

August 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

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
 Administrative Assistant I- Carol Anderson- carolanderson@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, 2026 - June 30, 2027 (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 Center, a Computer Lab, a Pottery Workshop with three kilns, Basketball Court, Shuffleboard, Pickleball, a Billiards Room, and a Wood Workshop. Activities offered are exercise programs, intellectual programs, social programs, wellness programs and special events. *Go to our Kingsport Senior Center Website and view our 'About Us' page to check out our Annual Report.

LOCATION & 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 - Noon

www.kptseniors.net

BRANCH SITES:

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660;
 Monday – Friday, 6am – 12pm.

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Lynn Garden Baptist Church:

301 May Ave, Kingsport, TN 37665

VO Dobbins:

301 Lewis Street, Kingsport, TN 37660

TNT Sports Complex:

600 E Main Street, Kingsport, TN 37660

Reedy Pointe Community Center:

1022 Reedy Pl, Kingsport, TN 37660

From the cover: Happy Summer

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, and it will be presented at the following meeting on August 20, 2026. at 12:30pm. 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 (Like and follow us to stay updated on the center; we post here daily)



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

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SENIOR SERVICES

SMILE Meeting will be Wednesday, August 19 in the cafeteria starting at 1pm. SMILE stands for Seniors Making Individual Lives Extraordinary, which is the name of our volunteer group. If you are a volunteer, with the Kingsport Senior Center, please be sure to log your hours at our check in kiosk. If you need help logging hours or would like to become a volunteer, please see our volunteer coordinator, Cameron Waldon.

Modern Woodman will be here on Tuesday, August 4th from 10am – 12pm in the Atrium. A brief presentation on their fraternal mission, retirement income concepts, and account options, with time for questions and next steps. After their presentation, you will play BINGO! Make sure to sign up in the front office.

The Car-Fit parking lot and Yellow DOT program will be here on Tuesday, August 11 from 10am – 2pm in the back.

Car-Fit is an interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers and their vehicles. When seconds count...count on the Yellow Dot. The Yellow Dot provides first responders with the information they need in case of an emergency. Sign up in the front office.

Volunteers are needed for a research study exploring how older adults in Appalachia make decisions about their health. Adults who are 65 years of age or older, reside in Appalachia, and are physically present in the United States are eligible to participate. Participation will involve completing a paper survey (15-20 minutes) and participating in a focus group to share your experiences (1 hour). The focus group will be held at the Kingsport Senior Center on August 11th from 9:30-11:00. Participants will

receive a \$5 gift card for their participation in the study. Preregistration is required. To sign up, please contact Rachel Dean at deanr@etsu.edu or 423-863-5721.

Karaoke & Build Your Own Hoagie Bar Thursday, August 27 in the Atrium starting at 11am. Silver Angels of Tennessee will sponsor this event. Karaoke will be available along with build your own hoagie bar and a special dessert. There will be prizes awarded for 1st, 2nd & 3rd place for best Karaoke singers. Make sure to be signed up ASAP for this event, you will not want to miss the fun.

Power of Attorney Clinic Tuesday, September 15 in the multi-purpose room 1 starting at 2pm. Matthew Sharp, along with other attorneys from Legal Aid of Tennessee will be at the center to help attendees complete any necessary legal forms. Get signed up now in the front office.

MAIN SITE CLASSES AND EVENTS

Tea Bag Basket. M, Aug 3, 10:00 a.m. Weaving level: Beginner, Dimensions: 4"X9 1/2 "X4 1/2, Price: \$15. This little basket is just the right size for all your individually wrapped tea bags. It could also be used for holding pens and pencils or other crafting tools. The basket has a solid woven

bottom and has decorative sides which can be woven in a variety of colors. Choose from the following colors: Mediterranean blue (shown above), Mardi Gras, Spumoni, London Fog, Rain forest or Natural. Please indicate color choice when preregistering for the class. (303)

Rook Tournament: Thursday, August 6, 2026. 9:00am. Cost: \$10.00 paid at sign up. Lunch will be provided. Partners will be drawn day of tournament. You can pick up a set of rules at sign up. Sign up June 1. (Card Room)

Wool Felt Snowball Snowman – M, Aug 10, 9:00 a.m. Cost: \$12.00 paid to artisan instructor Betty Smith. (Room 228).

