

Senior Lifestyles

Volume XXVI No. 14

February 2015



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Inclement Weather Policy for Memorial Park Community Center

When Johnson City schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00am for access to the following areas: fitness room, gymnasium, game room, billiards room, and pool (for open / lap swim and open therapy only).

Scheduled events and instructor-led programs will be cancelled. The centers will close at 5:00pm.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00am and all events and programs will begin at 10:00am. 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 6:00am.

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

For Announcements about schedule changes call 434-5750



Johnson City Senior Center Foundation News

Thank you for your generous giving to the Johnson City Senior Center Foundation Board fall fund drive. The Foundation had 184 donations by December 31, totaling \$8,052. Your donations, along with the support received from local business and organizations, enabled the Foundation to purchase a new bus for Senior Services, provide Christmas Boxes to 64 at risk seniors, partner with Senior Services and Mountain States Foundation to continue the services of the Community Health Activities Coordinator at Memorial Park Community Center, and provide matching funds for a grant from the Tennessee Arts Commission/Johnson City Area Arts Council for the Senior Chorale.

Additionally, you can easily support the Foundation through the Kroger and Food City programs listed below.

The Kroger gift card program has been discontinued. In its place Kroger now has their Community Rewards program. We must now do a one-time registration of our Kroger Shoppers Card. Please go to the Kroger website (www.Kroger.com), click on the "Community" link and then on "Community Rewards." You will be asked to sign in if you are already registered on the Kroger site, or you will need to create an account with Kroger based on your Kroger Shopper's card number. You will then designate the Johnson City Senior Center Foundation (organization 82707) under the community rewards section. Rewards are paid quarterly by Kroger.

Please note that the Food City gift cards are still available at the front desk...your Foundation receives 5% of the purchase price.

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Hip Hikers



- Warm waterproof boots (I'm a Sorel fan.)
- Warm gloves (Wear thin wool gloves underneath warm mittens. This will keep your fingers warm when you take off the mittens to lock or unlock your bike.)
- Earmuffs/ear covering
- Glasses or goggles to keep the snow out of your eyes
- Scarf or neck warmer that can cover your mouth but still breathe easily. A long scarf allows you to wrap your neck and face, but it also has long tails that you can use to cover your chest underneath your coat.
- Warm hat or nylon skull cap that fits underneath your helmet.
- Long underwear if it's really cold or leg warmers that cover your knees
- For longer (sweatier) rides, it's a good idea to make your underlayer that is closest to your skin one made of wool or a synthetic material. Cotton tends to stay wet longer and may end up cooling you down, whereas wool tends to hold moisture.
- Lights! Use extra ones if you want to be even more visible.
- Mud guards on your bike.
- Brakes that are in good working order, and a bike in a good state of repair.

Hikers and Biking Meeting

Wednesday, February 18th at 1:00pm • Cost: Free

This is an important meeting for all interested in hiking and biking. You will receive schedule of coming hikes and bike trips. We also will be discussing equipment issues. Snacks.

Reservation Deadline: February 18th

Tips for riding your bike all winter

Here's everything you need to know about staying warm on your bike and riding in cold weather and wintry conditions!

By Lloyd Alter

Fri, Jan 11 2013 at 10:54 AM

It is really cold out there, and in many places in the continental U.S., the winter biking season has begun.

When it comes to staying warm while winter biking, I typically wear a thin balaclava under my helmet. As for the rest of your body, I highly recommend the following:

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Lifelong Learning

Raised Garden Beds

Mon, February 9 at 10:30

Free, Please pre-register.

Join Master Gardeners Doug Hilton and Jerry Ramey for a how to on putting together raised beds and their benefits. Raised bed giveaway.

Cautionary Measures:

Preventing plant and people illnesses

Monday, February 16th at 10:30

Join Master Gardener Maureen Mulroy for a program that will focus on steps to take in cleaning gardening tools, containers, how to prevent tick borne illnesses, and much more. Door Prize give away! Please pre-register. Free.

Travel Round the World

Thursday, February 12th at 1pm

For the shortest month lets have some short videos. Dr. Ron Zucker will be selecting a series of short videos meant to entertain and show parts of the world! Take a chance and see these surprise videos. Please pre-register.

