

If your address changes, please call and let us know!

Johnson City Seniors' Center
at Memorial Park Community Center
510 Bert Street
Johnson City, Tennessee 37601
(423)-434-6237

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Return Service Requested

Live your life

2014



Meet Levita Bussell

"The exercise programs at the Senior Center incorporate fun, fellowship, and friendship. Everyone encourages each other to do better physically, mentally, and emotionally.

I have made wonderful friends of all ages in the fitness room, and I have made great progress with the fitness programs here."



Follow us on Twitter:
twitter.com/JCSeniorctr

"Like" us on Facebook!
facebook.com/jcseniorscenter

January 2014 Volume XXIII No. 1

Accredited by:  NISC www.NCOA.com

Senior Lifestyles

The Johnson City Seniors' Center

Active Life through Active Living



Memorial Park Community Center
510 Bert Street Johnson City, TN 37601 423-434-6237

[http:// www.johnsoncitytn.org/seniors/](http://www.johnsoncitytn.org/seniors/)

DIRECTOR'S LETTER

Dear Friends:

Ring in a new year provides lots of opportunities to explore and experience an active life. The staff has been hard at work researching and planning new and creative programs for 2014. What an ideal time to review, renew and reward yourself. Conductorcise is just one of those exciting programs that anyone can do! We are so excited that many of you chose to participate in the program while Maestro David Dwarkin was here in December and that several volunteered to attend the certification training. We are pleased to report that the Johnson City Seniors' Center is a certified Conductorcise Location!

This brings me to another new year task. It is time to update your personal information with us. Stop by the reception desk and take a few minutes to make sure you are in the system. This helps us track attendance to meet our grant contracts. You help us and we help you. Remember, stop by the senior services reception desk to review and renew your participant registration form. You will be entered to win one of four weekly prizes just for taking time out of your schedule. To those of you who joined or updated information in the last six months, we appreciate your promptness and will enter you for a special prize drawing. Join us on January 29 at 1:00 p.m. for dessert and coffee (an prize drawings) for taking care of this annual business.

With fond memories,

Sue Orr, Senior Services Director



Review, Renew, Reward
Thank You Party
Update your participant information form this month (also if you updated in the past six months) and join us for an early afternoon party on January 29 at 1:00 p.m.



FUNCTIONAL FITNESS

**Fitness Room
Monitor Meeting
January 22nd
11:00 a.m.**

Race Walk Training
February 7th- Noon
Race Training begins
All activity levels encouraged
to participate, non- competitive.
FREE



**DO YOU HAVE A SUGGESTION
FOR FITNESS CLASSES? WE
WOULD LOVE TO HEAR YOUR
OPINIONS! CALL ALLISON AT
434-6224**

Silver Sneakers News:
Call or drop by to recheck
your SilverSneakers
Eligibility! Even though your
insurance may not have
changed, your SilverSneakers
may have a different ID
number. Contact Allison at
434-6224 for details
Don't forget that Ballroom
Dancing is now part of
SilverSneakers!
Please remember to use the
touch screen

No more Love Handles!
Four week series beginning Feb. 3rd
11:00 a.m.
FREE
Core toning class

**Belly still shaking like
a bowl full of jelly?**

**Lose the holiday weight! Kickoff
Friday, January 10 at 11:00 a.m.**

FITNESS CHALLENGE- MISSION SLIMPOSSIBLE
TUESDAYS, THURSDAYS AT 10:00 A.M.
BEGINNING JANUARY 14TH AND ENDING FEBRUARY 20TH
KICKOFF IS FRIDAY, JANUARY 10 AT 11:00 A.M.
FREE, PLEASE REGISTER.



