

Accredited by:  NISC www.NCOA.com

Senior Lifestyles

The Johnson City Seniors' Center

Active Life through Active Living

Daylight Savings Time begins Sunday March 9.
Don't forget to spring forward!

SPRING CRAFT FAIR & ART SHOW

JOHNSON CITY SENIORS' CENTER
At Memorial Park Community Center

Friday, March 14, 12 - 7 p.m. & Saturday, March 15, 8 a.m. - 6 p.m.

Indoor!
FREE Admission!

EAT, DRINK, SHOP.

LIVE MUSIC!

Local Crafters, Artists & Vendors

510 Best Street, Johnson City
434-6237
www.johnsoncitytn.org




Johnson City Senior Center Foundation
5K Fundraiser

SATURDAY, MARCH 22
10:00 A.M.

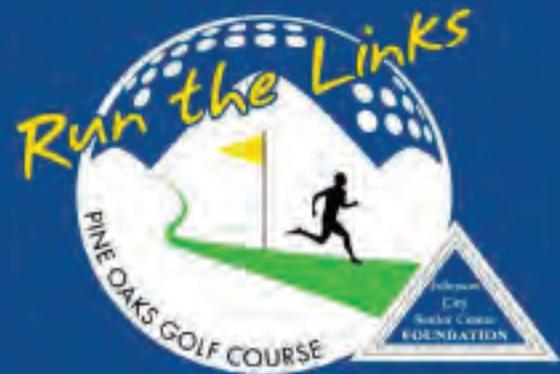
Early Registration \$20—includes official "Run the Links" t-shirt
Register on-line at:
<http://www.runthelinks.net/asp/racecal.asp>

Race Day Registration \$25

Categories for all ages!
Traditional run on paved paths—grass course for barefoot runners.

PINE OAKS GOLF COURSE
Race Day registration 8:00 a.m. to 9:30 a.m.

PICK UP RACE PACKETS EARLY at Memorial Park Community Center Friday, March 21 4:00—7:00 p.m.



Sponsored by:  

For information, call
Johnson City Senior Center
(423) 434-6237

Johnson City Senior Center Foundation,
c/o Senior Center at
Memorial Park Community Center
510 Best Street
Johnson City, TN 37601



Memorial Park Community Center

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

Calendars are on pages 7&10 from this issue through July

DIRECTOR'S LETTER

Dear Friends:

March signals new beginnings and the staff has many new activities and programs planned. One of the more exciting announcements is the return of the Birthday Luncheon. Many of you requested this and we heard you! If you had a birthday in January, February or March, we want to celebrate with you so sign up today!

On Friday, March 14 and Saturday, March 15, come out and support the Craft Fair and Art Show. There will be art/craft vendors, food, music and more. The flyer is on the front cover. Later in the month, March 28, the annual Garden Event will get us in the mood for the outdoors.

Also, the 2nd annual Johnson City Senior Center Foundation Run the Links 5K Fundraiser will take place on Saturday, March 22.

Don't forget Daylight Savings Time starts on Sunday, March 9. Spring your clocks forward and change the batteries in your smoke detectors at the same time.

We look forward to seeing you at the Center often!

With fond memories,
Sue Orr, Senior Services Director

The Johnson City Seniors' Center Foundation Board of Directors gratefully and sincerely expresses their appreciation for your contributions to the Seniors' Center. *Note: The donation period is from Jan 10, 2013 thru Feb 9, 2014. If your donation has not been acknowledged, please call 434-6237, in order that we may rectify the oversight.

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Annual Fund Drive

- Joseph Abounader
- Sandra Collins
- Larry Foy
- David Herting
- Bob Hinkle
- Rita Hinkle
- George Lopota
- Bob Maletich
- Betty Maletich

Bus Donations

- Barbara Broad
- Annie Ford
- John Kiefer
- Bobbie Kiefer
- Karla Schalker
- Peter Speropulos
- Sylvia Speropulos
- Frances Stras
- Mary Lee Ward

Donations in Memory of:

Person making Donation:

Mary Stauss

In Memory of:

Robert Yates



George says...

