

July 2014 Volume XXIII No. 7

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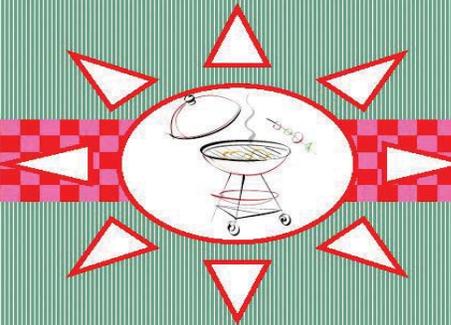


www.NCOA.org

Senior Lifestyles



Happy 4th of July



Super Summer Celebration!

Friday, July 11th 4-6 p.m.

Join us for food,
music, games and
invite your friends!

FREE, Please register
By Calling 423-434-6237



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

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

Just a Reminder:

Help us help you avoid frustration when a program is cancelled! Please pre-register and pay in advance for programs that you want to participate. Minimum numbers are required for programs and activities to take place. We make every effort to avoid a cancellation but we cannot know of your intent to participate if you have not taken the time to call or stop by. Also, make sure your contact information is up-to-date in our system so we can call if there is a change in a program. Thanks for your support of the center! Call 423-434-6237

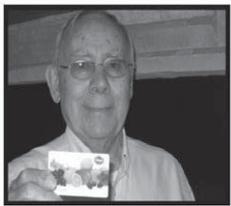
The Senior Services reception desk is open Monday-Friday 8:00 a.m.-5:00 p.m.
 Memorial Park Community Center is open Monday-Saturday 7:00 a.m.-9:00 p.m.



“Like” us on Facebook!
facebook.com/jcseniorscenter



Follow us on Twitter:
twitter.com/JCSeniorctr



George says...



!Exciting News!

Summer Meal Program

This summer, Memorial Park Community Center will host the Johnson City Schools Summer Food Program. Seniors can take advantage of breakfast and lunch at the Center Monday-Friday from June 2-July 25

Breakfast: \$2.00 for 3 assorted items
 Time: 7:30-8:15 a.m.

Options: granola bars, yogurt, juice, milk, bottled water, cinnamon rolls, PBJ uncrustable sandwich or biscuits

Community/Senior Lunch: \$4.00
 Time: 10:45-11:20 a.m.

Options: Chicken Salad on Croissant, Chips, Fruit, Bottled water

or

Turkey Wrap, trimmings, potato or pasta salad, fruit, bottled water

or

Chef Salad, Crackers, Fruit, Bottled Water

or

Menu of the Day

Got Clutter? Sell it at the **Community Yard Sale**

Saturday, August 2, 2014

Memorial Park Community Center

510 Bert Street

Parking Lot



Set-up time 6-7am (no early set-ups)

Sale Time: 7 am until Noon

Space Fee: Single Space - \$25 or \$40 for 2-Adjoining Spaces

Fees are non-refundable

Space Size: 10' x 18'

Applications are available at the Senior Services Desk

Space fee must be paid in full with submission of application

Payment should be made to: Johnson City Senior Center Foundation, Inc.

For more information call: (423) 434-6237



LOOKING AHEAD:

AUGUST

2 COMMUNITY YARD SALE BENEFITING THE JCSC FOUNDATION

26 BOOT, SCOOTIN' BOOGIE LINE DANCE PARTY

30 TWEETSIE TRAIL TREK

SEPTEMBER

WE CELEBRATE SENIORS CELEBRATION AND TRAVEL SHOW TBD

OCTOBER

BREAST CANCER AWARENESS MONTH--WEEKLY ACTIVITIES WILL BE PLANNED

NOVEMBER

DIABETES AWARENESS MONTH--ACTIVITIES PLANNED WEEKLY

11 VETERANS DAY EVENING PERFORMANCE BY JEANNE ROBERTSON

12 LAUGHTER IS MEDICINE LUNCH WITH JEANNE ROBERTSON

**Feature Class
"Cardio Core"**

Things will heat up in July with a new fitness class! Cardio Core will focus on getting your heart rate up while toning your core. Get ready to feel the burn in this hour long class at 9 am on Tuesdays and Thursdays. Instructor: Jillian Boreing

**LOVE
HANDLES**

Last chance to get involved with this great core-work class. Spend thirty minute-chiseling away at your waist and stomach in Love Handles. Ends July 30

Walkers and Talkers

A monthly easy walk with some history or ecology talk.

