

October 2021

# SeniorLiving

## Kingsport Senior Center



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**Staff:**

**Please call the front office for information:  
(423) 392-8400 (Main Number)**

Director- Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
(423) 392-8403

Branch Coordinator- Michelle Tolbert  
michelletolbert@kingsporttn.gov  
(423) 392-8404

Branch Assistant- Diane Broyles  
dianebroyles@kingsporttn.gov  
(423) 765- 9047

Wellness Coordinator- Kevin Lytle  
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(423) 392-8407

Program Coordinator - Lori Calhoun  
loricalhoun@kingsporttn.gov  
(423) 392-8405

Program Leader - Amber Quillen  
amberquillen@kingsporttn.gov  
(423) 392-8402

Program Leader - Beth Freeman  
bethfreeman@kingsporttn.gov  
(423)343-9713

Program Assistant - Cameron Waldon  
cameronwaldon@kingsporttn.gov  
423-392-8406

Secretary - Kelsie Gillum  
kelsiegillum@kingsporttn.gov  
423-392-8400

Nutrition Site Manager  
(423)246-8060

**Policies:**  
**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.

**Membership Dues:**

For Fiscal year:  
July 1, 2021 - June 20, 2022  
\$25.00- Kingsport City Residents  
\$45.00- Sullivan County Residents  
\$70.00- Out of County Residents  
\*If you have Silver Sneakers through your insurance company your membership is free.

\*The Kingsport Senior Center is now accepting credit and debit cards

# 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](http://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

### V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

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

## Kingsport Senior Center Advisory Council Members:

- |                        |                |
|------------------------|----------------|
| Mary Porter (Chairman) | Richard Currie |
| Brenda Cunningham      | Peter Shang    |
| Pat Breeding           | Lisa Shipley   |
| Frances Cottrell       | Brenda Eilers  |
| Laurel McKinney        | Kenn Naegele   |
| Linda Gemayel          |                |

*The Senior Advisory Council meeting will be November 18th at 12:30. 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. It is our hope that this will be a benefit to our seniors, staff, and the council.*

**Subscribe to our new Kingsport Senior Center YouTube Channel!**

[https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view\\_as=subscriber](https://www.youtube.com/channel/UCESBePiAXrV4h9fx-QQ69-pQ?view_as=subscriber)

# VIRTUAL CALENDAR

## Events and Classes Virtual

**Oct. 6th - DIY Halloween Idea from the Dollar Tree**  
<https://www.youtube.com/watch?v=pBuAQktd63g>

**Oct. 16th - Budget Fall Decor**  
[https://www.youtube.com/watch?v=5zjQ\\_rfew3c](https://www.youtube.com/watch?v=5zjQ_rfew3c)

**Oct. 20th - 15 Homemade Halloween Treats**  
[https://www.youtube.com/watch?v=3VtjB\\_2zeGE](https://www.youtube.com/watch?v=3VtjB_2zeGE)

**Oct. 26th - 5 best practices for using those leaves in your garden**  
[https://www.youtube.com/watch?v=cRC\\_SB4Bj-l](https://www.youtube.com/watch?v=cRC_SB4Bj-l)

**Oct. 28th - 5 fave Ice Coffee Hacks**  
<https://www.youtube.com/watch?v=DFzFNDQIQSE>

## Senior Services Virtual Programs

**Oct. 4th - Health Literacy**  
<https://youtu.be/3e5lXMcedDc>

**Oct. 10th - World Mental Health Day**  
<https://youtu.be/9FNt2Vjk2SE>

**Oct. 18th - How to Set up Medicare Easy Pay**  
<https://youtu.be/ErIVFEYlles>

**Oct. 22nd - Medicare Annual Election Period**  
<https://youtu.be/7kxlx4K3Esu>

**Oct. 25th - How to Get Better Battery Life on Your Phone Tablet**  
[https://youtu.be/0Jh2r93l\\_ql](https://youtu.be/0Jh2r93l_ql)

## Facebook Classes - October 2021

**Mon, Wed, Fri** - SilverSneakers Classic with Terri Bowling

**Mon, Wed, Fri** - Total Body with Terri Bowling

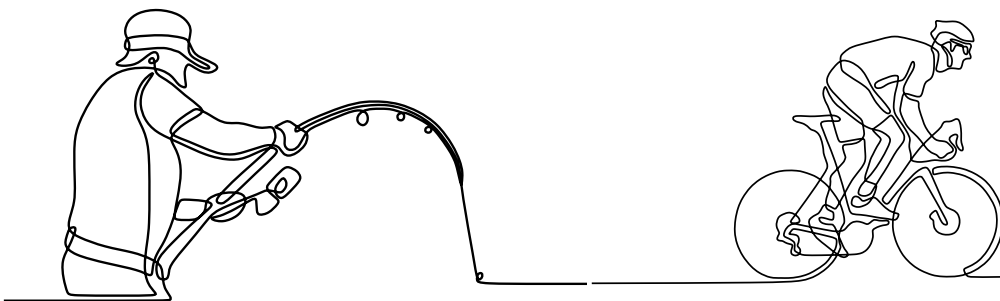
**Mon, Wed, Fri** - SilverSneakers Yoga with Terri Bowling

**Tues, Thurs** - SilverSneakers Boom Fitness with Terri Bowling

**Tues, Thurs** - Piloxing with Terri Bowling

**Mon, Wed, Fri** - High/Low Aerobics with Terri Bowling

**Mon, Wed, Fri** - Strength/Stretch with Terri Farthing



## Wellness Virtual Classes

**Oct. 5th - 20 Min Standing Resistance Exercises with Weights**  
[https://youtu.be/h\\_9dfU-yLrw](https://youtu.be/h_9dfU-yLrw)