Every time you load your Kroger Card the Foundation earns money!

Food City Cards are available in varying denominations and are perfect for gift giving and can be used for gas, groceries, and pharmacy.

Both cards can be purchased from the Senior Services receptionist Monday-Friday 8 a.m.-5 p.m.

Thank you for supporting the Johnson City Senior Center Foundation, Inc.



Follow us on Twitter:
twitter.com/JCSeniorctr



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

FUNCTIONAL FITNESS



Conductorcise:
a SOUND workout for
your Mind, Body, and Soul.

Join our Focus Group!
Fridays at 1:00!

**Calling all Fitness
room Monitors!**

**Come for a special party
and meeting on March 11th
at 10:00 a.m.**

SilverSneakers® News

-From Head to Tone is now eligible!

Come on out Fridays at 8:30 a.m.

-Remember to scan your card

EVERY time!

-SilverSneakers® party coming March
27th at Noon!

-All SilverSneakers® Classic
participants that wear green on
March 17th will be entered to win a
great door prize!

Race Walk Training

M/W/F at Noon

all activity levels encouraged
to participate!

Be on the lookout for a walking
event on May 3rd!

Spring into fitness

Come to the Fitness room at any
time during the day and check out
our special display of all the
fitness programs we have to
offer!

Sign up to try 3 and your name
will be entered to win a door prize!

Fitness Room News

Call Allison to learn more about a new fitness class
focused on the dual cable weight machine. Take
advantage of this FREE four week class to learn how
to use this piece of equipment and design your own
workout.

434-6224

(You must have a fitness room membership to take
this class)

Looking Ahead:

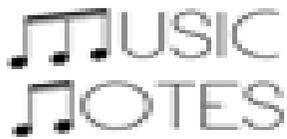
April 2 National Walking Day

May 3 Race Walk

May 15-17 Serve for a Cure Tennis
Tournament

May 28 National Senior Health and
Fitness Day Celebration: Quest

ART + experience



Guitar Lessons By Appt.

Tuesday afternoons by appointment

Improve your guitar skills or start from scratch in a one-on-one setting with an experienced teacher.

Cost: \$13 per 30 minute session
Instructor: Pat Whisnant
Call for your appointment today!

Registration deadlines:
Each Monday at noon before class



Heart Strings

Tuesdays at 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.

Conductorcise

Fridays
1 p.m. – 2 p.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 class and experience the joy music can bring!
FREE!



Piano Lessons

Mondays & Thursdays
8:30 a.m. to Noon by appointment
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
\$12 per 30 minute session



Heart Strings Karaoke Party

Thurs, March 4 at 10:00 - noon in the Craft room
An open group playing a variety of instruments. Join us for a morning of singing and enjoying some music and fun. Bring a favorite song or pick from our recordings. Hope to see you there! Cost: FREE

Mountain Dulcimer Lessons

with Cathy Ciolac
1:00 -2:30 p.m.
Tuesdays, March 4 & 18
Thursdays, March 13 & 27
Bring your instrument and learn the basics of how to play the dulcimer.
Cost: Free

Elements & Principles of Art

Mondays, March 10-April 21 6:30 p.m.
with Janic Flynn

A comprehensive Art Course that incorporates into mixed-media projects, including a book. This class is perfect for beginners or for experienced artists who want to learn more
\$15 for a 6-week course

Intro to Ceramics

Wednesdays, March 5,12,19 & 26 9:30 a.m.
with Sarah Dorr in practicing the art of Clay Handbuilding.

Participants will many different pieces of pottery and will be able to practice glazing and beautifying their clay work.

Registration deadline: Monday, March 3
Cost: \$65 for the 4-week course, ALL materials included

CRAFTER'S CORNER:

For Love of Crafting

Thursdays
10:00 - 12 p.m.

Free

Use your craftiness for good! Join this group to learn how you can use your sewing skills to help people in need.

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

Knitting Wednesday

2:30 p.m.

A class designed for beginner to intermediate levels of knitting

Cost: Free

Open Art Studio

Mondays
from 12:30-3:30

Needle And Fiber Arts

A class designed for beginning to advanced levels of fiber arts

Tuesdays 1:00 p.m.