Tuesday
July 15th

Easy 3 mile hike/walk around the lake.

Be at Center by 9:00 am
Bus Leaves by 9:15 am

Cost: \$4.00 Register by July 8th

Senior Center
Memorial Park Community Center
510 Bert St
Johnson City TN 37601
423-434-6237



What to expect: Bus Transportation Provided

Mostly shaded hiking area, level ground easy walk. Lots of wild-life and a nice lake to walk next to. Public restrooms. Learn about the Wing Deer Park maybe some Appalachian folklore.

More Information: 423-434-6237

Silver Sneakers®

We are always adding amenities! If you have Silver Sneakers® and haven't completed your paperwork, stop in and let us do an eligibility check. Silver Sneakers® is a benefit of some Medicare Advantage plans and could help you save money and the activities you enjoy most often. It only takes a minute!

**Wellness Corner
Tip of the Month:**

By drinking a full glass of water before every meal, you will be less likely to overeat. Also, you will be increasing your daily water intake, which is vital during the hot, summer months. Hydration is very important so keep a water bottle handy at all times.

For more wellness tips and topics, Visit www.mpccseniorfit.blogspot.com



**New class!
beginning July 2
Hatha Yoga**

**Instructor: Darlene Hatley, RYT (500 hours)
RN, AFAA**

Level: Beginner/Intermediate

Cost:\$5 per session

Time: Wednesdays from 6:00-7:00 p.m.

ART + experience

Intro To Ceramics

Date: Wednesdays, June 4, 11, 18, 25
Time: 9:30 a.m. – 12:00 p.m.
Registration Deadline: Monday, June 2
Cost: \$65 for the 4-week course,
ALL materials included

Join ceramics artist Sarah Dorr in practicing the art of Clay Handbuilding. Participants will create pinch pots, slap pots, birds, fruit and many other pieces of pottery and will be able to practice glazing and beautifying their clay work.



Needle & Fiber Arts

Tuesdays, 1:00 p.m.
A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn.
Instructor: Jane Dresser
Cost: Free

Knitting

Wednesdays, 2:30 p.m.
A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.
Cost: Free



Open Art Studio

Mondays
from 12:30-3:30

Take advantage of our beautiful creative space! Bring a project and work in the company of other Artists.

Acrylics

Art and his class are taking a break for the summer. Classes will resume on Wednesdays at noon on August 6. Call for more information.

Let's Draw!

with T K Story
Fridays July 11 & 18
11a.m. to 2 p.m.

Fun and relaxing way to use your right brain. Bring your favorite drawing material and a #2 pencil.

Reserve by June 15
\$1 per session



New!

Bring one of your grand children to the soap carving class.

Wood & Soap Carving Classes

- Soap Carving 4 weeks

\$1 per session

Thursdays beginning July 10, 1 p.m.

Please bring 2 large bars Ivory Soap and a butter knife.

- Wood Carving 4 week series \$65

Thursdays beginning July 10, 2:30 p.m.

Includes all supplies; personal kits may be purchased for an additional fee.

MPCC Johnson City Senior Center
510 Bert St. Johnson City, TN

More Information at 434-6237



HIP HIKERS-CALL 423-434-6233 FOR MORE INFO



Hip Hikers to Houston Valley Fire Tower
 Thursday, July 10 8:00 a.m.
 Cost: \$6.00
 Challenging level
 Transportation Provided
 Meet at Center
 Bring your own lunch
 Reservation Deadline: July 9

Hip Hikers to Grayson Highlands
 Thursday, July 17 8:00 AM
 Cost: Free
 Challenging level
 (Carpool Event)
 Meet at Center
 Bring your own lunch
 Reservation Deadline: July 16

Hip Hikers to Cliff Ridge
 Thursday, July 24 8:00 a.m.
 Cost: \$2.00
 Challenging level
 Meet at Center
 Transportation provided
 Bring your own lunch
 Reservation Deadline: July 23

Hip Hikers to Max Patch
 Thursday, July 31 8:00 a.m.
 Cost: Free
 Challenging level (Carpool)
 Meet at Center
 Bring your own lunch
 Reservation Deadline: July 30

Low Impact Exercises

Most trainers define low-impact exercises as motions where one foot stays on the ground at all times. But rather than doing single-leg deadlifts until keeling over, we figured it'd be best to round up 10 low- (or no!) impact exercises to keep things varied and full o' fun. Get Low (Impact) — Your Action Plan

1. Walking: These boots are made for walking, so perhaps we should listen up. Walking is a stress-free way to stay movin'. And tweaking that walking routine can really heat things up: Hit the hills, add dumbbells, or weighted ankle or wrist straps to really get that heart rate up.