Artisan Meeting, T, Aug 11, 1:00 p.m. Local artisans from the Tri Cities are welcome to attend. No sign up required. We will be accepting items for our next 90 day rotation for the artisan center at this meeting.

Art/Art History – W, Aug 12 – Sept 16, 5:00 p.m. This program is for those who want or need to start at the beginning of learning about art techniques and art history. This is a six week program that introduces a technique each week with an assignment of increasing complexity. More advanced students can combine techniques, for example, a pen and ink drawing with watercolor. Each week a handout for the subject at hand will be provided. Types and brands of paper, canvases, pencils, erasers and other supplies will be demonstrated, providing students with a basis for creating their own preferences. Also each week, an artist or period of art history will be introduced, and examples provided. (314)

Biscuits and Bingo, TH, Aug 13, 10:30 a.m. Come out and enjoy a biscuit and a fun game of bingo! Limited to 30 participants. Sponsored by Asbury. (Cafeteria).

Beginner Machine Sewing Workshop – M, Aug 17, 2:00 – 6:00 p.m. In this class you learn how to make a quilt

block. This is a make and take class. All materials are provided for class, however, if you would like to bring your own fabric feel free to do so. Cost: \$15.00, paid to instructor Theresa Dicocco. (314)

Cat toe beans cross stitch – W, Aug 19, 9:00 a.m. Cost: \$12.00 paid to artisan instructor Betty Smith. All supplies provided. (Room 303)

Flower Arranging "Fun with Foliage": Thursday, August 20, 2026. 10:00am. Cost: \$10.00 paid at sign up then \$10.00 day of class to give to instructor. This arrangement will be made totally of mixed foliage's and different ways to make some represent flowers. Please bring a knife and a container of your choice if you want. Class containers will be available. In this class, you leave with your very own arrangement to show off to your friends. Sign up in the front office. (MPR 2)

Beginning Knitting, TH, Aug 20 – Oct 1, 2:00 – 3:00 p.m. participants will learn how to cast on and basic knitting stitches. Class time will be dedicated to practicing and learning how to deal with the inevitable errors (all knitters make them – even the most experienced). All materials needed for a beginner knitter will be provided. Just bring yourself, and a little patience. Reference materials will also be provided. Materials: 32 inch Circular, Knitting Needle Size US 8.0(5mm), enough Red Heart acrylic yarn to practice and make a scarf, crochet hook (size I), stitch markers, scissors, tapestry needles, Class Fee: \$30 to cover materials. Class size limited to four. (Room 228). *Will not

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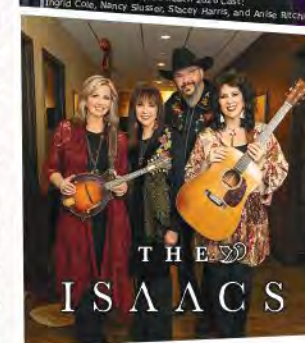
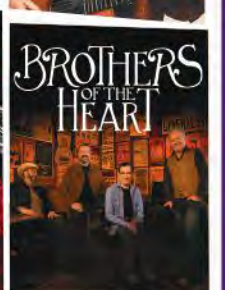
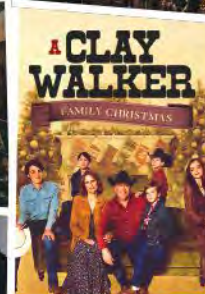
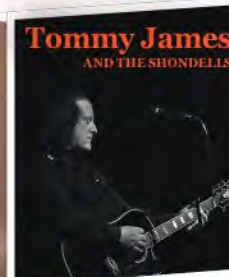
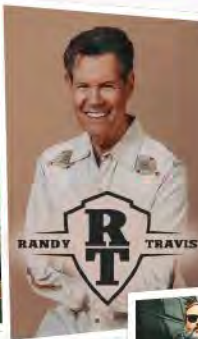
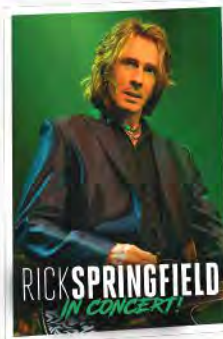
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PERFORMANCE SCHEDULE

