

January 2026

Senior Living

KINGSPORT SENIOR CENTER

Kingsport Senior Center

1200 E Center St.,
Ste 121, Kingsport, TN
(423) 392-8400
Monday-Friday 8AM - 7PM
Saturday 9AM - 12PM
Closed Sunday


KINGSPORT
SENIOR CENTER
the fun begins at 50

Happy
New
Year!



TimesNews

Staff:

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

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

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

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

Wellness Administrator- Kevin Lytle- kevinlytle@kingsporttn.gov- (423)392-8407

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

Program Administrator – Cameron Waldon- cameronwaldon@kingsporttn.gov- (423) 392-8406

Program Assistant- Vickie Duncan- vickieduncan@kingsporttn.gov- (423) 343-9713

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

Administrative Assistant II- Lainie Eastep- lainieeastep@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 enter, 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, 2025 — June 30, 2026 (we do not prorate)

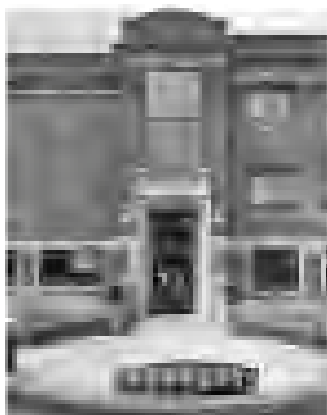
\$25.00- Kingsport City Residents

\$45.00- Sullivan County Residents

\$70.00- Out of County Residents

*If you have Silver & Fit, Renew Active or SilverSneakers through your insurance company your membership is free. Please bring in your member ID number to sign up.

The Kingsport Senior Center accepts credit and debit cards. No American Express.



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 enter, 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

V.O. Dobbins

301 Louis Street, Kingsport, TN 37660

From the cover: Members of the Jazz Fusion Class wishing you a Happy New Year!

The Senior Advisory Council meeting will be Thursday, February 19th, 2026. at 12:30pm. 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, con-cerns, 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.

Kingsport Senior Center Advisory Council Members:

Paul Buonaccorsi
Terry Cunningham
Charles Davenport
Ella Deakins
Brenda Eilers
Xue Xiaoli

Linda Ford
Ernie Koehler
Kenn Naegle
Rick Valone
Anna Walters

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Kingsport Senior Center



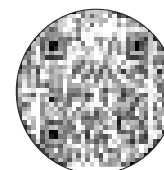
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Subscribe to our new Kingsport Senior Center YouTube Channel!

<https://www.youtube.com/@kingsportseniorcenter2443>



THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS.

And at Asbury Place Kingsport, home is filled with warmth, friendship, and joy.

This season, we're grateful for the residents, families, and team members who make our community feel so special. If you or someone you love is looking for a place where support and companionship come wrapped in kindness — we welcome you to visit us in the new year.



**MERRY CHRISTMAS & WARMEST WISHES FROM
ALL OF US AT ASBURY PLACE KINGSPORT**

Schedule your tour for the new year: 423-830-8502
Independent Living • Assisted Living • Memory Care





COMING SOON!

Winter Puzzle Mania special edition on Thursday, January 29th, 2026

**New this year:
Reader contest for \$500 in gift cards!**

We're adding even more excitement with a contest tied to this section. Readers who complete all puzzles can mail or drop off their sections at one of our offices by the deadline. Six Rivers Media will select one random winner to receive \$500 in gift cards from businesses featured in the Winter Puzzle Mania section.

Stand out with a customized puzzle.

Contact Advertising:

423-723-1408

advertising@sixriversmedia.com

SENIOR SERVICES

S.M.I.L.E Meeting will be held on Wednesday, January 21st at 1pm in the cafeteria. SMILE stands for Seniors Making Individual Lives Extraordinary. If you are interested in becoming a Volunteer, make plans to attend our monthly meetings where we go over our volunteer opportunities. If you are interested in becoming a volunteer or have any questions, please contact Cameron Waldon at 423-392-8406 or stop by the front office.

With the current reservations being done at the Kingsport Senior Center; Library Geeks will not meet until further notice.

Lunch and Learn: Card Room Tuesday, January 6th 10am – 12pm. Julia Cox from Asbury Place will be here to do a lunch and learn. The program will be based on Live Today with Confidence for Tomorrow. Enjoy life with more freedom, more connection, and more time for what

truly brings you joy. Learn how maintenance – free living, social wellness, and supportive care options can help you thrive. Lunch will be provided by Asbury Place.