2. Rowing machine: Spice up the cardio routine and bring the water sports to the gym? Yes, please. The rowing machine (impact not included) is an intense and fun way to workout those arms, back, legs, and core. Score!

3. Kayaking: Want to actually hit the water? Grab a kayak and jump on in! Kayaking works the arms and core (no crunches necessary) and can burn up to 400 calories an hour while seeing some stellar sights.

4. Strength training: We suggested 20 reasons to strength train, and here is one more: Most strength training exercises are low-impact and still work up a sweat. (Keep in mind those monster box jumps wearing a weighted vest doesn't exactly qualify.) Try squats, lunges, or supermans!

5. Swimming: Skip the pool floats and start doing laps. Swimming is a great low-impact exercise with a boatload of benefits, from strengthening the shoulders to improving lung function.

6. Water aerobics: If laps in the pool gets repetitive, bring the aerobics class to the water and start treading or doing the pike scull. Some gyms even offer treadmills in the pool to really keep things interesting. (We may want to rethink calling them "treadmills.")

7. Yoga: It's no tackle football, but the NFL pros are doing it. So ease up and add some spinal twists and half moons to that fitness routine. Or try aerial yoga to really lift the stress off the ground.

8. Elliptical: Sorry treadmill, elliptical takes the cake when it comes to putting less stress on those legs. Try spicing up the routine with these workout ideas, while getting in a sneaky arm workout, too.

9. Stairmaster: Not all gyms have staircases, but they probably have a Stairmaster. (Which is obviously way more exciting than a treadmill.) No gym nearby? No problem. Hit the real stairs.

10. Cycling: Thank mom and dad for teaching us to take off the training wheels. Hopping on the bike is a fun way to fit in some exercise, with a lower chance of damaging the joints. Once the wheels start turning, you'll be talking like a pro.

Retrieved from: <http://greatist.com/fitness/take-it-easy-21-unexpected-low-impact-workouts>

Lifelong Learning

Conversational Spanish Mondays 1:00 -2:00 p.m., and Fridays 11:00 -Noon Free

Join ETSU instructor Chris Bush. Know a little Spanish? Want to learn more, practice conversing with others and meet new people. Come join us!

German Conversation Group Thursdays 9:30 a.m. 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.

R.E.A.D.S./Digital Library- Monday July, 7 at 12:30 p.m.

Regional E books, audiobooks downloading system; Join Annette Boreing for this FREE and informational program on this system that is available to everyone of all ages. If you like to read books, magazines and more then this program is for you. Easy to use and understand. Come check it out. Bring your tablets, ereaders or laptop.

Medical Ethics Discussion- Monday, July 14 at 12:30 p.m. and Tuesday, July 29 at 5:30 p.m.

Case 4: William MacArthur and the need for blood, from a medical perspective. Mr. MacArthur is in need of a blood transfusion, according to his physician, however, Mr. MacArthur refuses the blood transfusion based on his religious views, which derive from his faith as a member of Jehovah's Witnesses. Please register, free.

What's the Buzz?-Friday, July 18 at 10:30 a.m. Join Kenny Saylor from the Washington County Beekeepers Assoc. You can be an urban or rural bee keeper; homeowners can use their landscapes to help feed local bee populations by planting flowers that provide nectar and pollen, while having your own honey. Learn about one of the biggest dangers facing humans which are the loss of the global honeybee population. The consequence of a dying bee population impacts man at the highest levels on our food chain, posing an enormously grave threat to human survival. No other single animal species plays a more significant role in producing the fruits and vegetables that we humans commonly take for granted. Please register.

Travel Round the World- Thursday, July 24 at 1:00 p.m.

Horace Greeley said, "Go west young man..." Please join Dr. Ron Zucker on a HD video journey to see some of the National Parks of the west. Visit the Columbia River Gorge, the Oregon coast, and gems like Yosemite, Sequoia, Crater Lake, and Olympic National Parks, plus lots more... No charge for luggage!

Computers

Open Computer Lab:

Tuesdays 10:00-Noon

Thursdays 2:00 - 4:00 p.m.

