

June 2020

SeniorLiving

Kingsport Senior Center



Highlights/Senior Services Page 3

Re-opening Rules & Guidelines Page 4

KSC @ Lynn View/Branch Site Classes Page 5

Wellness Page 6

Artisan Center Page 9

Trips/Travel Page 10

Daily Activities Page 11


KINGSPORT
SENIOR CENTER
the fun begins at 50

Staff:

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

- Director- Shirley Buchanan
shirleybuchanan@kingsporttn.gov
(423) 392-8403
- Branch Coordinator- Michelle Tolbert
michelletolbert@kingsporttn.gov
(423) 392-8404
- Branch Assistant- Diane Broyles
dianebroyles@kingsporttn.gov
(423) 765- 9047
- Wellness Coordinator- Kevin Lytle
kevinlytle@kingsporttn.gov
(423) 392-8407
- Program Coordinator - Lori Calhoun
loricalhoun@kingsporttn.gov
(423) 392-8405
- Program Leader - Amber Quillen
amberquillen@kingsporttn.gov
(423) 392-8402
- Program Leader - Beth Freeman
bethfreeman@kingsporttn.gov
(423)343-9713
- Program Assistant- DeAnna Way
deannaway@kingsporttn.gov
(423)392-8406
- Secretary- LeAnna Hickman
leannahickman@kingsporttn.gov
(423)392-8400 Fax: (423) 224-2488
- 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, 2019 - June 30, 2020
 \$25.00- Kingsport City Residents
 \$45.00- Sullivan County Residents
 \$70.00- Out of County Residents
 *If you have Silver Sneakers through your insurance company your membership is free.
 *The Kingsport Senior Center is now accepting credit and debit cards

Mission:

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

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



Location and Hours of Operation:

Main Site – Renaissance Building:

1200 E. Center Street Kingsport, TN 37660

Hours of Operation:

Monday-Friday: 8:00am - 7:00pm Saturday: 9:00am – 12:00pm

www.kptseniors.net

423-392-8400

Branch Sites:

Lynn View:

257 Walker Street Kingsport, TN 37665

Hours of Operation: Monday-Friday, 8:00am - 2:30pm.

423-765-9047

Aquatic Center:

1820 Meadowview Pkwy, Kingsport, TN 37660

Monday - Friday, 8:00am – 11:00am.

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

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

Kingsport Senior Center Advisory Council Members:

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

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

View our Annual Report on the KSC website under the About Us Page.

HIGHLIGHTS

Special Event:

Friday, June 12. Mythbusters. 3:30pm on facebook live.

Friday, June 26. Family Feud with staff. 3:30pm on facebook live.

Daily Activities Event:

Friday, June 5. Instapot class. 3:30pm on facebook live.

Monday, June 22. DIY Craft class. 3:30pm on facebook live.

Extended Trip:

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

Dates: March 12-March 19, 2021

Double Occupancy/person= \$3099

Single Occupancy/person= \$3799

\$450 deposit due at sign up; \$1000 deposit due on 8/3/2020; final payment due 11/3/2020

A few of the benefits included in your trip:

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

Senior Services:

If you need senior service help, please call Beth Freeman at 423-343-9713.

Interested in keeping up with events with a digital copy of the newsletter sent to your email?!



Call (423) 392-8400 or stop by Front Office and give us your email!!!

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

SENIOR SERVICES

SENIOR CONNECT KINGSFORT:

A database of different services available based on your need. Medicare, Housing, Care, Safe Living, Nutrition and many more resources!

Website: <https://seniorconnectkpt.org>



FIRST TENNESSEE AREA AGENCY ON AGING & DISABILITY:

321 N Roan St, Johnson City, TN 37601
(866) 836-6678



FIRST TENNESSEE HUMAN RESOURCE AGENCY

Improving the quality of life for the people of Northeast Tennessee through delivery of social services

(423) 461-8200

Keeping the Comforts of Home



In-Home Senior Care

- Companion Care • Personal Care
- Light Housekeeping • Transportation

Thank You for your votes!



