

March 2021

SeniorLiving

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 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.

Subscribe to our new Kingsport Senior Center YouTube Channel!

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

SENIOR SERVICES

S.M.I.L.E MEETING



We will be having a volunteer meeting on **Wednesday, March 10** at 2pm in the Cafeteria and via Zoom

If you would rather attend via Zoom, please contact Beth Freeman at (423)343-9713 to sign up.

CHECK OUT THE KSC FACEBOOK PAGE FOR EXERCISES TO RELIEVE

LOWER BACK PAIN

- MARCH 2 - SIMPLE LOWER BACK EXERCISES FOR SENIORS
- MARCH 4 - LOW BACK PAIN EXERCISES FOR SENIORS
- MARCH 9 - LOWER BACK STRETCHES FOR SENIORS
- MARCH 11 - SIMPLE LOWER BACK EXERCISES FOR SENIORS (SEATED)
- MARCH 16 - 4 FAVORITE EXERCISES FOR HIP & LOWER BACK PAIN
- MARCH 23 - YOGA SPINE STRETCHES & LOWER BACK POSES
- MARCH 25 - YOGA FOR LOW BACK & HAMSTRINGS
- MARCH 30 - YOGA FOR HIPS & LOWER BACK RELEASE

(YOUTUBE LINKS ARE LISTED ON THE VIRTUAL CALENDAR PAGE)



AARP will be providing Free Tax Preparation at the Kingsport Senior Center beginning February 18

OUR APPOINTMENTS ARE FULL AT THIS TIME, HOWEVER PLEASE CALL THE FRONT OFFICE AT (423) 392-8400 TO BE PUT ON A WAITING LIST SHOULD AARP PROVIDE ADDITIONAL APPOINTMENTS



For current information on Covid-19 vaccines in Sullivan County, visit the Sullivan County Regional Health Department website <http://www.sullivanhealth.org/> their Facebook page, or call **(423) 279-2777**



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



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)!!



5 **More** Reasons There's Never Been a Better Time to Make Your Move

Asbury Place Kingsport Senior Living

A lot has changed in the past year, but this has not: the value of being part of a secure, connected community with support and friendship right outside your door!



8 **MORE** DELICIOUSNESS

Our community offers delicious dining options — and delivery — for the times you don't feel like cooking. Enjoy your morning coffee and paper in our beautiful Courtyard or grab a snack at The Bistro. Dinner in the Dining Room offers a choice of freshly made specials and popular continental dishes.



9 **MORE** QUALITY CARE

Gain on-site rehabilitative and nursing care that has earned the highest rating — 5 stars — from the Centers for Medicare and Medicaid Services, along with assisted living, memory care, and home care. Care navigation and the benevolent care round out a strong plan for the future.



6 **MORE** OPPORTUNITY

New opportunities await you at Asbury Place! Explore the Bays Mountain State Park & Planetarium or the Biltmore Estate in Asheville. Take scenic drives or hikes through the Great Smoky Mountains. Read by the fire in our Fireside Lounge. Get involved with clubs, classes and events, and volunteer opportunities.



10 **MORE** WELLNESS

Staying fit and healthy benefits body, soul, and mind. Our campus offers a staffed fitness center with classes like seated yoga and strength training, personal training, and more to help you stay active and age better for longer. Dozens of clubs, events, programs, and trips help you continue learning and exploring.



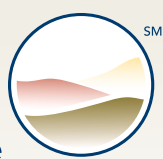
7 **MORE** ACCESSIBILITY

Asbury Place Kingsport provides easy access to Knoxville, local colleges, and the Tri-Cities Airport. Enjoy planned trips to educational and cultural destinations. Don't feel like driving? Take advantage of our scheduled transportation to shopping and errands.

We're Open For Tours!

Call **423-900-2296** or contact us online at **AsburyPlaceKingsport.org** to schedule yours today!

ASBURY PLACE
Kingsport
Anticipate More



Come learn about all the Top Ten Reasons to make Asbury Place Kingsport your new home!