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

If you are interested in one-on-one computer instruction, have an idea for a class or special topic, please contact Amy at 423-434-6229

Buying A Computer-Instructor: Sandy Osgood, Guest Speaker Elaine Osgood Mondays, July 7, 14, Cost:\$10.00

Are you looking for a computer... Laptop, Desktop, Tablet... Learn about which one fits your needs? What are the best values on brand name computers? This class will answer all your questions. We will also look at portable external Back-up Drives. This will be fun and informative! (beginner/intermediate)

Windows 7- Instructor: Sandy Osgood, Mondays, July 7,14,21,28 1-2:30 Cost: \$10.00

Learn how to maneuver around in the Windows 7 operating system. If you had Windows XP this will be a great introduction to the next step up in Windows. You will learn where to find files and folders, pictures, programs and features. (beginner)

PERFORMING ARTS

Piano Lessons

Monday and Thursday Mornings
by appointment
\$12 per 30 minute session
Experienced teacher Wreatha Terry will guide you through learning to play your favorite songs.
Call for your appointment today!

Mountain Dulcimer Lessons

with Cathy Ciolac
Tuesdays
1:00 -2:30 p.m.
Returns September 2
7 sessions \$27
(no session Oct. 14)

Autoharp Lessons

with Cathy Ciolac
Thursdays
1:00 -2:30 p.m., Free
Starts September 4
7 Sessions \$27
(no session Oct. 16)

Senior Chorale

The group is taking a break for the summer to rest up for the fall and holiday seasons. You can join this lively group on September 4 at 3:00 p.m.
Voices wanted!

Heart Strings

Tuesdays
10:00 a.m.-Noon
An open group playing a variety of instruments. Join us for an entertaining morning of Old hymns, bluegrass, country and folk music.

VOLUNTEERS

Volunteer Session

Monday, July 7
10:00 a.m.

Second Harvest Food Bank

2nd Wednesday of each month
Depart the Center 8:15
Volunteer from 9-noon (Sort and pack food)
Lunch on your own at Cracker Barrel then return to Center

Mitten Tree

It's right around the corner . . . Make plans now to participate and help us reach our goal of **100 mittens/hats/scarves**. Last year 70 items were collected and donated to Girls, Inc. Please make or purchase these items and bring them to the Center beginning Dec. 1 through Dec. 15. All donations will be delivered to Girls, Inc. by Volunteer, Ruth Sandy, who brainstormed this idea last year and has agreed to launch this again.

Volunteers needed to help plan the Christmas Dance. Experience planning and implementing large social events is a must and a willingness to dedicate several hours of time leading up to and on the day/evening of the dance (Dec.19) is a must. Call Kamela to sign up 434-6233.



DANCE

Boot-Scootin' Boogie Line Dance Party

Mondays

2:00 Challenge Square Dance with Don Williamson
3:30 Line Dance with Martha (Silver Sneakers discount)
 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
 (Silver Sneakers Discount)

Thursdays

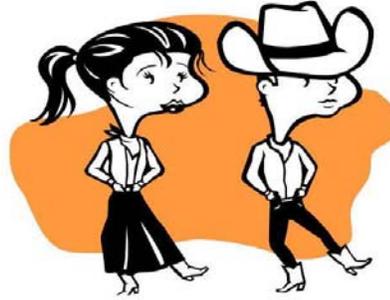
1:00 Ballroom Dance Practice led by Nadine Taylor

Fridays

1:30 Intermediate Line Dance with Don Williamson
 3:45 Beginner Ballroom Dance with Walt and Margaret Baumgardner
 (Silver Sneakers Discount)

1st and 3rd Friday nights

7:00 Dance with live band (Silver Sneakers Discount)



Join us for a rootin', tootin' good time! Dance a hole in your boots on Saturday, **July 26 and August 16** from 2-5 pm.

Cost- \$1 for each party
 Bring a snack to share. Drinks provided.

Friday Night Dance Schedule (As of 5/20/2014)

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	Kids Our Age Christmas Dance

Murder Mystery Dinner



Memorial Park Community Center
 510 Bert Street
 Senior Services ?

October 24 ... 6 - 8 pm
Admission: \$10
 Tickets go on sale August 1, 2014


Treat yourself to a night out and a Whodunit! Ticket price includes dinner, dessert, and performance.


Presented by: Murder Mystery Caravan


For more information Call: (423) 434-6237





Outings and Travel



Coming Soon!

