January 2021

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)

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

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

What's Going on at the Center?

Wellness Seminar "Thyroid Disease": 10:30am. **Tuesday, Jan 12, 2021** | Room 239 | Dr. Megan Quaresima, ETSU Family Physicians. Dr. Quaresima will give an overview of hyper and hypothyroidism, including and understanding test results, symptoms and treatment. Sign-up in the Office or by calling (423) 3928400, there is a limit of 20 seats available. Wellness Seminar "Intellectual Wellness / Name 5": 10:30am. Thursday, Jan 21, 2021 | Room 239 | 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. Sign-up in the Office or by calling (423) 392-8400, there is a limit of 20 seats available. Wellness Seminar "Memory and Brain Health": 2:00pm–4:00pm. Thursday, Jan. 28, 2021 | Every 4th Thursday of the month in the Room 239. Tracey Kendall Wilson, Regional Director with Alzheimer's Tennessee will discuss Dementia Research Updates. Join us to hear about cutting new research information as well as tips and tricks to ward off dementia and keep our brains sharp, as much as possible. Memory Screenings will be available. Sign up in the Office or call 423-392-8400, walk-ins are welcome, there is a limit of 20 seats available.

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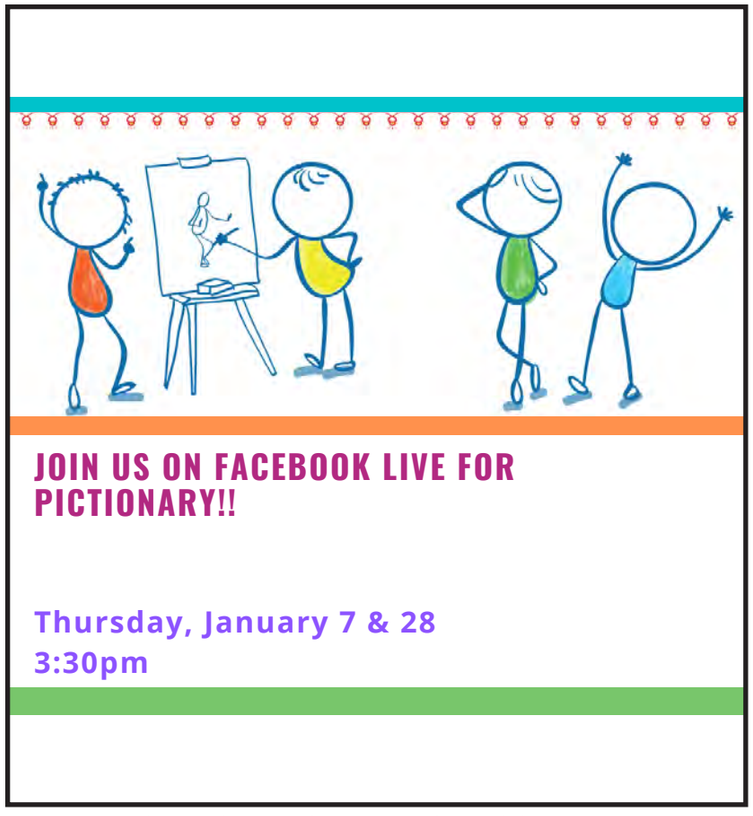


Interested in keeping up with events with a digital copy of the newsletter sent to your email?!
Call (423) 392-8400 or stop by Front Office and give us your email!!!
Disclaimer: *The Kingsport Senior Center will not sell or give out your email and you won't have to worry about junk mail with us (we only send the 1 copy a month)!!*

Smoky Mountain Home Health & Hospice

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

** Specialized Medical Care In Your Home or Place of Residence **
** Services Covered Under Medicare and Most Insurances**
*• Call our Kingsport office today * 800-516-6371*
*** Free In-Home Consults***
COVID 19 Prevention-Wear Mask-Wash Hands Frequently-Maintain Social Distancing
**We have always been your "Front –Line Heroes" especially during Covid 19*

Keeping the Comforts of Home

In-Home Senior Care
• Companion Care • Personal Care
• Light Housekeeping • Transportation

Thank You for your votes!