Need Help with Energy Bills? Upper East Tennessee Human Development Agency will be here with their RV in the front parking lot on Tuesday, January 13 from 9am – 3pm to take applications for those needing assistance and seeing if they qualify. People wishing to sign up for an appointment will need to bring the following items with them: copy of state id, social security cards for everyone in the home, 12-month utility history or number of months at address and copy of current energy bill and proof of income from the last thirty days. Call today and get your name on the list for an appointment. 423-392-8400.

January Artisan of the Month



Judy Valone

"I have spent more than 40 years creating a variety of projects, primarily focusing on crochet items, and I absolutely love what I do."



WELLNESS

Caregiver Support Group: 10am-11am. Every 4th Tuesday of the month | Multipurpose Room | Vickie Burleson, BSW, Suncrest Hospice / LHC. Participants will express the challenges in care giving to include the physical, mental and psychological strain in caring for a patient, or a family member. Vickie will also educate participants on different options for coping with these challenges, validation and coping mechanisms. Sign up in Office or by calling 423-392-8400.

Blood Pressure Checks: 10am-11:30am. Every 2nd Wednesday of the month | Hallway by the Office | Bevin Morrell, LPN, Rehab Liaison with Encompass Health. Blood Pressure Checks: 10am-11:30am. Every 3rd Wednesday of the month | Hallway by the Office | Chelsey Herron, Health & Wellness Director with Brookdale Rock Springs. No sign-up required.

Stroke Support Group: 11:30am-12:30pm. Every 2nd Wednesday of the month | Multipurpose Room | Bevin Morrell, LPN, Rehab. Liaison with Encompass Health: The Rehabilitation Hospital of Kingsport. Providing education, encouragement and support for stroke survivors, families and caregivers. Sign up in Office or by calling 423-392-8400.

Grief Share Program: 9:30am-11:30am. Every 3rd Wednesday of the month | Card Room | Mike Frye, Chaplain with Caris Healthcare | The Grief Share Program is offered to our members who have experienced the death of a family member, or a friend. The program is helpful on how to deal with emotions, tips on surviving social events, and how to find hope for the future. Sign up in Office or by calling 423-392-8400.

Wellness Seminar "Memory and Brain Health": The January 2026 meeting will not be held. The next meeting will be 2:00pm-3:00pm Thursday, Feb 26, 2026 and every 4th Thursday of the month in the Multipurpose Room.

Woodshop Safety Orientation: 9am-11am. Monday, Jan 5 | Wood Shop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must be a member of the Senior Center,

and complete the Safety Orientation. Stop by the Woodshop or call 423-392-8407 to sign-up. **NOTE: Wood Shop Hours are Mon, Tue, & Wed from 8am-3pm.**

Veterans Brew: 9:30am. Monday, Jan 12 | Multipurpose Room | Every 2nd Monday of the Month | Dayla Capallia, Volunteer Coordinator, with Caris Healthcare | Veterans Brew is a monthly gathering of Veterans for the purpose of socializing while enjoying coffee and doughnuts. Also occasionally, a speaker will be scheduled to address topics of interest to the group. Sign up in the Office or by calling 423-392-8400.

TN Lady Vols Basketball: We will depart at 9:30am. Sunday, March 1 for the Lady Vols vs. Vanderbilt game. This game we will be seating in Section 127. Cost is \$53 which includes your game ticket and transportation. We will stop for lunch at Aubrey's Restaurant before the game. Game time is 2pm and we will be able to get in at 1pm. Sign-ups will start on Thu, Jan 22 in the Office. We will have 44 tickets available and a (2) ticket limit per person.

The Ear Tour: 10am-1pm. Wednesday, Mar 4 | Multipurpose Room | Aubri Stogsdill, Hearing Instrument Tech with Acuity Hearing Center | Do you hear, but not understand? It may be wax! Join Acuity Hearing Center for a painless and fascinating experience. Aubri will use a tiny video Otoscope Camera to look inside your ear. This allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled and you will see all the way to your eardrum on a video monitor! Sign-ups will start on Thu, Jan 29 in Office or by calling 423-392-8400.

Billiards Tournament: 9:30am. Wednesday, Feb 25 | Billiards Room | This tournament will be an 8-ball tournament singles play best of three games with double elimination. Cost is free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Kim Howell, Marketing Liaison with Visiting Angels. **NOTE:** We will play on all four tables in billiards room. Sign-ups start on Thu, Jan 15 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Feb 23.

Table Tennis Tournament: 1pm.

Wednesday, Apr 29 | Gym | This tournament will be doubles playing the best of five games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Realtor with Greater Impact Realty. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Mar 12 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Apr 27.