Chartered Day Trips

Thanks to the JC Senior Center Foundation for providing a chartered bus to these great performances. Seats are limited to the first 56 paid participants for each outing.

- Wohlfahrt Dinner Theatre-Wytheville. Wednesday, September 3. We will see the program "Then Sings My Soul."
Cost: \$37 (covers ticket/lunch/gratuity) Seating is limited, no refunds. Depart at 9:30 a.m. on charter bus. Please be here 10 minutes early.
- Dixie Stampede (Senior Day) Tuesday, September 30 Senior Day/Health and Wellness Fair, plus show and meal.
Cost: \$36.00 Seating is limited, no refunds. Bus departs at 9 a.m. Please be 10 minutes early. Lunch is at noon, show at 2:00 p.m.

Dixie Diners

Join us at the Captain's Table on July 31 at 5:00 p.m. for a varied menu of seafood, chicken & pasta. The Captains Table is a few miles from Elizabethton, down the road from Hampton. Visit <http://www.lakeshore-resort.com/> and click on the link

Captain's Table to find the menu and directions or call 423 725 2201. Please sign up by July 24th.

DATE with HISTORY (Series)

Continuing this month, learn about the history and traditions of east Tennessee through special outings, speakers, and more! Call Amy 434-6229 for details on per outing pricing. Sign up now!

NEW YORK CITY "THE BIG APPLE" 6 DAYS 5 NIGHTS



*Great Experiences, Beautiful Sights!
Central Park, Rockefeller Center, Times Square, Wall Street, and much more!
November 20-25, 2014*

Includes:

Motorcoach transportation

Five nights lodging

Meals: 5 breakfasts and 3 dinners

The perfect balance between guided tours and free time to explore the city!

Double occupancy: \$585 per person (includes travel insurance)

New York City is one of the largest cities in the world with rich culture and history. This can also make New York very strange at times. Below are random facts about that Big Apple that will blow your mind.

Retrieved on 6/19/2014 from <http://bigappled.com/>

FUN FACTS ABOUT NEW YORK CITY

1. Madison Square Park, Washington Square Park, Union Square Park, and Bryant Park used to be cemeteries.
2. New York City has more people than 39 of the 50 states in the U.S.
3. The city of New York will pay for a one-way plane ticket for any homeless person if they have a guaranteed place to stay.
4. In New York City there are more than 26,000 people living in each square mile.
5. It takes 75,000 trees to print a Sunday edition of the New York Times.



WANTED!

4 Trivia Buffs to compete as a team for :



The poster features a blue header with the text "Trivia Night!" in yellow. To the right is a silhouette of a head with a question mark inside. Below the header is a central image of a "Brain Game" logo on a glowing shield, surrounded by question marks. To the right of the central image is a purple box containing the dates "July 10th 4 - 6 pm" and "July 17th 4 - 6 pm", followed by "Opportunity To Go To District Regional State". Below the central image, it says "Individual Competition and 4 Highest Scores Creates a Team". At the bottom right of the poster is a "Win! Points & Prizes" badge and the word "competition" in orange.

Senior Center
Memorial Park Community Center
510 Bert St
Johnson City TN 37601
423-434-6237

competition

Center competition July 10 and 17
Top 4 scorers will form a team to compete in:
District Games: August 12 at Kingsport Senior Center
District winner advances to:
Regional Games: Late August in Knoxville
Regional winner advances to:
State Brain Games: Late September in Nashville

Do you have what it takes to win it all?

SOCIAL ENRICHMENT

GAMES

Mondays

Hand & Foot Canasta at 1:00 p.m.

What is it? See Below!

Ladies Monday Night Bridge Club 6:00 p.m.

Tuesdays

BINGO first and Third Tuesday of month

Tuesday Bridge Group Noon

Scrabble 5:30 p.m.

Mexican Train Dominos 6:00 p.m.

Wednesdays

Pinochle at 1:00 p.m.

Thursdays

Women's Billiards noon

Rook at 1:00 p.m.