Comfort
Keepers

Call Us Today!

(423) 246-0100

ComfortKeepers.com



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

** Specialized Medical Care In Your Home or place of Residence **

**Services Covered Under Medicare and Most Insurances*

**Call our Kingsport office today* 800-516-6371*

Free In-Home Consults

Re-opening Rules & Guidelines

The projected opening date will be Monday, June 1.

However this will be subject to change per governor's recommendation. Check out our facebook and website for updates.

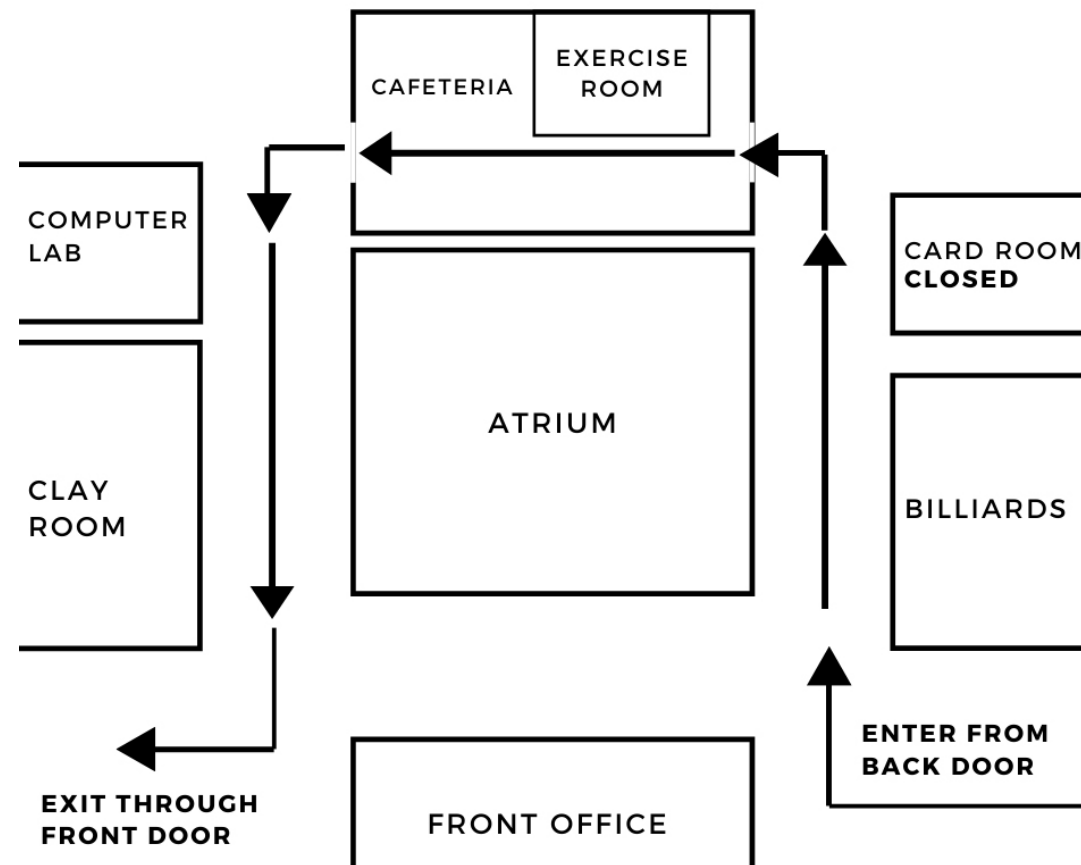


Re-opening Rules and Guidelines due to COVID-19

- We encourage those with compromised immune systems to stay at home.
 - We encourage you to engage with the Center over social media.
- Consistently check the health status of Staff and Members.
 - You can choose to have your temperature taken before entering the building.
 - We encourage that you wear a mask, but it's not required.
 - PLEASE STAY AT HOME IF YOU ARE SICK.
- There will be a "way to get into the building plan"
 - Please see the map listed.
 - You will enter using the back doors and exit through the front doors.
- A staggered approach will be used.
 - On Monday and Wednesday, Senior members who were born in an even year will be able to use the facility.
 - On Tuesday and Thursday, Senior members who were born in an odd year will be able to use the facility.
 - We are asking married couples to choose which set of days they would prefer. (Monday & Wednesday or Tuesday & Thursday)
 - This will be based on the honor system. If we see members showing up on back to back days we are authorized to ask you to leave.
- Reduced hours to aide with cleaning.
 - Center hours will be Monday-Thursday, 8:00am-3:30pm, giving the staff time to disinfect point of contact through the building and more thorough cleaning of all equipment, etc., on Friday.