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



Oils and Pastels

Wednesdays 9:30 a.m.
with Ken Simmelink

Registration Deadline:
Monday before each class

Acrylics

Wednesdays 12:30 p.m.
with John Holsclaw

\$10 per person/per class.

Participants paint their own projects as instructor rotates. Designed for beginners or experienced painters.

Registration deadline:
Monday before each class



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 SPORTS

Hip Hikers

Steel Creek Park, Thurs., March 6, 8:30 a.m.

Cost: \$3.00

Beginning level

Meet at the Center. Bring your own lunch.

Reservation Deadline: March 5

Double Springs Shelter, Thurs., March 13, 8:00 a.m.

Cost: \$4.00

Challenging level

Meet at the Center. Transportation provided. Bring your own lunch.

Reservation Deadline: March 12

Clinch River Trail, Thurs., March 27, 8:00 a.m.

Cost: FREE

Challenging level

(Carpool Event)

Meet at the Center. Transportation provided. Bring your own lunch.

Reservation Deadline: March 26

Fit: The Most Important Factor in Hiking Boots

While all the variables discussed up to this point are worthwhile considerations, how a boot fits is without question the most important factor of boot selection. A good fit correctly addresses the three dimensions of your foot:

Length: Toes should wiggle easily inside the footwear. If you have hammertoes or some kind of toe sensitivity such as neuroma, pay special attention to choosing a boot with the right length (depth) for your foot.

Width: Feet should not slide around inside footwear; nor should they be compressed from side to side.

Volume: The "bulk" of your foot should fit securely inside a boot's interior. Matching the volume of a boot to your foot is the most critical part of getting a good fit. It has everything to do with controlling heel slip (blisters) and toe bang on downhill hiking (black toenails). When a boot fits properly, it should feel like a big hand is holding your foot over the instep where the laces are. Your foot should feel very "quiet in the boot as you walk".

Source: www.rei.com/learn/expert-advice/hiking-boots.html
Article by: Lisa Stringfellow

Boone Watershed Partnership, Inc.



PHOTOGRAPHY CONTEST!



\$5 Entry Fee ● Entries are due March 29

*Point, Shoot, and WIN cash prizes
for your shots of Boone Lake or
its tributaries!*

Submitted photos will be displayed at the ETSU and General Shale Brick Natural History Museum and Visitor Center in Gray, TN

Categories:

- Landscapes (B&W, Color)
- People & Water (B&W, Color)

Visit www.boonewatershed.com for full contest details and rules.

Questions? Joy Stewart: 423-573-2376

Lifelong Learning

Conversational Spanish - Mondays 1:00 -2:00 p.m., and Fridays 11:00 -12 p.m.

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

Legal Aid Clinic - Wed., March 5 at 6:30 p.m.

FREE clinic to assist seniors and low income individuals who need to prepare the following documents:

Simple Last Will and Testament, Power of Attorney, and Advanced Healthcare Plan

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

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.

ETSU/Alliance for Continued Learning Spring Session Kickoff Tuesday, March 11 9:30-Noon

This kickoff session will feature the Cloudland Highnotes vocal and instrumental groups, refreshments, and information about the spring session. Please call to register if you are not a member of ETSU/ACL.

ETSU/ACL will meet on Tuesdays and Wednesdays for six weeks. Lectures, outings, and performances are planned during this spring session.

Travel Round the World - Thursday, March 13 at 1:00 p.m.

Let's go "Down Under" to the land of OZ with Dr. Ron Zucker.

Starting from Sydney, we will travel to Melbourne, see the Great Ocean Road and the Grampians, Canberra (the capitol), parts of the out-back and much more including kangaroos, emus, koalas and, of course, the duck-billed platypus!

Please register.