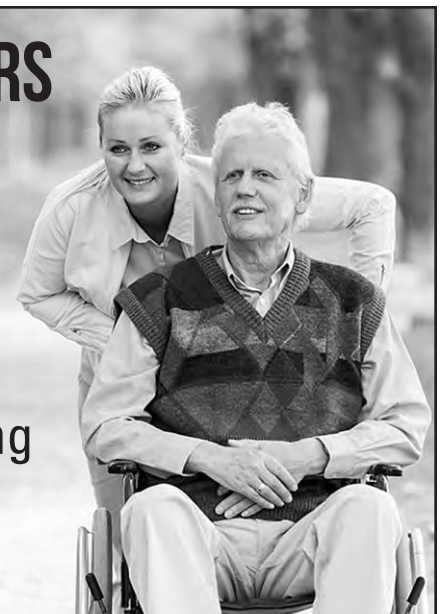
January is Glaucoma Awareness Month: This is an important time to spread the word about this sight stealing disease. More than 4 million people in the United States have glaucoma and about 35% have related vision loss. Both total glaucoma and vision-affecting glaucoma vary by demographic factors. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Moreover,

among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

February is National Cancer Prevention Month: The federal government estimates that 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and that more than 600,000 died from their disease. Research shows that more than 40% of these cases and nearly half of the deaths can be attributed to preventable causes-smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others. This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers can dramatically reduce your risk of cancer in many cases.

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MAIN SITE

Jam Session will be held every 2nd Thursday of the month from 12:00pm-1:00pm in the Atrium. Come sing along and dance to some great music performed by the Steele Creek Band! No sign up required. Next jam session will be Thursday, January 8th. See you there!

Beginner French: Fridays January 2-February 6, 2026. 9:00am. Room 303. Ghyslaine is going to bring France to you! Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. Sign up begins December 5th. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Intermediate French: Fridays January 2-February 6, 2026. 10:00am. Room 303. This class is for when you are comfortable enough to move on from the beginner class. Book needed: Barron's E-Z French by Christopher Kendris and Theodore Kendris at Books A Million or you can order off of Amazon. Cost is \$56.00 paid at sign up. Sign up began December 5th. **YOU MUST SIGN UP IN THE FRONT OFFICE FOR CLASS or CALL 392-8400.**

Abstract Painting: Wednesdays January 14-February 18, 2026.

11:00am. Room 303. Cost: \$20 paid at sign up. Enjoy the fun of painting without limits! Even if you are a realist painter this class will open new avenues to enhance your style. Drawing skills are not necessary for the successful abstract artist. Instructor Michael Farrar will lead you through some fun exercises to explore the world of abstract painting. Sign up began December 8th.

Beginner Oil Painting: Wednesdays January 14-February 18, 2026. 1:00pm. Room 303. Cost: \$20 paid at sign up. Learn how the basic shapes and lighting can create beautiful paintings. Oils give you more time to blend and do surface textures on your canvases than other media. We'll start with the basics and move onto landscapes. Sign up began December 8th.

Acrylic Painting: Thursdays January 15-February 19, 2026. 1:00pm. Room 303. Cost: \$20 paid at sign up. Acrylic paint is a fast-drying paint made of pigment suspended in acrylic polymer emulsion. Acrylic paints are water-soluble, but become water-resistant when dry. Sign up began December 8th.

Water Color Class: Thursday, January 15-February 19, 2026. 3:00pm. Room

303. Cost: \$20 paid at sign up. Come learn the basic skills and the beauty of watercolor. Sign up began December 8th.

Flower Arranging Class: "Fresh Floral Centerpiece": Thursday, January 15, 2025. 10:00am-12:00pm. MPR. Cost: \$10.00 at sign up plus \$10.00 day of class to give to instructor Phillis Fortney. We will be working with fresh flowers to make a centerpiece that will chase away the winter blues and brighten up your table to start the new year. Please bring your stem cutters and a water proof shallow bowl or container of your choice if you want. Container will be also available at the class. Sign up begins December 18th.

Hello 2026! We will celebrate a brand New Year on Wednesday, January 7, 2026 at 1:00pm in the Atrium. Casino games such as Slots, Spin the Wheel and Texas Hold'em will be played and party foods will be served. Come celebrate the New Year with us! Cost is \$6.00 paid at sign up. Sign up begins November 12th.

Clay 101 with Susan Vorhees: Tuesdays, January 6-March 17, 2026. 10:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For beginners to intermediate levels. Projects weekly in hand building. Instruction available in wheel throwing. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the class you may only sign one person up at a time and one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quick. (around 7am).

You and Your Sewing Machine: Tuesdays, January 6-March 17, 2026. Room 303. 4:30pm-6:30pm. Cost: Bring your own sewing machine and thread. Do you struggle to set up your sewing machine? After this sewing class, you'll walk away with more confidence and skill to help you tackle your first (or next) DIY Project! Materials will be provided; the student must bring their own sewing machine and thread. Taught by Jennifer Rasnake. Sign up began November 14th.