Re-opening Rules and Guidelines due to COVID-19

- Social distancing will be required.
 - An example of this would be only every other exercise machine could be used at the same time and chairs in the computer room and clay studio would be marked at six feet apart and when the chairs are filled, no one else will be allowed in the room. The same with the billiards room, only 2 tables will be played on.
- There will be a time limit on time in the rooms each day.
 - You will only be allowed an allotted amount of time in a room. Time restrictions will be posted on the door of each room and will be monitored.
- No congregate meals inside the facility.
 - Congregate meals will still be present for drive through pick up. For more information please call Deborah at 246-8060.
- Team sports, such as basketball and volleyball, will be cancelled.
- Table tennis will be limited to singles play only.
- There will only be 2 pool players per billiards table.
- No shuffleboard will be played.
- The card room and lounge will be remained closed. Note: You will not be allowed to play cards or any other game in the Center due to social distancing.
- The wood shop will remain closed.
- All picnics and special events will be cancelled until further notice.
- Classes will be limited and will also have an occupancy limit.



Facebook Live Event Schedule

Tuesday, June 2	Hangman
Friday, June 5	Instant Pot Tutorial
Tuesday, June 9	Would You Rather?
Friday, June 12	Mythbuster
Tuesday, June 16	2 Truths & a Lie
Friday, June 19	Ice Cream Melting Race
Tuesday, June 22	DIY Craft
Friday, June 26	Family Feud w/ Staff
Tuesday, June 29	Name That Tune

KSC at Lynn View

Projected opening day will be Monday, June 8. However, this will be subject to change per governor's recommendation. Check out our facebook and website for updates.

Lynn View Community Center
 257 Walker St., Kingsport, TN 37665
 765-9047
New Hours:
M-F, 8:00am – 2:30pm

Fun with Summer Produce

Join FCS Agent Rachel Dean from UT Extension and learn how to use summer produce in creative ways! This class will be held on June 22nd from 1:00-2:00. Follow the link to register and attend the class live via Zoom: tiny.utk.edu/AkHVB. If you are unable to join live the video will be posted to the UT Extension Sullivan County YouTube page.

Diabetes 101

Join FCS Agent Rachel Dean from UT Extension and learn about the basics of Diabetes, warning signs, and some helpful tips for living with Diabetes. This class will be held on June 24th from 1:00-2:00. Please go to the link to register attend the class via Zoom: tiny.utk.edu/DLgUm. This will also be recorded and posted on the UT Extension Sullivan County YouTube page if you are unable to attend the live session.

Silver Sneakers Classic, 10 a.m. M - TH. 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, 8:30-9:30 a.m. Tuesday and Thursday in the cafeteria.

Core conditioning, 9 a.m. M-TH. 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 Yoga, 11 a.m. Mondays, Wednesdays and Fridays in the cafeteria.

Corn Hole, 9 a.m. – 2 p.m. Weekdays.