TED Talks

Friday, February 13th at 11am

Pakistani educator Ziauddin Yousafzai tells stories from his own life and the life of his daughter, Malala, who was shot by the Taliban in 2012 simply for daring to go

to school. Malala also won the 2014 Nobel Peace Prize. Source TED.com

Also, the sharp increase in domestic oil production has created jobs, decreased economic vulnerability to turmoil in the Middle East, and lowered prices of gasoline and home heating oil. But there's another side to this story. In "Boom," a joint investigation by The Weather Channel and InsideClimate News, we explore how the boom in oil has resulted in highly volatile crude oil being sent over aging, often defective rails in vulnerable railcars. Source: weather channel

Naturally Yours II: Spring & Summer, A Photo Essay

Monday, February 23rd 10:30am-11:30am

Join Johnson City Naturalist Connie Deegan as she shows photographs that were taken weekly from March through August of this past year, primarily in Johnson City parks. Effortlessly learn about our native plants and animals as spring turned into summer while we review one photo taken per week. Please pre-register.

Second Time Around Series

Tips for Raising your Grandchildren

Thur, February 26 11am-1pm

Are you looking for tips, ways to connect with the younger generation, or need questions answered? Then come connect with other grandparents who are raising their grandchildren. Receive free information and resources to help you in this new journey. Please pre-register, free.

German Conversation

Thursdays at 9:30am

Join our group to meet new people, brush up on your German, practice reading and writing the language.

Medical Ethics

Tuesday, February 10th at 11am.

Please pre-register.

Join us as we attempt to look into the values we use to decide on policies and directions for healthcare. Work on policies and procedures, integrating healthcare offerings and more.



Make your own Valentine Burlap Wreath, See Arts and Crafts on page 13.



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Outings

UT Lady Vols Basketball Game Knoxville, TN

Sunday, February 1 from Noon-9:00pm

Cost: \$5 + 1 meal on your own

Join us in cheering on the Lady Vols as they play Mississippi State. Admission to the game is 2 non-perishable items to benefit Second Harvest Food Bank. You must pre-register and turn in your food items by January 23. We will stop at Cracker Barrel on the way back. Game time - 3:00pm. Limited space available.

Dixie Diners

Friday, February 6 at 11:30 a.m.

Sign up by Tuesday the February 3

Salt n' Pepper Soul Food (3002 E. Oakland Avenue just down the street from Grand's Furniture) Check out their large menu online. We'll see you there!

Singin' In the Rain

Jonesborough Reperatory Theatre

Saturday, February 7 • Cost: \$11

Bus departs Center at 1:15 p.m

The "Greatest musical of all time"

is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green from the original award-winning screenplay in "Singin in the Rain". Each unforgettable scene, song and dance is accounted for, including the show stopping title number complete with an onstage rain storm!

JCSC Seniors On the Go Travel Show and Lunch!

Wednesday February 11

10am - 11:30am

Join the travel team and JCSC Seniors on the Go for a Travel Show on Wednesday, February 11! Booths will be set up in the Gathering Room from 10:00-11:30am. At 11:30am., Jonesborough Jim will entertain you with western music in the Dining Room; lunch service will begin at 12:00 Noon, featuring a "Chuckwagon Lunch" of cowboy beans, hotdog, slaw and apple dessert. At 12:30, the travel team will have a presentation about the 2015 charter trips. Lunch is only \$3.00, and advance reservations are requested.

Mt Rushmore, Grand Tetons & Yellowstone

New flyer just out for the western trip with Caravan Tours! Mt Rushmore, Grand Tetons & Yellowstone, August 25-September 2, 8 Days from \$1,950* (plus taxes), including air from Tri-Cities. Request a flyer for more details.

Canada

Join the "Johnson City Seniors on the Go" for a great group trip with Collette Travel to the North Atlantic provinces of Canada scheduled for June 15- 25 , 2015. The trip will leave from Tri-Cities airport and fly to and from Halifax Nova Scotia. The trip will travel to New Brunswick, Prince Edward Island , and Cape Breton Island as well as touring Nova Scotia. Those making a deposit by Dec 17,2014 will receive a \$100 per person incentive discount. From previous experience, Collette, a Rhode Island based family company offers a first class experience. For additional information and registration please call Julia Oldham Vargo @ Oldham Travel, phone: 423.282.1111.



"JC Seniors on the Go" at "The Lakes of the Ring of Kerry" in Kerry County in Ireland on our August trip to Scotland and Ireland.

Lifelong Sports



Bonnie's Blue Plate!

Tuesday, Feb 24 • Noon Lunch

Chicken Cordon Bleu, Broccoli, Roll & Cherry Cobbler
\$3 per person

Walk-ins welcome until all food is served.