Hand Building with Clay: Wednesdays, January 7-March 18, 2026. 11:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For intermediate levels. Projects bi-weekly. Taught by Jess Parks. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the

class you may only sign up one person at a time and only one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quickly. (around 7am).

Advanced Hand Building with Clay: Thursdays January 8-March 19, 2026. 11:00am-4:00pm. Cost: \$30.00 paid at sign up plus \$25.00 firing fee if you haven't paid for the year. For advanced levels. Hand building and wheel throwing. Taught by Jess Parks. Clay may be purchased in the Senior Center office for \$25.00. Sign up begins December 10. Note: Due to the popularity of the class you may only sign up one person at a time and only one class. If you are interested in the class, you will need to arrive early to claim a spot as the class fills quickly. (around 7am).

Advanced Fusion Dance: Wednesdays January 21-March 18, 2026. 9:45am-11:00am. Room 302. No fee (must have taken beginner class). Taught by Monica Case-Harmon. Sign up began November 14th.

Beginning Fusion Dance: Wednesdays January 21-March 18, 2026. 11:00am-12:00pm. Room 302. Cost: \$35.00 paid at sign up. This class incorporates ragtime moves, the Charleston, the Lindy-Hop and Hip-Hop as well as Latin style dancing. Think of it as the Rockettes meet Zumba. Have fun dancing and get a great workout while you're at it. Must have 8 for class to go! Sign up began November 14th.

"Souper" Bowl Party!: Friday, January 30, 2026. 1:00pm. Atrium. Cost: 5.00 and bring a soup recipe to share. We will serve soup and play Super Bowl Trivia. Everyone will bring their favorite soup recipe to share and we will make copies for everyone to take home with them. Sign up began November 14th.

Valentine's Party: Friday, February 13, 2026. 1:00pm. Atrium. Cost: \$5.00. Come and celebrate Valentine's with us! Entertainment will be provided by Mark Larkins. Refreshments will be served. Sign up began December 13th.

Easter Lunch: Thursday, March 12, 2026. 12:00pm. Gym. Cost: \$7.00 plus bring a side dish to share (No desserts). Sign up begins January 20th.

St. Patrick's Day Celebration: Tuesday, March 17, 2026. 1:00pm. Atrium. Cost: \$5.00. We will have finger foods and will play SINGO! Don't forget to wear your green! Sign up begins January 20th.



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BRANCH CLASSES

Lynn View Community Center
765-9047

Hours: M-F, 8:00am – 2:30pm

Core conditioning, 9:00 a.m. Mondays and Wednesdays in the cafeteria. This is a non-aerobic, muscle-toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination of these gadgets. You perform traditional weight-training movements in a class setting.

Silver Sneakers Classic, 10:00 a.m. Mondays and Wednesdays in the cafeteria. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available, if needed, for seated or standing support.

Silver Sneakers Classic, 9:00 - 10:00 a.m. Tuesday and Thursday in the cafeteria.

Low Impact Aerobics, 9:00 – 10:00 a.m. Fridays in the cafeteria. Join us & get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning & strengthening in addition to low impact cardio.

Stretch & Flex! 10:00 — 11:00am Fridays in the cafeteria. Enjoy stretching, increasing your flexibility & balance & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair — no floor work required! Optional floor exercises may be offered towards the end of class but these can also be chair-based — your choice! Bring a yoga mat if you have one to use alongside the chairs provided.

Scrabble Day, 11:00 a.m. TH, Bring your lunch and a drink, enjoy a game of scrabble. No sign up required.

Blood Pressure Checks, M, 8:45 a.m. – 10:00 a.m., with volunteer Nancy Greene, the first Wednesday of each month at 9:00 a.m. provided by Holston Rehab and the third Wednesday each month from 8:30 – 10 a.m. provided by Brookdale Kingsport. No sign up required.

Crafting Hodge Podge, TH, 12:00 p.m. bring a craft project you're working on and enjoy chit-chat and fun while working on your project.

Hand Quilting Group – T/TH (meets weekly), 10:00 a.m. – 12:00 p.m. Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.

January Basket Class, M, Jan 5, 10:00 a.m. Mail Wall Basket, Dimensions: 12"X8",

Price: \$30, Weaver's Level: Beginner, this stylish basket will help you organize all your incoming mail. Hang it on a special hanger or a doorknob. The basket is wide enough to hold magazines and large envelopes. Instructor Vicki Jackson.