The Hand and Foot Card Club meets on Mondays at 1:00 p.m.. It is open to all skill levels and it's an easy game to learn. We play very socially and teach the game during play. It is just FREE fun in a very relaxed atmosphere. Call Luca Prosseda for information at 477-7359.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 BINGO 9:00 Cardio Core 10:00 Open Computer Lab 6:30 Grief Support Gathering	2 9:30 Intro Ceramics 6:00 Hatha Yoga Beginner/Intermediate	3 10:00 As the Page Turns 2:00 Open Computer Lab 2:00 S.A.L.T. Council Meeting	4 Center Closed
7 10:00 Volunteer Training 11:30 Ice Cream Celebration 12:30 R.E.A.D.S./Digital Library 1:00 Amateur Photographers' Club 1:00 Windows 7 3:00 Buying a Computer	8 8:30 Date with History 9:00 Cardio Core 10:00 Open Computer Lab	9 8:15 Volunteers to Second Harvest Food Bank 9:30 Intro Ceramics 6:00 Hatha Yoga Beginner/Intermediate	10 8:00 Hip Hikers to Houston Valley Fire Tower 10:00 Writers Circle (Meeting off-site) 1:00 Soap Carving 2:00 Open Computer Lab 2:30 Wood Carving 4:00 Brain Games	11 10:30 Conductorcise® 11:00 Let's Draw 4:00 Summer Celebration
14 12:30 Medical Ethics 1:00 Windows 7 3:00 Buying a Computer	15 9:00 BINGO 9:00 Cardio Core 9:30 Date with History 10:00 Open Computer Lab	16 9:30 Intro Ceramics 6:00 Hatha Yoga Beginner/Intermediate	17 8:00 Hip Hikers to Grayson Highlands 1:00 Soap Carving 2:00 Open Computer Lab 2:30 Wood Carving 4:00 Brain Games	18 10:30 Conductorcise® 10:30 What's the Buzz? 11:00 Let's Draw 7:00 Friday Night Dance
21 1:00 Windows 7	22 8:15 Date with History 9:00 Cardio Core 9:30 Date with History 10:00 Open Computer Lab	23 9:30 Intro Ceramics 6:00 Hatha Yoga Beginner/Intermediate	24 8:00 Hip Hikers to Cliff Ridge 10:00 Writers Circle 1:00 Soap Carving 1:00 Travel Round the World 2:00 Open Computer Lab 2:30 Wood Carving	25 10:30 Conductorcise® <hr/> Saturday July 26 2:00 Boot, Scoot & Boogie Line Dance Party
28 1:00 Windows 7	29 8:30 Date with History 9:00 Cardio Core 10:00 Open Computer Lab 5:30 Medical Ethics Discussion	30 9:30 Intro Ceramics 6:00 Hatha Yoga Beginner/Intermediate	31 8:00 Hip Hikers to Max Patch 1:00 Soap Carving 2:00 Open Computer Lab 2:30 Wood Carving 5:00 Dixie Diners to Captain's Table	

ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 9:00 pm Billiards Room Fitness Room 7:30-8:15 Breakfast 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Lessons by appointment 9:30 Table Tennis 10:00 SilverSneakers® Classic 10:45-11:20 Senior Lunch 11:00 Tai Chi for Arthritis 11:45 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Conversational Spanish 1:00 Hand & Foot Canasta 1:00 High Flyers Bowling @ Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 6:00 DandyLines Line Dance--Advanced 6:00 Ladies Monday Night Bridge Club	7:00 am to 9:00 pm Billiards Room Fitness Room 7:30-8:15 Breakfast 10:00 Heart Strings 10:45-11:20 Senior Lunch Noon Tuesday Bridge Group 1:00 Silver Sneakers® 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 Mexican Train Dominos 7:00 Round Dance	7:00am to 9:00 pm Billiards Room Fitness Room 7:30-8:15 Breakfast 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 10:00 Bible Study 10:00 SilverSneakers® Classic 10:45-11:20 Senior Lunch 11:00 Tai chi for Arthritis 11:45 Qi Gong 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 7:30-8:15 Breakfast 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by appt. 9:30 GermanConversation 10:45-11:20 Senior Lunch Noon Women's Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 <i>Golden Rollers Bowling @ Holiday Lanes</i>	7:00 am to 9:00 pm Billiards Room Fitness Room 7:30-8:15 Breakfast 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 9:00 Party Contract Bridge 9:30 Table Tennis 10:45-11:20 Senior Lunch 11:00 Conversational Spanish 12:30 Ace of Clubs Duplicate Bridge 1:30 Intermediate Line Dance Lessons 3:45 Beginner Ballroom Dance



The Tuesday Trio Senior League is now seeking Individuals or Teams for the 2014-15 Bowling Season

It's a great way to meet some new friends, compete for awards & prizes or just have fun learning a new sport!