Memorial Park Community Center Cafe • 510 Bert Street

Please call in the morning of with carry-out orders, and pay when they are picked up.
For More Information Call: 423-434-6237



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Anyone interested in passing on their athletic skill or expertise? How about teaching a class! Contact us @ 434-6223*

Pickleball Tournament
Wednesday, Feb 25
9:00am • Cost: \$2.00
This will be a blind draw doubles tournament
All are welcome to participate or to just watch the matches
You must register to participate
Reservation Deadline: February 23

Senior Billiards
Location: Memorial Park Community Center
Monday - Friday
7:30am to 8:00pm.
Cost: Free
Senior men and women are both welcome to come and play on four new tables. All levels of experience are welcome. Come swim with the senior sharks at the community center. Yearly tournaments will be held.

Pickleball
Location: Memorial Park Community Center
Mon, Wed, Friday
8:00am to 11:30am
Cost: Free
This activity is a modified form of tennis and we play doubles. This activity is for both senior men and women.

Doubles Table Tennis
Location: Memorial Park Community Center
Mon, Wed, Friday
9:30am to Noon
Cost: Free
Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Shuffleboard
Location: Memorial Park Community Center
Mondays at 10:00am
Cost: Free
Mixed doubles played and if you have never played don't worry, we will teach you in one day. Yearly tournaments will be held.

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- **Companion/In Home Respite** are helpful services for a primary caregiver who may need an extra hand for some personal time and/or appointments.
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Computers

Excel(Beginner)

Instructor: Jim Pohle

Wednesdays

February 11th at 10am and
25th at 2pm • Cost: \$10.00

Introduction to spreadsheets. What you are seeing and how to do basic functions. Please pre-register.

Beginning Tablet

Instructor: Amara Carberry

Thursdays, February 5,12,19,26 at
11am • Cost: \$10.00

Session 1- getting around your tablet/gesturing, Session 2- get familiar with settings/adjustments, Session 3- emailing, Session 4- sharing photos from your tablet / attaching/sending.
Please pre-register.

Betty's Special Class

Instructor: Betty Hall

Wednesday, February 11th

1-3pm • Cost:\$15.00

This class is for you if you need help with: Internet, Facebook, MS Word, MS Excel and Email attachments, pics / documents / PDF
Please pre-register; class size is limited.

Betty's Cell Phone Class

Instructor: Betty Hall

Wednesday, February 18

1-3pm • Cost: \$15

Class will focus on cell phone basics and downloading/printing your instruction manual.
Please pre-register!

Betty One On One

February 4 and 25

from 1-2:30pm • Cost: \$15.00

Please pre-register and inform Amy (434-6229) of what focus is for the class.

Windows 7

(Beginner class)

Instructor: Sandy Osgood

Mondays February 2nd and 16th

1-2:30pm • Cost: \$10.00

This is a class for learning basic computer skills, attachments, browsing the internet, managing your account, finding/organizing your files. Please pre-register.

Open Computer Lab

Tuesdays 10-12

No Open Lab Feb. 3rd or 24th

No open lab on Thursdays-thru April



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FREE TAX ASSISTANCE

Volunteers working through AARP-VITA will prepare your Federal and Tennessee taxes for free at the Memorial Park Community Center beginning Thursday February 5. Tax preparation will be by appointment only between the hours of 9:00 a.m. and 4:00 p.m. each Thursday and Friday until April 10. These volunteers are trained using IRS and AARP-VITA standards and must pass an IRS test. They can prepare all individual and joint tax returns, with a few exceptions for certain complicated returns. There are no age or income limitations for this free service. For appointments, please call the Center staff at 434-6437.

You must bring proof of your Social Security number and the Social Security numbers of all dependents on the return, photo identification for all individuals, and all tax documents such as W-2s, 1099-Rs, SSA-1099s, 1099-Bs, brokers statements, 1099-INTs and 1099-DIVs. If you purchased health insurance through the Marketplace, you must also bring your form 1095-A, which you will receive from the federal government. Until you have received all needed forms, the volunteers will be unable to complete your returns. All returns are e-filed, meaning refunds are generally issued with 10 days.

Volunteers

The next Volunteer Meeting is on February 2, 2015 at 10:00am.

You don't want to miss the session on Monday, February 2 at 10:00am. Dave McAuley, Founder and President of Summit Leadership Foundation, will be speaking about "Passion, Skills and Values." Dave is a dynamic speaker and always has useful words of wisdom to share. Please invite a friend to come with you – you do not have to be a current volunteer in order to attend this session.