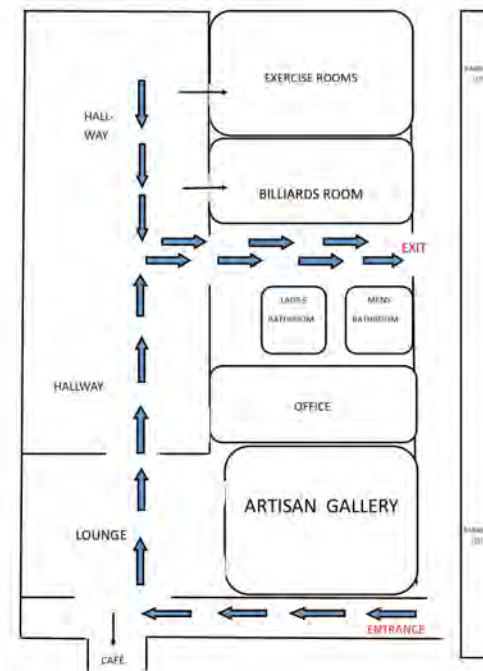
Scrabble Day, 11am. Thursdays.

Blood Pressure Checks, 10:00am-12:00pm, Every 4th Wednesday of the Month by Crown Cypress.

Butterbean Auction, 12:30pm. Every 4th Wed of the Month. Sponsored by Visiting Angels.

Pickleball is played in the gym at Lynn View on Mon, Wed and Fri from 9:00am – 2:00pm and on Tuesday/Thursday 9:00 am – Noon.

Beginner Pickleball, 9:30am-11:30am, M,W,F April 12-May 22. Come learn how to play pickleball.



BRANCH SITES *Classes*

First Broad Street United Methodist Church

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

Piloxing: Tuesday and Thursday at 9:30am. Piloxing is pilates, boxing, and dancing that give you a great cardio workout.

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

Yoga: Tuesday and Thursday from 11:30am – 12:00pm. Includes standing poses and gentle movements for strength and flexibility, each class ends with relaxation.

Aquatics Center

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

Colonial Heights United Methodist Church

Silver Sneakers Yoga: Monday and Wednesday 11:00 a.m. – Noon 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.

George Washington Apartments, Friendship Manor Apartments, Forest Ridge Manor Apartments, Kiwanis Towers Apartments

Bi-annual activities such as bingo, birthday parties, educational seminars, blood pressure checks, etc.

WELLNESS

To sign up for an event, stop by the Front Office or call (423) 392-8400.

Wellness Seminar “Osteopathic Therapy”: 10:30am. **Tuesday, June 23** | Multipurpose Room | Dr. Caleb Smith, ETSU Family Physicians will discuss origins of therapy and outline common problems that can be treated with osteopathic therapy and a description of OMT. Osteopathic therapy is commonly used on knees, other joints and may help treat neck pain by eliminating symptoms through touch and body manipulation. Sign up in the Office or by calling (423) 392-8400, seating will be limited.

Support Group “Restless Legs Syndrome”: 12:30pm. **Tuesday, Jul 14** | Every other 2nd Tuesday of the month | Multipurpose Room | This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. A guide to understanding RLS disease and ailments associated with it that’s interrupting your sleep. Sign-ups start on Wed, Jun 10 in the Office or by calling (423) 392-8400, seating will be limited.

Wellness Seminar “Intellectual Wellness / Name 5”: 10:30am. **Thursday, Jul 16** | Multipurpose Room | Heather Cash, Community Relations Manager, Everlan by Dominion of Johnson City, will discuss the benefits of Intellectual Wellness as well as conduct an activity that will focus on Intellectual Wellness / Name 5 game. Refreshments will be served. Sign-ups start on Wed, Jun 17 in the Office or by calling (423) 392-8400, seating will be limited.

Wellness Seminar “Why Inpatient Rehab is needed”: 12:30am. **Tuesday, Jul 21** | Multipurpose Room | Debbie Cook, RN, Rehab Liaison with Encompass Health will discuss the purpose of IPR and why people need it. She will also cover the admission process from the hospital or home, and also which diagnosis are appropriate for IPR. Sign-ups start on Wed, June 24 in the Office by calling (423) 392-8400, seating will be limited.

Wellness Seminar “Memory and Brain Health”: 2pm - 4pm. **Thursday, Jul 23** | Every 4th Thursday of the month | Multipurpose Room | This program is sponsored by Kendall Wilson, Regional Director with Alzheimer’s TN, Ginny Jenkins, Hospice Care Consultant with Avalon Hospice & Kim Howell, Marketing Liaison with Visiting Angels. Memory Screenings will be available. Sign up in the Office or by calling (423)-392-8400, seating will be limited.