2020 TimesNews KINGSPORT, TENNESSEE READERS CHOICE

Comfort Keepers

Call Us Today!
(423) 246-0100
ComfortKeepers.com

Virtual Calendar

1/1/21 New Years Traditions Around the World
https://www.youtube.com/watch?v=VzTsYWFKnQs

1/4/21 Healthy Meal Prep for the New Year
https://www.youtube.com/watch?v=vmdITEguAnE

1/4/21 Dump and Go Crockpot Desserts
https://www.youtube.com/watch?v=jH8S3Toj7GM

1/4/21 Redwood National Park Walking Tour
https://www.youtube.com/watch?v=IOEGIGx8rr4

1/4/21 Dump and Go Crockpot Desserts
https://www.youtube.com/watch?v=jH8S3Toj7GM

1/4/21 See What I See: Glaucoma Virtual Reality Experience National Eye Institute, NIH YouTube Video
https://youtu.be/cVFzDrmAY78

1/5/21 81 Retirement Hobbies for Men:
https://www.youtube.com/watch?v=6a8Q3y3vAaM

1/5/21 X-treme Vigilance (Firearms and Personal Safety) Facebook Video

1/5/21 Havasupai Falls, Arizona Virtual Hike
https://www.youtube.com/watch?v=bfwEvhJGiM8

1/5/21 "Life after Stroke: In the Kitchen"
https://youtu.be/x_w0KmTTzOI

1/6/21 How Seniors Can Keep New Year Resolutions
https://www.youtube.com/watch?v=y6XGTQuZiWA

1/6/21 Best Retirement Hobbies for Women:
https://www.youtube.com/watch?v=iqFcq32vV2g

1/6/21 Yellowstone National Park Virtual Tour
https://www.youtube.com/watch?v=vKlym2jIiGI

1/7/21 Pictionary Facebook Live 3:30pm

1/7/21 Virtual Field Trip of Marineland Dolphin Adventure in FL
https://www.youtube.com/watch?v=nGImD-h0eFQ

1/7/21 Learn about the Programs that UETHDA offers Kingsport Senior Center YouTube Video
https://youtu.be/AE8BqzGhSmo

1/7/21 "7 Best Knee Strengthening Exercises"
https://youtu.be/pOrc3zADC7k

1/8/21 Elvis Birthday (Celebrate with his hit songs)
https://www.youtube.com/watch?v=uNaU8wZKIXY

1/8/21 Short New Hairstyles for Mature Women
https://www.youtube.com/watch?v=MmB_9Q3QPTs

1/11/21 Winterizing Your Home with Doug Clark Facebook Video

1/11/21 5 Creative Hobbies You Can Learn for Home:
https://www.youtube.com/watch?v=t8S9fsmIFcc

1/11/21 Virtual Safari of Africa
https://www.youtube.com/watch?v=Pv25aPMcXbg

1/11/21 Write the Vision: Glaucoma Awareness Month (January) National Eye Institute, NIH YouTube Video
https://youtu.be/TeO7Qca0dEQ

1/12/21 12 Most Beautiful Places on Earth
https://www.youtube.com/watch?v=olboi3ttUi8

1/12/21 6 Ways to Prepare Your Car for Winter:
https://www.youtube.com/watch?v=wu2MZkdlNLg

1/12/21 "Stop Knee Pain Now! 5 Exercises To Strengthen Your Knees"
https://youtu.be/ikt6NME0k9E

1/13/21 Small Closet Clean Out for the New Year
https://www.youtube.com/watch?v=H0NLbtbFyBs

1/13/21 Hot Toddy For Cold and Flu Season:

1/13/21 10 Best Places to Visit in Austria
https://www.youtube.com/watch?v=dKTDQa20IEQ

