

June 2014 Volume XXIII No. 6

Accredited by:  **NISC** www.NCOA.org

Senior Lifestyles

The Johnson City Senior Center

Active Life through Active Living

Murder Mystery Dinner



Memorial Park Community Center

510 Bert Street

Senior Services ?

June 13, 2014 ... 6 - 8 pm

Admission: \$10

"Bedlam in Cabin B" 

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

For more information, call: (423) 434-6237



Presented by Murder Mystery Caravan

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



FOOD CITY



George says...

Kroger gift cards can be purchased for face value of \$5.00 each and then loaded at the Kroger store for any amount. Cards can be re-loaded indefinitely, and the JCSC Foundation receives 5% of the re-load value every time (at no cost to you). However, if a card stays at a \$0 balance for 90 days or more the card will deactivate and cannot be reactivated, so you would then purchase a new card at the Senior Services desk. Food City cards are available in varying denominations and are only used one time. Both cards can be used to purchase food, pharmacy items and gas; cards are available at the Senior Services Reception desk Monday-Friday from 8 a.m. to 5 p.m. Thank you for your support of the Johnson City Senior Center Foundation, Inc!

!Exciting News!

Summer Meal Program

This summer, Memorial Park Community Center will host the Johnson City Schools Summer Food Program. Senior 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



Follow us on Twitter:
twitter.com/JCSeniorctr



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

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.

HIP HIKERS



Hip Hikers to Big Creek

Thursday, June 12 8:00 a.m.
 Cost: Free (Carpool Event)
 Challenging level
 Meet at Center; Bring your own lunch
 Reservation Deadline: June 11

Day at the Lake

Friday, June 13 9:30 a.m.
 Meet at Center
 Cost: \$2.00
 (Transportation Fee)
 Bring your own water and snacks
 Reservation Deadline: June 10

Hip Hikers to Carver's Gap

Thursday, June 19 8:00 a.m.
 Meet at Center
 Cost: \$5.00 (Transportation Fee)
 Challenging level
 Bring your own lunch
 Reservation Deadline: June 18

Hip Hikers to Camp Creek Bald

Thursday, June 26 8:00 a.m.
 Meet at Center
 Cost: \$6.00 (Transportation Fee)
 Challenging level
 Bring your own lunch
 Reservation Deadline: June 25

National Senior Health and Fitness Day Celebration

QUEST

**Last
Chance
to sign
up!**

Wednesday May, 28, 2014

- 9:00 a.m. Meet and Greet- Light breakfast
- 9:30 a.m. Board bus to challenge location
- 10:00 a.m. Begin challenge
- 12:30 a.m. Closing ceremonies

- Teams formed with Seniors and ETSU Nursing Students
- Mind and Body Challenges
- Pre-register please



Johnson City Senior Center
 Memorial Park Community Center
 510 Bert Street
 Johnson City, TN 37601
 423-434-5750

*Rain or Shine

As The Page Turns

Book Club

**Meets first Thursday of every month at
10 am.**

June: My Antonia by Willa Cather

July: State of Wonder by Ann Patchett

Aug: The Piano Teacher by Janice Y. K. Lee

Sept: School of Essential Ingredients by Erica Bauermeister



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.

Go Green with Your Clean Wednesday June 11 at 10:00 a.m. Free

Presented by Earth Thyme: Common household cleaners can release toxic chemicals into the air and water supply. Learn tips for healthier Spring cleaning and get recipes for making your own healthy cleaning supplies. There will be a product exchange. Bring a bottle of your household cleaner and exchange it for an Eco-friendly cleaner. Please register if you'd like to participate in the product exchange. Happy cleaning!

Legal Aid/Estate Planning Wednesday, June 11 4:00-6:00 p.m.. Free

Legal Aid of TN will be here to answer your questions, and help you with forms, the following; Simple Last Will and Testament, Power of Attorney, Advanced Healthcare Plan and more.