Maestro David Dwarkin providing training

Conductorcise®
The Johnson City Seniors' Center is now a certified Conductorcise®
location. On December 4th, staff and volunteers trained with Maestro
David Dwarkin. Excitement abounds and we look forward to
introducing you to the mind, body and soul workout Conductorcise®
Provides.
Rebecca Stump and Allison Stimmel will combine their expertise to
create this fun and energetic workout. If you have any questions, call
434-6237
*Program neither assumes nor accepts any liabilities of any kind of behalf of provider and/or
Conductorcise participants. Provider must explicitly state that participants undertake
Conductorcise activities at their own risk

ART + experience

Oils and Pastels

Wednesdays 9:30 a.m.
with Ken Simmelink
\$10 per person/per class



Acrylics

Wednesdays 12:30 p.m.
with Art Holsclaw
\$10 per person/per class



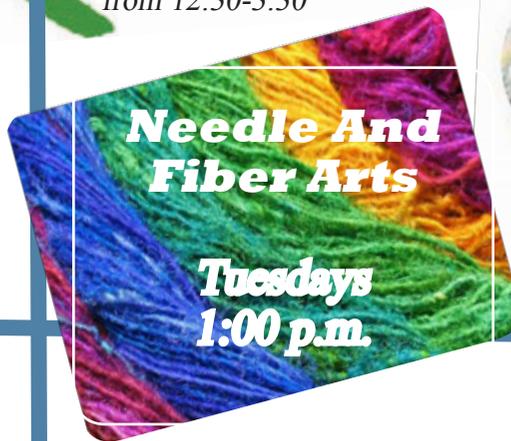
Knitting
Wednesdays
2:30 p.m.

Watauga Valley Art League

Saturday, January 18
10:30 a.m.

Open Art Studio

Mondays
from 12:30-3:30



Needle And Fiber Arts

Tuesdays
1:00 p.m.

For Love of Crafting

Thursdays 10:00 a.m.

Cost: Free

Description: Do you love to sew? Do you love to make things, but don't know what to do with them when they're finished? Use your craftiness for good!

Quilter's Club

Date: Fridays 10:00 a.m. – Noon

Description: A group for people who love to quilt or people who want to learn to quilt. Bring a project or an idea and join the fun. Cost: Free

Animal Face Cupcake

Registration Deadline: January 20

January 22 at 10:00 a.m.

Ages: Adults 50+

Cost: \$20

Description: If you enjoyed play-dough as a child, this class is for you! Practice hand sculpting cutely delicious cupcakes of your favorite animal.

Instructor: Pat Glover

Musical Voices

Practice Mondays at 1:00 p.m.

Taking the joy of music to local nursing homes and churches since 1981

Join this welcoming group if you love to sing Gospel Music

Piano Lessons

with Wreatha Terry

Mondays and Thursdays

8:30 a.m. to Noon by appointment

Learn the basics of how to play a piano.

Registration deadlines:

Friday for Monday appointments

Wednesday for Thursday appointments

\$12 per session



Heart Strings

Tuesdays at 9:00 a.m.

An open group playing a variety of instruments.

Join us for an entertaining morning of

Old hymns, bluegrass, country and folk music.



Guitar Lessons By Appt.

Registration Deadline: Each Friday at noon before the class on Tuesday

Date: Tuesdays

Time: Afternoon/evening by appt.

Ages: Adults 50+

Cost: \$12 per 30 minute session

Description: Improve your guitar skills or start from scratch in a one-on-one setting with professional musician Colby Laney.

Beginning Guitar Lessons

January 21 – February 25

6:30 – 7:30 p.m.

Cost: \$72 for 6 lessons

Description: Learn the basics from a bluegrass artist and professional musician in a group setting. This 6 week course is for complete beginners.

Instructor: Colby Laney

Mountain Dulcimer Lessons

with Willis Jones

Tuesdays, January 7 & 21

Learn to the basics and how to play dulcimers.

Songwriting Workshop

Registration Deadline: Friday, December 17

January 21 – February 25

Time: 5:30-6:30

Cost: \$12 per session

Description: Explore the creative process of setting words to music with professional musician and hit songwriter Colby Laney.

Crafternoon

Thursdays 12:30 p.m.-3:00 p.m.

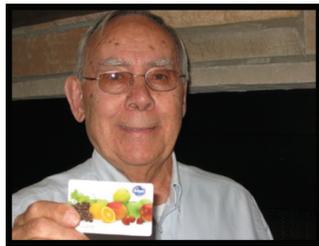
A group of people who want to make something fun and functional. Instructors are volunteers and participants provide their own materials. Call Rebecca to find out what you need so you can join us next Thursday!

Cost: Free



George says...

Load your Kroger card often.