**Oct. 7th - 15 Min Senior Strength Workout**  
<https://youtu.be/HLdcBg135u4>

**Oct. 12th - Seniors & Beginner 1 Hour Workout**  
<https://youtu.be/gUHu68SB22U>

**Oct. 14th - SilverSneakers Workout with Weights**  
<https://youtu.be/64UkCgAzypQ>

**Oct. 19th - Standing Workout with Weights for Senior**  
[https://youtu.be/\\_tPETrKicbA](https://youtu.be/_tPETrKicbA)

**Oct. 21st - Weight Training Workout for Senior & Beginners**  
<https://youtu.be/5Xc1n9oVW9A>

## KSC@LYNNVIEW Virtual Programs

**Oct. 11th - Protein Requirements for Older Adults**  
[https://www.youtube.com/watch?v=\\_cRj\\_TsodDo](https://www.youtube.com/watch?v=_cRj_TsodDo)

**Oct. 14th - Un-motivated? Watch this! Clutter to clean.**  
[https://www.youtube.com/watch?v=t\\_j2IH147zc](https://www.youtube.com/watch?v=t_j2IH147zc)

**Oct. 20th - 9 Cozy Recipes That Are Perfect for Fall**  
[https://www.youtube.com/watch?v=Y9Fq-Bo\\_VJw](https://www.youtube.com/watch?v=Y9Fq-Bo_VJw)

**Oct. 22nd - Diet Must-have tools/losing weight over 50**  
<https://www.youtube.com/watch?v=J-vgaGdv6is>

**Oct. 25th - How to massage a painful knee**  
[https://www.youtube.com/results?search\\_query=v%3Dyr1Ws0x\\_Bf8](https://www.youtube.com/results?search_query=v%3Dyr1Ws0x_Bf8)

Wellness Seminar

Joint

Health



TUESDAY, OCTOBER 12

10:30AM-12:00PM

MULTIPURPOSE ROOM

Dr. Tim Dunn, Advocate  
 Integrated Medical,  
 will discuss Joint  
 Health/Symptoms and  
 treatment options to safely  
 improve your life.

Sign up in the Front Office  
 or call (423) 392-8400



# The Reviews Are In!

## Quality Assisted Living & Memory Care

"We feel so blessed to have you in our lives and appreciate all that is being done by everyone."



- Bonnie Ketron, resident

"It's comforting to know you are there, helping our loved ones."



- David & Susie Kern, family members

### OPEN FOR TOURS!

Learn about our all-inclusive services, affordable choices, and household-style living.

ASBURY PLACE  
Assisted Living at  
STEADMAN HILL



Anticipate More

Schedule your tour today by visiting [AsburyPlaceKingsport.org](http://AsburyPlaceKingsport.org) or contact Suzy Cloyd at 423-900-2296 or email [scloyd@asbury.org](mailto:scloyd@asbury.org)







# People love good news

## TimesNews DOWNLOAD IT TODAY!



### REAL Local News for Over 100 Years... **AT THE TOUCH OF A BUTTON!**

Download the New  
**KINGSPORT TIMES NEWS**  
Mobile App Today!



[TIMESNEWS.NET/APP](https://timesnews.net/app)





# SENIOR SERVICES

## MEDICARE OPEN ENROLLMENT EVENT



Thursday, Nov. 4th  
9am-12pm  
Computer Lab  
By Appointment only  
Sign up in the  
Front Office

Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on November 4th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022.

OPERATION HOPE

## CREDIT & MONEY MANAGEMENT WORKSHOP



Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a Free 2 hour workshop and lunch will be provided to participants. Come by or call the Front Office to sign up beginning August 2. (423) 392-8400

Monday, Oct. 4th  
10:30am-1:00pm  
Computer Lab



2nd & 4th Wednesday  
of Every Month  
10:30am-12:00pm  
Computer Lab

## Ask a Library Geek

Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Want to practice using the internet or typing a document? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian by calling the Kingsport Senior Center Front Office (423)392-8400.

Call today, only 3 appointments available per day!

## SMILE MEETING

WE WILL HAVE A VOLUNTEER MEETING  
THE 2ND WEDNESDAY OF EVERY MONTH  
2:00PM IN THE CAFETERIA

Contact Beth Freeman for more information about our Volunteer program  
(423)343-9713 or bethfreeman@kingsporttn.gov



# SENIOR SERVICES

**Senior Services Programs:**  
**Call or Come by the Front Office to sign up**  
**(423) 392-8400**

• **Ask a Library Geek**

2nd & 4th Wednesdays of Every Month, 10:30am-12pm, Computer Lab  
 Would you like to get setup up to use free library eBooks, audiobooks, & online magazines? Have some computer, tablet, or smart phone questions? Learn all you wanted to be able to do with your device, but never knew how. If you have any accounts, such as Apple or Google, please have passwords ready. Sorry, no device hardware or software troubleshooting. Schedule your one on one time with a Kingsport Public Library Librarian today.

• **SMILE Meeting**

2nd Wednesday of Every Month, 2:00pm, Cafeteria  
 SMILE stands for Seniors Making Individual Lives Exciting and is the Kingsport Senior Center's Volunteer Program. We have a meeting the 2nd Wednesday of every month and always welcome new volunteers! If you would like more information please contact Beth Freeman at (423) 343-9713 or bethfreeman@kingsporttn.gov.

