

# Senior Lifestyles

Volume XXXI No. 19

July 2015

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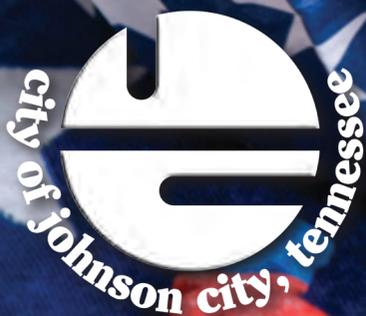
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*Save the Date!*

**Artimus Pyle Band**  
The Ultimate Tribute to Ronnie Van Zant's Lynyrd Skynyrd  
**November 5, 2015**  
Memorial Park Community Center ~ 510 Bert Street  
Johnson City, Tennessee  
Brought to you by: The Johnson City Senior Center Foundation, Inc.

The poster features a photograph of Artimus Pyle in a cowboy hat and a group photo of the band. It includes a logo with the letters 'APB' and the text 'LIVE AND LOUD'.

## Foundation Board News

The Johnson City Senior Center Foundation Board is growing! Jimmy Pierce and Mark Pollock were appointed to the Board in May.

The Foundation is forming a committee for the annual golf tournament that will be held in October at Buffalo Valley Golf Course. With your help, this can be the biggest and best tournament yet! To volunteer on the committee, you do not have to be a Foundation Board member.

The organizational meeting will be on Thursday, June 11 at Noon at Memorial Park Community Center. If you would like to help with the tournament, please contact Donna Campbell at 434-6230 for more information.

As always, we invite you to participate in the grocery card fundraisers. Food City gift cards are available for purchase at the Senior Center desk at Memorial Park Community Center. For Kroger shoppers, the easiest way to support the Foundation is to register your Kroger key card under the Community Rewards program.

## Kroger “Community Rewards” Program

Sign Up Today! Your One-time registration supports the Johnson City Senior Center Foundation! Thank you for your support!

- Go to [www.Kroger.com](http://www.Kroger.com) - Click on the “Community” link
- Click on “Community Rewards”
- Sign in, if you are already registered, if not, create an account by completing the required information and enter the Kroger Plus Card number found on the back of your card.
- Then designate the Johnson City Senior Center Foundation (organization number 82707) under the “Community Rewards” Section. Thats it!
- Now when you shop Kroger, 5% of your purchases for gas, groceries or pharmacy will be designated to the JCSC Foundation.

## The Senior Services staff value your input!

Please share your program ideas, suggestions for improvement, or words of encouragement via e-mail at: [MPCCSeniorCenter@johnsoncitytn.org](mailto:MPCCSeniorCenter@johnsoncitytn.org). You may also drop a comment card into the locked donation box at the Senior Services coffee bar.

## Save the Date for these Foundation fundraising opportunities!

**August 7, 7-10pm** Sweet Summer Nights Dance and Christmas Box Outreach Fundraiser. Kids Our Age is playing and there will be lots of sweet summery treats.

**November 5, doors open at 6pm.** Calling all Skynrd fans! Artimus Pyle Band in concert. Tickets will go on sale in mid-July! VIP packages will be available also. All proceeds from the concert stays with the foundation.



## 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.

# Hip Hikers



**Hip Hikers to Paint Mountain Trail**  
**Thursday, July 9th**  
 8:00am • Cost: \$5  
 Challenging level, Meet at Center.  
 Bring your own lunch  
 Reserve by: July 8th

**Hip Hikers to Max Patch**  
**Thursday, July 16th**  
 8:00am • Cost: Free  
 Challenging level  
 (Carpool Event) Meet at Center  
 Transportation provided  
 Bring your own lunch  
 Reserve by: June 15th

**Hip Hikers to Buffalo Mountain**  
**Thursday, July 23rd**  
 8:00am • Cost: \$2  
 Challenging level, Meet at Center  
 Bring your own lunch  
 Reserve by: July 22nd

**Hip Hikers to Mill Ridge**  
**Thursday, July 30th**  
 8:00am • Cost: Free  
 Challenging level  
 (Carpool Event) Meet at Center  
 Transportation provided  
 Bring your own lunch  
 Reserve by: July 29th

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# Lifelong Learning

## Travel Round the World

Tuesday, July 14 1:00pm

For a change of pace, join Dr. Ron Zucker on a southwest photographic journey. We will be visiting several parks in the Four Corner region with maps and directions and some photo tips along the way.

Please pre-register, free.

## German Conversation Group

Thursdays, 9:30am

Join us if you know German, would like to brush up on your speaking and reading skills of the language.