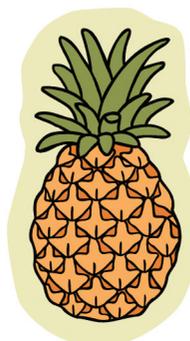
Are you willing to share your ideas for programs and services?
Can you commit to meeting once per month to evaluate and plan?
Kamela Easlic, Program Development Supervisor is looking for three
to five individuals who have experience and an interest in
participating. Call 434-6233.

The first meeting will be held January 8 at 2:00 p.m.

Purchase your cards today at the Seniors Center
reception desk! Thank you for supporting the
Johnson City Senior Center Foundation, Inc!

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NEWCOMER'S WELCOME SERVICE

We are here to share a "Touch of Southern Hospitality" to all new residents to our beautiful area! We will visit you in your home, bringing a "shopping bag" full of special goodies from local merchants, professionals and needed services to help you settle in EastTennessee...This is a FREE service to you... Contact the phone number below for your free in-home visit as soon as possible.

BUSINESSES...with today's economy, join one of the most effective methods of getting your information in the hands of newcomers... Welcome all new residents from other states immediately in a face-to-face conversation, leaving them with your product or service information within hands reach when needed!
Benita - 423-202-1679

Lifelong Learning

*The World of Accordion Squeezing's-
Friday, January 10 at 1:00 p.m.*

In reference to the accordion, Myron Floren said: "no other musical instrument is so much a part of so many different cultures around the world and an important part of the American musical way of life." Please squeeze in time with Accordionly Yours, Linda Sorrell on a musical journey into the history and different types and styles of music associated with the accordion. Linda has been an accordionist for many area events both as a soloist and with Sorrell & Wilson's Squeezable Sounds with Jim Wilson, former Artist in Residence, Tenor Soloist, for the Johnson City Symphony. She teaches private piano, guitar, and accordion lessons and is a past president of Appalachian Music Teachers Association.

*Financial Focus- Thursday,
January 16th at 10:30*

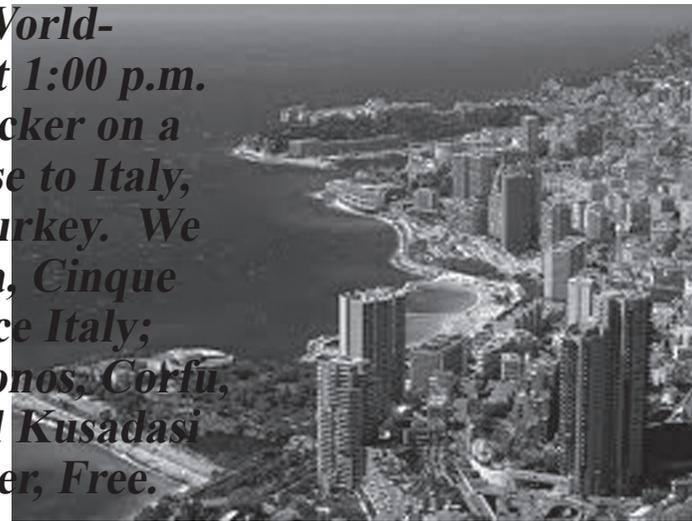
Chris Abla, Edward Jones

Retirement: Making Your Money Last. We'll discuss strategies designed to help you work toward fulfilling your retirement expectations.

We'll address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected.



***Travel Round the World-
Thursday, January 16 at 1:00 p.m.
Please join Dr. Ron Zucker on a
video journey of a cruise to Italy,
Monaco, Greece, and Turkey. We
will be visiting: Verona, Cinque
Terra, Pisa, and Venice Italy;
Monaco; Santorini, Mykonos, Corfu,
and Athens Greece; and Kusadasi
Turkey! Please register, Free.***



Medical Ethics (Discussion)

*Thursday, January 23 at 1:00 p.m. and
Tuesday, January 28 at 5:30 p.m.*

In California, in the recent past, an eighty-seven year-old woman living in a retirement community collapsed and was barely breathing. This Registered Nurse called 9-1-1, but she refused to perform CPR on the woman, citing Retirement Community Policy, even though the dispatch operator repeatedly implored her to start CPR. The woman died; no charges have been filed so far against the facility nor against the RN. While many in the popular press and newspapers called the situation a tragedy that an RN would not perform CPR, there are more thorny points of interest that went on behind the scenes. Please register. The event is FREE.