• **Credit & Money Management Workshop**

Monday, October 4, 10:30am-1:00pm, Computer Lab  
 Sarah Williams with Operation Hope, a nonprofit organization, will be at KSC to hold a Credit & Money Management Workshop. In this workshop you'll learn the basics of making a budget, how to read a credit report and what can be done to correct errors that affect your credit rating. This is a free 2 hour workshop and lunch will be provided to participants. Limited to 20 Participants. Come by or call the Front Office to sign up beginning August 2. (423) 392-8400

• **Medicare Open Enrollment Event**

Thursday, November 4, 9:00am-12:00pm, Computer Lab  
 Medicare Part D and Medicare Advantage plans change their coverage and costs each year, so it is important to review your plan and compare it to others on the market every fall. This year, the Kingsport Senior Center is partnering with the Tennessee State Health Insurance Assistance Program (TN SHIP) to provide free and objective assistance in comparing Part D and Medicare Advantage Plans. Trained Medicare Counselors will be on hand on October 19th to assist Medicare beneficiaries in comparing Part D or Medicare Advantage Plans for 2022. This event is by appointment only, call the Front Office for available times.

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)!!



• **Operation Christmas Child Shoeboxes for Samaritan's Purse**

October 1 – November 19

We need our members to help out with the Operation Christmas Child program by bringing in a Shoebox (standard size) filled with acceptable items and \$9 for shipping. If someone just wants to donate money to go towards shipment costs, they can do that as well. Shoebox or money donations will be collected at the Senior Center throughout the month of October and the first 2 weeks of November, with the donations being picked up by Shirley Walters the week of November 15th.

**OPERATION CHRISTMAS CHILD SHOEBOXES**  
 for Samaritan's Purse

SHOEBOX OR MONEY DONATIONS WILL BE COLLECTED AT THE SENIOR CENTER THROUGHOUT THE MONTH OF OCTOBER AND THE FIRST 2 WEEKS OF NOVEMBER, WITH THE DONATIONS BEING PICKED UP BY SHIRLEY WALTERS THE WEEK OF NOVEMBER 15TH.

FOR BOXES AND OTHER INFORMATION CONTACT BETH FREEMAN AT 343-9713



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

\* *Specialized Medical Care In Your Home or Place of Residence \**

\* *Services Covered Under Medicare and Most Insurances\**

• *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*



1 & 2 BDRMs  
Available Now

# Fall Breezes & Autumn Leaves

ALL INCLUSIVE  
Starting at \$1700/Mo



Make the most of your life at TownView  
doing the things you love to do  
& home maintenance is a thing of the past!

## 7 Great Reasons to Choose TOWNVIEW of Johnson City



1. **Convenience!** All included in rent: utilities, cable, transportation to Dr. appointments and shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
2. **Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
3. **Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, 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 paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
5. **Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
6. **Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
7. **Activities Galore!** There's plenty to do, choose as much or as little as you would like!

55+ Welcome Home to TownView!

"Love living here at Town View. I wouldn't want to be anywhere else.  
My family of friends are here." ~ Sharon Y

Call Today to schedule Lunch & a Private Tour!

TownView 114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

thetownview.com



# DAY TRIPS



WOHLFAHRT HAUS DINNER THEATRE

## *Christmas in the Mountains*

WEDNESDAY, NOVEMBER 17  
 BUS LEAVES AT 9:45AM  
 \$45.00 INCLUDES TRANSPORTATION,  
 LUNCH AND SHOW

SIGN UP STARTS AUGUST 31

OUT TO LUNCH BUNCH

## DAN'L BOONE INN

Boone, NC

Friday, October 8  
 Bus leaves at 9:00am  
 \$30.00 includes Lunch & Transportation

Sign up in the Front Office  
 starting August 31





## Country Tonite Christmas Show & Lunch at Applewood Farmhouse Restaurant

TUESDAY, DECEMBER 14, 2021  
 BUS LEAVES AT 10:15AM  
 40.00 INCLUDES LUNCH, SHOW &  
 TRANSPORTATION  
 SIGN UP BEGINS SEPTEMBER 28






## Out to Lunch Bunch Farmhouse in the Valley

ROGERSVILLE, TN  
 NOVEMBER 12, 11:00 AM - 4:00 PM  
 \$24.00 - (LUNCH & TRANSPORTATION)  
 SIGN-UP BEGINS ON SEPTEMBER 28

LUNCH WILL INCLUDE A SAMPLER PLATTER WITH CHICKEN CASSEROLE, MEATLOAF, HASH BROWN CASSEROLE, GREEN BEAN CASSEROLE, CRANBERRY SAUCE, PUMPKIN PIE, BANANA PUDDING, ROLLS & BUTTER, AND ICED TEA. LIGHT-HEARTED ENTERTAINMENT WILL BE PROVIDED DURING LUNCH BY THE FARMHOUSE CAST.



# Beginner Stained Glass

**TUESDAYS, OCTOBER 5-19**  
**11:00 AM - 1:00 PM**  
**ALL SUPPLIES ARE PROVIDED.**  
**SIGN-UP BY OCTOBER 1.**



**LYNN DAVENPORT WILL SHOW US HOW TO MAKE A SUN CATCHER.**

**CLASS IS FULL**

# Basket Making Class

**LYNN VIEW**  
**THURSDAY, OCTOBER 21**  
**10:00 AM - 12:00 PM**  
**COST: \$15**



**PARTICIPANTS WILL MAKE AN E-Z BERRY BASKET.**

**SIGN-UP BY:**  
**OCTOBER 18**

## COOKIES & COOL TUNES

**KSC @ LYNN VIEW**  
**THURSDAY, OCTOBER 7**  
**12:30-1:30PM**

— — — — —  
SIGN UP AT LYNN VIEW OR CALL (423)765-9047  
STARTING SEPTEMBER 7  
— — — — —

COME AND ENJOY A VARIETY OF COOKIES AND LISTEN TO MUSIC PROVIDED BY BILL SALYERS & JIMMY LANE



# Pickleball Drills

**LYNN VIEW**  
**FRIDAY, OCTOBER 15**  
**9:00 AM - 10:00 AM**

**JOIN US TO HAVE A BLAST AS YOU IMPROVE YOUR PICKLEBALL GROOVE!**

**SIGN-UP BY:**  
**OCTOBER 13**

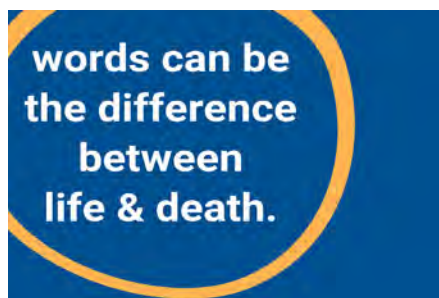


## Our Words Matter

They can build a person up, or they can tear a person down. They can offer comfort and healing, or they can produce fear and shame.