Garrison Keillor, The Man on the Radio in the Red Shoes - Documentary Friday, March 14 at 12:30

p.m. As modest, folksy and amiable as Garrison Keillor's *Prairie Home Companion* stage persona, this documentary is, like the children of his fabled creation Lake Wobegon, "above average." Broadcast on *American Masters*, the essential PBS biography series, this profile examines "the fortunate life" of the radio host, author, columnist, and humorist, whose iconic old-time radio show ("a museum of broadcasting," he describes it) has captivated millions of listeners for more than 35 years (Source: Amazon)

Financial Focus - Thursday, March 20 at 10:30 a.m.

Sponsored by Chris Abla of Edward Jones.

After several years of anxiety, investors are becoming more optimistic. While challenges remain, economic growth is improving around the world. In this month's *Edward Jones Perspective* seminar, we'll discuss opportunities and challenges for the new year. Other topics include:

- The quest for value in today's market
- Clarifying your retirement vision
- A checklist for career changers

Meet the Author - Tues. March 25 at 11:30 a.m.

Join local author Lisa Hall to hear about her writing and publishing. Lisa Hall writes from her home in Fall Branch, Tenn. *Goodbye Cutie Pies* is the fifth book in the *Cutie Pies Chronicles*. She has also written four short stories that appear in various anthologies. A fifth short story has been chosen for an upcoming collection. Recently, Lisa's first children book, *Burton, the Sneezing Cow*, made its debut. In addition to her writing, Lisa also works as a public speaker and facilitator. Please register.

Garden and Things Fair - Friday, March 28 10:00 - 2:30 p.m.

PROGRAM TOPICS AND SPEAKERS: 10:00 - Raised Garden Beds with Ben Hunter (Master Gardener); 11:30 - Organic Gardening with Linda Sorrell; 12:30 - "Water Wise" with Mara Holley (green roofs, permeable pavers, pollinator plants and more) (WA County Soil Conservation); 1:30 - Soil preparation/planning for new planting areas with Shaun Barr of Evergreen

Vendors present with items for purchase

HEALTH MATTERS

*March is:
Brain Injury Awareness Month
Nutrition Month
Colorectal Cancer Awareness*

Meet the Nurse! Angie Heath, RN

Monday, Tuesday and Thursday
8-1 p.m.
Wednesday
7:30-12:30 p.m.

Fasting Blood Sugars

Wednesdays 7:45-9:30 a.m.

Concussions:

Not just an athlete's issue.
March 25 at 10:00 a.m.
Join us for this discussion and
learn the signs, symptoms and
treatments for concussions.

BINGO

Thursday, March 6

1:30 p.m.

Free

Lots of prizes!

Celebrate Nutrition Month

Visit us at our booths at
the following health fairs
at Appalachian Christian Village
March 27 1-5 p.m. Sherwood
Campus
March 28 1-5 p.m. Pine Oaks
Campus

Medical Ethics Discussion - Monday, March 10 at noon, and Thursday, March 27 at 5:30 p.m.

Wilber: "Ain't Nobody Gonna Cut on My Head." Join us for a conversation about medical ethics problems and reflections in a case in which the patient is experiencing mental decline, which is too late to reverse with treatment. Bring a meal, share in the conversation, or just sit back, if you like. The session is FREE, as always, please register. If you would like the handout, send an email to g johndavid@gmail.com.

VOLUNTEERS

Volunteer Session

Monday, March 3 10:00 a.m.

The March volunteer session will include information about the services and opportunities available from Appalachian Service Project. Ruth Phillips will talk about the Retired and Senior Volunteer Program benefits.

Calling all clowns!!!

Tuesday March 18 at 10:00 a.m.

As always, we meet at the center on the third Tues. We are looking for new members who would like to join in the fun. So please join us and bring a friend.

We have a fun volunteer opportunity in March – the JCSC Foundation Run the Links 5K! The annual fundraiser will be held on Saturday, March 22 at Pine Oaks Golf Course. Race day registration begins at 8:30 a.m.; the race begins at 10:00 a.m. Walkers as well as runners of all ages are welcome. Prizes will be awarded in different age divisions, from child to seniors. Volunteer opportunities include water stations, snack table, and registration. This is a major fundraiser for the Foundation, which in turn provides funding for various senior activities, so please plan to participate in some manner to show your support!