1/13/21 SMILE Meeting, 2pm, Cafeteria and via Zoom Preregistration is required to attend via Zoom

1/14/21 20 Casserole Recipes:
https://www.youtube.com/watch?v=_wZkmBUkdbE

1/14/21 The Colosseum Virtual Walking Tour
https://www.youtube.com/watch?v=eJeF7hDB0UA

1/14/21 Downsizing & Living Clutter Free Seminar presented by Angie Hyche
Kingsport Senior Center YouTube Video
https://youtu.be/negLZBCf_aE

1/14/21 "Exercises for Osteoarthritis of Hip and Knees"
https://youtu.be/3imMU8D1-k4

1/15/21 How to Clean your Dryer:
https://www.youtube.com/watch?v=eQP5d6sZM4o

1/18/21 Glaucoma Awareness Month https://youtu.be/FninuGPtt7w

1/19/21 How to Clean your Washing Machine:
https://www.youtube.com/watch?v=WxxOtXTiDUY

1/19/21 "Knee Osteoarthritis (OA) Stretches & Exercises"
https://youtu.be/R13OkK1ftsI

1/20/21 How to Clean your Dishwasher:
https://www.youtube.com/watch?v=CI41NoqAuew

1/20/21 Switzerland Virtual Tour
https://www.youtube.com/watch?v=W4Ou96H-cPc

1/20/21 Sister'sCravings - YouTube Video on Facebook

1/21/21 Brain Games Facebook Live at 3:30pm

1/21/21 Peru Virtual Tour
https://www.youtube.com/watch?v=1La4QzGeaaQ

1/21/21 Winter Energy Saving Tips
https://youtu.be/NLsVzQAUn50

1/21/21 "10 Best Knee Arthritis Stretches"
https://youtu.be/7hb7FPYUaj8

1/22/21 Air Fryer Fried Apple Pies:
https://www.youtube.com/watch?v=3Oxa_PwnBgk

1/25/21 Essential Techniques for Jewelry Making:
https://www.youtube.com/watch?v=EFfDgO2kWcs

1/25/21 Uzbekistan Virtual Tour
https://www.youtube.com/watch?v=vQVwkyn3-F8

1/25/21 Medicare & You: Glaucoma https://youtu.be/2wdNtp_suhQ

1/26/21 How to Crochet for Beginners:
https://www.youtube.com/watch?v=aAxGTnVNJiE

1/26/21 Kakslautten Artic Resort in Lapland Finland Virtual Tour
https://www.youtube.com/watch?v=WZ0VUKb_pjQ

1/26/21 "Stop These 5 Habits or Your Knee Pain May Never Go Away"
https://youtu.be/JVc18fb5ApI

1/27/21 Costa Rica Virtual Tour
https://www.youtube.com/watch?v=LXb3EKWsInQ

1/27/21 Signs of an Aging Roof:
https://www.youtube.com/watch?v=icqdIpowi6s

1/28/21 Fire Safety 101 with Barry Brickey YouTube post on Facebook

1/28/21 Pictionary Live a 3:30pm

1/28/21 Morocco Virtual Tour
https://www.youtube.com/watch?v=hVvEISFw9w0

1/28/21 5 Winter Energy Saving Tips
https://youtu.be/11DDYvgM7ek

1/28/21 "Peripheral Neuropathy Relief in the Feet & Legs"
https://youtu.be/IoUuq7rPTH0

1/29/21 Pottery Basics: A Beginners Guide to Stages of Clay:
https://www.youtube.com/watch?v=FtES7Gd5gHE

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

RE-OPENING RULES AND GUIDELINES DUE TO COVID-19

1. We encourage those will compromised immunities to stay at home.

a. We encourage you to engage with the Center over social media.