Many words associated with substance use disorder (SUD) are stigmatizing, and using those words can prevent people who need treatment from seeking help.

Take our "Words Matter" Pledge at [www.AveNewTN.org](http://www.AveNewTN.org) and agree to describe addiction as a treatable disease and use person-centered language such as "a person with substance use disorder" instead of words that hurt and shame like "addict" or "junkie".



## There is Help and Hope

A Substance Use Disorder (SUD) is a medical condition, and there are many treatment options available. Sometimes it takes several tries to find the right combination that works for each person. Don't give up!

Do you need IMMEDIATE ASSISTANCE? Call the **Frontier Health 24-hour Crisis Response Line** at 877-928-9062.

Have you had an OVERDOSE or fear that you or someone you know might? Call the **Sullivan County Overdose Response Team** at 423-408-8134.

Are you looking for assistance in finding RECOVERY OPTIONS?

Call or text the **TN Redline** at 800-889-9789.

Call the **TN Faith-Based Lifeline Peer Project** at 423-384-6150.

Call the **Ballad Health PEERhelp Warmline** at 877-773-7457.

## About Us

AveNew is a community drug education and prevention coalition in Greater Kingsport and Sullivan County Tennessee striving to create a healthy and safe community free of substance misuse. Our goals include raising community awareness, increasing access to evidence-based prevention education for young people, reducing stigma surrounding substance use and recovery, and connecting those affected by addiction to available services and resources.



## Start the Conversation

Research shows that open and regular communication and setting clear expectations with your kids helps them make safer choices.



- **IT'S NEVER TOO EARLY TO TALK TO THEM.** When you talk to them, you equip them with the tools needed to identify risky situations and make smart decisions.
- **COMMUNICATE THE RISKS.** Make sure they know that drugs, alcohol and tobacco come with serious risks.
- **WARN ABOUT PEER PRESSURE.** Help them identify common pressure situations and how to respectfully decline an offer from someone they know.
- **SET CLEAR EXPECTATIONS.** Clearly spell out your rules and the specific consequences of breaking them.
- **FOCUS ON THE POSITIVE.** Your message should be one of positivity. You're not a dictator trying to scare your kids straight. You are the person who loves them most. You want them to live long and happy lives.



Educate



Prevent



Connect

Working together,  
we can effect  
positive change!

[www.AveNewTN.org](http://www.AveNewTN.org)

You Can Save a Life

**OVERDOSE CAN HAPPEN TO ANYONE**

It might be a stranger, a neighbor, or someone you love.

**SAVE A LIFE**

No one can overcome addiction if they don't survive an overdose.

**NARCAN (NALOXONE) IS AN OVERDOSE REVERSAL AGENT**

It's a simple nasal spray. Learn where to get narcan and how to use it. You can save a life!

visit [www.AveNewTN.org](http://www.AveNewTN.org)  
for more information





# EXTENDED TRAVEL TRIPS

## Myrtle Beach

OCTOBER 18 - OCTOBER 21, 2021

Double & Triple Occupancy: \$625/Person  
Single Occupancy: \$755/Person

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## NYC AT CHRISTMAS

DECEMBER 5-DECEMBER 9, 2021

DINNERS, GUIDED TOURS, BROADWAY  
SHOW, AND MORE!

\$1,024/person - Double Occupancy

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## Ireland

MARCH 12-MARCH 19, 2022

WATCH THE DOBYNS-BENNETT BAND PERFORM AT  
THE ST. PATRICK'S DAY IN DUBLIN

SIGHTSEEING, KISS THE "BLARNEY STONE," AND MORE!

\$3,499 - Double Occupancy

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403



## Mediterranean Cruise

JUNE 3 - JUNE 12, 2022

\$250 DUE AT SIGN-UP

Double - Inside Cabin: \$3524/Person  
Double - Central Park Balcony: \$3624/Person  
Double - Ocean View Balcony: \$3824/Person

FOR MORE INFORMATION, PLEASE CONTACT  
SHIRLEY BUCHANAN: (423) 392-8403





# ARTISAN OF THE MONTH

## October Artisan of the Month

### Margaret (Peggy) Bates



Peggy is a retired Engineer born and raised in Maryland. "Over the years my hobbies has been collecting hobbies including knitting, glass blowing, stained glass, clay, weaving and others. I moved to Kingsport after retiring to be closer to family."

KINGSPORT SENIOR CENTER PRESENTS

## OLD FASHIONED CHRISTMAS FAIR

Friday November 19 | 10:00 - 5:00  
Saturday November 20 | 10:00-4:00

**All applicants must be 50 or older**  
**Call 765-9047 to sign up**

Previewing for Vendors/Crafters will be September 15.  
**By Appointment Only.**



All KATS vans are lift-equipped

## Need Transportation? Choose KATS Dial A Ride

KATS Dial-A-Ride service is a curb to curb (origin-to-destination) transportation service that is available to those individuals who are Dial-A-Ride certified and reside in the City Limits of Kingsport.

### Cost for Dial A Ride

Trips within the city's core zone are \$2 and \$3 depending on your eligibility tier. The cost per trip outside the core zone is \$4.00. Check to see your cost prior to scheduling your trip.

