October 2020

Senior Living

Kingsport Senior Center

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KINGSPORT SENIOR CENTER
the fun begins at 50

Staff:

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

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(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, 2020 - June 30, 2021
$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 fa*cility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs and wellness programs.*

Location and Hours of Operation:

Main Site – Renaissance Building:

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

Branch Sites:

Lynn View:

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

Aquatic Center:

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

First Broad Street United Methodist Church:

100 E. Church Circle Kingsport, TN 37660

Colonial Heights United Methodist Church:

631 Lebanon Rd Kingsport, TN 37663

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

Kingsport Senior Center Advisory Council Members:

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

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

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

Senior Services

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)!!*

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• Light Housekeeping • Transportation

Thank You for your votes!

2020 TimesNews KINGSPORT, TENNESSEE READERS CHOICE

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Virtual Calendar

10/1/20 30 Minutes Workout – Virtual Scenery – Treadmill/Exercise Machine https://youtu.be/dCjt9eptadI

10/1/20 Virtual Tour of Banff National Park, Alberta Canada https://www.youtube.com/watch?v=xlQmXz7wzLE

10/2/20 Are You Ready for RealID? https://youtu.be/TEjf-MeWFwgw

10/2/20 Air Fryer Tutorial with Amber Facebook

10/2/20 Virtual Tour of Arches National Park, Utah https://www.youtube.com/watch?v=cgkizvteN0M

10/5/20 Brain Games Live with Amber - 3:30pm Facebook

10/5/20 Ten Easy Windows 10 Shortcuts https://www.youtube.com/watch?v=HG5aNPH0eKs&t=197s

10/6/20 Alum Cave Trail Hike in Great Smoky Mountains National Park, Tennessee https://youtu.be/A1g1wAatBcY

10/6/20 Exchange Place Video Facebook

10/6/20 3 Simple WiFi Tips to Fix Your Internet Speed! https://www.youtube.com/watch?v=cCvfBg9LhAc

10/7/20 Operation Hope Credit & Money Management Workshop FaceBook Live 2pm

10/7/20 How to Prepare Your Roses for Winter https://www.youtube.com/watch?v=IKKS9G813M0

10/7/20 15 Mistakes that Shorten the Life of Your Phone https://www.youtube.com/watch?v=0Z-pLovvqkg

10/8/20 Cades Cove / Great Smoky Mountains TN https://youtu.be/OFW1p6usmNA

10/8/20 Cornucopia Video Facebook

10/8/20 Walking Tour of Salzburg, Austria https://www.youtube.com/watch?v=HhVMMfe6tuo

10/9/20 Help for Grandparents Caring for Kids Due to Crisis https://youtu.be/J7FwjzJoY7o

10/9/20 Learn How to Play Farkle

10/9/20 Virtual Tour of Yellowstone National Park https://www.youtube.com/watch?v=2QtdEq2tsh8

10/12/20 Blood Donation Video Facebook

10/12/20 Cooking with Amber (Egg Roll in a Bowl) Facebook

10/12/20 How to Grow Your Vegetables Indoor in the Winter https://www.youtube.com/watch?v=pPR2Gq18RPo&t=4s

10/12/20 31 Tricks to Use Your Current Phone for a Longer Time https://www.youtube.com/watch?v=KI9QiBM-bJI

10/12/20 Medicare Care Compare CMSHHSgov YouTube video https://youtu.be/hs72jFEOalk

10/13/20 Exploring Chimney Rock State Park!! (North Carolina) https://youtu.be/Z9RcPLEssF4

10/14/20 Bays Mountain, Snakes & Birds Video Facebook

10/14/20 Keeping Healthy in Self-Isolation https://youtu.be/M9yUC-MUugA

10/14/20 Cross Stitch 101 https://www.youtube.com/watch?v=c1_ijpQizzs

10/15/20 Gentry's Creek Falls Virtual Field Trip https://youtu.be/kEUa8GyQntU

10/15/20 Virtual Tour of Old Quebec City, Canada https://www.youtube.com/watch?v=ri8x8jqnLUs&t=105s

10/16/20 Beware of Grandparents Scams https://youtu.be/GkSbfiatiQs

10/16/20 Name that Tune the 80's with Amber Live at 3:30pm Facebook

10/16/20 Mow, Don't Rake Those Leaves! https://www.youtube.com/watch?v=rY3e-Kb4lu0

10/16/20 Virtual Tour of the Fall Foliage in Vermont https://www.youtube.com/watch?v=1VZHeGVhk8Q

10/19/20 Goodwill Video Facebook

10/19/20 Visit Brixey Studio

10/20/20 Wellness Seminar "Advance Directives" 10:30 am Facebook

10/20/20 Ruby Falls Under Ground Water Fall Cave Guide Tour – Chattanooga, TN https://youtu.be/N7pIBCUbMKM

10/20/20 Sullivan County Veterans Office 2pm Facebook

10/21/20 Services for the Blind & Visually Impaired, Zoom Meeting, 2pm *Pre-registration is required to participate in this meeting.