Senior Crime Prevention Academy: Presented by the Washington County S.A.L.T. Council

June 12, 2014 9:00 a.m.-12:30 p.m. Free Pre-registration is advised

Speakers/Topics will include:

- **GINNA KENNEDY/ Contact Ministries**
- **ROSE TORBETT, Amy Hinkle/Elder Abuse Awareness**
- **Lt. Larry Williams/Traffic Safety, Sgt. Scotty Carrier/Scams, Investigator Justin Adams/Home Safety**

Breakfast and Snacks sponsored by the Johnson City Senior Center Foundation, Inc.

TEL and Genealogy Monday, June 16 at 10:00 a.m. Free

Join Annette Boreing for this Free and information program on The Tennessee Electronic Library (TEL) is an online library that gives everyone in Tennessee access to magazine, journal, and newspaper articles, essays, practice tests, e-books, primary source materials, and more! TEL is available free of charge, 24/7 from any computer with access to the internet. Please pre-register; bring tablet or laptop if you like. Source: TEL

Medical Ethics Discussion Monday, June 16 at 12:30 p.m. and Monday June 30 at 5:30 p.m.

Case 3: Mrs. Abraham and the prescription placebos. Mrs. Abraham was prescribed a sleep aid, to which she has now become addicted. Her physician and pharmacist work together to "wean" her off the prescription sleep aid. The use of placebo is involved. Please register, free.

Financial Focus Thursday, June 19 at 10:30 a.m. Free

Sponsored by Chris Abla of Edward Jones
Our latest Outlook and Opportunities presentation, *The Game Plan Hasn't Changed*, discusses actions you may need to take to prepare for the always changing markets.

Travel Round the World Thursday, June 19 at 1:00 p.m.. Free

Sometimes the beauty of the world is right in your own backyard! Please join Dr. Ron Zucker on a video journey to the Cumberland Plateau to see some magnificent waterfalls including Fall Creek Falls, Burgess Falls, Rock Island Falls, just to mention a few. If time permits, we can also visit

Outings and Travel

Garden Tour with

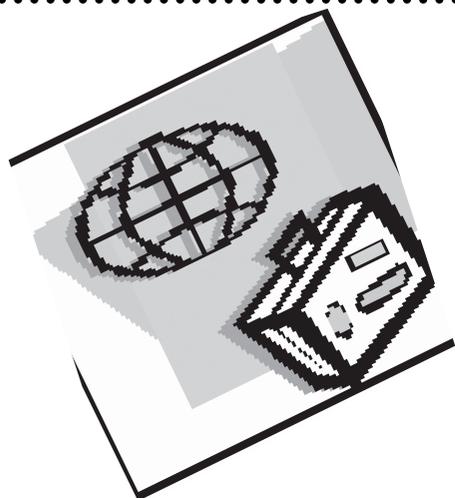
Master Gardener Ben Hunter
Friday, June 6, 9:30 a.m.
Cost: \$4
(rain date June 20 9:30)
Enjoy a personal tour of Mr. Hunter's gardens. He has over 20 raised beds with fruits, vegetables, and flowers. He'll talk about gardening, placement, care and more. This is a real treat for any gardener! Please register.

DATE with HISTORY (Series)

Beginning Tuesday, June 10th, get your trip information from Amy. Special outings, speakers and more! One set price to cover admission and transportation-\$50. We'll meet on Tuesdays (June/July). Some places we'll visit: Oak Ridge, TN Air Museum, Roan Mtn, TN Theatre and more! Sign up now! Please register by June 6th.

Dixie Diners

June 2, 11:15 a.m.
Lunch on your own
Mustard Seed Cafe--Kingsport
(118 East Market St. Kingsport, 423-765-2940)
Join Ruth and Fred at the Mustard Seed Restaurant. You will love this wonderful new location for a great lunch. Mustard Seed is famous for their tomato pie but they also have many other offerings too. Please sign up by Friday May 30.