2. Consistently check the health status of both Staff and Members.

a. Infrared thermometers will be available for both staff and members to check their temperatures.
b. At this time masks are required by the Sullivan County Mask Mandate and should be worn to in to the building and then after activity to exit the building.
c. STAY AT HOME IF YOU ARE SICK.

3. There will be a "way to get around the building plan"

a. Please see the map listed.
b. You may enter and exit using the main front entrance or the main back entrance once inside please refer to the directional arrows on the floor for getting around the building.

4. A staggered approach will be used at this time

a. On Monday and Wednesday, senior members who were born in an even year will be able to use the facility.
b. On Tuesday and Thursday, senior members who were born in an odd year will be able to use the facility.
   i. This will be based on the honor system. If members do not follow the guidelines they may be asked to leave the facility.

5. Reduced hours to aide with cleaning.

a. 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.

6. Social distancing will be required.

a. 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.

7. There will be a time limit on time in the rooms each day.

a. Members will only be allowed to spend 1 hour at a time in a specific room to ensure everyone gets a fair chance to use the room.

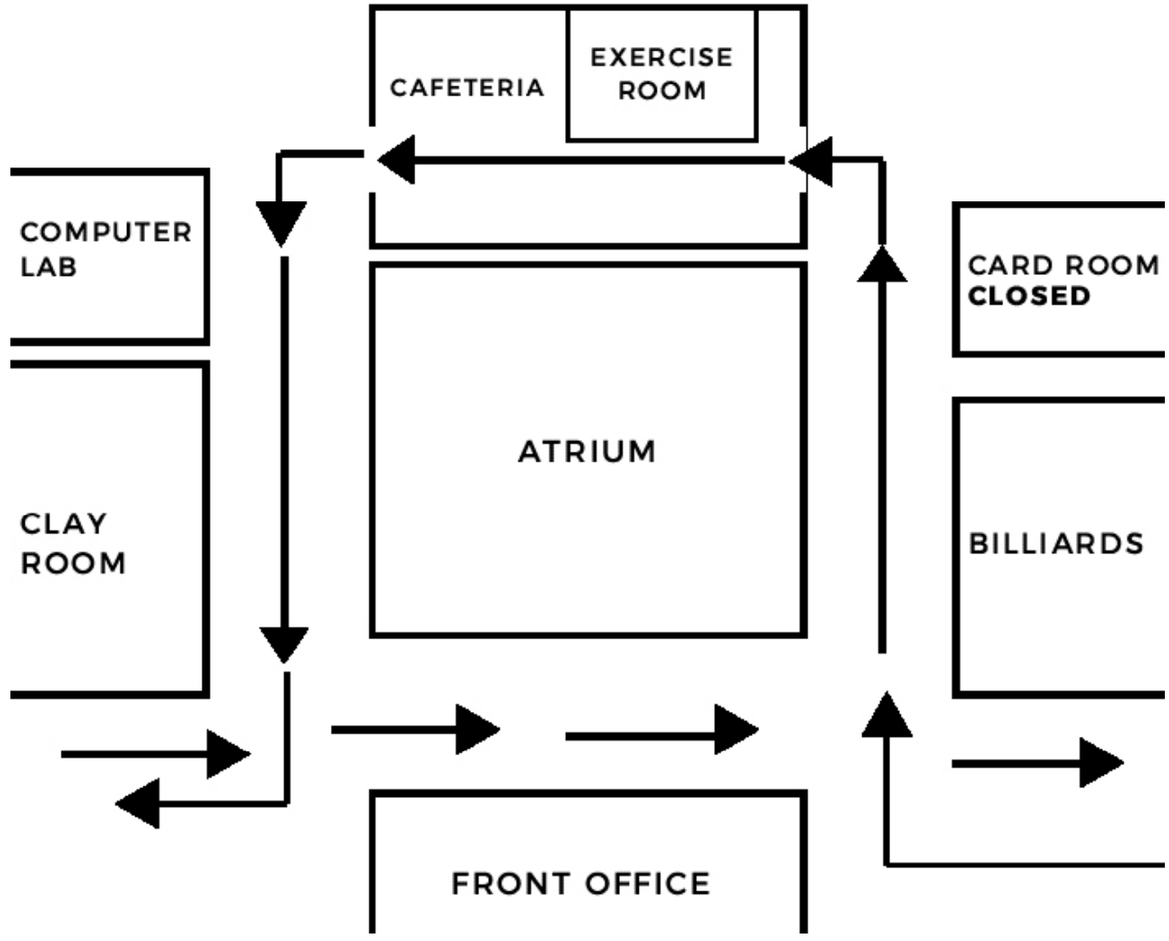
8. No congregate meals inside the facility.