Interested in Speaking German?- Achtung, Achtung, hier eine Ankuendigung. Attention German speakers and students. If you are interested in meeting once a week at the Senior Center to converse in German, contact Amy at 434-6229.

Conversational Spanish

Starting back Monday, January 13

*We will meet Mondays: 1-2pm, and Fridays:
11-12*

Join us to learn a new language, exercise your brain, and meet new people.

GROUPS AND MEETINGS

Bible Study Groups

Wednesdays, 10:00 a.m.
Thursdays, 8:00 a.m.
Men's Bible Study, breakfast by donation

FREE, Please Register



As The Page Turns

Book Discussion Group
Thursday January 2 at 10:00 a.m.

January book selection: *Blessing of the Animals* by Katrina Kittle
February selection: *Talk Before Sleep* by Elizabeth Berg
Pre registration is encouraged!

AMATEUR PHOTOGRAPHERS CLUB

MONDAY JANUARY 6TH AT 1PM.

COME JOIN THE CLUB, MEET NEW PEOPLE, SHARE YOUR PHOTOS
PHOTO TOPICS:

JANUARY - "STEAM PUNK/INDUSTRY AS ART"
FEBRUARY - "WINTER WANDERINGS"
MARCH - "SPRING AWAKENINGS"

THE ACCOMPANYING SESSION MINI WORKSHOPS ARE:
JANUARY- PICTURE FRAME EXCHANGE -- A GROUP SHARING

Washington County SALT Council Meetings

First Thursday of every month at 2:00 p.m.
Everyone welcome
Seniors and Law Enforcement together

LIFELONG SPORTS

HIP HIKERS

THIS GROUP IS TAKING A WINTER BREAK.
Call 423-434-6223 for more information

Annual Winter Single Elimination 8-Ball Tournament

Tuesday, January 14th
10:00AM
Cost \$2.00

This will be a blind draw tournament

We will award gift certificates for 1st and 2nd place
Reservation Deadline:
January 13th



Winter Woe

Your body's chemical switch has flipped to storing more fat.

Fix-it trick: Get your motor running. When University of Colorado researchers studied a group of 12 women and six men in both summer and winter, they discovered that their production of ATLPL, a

chemical that promotes fat storage, almost doubled during the winter and dropped during the summer. But you're not doomed to don fat pants all season, scientists say. Exercise may increase SMLPL, the muscle enzyme that promotes the burning of fat, to offset the pudgy-promoting effects of ATLPL. "We found that people who are normally physically active are more protected from weight gain," says study author Robert E. Eckel, MD. Get in at least 30 minutes of exercise on most days, whether it's Spinning, snowshoeing, or building a snowman.

Computers

Pre-Registration and payment are required for all computer classes.
Classes may be cancelled due to low registration numbers.

Windows 8-Instructor: Amara Carberry Tuesday's, January 7,14,21,28 11-12:30pm Cost: \$10.00 Beginner
Using the mouse, working with programs, surfing the internet, appropriately operating the computer for usage and more.

One on One Instructor: Amara Carberry Cost: \$15.00 All Levels
Get personal instruction, assistance with programs, whatever topic you would like to cover (please let desk know when signing up the main area of coverage)
Tuesday January 7 12:45-2:15
Tuesday January 14 12:45-2:15
Tuesday January 21 12:45-2:15

Mobile Devices: Fridays 12:30-2 p.m. Come in and get help with all your mobile devices, ask questions All Levels

Open Computer Lab: Tuesday January 7 and 21 9-11 a.m.
Wednesday January 8 and 22 1:30-2:30pm
Thursdays 2-4pm

The Internet Instructor: Sandy Osgood Mondays, January 6,13,20,27 1-2:30 p.m. Cost: \$10.00 Intermediate
Learn to use Microsoft's "Internet Explorer" web browser to surf the "WORLD WIDE WEB". You can also use other browsers like Mozilla's FireFox and Google Chrome which are also popular web browsers. Bring your laptop computer if you prefer using it.

Know Your Email Instructor: Sandy Osgood Mondays, January 6,13,20,27 3-4:30 p.m. Cost: \$10.00 Intermediate
Learn to use "Email". Attach files, photos, text documents. Email friends and family. If you have an email already you can learn to use attachments. Bring your laptop computer if you want.