"Savannah and the Golden Isles"

Savannah, Tybee Island, Jekyll Island, and St. Simons Island, GA
6 days and 5 nights

Tour Includes:

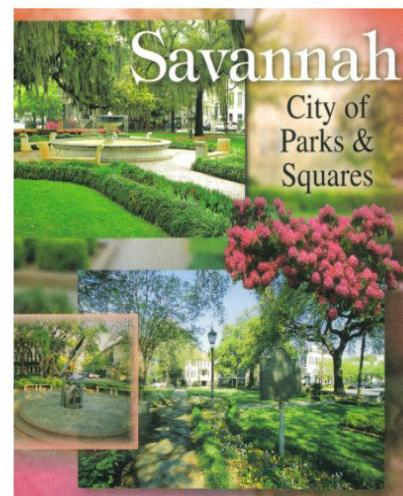
Deluxe motor coach transportation
5 nights hotel accommodations
Meals: 5 hot breakfasts, 1 boxed lunch and 4 dinners
The services of a Premier Travel Representative/Escort
October 13-18, 2014

Double: \$788 per person (includes Group Travel Insurance)

15 Things to See and Do in Savannah

retrieved May 20, 2014, from www.visitsavannah.com

1. City Market--four blocks in the heart of old downtown
2. Davenport House Museum--A fine example of federal architecture
3. The Cathedral of St. John the Baptist--a excellent example of French Gothic architecture
4. Georgia State Railroad Museum--Steam engines, belt-driven machinery, locomotives, railroad rolling stock, and model railroad layouts
5. River Street--nine block brick concourse perfect for walking and shipwatching
6. Jepson Center for the Arts--exhibitions and galleries featuring African American Art, Southern Art, photography, and works on paper
7. The Savannah Theatre--the oldest, continuously operating theater site in America
8. Juliette Gordon Low Birthplace--founder of Girl Scouts
9. Telfair Museum of Art--the oldest art museum in the south
10. Leopold's Ice cream--circa 1935 with original decor
11. Forsyth Park--Forsyth Park Fountain, monuments and more
12. Beach Institute--oldest school for African-Americans
13. National Museum of the Mighty Eighth Air Force
14. The Ships of the Sea Museum
15. The Lady and Sons Restaurant



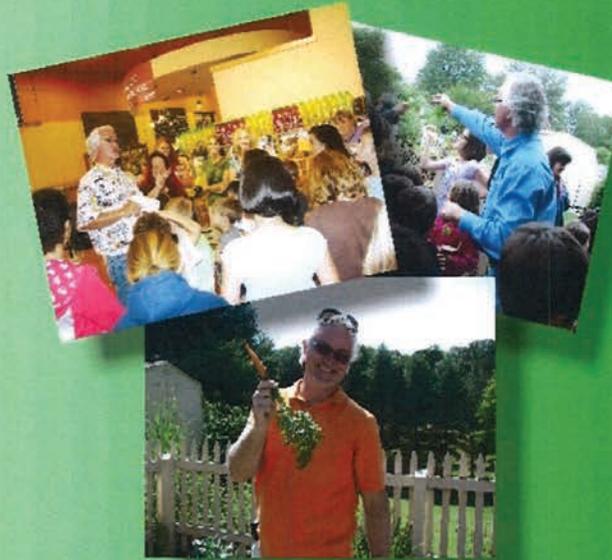


Benefits of using the Square Foot Gardening Method

- * **New Method-**
Easy To Understand
- * **User Friendly-**
Great for Beginners
- * **Locate Anywhere-**
Close to your Home or Business
- * **Economical-**
No Tools Required
- * **Efficient**
Twice as Much-Half the Space With No Digging
- * **Easy to Protect-**
From Pests and Weather
- * **Earth Friendly-**
Reduce, Reuse, Recycle!
- * **Highly Productive-**
Fivefold Harvest