AUGUST 22	RICK SPRINGFIELD
SEPTEMBER 12	HANNAH HARPER
SEPTEMBER 24	MICKY DOLENZ 60 YEARS OF THE MONKEES
SEPTEMBER 27	GRAVITY LONDON'S ICONIC LEADING LADIES*
OCTOBER 2	LARRY FLEET
OCTOBER 10	JOHN FOSTER
OCTOBER 17	LITTLE RIVER BAND 50+ YEARS TOUR
OCTOBER 25	MENOPAUSE THE MUSICAL®
NOVEMBER 7	BLACKBERRY SMOKE
NOVEMBER 8	BIG DADDY WEAVE MY HOPE IS JESUS TOUR
NOVEMBER 14	JOURNEY FROM THE HEART
NOVEMBER 29	A CLAY WALKER FAMILY CHRISTMAS
DECEMBER 12	THE COLLINGSWORTH FAMILY CHRISTMAS BY CANDLELIGHT
DECEMBER 15	LIGHTWIRE THEATER'S A VERY ELECTRIC CHRISTMAS
DECEMBER 19	CHA BALLET THE NUTCRACKER
JANUARY 8	THE ISAACS
JANUARY 22	MARTY STUART AND HIS FABULOUS SUPERLATIVES
JANUARY 29	ELECTRIC AVENUE THE 80'S MTV EXPERIENCE
FEBRUARY 11	INVINCIBLE A GLORIOUS TRIBUTE TO MICHAEL JACKSON
FEBRUARY 13	DEAN Z THE ULTIMATE ELVIS
MARCH 2	THE RED HOT CHILLI PIPERS
MARCH 12	THE PEKING ACROBATS*
MARCH 20	TOMMY JAMES & THE SHONDELLS
APRIL 2	FAN HALEN
APRIL 3	MIKE GOODWIN
APRIL 10	RANDY TRAVIS W/ GUEST VOCALIST JAMES DUPRÉ
APRIL 16	HOME FREE
APRIL 23	THE SPINNERS
MAY 1	ONE NIGHT OF QUEEN A TRIBUTE PERFORMED BY GARY MULLEN & THE WORKS
MAY 4	ERTH'S SHARK DIVE*
MAY 8	HOTEL CALIFORNIA THE ORIGINAL EAGLES TRIBUTE
MAY 18	BROTHERS OF THE HEART

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MAIN

From S4

meet on Sept 17*

Sit n' Knit – TH, Aug 20 – Oct 1, 3:00 – 5:00 p.m. Sit, knit and chat. Have a knitting question/problem? Want to have some dedicated time to work on a knitting project? Want to learn how to read a knitting pattern? This session will be dedicated to working on your new or ongoing projects. Bring your knitting projects, questions and problems and we will help each other and find answers together. No charge. Class size limited to 20. Free. (Room 228). *Will not meet on Sept 17*

National Senior Citizens Day: Friday, August 21, 2026. 10:00am-2:00pm. Come celebrate National Senior Citizens Day with us. A variety of vendors will be set up with information. Light refreshments will be served. Vendor Bingo will be played for chance to win prizes. This is a free event. No sign up required. (Atrium)

Beginner Spanish: Monday's August 24-November 9, 2026. 9:00am. This is a beginner level Spanish course. You will learn things from greetings to family members to numbers and colors. You will also learn important words for trips and travel. After this class you will feel more comfortable with the Spanish language. Sign up June 1. (Computer Lab)

Advanced Spanish: Monday's August 24-November 9, 2026. 10:00am. Must have taken the beginner Spanish course. Sign up June 1. (Computer Lab)

Basic Woodcarving – M, Aug 24 – Sept 28, 1:30. Cost: \$15, paid to artisan instructor Jerry Fritz. Session 1: Materials / Basic knife safety/how to sharpen a knife. Session 2: Basic wood cuts/practice layout and carving scrap wood/take home scrap wood. Session 3: Sunflower project. Session 4: Strawberry project. Session 5: Pen-

guin project. (314).