Creating a Photo Book Instructors: Jim and Karen Foote January 27 and 29 at 10:45 -12:15 Cost: \$25 limit 6 students. Intermediate
Take the pictures of your holidays, vacation, or grandchildren and make a book on Shutterfly.com Required: Basic computer skills, digital pictures on computer or other equipment (flashdrive)with internet access. Class will show process to load pictures to Shutterfly.com and make a book with your pictures.

Word I Instructor: Jim Foote January 27 and 29 9:00-10:30 a.m. Cost: \$10.00
Class will introduce the basics of Microsoft Word. Students use basic tools of this program to create documents.
Must have basic computer knowledge/email. Please register, limit 8.

Coming in February-iPad classes

KEY

Basic Beginner- No computer experience required; desires slow-paced instruction.

Beginner- Mouse and keyboard skills required; desires faster paced learning

Intermediate- Basic knowledge of computer systems including email.

Advanced- Builds upon skills and knowledge gained in intermediate level classes.

VOLUNTEERS

*Heart Strings Coffee House
Tuesday, January 7
10 a.m. – 12 p.m.*

*Join the Heart Strings Jam Band in the
Craft Room for a Sing-a-long. All voices
and skill levels are welcome!
Free*

Volunteer Meeting

Monday, January 6 10:00 a.m.

Start the new year with an uplifting and encouraging meeting with Matt Overby, Executive Director of Summit Leadership Foundation. Matt will be the guest speaker at the January 6 volunteer session.

Clown Alley Fun !

Join us for some fun and a chance to learn a new craft on Tuesday, January 21 at 10:00 a.m. at the center. We would like to find some members to join us when we travel to Dawn of Hope. This month we are planning a trip to Dawn of Hope on Tuesday the 28th at one. Please call Ruth Sandy for details about this outing at 538 7485. We look forward to seeing you soon!!!!



Volunteers will make a huge impact in the success of Conductorcise!



Mitten Tree

Thanks to Ruth Sandy and everyone who donated mittens, hats and other cold weather gear.

The paper copy of the January Senior Lifestyles contains a full-page ad paid for by Lexington Senior Living. They can be reached by calling 423-631-0655 or online at www.thelexingtonseniorliving.com.

Newsletter subscriptions
\$1.00 per month
Pay at the Senior Services reception desk.
Purchase for a friend or family member as a
Birthday or holiday gift.

Oxygen for Living
Wednesday, January 15
9:00-11:00

Stop by the nurses room to have your oxygen level checked and take a sleep apnea screening.

Presented by:
Medical Comfort System

GAME TIME

Mondays

Hand & Foot Canasta at 1 p.m.
Ladies Monday Night Bridge Club 6:00 p.m.

Tuesdays

BINGO first Tuesday of month
Tuesday Bridge Group Noon
Scrabble 5:30 p.m.
Mexican Train Dominos 6:00 p.m.

Wednesdays

Pinochle at 1 p.m.

Thursdays

Women's Billiards noon
Rook at 1 p.m.

Fridays

Party Contract Bridge 9:00 a.m.
Wii Love Fridays 9:00 a.m.

Do you have an interest in Chess?
Have you ever competed in a Chess
Tournament? If you are interested
in potential upcoming Chess tour-
naments, give Kamela a call,
434-6233.

Friday Night Dance Schedule (As of 12/27/2013)

1/3/2014	Bakersfield Band
1/17/2014	Jerry Pierce
2/21/2014	Mark Larkins
3/7/2014	Shooter Band
3/21/2014	Kids Our Age
4/4/2014	Curt Mathson
5/2/2014	Jerry Pierce
5/16/2014	Kids Our Age
6/6/2014	Limited Edition
6/20/2014	Shooter Band
7/18/2014	Jerry Pierce
8/1/2014	Kids Our Age
8/15/2014	Patti Quarles
9/5/2014	Limited Edition
9/19/2014	Mark Larkins
10/3/2014	Curt Mathson
10/17/2014	Jerry Pierce
11/7/2014	Patti Quarles
11/21/2014	Kids Our Age
12/5/2014	Curt Mathson Duo
12/19/2014	Shooter Band