Trained, certified instructor, Scott Thompson can provide your organization with fun and exciting gardening seminars on topics like:

- Basics Of Square Foot Gardening
- Extending The Growing Season
- Vertical Gardening
- Composting & Organic Gardening
- Building Boxes and Structures
- Gardening With: Kids, Senior Adults, Community ,School , Church Gardens
- Training for Mission Trips



***For More Information, Contact
Scott Thompson
219 University Parkway
Johnson City, Tennessee
423.926.5841***

Square FOOT Gardening Class

**1 Hour Class
June 9th at 10:00 AM
Johnson City Senior Center**



***Led By
Certified Square Foot Gardening Instructor,
Scott Thompson***

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 8:30 Toning 8:30 Piano Lessons by appointment 9:00 Blood Pressure Screenings 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 Noon Tuesday Bridge Group 10:00 Heart Strings 10:45-11:20 Senior Lunch 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 8:30 Toning 9:00 Blood Pressure Screenings 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 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 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</i> Bowling @ Holiday Lanes	7:00 am to 9:00 pm Billiards Room Fitness Room 7:30-8:15 Breakfast 8:00 Pickleball 8:30 Piano Lessons by Appt. 8:30 From Head to Tone Fitness Class 9:00 Blood Pressure Screenings 9:00 Party Contract Bridge 9:30 Table Tennis 10:00 Quilter's Club 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

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)



LOOKING AHEAD

JULY 10, 6 WEEK SERIES
SOAP AND WOOD CARVING CLASSES BEGIN
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

Garden Tour
with
Master Gardener Ben Hunter

Friday June 6th (rain date June 20th)

Leave MPCC at 9:15 am cost: \$4

Enjoy a personal tour of Mr. Hunter's gardens. He has over 20 raised beds with fruits, vegetables, and flowers. He'll talk about gardening, placement, care and more. This is a real treat for any gardener!

Please register.



Go Green with Your Clean

Wednesday June 11th at 10am

Presented by Earth Thyme: Learn tips and benefits for healthier Spring cleaning and get recipes for making your own healthy cleaning supplies. Household cleaners can be toxic. **There will be a product exchange. Bring a bottle of your household cleaner and exchange it for an Eco-friendly cleaner.**

These are all natural cleaners and air fresheners.

Happy cleaning!



Please register if you'd like to participate in the product exchange

It's A Date! with

June 10, 2014 History

Memorial Park Community Center
Senior Services
 510 Bert Street

On Tuesdays, beginning June 10 jump on the bus with Senior Services for a Date with History. Learn about the rich history of East Tennessee in this 8-week series of outings. Hear from the area's most knowledgeable speakers, and meet fascinating people. One price covers the 8-week series. Series includes visits to Oak Ridge, Tennessee Air Museum, Roan Mountain, Tennessee Theatre, and more. Departure times vary with each trip.

Program Fee: \$50 for the 8-week series

For more information and registration call: (423) 434-6237



Refuse To Be A Victim.

Senior Crime Prevention Academy

Memorial Park Community Center
 Senior Services
 510 Bert Street



June 12, 2014
 9 am – 12:30 pm

Planned and organized by the Washington County S.A.L.T. Council this program will provide education and awareness about elder abuse from professionals who deal with these issues on a daily basis. Breakfast and snacks sponsored by the Johnson City Senior Foundation, Inc.

Admission: Free

For more information and registration call: (423) 434-6237



Music at Memorial Park

Community Center Amphitheatre

510 Bert Street

May 31, 2014 ~ 7 pm

Featuring



the Patchwork

The FREE musical experience is presented by DOTHERT Recording Studios and the Recreation Services and Services Divisions of Johnson City Parks and Recreation.

The Patchwork's music is a genre that they refer to as JamFolk CountryJazz. Their music spans from rock, R&B, country, jazz, gospel ... to originals. Their instruments sets are dynamic an feature beautiful melodies to high energy grooves and are filled with great musicianship. All of the members of The Patchwork have played all over in several musical genres, but they bring all that to the table with the musical mix that sound like The Patchwork.