Meeting Date: Tuesday, August 5th at 12:30 pm (Holiday Lanes, Johnson City)
 There will be a short meeting to discuss the new season By-laws and 3 free games of open bowling with your team!

League Date: League actually begins on Tuesday, August 12th at 1:00 pm for a 34 week bowling season ending in April 2015

The only requirements are you must be at least 55 years old
 (NO BOWLING EXPERIENCE NECESSARY)
 We have a 50/50 drawing each week so you could be the lucky winner!!

If you or you know someone who is interested, please contact
 Nikki Pont, League Secretary at 423-948-0180

**Just added to
the calendar!**

New murder mystery



“KILLER IN THE KITCHEN”

**August 29, 2014
Doors open at 6:00
Show starts at 6:30
Savory & Sweet finger
foods & coffee
\$7**





Ice Cream Celebration! Monday, July 7, 2014

11:30 a.m.

Join the staff for ice cream in the Gathering Room. What are we celebrating? The Accreditation notebook has been mailed off for review! Thanks to everyone for your input and support!



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

(Newcomer's Welcome Service is a private organization and is not a service of the Senior Center)

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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JOHNSON CITY TN
PERMIT NO.12

Return Service Requested

GROUPS and MEETINGS

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
Cost: Free

As The Page Turns

Book Discussion Group
First Thursday at 10:00 a.m.
Pre registration is encouraged!
July: *State of Wonder*
by Ann Patchett
August: *The Piano Teacher*
by Janice Y. K. Lee
September: *School of Essential
Ingredients*
by Erica Bauermeister

Writer's Circle

2nd and 4th Thursdays
10 a.m.-noon
A group of individuals who
gather together to share ideans
and stories that they have
written. Cost: Free

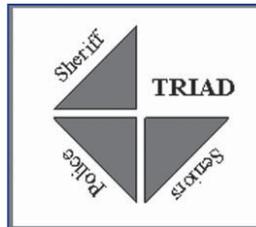
AMATEUR PHOTOGRAPHERS CLUB

FIRST MONDAY OF THE MONTH
1:00-3:00 P.M.
JOIN YOUR PEERS FOR PHOTO SHARING, TIPS, TOPICS,
HELPFUL CRITIQUES AND MORE PHOTO TOPICS:
JULY 7TH- SUMMER SIZZLE

What is the Washington County S.A.L.T. Council?

The Washington County S.A.L.T. Council (Seniors and Law Enforcement Together) is an organization of senior citizens, law enforcement officers and community groups. Often someone in your family might need more information on certain health issues such as Alzheimer's, elder abuse, or caregiver support programs. S.A.L.T. addresses many of these issues at their monthly meetings. Speakers are also invited to talk about disaster preparedness and fire prevention. For more info, contact Jo Willems, 741-0227.

Meets the first Thursday of each
month at 2:00 p.m. at MPCC.
Everyone Welcome!



Watauga Valley Art League

Sunday July 20 11 a.m.-3 p.m.
Tipton Haynes Historic Site
Participate in Plein Air
Painting in the park and
afterwards enjoy a picnic
potluck lunch. Pleae call
Karen Foote at 423-282-3029
to make a reservation and for
more information.
WVAL will return to MPCC
for monthly meetings on
August 16 at 10:00 a.m.

Bible Study Groups

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

Grief Support Gatherings

1st and 3rd Tuesdays
6:30 p.m.-7:30 p.m.
Michael Lester, M.A.
Board Certified Grief Counselor
a community service of Morris-Baker
Funeral Home & Cremation Services

The Johnson City Seniors' Center Foundation Board of Directors gratefully and sincerely expresses their appreciation for your contributions to the Seniors' Center