DANCE TIME

Mondays

2:00 Challenge Square Dance with Don Williamson
3:30 Line Dance with Martha !NEW CLASS!
6:00 Dandy Line Dancers with Martha Davenport

Tuesdays

4:00 Circle R Dancers with Phil Ramsey and Fran Pair

Wednesdays

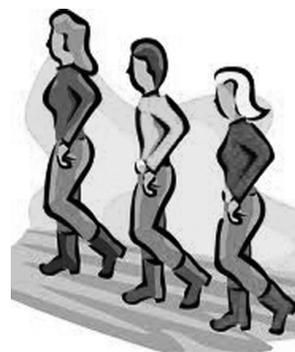
1:30 Intermediate/Advanced Line Dance with Don Williamson
5:15 Ballroom Dance with Walt and Margaret Baumgardner

Thursdays

1:00 Ballroom Dance Practice led by Nadine Taylor
4:30 Salsa/Merengue Dance Class with Rusty Mitchell

Fridays

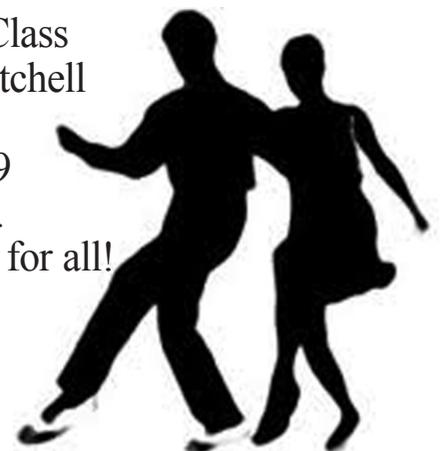
1:30 Intermediate Line Dance with Don Williamson
3:45 Beginner Ballroom Dance with Walt and Margaret Baumgardner



!New Ongoing Class!
Line Dance with Martha
Mondays 3:30-5:00 p.m.
\$6 per class
**\$4 per class Silver Sneakers mem-
bers**

Salsa/Merengue Dance Class
with instructor Rusty Mitchell

Thursdays
Beginning January 9
4:30 p.m.-5:30 p.m.
Perfect for beginners! Fun for all!
\$1.00 per session



Outings



Do you like one day local outings? Would you be willing to serve on an outing planning team? If so, call Kamela at 434-6233. The first meeting will be held on January 8, 2 p.m.

Let's see where we can go together!

Coming February 28
 African-American Heritage Tour
 (downtown Knoxville)
 The tour will begin in Market Sq., to Old City, observe the Alex Haley statue, and finally tour the Beck Cultural Exchange Center (featuring the history of African Americans in Knoxville and East Tennessee from the late 1800's to the present).
 Cost: \$26 (lunch on your own at Cracker Barrel) Must be registered by February 21.

Dixie Diners

Wednesday, January 22 at 11:30
 The Paragon Diner

Let's go someplace new!
 Paragon Diner on State of Franklin just opened its doors. Paragon is located in the building that was home to Atlanta Bread Company a few months ago. You cant miss it. Turn at the light for Barnes and Noble then make a left and go up the small hill on the left. You will like lunch in this lovely setting. Good diner food with breakfast all day. Paragon has wraps, soups and salads. And a case full of all kinds of cakes. Join us for a New Years lunch.
 Sign up by January 20th.

Travel Corner



*New York, New York
 November, 2013*



Where will your travels take you in 2014?
 JCSC Seniors on the Go Chartered Trips!



SAVANNAH



IRELAND



MACKINAC ISLAND

HEALTH MATTERS

January is Glaucoma Awareness Month

- Schedule a dilated eye exam today!
- Diagnosis is the first step in preserving your vision.

Some Statistics About Glaucoma

(Sources are listed at the bottom of this article)

It is estimated that over 2.2 million Americans have glaucoma but only half of those know they have it. (1)

In the U.S., more than 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. (2)

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization.

After cataracts, glaucoma is the leading cause of blindness among African Americans. (1)

Blindness from glaucoma is 6 to 8 times more common in African Americans than Caucasians. (3)

African Americans are 15 times more likely to be visually impaired from glaucoma than Caucasians. (4)

The most common form, open-angle glaucoma, accounts for 19% of all blindness among African Americans compared to 6% in Caucasians. (5)

Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely near-sighted.

