are experiencing COVID-19 related financial troubles caused by quarantine, termination, furlough, reduction in hours, staying home to care for children due to lack of childcare, or you own a business that has closed or reduced hours of operation.
• It is important that you work with your Plan Administrator to demonstrate that you meet one of the eligibility factors so the distribution can be approved.
• You will not incur the 10% early withdrawal penalty.
• The withdrawal is not subject to mandatory tax withholding from an employer plan.
• The withdrawal is eligible to be repaid over three years and will be treated as a rollover.
• The tax on the withdrawal can be spread over three years.
• If your plan allows plan loans, you can:
  o Take up to $100,000 as a plan loan,
  o Take up to 100% of the vested balance, and
  o Payments may be delayed up to 1 year.
• Required minimum distributions are waived for 2020. If you have already taken the required distribution, it can be rolled back into the account.
• Call your plan administrator to see if these options are available to you.

Contact Legal Aid of East Tennessee if you need legal help

• Johnson City Office: (423) 928-8311
• Morristown Office: (423) 587-4850
• Knoxville Office: (865) 637-0484
• Maryville Office: (865) 981-1818
• Cleveland Office: (423) 303-2266
• Chattanooga Office: (423) 756-4013
• Family Justice Center, Blountville: (423) 574-7233
• Family Justice Center, Johnson City: (423) 722-3720
• Family Justice Center, Knoxville: (865) 215-6835
• Family Justice Center, Chattanooga: (423) 643-7600
• Erlanger, Chattanooga: (423) 778-7807
• Tennessee Senior Law Alliance: (423) 928-8311
"I want to thank the whole TownView crew for the wonderful job you're doing. With all that's going on I become more grateful for you all every day. Thanks again for your commitment to safety and kudos on doing a great job!"

- Becky

See all that TOWNVIEW has to offer and what the excitement is all about in downtown Johnson City! Enjoy your independence at TownView, where home upkeep & yard work is a thing of the past!

All-Inclusive Independent Living

7 Great Reasons to Choose TownView of Johnson City

1. Convenience! All included in rent: Utilities, cable, shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
2. Spacious apartment homes! Mountain and downtown views.
3. Community features! Chapel, Ice Cream Parlor, Dining Room and Café, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
4. Outdoor features! Large, beautiful courtyard with walking paths, raised garden beds, games & picnic area, fire pit and gated parking.
5. Exceptional staff! 24 hours a day concierge; Additional on-site staff includes security, maintenance, housekeeping, activities and dining.
6. Location! Walking distance to parks, festivals, library, and dining; convenient to I-26, Senior Center, VA and medical services.
7. Welcome Home! Don’t just live, Thrive at TownView in a warm and inviting home-like atmosphere.

Call or Come See Us! 423-328-9068
114 West Fairview Ave., Johnson City, TN 37604

thetownview.com
Support Group “Restless Legs Syndrome”: 12:30pm. Tuesday, Sept 8 | Every other 2nd Tuesday of the month | Room 310 | This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. A guide to understanding RLS disease and ailments associated with it’s interrupting your sleep. Sign-up in Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this support group meeting will be postponed and rescheduled for Tuesday, Nov. 10.

Wellness Seminar “What are some causes, symptoms & cures of Sleep Apnea”: 10:30am. Tuesday, Sept 15 | Room 310 | Dr. Gregg Watlington, ETSU Family Physicians. Sleep Apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night’s sleep, you might have sleep apnea. Sign-up in Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “The Power of Music”: 10:30am. Thursday, Sep 17 | Room 310 | Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will be sharing 15 awesome Health Benefits to Listening to Music. Sign-up in Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Memory and Brain Health”: 2pm - 4pm. Thursday, Sep 24 | Room 310 | This program is sponsored by Tracey Kendall Wilson, Regional Director with Alzheimer’s TN, Ginny Jenkins, Hospice Care Consultant with Avalon Hospice & Kim Howell, Marketing Liaison with Visiting Angels. Memory Screenings will be available. Sign-up in Office or calling (423)-392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Why Inpatient Rehab is needed”: 12:30pm. Tuesday, Sep 29 | Room 310 | Debbie Cook, RN, Rehab Liaison with Encompass Health will discuss the purpose of IPR and why people need it. She will also cover the admission process from the hospital or home, and also which diagnosis are appropriate for IPR. Sign-up in Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Advance Directives”: 10:30am. Tuesday, Oct 20 | Room 310 | Dr. Trask Printz, ETSU Family Physicians. Advance Directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time. They give you a way to tell your wishes to family, friends, and health care professionals and to avoid confusion later on. Sign-up in the Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Eating Mediterranean Style”: 10:30am. Monday, Oct 26 | Room 310 | Rachel Dean with UT Extension will explore the flavors of the Mediterranean and foods that make this style of eating so healthy, recipes included. Sign-up in the Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Leaving a Legacy”: 10:30am | Thursday, Oct 29 | Room 310 | Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the best way to leave an impact on the next generation and ways to be intentional on doing that. Sign-up in the Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Wellness Seminar “Benefits of Vaccines”: 10:30am. Tuesday, Nov 20 | Room 310 | Dr. Jack Larsen, ETSU Family Physicians. May Benefits of Vaccines, as well as the most common recommended vaccines in older adults. Also preventing shingles, pneumonia, the flu and tetanus and who these vaccines are right for. Sign-up in the Office or calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

Flu Vaccine Clinic: 9am – 2pm. Tuesday, Oct 6 | CVS Pharmacy | Hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine, as well as private insurance. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Note: More information on cost of influenza vaccine to fellow at a later date in September. Sign-up in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

Flu Vaccine Clinic: 9am - 11am. Tuesday, Oct 20 | Pinney’s Prescription Shop | Hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Note: More information on cost of influenza vaccine to fellow at a later date in September. Sign-up in the Office or you can call 423-392-8400, walk-ins are welcome the day of the Clinic.

Aquatic Center: Lap Swim at the Aquatic Center is by reservation only and not limiting the time that seniors can come, there is no designated senior time. You have to call the Front Desk at (423) 343-9758 to book a lane or individual exercise area between 7am and 6pm Monday – Saturday. Once you are in the system, just call and request a slot and if it’s available you will get it. For more information visit their website at www.swimkingsport.com

Croquet: Kpt Senior Center is partnering with Kpt Allandale Mansion to offer Croquet at the Allandale Mansion (4444 West Stone Drive) – Times for play will start on Tuesday, Sep 1 from 10am – 1pm and every Tuesday & Wednesday. There will be 2 courts available for 4 players per court. If you are interested in this very fun game, call the Senior Center at 423-392-8400 to reserve a court.


Frisbee Golf: Kingsport Parks & Rec is offering Frisbee Golf at Borden Park (901 Lamont Street) - Time for play are Monday-Sunday from dusk to dawn reservation needed, but you must supply your own discs.

Pickleball: Kingsport Parks & Rec is offering Pickleball at V.O. Dobbins Tennis Courts (301 Louis St.) – Times for play are *Monday at 6pm, *Tuesday at 8:30am, *Wednesday at 6pm, *Thursday at 8:30am and 6pm, and *Friday at 8:30am
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