My Plate (Nutrition Classes), T, Jan 6, 13, 20. 1:30 p.m. This series of classes include start simple, make a plan for home, make a plan for grocery shopping, celebrate success! Facilitated by Susan Lachmann, TNCEP Program Assistant II. Must have minimum of 4 participants for class to go.

Cardio Drumming, W, 1:30 p.m. Upbeat exercise class using a Pilates ball and drumsticks, come and get your groove on in the new year with volunteer instructor Mary Ann Leach.

Colored Pencil Bird Drawing, TH, Jan 8, 11:00 a.m. Draw a Western Tanager. Cost: \$10, paid to Instructor Sonia Garcia. This class will also be available via Zoom.

Needle Felted Butterflies, T, Jan 27, 11:30 a.m. Cost: \$15 each, paid to instructor Kathryn Jenkins. All materials supplied, but if you needle felting tools or roving/batting, please bring them.

Advanced Crochet, F, Jan 9 – Feb 13, 9:30 – 10:30 a.m. Cost: \$20, paid to instructor artisan, Susan Egan. Class is limited to 4 participants. Participants will work on project of choice.

Beginning Crochet, F, Jan 9 – Feb 13, 11:00 – 12:00 p.m. Participants will use basic stitches and learn how to make a scarf. Bring a size 5mm (US size H-8) Susan Bates hook. Cost: \$20, paid to instructor artisan Susan Egan. Limited to 4 participants.

Intermediate Crochet, F, Jan 9 – Feb 13, 12:30 – 1:30 p.m. Cost is \$20, paid to instructor artisan Susan Egan. Class is limited to 4 participants. Participants will make a sampler afghan that uses squares of different designs. Required supplies, a size H hook and four 7 ounce skeins of #4 worsted weight yarn (bring a main color (3) and (1) contrasting color).

Assemblage Art, M/T, Jan 12 – 13, 12:00 – 2:00 p.m. Cost: \$25, paid to artisan instructor Carol McCreary Use wooden containers, paper, and old, often odd, items to create a fun piece of 3D art. I will provide all items needed, including wooden containers. After seeing the possibilities, you may want to incorporate some items of your own in your creation. I will also have nails, screws, glue, etc. on hand for your use. I am winding down after doing this for six years and have lots of "stuff" on hand I want to see used and enjoyed.

Evening Yoga (Main Site), M, Jan 12 – Feb 23, 5:30pm, Cost: \$25, paid at sign up. Instructor Becky Mills.

Artisan Meeting, T, Jan 13. 1:00 p.m. Local artisans from the Tri Cities are welcome to attend. Check out our artisan center

events coming up that we are attending and how you can join us. No sign up required.

Pickleball Drills, T/TH, Jan 13 — 29, 10:00 a.m. Cost: \$30, paid at sign up. Improve your Pickleball game from head to toe! Let's engage your "head" game thru strategy and improve your "toe" game with footwork. With "head to toe", you'll be ready to go! Open to all ability levels.

Mixed Media Café Drawing, W, Jan 14, 11:00 a.m. Learn how to draw and color in this cute cafe scene with colored pencil. Participants can customize drawing if desired. Beginners Welcome! Cost is \$10, paid to instructor Sonia Garcia. This class will also be available via Zoom.

Beginning Stained Glass, TH, Jan 15, 8:15a.m. – 2:15 p.m., Cost: \$10, payable at sign up. All supplies provided.

Intermediate Stained Glass, F, Jan 16, 8:15 a.m. – 2:15 p.m. Cost: \$10, payable at sign up. All supplies provided.

Grief share, F, Jan 16, 11:00 a.m. This grief support group will meet monthly with Sherry York, Bereavement Coordinator, and Grief Recovery Specialist who will provide helpful information.

Playful ink and Watercolor Flowers, W, Jan 21, 11:00 a.m. Cost: \$10, paid to instructor Sonia Garcia. Create a whimsical flower drawings using this exploratory painting and ink technique. Beginners welcome! This class will also be available via Zoom.

Card making, M, Jan 26, 11:00 a.m. We will celebrate Milestones by making a Graduation, Wedding, Baby and Retirement card. Cost is \$12 paid to instructor, Lisa Pecorini. All supplies included, but please bring your favorite adhesives and scissors.

Needle Felted Butterflies, T, Jan 27, 11:30 a.m. Cost: \$15 each, paid to instructor Kathryn Jenkins. All materials supplied, but if you needle felting tools or roving/batting, please bring them.

Fabric Bowl, W, Jan 28, 10:00 a.m. – 12 noon, Cost: \$10, paid to instructor, artisan

Esther Richards. Participants will make 2 bowls. Price includes all supplies. This class will also be available via Zoom.