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

Our January visit to Dawn of Hope was called off due to snow. So our visit has been moved to Tues. April 15th at 1:00 p.m. We will meet at the back door of Dawn of Hope and will visit our friends there for about an hour. This is in place of our normal April meeting on the third Tues. at the center. Please make a note of this. **There will be no meeting for April**, only our Dawn of Hope visit. If you have any questions, please call Ruth Sandy at 423-538-7485.

We look forward to seeing you at both

The Center needs your assistance in delivering newsletters to various drops around the city.

Call Glennis at 434-6237.

Computers

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

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

Mobile Devices: Fridays 12:30 - 2:00 p.m.

Beginning Computers: Instructor: Sandy Osgood Mondays, March 3,10, 17,24 1:00 - 2:30 p.m 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 register.

Know Your Email: Instructor: Sandy Osgood Mondays, March 3,7,10,24 3:00 - 4:30 p.m. Cost: \$10.00

Learn to use "Email." Attach files, photos, text documents. Email friends and family. If you have email, you can learn how to use attachments. Bring your laptop computer if you want (Intermediate).

Beginning iPad: Instructor: Amara Carbertty Thursdays, March 6,13,20,27 11:00 - 12:30 p.m. Cost: \$10.00

Are you having trouble with your iPad? Do you need help with its functions, navigating your way around it, and learning about apps and more? Join this class and get the help you need. Please register (Beginner/Intermediate).

Microsoft Word II: Instructor: Jim Foote Mon. & Wed., March 24 & 26 9:00 - 10:30 a.m. Cost: \$10.00

Class will continue to develop basic skills to create documents. Students will practice setting tabs, constructing tables and working with columns. Skills of Microsoft Word or equivalent word experience required (Intermediate). Please register.

Excel II: Instructor: Jim Foote Mon. & Wed., March 24 & 26 10:45 - 12:15 p.m. Cost: \$10.00

Class will become familiar with and use basic math in their created spread sheets. Skills of Excel I or equivalent Excel experience required (Intermediate). Please register.

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.

AARP Tax Prep
Walk-ins and Appointments
Wednesdays 1:00 p.m.-7:00 p.m.
Fridays 9:00 a.m.-4:00 p.m.

Outings

Outing to Jerry's Artorama
 March 18 Depart at 8:00 a.m.
 Shop in an artists haven for supplies and materials then enjoy lunch on your own before returning to the Center.

Grocery Stores and Nutrition
 March 19 10:00 a.m.

Join us for an outing to Earth Fare in Johnson City. Learn how Earth Fare meets its vision to be the most trusted organic and natural food market in the country - a place where healthy decisions are easy, people have confidence in the food they buy and everyone feels welcome. Learn how proper nutrition can help you live an active life through active living.

Walking Tour Series (Knoxville)
Music History - Friday, March 21
 Leave MPCC at 8:30 a.m.
 Cost: \$24.
 Enjoy an easy walking tour, while learning all the musical history of Knoxville.
Please register by March 18.



Dixie Diners

Tuesday, March 11 at 11:30 a.m. Sign up by March 7.
One Acre Cafe

Join Dixie Diner's for a new and different lunch adventure. One Acre Cafe opened for lunch a few weeks ago to great reviews! But this new restaurant is not about the food. It is about community and volunteers. You won't want to miss this lunch, so come and bring a friend! Learn about what happens at One Acre Cafe!

One Acre Cafe has a goal of meeting hunger needs in our community in more ways than one. Please visit their website to find out more details. Not only do they serve great food but you can pick the size of your lunch (small, medium or large). Any amount you pay beyond the price of the meal will go to help feed those who cannot pay. Volunteers from our community as well as those who are need of a hot lunch work in the kitchen, wait tables and wash dishes. Come to this lunch and learn how you can support your community and enjoy some really great food.

Mackinac Island travelers – your final payment is due in March! If you are still considering this trip, call the front desk to check on available seats.