Virtual Calendar

3/1/2021 Most Beautiful Places on Earth
<https://www.youtube.com/watch?v=WzFctdPulvo>

3/1/2021 How is Your Social Security Taxed?
<https://youtu.be/-zsF9mdPyEc>

3/1/2021 Rae Dunn St. Patrick's Day-Spring Decorate with Me
<https://www.youtube.com/watch?v=FFotzekKHUM>

3/2/2021 "Simple Lower Back Exercises for Senior's"
<https://youtu.be/sZZfeQ6beMw>

3/2/2021 DIY Farmhouse St. Patrick's Day Décor-Dollar Tree
<https://www.youtube.com/watch?v=SCMNx11XK9o>

3/2/2021 PM Skin Care Routine for Women over 50 w/Mindful Midlife
<https://www.youtube.com/watch?v=2MZoib5hbhw>

3/2/2021 Top 10 Villages of Switzerland
<https://www.youtube.com/watch?v=b40b9FsTNal>

3/3/2021 Top 10 Springs to Visit in Florida
<https://www.youtube.com/watch?v=xenBkPpv87Q>

3/3/2021 The Parting Glass/Ireland's Favorite Folk Song
<https://www.youtube.com/watch?v=wzLuS-0oR0O>

3/3/2021 How to Throw a Bowl on the Potter's Wheel
<https://www.youtube.com/watch?v=kwr5zlniGAK>

3/4/2021 Could CarFit Be a Good Fit For You?
<https://youtu.be/rAleNkqp4LI>

3/4/2021 Introduction to Shuffleboard
<https://www.youtube.com/watch?v=oPOT-DYWsiM>

3/4/2021 "Watergate Salad" w/PinkyMa's Kitchen
<https://www.youtube.com/watch?v=UcvV1ohV6IE>

3/4/2021 Route 66 Road Trip: 14 Days Driving the Main Street of America
<https://www.youtube.com/watch?v=H0bA72fjHMQ>

3/4/2021 "Low Back Pain Exercises for Senior's"
<https://youtu.be/v-uQkYWreHc>

3/5/2021 Corn Hole Set Up and Scoring
<https://www.youtube.com/watch?v=H2CrJICl2P0>

3/5/2021 6 Ways to NOT look older than you are
<https://www.youtube.com/watch?v=yhmTejmmvVe&t=69s>

3/5/2021 Grand Canyon, Arizona Virtual Trip
<https://www.youtube.com/watch?v=LtEG2UEbD4U>

3/8/2021 Tarangire National Park, Tanzania Virtual Trip
<https://www.youtube.com/watch?v=yMDsMC9W1gQ>

3/8/2021 Aldi vs Walmart vs Target: Which is cheaper
<https://www.youtube.com/watch?v=qK8YTnxAPNo>

3/8/2021 Preventing Financial Exploitation
<https://youtu.be/ThgQYwNcwCw>

3/8/2021 Line Dance for Seniors and Beginners
<https://www.youtube.com/watch?v=uZXQuqPnp8g>

3/9/2021 Guided Meditation for Seniors
<https://www.youtube.com/watch?v=s6rXVM8VIWc>

3/9/2021 Glacier Gorge, Rocky Mountain National Park, Colorado Virtual Trip
<https://www.youtube.com/watch?v=BCem6NjldFE>

3/9/2021 Simple Habit changed My Life/12 Habits-12 Months
https://www.youtube.com/watch?v=iFxfVE_ow0U

3/9/2021 "Lower Back Stretches for Senior's"
<https://youtu.be/GVFV0nAiocg>

3/10/2021 SMILE Meeting, 2pm, Cafeteria and via Zoom

3/10/2021 Superstition Mountains, Arizona Virtual Trip
<https://www.youtube.com/watch?v=jkQg1mmJVeI>

3/10/2021 Pictionary Live at 3:30 on Facebook

3/11/2021 Garibaldi Provincial Park, British Columbia, Canada Virtual Trip
<https://www.youtube.com/watch?v=vcOvQmfJPG4>

3/11/2021 "Cinnamon Rolls" w/PinkyMa's Kitchen
https://www.youtube.com/watch?v=_SoHHkGM_YE