Wellness Seminar “Eating Mediterranean Style”: 10:30am. **Monday, Aug 24** | Multipurpose Room | Rachel Dean with UT Extension will explore the flavors of the Mediterranean and foods that make this style of eating so healthy, recipes included. Sign-ups start on Wed, Jul 22 in the Office or by calling (423) 392-8400, seating will be limited.

Why Hand-Washing Beats Hand Sanitizers: Proper hand-washing with soap and water is one of the best ways to protect yourself during the cold and flu season, an expert says. Wet your hands with water, add soap, cover all surfaces, and rub vigorously for about 20 seconds. That advice comes from Dr. Roland Newman II, a family medicine physician at Penn State Health in Hershey, Pa. “What the soap does as you are scrubbing is release all the dirt and germ particles from the surface of the skin,” he said. “They get bound up in the soap lather so when you rinse, all those germs and debris get washed away.” The water temperature doesn’t matter. It’s the length of time you spend scrubbing and rinsing off appropriately that are important, Newman explained. If you’re in a situation where hand-washing isn’t possible, use a hand sanitizer with an alcohol content of 60% to 95%, he suggested. Just be aware it’s not quite as effective as soap and water.

Coronavirus shelter in place exercises - Ways to stay fit while at home:

Here are some good exercise you can do at home via YouTube:

- “15 Minute Senior Low Impact Workout” with HASfit – https://youtu.be/2fplva72q_k
- “Balance Exercises for seniors/Fall Prevention” with Deron Buboltz – <https://youtu.be/z-tUHNpStw>
- “Fit Over Fifty” with Jenny McClendon – <https://youtu.be/7aHK2sgjBCM>
- “Over 60 & self-quarantined? Do these 5 exercises DAILY” with Ed Deboo – <https://youtu.be/yQ0G5x5hI28>
- “Seated Tai Chi for those with Arthritis, Back Pain, or Limited Mobility” with Angie – <https://youtu.be/sDUrrB7H4rl>
- “SilverSneakers Classic 42 min Home Workout” with Lauralyn Kofford – <https://youtu.be/Ps3oXu5Czvc>
- “SilverSneakers Total Body Conditioning” with Jenny O’Callaghan – <https://youtu.be/EQldca6b9T4>
- “Tai Chi For Seniors” with Mark Johnson – <https://youtu.be/5UQyITBCg0Q>



Rob’s Story

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

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

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

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

“For me, you can’t put a price tag on the relationships that you have with the people in your life.”



KINGSPORT

1101 E Stone Dr., Suite 103A

423-375-0013

Anticipate More Opportunity!

Ready for more out of retirement?

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

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

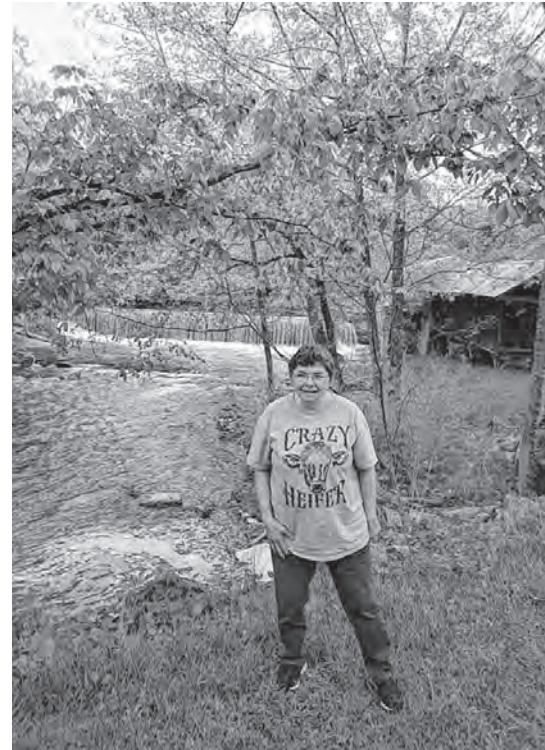
ASBURY PLACE
Kingsport
Anticipate More



100 Netherland Lane, Kingsport, TN 37660



WHAT HAS EVERYONE BEEN UP TO?