On Friday, February 13, we will have a service project at the Veteran's Administration. Volunteers from the Center will go over with cookies and visit with the veterans; bus will leave from the Center at 10:15am. We will need cookie donations, volunteers to package the cookies in individual bags, and volunteers to deliver and visit. We will have sign-up sheets at the February 2 meeting.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 10:00 Volunteer Meeting 2 11:15 Healthy New You 1:00 Windows 7 1:00 Congestive Heart Failure 1:00 Amateur Photographers Club 3:00 Computer Maintenance | 9:00 BINGO 3 9:30 Zumba Gold 10:15 Flexibility & Balance 11:30 Softball Conditioning 1:30 Intro to Ceramics 5:30 Intro to Ceramics | 1:00 Betty's One-on-one 4 10:00 Navigating Over the Counter Aisles for Self Treatments | 9-4 Tax Prep by appt. 5 9:30 Zumba Gold 10:15 Flexibility & Balance 10:00 As the Page Turns 11:00 Beginning Tablet 11:30 Softball Conditioning Noon Heart Healthy Cooking Demo 2:00 S.A.L.T. Council Meeting | 9-4 Tax Preparation by appt. 6 11:30 Dixie Diners at Salt n' Pepper 7:00 Friday Night Dance "Valentine's Dance" Saturday February 7 1:15 Singin' in the Rain at Jonesborough Reperatory Theatre 6:00 Daddy/Daughter Dance |
| 10:00 Healthy New You 9 10:30 Raised Garden Beds 5:00 Valentine Burlap Wreath | 9:30 Zumba Gold 10 10:15 Flexibility & Balance 10:45 Medical Ethics 11:30 Softball Conditioning | 8:15 Second Harvest with Volunteers 11 9:30 Intermediate Ceramics 10:00 Travel Show 11:00 Basic Training For Your Heart 11:30 Travel and Chuckwagon Lunch 1:00 Betty's Special Class | 9-4 Tax Preparation by appt. 12 9:30 Zumba Gold 10:00 New Cholesterol Guidelines 10:15 Flexibility & Balance 11:00 Beginning Tablet 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Travel Round the World | 9-4 Tax Preparation by appt. 13 11:00 TED Talks 6:00 Murder Mystery Dinner Theatre |
| 10:00 Be Sensible Healthy New You 16 10:30 Cautionary Measures Preventing Plant and People Illnesses 11:00 Treatment For Heart Disease 1:00 Windows 7 | 9:00 BINGO 17 9:30 Zumba Gold 10:00 Walkers and Talkers 10:15 Flexibility & Balance 11:30 Softball Conditioning | 10:00 Excel 18 11:00 What Does a Heart Healthy Diet Look Like 1:00 Betty's Cell Phone Class | 9-4 Tax Preparation by appt. 19 9:30 Zumba Gold 10:15 Flexibility & Balance 11:00 Beginning Tablet Noon Heart Talk with Dr. Shobha 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Hikers/Bikers Meeting | 9-4 Tax Preparation by appt. 20 7:00 Friday Night Dance Saturday February 21 10:00 WVAL |
| 10:30 Naturally Yours II 23 | 9:30 Zumba Gold 24 10:15 Flexibility & Balance 11:30 Bonnie's Blue Plate 11:30 Softball Conditioning | 9:00 Pickleball Tournament 25 9:30 Intermediate Ceramics 11:00 Reducing Stress 1:00 Betty's One-on-One Computer Instruction 2:00 Excel | 9-4 Tax Preparation by appt. 26 9:30 Zumba Gold 10:15 Flexibility & Balance 11:00 Second Time Around 11:00 Beginning Tablet 11:30 Softball Conditioning 1:00 Joy of Charcoal Drawing 1:00 Craft of the Month - Making Coasters | 9-4 Tax Preparation by appt. 27 |



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Keyboard Lessons by appointment 9:30 Table Tennis 9:30 Love Handles 10:00 Shuffleboard 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Hand & Foot Canasta 1:00 High Flyers Bowling Holiday Lanes 2:00 Challenge Square Dance 3:30 Line Dance with Martha 6:00 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club 7:00 Square Dance with Don Williamson</p> | <p>7:30am to 8:00pm Billiards Room Fitness Room 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance</p> | <p>7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Screenings 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Bible Study 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga</p> | <p>7:30 am to 8:00pm Billiards Room Fitness Room 8:00 Men’s Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 9:30 German Conversation Noon Women’s Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @Holiday Lanes 3:00 Senior Chorale (does not meet in January and February) 4:00 Brain-A-Cise</p> | <p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 8:30 Piano Lessons by Appointment 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 10:00 Conductorcise® Plus 10:00 Silver Sneakers® Classic 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong 3:30 Friday Ballroom Dance Lessons 5:00 Hand and Foot</p> |

Healthy Living



Celebrate Heart Month



LOVE YOUR HEART PROGRAMMING!