10/21/20 Staff Meditation Video Facebook

10/22/20 Tennessee Waterfalls / Best in the United States https://youtu.be/AdDSZCE1Zf4

10/22/20 Small Miracles Video Facebook

10/22/20 Walking Tour of Vienna, Austria https://www.youtube.com/watch?v=rJ2IY6rp-G8

10/23/20 Easy Steps to Protect Your Computer & Phone https://youtu.be/V3hdiCtKj5s

10/23/20 33 Spooky Craft Ideas for Halloween https://www.youtube.com/watch?v=AUgmMB-qOaA

10/23/20 10 DIY Halloween Decoration Ideas https://www.youtube.com/watch?v=ADM8ybAXATw

10/23/20 Virtual Tour of Rocky Mountain National Park, Colorado https://www.youtube.com/watch?v=tdWV2xEyOfE

10/26/20 Wellness Seminar "Eating Mediterranean Style" 10:30 am Facebook

10/26/20 Coffee and Chat with Amber live at 9:00am Facebook

10/26/20 3 Fall Soup Recipes https://www.youtube.com/watch?v=n_g2hJDI2Ys

10/27/20 The Lost Sea Adventure: Largest Underground Lake https://youtu.be/wQaOfaCTJb8

10/27/20 High Voltage Video Facebook

10/28/20 Hamilton Relay Telecommunications Caption Relay Service, Zoom Meeting, 2pm (for individuals with hearing loss.) *Pre-registration is required to participate in this meeting.

10/28/20 Staff Pumpkin Carving Contest Facebook

10/29/20 Virtual Visit to the Great Smoky Mountains TN https://youtu.be/v8XbJbpMZVc

10/29/20 Wellness Seminar "Leaving a Legacy" 10:30 am Facebook

10/29/20 Walking Tour of Monaco https://www.youtube.com/watch?v=YgUhYi16jvI

10/30/20 Carousel Video Facebook

10/30/20 The Value of Benefits Checkup https://youtu.be/NU_3W0InukM

10/30/20 Staff Halloween Costume Contest Facebook

10/30/20 Virtual Tour of Glacier National Park, Montana https://www.youtube.com/watch?v=x7GkebUe6XQ

Facebook Classes

M-TH	SS Classic, Core Conditioning, and SS Yoga with Brenda
M, W, F	High/Low Impact Aerobics with Terri Farthing
M, W, F	SilverSneakers Classic with Terri Bowling
M, W, F	SilverSneakers Yoga with Terri Bowling
M, W, F	Strength/Stretch with Terri Farthing
M, W, F	Total Body Workout with Terri Bowling
T, TH	Piloxing with Terri Bowling
T, TH	SilverSneakers Boom Fitness with Terri Bowling
TH	Water Color Class with Michael Farrar
TH	Tai Chi at 8:30 am with Ying

Kingsport Senior Center

K T P V X P R G J K N I L J O F W X K Z
M R R Z F R A B K E E S R T L B P C A S
Q A C A J L F I Z O O J K L J T K O R C
C Y N U V O O J N T M K D H M A D O A O
A T Y B W E V W J T E J D A M E D K O I
R Z L B Z X L S E A I F X W A R O I K A
D L V W M G S I Y R Q N F V I O Q N E F
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I G R I N A U E Z I N C H M A G S D P Q
C K P R G B B R K N I T T I N G A E B F
H P R S L D P S U O R K W X B S Y H S A
I P E D U C A T I O N A L H W K W L C S

flower arranging	silversneakers	cooking class	exercise
painting	educational	line dance	knitting
ceramics	quilting	aerobics	drawing
travel	woodcarving	karaoke	cards
OTLB	bunco	tai chi	clay