Ireland, the Emerald Isle, in August. Your volunteer travel leader will be available to talk about this great trip at the March 18 Dining with the Director. Enjoy an Irish-style lunch for only \$3.00 and get more details about this unforgettable journey that includes castles, sheepdogs, tours of Glasgow, Edinburgh and Dublin, museums, ferries, and reserved seats for the Royal Edinburgh Military Tattoo, and much more! Tour offered through Oldham Travel with C.I.E. Tours International, departing August 12 from Tri-Cities.

We are accepting deposits for the fall trip to Savannah. Flyers are available at the Senior reception desk, or request a copy by email. And we just booked another exciting fall trip to New York City! Great things are happening with JCSC Seniors on the Go – are YOU ready to GO!!



Travel Corner

SAVANNAH

IRELAND

MACKINAC ISLAND



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



Wednesdays
March 5, 12, 19 & 26
9:30 a.m. – 12:30 p.m.

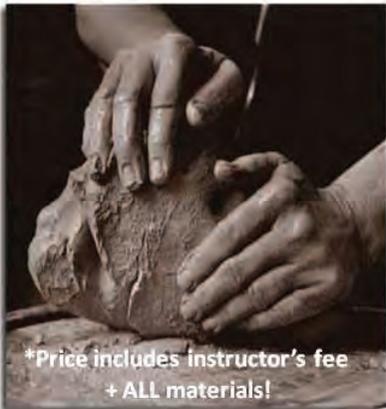
CALL NOW TO REGISTER!
 434-6237

A 4-week course with
Ceramics Artist Sarah Dorr
 that will teach you the
 basics of clay hand-building.

Create pinch pots & coil pots,
 Learn to use clay stamping and modeling tools,
 Learn glazing and coloring techniques,
 &
 Take home some beautiful pieces to display!

Cost: \$65 for a 4-week session

Johnson City Seniors' Center
 At Memorial Park
 Community Center



*Price includes instructor's fee
 + ALL materials!

Volunteers

(Currently enrolled or
wanting more
information)

Volunteer Session

Monday, March 3
10:00 a.m.

On Monday's Agenda:

- Guest Speaker Rachel Tish will talk about the opportunities at Appalachian Service Project and benefits to our community.
- Ruth Phillips will share the benefits offered to you as a Senior Center volunteer by R.S.V.P.
- Center staff will be demonstrating how to enter your volunteer hours into the MySeniorCenter system. In order for us to track hours, they must be entered into the data system.

Johnson City Seniors' Center at Memorial Park Community Center

510 Bert Street, Johnson City

Questions? Call the Seniors' Center at 434-6230

GAMES

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.
Ace of Clubs Duplicate Bridge 12:30 p.m.

Friday Night Dance Schedule (As of 2/1/2014)

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

SOCIAL ENRICHMENT DANCE

Mondays

2:00 Challenge Square Dance with Don Williamson
3:30 Line Dance with Martha Silver Sneakers
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
1st and 3rd Friday nights
7:00 Dance with live band

CANCELLED

Boot, Scootin', Boogie
Line Dance Social
Saturday March 29
2:00-4:00 p.m.
Refreshments



Salsa/Merengue Dance Class
with instructor Rusty Mitchell
Thursdays
4:30 p.m.-5:30 p.m.
Perfect for beginners! Fun for all!
\$1.00 per session

Free for Silver Sneakers!



TN Riverboat Lunch Cruise

Tuesday, April 22
Depart MPCC 9:00 a.m.
Join us for a spring lunch cruise;
see all the beautiful dogwoods and
spring blooms.
Cost: \$28.00 which includes lunch
and transportation)
Register by April 18. No refunds.

Birthday Luncheon

Celebrating January, February
and March Birthdays
Wednesday, March 26
12:15 p.m.
Free for members with
Birthdays in January, February
and March
\$4 for everyone else

Garden and THINGS

**JOHNSON CITY SENIOR'S CENTER
AT MEMORIAL PARK COMMUNITY CENTER
510 BERT ST. JOHNSON CITY, TN**

Friday, March 28th 10-2:30

PROGRAM TOPICS AND SPEAKERS

**10:00– Raised Garden Beds with Ben Hunter
(Master Gardener)**

11:30-Organic Gardening with Linda Sorrell

**12:30– “Water Wise” with Mara Holley
(green roofs, permeable pavers, pollinator plants and more)
(WA County Soil Conservation)**

**1:30-Soil preparation/planning for new planting areas
with Shaun Barr of Evergreen**

Vendors present with items for purchase



More than a laughing matter...