Reservations for Dial A Ride are to be made in advance for the desired trip. The number to schedule your reservation is

**423-224-2613.**

Call or check the website for more information!



**Taking People Places**



Monday - Friday  
7:30 am - 5:30 pm  
900 East Main Street  
Kingsport, TN 37660  
[www.kingsporttransit.org](http://www.kingsporttransit.org)



# CLASSES & Daily Activities

## Monday

**Lap Swimming: 8:00am - 11:00am (Aquatics Center)**  
(First come first serve)

**Silver Sneakers Classic: 8:15am (Gym)** –You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Basic Tai-Chi: 9:00am (Room 302) (August 30-November 15)** - Easy Tai Chi. Offer stretching the body, a slower paced, low impact series of movement with the purpose of cultivating the "Qi" or life energy within the body. Sequencing will result in a smooth but powerful harmony of movement and breath work. The benefits might good for blood, knees joint, balance, mind, lungs, digestive system, immune system. Beginning friendly.

**Brain Games: 1:30 – 3:00pm (Computer Lab)** We will play a variety of trivia games each Monday! \*NEW\*

**Open Woodshop: 8:30am - 3:00pm (Woodshop)**

**Quilting: 9:00am (Room 303) (August 30-November 15)**

**High/ Low Impact Aerobics: 9:15am (Gym)** - At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Beginning Clay: 10:00am (Clay Room) Begin date: TBD** Hand building. This is for our beginners.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Beginning Line Dance: 11:30am (Gym) (August 30-November 15)**

**Checkers and Chess Game Day, 12:30 – 3:30pm. (Every Monday) | Card Room | August 30-November 15** Come play checkers and chess! If you don't know how to play, we will teach you! Cards can still be played during this time too.

**Intermediate Line Dance: 12:45pm (Gym) (August 30-November 15)**

**Knitting: 1:00pm (Room 303) Begin date:** No instructor; self-guided until further notice. This class is open to individuals of all expert levels.

**Table Tennis: 2:00pm (Gym)**

**Volleyball: 4:00pm (Gym)**

**Horseshoes: open play (singles or doubles) (back of senior center)**

## Tuesday

**Lap Swimming: 8:00am (Aquatics Center)**

**Open Woodshop: 8:30am -3:00pm (Woodshop)**

**Boom Move & Mind Fitness: 8:30am (Gym)** - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

**Ceramics: 9:00am (Ceramics Room) (August 31-November 16)** (In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Basket Weaving: 9:00am (Room 303) (August 31-November 16)** This class is open to individuals of all expert levels.

**Strength Training: 9:45am (Gym)**

**Renaissance Strings: 10:00am (Atrium) (August 31-November 16)** Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

**Exercise for Everyone: 10:45am (Gym)** - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands to provide the means of safely improve muscular strength and endurance, range of motion and flexibility.

**Beginner Dulcimer: 11:00am (Atrium) (August 31-November 16)** Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

**Clay 101: 12:30pm (Clay room) Begin date: TBD** This is a six weeks beginner course and then a six weeks intermediate course.

**Bowling: 12:30pm at Warpath Lanes**

**Shuffleboard: 1:00pm (Ceramics Hallway)** - All levels of experience are welcome, with tournaments held semi-annual.

**Open Pickleball: 12noon-4:00pm (Gym)**

**Rook: 4:00pm (Card Room) August 31-November 16** Please bring a snack to share with others.

**Karaoke: 4:00pm (Cafeteria) begin date: TBD** - Karaoke will meet every 3rd Tuesday of the month. Please bring in a covered dish to share

**Badminton: 4:00-6:30pm (Gym)**

## Wednesday

**Lap Swimming: 8:00am (Aquatics Center) - (First come first serve)**

**Silver Sneakers Classic: 8:15am (Gym)** - You'll have a chair for seated exercises and standing support.

**Open Woodshop: 8:30am - 3:00pm (Woodshop)**

**Tai-Chi: 9:00am (Room 302) (September 1-November 17)** 24 Form Yang Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

**Croquet: 9:30am (Front Lawn)**

**High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Intermediate Clay: 10:00am (Clay Room) Begin date: TBD** In this class you will hand-build and use the pottery wheel.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Hand & Foot Card Game: 12:30pm (Card Room)** Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. If you are interested in learning a new card game, or have played before, then join us on Wednesdays.

**Table Tennis: 1:00pm (Gym)**

**Basketball: 4:00pm (Gym)**





# CLASSES & Daily Activities

## Thursday

**Lap Swimming: 8:00am (Aquatics Center)**

**Boom Move & Mind Fitness: 8:30am (Gym)** - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

**Bingo: 9:00am (Cafeteria) September 2-November 18**

**Ceramics: 9:00am- (Ceramics Room) (September 2-November 18)** - In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

**Woodcarving: 9:00am (Room 303)** - In this class you will learn how to make projects by carving out a piece of wood. Beginners and expert levels are wanted for this class.

**Strength Training: 9:45am (Gym)**

**Bunco will be played every month on the second Thursday at 10:30am in the Card Room. September 2-November 18** Bunco is a dice game where each rounds purpose is to score 21 or to score Bunco. After two games, play will stop for a light snack. After all four games, prizes will be awarded as follows: 1st prize: Most Bunco's, 2nd prize: Most wins, 3rd prize: Most losses, 4th prize: Last person with Fuzzy Dice, 5th prize: "At least I got something" (picked from score sheets).

**Exercise for Everyone: 10:45am (Gym)** - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

**Intermediate Dulcimer: 11:00am (Atrium)** This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

**Volleyball: 1:00pm (Gym)**

**Shuffleboard: 1:00pm (Ceramics Hallway)** - All levels of experience are welcome, with tournaments held semi-annual.

**Cornhole: 4:00pm (Gym)**

**Spades: 5:00pm (Card Room) September 2-November 18** Played in partners or solos. The object is to take at least the number of tricks that were bid before play of the hand began.