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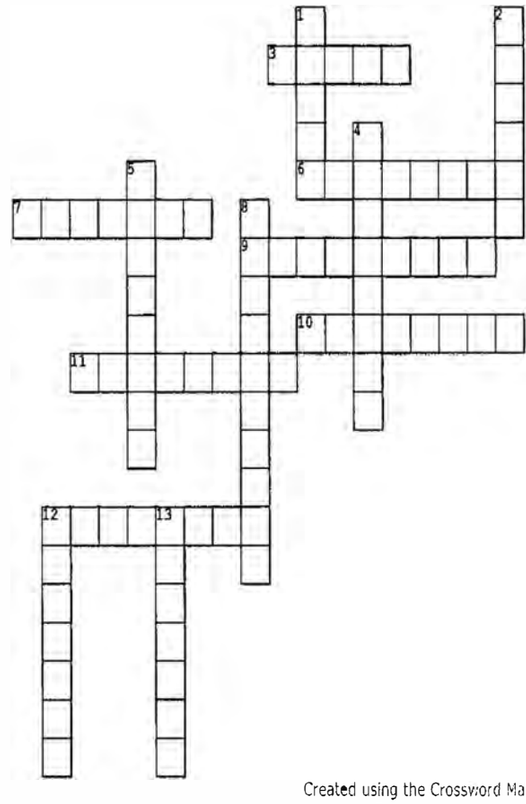
ANSWERS FROM LAST MONTH'S GUESS THE STAFF MEMBER

A. Answer is picture #5. Kevin Lytle
B. Answer is picture #8. Michelle Tolbert.
C. Answer is picture #7. Lori Calhoun
D. Answer is picture #3. DeAnna Way
E. Answer is picture #4. Diane Broyles
F. Answer is picture #9. Shirley Buchanan
G.Answer is #6. Leanna Hickman
H. Answer is #1. Amber Quillen
I. Answer is #2. Beth Freeman

Kingsport Senior Center

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across
3. Deuce or Trey
6. Hit the Gym
7. Stoneware
9. Systematic Instruction
10. Artwork
11. Kind of Bee
12. Type of Needle

Down
1. Move Rhythmically
2. Tour
4. Potters Art
5. Keep Fit Activity
8. IT
12. Bar Entertainment
13. Meditative Martial Art

KINGSPORT SENIOR CENTER WORD SCRAMBLE

1. raiccsme
2. dacen
3. mhepmisber
4. narevlesreskis
5. ueogln
6. lituiqng
7. nngiitkt
8. xseiceer
9. bcesorai
10. imruta
11. adrsc
12. raeaokk
13. ubnoc
14. gantfirc
15. eltvar
16. treltwesen
17. kfboocae
18. siwteeb
19. osutrcemp
20. unchl

Subscribe to our new Kingsport Senior Center YouTube Channel! (Link Below)

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

YouTube

Princeton

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People 65 Years and Older **Need a Flu Shot**

FIGHT FLU

Information for adults 65 years and older

Influenza (flu) can be a serious illness, especially for older adults.

FACT: *People 65 years and older are at high risk of developing serious complications from flu, compared with young, healthy adults.*

This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

FACT: *While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.*

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

People 65 years and older should get a flu shot, not a nasal spray vaccine. They can get any flu shot approved for use in their age group with no preference for any one vaccine over another. There are regular flu shots and there also are also enhanced vaccines approved for use in people 65 and older that may provide a better immune response.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. **An adjuvanted vaccine** (FLUAD™) is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.

Flu shots have a good safety record and do not cause flu.

FACT: *The side effects of flu shots are mild when compared to potentially serious consequences of flu infection.*

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. The high dose and adjuvanted flu vaccines may result in more of the mild side effects.

Long-term medical conditions can also put you at high risk of serious flu complications.

FACT: *Flu can make long-term health problems worse, even if they are well managed.*

Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common long-term medical conditions that place people at high risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year.

FACT: *There are prescription drugs that can treat influenza virus infections. People 65 years and older should be treated with influenza antiviral drugs if they get sick with flu.*

If you have flu symptoms--even if you had a flu shot--call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

- Fever
- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Fatigue (tiredness)
- Sometimes diarrhea and vomiting

It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at high risk of developing serious flu complications, like people 65 years and older.

For more information, visit:
www.cdc.gov/flu
or call **1-800-CDC-INFO**

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Take control of your health and fight flu this season with an annual flu vaccine.
For more information about the flu or the vaccine, call 1-800-CDC-INFO or visit http://www.cdc.gov/flu/.

CS HCVG-15-FLU-105 Last Updated September 11, 2020

Medicare's Annual Enrollment Period is October 15 – December 7. This is the period each year when you can join, switch or drop your Medicare Part D or Medicare Advantage coverage.