Annual Fund Drive

Sandra	Adams	George & Marie	Gough
Brenda	Addison	Charlotte	Green
Teretha	Akins	Anne	Greene
Clabe	Andes	Brenda	Hamilton
Linda & Michael	Baker	David	Hart
George &		Cliff	Hattaway
Rosemary	Barnett	Patricia	Hicks
Brenda	Barnett	Lloyd & Sally	Hughes
Barbara	Baum	Linda	Johnson
David & Sharon	Benner	Dorothy	Jones
Connie	Bennett	Reba	Jones
Lee	Bockman	Edna	Joy
Marilyn	Boeker	Marshall	Kamrass
James & Ruth	Brading	Barbara	Keith
Barbara	Broad	Edward	Kenny
Wanda	Buda	Robert & Marilyn	Keys
Rosemarie	Burns	Robert & Judith	Kilby
Ron	Byrd	Maxie	King
Frank & Debi	Calderala	Glenda	Kuelper
Roma M.	Carimi	Richard &	
Virginia	Chaffinch	Dorothy	Landis
Gene	Cielinski	Arthur	Lang
Catherine	Ciolac	Patricia	Leatherwood
Billie	Clark	Sandra	Leonard
Judith	Clarke	Gwen	Maden
Alan L.	Cox, MD	Dan & Katie	Mahoney
Gail	Dalton	Bob & Betty	Maletich
Barry & Merleen	Darby	Willie & Kay	Manning
Deana	Davis	Mike & Claudia	McCord
Stephanie	Davis	Clifford	Miller
Charlotte	Dingus	Robert & Faye	Miller
Doris	Durey	Ralph & Madeline	Mowery
Nancy Jane	Earnest	Edna	Myatt
Robert T.	English, III	David	Nelson
Nancy	Flugrath	Janice	Nelson
Debbie	Fogle	Willie & Thelma	Norris
Bob & Linda	Fore	Norma	Odum
Larry & Mary	Foy	Roger & Susie	Orren
George	Fulwider	William	Patterson
Gene	Garland	Jeff	Pentz
Judy	Garland	Sarah	Peterson
Carl & Olene	Garrison	Paul	Pierce
Patricia	Godsey	Johnnie	Pinckard

James	Pitts	Kitty	Smith
Jim & Louise	Pleasant	Patsy	Smithson
Mark & Jeanie	Pollock	Jim & Suzanne	Stouffer
Ron	Porter	Levern C.	Supernant, Jr.
Paul & Myong	Powers	Charles &	
Edward &		Dolores	Thomas
Catherine	Puhr	Eleanor	Thomsen
James & Shirley	Rash	Terry	Tollefson
Linda	Rash	Susan	Torzewski
Sandra	Renfro	James	Turnbull
Myrtle	Rhudy	Joel	Van Ryn
James A.	Ricker	Joseph	Viola
Jo Ann	Ricker	Duard & Carolyn	Walker
Thomas	Riddle	Brenda	Wardeska
Lee & Nancy	Roberts	Arthur	Warner
Linda	Rose	Donna	Wells
E. Duffy	Roseman	Charles & Trella	White
Shirley	Roth	John	Whitehead
Brian & Tinker	Rovira	Betty	Whittemore
Brian	Rowe	Hersel	Widener
Gordon	Rowe	Jo	Willems
Judy Royston &		Emerson	Williams
James	Pitts	Judy	Williams
Joy Salberg &		Mercedes	Young
Chuck	Trovato	Thomas & Cora	Young
Alice	Sangid		
Dorothy	Schmuck		
Joan	Seaver		
Anthony & Lynne	Skinner		
Geraldine	Slemp		
Don	Sluder		
Berla	Smith		

***Note: The donation period is from May 23 thru June 24, 2014**

If your donation has not been acknowledged or acknowledged incorrectly in this month's newsletter, please call 434 6237, in order that we may rectify the oversight.

Donations In Memory of:

Person Making Donation

**Leo & Jan Barnett
Ms. Virginia P. Clark
Barbara & Claude Duncan
Martha Gouge
Billie Greene
Amanda Hall
John M. Harris, Jr.
Vicki Hinton
Nellie McNeely
Anna Miller
J. C. Robinson
Bobby J. Trivette
Lucy Tuttle**

In Memory of

**Helen Mills
Ollen F. Clark
Callie & Millard Blackburn
MacDonald Gouge
Quentin D. Greene II
Wilma Chandley
Johnnie Harris, Sr.
Dr. Frank Anderson
Marie McNeely
Veterans
Sarah Justice
Mother & Father
George Tuttle**

Donations In Honor of:

Person making donation:

**Carol & Edward Bowman
Tommy & Judy Elliott
Pete & Jodi Headley
Dora Hutchens & David Nelson
Coolidge Johnson
Craig Niermann
Edna Templeton
Patricia Thomas**

In Honor of:

**Sue Orr
Sue Orr
Dorothy B. Schmuck
Carolyn Minton
Sue Orr
Mary Margaret Ford
Mary Rivers
Sandy Greer's 80th Birthday**