There are many ways to love your heart by taking care of yourself by lowering blood pressure, cholesterol, eating healthier or decreasing your stress. The classes we are offering will help you learn ways to do all these things. Plus, there will be two heart loving lunches this month too!

With this series of programming, there will be door prizes given away at the end of month. For each "Love Your Heart Program" you attend, you will be given a ticket. Come to all nine and get nine chances to win a prize! These qualifying programs will have a heart to signify they are part of "Loving Your Heart's" celebration.

Be Balanced

Monday, February 2

11:15-11:45am • Cost: Free

Jennifer Persinger, RD will continue the 2015 Challenge Classes. Learn portion control and how to balance calories in/out.



Congestive Heart Failure

Monday, February 2

1:00-2:00pm • Cost: Free

Kelli Ouelette, RN CHF, Program Manager from MSHA will discuss Congestive Heart Failure (CHF). Learn what CHF is, warning signs and symptoms, prevention, treatment, and more.



Hypertension

Wednesday, February 4

11:00-Noon • Cost: Free

Does your doctor want you to lower your blood pressure? Why is hypertension so dangerous? Julie Bates, NP, will discuss these concerns and ways to lower your blood pressure.

Navigating Over the Counter Aisles for Self-Treatment

Wednesday, February 4

10:00-11:00am • Cost: Free

Do you go to the pharmacy for over the counter medications when you are sick

or just need a boost? Which of these medications are beneficial? Do they react with your regular meds? Can they actually harm you? Pharmacy students from the

Bill Gatton College of Pharmacy will present an informative program to bring clarity to this confusing topic.



A Healthy Heart Cooking Demonstration

Thursday, February 5

Noon-1:00 p.m.

Cost: \$3.00 (Must register and pay for this program by Tuesday, February 3)

Senior Services and the Washington County S.A.L.T. Council have partnered with The ETSU Clinical Nutrition Graduate Studies Program to demonstrate and discuss healthy lunches. Enjoy chicken quesadillas, vegetable medley, and a light dessert while watching a cooking demo and nutrition discussion. This event is limited to the first 25 people. Stick around afterwards for the monthly S.A.L.T. Council meeting.



Basic Training for Your Heart

Wednesday, February 11

11:00-noon • Cost: Free

Learn how heart rate, blood pressure and exercise affect your heart. When is your heart too fast or too slow to exercise? What is optimal blood pressure when exercising? What exercise precautions should you know? Deb Fogle will cover all these topics and more.



New Cholesterol Guidelines

Thursday, February 12

10:00-11:00am • Cost: Free

Pharmacy students from the Bill Gatton College of Pharmacy return to share the newest cholesterol guidelines. They will also help to answer the question "is getting your cholesterol to a certain level important or is your doctor looking at other factors?"

Be Sensible

Monday, February 16

10:00-10:30am • Cost: Free

The 2015 Challenge Class is winding down with a talk by Jennifer Persinger, RD.

**Make sure you turn in your calendars to

Patty or the Health Resources Center in the Mall at Johnson City.

This week Jennifer will share tips for eating at home and away that will help you stay on track.



Treatment for Heart Disease

Monday, February 16

11:00-noon • Cost: Free

Chastity Harness, RN, Open Heart Nurse Manager with MSHA will present an informative and educational program "Treatment for Heart Disease". You will learn the options for treatment for heart disease and what can be done to help you live a better life and live with heart disease.



What Does a Heart Healthy Diet Look Like?

Wednesday, February 18

11:00-noon • Cost: Free

Discover what a heart healthy diet looks like! Which foods are good for you? What foods should you avoid? Are there healthy foods you have never tried? You would be surprised how filling a healthy diet can be! Alice Sulkowski, RD.



Heart Talk and "Wear Red"

Lunch with Dr. Shobha

Hiremagalur, Cardiologist with

Mountain States Cardiology

Thursday, February 19 • Noon-1:00 p.m.

Free (must register by Tuesday, February 17, only 50 seats available)

This Heart Healthy Lunch is sponsored by Mountain States Health Alliance. Wear red to bring awareness to the serious and many times silent killer—heart disease. Enjoy a heart healthy lunch prepared especially for you by the chef at MSHA while Dr. Shobha talks about the latest heart developments.



Reducing Stress with Dr. Glynda Ramsey

Wednesday, February 25

11:00-noon • Cost: Free

Dr. Glynda Ramsey will discuss how stress adversely affects your health. Learn ways to reduce stress in your life for life's sake!