Put on your dancing shoes and bring along your picnic basket for an enjoyable evening featuring music for all.

For more information call: (423) 283-5820 or visit www.johnsoncitytn.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 Volunteer Training 11:15 Dixie Diners 1:00 Amateur Photographer's Club 1:00 Google Earth 3:00 Computer Maintenance</p>	<p>3 9:00 BINGO 10:00 Movers and Shakers 10:00 Open Computer Lab 1:00 Date with History 2:00 Furthering iPad 6:30 Grief Support Gathering</p>	<p>4 9:30 Intro Ceramics</p>	<p>5 8:30 10:00 Movers and Shakers 10:00 As the Page Turns 11:00 Beginning Computer 1:00 Dulcimer Lessons 2:00 Open Computer Lab 2:00 S.A.L.T. Council Meeting 3:00 Senior Chorale</p>	<p>6 9:00 Garden Tour with Ben Hunter 10:30 Conductorcise® 7:00 Friday Night Dance</p>
<p>9 10:00 Square Foot Gardening 1:00 Google Earth 3:00 Computer Maintenance</p>	<p>10 9:15 Date with History 10:00 Movers and Shakers 10:00 Open Computer Lab 1:00 Saving, Storing and Removable Media 5:00 Volunteer Cookout</p>	<p>11 8:15 Volunteers to Second Harvest Food Bank 9:30 Intro Ceramics 10:00 Go Green with Your Clean 1:00 Social Security Update 2:30 Social Security Update 4:00 Estate Planning</p>	<p>12 8:00 Hikers to Big Creek 9:00 Senior Crime Prevention Academy 10:00 Writers Circle 10:00 Movers and Shakers 11:00 Beginning Computer 12:30 Mobile Devices 1:00 Dulcimer Lessons 2:00 Open Computer Lab 3:00 Senior Chorale Rehearsal in the Gathering Room</p>	<p>13 9:30 Day at the Lake 10:30 Conductorcise® 6:00 Friday 13th Murder Mystery</p>
<p>16 10:30 TEL/Genealogy 12:30 Medical Ethics Discussion 1:00 Google Earth 3:00 Computer Maintenance</p>	<p>17 9:00 BINGO 9:00 Walkers and Talkers Low Impact Hiking Group 10:00 Movers and Shakers 10:00 Open Computer Lab 10:00 Appalachian Clown Alley 12:30 Date with History 6:30 Grief Support Gathering</p>	<p>18 9:30 Intro Ceramics</p>	<p>19 8:00 Hikers to Carver's Gap 10:00 Movers and Shakers 10:30 Financial Focus 11:00 Beginning Computer 1:00 Dulcimer Lessons 1:00 Travel Round the World 2:00 Open Computer Lab 3:00 Senior Chorale</p>	<p>20 10:30 Conductorcise® 11:00 Let's Draw 7:00 Friday Night Dance</p> <p>Saturday June 21 10:00 WVAL Meeting</p>
<p>23 1:00 Google Earth 1:30 Word I 3:10 Excel I</p> <p>30 1:00 Google Earth 3:00 Computer Maintenance 5:30 Medical Ethics Discussion</p>	<p>24 9:30 Date with History 10:00 Open Computer Lab 10:00 Movers and Shakers</p>	<p>25 9:30 Intro Ceramics 1:30 Word I 3:10 Excel I</p>	<p>26 8:00 Hikers to Camp Creek Bald 10:00 Movers and Shakers 10:00 Writers Circle 11:00 Beginning Computer 12:30 Mobile Devices 1:00 Dulcimer Lessons 2:00 Open Computer Lab 3:00 Senior Chorale</p>	<p>27 10:30 Conductorcise® 11:00 Let's Draw</p>

SOCIAL ENRICHMENT

GAMES

DANCE

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.