Butterbean Auction, W, Jan 28, 12:30 p.m. Butter beans and prizes are sponsored by Visiting Angels. A butter bean auction is similar to bingo, just more fun because you bid with the butterbeans on items provided by the sponsor.

February Basket Class, M, Feb 2, 10:00 a.m. Swing Market Basket, Weaving Level: Beginner, Size: 8"X5 1/2" X 4 1/2", Price: \$30, this basket has a solid woven bottom with a wooden swing type handle. A basket buckle can be added, choose from a snowman or mitten ceramic buckle. Please specify at sign up which buckle you would like.

Basketball is played at Lynn View from 8-10 a.m. M-F. Stop by the office and get a ball and shoot some hoops with us!

• **Pickleball** is played in the gym at Lynn View Monday — Friday 10:00am – 2:00pm. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a whiffle ball, but slightly smaller. The lower net and whiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle. This is Open Pickleball for all skill levels. Must be a senior center member to play, please bring membership card.

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.

First Broad Street United Methodist Church

NHC

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BRANCH CONT.

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.

Restorative Yoga: Monday and Wednesday in room 239 from 11:00 a.m. – 12:00 p.m. Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body (typically from student requests).

Slow Flow Yoga: Tuesday and Thursday in Room 239 from 11:00 a.m. — 12:00 p.m. more standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. We will continue to end the class with Relaxation.

- **Riverview Park Pickleball (VO Dobbins)** — Mondays and Wednesdays, 8:30 – 10:30 a.m. Open play. All skill levels. Must be a senior center member to play, please bring membership card.

- **Boys and Girls Club, (1 Positive Place)** — Mondays, Wednesdays 9:00 – 1:00 p.m. Pickleball, Open play. All skill levels. Must be a senior center member to play, please bring membership card.

- **TNT Sports Complex – (600 E. Main Street)** — Tuesdays and Thursdays, 9:00 a.m. – 1:00 p.m. Pickleball, Open play. All skill levels. Must be a senior center member to play, please bring membership card.

DAY TRIPS

OTLB: The Farmer's Daughter & Shopping at the Country Market: Friday, January 9, 2026.

10:15am-4:00pm. Cost: \$30.00 which includes lunch and transportation. Enjoy a scenic drive and family style lunch at the Farmer's Daughter Restaurant and after lunch enjoy shopping at the Country Market beside the restaurant. Sign up began October 31st.

OTLB: Vivian's Table Restaurant and Blackbird Bakery: Wednesday, February 11, 2026.

10:00am-4:30pm. Cost: \$34.00 for lunch and transportation. Enjoy a lunch in the Bristol Hotel at Vivian's Table and after enjoy a trip to Black Bird Bakery. Sign up began on November 26th.

OTLB: Austin's Steak & Homestyle Buffet & Shopping at Turkey Creek: Wednesday, March 18, 2026. Cost: \$8.00 for transportation with lunch on your own. Enjoy a trip to Knoxville and enjoy lunch at Austin's Steak & Homestyle Buffet. After lunch enjoy shopping at the Turkey Creek Shops. Austin's offers an endless food bar, salad bar and dessert bar. Sign up begins on January 9th.

MEET THE INSTRUCTOR

Teresa Wells

Classes Offered

SilverSneakers
Boom Move, Muscle
and Mind



Class Information

Tuesday and Thursday
8:30am
GYM

About Me :

I live in Church Hill, TN with my husband Charles. I have 2 children, 5 grandchildren, 1 great grandson.

► Why did you choose to be an instructor at KSC?

I love to help others get healthy and have a good quality of life. I enjoy seeing each person get stronger, increase mobility and balance. I also love the joy of being with people and having fun as we workout together.

► How long have you been an instructor at KSC?

I have been an instructor for 10 years.

► Fun fact about yourself:

The most precious gift I have received is the Lord Jesus Christ. My provider, sustainer, all powerful Father and my best friend. There is no greater love and I give him all the glory and praise. He has blessed my family and I beyond measure. He is God in the good times and the bad.

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Your home should be the safest place you know. At My Dignity Senior Safe Homes, we install grab bars (including secure bathroom and shower bars), ramps, slip-resistant flooring, improved lighting, widened doorways, and emergency pull cords — giving you the freedom to stay independent without sacrificing safety.

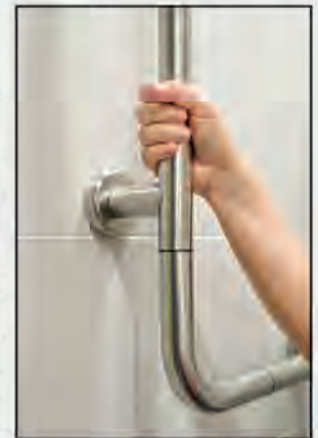
We're a VA-approved provider, serving seniors, veterans, and post-op patients across East Tennessee. And with our 48-hour installation guarantee, peace of mind is never far away.