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Y0040_GHHJ5CQEN Accepted

Dance & Special Events

Absolute Beginner Line Dance

**Instructor: Martha
Davenport**

The class will meet for 90 minutes once per week for 6 weeks and will cost \$42 per person. If you are interested in taking an absolute beginner line dance class, call Kamela at 434-6233 to have your name placed on a list. When 10 or more people have been added to the list, the class will be scheduled.

Advanced Line Dance (Dandy Line Dancers)

Mondays at 6:00pm

Cost: pay instructor directly
This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Advanced Line Dance (Circle R Dancers)

Tuesdays at 4:00pm

Cost: Pay instructor directly.
This advanced class meets weekly to practice for Center and community performances.

Round Dance

Tuesdays at 7:00pm
Cost: Free

This is an advanced Round Dance class. This class meets weekly to learn and practice advanced dance steps. Permission of the group facilitator is required in order to participate. Those who do not meet the advanced standing can be referred to a beginner group.

Ballroom Dance Lessons

Wednesday at 5:15pm

Cost: \$2.00

Learn or polish your Fox Trot, Waltz, Tango, Cha-Cha and other dance styles. Beginner to experienced are welcome. No partner necessary.

Ballroom Dance Practice

Thur at 1pm • Cost: Free

Practice your dance steps to music from years gone by, make new friends and exercise your body and mind. No partner required.

Beginner Ballroom Dance Lessons

Fri at 3:30 pm • Cost: \$2
Join us to learn basic ballroom dance steps just in time for the Friday night dance. No partner necessary.

**Friday Night
Ballroom Dance**
Registration Deadline:
**Pay at the door unless a
special event dance**
**1st and 3rd Fridays
from 7:00pm-10:00pm**
Cost: \$5.00 (\$3.00 for those with Silver Sneakers), unless a special event dance and the cost might be higher. Dance to the sounds of a live band. Bring a snack to share along with serving dish and utensils if needed. Drinks provided.

Ballroom Dance Schedule

Feb 6 - Limited Edition Valentine's Dance
Feb 20 - Nostalgia Trio
March 6 - Jerry Pierce
March 20 - Kids Our Age
April 3 - Patti Quarles Trio
April 17 - TBA



Daddy's & Daughters of ALL Ages Welcome

My Little Valentine
DADDY
daughter
DANCE

● ● ● ● ● ● ● ●

February 7, 2015

Memorial Park Community Center
510 Bert Street, Johnson City, TN
6:00-8:00pm

Early Tickets : January 5-30, \$10/person
Late Tickets : Jan. 31-Feb. 6, \$20/person

Get all dressed up and dance the night away with the ones you love! This event is open to fathers/grandfathers/guardians and daughters of all ages. Commemorative photo packages are available for \$15. Tickets and photo vouchers can be purchased online (www.myjcparks.org) or at Memorial Park Community Center by February 6. Tickets can be picked up at Memorial Park Community Center any time after purchase. No tickets will be sold at the door. Light refreshments will be served. Dress is semi-formal.

For more information call (423) 434-5749

Valentine's Murder Mystery Dinner Theatre

Friday, February 13, 6:30pm

Doors open at 6:00pm • Cost: \$10.00

Love yourself with a night out for a dinner and play. The Murder Mystery Caravan is back for a Valentine's mystery Asylum for Murder and Kamela, Bonnie and the gang will have a meal that you would be crazy to miss!

Arts/Crafts/Performing Arts

Amateur Photographers' Club

First Monday of every month 1-3pm

If you are interested in taking photos, would like to share your work, go on photography field trips and more, then come and check out this group. Photo themes: February-Photographer's choice, March-Barns, April-Trash to Treasure.

Piano Lessons

Monday, Thursday, Friday mornings by appointment

\$12 per 30 minute session

Learn to play your favorite songs with experienced teacher, Wretha Terry. Schedule your appointment today.

Heart Strings • Tuesdays from 10:00am - Noon

Bring your instrument and join in this open group playing a variety of songs including old hymns, bluegrass, country and folk music.

Musical Voices - Rehearsal • Mondays 1:00pm

Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Senior Chorale

Senior Choral will begin a new season on Thursday, March 5th, at 3pm. This chorale is open to anyone in the Tri-cities area who enjoys fellowship through singing! Many activities are planned for the spring season including "An Old Town Variety Show" featuring many area groups in concert with the Chorale. Other performances include a spring concert at the VA Center in Johnson City, Tipton Haynes concert and other area locations. Hope to see new members at our first meeting in March!
-Cherry Smith, Director

This project is funded in part by the Johnson City Senior Center Foundation and Arts Build Communities, a program funded through State of Tennessee Specialty License Sales, and administered in cooperation with the Tennessee Arts Commission and Johnson City Area Arts Council.