## Friday

**Lap Swimming: 8:00am (Aquatics Center) (First come first serve)**

**Silver Sneakers Classic: 8:15am (Gym)** You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

**Tai Chi- 9:00am (Room 302) (September 3-November 19)** 13 Form Chen Style Tai Chi Chuan. The brief see Basic Tai-Chi class on Monday.

**Genealogy Club: 9:00am (Computer Lab)** Join us for class and our instructors will help you discover the history of your ancestors.

**High/ Low Impact Aerobics: 9:15am (Gym)** At least 30 minutes of aerobic exercise three days a week appears to reduce cognitive decline in older adults.

**Movement Health Qigong - Liu Zi Jue - Yi Jin Jing "Five Change": 10:00am (Room 302)** - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

**Strength Training: 10:15am (Gym)**

**Stretch Class: 11:15am (Gym)**

**Bridge Group: 1:00pm (Atrium) September 3-November 19** This is an intermediate level Bridge group. If interested please contact the front office.

**Mahjong: 1:30pm (Multipurpose Room)** Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. All expert levels are welcomed. Every first Friday of the Month will be for beginners who would like to learn how to play Mahjong.

**Open Pickleball: 12noon-4:00pm (Gym)**

**Cornhole: 4:00pm (Gym)**



## Saturday

**Basketball: 9:00am (Gym)** - Played alone or in groups.

**Table Tennis: 10:30am (Gym)**

**Rooms available for use from 9:00am-12:00pm:**

Exercise Room  
Billiards Room  
Computer Lab  
Clay/Ceramic Room





# GRANDfamilies Network Lunch & Learn Zoom Seminars

Looking for some resources to help navigate this new relative caregiver journey? Join us during our monthly "Lunch and Learn" Zoom Seminars from 12-1 PM. Visit [uwaykpt.org/seniors](http://uwaykpt.org/seniors) to sign up.

**October 18th:** Finding and Accessing Community Resources

**November 15th:** Mental Health 101 and How to Cope in Healthy Ways

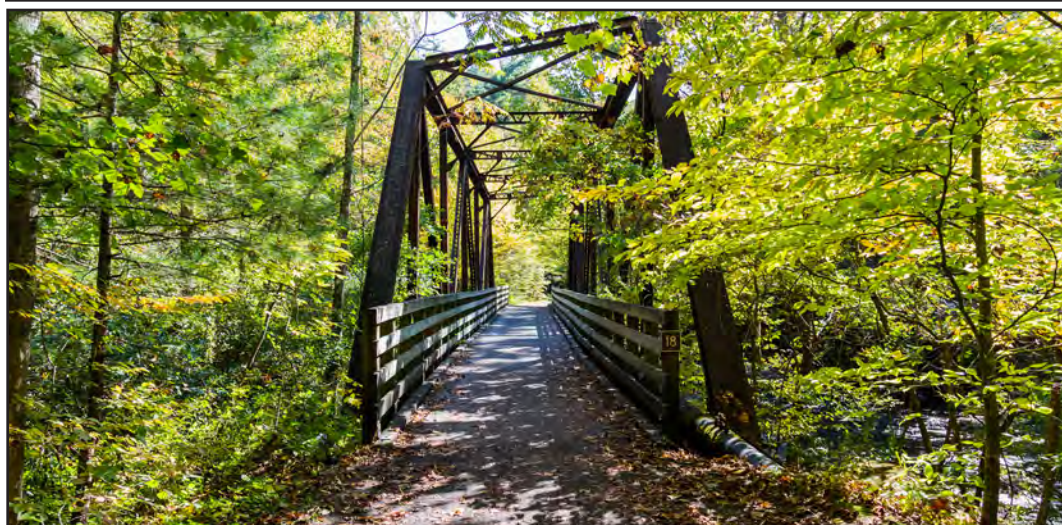
**December 6th:** Knowing all the Dangers of the Digital World

**January 24th:** New Year's Resolutions and Building Self-Care into Daily Routines



Find us on Facebook!

[www.facebook.com/groups/grandfamilies.network](http://www.facebook.com/groups/grandfamilies.network)



# BRANCH SITES *Classes*

## Colonial Heights United Methodist Church

**Silver Sneakers Yoga:** Tuesday and Thursday 9:00 a.m. – 10:00 a.m. in the gym. Silver Sneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### V.O. Dobbins

Outdoor Pickleball, 8:30 - 10:30 a.m. Mondays and Wednesdays. Open play. All skill levels.

## First Broad Street United Methodist Church

**Total Body Workout:** Monday, Wednesday and Friday in room 239 at 9:30am. Total Body workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout.

**Core Yoga:** Tuesday and Thursday in Room 239 from 11:00 -11:30am. Mat yoga. Includes breath, abdominal and arm strength building.

**Yoga:** Tuesday and Thursday in Room 239 from 11:30am – 12:30pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation

## Aquatics Center

Monday - Friday, 8:00 a.m. – 11:00 a.m. lap swimming with your Senior Center membership card is free and you will receive a 20% discount on swim classes.



KINGSPORT SENIOR CENTER

# BIKING THE VA CREEPER TRAIL

Friday, October 15

Bus leaves at 8:30am

\$8.00 due at sign up

\$30.00 for bike & shuttle ride (cash only) due day of trip

Sign up starts September 15

-----  
We will bike ride 17 miles from White Top to Damascus, which is downhill for 14 miles & leveling out the last 3 miles. Bikes are available with hand or foot brakes.