Card making—M, Aug 24, 11:00am. Theme is "Not So Spooky Halloween." Cost is \$15 for 4 cards, payable to instructor Lisa Pecorini. Please bring scissors and adhesives. Max of 16. (303)

Clay 101 with Susan Vorhees: Tuesday's August 25-November 10, 2026. 8:00am-12:00pm. This class is a combination of hand building and wheel throwing. Beginners are welcomed. Cost: \$50.00 plus \$100.00 firing fee. **Sign up will begin on August 5 at 2:00pm.** Class is limited to 14 people. (Clay Room)

Learn Sign Language: Tuesday's August 25-September 29, 2026. 1:00pm-2:00pm. Have you ever wanted to learn something new or have a new talent? This is the class for you. Pat Stillwell has 40+ years of sign language experience. Cost: \$30.00 paid at sign up. Class is limited to 15 people. (Room 303)

You and Your Sewing Machine: Tuesday's August 25-November 10, 2026. 4:30pm-6:30pm. Do you struggle to set up your sewing machine? After this sewing workshop, you will walk away with more confidence and skill to help you tackle your first (or next) DIY project. Some materials will be provided. The student must bring his or her own sewing machine and thread. Sign up June 1. (Room 303)

Abstract Painting: Wednesday's August 26-September 30, 2026. 11:00am. 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 June 1. (Room 303)

Beginner Oil Painting: Wednesday's August 26-September 30, 2026. 1:00pm. 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 June 1. (Room 303)

Butterbean Auction, W, Aug 26, 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. (Cafeteria)

Seasonal Angels, W, Aug 26, 1:30 p.m. artisan instructor Esther Richards. Cost: \$10.00, paid to instructor. Max 12. (Room 303)

Hand Building with Clay: Wednesday's August 26-November 11, 2026.

11:00am-4:00pm. Instructor Jess Parks. The basic techniques are easy to learn and the range of forms you can produce endlessly. You will have the opportunity to make functional or more sculptural pieces. Each class will have demos. Cost: \$50.00 plus \$100.00 firing fee. Sign up will begin on August 5 at 2:00pm. Class is limited to 14 people. (Clay Room)

Advanced Hand Building with Clay: Thursday's August 27-November 12, 2026. 11:00am-4:00pm. Instructor Jess Parks. This is an advanced level pottery class. You will learn to create more forms that are complex and are encouraged to develop their own style. Cost: \$50.00 plus \$100.00 firing fee. Sign up will begin on August 5 at 2:00pm. Class is limited to 14 people. (Clay Room)

Acrylic Painting: Thursday's August 27-October 1, 2026. 1:00pm. 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 June 1. (Room 303)

Water Color Class: Thursday's August 27-October 1, 2026. 3:00pm. Cost: \$20 paid at sign up. Come learn the basic skills and the beauty of watercolor. Sign up June 1. (Room 303)

Beginner French: Friday's September 4-October 9, 2026. 9:00am. 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. You must sign up for this class in the front office. (Computer Lab)

Intermediate French: Friday's September 4-October 9, 2026. 10:00am. 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. You must sign up for this class in the front office. (Computer Lab)

End of Summer Cookout at Eastman Cabins: Tuesday, September 10, 2026. 11:30am-1:30pm. \$5.00 plus bring a side dish to share (no desserts). Sign up July 6. (Eastman Cabins Shelter #9.)

Advanced Crochet, F, Sept 11 – Oct 16, 9:30 – 10:30 a.m. Cost: \$ 20.00 paid to instructor. Class is limited to 4 participants. Participants will work on project of choice. (228)

Beginning Crochet, F, Sept 11 – Oct 16, 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: \$20.00 paid to instructor. Limited to 4. (228)

Intermediate Crochet, F, Sept 11 – Oct 16, 12:30 – 1:30 p.m. Cost is \$20.00 paid to instructor. 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). Limited to 4. (228)

Farmhouse Table Basket, M, Sept 14, 10:00 a.m., Price: \$35.00, paid at sign up. Weaving Level: Beginner / Intermediate, Dimensions: 6 ½ "X 26"X 4". Make this basket to add to your table or Fall decor. It will make a nice storage basket or decorative basket for your fall harvest items. It has a solid woven bottom and butterfly knot on the top of the handle. (303)

Movie Day: Top Gun "Maverick": Thursday, September 17, 2026. 1:00pm. After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it. Popcorn will be served but you must bring your own drink. Sign up August 3.(Cafeteria)

Car Show and Food Trucks: Thursday, October 1, 2026. 8:00am-2:00pm. Bring your favorite or most unique car to display in the front parking lot. 1st, 2nd, and 3rd place will be awarded as well as people choice. Please call the front office at 423-392-8400 to sign up for a spot in the front parking lot. A variety of Food Trucks will be available also. Sign up July 20. This is open to members and non-members so spread the word! Free.