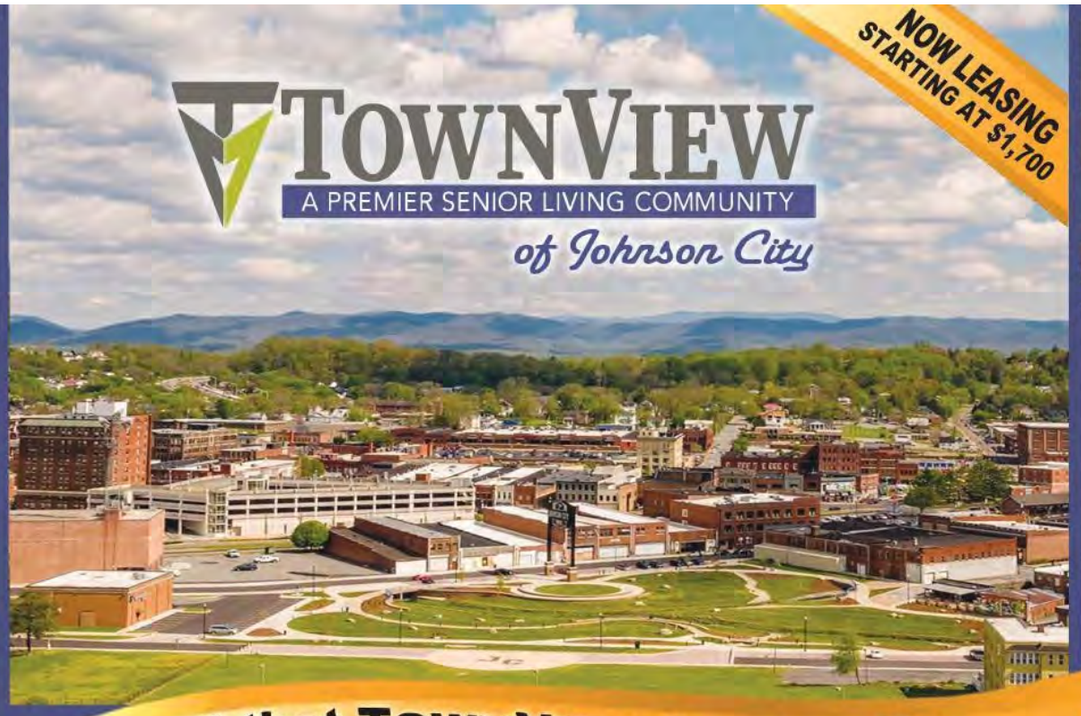
a. Congregate meals will still be present for drive through pick up only.
b. For more information please call Deborah at 246-8060.

9. Only activities where social distancing can be maintained will be allowed to meet

10. The card room and lounge will remain closed at this time.

Lynn View Community Center will open on Monday, November 2, from 8:30-2:00pm (above procedures apply to Lynn View Community Site)





"I want to thank the whole TownView crew for the wonderful job you're doing. With all that's going on I become more grateful for you all every day. Thanks again for your commitment to safety and kudos on doing a great job!"

~ Becky

See all that TOWNVIEW has to offer
and what the excitement is all about in downtown Johnson City!
Enjoy your independence at TownView,
where home upkeep & yard work is a thing of the past!