## Second Time Around Series (Support Group)

Wednesday, July 22 from 10-11am

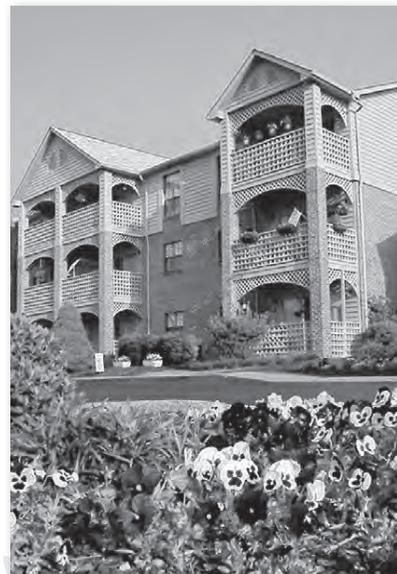
Calling all Grandparents raising Grandchildren; join us for an informal support group, share you concerns, ask questions, get information and more. Snacks / refreshments provided.

## Date with History

Join us for a summer series of interesting talks and outings to historical sites in Northeast TN. Trips to Rocky Mount, Morristown, Historical Society-Knoxville and more. Tuesdays starting Cost for the series is \$55. Lunch on your own on outing days. Please pre-register by June 12th. Times to leave on Tuesdays may vary. Please try to be at MPCC 10 minutes early on outing days. No refunds. The first outing is June 23 at 1 pm.



*Brights Zoo Outing June 2015*



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# Outings

## Date with History

Join us for a summer series of interesting talks and outings to historical sites in Northeast TN. Trips to Rocky Mount, Morristown, Historical Society-Knoxville and more. Tuesdays starting Cost for the series is \$55. Lunch on your own on outing days. Please pre-register by June 12th. Times to leave on Tuesdays may vary. Please try to be at MPCC 10 minutes early on outing days. No refunds. The first outing is June 23 at 1pm.

## Trip to Pigeon Forge / Gatlinburg

Friday, July 17th Leave MPCC at 8:30 • Cost:\$7

lunch on your own. We will spend the day with a few hours at the outlet mall and lunch, then on to Gatlinburg to walk around the downtown. Enjoy the sights, sounds and smells of the Smokies! Bring a friend and have a day of fun. Must pre-register by Tuesday, July 14th.



*Three Rivers Rambler Train Ride/Vintage Baseball Game*

## Travel Corner

The New York City trip in November is filling fast! This exciting trip is an annual favorite. New this year is a visit to the new National 9/11 Museum located at the World Trade Center site, included with your guided tours of New York. The route will include a stop in Philadelphia before arriving at New York, and a visit to the Kitchen Kettle Village in Lancaster, PA on the return. The trip is only \$599 pp/do. Make your deposit now before the bus is full!

Mark your calendars for September 17 for Let's Go Travel Show, including lunch and information about the 2016 trips. Cost will be \$4.00 per person for lunch.

## A few reminders about charter trips:

- Overnight trips are designed for senior travelers, but we do welcome adults 21 and older traveling with friends or family. You do not have to be a local resident or Senior Center participant to participate in the charter trips.
- Refunds are subject to travel company guidelines. For the Diamond Tour motor coach trips, you may in most instances receive a refund up to two weeks prior to the trip (minus a \$10 administrative fee). The deposit for the Diamond Tours trips includes a deposit for the travel company and the travel insurance fee. Once the travel insurance fee is paid to the insurance company, the Senior Center will not issue a refund for the insurance; if the insurance company determines that the premium is refundable, the company will remit a check directly to the traveler. Cancellations within the time period designated by the travel company will be subject to the terms of the trip insurance and no refunds will be issued from the Senior Center once the entire trip cost has been paid to the travel company.
- Charter trips booked through a travel agent are the responsibility of the traveler and the agent; the Senior Center promotes trips planned by the travel team, and these trips are often led by a volunteer from the Senior Center, but payment and travel arrangements are handled by the travel agent, particularly when air travel is involved.
- Persons who may need assistance during the trip should have a companion traveling with them; volunteer tour leaders are not equipped to provide physical assistance.
- Travelers who become ill or suffer an injury that requires medical treatment may not be able to continue on the tour; in such event, the group leader will notify the emergency contact. The tour company will not delay or alter the tour schedule due to the illness or injury of a traveler.

# Lifelong Sports

## Senior Billiards

Mon-Fri, 7:30am to 8pm • Cost: Free

Senior men and women are both welcome to 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

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

Mon, Wed, Friday • 9:30am-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.

## Over the Age of 50?

Come join the Seniors' Legend golf group. Tee time is at 10:00 am on Tuesdays and Thursdays and the cost is a reasonable \$5.00 a

round at the par 3 course in Unicoi Tennessee.

## The Tuesday Trio Senior League is now seeking Individuals or Teams for the 2015-16 Bowling Season! Tuesday, August 11th at 12:30pm

### Holiday Lanes, Johnson City

Come out and have some fun with us each week. Meet new friends and learn a new sport! There will be a short meeting to discuss the new season By-laws followed by 3 free games of open bowling with your team! League actually begins on Tuesday, August 18th at 1:00pm for a 34 week bowling season ending in April 2016. The only requirement is you must be at least 55 years old. (NO BOWLING EXPERIENCE NECESSARY.) This is a USBC Sanctioned League & forms will be available on Aug. 11th. Earn Awards and Prizes. We also have a 50/50 drawing each week so you could be the lucky winner!