SAVE the DATE

November 11 and 12, 2014

Johnson City Seniors Center at
Memorial Park Community Center
510 Bert St. Johnson City TN 37601
423-434-6237



Jeanne Robertson

The Meetin' ain't over 'til the tall lady speaks

LOOKING AHEAD~

APRIL

BEGINNING APRIL 1: TUESDAYS/THURSDAYS TENNIS SESSIONS \$5 PER SESSION WITH TENNIS PRO
 2 NATIONAL WALKING DAY
 16 SKIN CANCER SCREENINGS/MELANOMA AWARENESS
 25 CARFIT
 26 AND EVERY SATURDAY FOR 10 WEEKS CITIZENSHIP CLASSES (TENNESSEE
 29 FTAAAD CONFERENCE ON AGING

MAY

OLDER AMERICANS MONTH PICNIC TBD
 3 RACE WALK
 9 APPALACHIAN CHORUS CONCERT
 15-18 SERVE FOR A CURE TENNIS TOURNAMENT BENEFITTING ALZHEIMERS ASSOCIATION
 28 ADVENTURE QUEST (CELEBRATING NATIONAL SENIOR HEALTH AND FITNESS DAY)

JUNE

NATIONAL SAFETY MONTH EVENT TBD
 DATE WITH HISTORY EIGHT WEEKS OUTING SERIES ON TUESDAYS--BEGINS MID-MONTH
 ELDER ABUSE AWARENESS DAY ACTIVITY

JULY

PICNIC TBD

AUGUST

BBQ COOKOFF TBD

SEPTEMBER

WE CELEBRATE SENIORS CELEBRATION TBD
 HEALTH FAIR 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

JOHNSON CITY PARKS & RECREATION INCLEMENT WEATHER POLICY (updated)

When Johnson City schools are closed due to inclement weather, the community centers (Memorial Park Community Center and Carver Recreation Center) will open at 10:00 a.m. for access to the following areas: fitness room, gymnasium, game room, billiards room (MPCC), library (Carver) and pool (MPCC – for open/lap swim and open therapy only). Scheduled events and instructor-led programs will be cancelled. The centers will close at 5:00 p.m. Princeton Arts Center and Freedom Hall Pool will be closed.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00 am and all events and programs will begin at 10:00 am. Each location will close at normal closing hours, unless inclement weather occurs later in the day that forces closure.

When schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled.

If inclement weather occurs on a weekend when schools are not in session the Parks & Recreation Department Director will determine when parks and centers would open and make a decision by 6:00 am.

Transportation will not be provided when Johnson City Schools are closed or let out early due to inclement weather.

- Full-time staff report to work if able to safely travel to the Center; they may use vacation time if unable to report to work.
- Legion Street Pool (ONLY) If at any point it is raining hard enough that the staff cannot see the bottom of the deep end of the pool, the patrons are asked to exit the water. This applies to the Legion Street Pool only. Refunds or Rain Checks will not be given if the patrons are asked to exit the water for rain, thunder, or lightning.
- In the event of a thunder or lightning storm all patrons will be asked to exit the water and not use the shower facilities at the Freedom Hall, MPCC, or Legion Street Pools. Patrons will be kept out of the water for 30 minutes form the last time thunder is heard or lighting is seen. Announcements are made with radio and TV stations, or participants may call the centers for further information or to confirm.