3/11/2021 Shed to Tiny Farmhouse
<https://www.youtube.com/watch?v=8BtULTPv7WI>

3/11/2021 This Yellow Dot May Save You
<https://youtu.be/DFU8s5xlUp0>

3/11/2021 "Simple Lower Back Exercises for Senior's (Seated)"
<https://youtu.be/XTEfL12pli8>

3/11/2021 Easy Grocery Store Flowering Arranging
https://www.youtube.com/watch?v=03c_g8lhMT0

3/12/2021 Forts of Rajasthan, India Virtual Trip
<https://www.youtube.com/watch?v=9zwUZTV95cw>

3/12/2021 Spring Lawn Care
<https://www.youtube.com/watch?v=2Kez5TmoZaQ>

3/13/2021 Daylight Saving Time 101
<https://youtu.be/DRQcW9ODoP4>

3/15/2021 40 Items We Keep in our "Bug Out" bag
<https://www.youtube.com/watch?v=liGPJ7IRds4&t=49s>

3/15/2021 Free Online Classes for Seniors
https://youtu.be/nc_Vwi2PixA

3/15/2021 Air Fryer Meatloaf
<https://www.youtube.com/watch?v=u2hwPmieBiY>

3/15/2021 Ancient Monuments of Egypt Virtual Trip
<https://www.youtube.com/watch?v=Dtw2vfKihXA>

3/16/2021 How to Plant Spring Flower Bulbs
<https://www.youtube.com/watch?v=QQb6aXzYGuY>

3/16/2021 Bali, Indonesia Virtual Trip
<https://www.youtube.com/watch?v=2b9txcAt4e0>

3/16/2021 Morning Skin Care for 50 and over w/Mindful Midlife
<https://www.youtube.com/watch?v=0ePrgMmzIR4>

3/16/2021 "4 Favorite Exercises for Hip & Lower Back Pain"
<https://youtu.be/6ta0XCvGed4>

3/17/2021 Cheesy Leftover Mashed Potato Muffins
https://www.youtube.com/watch?v=_sA-6KI85b0

3/17/2021 Monument Valley Navajo Tribal Park Virtual Park
<https://www.youtube.com/watch?v=GOGbVBF2qSA>

3/17/2021 St. Patty Melt
<https://www.youtube.com/watch?v=jNzOoGCKiSI>

3/18/2021 "Quick Full Body Stretch for Senior's"
https://youtu.be/J_Fi-kOuZns

3/18/2021 How to Avoid Coronavirus Scams Targeting Veterans
<https://youtu.be/QCteMtuWdKo>

3/18/2021 Prepare your Lawn Mower for Spring
<https://www.youtube.com/watch?v=SIQQTmd-zPM>

3/18/2021 "Apple/Peach Dumplings" w/PinkyMa's Kitchen
<https://www.youtube.com/watch?v=uxnBxJ8sEN8>

3/18/2021 Blue Flames & Sulfur Mining at Kawah Ijen Volcano, Indonesia
<https://www.youtube.com/watch?v=S-g3LHsMSks>

3/19/2021 Thailand (Ko Phi Phi & Railey) Virtual Trip
<https://www.youtube.com/watch?v=IlXhywbggFY>

3/19/2021 How to Clean Outdoor Cushions
<https://www.youtube.com/watch?v=mSpPrcWdLTs>

3/22/2021 How to Play Knock
<https://www.youtube.com/watch?v=nfcvwNXXZVc>

3/22/2021 Bryce Canyon National Park, Utah
<https://www.youtube.com/watch?v=mn7Zv1ZNF4s>

3/23/2021 Beginner Acoustic Lesson 1
<https://www.youtube.com/watch?v=HNSaXAe8tyg>

3/23/2021 What to Eat at Fast Food Restaurants by Mindful Midlife
<https://www.youtube.com/watch?v=HdbCQ5KrpME>

3/23/2021 Help for Mature Dry Skin
<https://www.youtube.com/watch?v=9NIRsrw3z8U&t=57s>

3/23/2021 Waterton Lakes National Park of Canada
https://www.youtube.com/watch?v=1BpSCi_R_Ho