Halloween Costume Party: Friday, October 30, 2026. 1:00pm. Atrium. Come dressed in your best costume to win a prize! Entertainment provided and food will be served. Cost is \$10.00 paid at sign up. Sign up begins August 14.



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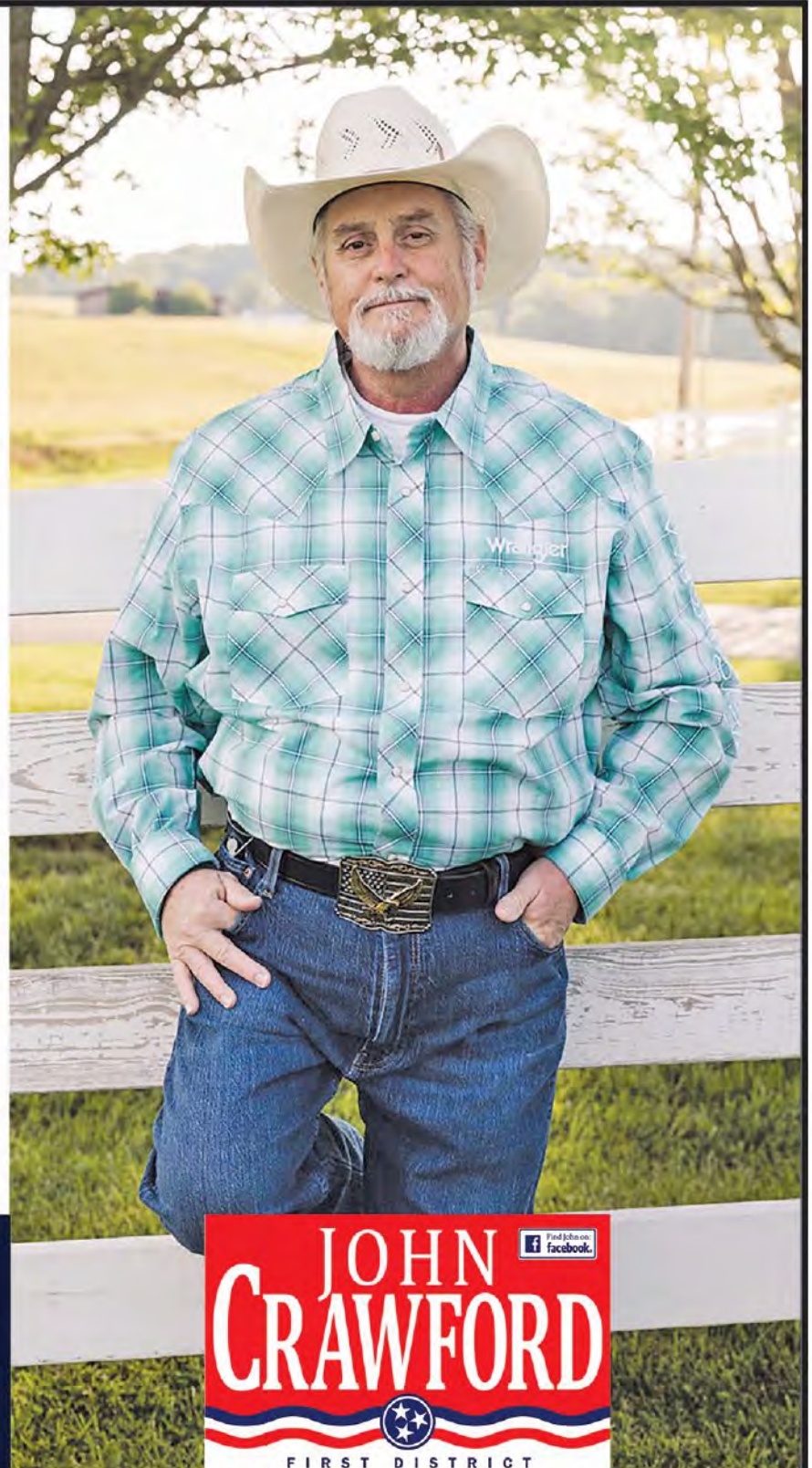
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— **FOR STATE REPRESENTATIVE** —



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★ **EARLY VOTING: 7/17 - 8/1** | **ELECTION DAY: 8/6** ★

PAID FOR BY COMMITTEE TO ELECT JOHN CRAWFORD. GARY MALCOLM, TREASURER.