Fridays

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

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)

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

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	Kids Our Age Christmas Dance

Discover the Senior Center's newest group Senior Chorale

Thursday June 12, 3:00 p.m. in the gathering room Enjoy beautiful music, refreshments and learn more about this group as they rehearse for their first performance!

Saturday, June 14, 6:00 p.m. Jonesborough's McKinney Center--Senior Chorale will perform as part of Jonesborough's Flag Day Celebration.

Friday 13th Murder Mystery Dinner Theatre presented by Murder Mystery Caravan "Bedlam in Cabin B" by Paula Hilton

A lavish party on board a HAUNTED yacht turns deadly!
Welcome Aboard!

June 13, 6:00-8:00 p.m.

What better way to experience Friday 13th than with a murder mystery? Figure out this whodunit while enjoying dinner and dessert. Watch out, you may just end up as part of the show.
Tickets are \$10 and must be purchased in advance.

Computers

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

Open Computer Lab:
Tuesdays 10:00-Noon
Thursdays 2:00 - 4:00 p.m.

Mobile Devices: Thursdays June 12 and June 26
At 12:30 p.m.

Google Earth Instructor: Sandy Osgood Mondays June 2,9,16,30 1:00 p.m. Cost:\$10.00
Learn how this can help you; maps, calendars, track mail, see places to visit, aerial view of your home and more. Please register (Beginning/intermediate) Can bring own laptop.

Computer Maintenance Instructor: Sandy Osgood Mondays June 2,9,16,30 3:00 p.m. Cost:\$10.00
Learn about hardware/software, firewalls, viruses and more. Please register (Beginning/intermediate) Can bring own laptop.

Furthering iPad Instructor: Betty Hall Tuesday, June 3 2:00 - 3:30 p.m. Cost: \$10.00
Get more instruction on moving you way around the iPad, using apps, organizing and more.

Saving, Storing and Removable Media Instructor: Betty Hall Tuesday, June 10 1:00-2:30 p.m. Cost: \$10.00
Burning CD's (documents, photos etc....) DVD's and scanning, and more.

Beginning Computers Instructor: Amara Carberry Thursdays, June 5,12,19,26 Cost: \$10.00
If you have been intimidated by using computers or unsure how to navigate around the computer, then this is the class for you. This is a slower paced class for those who have no or very little experience. You can bring your laptop if you have one. Please pre-register. Can bring own laptop

Word I Instructor Jim Foote Monday, June 23 and Wednesday, June 25 1:30 -3:00 p.m. Cost: \$10.00
This class will introduce the basics of Microsoft Word. Students use the basic tools of this program to create documents. (Beginner) can bring own laptop. Please pre-register.

Excel I Instructor Jim Foote Monday, June 23 and Wednesday June 25 3:10-4:30 p.m. Cost:\$10.00
This class will introduce the basics of the Excel spread sheet. Students will design forms which can be used to keep track of information. (Beginner) can bring own laptop. Please pre-register.

Please contact Amy 434-6229 if there are computer classes you would like to have, or certain topics covered.

Social Security Administration Computer Class
Wednesday June 11 1:00 p.m. and 2:30 p.m. (Choose a session)

Changes are coming to SSA and the method of obtaining information that affects your ability to confirm and receive verification print out of your SSA benefits. This class will guide you through the process of setting up an SSA account on your computer.

PERFORMING ARTS

Piano Lessons

Monday, Thursday and Friday 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!

Registration deadlines:

Each Friday or Wednesday before the appointment

Senior Chorale

Thursdays, 3:00 - 4:30

Exercise your vocal muscles with a group of fun-loving musicians. Practice part singing to familiar songs and improve your musicianship by joining in with experienced vocalists.

This first session of Senior Chorale will end June 26. The next session will begin on September 4.

Have a great summer!

Cost: Free

Mountain

Dulcimer Lessons

with Cathy Ciolac

Thursdays

1:00 -2:30 p.m., Free

Bring your instrument and learn the basics of how to play the dulcimer.