Lunch is on your own at The Creeper Trail Cafe'



# HALLOWEEN COSTUME PARTY

THURSDAY, OCTOBER 21 FARMER'S MARKET

1:30-3:30pm \$5.00

per person

heavy hors d'oeuvres

will be served

Entertainment provided by  
World-renowned Illusionist

Joseph Young

PRIZES FOR  
1ST, 2ND, 3RD PLACE  
COSTUME



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KINGSPORT SENIOR CENTER'S

# THANKSGIVING LUNCH

TO BE HELD AT THE KINGSPORT  
FARMER'S MARKET

WEDNESDAY, NOVEMBER 10  
12:00PM-1:30PM

\$5.00 FOR ENTIRE MEAL  
TO BE PAID AT SIGN UP IN  
THE FRONT OFFICE

# CROWN CYPRESS

Assisted Living - and - At Home Care

**CROWN CYPRESS IS A CHOICES FACILITY!**

## ASSISTED LIVING



**423.378.3100**

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- 3 Home-Cooked Meals each Day
- Emergency Call System
- Laundry & Housekeeping Services
- Transportation
- Beauty Salon/Barber Shop
- Cozy Living Areas with Fireplaces
- Relaxing Sun Room
- Social & Educational Programs
- Walking Paths, Park Benches & Patios
- Community Outings & Religious Services

Call & come by for a tour!

**423.378.3100**



**CROWN CYPRESS**



# WELLNESS

## Activities



- **Pickleball (Open Play):** 9:00 am - 1:00 pm | Every Thursday | TNT Sportsplex | Every Thursday for KSC members. Four courts are available.
- **Table Tennis Tournament:** 1:00 pm. | Wednesday, October 13 | Gym | This tournament will be doubles with double elimination. Cost is free. Prizes are sponsored by Robin Hall, Account Executive with Adoration Home Health. Sign-ups start September 17 in the Front Office or by calling 423-392-8400.
- **Bowling for Turkeys:** 12:30pm. Wednesday, Nov 17 | Warpath Lanes | Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for the tournament to be held. Cost of each game is \$2.60 per game payable at Warpath Lanes. There will be no charge for the shoes. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only, sponsored by Michelle Bolling, Executive Director, The Courtyards Senior Living in Johnson City. Sign-ups start on Fri, Oct 29 in the Office or by calling (423) 392-8400, with a deadline to sign up by close of business on Tuesday, November 16.

## Events



- **Woodshop Safety Orientation:** 9am. Monday, Monday, October 4 | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call 423-392-8400 or 423-392-8407 to sign-up. NOTE: We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all wood workers please come and help.
- **Flu Vaccine Clinic:** 9am-11am. Tuesday, Oct 5 | Colonial Heights Pharmacy | Hallway Billiards Room side. Be sure to bring in your Medical & Prescription insurance card (Medicare, etc.) that we may record the information and bill accordingly. Also, Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. Colonial Heights Pharmacy will be providing flu vaccines, along with the Shingles Vaccines, Pneumonia vaccine, and Tetanus are available upon request. Sign-up in the Office or you can call 423-392- 8400, walk-ins are welcome the day of the Clinic.
- **Blood Pressure Checks:** Melissa Keene, COTA Rehab Liaison with Encompass Health will be at the Center on Tuesday, October 12 for blood pressure checks from 9am-11am and every 2nd Tuesday of the month, in the Hallway by the Office. Sherry McLeod, Hospital/Marketing Liaison with Asbury Place Kingsport will be at the Center on Thursday, October 21 for blood pressure checks from 9am-11am and every 3rd Thursday of the month, in the Hallway by the Office.
- **Support Group "Restless Legs Syndrome":** Tuesday, November 9 | 12:30pm | Card Room. This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. Sign-up in Office or by calling 423-392-8400, there is a limit of 20 seats available.



## Wellness Seminars

- **Joint Health:** 10:30 am | Tuesday, October 12 | Card Room | Dr. Tim Dunn, with Advocate Integrated Medical, will discuss Joint Health/Symptoms and treatment options to safely improve your life. Sign-up starting Sept 17 in the Front Office or by call 423-392-8400.
- **Health Maintenance Vaccines:** 10:30 am | Tuesday, October 19 | Card Room | Dr. Kelsey King-Hook will discuss the benefits of vaccines and recommendations for vaccines in older adults, as well as who could benefit. Sign-up in the Office or by calling 423-392-8400.
- **Memory and Brain Health:** 2pm-4pm. Thursday, October 28 | Every 4th Thursday of the month in the Multipurpose Room. Join Tracey Wilson with Alzheimer's Tennessee to learn the amazing effects of olive oil on the brain. Sign-up in the office or call 423-392-8400, walk-ins are welcome.
- **Let's Talk About Sex:** 10:30 am | Tuesday, November 9 | Card Room | Dr. Mike Saval will discuss the increased rate of STD's in older populations, condom use, partner violence, and symptoms to get checked. Sign-up in the Office or by calling 423-392-8400.
- **Blood Platelets:** 10:30 am | Tuesday, November 16 | Card Room | Join Donna Baker to learn more about donating blood platelets while playing some BINGO! Sign-up in the Office or by calling 423-392-8400, limit of 20.
- **Intellectual Wellness:** 10:30 am | Thursday, November 18 | Card Room | Heather Cash will discuss the benefits of intellectual wellness with a game of Name 5. Sign-up in the Office or by calling 423-392-8400.

## Trips



- **Biking Club:** 8:30am. Friday, Oct 15 | Damascus, VA | Cost is \$8 for transportation payable when you sign up. Bike and shuttle ride is \$30.00 each, (cash only) due day of trip. Please bring the correct amount, we will not have any change. We need a minimum of 15 for trip to go. We will bike ride 17 miles from White Top to Damascus, which is downhill for 14 miles and leveling out the last 3 miles. Lunch is on your own at The Creeper Trail Café. Bikes are available with hand or foot brakes. Sign-up in the Office.