3/23/2021 "Yoga: Spine Stretches & Lower Back Poses for Senior's"
<https://youtu.be/Td2c6UYuWYo>

3/24/2021 1000 Island, Canada & U.S. Virtual Trip
<https://www.youtube.com/watch?v=ThxuGRi0JsI>

3/24/2021 Pictionary Live at 3:30 on Facebook

3/25/2021 How to Make Your Home Wi-Fi Faster
<https://youtu.be/V7lvj3gSQA>

3/25/2021 How to Make your Own Corn Hole Boards
https://www.youtube.com/watch?v=K_O9h1AZOoQ

3/25/2021 "Yoga for Low Back & Hamstrings"
https://youtu.be/2xF_teT2_V0

3/25/2021 Spring Cleaning Tips, Hacks and Checklists
<https://www.youtube.com/watch?v=7md9PpiXay8>

3/25/2021 Canadian Badland Virtual Trip
<https://www.youtube.com/watch?v=mJNCq3KRDi4>

3/26/2021 Reflection Canyon, Utah Virtual Trip
<https://www.youtube.com/watch?v=NdL9S05VEAs>

3/26/2021 Inspect your Vehicle for a Road Trip
<https://www.youtube.com/watch?v=qxXKxWzBZug>

3/26/2021 11 Best Hacks to making boxed cake mix taste homemade
<https://www.youtube.com/watch?v=xqVxZn7tmhc>

3/29/2021 Gardening 101- How to Start a Garden
<https://www.youtube.com/watch?v=B0DrWAUsNSc>

3/29/2021 Victoria Falls, Zambia/Zimbabwe Virtual Trip
<https://www.youtube.com/watch?v=iywqpda7d8k>

3/30/2021 Four Beautiful Islands of Seychelles Archipelago
<https://www.youtube.com/watch?v=DzeA12tvlMM>

3/30/2021 8 Secrets to Keep your Lawn Always Green
<https://www.youtube.com/watch?v=NS6-FqZnbOM>

3/30/2021 Decorate with me-Spring Living Room by Robin Johnson
<https://www.youtube.com/watch?v=TWhH3hqNyzg>

3/30/2021 "Yoga for Hips & Lower Back Release"
https://youtu.be/Ho9em79_0qg

3/31/2021 Bolivia Altiplano & Salar De Uyuni Virtual Trip
<https://www.youtube.com/watch?v=6hn-pu3TqNQ>