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.

Appalachian

Clown Alley Meeting

Tuesday, June 17th
10:00 a.m.

We will be talking about plans for the 2015 Summer Clown Camp

VOLUNTEERS

Volunteer Session

Monday, June 2
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

The Center needs your assistance in delivering newsletters to various drops around the city. Call Glennis at 434-6237.

Volunteer Appreciation Cookout

Tuesday June 10 at 5:00 p.m.

Join us for hamburgers and hotdogs in the Healing Garden.

Enjoy music of the Barry Creek Band while socializing with friends. Please register at the Senior Services Reception Desk. Call 423-434-6237 for more information.

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



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



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



Coming to an art room near you in July!



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

Wednesdays 12:30 p.m.

with John Holsclaw

\$10 per person/per class. Participants paint their own projects as the instructor. Designed for beginners or experienced painters.

Registration deadline:
Monday before each class



Oils and Pastels

After years of dedicated Oils and Pastels instruction at the Center, Ken retired from his last class on Wednesday May 28. We are sure we will continue to see Ken at the Center painting during Open Art Studio and dancing at the Friday night dances! Thanks Ken for sharing your talents and expertise with the participants of the Johnson City Seniors Center!

Let's Draw!

with T K Story

June 20 & 27 and 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

This is Zeke!



Zeke creates amazing works of art with wood and shares his talent by teaching others the craft of woodcarving.

Have fun while you learn; guaranteed!

Classes coming soon to the Center with instruction available for those who have never carved and those with skills they want to improve.

Samples like these are on display at the Center!






Soap and Wood carving projects to fit all levels of ability!

Call or stop by to express your interest!

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

May 22, 2014

Functional Fitness



Walkers and Talkers

A monthly easy walk with some history or ecology talk.

Tuesday
June 17th

Easy 2 mile hike/walk at South Holston Dam

Be at Center by 9:00 am
Bus Leaves by 9:15 am
Cost: \$4.00

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



What to expect: Bus Transportation Provided

Shaded hiking area, level ground for easy walking. Lots of wildlife and a nice river to walk next to. Public restrooms. Learn about the South Holston Dam and the ecology of the area.

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!



retrieved from oneononefitnesspro.com May 23, 2014

New Time!

Conductorcise®

Fridays

10:30 a.m. – 11:00 a.m.

A mind and body workout that's good for the soul, Conductorcise® will have you moving and smiling to the beat. Join us for this first official class and experience the joy music can bring!

A New Fitness Program to help you meet your fitness goals in a fun way!

Movers and Shakers

Tuesday/Thursday 10:00 a.m.

with Jillian Boreing

Are you ready to move it and shake it? This fun, four-week fitness class will use groovy dance moves to increase your cardio level and improve your balance and flexibility. All fitness levels are welcome and no dance experience is required. Just be ready to have fun while getting fit!

Volunteer Appreciation Cookout

Join us for hamburgers and hotdogs in the Healing Garden
Enjoy the music of the
BARRY CREEK BAND

TUESDAY, JUNE 10
5:00 P.M.
Memorial Park Community Center

Please register at the Senior Services Reception Desk

Phone: 423-434-6237

Sponsored by:
Senior Services of the
Senior Center at Memorial Park
Community Center

Volunteer Appreciation Cookout

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!
June: *My Antonia*
by Willa Cather
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 ideas and stories that they have written. Cost: Free

GROUPS and MEETINGS

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:

JUNE 2 - CRAFTSMEN
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. The S.A.L.T. Council provides an opportunity for the exchange of information between these groups to enhance the quality of life for seniors. As a result, relations between seniors and police are improved, criminal victimizations through increased awareness are reduced, and knowledge of services available to seniors is also improved. So many issues come up these days dealing with personal safety, scams/frauds, burglary, identity theft, etc. 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

10:00 a.m.
3rd Saturday each month

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