Estimates put the total number of suspected cases of glaucoma at over 60 million worldwide. (6)

Sources: (1) The Eye Diseases Prevalence Research Group, Arch Ophthalmol. 2004; Prevent Blindness America; (2) National Institutes of Health; Quigley and Vitale, Invest Ophthalmol Vis Sci. 1997; (3) Javitt et al, Undertreatment of Glaucoma Among Black Americans. N Eng J Med 1991; (4) The Salisbury Eye Evaluation Study, Arch Ophthalmol 2000; (5) Racial differences in the cause-specific prevalence of blindness in east Baltimore. N Engl J Med. 1991; (6) Quigley and Broman "Number of people with glaucoma worldwide in 2010 and 2020", 2006;

Alzheimer's and You

January 15, 11:00 a.m.

Sydney Manis, Manager for Programs and Education at the Alzheimer's Association Mid South Chapter will conduct an hour long talk about Alzheimers.



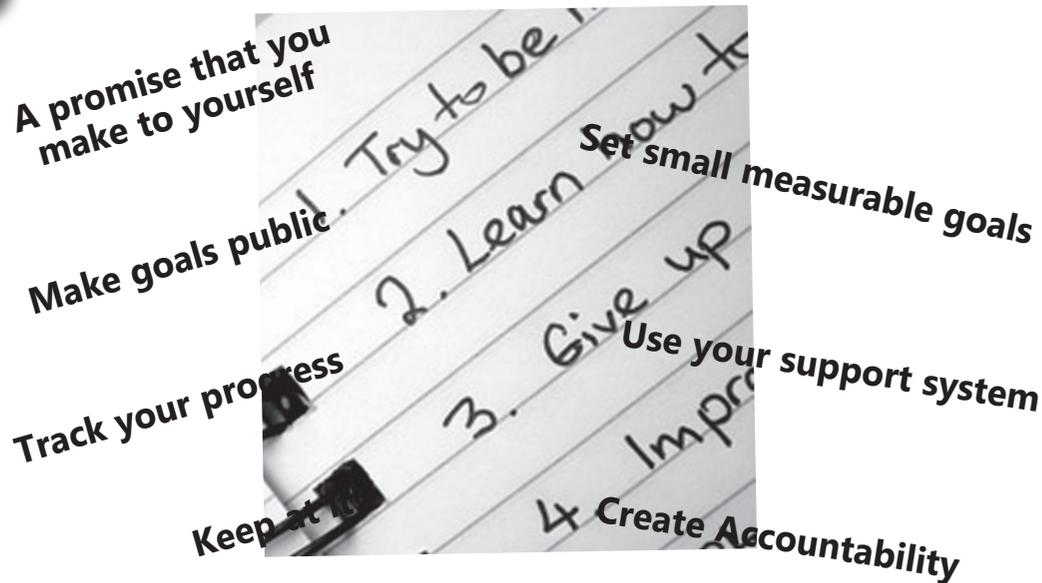
What is the Alzheimer's Association?

- The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research
- The Vision of the Alzheimer's Association is "A world without Alzheimers"
- The Mission of the Alzheimer's Association is "To eliminate Alzheimer's Disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health"
- Copied from alz.org

Joint Replacement Talk

January 14 at 10:00 a.m.
Is this something for you? Join the talk and find out what is new with joint replacement.
Call to pre register.