All-Inclusive Independent Living

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1. **Convenience!** All included in rent: Utilities, cable, shopping trips, socials, events, bi-weekly housekeeping, 3 flavorful home-cooked meals a day & more!
2. **Spacious apartment homes!** Mountain and downtown views.
3. **Community features!** Chapel, Ice Cream Parlor, Dining Room and Café, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
4. **Outdoor features!** Large, beautiful courtyard with walking paths, raised garden beds, games & picnic area, fire pit and gated parking.
5. **Exceptional staff!** 24 hours a day concierge; Additional on-site staff includes security, maintenance, housekeeping, activities and dining.
6. **Location!** Walking distance to parks, festivals, library, and dining; convenient to I-26, Senior Center, VA and medical services.
7. **Welcome Home!**
   Don't just live, **Thrive at TownView** in a warm and inviting home-like atmosphere.

Call or Come See Us! 423-328-9068
114 West Fairview Ave., Johnson City, TN 37604 thetownview.com

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 SM
Kingsport
Anticipate More

100 Netherland Lane, Kingsport, TN 37660

EQUAL HOUSING OPPORTUNITY

ASPIRE to Excellence carf ACCREDITED

FIRE SAFETY 101

WITH BARRY BRICKEY, KFD

Thursday, January 28, 2021
Kingsport Senior Center
Facebook & YouTube

Brain Games

with Amber on FaceBook Live

Thursday, January 21 at 3:30pm

Downsize & Live Clutter Free Seminar

BY ANGIE HYCHE, SHIPSHAPE SOLUTIONS

FACEBOOK VIDEO PRESENTATION ON JANUARY 14, 2021, ORGANIZE YOUR HOME DAY

KINGSPORT SENIOR CENTER FACEBOOK & YOUTUBE

MONDAY, JANUARY 11

Winterizing Your Home

with Doug Clark

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

https://www.youtube.com/channel/UCESBePiAXrV4h9fxQQ69-pQ?view_as=subscriber

YouTube

INTELLECTUAL WELLNESS / NAME 5

WELLNESS SEMINAR

Thursday, January 21, 2021
10:30am Room 239

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.
Sign-ups start on Wed, Dec 30 in the Office or by calling (423) 392-8400
There is a limit of 20 seats available.