3/31/2021 How to Spring Clean
<https://www.youtube.com/watch?v=ed-0ccleQEU>

Facebook Classes

Monday SS Classic, Core Conditioning, and SS Yoga with Brenda-9am

Tuesday High/Low Impact Aerobics with Terri Farthing-9am

Wednesday SilverSneakers Classic with Terri Bowling

Thursday SilverSneakers Yoga with Terri Bowling

Friday Strength/Stretch with Terri Farthing

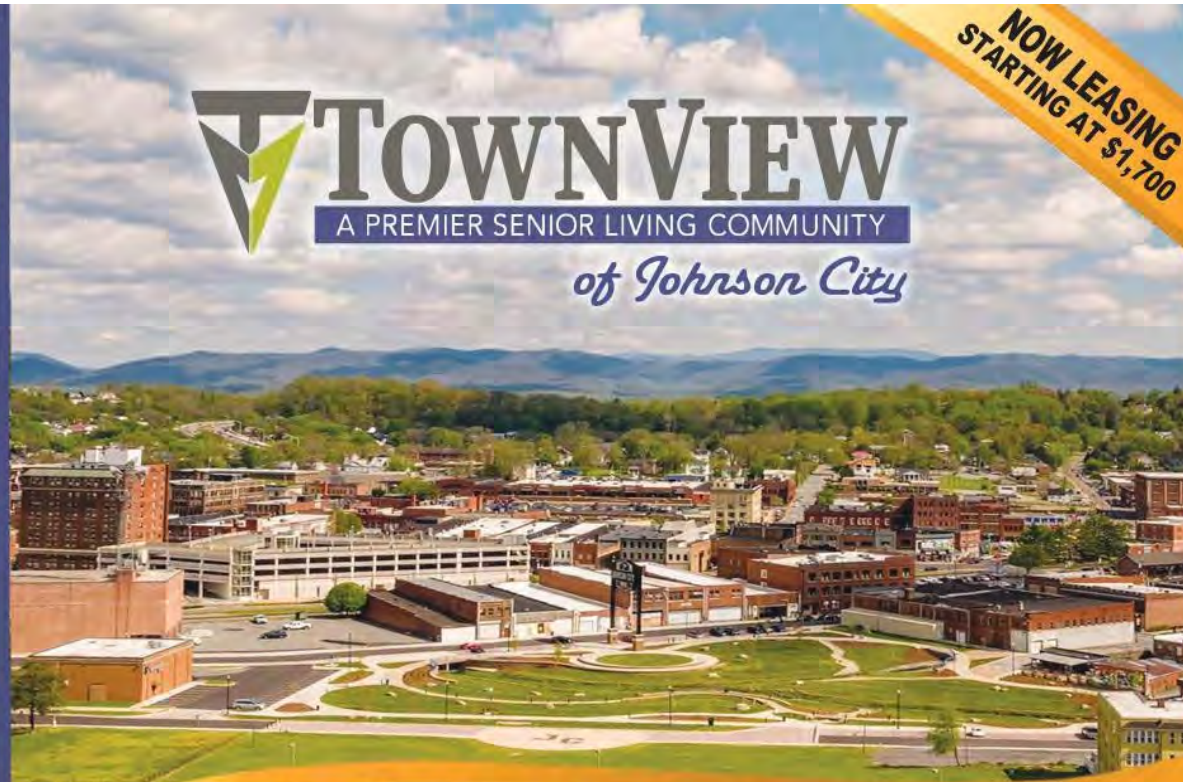
Saturday Total Body Workout with Terri Bowling

Sunday Piloxing with Terri Bowling

Monday SilverSneakers Boom Fitness with Terri Bowling

Thursday Water Color Class with Michael Farrar at 1pm

Thursday Tai Chi at 8:30 am with Ying



TOWNVIEW

A PREMIER SENIOR LIVING COMMUNITY
of Johnson City

**NOW LEASING
STARTING AT \$1,700**

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



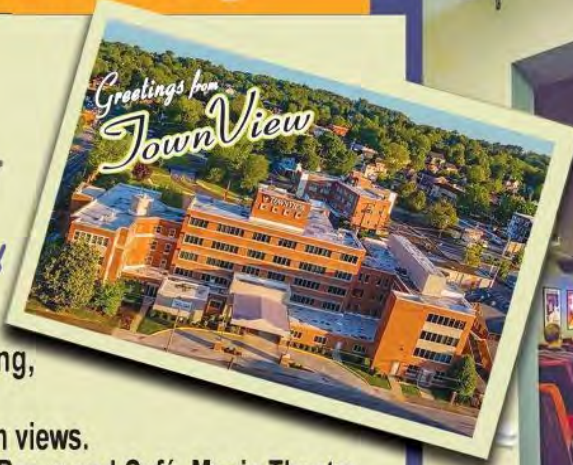
"I want to thank the whole TownView crew for the wonderful job you're doing. With all that's going on I become more grateful for you all every day. Thanks again for your commitment to safety and kudos on doing a great job!"

~ Becky

7 Great Reasons to Choose

TOWNVIEW

of Johnson City



- 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



WORK WITH US!

“Think you have what it takes to be a lifeguard? If you love helping people in an active, fun working environment, you just might make a great team member at the Kingsport Aquatic Center! The KAC is currently hiring lifeguards for its year-round facility, and there’s plenty of room to grow.

Don’t have your certification? No problem—the KAC will train you! To learn more, visit <https://www.swimkingsport.com/employment-opportunities/>”



Attention Area Artisans
 Join us as we discuss the “NEW” Kingsport Senior Artisan Center
 When: Wednesday, April 7 @ 1pm
 Where: KSC@LynnView, 257 Walker Street
 1st floor

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

We connect the dots



More locations. More services.