Conductorcise® Plus

Fridays 10:00am-11:00am • Cost: \$2, (Free for Silver Sneakers)

We have added a new twist to our Conductorcise® program. This program will include upper body stretching and strengthening along with Conductorcise®.

Needle and Fiber Arts

Instructor: Jane Dresser - Tuesdays at 1:00pm - Free

A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn. Enjoy the company of others while you work on your project.

Acrylics

Wednesdays 12:30pm - Cost: \$10

"Art" Holsclaw is back to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class.

Knitting • Wednesdays 2:30pm - Cost: Free

A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.

Open Art Studio • Mondays 12:30pm-3:30pm

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

Open Craft Studio • Fridays from 1:00pm

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

Art and Craft of the Month Club

Last Thursday of the Month - February 26th - 1:00pm-3:00pm

February Craft will be Making your own coasters using a variety of materials. Cost: \$5, materials will be supplied.

Joy of Charcoal Drawing

Thursdays - February 12th, 19th, and 26th

1:00pm-2:30pm • Cost: \$21 for the series of 3 classes

Focus of this class will be drawing in charcoal. Students will explore the many wonderful ways charcoal's fluidity creates dramatic art forms. You will need to bring with you to class soft and medium charcoal sticks, a newsprint pad (size 9" by 12"), a small chamois, gum and kneaded erasers, soft. Pre-registration and payment required.

Valentine Burlap Wreath (See photo on page 4)

Monday, February 9th at 5:00pm • Cost: \$10, Burlap, form and ribbon will be provided.

Learn how to make a burlap wreath using a heart shaped form for Valentine's Day. At the end of the class you will have a beautiful burlap wreath to display in your home. Please pre-register.

WVAL will meet on Saturday February 21st at 10:00am.

Coming in March • Grandchildren Photo Contest

Find your best photos of your grandchildren to enter starting March 9th through the 20th.

Returning in March

Autoharp and Mt Dulcimer classes with Cathy Ciolac.

Calling all crafters and artists!

Memorial Park Community Center will be hosting "Art in the Park" event on April 10th and 11th. Vendor registration forms and information can be picked up at the Senior Center front desk or call Deb Fogle at 423-434-6231 for more information.

Games

Hand and Foot Canasta

Mon • 1:00pm • Free

Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the «hand» and the «foot». Hand and Foot is closely related to Pennies From Heaven. This is a very social group! Don't worry if you don't know how to play, they can teach you everything!

Ladies Night Bridge Club

Mondays • 6:00pm • Free

Come join the ladies of the senior center for a fun evening of bridge!

BINGO

1st and 3rd Tue of month

9:00am • Free

Come try and get BINGO! Great prizes and lots of fun!

Party Contract Bridge

Tuesdays • Noon • Free

Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game. Please join us for a great time!

Scrabble Group

Tue • 5:30pm • Free

Do you enjoy word games? Scrabble is a great brain exercise! The scrabble group is always looking for new faces in their group.

Mexican Train Dominoes

Tuesdays 6pm

Often called simply "Trains", this is becoming extremely popular and is frequently on TV. This easy to learn, international, fast paced game of luck and skill is not the dominoes of our childhood. Join us every Tuesday afternoon at 6:00 for an exciting fun-filled time with some marvelous BFF's. Best of all.. it's Free!

Pinochle

Wednesdays

1:00pm • Free

Pinochle is a trick-taking card game for 4 players played with a special deck. Players score by taking ticks or forming

combination of cards into melds.

Have fun and meet new friends!

Rook

Thursdays • 1:00pm • Free

Rook is a challenging trick taking game played with a special deck of cards. Bring a friend for even more fun!

Party Contract Bridge

Fridays • 9:00am • Free

Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game. Please join us for a great time!

Ace of Clubs Duplicate Bridge

Fridays • 12:30pm • Free

Everyone is welcome! If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun...we're a friendly group!

Mahjong

Fridays 1pm

Would you like to play a game that exercises your brain? Mahjong is a Chinese game played with sets of tiles. It is a game of skill, strategy and calculation and of course a degree of chance. Whether you know how to play or would like to learn, we'd love to have you. Come join us!