As approved by Senior Services Advisory Council 2/18/2014 and Parks and Recreation Advisory Board 2/27/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 Volunteer Meeting Noon Race Walk Training 1:00 Amateur Photographers Club 1:00 Beginning Computers 3:00 Know Your Email</p>	<p>4 10:00 Heart Strings Karaoke Party 1:00 Dulcimer Lessons</p>	<p>5 9:30 Intro to Ceramics Noon Race Walk Training 6:30 Legal Aid Clinic</p>	<p>6 8:30 Hike Steel Creek Park 10:00 As the Page Turns 10:00 Living Well with Chronic Conditions 11:00 Beginning ipad 1:30 BINGO Nutrition Month 2:00 Open Computer Lab 2:00 S.A.L.T. Council 2:00 Programs Interest Group</p>	<p>7 Noon Race Walk Training 1:00 Conductorcise 7:00 Friday Night Dance</p>
<p>10 Noon Race Walk Training Noon Medical Ethics Discussion 1:00 Beginning Computers 3:00 Know Your email 6:30 Elements &Principles of Art</p>	<p>11 9:30 ETSU/ACL Kickoff Cloudland Highnotes 10:00 Fitness Room Monitor Meeting 11:30 Dixie Diners to One Acre Cafe</p>	<p>12 9:30 Intro to Ceramics Noon Race Walk Training</p>	<p>13 8:00 Hike Double Springs Shelter 10:00 Writer's Circle 10:00 Living Well with Chronic Conditions 11:00 Beginning ipad 1:00 Travel Round the World 1:00 Dulcimer Lessons 2:00 Open Computer Lab</p>	<p>14 11:00 Matthew Hill Town Hall Meeting Noon Race Walk Training Noon Craft Fair and Art Show 12:30 The Man on the Radio in the Red Shoes Documentary 1:00 Conductorcise</p> <hr/> <p>Saturday 15 8:00 Craft Fair and Art Show 10:00 Watuaga Valley Art League</p>
<p>17 1:00 Beginning Computer 3:00 Know Your Email 6:30 Elements & Principles of Art</p>	<p>18 8:00 Outing to Jerry's Artarama 9:00 Open Computer Lab 10:00 Clown Alley 11:30 Dining with the Director 1:00 Dulcimer Lessons</p>	<p>19 9:30 Intro to Ceramics 10:00 Grocery Stores and Nutrition Outing</p>	<p>20 10:00 Living Well with Chronic Conditions 10:30 Financial Focus 11:00 Beginning ipad 2:00 Open Computer Lab</p>	<p>21 8:30 Walking Tour Series Musical History 1:00 Conductorcise 7:00 Friday Night Dance</p> <hr/> <p>Saturday 22 Run the Links 5K</p>
<p>24 9:00 Word II 10:45 Excel II 1:00 Beginning Computers 3:00 Know Your Email 6:30 Elements &Principles of Art</p>	<p>25 10:00 Concussions 11:30 Meet the Author</p>	<p>26 9:00 Word II 9:30 Intro to Ceramics 10:45 Excel II 12:15 Birthday Luncheon</p>	<p>27 8:00 Hike Clinch River Trail 10:00 Writer's Circle 10:00 Living Well with Chronic Conditions 11:00 Beginning ipad Noon Silver Sneakers Party 1:00 Dulcimer Lessons 2:00 Open Computer Lab 5:30 Medical Ethics Discussion</p>	<p>28 10:00 Garden Event 1:00 Conductorcise</p> <hr/> <p>Saturday 29 2:00 Boogie, Boogie Line Dance Social CANCELLED</p>
<p>31 6:30 Elements &Principles of Art</p>	<p>April 1</p>	<p>April 2</p>	<p>April 3</p>	<p>April 4 6:45 Milligan College Orchestra Concert Outing</p>

ONGOING EVENTS

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

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

PRSR STD
 U.S. POSTAGE PAID
 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

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:
 MARCH 4 - WIND, PHOTOS, MATTING AND MOUNTING
 APRIL 7 - "SPRING AWAKENINGS"
 MAY 5 - PEOPLE
 JUNE 2 - CRAFTSMEN

Watauga Valley Art League

March 15 10:00 a.m.

As The Page Turns

Book Discussion Group
 First Thursday at 10:00 a.m.
 Pre registration is encouraged!
 March selection: Talk Before Sleep by Elizabeth Berg
 April selection: My Year of Meats by Ruth Ozeki

Bible Study Groups

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

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

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!