Princeton

ASSISTED LIVING

A PARTNERSHIP OF Signature HealthCARE BalladHealth

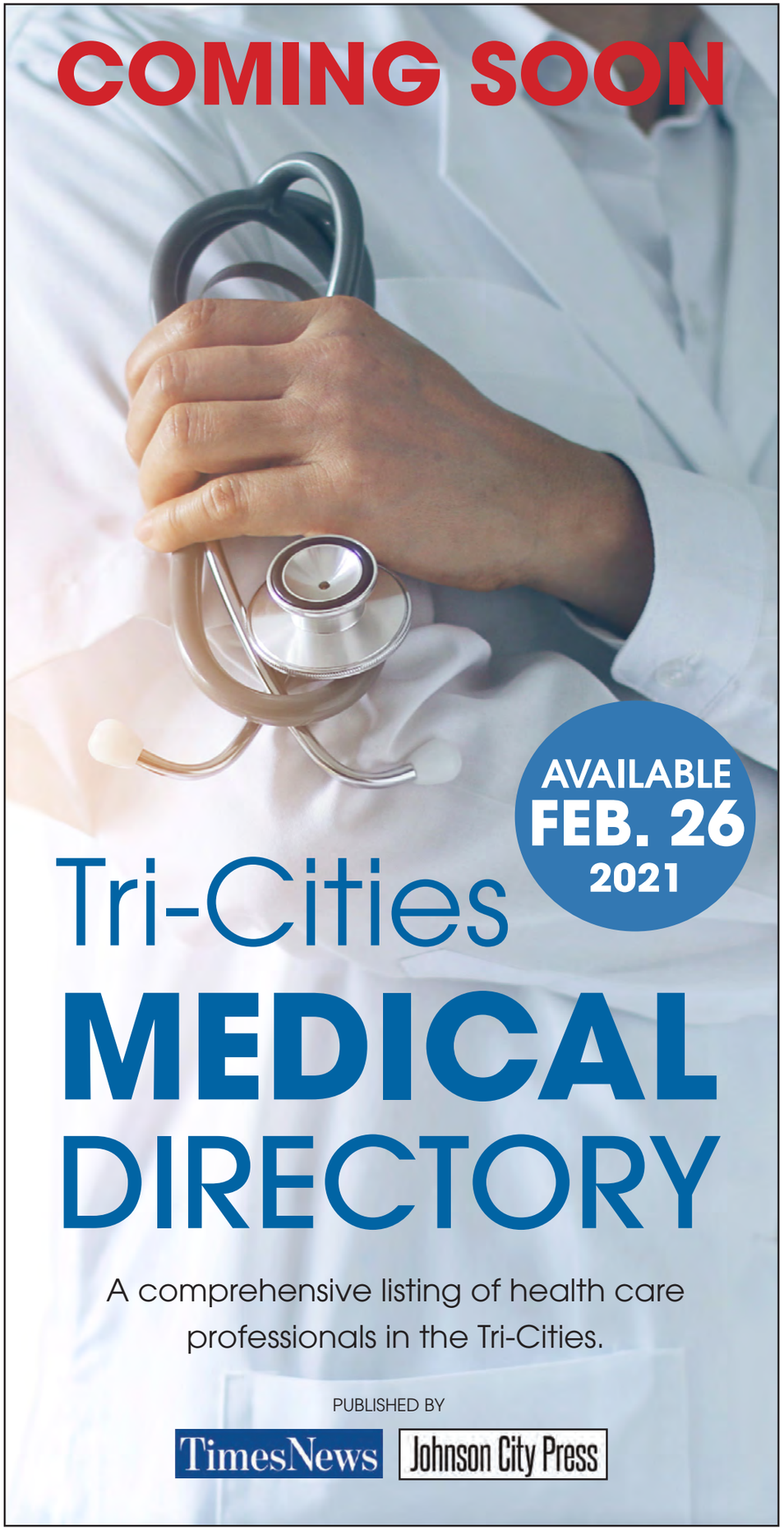
WE'RE STILL ACCEPTING NEW ADMISSIONS

Call for details on how we're preventing the spread of COVID-19

423-975-1800

CALL TODAY TO TAKE A VIRTUAL TOUR!

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



EXTENDED TRAVEL TRIPS

Join us for a Virtual Tour of Colosseum in Rome
1/14/21 on Facebook
https://www.youtube.com/watch?v=eJeF7hDB0UA

Join us for a Virtual Tour of Venice, Italy
1/19/21 on Facebook
https://www.youtube.com/watch?v=q6VeuE1vDck

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

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

Wood Shop: The Wood Shop will remain closed though the month of January 2021, due to the COVID-19 pandemic. We plan to reopen the Wood Shop on **Monday, February 1, 2021** from 8:30am to 3:00pm, Monday, Tuesday, and Wednesday.

Woodshop Safety Orientation: 9am. **Monday, March 1, 2021** | Woodshop | Every 1st Monday of the Month. If you are interested in working in the Woodshop you must complete the Safety Orientation. Stop by the Woodshop or call (423) 392-8407 to sign-up. **NOTE:** We will be cleaning the shop every 1st Monday of the month after the safety orientation and ask that all wood workers please come and help.