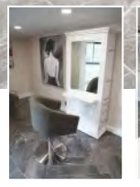
Medicare Part D and Medicare Advantage plans change their coverage and costs each year, including monthly premiums, deductibles, drug costs, health care copays (on Medicare Advantage Plans), and health care provider and pharmacy networks. Plans may also make changes to their formularies (the list of drugs they cover), so it is important to review your plan and compare it to others on the market every fall. Taking the time to compare plans may reduce your out-of-pocket costs and ensure that you find a plan that covers all your prescriptions for next year. Research shows that the average Medicare beneficiary can save $300 or more annually on their medications if they review their Part D coverage.

In previous years we have held Medicare Open Enrollment events at the Senior Center in partnership with the Tennessee State Health Insurance Assistance Program (TN SHIP) to assist individuals compare their plan options in person. Unfortunately, due to the COVID-19 pandemic we will be unable to hold these events in 2020. However, SHIP is still available to help you compare plans or answer any Medicare questions by mail, e-mail, or phone.

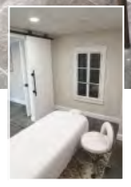
You may call SHIP at 1-877-801-0044 for assistance by phone, or they can send you a worksheet that you can complete and return to them for a plan comparison by mail or email. We also have these worksheets available for pick up at the Center. You may also call Medicare at 1-800-MEDICARE (1-800-633-4227) for assistance comparing plan options.

Plan information and costs for 2021 will not be available until after October 1, 2020.

TN SHIP is funded by a grant from the U.S. Administration for Community Living and the Department of Health and Human Services, and provides free, objective information and assistance on Medicare and related health insurance issues. TN SHIP counselors are not affiliated with any insurance company. It is administered locally by the First Tennessee Area Agency on Aging and Disability.



Salon



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How is your loved one with special needs this fall?

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

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Darlene Kemp
MPH, MBA-HCM
Executive Director

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EXTENDED TRAVEL TRIPS

Join us for a Virtual Walking Tour of Salzburg, Austria on 10/8/2020 on Facebook
https://www.youtube.com/watch?v=HhVMMfe6tuo

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

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

A few of the places you will visit:

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

Join us for a Virtual Walking Tour of Monaco on 10/29/2020 on Facebook
https://www.youtube.com/watch?v=YgUhYi16jvI

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

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

A few of the benefits included in your trip:

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

WELLNESS

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

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

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

Wellness Seminar "Memory and Brain Health": 2pm - 4pm. **Thursday, Oct 22| *Every 4th Thursday of the month*** | Room 310 | Sign up in the Office or call (423) 392-8400, walk-ins are welcome. This program is sponsored by Tracey Kendall Wilson, Regional Director with Alzheimer's TN, Ginny Jenkins, Hospice Care Consultant with Avalon Hospice & Kim Howell, Marketing Liaison with Visiting Angels. Memory Screenings will be available. Sign-up in Office or by calling (423)-392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this seminar will be done by virtual video.

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

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

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

Support Group "Restless Legs Syndrome": 12:30pm. **Tuesday, Nov 10** | Every other 2nd Tuesday of the month | Room 310 | This support group is for sleep disturbance such as RLS, fibromyalgia and insomnia. A guide to understanding RLS disease and ailments associated with it that's interrupting your sleep. Sign-up in Office or by calling (423) 392-8400, there is a limit of 20 seats available. NOTE: If the Senior Center is still closed, this support group meeting will be postponed and rescheduled for Tuesday, Jan 12, 2021.

Beginners Pickleball Class: Kpt Senior Center is offering a beginners pickleball class at V.O. Dobbins Tennis Courts (301 Louis Street). Class will start on Tuesday, Sep 22 at 9am and be offered every Tuesday and Thursday for 4 weeks, cost is free for our Senior Center members. Instructor is Anna Walters, USAPA Pickleball Ambassador. If you are interested in learning how to play pickleball and improving your game, please call (423) 392-8400 to sign-up.

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

Croquet: Kpt Senior Center is partnering with Kpt Allandale Mansion to offer Croquet at the Allandale Mansion (4444 West Stone Drive) – Time for play will be 10am – 1pm every Tuesday & Wednesday. There will be 2 courts available for 4 players per court. If you are interested in this very fun game, call the Senior Center at 423-392-8400 to reserve a court. *Quick Reference Guide for Backyard Croquet Rules: https://www.cpschools.org/cms/lib/MI01001578/Centricity/Domain/217/Croquet%20Rules.pdf

Frisbee Golf: Kingsport Parks & Rec is offering Frisbee Golf at Borden Park (901 Lamont Street) - Time for play are Monday-Sunday from dusk to dawn no reservation needed, but you must supply your own discs.

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

Assisted Living With No Level of Care Charges

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

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

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