Mary has been staying safe & enjoying her time on outdoor walks



Doris L. crocheted a beautiful summer sweater



Joyce has painted 10 stepping stones (one a week)



Susan McGriff has been raising baby chicks and painting a sign for their coop



Grayson Manis on his 15th birthday with a stepping stone Mamaw Joyce painted for him

Menu for June

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Oven Fried Chicken Breast Sweet Potatoes Green Beans Mandarin Oranges WW Roll	2	Turkey w/ Dressing & Gravy Broccoli Baked Apples Fudge Cookie WW Roll	3	Chili Dog w/ mustard & onion Boiled Whole Potatoes Baked Beans Chocolate Pudding WW Bun	4	Hamburger Potato Wedges Corn Yogurt WW Bun	5	Egg Patty Sausage Grits Orange Juice Biscuit w/ Gravy
8	Breaded Pork Chop Scalloped Potatoes Mixed Vegetables Cookie WW Bread	9	Meatloaf Mashed Potatoes Green Peas Ambrosia WW Roll	10	Chicken, Broccoli & Rice Cass. Carrots Cinnamon Applesauce Oatmeal Cookie WW Roll	11	Tuna Salad w/ Shredded Lettuce Broccoli Salad Marinated Cukes & Tomatoes Fruited Jell-O WW Bread (2)	12	Baked Ziti Italian Mixed Vegetables Baked Apples Graham Crackers Texas Toast
15	Country Style Steak Mashed Potatoes Peas & Carrots Fruit Cocktail WW Bread	16	Chicken Alfredo Broccoli Pears Fudge Cookie WW Roll	17	Sloppy Joe Potato Wedges Carrots Butterscotch Pudding WW Bun	18	Oven Fried Chicken Breast Macaroni & Cheese Mixed Greens Mandarin Oranges WW Roll	19	Pizza Casserole Italian Mixed Vegetables Pineapple Tidbits Cookie WW Roll
22	Chicken Tenders Au Gratin Potatoes Succotash Tropical Fruit WW Roll	23	Chili Dog w/ mustard & onion Potato Wedges Baked Beans Coleslaw WW Bun	24	Beef Goulash Spinach Peaches Oatmeal Cookie WW Roll	25	Chicken Salad Green Pea Salad Fruited Jell-O Saltine Crackers WW Bread (2)	26	BBQ Pork Riblet Sweet Potatoes Green Beans Cookie WW Bun
29	Salisbury Steak Mashed Potatoes Brussel Sprouts Vanilla Pudding WW Bread	30	Meatball Sub Sandwich Corn Pineapple Surprise WW Bun						

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE 1/2 CUP OR 1 PORTION UNLESS INDICATED OTHERWISE / ALL ENTREES ARE 3 OZ. / MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS.

First Tennessee Human Resource Agency's Nutrition Program offers a nutritious meal each week day (major holidays excluded) at the Kingsport Senior Center dining room at no charge for adults 60 years of age and older. (\$2.00 donation is recommended but not required.) The meals are designed to fulfill 1/3 of the recommended daily allowances for senior adults. If you are interested in participating at the Kingsport meal site, please call 423.246.8060 for a reservation. Meals are prepared each day and the meal sites need to know 2 days in advance how many to prepare. Lunch is served at 11:30A.M.

Kingsport Senior ARTISAN CENTER



Like us on Facebook!

Kingsport Senior Artisan Center

Shop with us Online:

Go to our website (www.kptseniors.gov)
 Mouse over Branch Sites and Click Artisan Center
 Click the "Shop the Artisan Center" button

We have taken advantage of this time by renovating the Senior Artisan Center at KSC Lynn View! Freshly painted walls, brand new cabinets/cubbies, completely different flooring and more. We miss you all and cannot wait for you all to get back and enjoy everything! Stay safe and healthy!