Agape Nursing & Rehabilitation Center

Providing individualized long-term care in a comfortable and friendly environment

Services:

- Skilled and Intermediate Nursing Care
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational

Therapy Services:

- Restorative Program
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Respite Services

Amenities & Activities:

- Beauty and Barber Shop Services • Laundry Services • Group Outings
- Daily opportunities to encourage social, physical & mental enrichment

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is committed to caring and quality. . .

for all our residents. We are a full-service assisted-living community where residents have the independence of living in a comfortable home-like environment.

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Call Lisa Beedle, Community Relations Director

423 • 282 • 0300



Fitness FOCUS

Toning

Monday and Wed at 8:30am • Cost: \$2

Instructor: Sue Pentz. One hour full-body toning with light cardio.

Love Handles

Monday, Wed and Friday at 9:30am • Free

Instructor: Jillian Boreing. Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic

Monday and Wed at 10:00am • Cost: \$3

Instructor: Lydia Sweatt. Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis

Monday and Wednesday • 11:00am • Cost: \$3.00

Instructor: Tonya Van Hook. Low-impact Tai Chi modified for seniors. Easy on the joints, recommended by the Arthritis Foundation and CDC for arthritis relief and fall prevention. Stretching, body alignment and slow, controlled, mindful movement. Improve your body AND your mind.

Qigong

Monday and Wednesday • Noon • Cost: \$3.00

Instructor: Tonya Van Hook. Moving meditation: Gentle movements that stimulate the meridian system of the body. Class includes warmups, stretching, breath work and learning one of the most-popular Qigong forms for health and relaxation. Benefits all chronic conditions. Leave feeling energized and relaxed.

Silver Sneakers® Yoga

Tuesday at 1:00pm • Thursday at 8:30am • Cost: \$2

Instructor: Judy Jackson. Move your whole body through a complete series of seated and standing yoga poses.

Arthritis Exercise

Tue and Thursday from 8:45am-9:30am • Cost: \$3

Exercises designed to increase mobility for everyday movements, improve posture and maintain or increase muscular strength.

ZUMBA gold® - For Beginners

Tue and Thur • 9:30-10:15am • Cost: \$2 • All Ages

Are you ready to party?! ZUMBA gold® is a fitness fiesta where you can let loose and have fun. This class is perfect for beginners of all ages and active older adults. Join us for the time of your life!

Flexibility and Balance

Date: Tue and Thur • Time: 10:15-10:45 • Cost: Free

Flexibility and balance are extremely important for everyday life. This low-impact class will leave you feeling relaxed and ready for the day.

Senior Hatha Yoga

Wednesday at 6:00pm • Cost: \$5

Instructor: Darlene Hatley. Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.

From Head to Tone

Friday at 8:30am • Cost: 2 • Instructor: Jillian Boreing

One hour full-body toning with light cardio.

* No cost to Silver Sneakers members.



Walkers and Talkers

Third Tuesday of Each Month

February 17th

Slide Presentation at 10am at Center Followed by tour of Founders Park, Downtown Johnson City.

**Bus Leaves The Center after presentation
This is event is FREE!**

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

**Learn about an amazing transformation
in Johnson City**

Founders Park right in the heart of Johnson City offers a beautiful, scenic location all while managing stormwater run off. Professional slide presentation by Andy Best, stormwater expert with Johnson City on the building of Founders Park and the importance of stormwater management. Followed by a brief walk around this beautiful park.

Info 423-434-5273

If your address changes, please call us 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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**Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm**

Groups and Meetings

Musical Voices

Rehearsal Mondays at 1:00pm

Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Grief Support Gatherings

1st and 3rd Tuesdays at 6:30pm

Bible Study Opportunities

Wednesdays at 10:00am

Thursdays at 8:00am (Breakfast by donation)

As the Page Turns

(Book Club)

First Thursday of each month at 10:00am

Book Selections:

February: The Summer We Got Saved

by Pat Cunningham Devoto

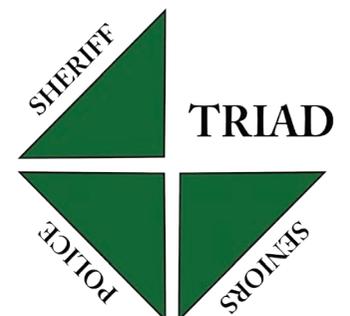
March: Philosophy Made Simple by Robert Hellenge

Washington County

S.A.L.T. Council

**Meets first Thursday of month
2:00pm at MPCC**

Seniors and Law Enforcement Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a more senior friendly community. *Everyone Welcome!*



Writers Circle

2nd and 4th Thursdays at 10:00am

Join this group to share ideas for writing better stories and share your own writings for discussion with the group.

Watauga Valley Art League

3rd Saturday of each month