Call today for your free home safety assessment.



Health & Safety Update Preventing Bathroom Falls

According to the CDC, most senior falls happen in the bathroom. Simple equipment like shower chairs can help — but experts at the Department of Veterans Affairs (VA) warn that securely installed grab bars in showers, tubs, and near toilets are the most effective way to prevent accidents.



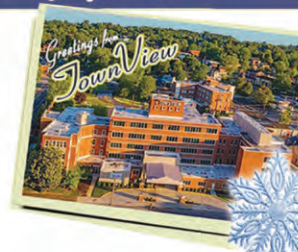
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- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces, General Store 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, a putting green, horseshoes, and a bird sanctuary!
- 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 Interstate 26, Veterans Mountain Home Medical Center, Medical Services, and Johnson City Senior Center at Memorial Park.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

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DAILY ACTIVITIES

Classes run the week of January 5-March 16 except for exercise classes which are on going.

Monday:

Lap Swimming: 8:00am - 12:00pm (Aquatics Center) (First come first serve)

Basketball: 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

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

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.

RiverView Park Pickleball: 8:30am-10:30am (VO Dobbins)- Open play. All skill levels. *Must be a senior center member to play, please bring membership card.

Core Conditioning: 9:00am (Lynn View Community Center)- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

Machine Quilting – M (meets weekly), 9:00 – 11:00 a.m. Cost: \$15, per block (size 12x12), per week, paid to instructor Theresa Dicocco. In this class you learn several different quilt blocks, from cutting fabric to sewing the blocks together to create a sampler quilt of 12 different blocks. All materials are provided for class, however, if you would like to bring your own fabric for a special project feel free to do so.

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.

Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. *Class week of June 10-14, will be in the Atrium at the main site.

Basic Tai-Chi: 10:00am (Room 302) - Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relax-

ation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Pickleball: 10:00am-2:00pm (Lynn View Community Center)

SilverSneakers Classic: 10:00am (Lynn View Community Center)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

Strength Training: 10:10am (Gym)

Stretch Class: 10:50am (Gym)

Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239): Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body. *No class week of June 10-14.

Beginning Line Dance: 11:30am (Gym)

Intermediate Line Dance: 12:45pm (Gym)

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

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

Tuesday:

Lap Swimming: 8:00am-12:00pm (Aquatics Center)

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

Basketball: 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

Boom Move & Mind Fitness: 8:30am (Gym) - Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

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

SilverSneakers Classic: 9:00am (Lynn View Community Center)-

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

Silver Sneakers Yoga: 9:00am (Colonial Heights United Methodist Church)- SilverSneakers 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 motion.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Strength Training: 9:45am (Gym)

Pickleball: 10:00am-2:00pm (Lynn View Community Center)

Sing Along: 10:00am (Cafeteria) is a group of people who meet around the piano in the cafeteria and sing hymns out of the church hymnal. Everyone is welcome.

Clay 101: 10:00am-3:00pm (Clay Room)- This is a beginner and intermediate level course.

Hand Quilting Group –10:00 a.m. – 12:00 p.m. (Lynn View Community Center) Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.

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 (MPR) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book. It's fun to play with a group of dulcimers! *Note: Must attend first day of class; cannot join mid-session.

Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239): More standing poses and stronger core work (including plank) than the

Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.

Bowling: 12:30pm at Warpath Lanes

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

Open Pickleball: 1:00pm-4:00pm (Gym)

Open Card Play: 1:00pm-7:00pm (Card Room).

Badminton: 4:00pm-6:30pm (gym)

Wednesday:

Lap Swimming: 8:00am-12:00pm (Aquatics Center) - (First come first serve)

Basketball: 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

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

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

RiverView Park Pickleball: 8:30am-10:30am (VO Dobbins)- Open play. All skill levels. *Must be a senior center member to play, please bring membership card.

Core Conditioning: 9:00am (Lynn View Community Center)- This is a non-aerobic, muscle toning class, focused on core strength. Most sculpting classes use weight bars, exercise bands, dumbbells, or a combination. You perform traditional weight-training movements in class setting.

Open Sewing, 9:00 – 11:00 a.m. (Lynn View Community Center) No sign up required. Join others working on sewing projects. Beginner – advanced levels welcome.

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.

Croquet: 9:30am (Front Lawn)

Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)- Total Body Workout consists of upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. *Class week

DAILY ACTIVITIES

of June 10-14, will be in the Atrium at the main site.