CHOOSE YOUR PATH

Can a Special Needs Trust Help You?



VistaPoints

The Special Needs Trusts & Resource Center



Special Needs Trusts safeguard personal assets and provide for services or items that public benefits do not cover – all without jeopardizing eligibility for government benefits and public assistance programs.

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

Peace of mind does not have to cost a fortune.



Darlene A. Kemp
 MPH, MBA-HCM

Services offered statewide.

Call
 888-422-4076

Princeton

ASSISTED LIVING

A PARTNERSHIP OF *Signature* *BalladHealth*

**CALL US TODAY FOR
 A FREE TOUR!**

Enjoy lunch and a small gift on us!

423-975-1800



401 Princeton Road
 Johnson City, TN 37601
www.PrincetonTransitionalCare.com

www.vistapoints.org

EXTENDED TRAVEL TRIPS



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

Dates: October 31-November 10, 2021

Double Occupancy/person= Cat E (window cabin)
\$4799

Cat B (balcony cabin) \$5799

\$500 deposit due at sign up; \$1500 deposit due on October 1, 2020; Final payment due March 1, 2021

A few of the places you will visit:

- Lisbon, Portugal
- Porto, Portugal
- Régua, Portugal
- Barca d'Alva, Portugal
- Salamanca, Spain
- Pinhão, Portugal
- Régua, Portugal



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

Dates: March 12-March 19, 2021

Double Occupancy/person= \$3099

Single Occupancy/person= \$3799

\$450 deposit due at sign up; \$1000 deposit due on 8/3/2020; final payment due 11/3/2020

A few of the benefits included in your trip:

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

Signups for these trips have already begun. Call 423-392-8400 For More Information. Check out our website or stop by the office to see the official PML Trip Flyer. Insurance is due at sign up.



Luxury Living in Style



Now Accepting New Residents at the Iconic Tower Apartments at Cornerstone Village.

Spring Special TWO Months Rent **FREE** \$2,975 monthly fee with **NO BUY IN!** Monthly fee includes access to all amenities, one meal daily, complimentary breakfast, housekeeping, maintenance free units, concierge service for medical appointments, all on and off campus activities, unlimited access to wellness gym and **PETS WELCOME.** All in our secure community, in the heart of Johnson City TN.

Call today to schedule a tour 423-232-8218

Classes

& Daily Activities

Monday

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

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

Basic Tai-Chi: 9:00am (Room 302) (Apr 6-June 15) - 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.

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

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

Quilting: 9:00am (Room 303)

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.

Happy Day Singers: 9:45am (location varies) This group meets at the Center and travels by bus to sing at a designated nursing home based on the schedule. They sing old-fashioned hymns from the "church hymnal" book and have a happy day start to Mondays.

Beginning Clay: 10:00am (Clay Room) (Apr 6-June15): Hand building. This is for our beginners.

Strength Training: 10:15am (Gym)

Beginning Line Dance: 11:30am (Gym) (Apr 6- June 15)

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

Intermediate Line Dance: 12:45pm (Gym) (Apr 6-June 15)

Knitting: 1:00pm (Room 303) This class is open to individuals of all expert levels.

Table Tennis: 2:00pm (Gym)

Volleyball: 4:00pm (Gym)

Tuesday

Lap Swimming: 8:00am (Aquatics Center)

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

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Ceramics: 9:00am (Ceramics Room) (Apr 7-June 16) In this class you will paint ceramic figurines that you bring in on your own. You can purchase these at any local craft supply store. After you have painted your figurine, it will be fired in the kiln as your finished piece.

Basket Weaving: 9:00am (Room 303) (Apr 7-June 16) This class is open to individuals of all expert levels.

Strength Training: 9:30am (Gym)

Renaissance Strings: 10:00am (Atrium) (Apr 7-June 16) Dulcimer players along with a few other stringed instruments meet at the Center and practice on Tuesday morning. In the afternoon at 2:00, they entertain at a different nursing home each week.

Bunco: Every 2nd Thursday of the Month at 10:00am in the Card Room

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.