Wellness Seminar "Thyroid Disease": 10:30am. **Tuesday, Jan 12, 2021** | Room 239 | Dr. Megan Quaresima, ETSU Family Physicians. Dr. Quaresima will give an overview of hyper and hypothyroidism, including and understanding test results, symptoms and treatment. Sign-up in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

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Wellness Seminar "GERD": 10:30am. **Tuesday, Feb 16, 2021** | Room 239 | Dr. Bruce Winegar, ETSU Family Physicians. Dr. Winegar will discuss symptoms and treatment of GERD (Gastroesophageal Reflux Disease), including medication and non-medication treatment. Sign-ups start on Wed, Jan 13, 2021 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

Wellness Seminar "TN Yellow Dot Program": 10:30am. **Tuesday, Feb 23, 2021** | Room 239 | Spring Thompson, ED of Brookdale Colonial Heights will be discussing the TN Yellow Dot Program. Yellow Dot is designed to supply first responders with an individual's medical information in the event of an emergency. The information can mean the difference between life and death in the "Golden Hour" immediate following a serious accident. Sign-ups start on Wed, Jan 13, 2021 or by calling 423-392-8400, there is a limit of 20 seats available.

Wellness Seminar "Leaving a Legacy": 10:30am | **Thursday, Feb 25** | Room 239 | 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-ups start on Wed, Jan 20, 2021 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

Support Group "Restless Legs Syndrome": 12:30pm. **Tuesday, Jan 12, 2021** | Every other 2nd Tuesday of the month | Room 239 | 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.

Corn Hole Tournament, 1pm. **Wednesday, Mar 10, 2021** | Gym | This tournament will be doubles playing the best three games, with double elimination. We will need at least 12 to sign up for tournament to be played. Cost is $2.00. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sign-ups start on Wed, Feb 17, 2021 in the Office, with a deadline to sign-up by close of business Mon, Mar 08, 2021.

Billiards Tournament: 9:30am. **Wednesday, Apr 21, 2021** | Billiards Room | This will be an 8-ball tournament singles play best of three games with double elimination. Cost is $2.00. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on all **four tables** in billiards room. Sign-ups start on Wed, Mar 24, 2021 in the Office, with a deadline to sign up by close of business on Mon, Apr 19, 2021.

Shuffleboard Tournament: 9am. **Wednesday, May 19, 2021** | 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 $2.00. We need at least 12 to sign up for tournament to be played. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sign-ups start on Wed, Apr 21, 2021 in the Office, with a deadline to sign up by close of business on Mon, May 17, 2021.

Table Tennis Tournament: 1pm. **Wednesday, Jun 30, 2021** | Gym | This tournament will be doubles playing the best three games, with double elimination. We need a minimum of 12 players to sign up for tournament to be held. Cost is $2.00. Prizes will be awarded to 1st, 2nd, and 3rd place only. Sign-ups start on Wed, May 26, 2021 in the Office, with a deadline to sign-up by close of business on Mon, Jun 28, 2021

Table Tennis Schedule Change: Table Tennis (Single Only) play is on Monday and Wednesday in the Gym from 11:30am-3:30pm.

Pickleball Schedule Change: Pickleball play is on Tuesday and Thursday, Advanced Pickleball at 11:30am-1:30pm and Open Pickleball at 1:30pm-3:30pm.

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

Optimize Your Hormone Balance; To Head Off Diabetes: "Almost No Adult eats enough fiber", says dietitian and book author Kathleen Niedert. That's not good: Fiber stabilizes blood sugar levels, which is key to preventing or managing diabetes or its precursors. Insoluble fiber (the undigestible kind) feeds bacteria in the intestines that help lead to hormonal balance. Women over 50 need 21 grams a day; men need 30 grams. Only 5 percent of us eat that much. Niedert suggests bran cereal daily. Or add bran to oatmeal, smoothies or casseroles (a mere ¼ cup delivers about a quarter of daily needs). Next, eat loads of fruits and vegetables. Then, replace refined grains and breads with whole-grain everything. Brown rice has about six times more fiber than white. A barley serving delivers about 6 grams of mostly insoluble fiber.

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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