WELLNESS

Veterans Brew: 9:30am. Every 2nd Monday of the Month | Multipurpose Room #2 | Dayla Capallia, Volunteer Coordinator, with Caris Healthcare | Veterans Brew is a monthly gathering of Veterans for 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.

Blood Pressure Checks: 9am-10:30am. Every 1st Wednesday of the month | Hallway by the Multipurpose Room #1 | Michelle Moffitt, Marketing Liaison, with Wexford House. **Blood Pressure Checks: 9am-10:30am. Every other 2nd Wednesday of the month** | Hallway by the Multipurpose Room #1 | Brooke Segrest, RRT Clinical Rehab Liaison, with Encompass Health. **Blood Pressure Checks: 9am-10:30am. Every 3rd Wednesday of the month** | Hallway by the Multipurpose Room #1 | Kevin Sheffield, Sales Manager, with Brookdale Kingsport Senior Living. **Blood Pressure Checks: 10am-11:30am. Every 4th Wednesday of the month** | Hallway by the Multipurpose Room #1 | Angie Rasnic, LPN, with The Village at Allandale. No sign-up required.

Woodshop Safety Orientation: 9am-11am. Monday, Aug 3 | 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.

Basic Bowl Turning Class: 9am-2pm. Thursday & Friday, Aug 13 & 14 | Woodshop | This will be a 2-Session Basic Bowl Turning Class and you will make two bowls, and learn two different styles of bowl turning. Cost is \$100.00, which covers all your materials; due on first day of class paid to the instructors. Sign up in the Office or by calling 423-392-8400. Class is limited to 4 members to sign up for the class to be held.

Medicare Educational Event: 11am. Tuesday, Aug 11 | Card Room | Brian Coggins, with Mid-South Financial Group | This Seminar will provide you with valuable information from a 18 page educational booklet on how Medicare works, and what the participants need to know to make wise decisions regarding Medicare options and any new changes for 2026. Also each participant will receive a copy of the booklet. This will be a good time to get your questions answered by a local agent. Sign up in the Office or by calling 423-392-8400.

Memory and Brain Health: 2pm-3pm Thursday, Aug 27 | Multipurpose Room | Tracey Kendall Wilson, Regional Director, Alzheimer's Tennessee, Northeast, TN-Southwest, VA | Eat Well, Live Well | Discover easy, delicious ways to eat and live well so you can stay healthy, strong, and full of life. Learn how good food-especially the powerful antioxidants in R&O Ranch's uniquely infused olive oils-helps combat oxidative stress, supports brain health, and protects your cells from daily damage. See how nutrient-rich meals, encouraging movement, restful sleep, faith, and friendship work together so you can feel your best every day. Sampling will be provided. Sign up in the Office or by calling 423-392-8400.

Lunch & Learn "What to Know Before you Go": 11am. Wednesday, Sep 16 | Multipurpose Room #2 | Michelle Moffitt, Marketing Liaison with Wexford House | What to Know Before you Go! Michelle will be discussing the different options you will need to when transitioning from a hospital stay and the options afterwards. Sign-ups will start on Thu, Aug 6 in the Office or by calling 423-392-8400, there is a limit of 20 seats available. **NOTE:** All member must sign up by the close of business on Fri, Sep 11.

Silver Sneakers Chair Yoga: 3pm. Every Thursday | Room 302 | Chair Strength is a blend of chair yoga and strength training. Participants begin with classic yoga poses, followed by a short seated light-weight section and a standing balance section. The class concludes with a final yoga segment in their seats. This class is perfect for anyone who enjoys yoga with a little variety.

Functional Cardio: 4pm. Wednesday, Sep 9-Oct 14 | Room 302 | A high-energy (low impact) workout designed to improve cardiovascular endurance while strengthening the body for daily tasks. Cost is \$25.00 (6 week class). Sign up in the Office.

Beginner Pickleball: 1pm. Tuesday, Aug 11-Sept 15 | Gym | Cost is \$30.00 paid at sign up. Limited to 8 participants. For true beginners. Instructor Anna Walters.