Exercise for Everyone: 10:30am (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) (Apr 7-June 16) Learn to play the Appalachian/Lap Dulcimer in this class. The "Mel Bay-First Lessons" dulcimer book is used at a \$10.00 cost. It's fun to play with a group of dulcimers!

Advanced Pickleball: 11:30am (Gym)

Clay 101: 12:30pm (Clay room) (Apr 7-June 16) This is a six weeks beginner course and then a six weeks intermediate course.

Shanghai Rummy: Every 2nd Tuesday of the month at 12:30pm in the Card Room.

Bowling: 12:30pm at Warpath Lanes

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

Open Pickleball: 1:45pm (Gym)

Basketball: 4:00pm (Gym) - Played alone or in groups.

Rook: 4:00pm (Card Room) Please bring a snack to share with others.

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

Wednesday

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

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

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

Tai-Chi: 9:00am (Room 302)

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

Intermediate Clay: 10:00am (Clay Room) (Apr 8-June 17) In this class you will hand-build and use the pottery wheel.

Strength Training: 10:15am (Gym)

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

Table Tennis: 1:00pm (Gym)

Basketball: 4:00pm (Gym)



Joyce Manis recreating the painting "Whistler's Mother" with items from home



Thursday

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).

Lap Swimming: 8:00am (Aquatics Center)

Boom Move & Mind Fitness: 8:15am (Gym) - B-inspired workout improves your cardio fitness with easy-to-follow moves. Derived from Yoga and Pilates. Combined into one fusion class designed to relax your body and mind. The focus is on core muscles, lower-body strength and balance.

Bingo: 9:00am (Cafeteria)

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

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

Strength Training: 9:30am (Gym)

Exercise for Everyone: 10:30am (Gym) - A great chair exercise class for those unable to get on the floor, with use of Dyna-A-Bands.

Intermediate Dulcimer: 11:00am (Atrium) (Apr 9-June 18) This class is taken after the beginning class and prepares you to play with the Renaissance Strings.

Jams Session: 12:30pm-2:00pm (Cafeteria) Postponed until further notice. Jerry Cole will host a Jam session every other Thursday. Come listen and dance to some great music.

Volleyball: 1:00pm (Gym)

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

Cornhole: 4:00pm (Gym)

Advanced Round Dance (Cued Ballroom Dancing) Phases IV-VI, 4:00-6:00pm. Thursdays in Room 302. Free. Max of 6 students. Do not need a partner. Sign up now. If you don't have experience but are interested in learning more, the instructors can direct you to classes for beginning and intermediate round dance.

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

Friday

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

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

Tai Chi- 9:00am (Room 302) Apr 10-June 19)

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

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

Movement Health Qigong - Liu Zi Jue – Yi Jin Jing "Five Change": 10:00am (Room 302) (Apr 10 - June 19) - is composed of movements that are typically repeated, strengthening and stretching the body, increasing fluid movement (blood, synovial, and lymph), enhancing balance and proprioception.

Strength Training: 10:15am (Gym)

Advanced Pickleball: 11:30am (Gym)

Bridge Group: 1:00pm (Atrium) This is an intermediate level Bridge group. If interested please contact the front office.

Mahjong: 1:00pm (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: 1:45pm (Gym)

Cornhole: 4:00pm (Gym)

Saturday

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

Table Tennis: 10:30am (Gym)



Assisted Living and Specialized Memory Care With No Level of Care Charges



- Privately Owned Assisted Living offering 2 locations: Preston Place Suites and Preston Place II.
- Preston Place offers an all-inclusive rate at both locations
- Preston Place Suites specializes in individualizing care while promoting a very active lifestyle.
- Preston Place II specializes in memory care and offers the areas only certified dementia practitioner onsite.
- Great Longevity - Each member of the management team has 10+ years of experience with Preston Place

**To schedule a tour , please call
423-378-6623 - Preston Place Suites
423-378-4673-Preston Place II**



Thank you for voting us
the #1 Assisted Living
and Retirement Facility
again this year.