New Year's Resolutions



JANUARY SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center Closed	2 10:00 As the Page Turns	3 12:30 Mobile Devices 7:00 Country Dance and Concert with Bakersfield Band
6 10:00 Volunteer Meeting 11:00 Balance Through Ankle Strength 1:00 Amateur Photographer's Club 1:00 The Internet 3:00 Know Your Email	7 9:00 Open Computer Lab 9:00 Heart Strings Music Jam 10:00 Heart String Coffe House 11:00 Windows 8 12:45 One-on-One Computer Instruction 3:00 Guitar Lessons 6:30 Mountain Dulcimer	8 11:00 Balance Through Ankle Strength 1:30 Open Computer Lab 2:00 Program Planning Team Meeting	9 10:00 Writers Circle 2:00 Open Computer 4:30 Salsa/Merengue Dance	10 11:00 Slimpossible Kickoff 12:30 Mobile Devices 12:45 The World of Accordion
13 11:00 Balance through Ankle Strength 1:00 Conversational Spanish 1:00 The Internet 3:00 Know Your Email	14 10:00 Billiards Tournament 10:00 Slimpossible 10:00 Joint Replacement 11:00 Windows 8 12:00 Basket Weaving 3:00 Guitar Lessons	15 9:00 Oxygen For Living 11:00 Alzheimer's and You 11:00 Balance through Ankle Strength	16 10:00 Pen & Ink w/Janice 10:00 Slimpossible 10:30 Financial Focus 1:00 Travel Round the World 2:00 Open Computer 4:30 Salsa/Merengue Dance	17 11:00 Balance through Ankle Strength 11:00 Conversational Spanish 12:30 Mobile Devices 7:00 Friday Night Dance with Jerry Pierce 18 WVAL Meeting
20 Center Closed	21 9:00 Open Computer Lab 10:00 Slimpossible 11:00 Windows 8 12:00 Basket Weaving 3:00 Guitar Lessons 6:30 Mountain Dulcimer	22 10:00 Animal Cupcakes 11:00 Balance through Ankle Strength 11:00 Dixie Diners to Paragon Diner 11:45 Fitness Room Monitor Meeting 1:30 Open Computer Lab	23 10:00 Slimpossible 10:00 Writers Circle 1:00 Medical Ethics 2:00 Open Computer 4:30 Salsa/Merengue Dance	24 11:00 Balance through Ankle Strength 11:00 Conversational Spanish 12:30 Mobile Devices
27 9:00 Word I 10:45 Creating a Photobook 11:00 Balance through Ankle Strength 1:00 The Internet 1:00 Conversational Spanish 3:00 Know Your Email	28 10:00 Slimpossible 11:00 Balance through Ankle Strength 11:00 Windows 8 12:00 Basket Weaving 3:00 Guitar Lessons 5:30 Medical Ethics	29 9:00 Word I 10:45 Creating a Photobook 1:00 Review, Renew, Reward	30 10:00 Slimpossible 2:00 Open Computer 4:30 Salsa/Merengue Dance	31 11:00 Conversational Spanish 12:30 Mobile Devices

ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 9:00 pm Billiards Room Fitness Room 8:30 Toning 8:30 Piano Lessons by appointment 9:00 Blood Pressure Screenings 9:00 Pickleball 9:30 Table Tennis 10:00 SilverSneakers® Classic 11:00 Tai Chi for Arthritis 11:45 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Hand & Foot Canasta 1:00 High Flyers Bowling @ Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 5:30 Johnson City Bridge Club 6:00 DandyLines Line Dance--Advanced 6:00 Ladies Monday Night Bridge Club	7:00 am to 9:00 pm Billiards Room Fitness Room 9:00 Heart Strings Instruments Jam Session 9:30 Shuffleboard 9:30 Table Tennis Noon Tuesday Bridge Group 1:00 Chair Yoga 1:00 Needle and Fiber Arts 1:30 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Round Dance 6:00 Mexican Train Dominos	7:00am to 9:00 pm Billiards Room Fitness Room 8:30 Toning 9:00 Pickleball 9:00 Blood Pressure Screenings 9:30 Oils/Pastels Painting Class 9:30 Table Tennis 10:00 Bible Study 10:00 SilverSneakers® Classic 11:00 Tai chi for Arthritis 11:45 Qi Gong 12:30 Acrylics Painting Class 1:00 Pinochle 1:30 Intermediate/ Advanced Line Dance Lessons 2:30 Knitting 5:15 Ballroom Dance Lessons	7:00 am to 9:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Chair Yoga 8:30 Piano Lessons by appt. 9:30 Shuffleboard 10:00 For Love of Crafting Noon Women's Billiards 12:30 Crafternoon 1:00 Rook 1:00 Ballroom Dancing	7:00 am to 9:00 pm Billiards Room Fitness Room 9:00 Blood Pressure Screenings 9:00 Pickleball 9:00 Party Contract Bridge 9:00 Wii Love Fridays 9:30 Table Tennis 10:00 Quilter's Club 12:30 Conversational Spanish 12:30 Ace of Clubs Duplicate Bridge 1:30 Line Dance Lessons 3:45 Beginner Ballroom Dance