White Water Rafting: 8:30am. Wednesday, Aug 5 | Hartford, TN | Cost is \$46.00 for transportation and Rafting Fee. Lunch is on your own at Ruby Tuesday's. We will need a minimum of 20 to sign up in order for the trip to go. You will experience an exhilarating stretch of action on the Upper Pigeon River, featuring Class III rapids. Be sure to bring a change of clothes, shoes, and a towel you will get wet! Foot protection is required; you will need water shoes or tennis shoes that go around your ankles. **NOTE:** Flip flops are not allowed on the river and must be in good physical shape to be able to get in and out of the raft and to help with padding down the river. Sign up in the Office, with a deadline to sign up by close of business on Friday, Aug 1.

Lake Lure Tour: 8:30am. Friday, Aug 28 | Lake Lure, NC | Cost is \$26.00 for transportation and Boat Tour Fee. Lunch is on your own at La Strada at Lake Lure. Discover the beauty, charm, and learn about the natural and cultural history of Hickory Nut

Gorge, home to Lake Lure, North Carolina. Sign up in the Office, with a deadline to sign up by close of business on Friday, Aug 14.

Billiards Tournament: 9:30am. Wednesday, Aug 26 | 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 up in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Aug 24.

Shuffleboard Tournament: 9am. Wednesday, Sep 30 | Shuffleboard Courts | This tournament will be doubles playing the best three games with double elimination, using only one side of the score board. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by La'Reina Childers, Business Development Specialist I, with Knoxville TVA Employees Credit Union. We need at least 12 to sign up for tournament to be played. Sign-ups will start on Thu, Aug 6 in the Office or by calling 423-392-8400, with a deadline to sign up by close of business on Mon, Sep 28.

Table Tennis Tournament: 1pm. Wednesday, Oct 28 | Gym | This tournament will be doubles playing the best three games, with double elimination. Cost is Free. Prizes will be awarded to 1st, 2nd, and 3rd place only, sponsored by Jeff Kinsler, Greater Impact Realty. We need a minimum of 12 players to sign up for tournament to be held. Sign-ups start on Thu, Sep 10 in the Office or by calling 423-392-8400, with a deadline to sign-up by close of business on Mon, Oct 26.

DAILY CLASSES & ACTIVITIES

Classes will begin the week of August 24 thru the week of November 9 with the exception of exercises classes and lap swimming which are ongoing.

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

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.**

Open Pickleball: 9:00am-1:00pm
(Reedy Pointe Community Center)– Open play. All skill levels. ***Must be a senior center member to play. Please bring membership card.**

Core Conditioning: 9:00am (Lynn Garden Baptist Church 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. You perform traditional weight-training movements in class setting.

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 exer-

cises that trim, tone and define muscle, while giving you a good cardio workout.

Stretching and Tai-Chi Walk: 9:30am (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.

SilverSneakers Classic: 10:00am (Lynn Garden Baptist Church Cafeteria)– Have

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BRANCH SITE CLASSES

Lynn Garden Baptist Church – (301 May Ave)

Core conditioning, 9:00 a.m. Mondays and Wednesdays (9:30 a.m.) 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, 9:00 a.m. Mondays and Wednesdays (9:30 a.m.) 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.

Colonial Heights United Methodist Church - (631 Lebanon Rd)

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 - (100 E Church Circle)

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. ***Play resumes Aug 3***

TNT Sportsplex – (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.**

Reedy Pointe Community Center – (1022 Reedy Pl) – M/W/F, 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

Trip to Ripley's Aquarium of the Smokies with Lunch at the Aquarium: Thursday, August 13, 2026. 8:15am-5:30pm. Cost: \$30.00; includes transportation, ticket and lunch voucher. Enjoy a drive to Gatlinburg with admission tickets to the Ripley's Aquarium of the Smokies to escape the heat. You will also receive a lunch voucher for the Aquarium. Voted best U.S. Aquarium by USA Today Readers, Ripley's Aquarium of the Smokies is a must-see. Marvel at 12-foot sharks, a giant sea turtle, thousands of exotic sea creatures and playful penguins in the state of the art tunnels and 340-foot long glide path deep beneath the water. Visitors can touch Horseshoe Crabs, Jellyfish, and Stingrays. The Aquarium offers hourly dive and feeding shows. Sign up began June 26. **(Wait List Only).**