Silversneakers Classic: 10:00am (Lynn View Community Center)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

Pickleball: 10:00am-2:00pm (Lynn View Community Center)
Strength Training: 10:10am (Gym)
Stretch Class: 10:50am (Gym)
Restorative Yoga: 11:00am (First Broad Street United Methodist Church Room 239): Majority of the class will be taught while being prone on the mat or in/with a chair. It will involve some gentle core work, somatic or slow moving poses, lots of breath work and some stretches that will target certain parts of the body.

Beginning Clay: 11:00am-4:00pm (Clay Room) Hand building. This is for beginners.

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)

Thursday:

Lap Swimming: 8:00am-12:00pm (Aquatics Center)

Basketball: 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

Boom Move & Mind Fitness: 8:30am (Gym) - Workout which improves your cardio fitness with easy-to-follow moves, muscle strength and endurance, cardio vascular improvement, balance and mobility. Combined into one fusion class which increases fitness level and is an all-over-body workout within one hour. At the end of each class, we relax our body and mind.

Bingo: 9:00am (Cafeteria)
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.

Silver Sneakers Yoga: 9:00am (Colonial Heights United Methodist Church)- SilverSneakers 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 motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silversneakers Classic: 9:00am (Lynn View Community Center)- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is available if needed.

Pickleball: 9:00am-12:00pm (TNT Sports Complex)- Open play. All skill levels. *Must be a senior center member to play, please bring a membership card.

Strength Training: 9:45am (Gym)
Pickleball: 10:00am-2:00pm (Lynn View Community Center)
Hand Quilting Group – 10:00 a.m. – 12:00 p.m. (Lynn View Community Center) Beginner, intermediate and experienced quilters learn various techniques of the time treasured art of hand quilting. Ongoing projects for military personnel and foster children are completed from start to finish. Various personal projects are incorporated for a continued learning experience to share tips and design methods.

Bunco will be played every month on the second Thursday at 10:30am in the Card Room. 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.

Scrabble Day: 11:00am- (Lynn View Community Center) Bring your lunch and a drink, enjoy a game of scrabble.

Intermediate Clay: 11:00am-4:00pm (Clay Room)
Active Flow Yoga: 11:00am (First Broad Street United Methodist Church Room 239): More standing poses and stronger core work (including plank) than the Restorative Class. There will continue to be some floor work and target areas you especially feel need attention. Will continue to end the class with relaxation.

Crafting Hodge Podge: 12:00pm (Lynn View Community Center) Bring a craft or project and talk with others.

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

Cornhole: 1:00pm (Gym)
Volleyball: 4:00pm (Gym)

Friday:

Lap Swimming: 8:00am-12:00pm (Aquatics Center) (First come first serve)

Basketball: 8:00am-10:00am (Lynn View Community Center): Stop by the office to get a ball.

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.

Low Impact Aerobics: 9:00am (Lynn View Community Center): Join us and get fit with some fun low impact moves and high energy music! Includes some work with weights, bands, etc. for toning and strengthening in addition to low impact cardio.

Open Sewing- 9:00 – 11:00 a.m. (Lynn View Community Center) No sign up required. Join others working on sewing projects. Beginner – advanced levels welcome.

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.

Total Body Workout: 9:30am (First Broad Street United Methodist Church Room 239)- Total Body Workout consists of

upper and lower body exercises that trim, tone and define muscle, while giving you a good cardio workout. *Class week of June 10-14, will be in the Atrium at the main site.

Tai Chi: 10:00am (Room 302) Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". Tai Chi promotes relaxation, stress relief, and conscious awareness of the present moment. This class is designed for individuals taking Tai-Chi for the first time.

Pickleball: 10:00am-2:00pm (Lynn View Community Center)
Stretch & Flex!: 10:00am (Lynn View Community Center)- Enjoy stretching, increasing your flexibility & balance & mastering the use of breath for greater fitness & relaxation. Includes some gentle yoga with exercises done while standing or seated in a chair- no floor work required! Optional floor exercises may be offered towards the end of class but these can also be chair-based. Bring a yoga mat if you have one to use alongside the chairs provided.

Strength Training: 10:10am (Gym)
Stretch Class: 10:50am (Gym)
Cornhole: 1:00pm (Gym)
Bridge Group: 1:00pm (Atrium) 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: 4:00pm (Gym)

Saturday:

Lap Swimming (Aquatic Center) 8:00am-11:00am

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 Room



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AMENITIES:

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- Positive, nurturing team of dedicated caregivers
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- Dining and activities
- Community outreach
- Housekeeping and Laundry Services

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- Preston Place II is a secured memory care facility that is led and staffed by a certified dementia practitioner and trainer.



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