Mountain Region Family Medicine’s recent merger with State of Franklin Healthcare Associates allows us to connect our patients with more healthcare services, closer to home. *Visit us at sofha.net or mrfm.net to find a provider near you.*



Now serving patients in Elizabethton, Colonial Heights, Gate City, Greeneville, Johnson City, Kingsport, and Nickelsville.

Kingsport Senior Center Reopens March 1st

After much consideration, the City of Kingsport has made the decision to re-open the Kingsport Senior Center on March 1, 2021.

“As always, the safety of our Senior Center staff and members is our top priority,” said Senior Center Manager Shirley Buchanan. “Thank you for your patience and understanding as we all work together to ensure that safety.”

The facility will operate at 50% capacity and continue following all COVID-19 safety protocols, such as social distancing and mask-wearing. Please note that this is subject to change as the Senior Center continues to receive recommendations from the Sullivan County Health Department and the CDC. Please refer to seniors.kingsporttn.gov or the Kingsport Senior Center’s Facebook page for additional updates.

Re-opening date and guidelines due to COVID-19

1. We encourage those with 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. As this time masks are required by the Sullivan County Mask Mandate and should be worn into the building and then after activity to exit the building.
 - c. STAY AT HOME IF YOU ARE SICK.
3. 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 guide lines they may be asked to leave the facility.
4. 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 on all equipment, etc., on Friday.

5. 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.
6. 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.
7. Only activities where social distancing can be maintained will be allowed to meet.
8. The card room and lounge will remain closed at this time.



OTLB

Five Oaks Farm Kitchen Restaurant & Shopping at Tanger Outlets

Friday, April 23, 2021
 Bus leaves at 8:30am,
 Breakfast reservation is 11am

\$25.00 includes meal & transportation

Sign up in the Office starting March 1

Maximum number of guests is 24

Masks & Social Distancing will be required at all times on the buses.



A QUICK REMINDER

DAYLIGHT SAVINGS TIME STARTS MARCH 14TH

Don't forget to set your clocks ahead and check your smoke dectectors!



1st Day of Spring
 March 20

TIME TO GET YOUR HANDS IN THE DIRT AND GET THOSE GARDENS PLANTED!

Check out these videos on our Facebook page:
 March 16 - How to Plant Spring Flower Bulbs
 March 29 - Gardening 101, How to Start a Garden

Your new home awaits!

Asbury Place Assisted Living at Steadman Hill



Anticipate More for Mom and Dad

No one can take your place when it comes to caring for mom and dad, but with Asbury Place Assisted Living at Steadman Hill, so much more becomes possible.

Enjoy the peace of mind that comes from having an experienced team of professionals ready to provide quality, engaging, and affordable assisted living. Asbury was named a Fortune Top 20 Workplace in Aging Services in 2020!

Assisted Living at Steadman Hill provides:

- An outstanding record of safety throughout COVID-19
- Affordable, all-inclusive pricing
- Bright and spacious apartments
- Caring staff
- Wellness-focused daily enrichment events

1300 Bloomingdale Pike Kingsport, TN | 423.245.1067

Schedule Your Personal Tour!

Call Tammy McKinney at
423.245.1067 or contact us online
at AsburyPlaceKingsport.org

ASBURY PLACE
Kingsport
Anticipate More



EXTENDED TRAVEL TRIPS

Rhine River Cruise

NOVEMBER 1-NOVEMBER 9, 2021

8 DAYS, 4 COUNTRIES, 10 PORTS, AND MORE

\$3,099/person - Window Cabin

\$3,599/person - French Veranda

\$3,899/person - Balcony

**FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403**



Paris - Heart of Normandy Cruise

NOVEMBER 3-NOVEMBER 11, 2021

8 DAYS, 6 PORTS, AND MORE

****VERY LIMITED SPACE AVAILABLE****

**FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403**



NYC AT CHRISTMAS

DECEMBER 5-DECEMBER 9, 2021

**DINNERS, GUIDED TOURS, BROADWAY
SHOW, AND MORE!**

\$1,024/person - Double Occupancy

**FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403**



Ireland

MARCH 12-MARCH 19, 2022

**WATCH THE DOBYNS-BENNETT BAND PERFORM AT
THE ST. PATRICK'S DAY PARADE IN DUBLIN
SIGHTSEEING, KISS THE "BLARNEY STONE," AND MORE!**