Trip to Buc-ee's and Parrot Mountain & Gardens: Tuesday, August 18, 2026. 8:15am-5:30pm. Cost: \$36.00; includes transportation and Parrot Mountain admission. Make sure to bring your camera on this trip! Enjoy a stop at Buc-ee's to pick up lunch or other goodies and then take a drive over to Parrot Mountain & Gardens where you can sit on their decks overlooking the Smoky Mountains and listen to the sounds of tropical

birds while enjoying lunch from their deli or food from Buc-ee's. Parrot Mountain & Gardens is nestled in four acres of beautiful landscaped gardens where you can enjoy walking around the gardens and grounds to see hundreds of beautiful tropical birds and thousands of flowers, plants, and trees. Have your picture taken sitting their unique butterfly, peacock and dragonfly benches and enjoy the soothing sounds of the picturesque waterfall in the gardens. Sign up began June 26.

Fall Shopping & Lunch to Gatlinburg Harvest Festival: Wednesday, September 30, 2026. 8:30am-6:00pm. Cost: \$12.00; includes transportation. Lunch will be on your own. Enjoy a beautiful drive to Gatlinburg and time on your own for shopping and lunch during the Gatlinburg Harvest Festival. This festival is located in downtown Gatlinburg with fall displays, scarecrows, and if you want to participate in a scarecrow scavenger hunt by using your device to download the Visit Gatlinburg App on your phone and walk to locate each of the 30 unique scarecrows. **Must be able to walk and stand for extended amounts of time on this trip.** Sign up July 31.

DAILY

From S8

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)

Tai-Chi Quan: 10:15am (Room 302): Easy to follow. Increases flexibility, muscle strength and tone. Improves respiration and balance. Good for the joints.

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 Line Dance: 11:30am (Gym)
Intermediate Line Dance: 12:45pm (Gym)

Cardio Drumming: 1:30pm (Room 239): Upbeat exercise class using Pilate's ball and drumsticks.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Horseshoes: Open play

Tuesday:

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

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

Boom Move & Mind Fitness: 8:30am (Gym)

- Workout that 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 Garden Baptist Church 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

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

DAILY

From S11

reduction and mental clarity.

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

Strength Training: 9:45am (Gym)

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. (Room 303) 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 (Atrium) 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)

Silver Sneakers Classic: 8:15am (Gym) - you will 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.**

Open Pickleball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. ***Must be a senior center member to play. Please bring membership card.**

Core Conditioning: 9:30am (Lynn Garden Baptist Church 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. You perform traditional weight-training movements in class setting.

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.

Strength Training: 10:10am (Gym)
SilverSneakers Classic: 10:15am (Lynn Garden Baptist Church 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 SilverSneakers ball are offered for resistance. A chair is available if needed.

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.

Hand building with Clay: 11:00am-4:00pm (Clay Room) Not 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 Wednesday's.

Cardio Drumming: 1:30pm (Room 239) get a great workout using drumsticks and a yoga ball. Equipment provided.

Table Tennis: 1:00pm (Gym)
Basketball: 4:00pm (Gym)

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

Boom Move & Mind Fitness: 8:30am (Gym) - Workout that 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)

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

SilverSneakers Classic: 9:00am (Lynn Garden Baptist Church)- 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)
Hand Quilting Group - 10:00 a.m. - 12:00 p.m. (Room 303) 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- (3rd floor hallway) enjoy a game of scrabble.

Intermediate Clay: 11:00am-4:00pm (Clay Room)

Crafting Hodge Podge: 12:00pm (3rd floor hallway) 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.

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

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

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

Open Pickleball: 9:00am-1:00pm (Reedy Pointe Community Center)- Open play. All skill levels. ***Must be a senior center member to play. Please bring membership card.**

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.

Tai Chi (16 form Chan Style) 9:30am (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. Is good for the internal body.

Strength Training: 10:10am (Gym)
Stretch Class: 10:50am (Gym)
Comhole: 1:00pm (Gym)
Bridge Group: 1:00pm (Card Room)

This is an intermediate level Bridge group. If interested please contact the front office.

Mahjong: 1:30pm (Multipurpose Room 2) 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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