KINGSPORT SENIOR CENTER

# FLU VACCINE CLINIC

COLONIAL HEIGHTS PHARMACY

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TUESDAY, OCTOBER 5, 2021  
9 AM - 11 AM  
HALLWAY, BILLIARDS ROOM SIDE

SIGN UP IN THE FRONT OFFICE,  
WALK-INS ARE WELCOME THE DAY OF THE  
CLINIC.

Medicare Part B and TNCARE are going to cover the influenza vaccine at no cost to the patient, but you must bring your insurance card!

Colonial Heights Pharmacy will be providing flu vaccine, along with the Shingles Vaccine, Pneumonia vaccine and Tetanus are available upon request.



# KSC at Lynn View

## **BLOOD PRESSURE CHECKS**

Mondays (8:45 am - 10:00 am) with volunteer Nancy Greene. No sign-up required, walk-ins welcome!



## **ADVANCED CROCHET**

Fridays, October 15 - November 19, 9:30-10:30. Sign-up by October 12. Participants will work on project of choice. Limited to 4 participants.

## **BEGINNER CROCHET**

Fridays, October 15 - November 19, 11:00 am - 12:00 pm. Sign-up by October 12. Learn basic stitches and how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20.00 paid to instructor. Class is limited to 4 participants.



## **INTERMEDIATE CROCHET**

Fridays, October 15 - November 19, 12:30 - 1:30. Sign-up by October 12. Cost is \$20.00 paid to instructor. Make a sampler afghan that uses squares of different designs. Required supplies, a size H hook & four 7-ounce skein of #4 worsted weight yarn (bring a main color (3) and (1) contrasting color

## **PICKLEBALL**

Mondays & Wednesdays: 11:30 am - 2:00 pm.  
Tuesday, Thursday & Friday: 10:00 am - 2:00 pm.  
*This is open for all skill levels.*



## **BASKETBALL**

Monday-Thursday, 8:00 am - 10:00 am.  
Stop by the office and get a ball and shoot some hoops!



## **BISCUITS & BINGO**

Thursday, October 14, 10:30 am. Sign-up by October 11. Prizes sponsored by Crown Cypress. Limit: 30 participants.



## **GRIEF SHARE**

Friday, October 15, 11:00 am. Sign-up by October 13. Sherry York, Bereavement Coordinator, will share information.



## **CARD MAKING CLASS**

Monday, October 18, 11:00 am - 1:00 pm.  
Sign-up by October 15.  
We will be making 4 unique holiday cards.  
Cost is \$10. Please bring scissors and adhesives.



## **COOKING WITH THERESA**

Tuesday, October 19, 11:30 am. Sign-up by October 14. See how easy desserts can be made in an instant pot.



## **OLD FASHIONED CHRISTMAS FAIR**

Friday, November 19, 10:00 am - 5:00 pm.  
Saturday, November 20, 10:00 am - 4:00 pm.  
Call (423) 765-9047 for more information.



## **SCRABBLE DAY**

Thursdays, 11:00 am. Cafeteria.  
Bring your lunch and a drink!



## **BEGINNER STAINED GLASS**

Tuesdays, October 5-19, 11:00 am - 1:00 pm.  
Lynn Davenport will show us how to make a suncatcher.  
Sign-up by October 1.



## **EAT WELL, FEEL WELL**

Tuesdays, October 5-26, 10:00 am - 11:00 am.  
Make smart food choices, practical cooking tips, and more. Receive free water bottle and other goodies.  
Sign-up by October 4.



## **CORE CONDITIONING**

Mondays & Wednesdays, 9:00 am, Cafeteria  
Non-aerobic, muscle-toning, focused on core strength.  
Perform traditional weight-training movements in a class setting.



## **SILVER SNEAKERS CLASSIC**

Mondays & Wednesdays: 10:00 am, Cafeteria.  
Tuesdays & Thursdays: 9:00 am, Cafeteria.  
Increase muscular strength, range of movement & activities for daily living. Hand-held weights, elastic tubing, or Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.



## **LOW-IMPACT AEROBICS**

Fridays, 9:00-10:00 in the cafeteria.

## **YOGA**

Fridays, 10:00-11:00, Cafeteria. Please bring a mat.  
Main Site: Mondays, 5:30 pm, Room 302 w/ Becky Mills.  
Cost: \$25. Sign-up by October 1.

## **POUNDFIT**

Tuesdays, 11:00 am. No sign-up required.  
Cardio jam-session designed to promote total-body fitness  
Come join us and become the music!



## **SIMPLE HOME REPAIRS**

Thursday, October 21, 10:30 am. Instructor: Doug Clark  
Simple fixes for toilets, leaky faucets, lights, etc.  
Sign-up by October 18.

## **ROCK PAINTING**

Thursday, October 28, 10:30 am.  
Sign-up by October 25.



## **WATERCOLOR COMPOSITION**

Fridays, October 22-December 17, 9:30-11:30. Sign-up by October 18. Learn how to compose various elements of a painting to create eye-catching work, with January Tankersley.



## **PROPER MEDICATION SAFETY**

Wednesday, Oct 20, 11:00 am. Sign-up by October 15.  
Melony Myers Ison will share how to be a caring consistent adult in a child's life and help to prevent substance abuse and addiction. She will have medication lock boxes to share as well.







# Assisted Living With No Level of Care Charges



As a privately owned assisted living facility, we're able to focus on the "little things" that matter – the personal touches that make living at Preston Place "home." Those who visit Preston Place are quick to note our positive, nurturing environment created by our team of dedicated caregivers and around-the-clock licensed nursing staff. We have 2 locations to serve you. Preston Place Suites is an assisted living community that promotes independence and socialization. Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.

**To schedule a tour, please call  
Preston Place Suites - 423-378-6623  
For Specialized memory care 423-378-HOPE(4673)**



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