\$3,499 - Double Occupancy

**FOR MORE INFORMATION, PLEASE CONTACT
SHIRLEY BUCHANAN: (423) 392-8403**



WELLNESS

Wood Shop: We plan to reopen the Wood Shop on **Monday, Mar 1** from 8:30am to 3:00pm, Monday, Tuesday, and Wednesday.

Woodshop Safety Orientation: 9am. **Monday, Apr 5** | 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) 392-8400 or (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.

Support Group “Restless Legs Syndrome”: 12:30pm. **Tuesday, Mar 9** | *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.

Wellness Seminar “Recommended Health Screenings”: 10:30am. **Tuesday, Mar 16** | Room 239 | Dr. Chelsea Smith, ETSU Family Physicians. Dr. Smith will discuss you’re your doctor can help you find and treat health problems early, before they cause more trouble down the road. Many of these recommended tests are well known, but some might surprise you! 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, Mar 25** | *Every 4th Thursday of the month* in the Room 239. Tracey Kendall Wilson, Regional Director with Alzheimer’s Tennessee will discuss Normal Aging vs Dementia. Are bouts of forgetfulness as we age entirely normal or something we should be concerned about? Do you often walk into a room and forget why you entered? Can those slip ups be prevented? Is there a way to stop Alzheimer’s? Join us to learn the answers to these questions as well as hopeful research updates. Sign up in the Office or call 423-392-8400, walk-ins are welcome, there is a limit of 20 seats available.

Wellness Seminar “TN Yellow Dot Program”: 10:30am. **Tuesday, May 11** | 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 will start on Wed, Apr 14 in the Office or by calling 423-392-8400, there is a limit of 20 seats available.

Wellness Seminar “Intellectual Wellness / Name 5”: 10:30am. **Thursday, May 20** | 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 will start on Wed, Apr 21 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

Wellness Seminar “Leaving a Legacy”: 10:30am | **Thursday, Jun 17** | 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, May 19 in the Office or by calling (423) 392-8400, there is a limit of 20 seats available.

Hiking Club: We will depart at 9:30am **Friday, May 21** | Laurel Run, Church

Hill, TN | Cost is \$5 for transportation. Laurel Run Trail is a 4.3 mile moderately hiking trail located near Church Hill, Tennessee that features a waterfall. **NOTE:** Elevation Gain - 620 feet. While grades vary from mild to moderate, the trail features rocky, rooted terrain that can make footing difficult. Be sure to wear your hiking boots and bring your walking stick and dress according to the weather. Everyone bring a bag lunch with something to drink, we will be eating in the park. Sign-ups start on Wed, Apr 28 in the Office or by calling (423) 392-8400. If you would like to join the Hiking Club please contact Kevin Lytle, Wellness Coordinator at (423) 392-8407.

Shuffleboard Tournament: 9am. **Wednesday, May 19** | 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 16** | 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 in the Office, with a deadline to sign-up by close of business on Mon, Jun 14.

Corn Hole Tournament, 1pm. **Wednesday, Jul 21** | 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, Jun 23 in the Office, with a deadline to sign-up by close of business Mon, Jul 19.

Billiards Tournament: 9:30am. **Wednesday, Aug 18** | 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, Jul 21 in the Office, with a deadline to sign up by close of business on Mon, Aug 16.

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

What should I look for when I buy dark chocolate? The wrapper is your Rosetta Stone. First, scan the front for the percentage of cacao, an indicator of antioxidant flavonols. As little as a third of an ounce a day of 70 percent cacao chocolate can improve heart health, Portuguese research reveals. Next, read the ingredients. Avoid dark chocolate that specifies “alkalinization” (a.k.a. dutch processing), which strips out flavonols. What you do want to see is sugar and vanilla to balance out the bitterness of the cacao, and cocoa butter to hit that sweet spot of creaminess.



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