Contact Nikki Pont, League Secretary at 423-948-0180 to inquire about bowling fees and a one-time USBC Membership fee.

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# Computers

## One on One

If you are interested in getting help with a computer, mobile device, tablet or other please call Amy at 434-6229. Please include what your area of focus or help you need. Cost: \$15.00, must pre-register.

## One on one (Tablet)

Instructor: Amara Carberry  
Thursdays, July 2, 9, 23, 30  
11-12:30 • Cost: \$15

## Beginning Computers I

Instructor: Sandy Osgood  
Mon, July 6 & 13 from 1-2:30 • Cost: \$10  
This class is for learning to use and get around in the computer, saving files and using the internet how to use your email, and more. Bring questions. Please preregister

## Computer Maintenance

Instructor: Sandy Osgood  
Mondays, July 6 & 13 from 3- 4:30 • Cost: \$10  
This class teaches you how to keep your computer running fast. Delete unwanted programs, pictures from digital camera, organize files, deleting, attaching and more. Please preregister.

## Mobile Devices

Fridays, July 10th and 24th 1-2:30pm  
Please register, walk ins welcome. We will trouble shoot your questions/problems; this

is not a class on how to work your devices, no guarantee we will know how your device works. Bring your information booklets and receipt of purchase (for manual numbers).

## 6 Free Microsoft Security Tools

Instructor: Jim Pohle  
Friday, July 10th from 12:30-2pm • Cost:\$8  
Whether it is right away or after some time, the computer will develop problems. Microsoft provides 6 Security Tools. 1. Malicious Removal Tool. 2. Windows Defender. 3. Microsoft Security Essentials. 4. Built-in Security. 5. Safety Scanner. 6. Windows Defender Offline. Please pre-register.

## Fix a Slow Computer

Instructor: Jim Pohle  
Friday, July 17th • 12:30-2 pm • Cost: \$8  
We look at how to "Tune-up" or fix a slow computer. These are the simple, quick steps. See "Superhero Tune-up" for the detailed steps. Included here are: 1. CCleaner. 2. Glary Utilities. 3. Disk Max Cleanup. 4. Slim Driver. 5. Geek Uninstaller. 6. Temp File Cleaner. 7. AUSLogics Defragged. 8. Junkware Removal Tool. 9. Cleanup Manager. 10. ToolBar Cleaner. 11. MS Baseline Security Advisor. 12. CookieSpy. 13. Anvi Browser Repair. 14. AdwCleaner. Please pre-register.

## Beginning Computer II

Instructor: Sandy Osgood

Mon, July 20 & 27 from 1- 2:30 • Cost: \$10  
Learn how to use your Browser, get around your computer, save files and more. Bring your questions. Please preregister.

## Internet and Email

Instructor: Sandy Osgood  
Mondays, July 20 & 27 from 3-4:30 • Cost:\$10  
Learn to surf the internet, shop or order from the internet. Email: attaching pictures and files to your email. Please preregister

## Windows Shortcuts

Instructor: Jim Pohle  
Friday July 24th 12:30-2 pm Cost: \$8  
There are many shortcuts available, but some you have to make yourself. This lesson will go into some that are obvious, and some you wish you had known from the beginning. Please pre-register.

## Windows 10

Instructor: Jim Pohle  
Fridays July 31st and Aug. 7th  
12:30-2 pm • Cost: \$10  
Microsoft's next OS (Operating System) will be out in the fall of 2015. This will be combination of 7 and 8 with add ons. After this Microsoft will only have updates that you will download. There is a lot to like and the pre-release version shows a lot of promise. Get a look at what Windows 10 will look like. Please pre-register.

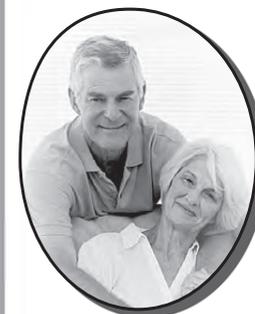
# Volunteers



## The monthly volunteer meeting will be Monday, July 6 at 10:00am.

The Senior Services staff also invite you to attend an Accreditation Celebration / Reception on Tuesday evening, June 30 from 5:30 to 7:00pm. Without the efforts of many volunteers, the Senior Center could not have achieved re-accreditation. *Please come celebrate with us!*

## Money You Never Knew You Had!



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- Provide the retirement. . .
- Help a family member. . .
- Create the legacy. . .

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p><b>Home Instead</b> SENIOR CARE® <i>To us, it's personal.</i></p>		<p>For more information: 3314 Wayfield Drive Johnson City, TN 423-926-4141</p> <p>1009 W. State St., Ste #1C Bristol, VA 276-669-8040</p> <p>724D W. Center Street Kingsport, TN 423-247-0116</p> <p>1156 B Tusculum Blvd Greeneville, TN 423-638-6375</p>	<p>9:30 Intermediate Ceramics <b>1</b></p>	<p>9:30-10:30 Catch the Wave Beach Party <b>2</b> 11:30 One on One (Tablet) With Amara Carberry 6:00 Aging Without Fear</p>	<p>Center Closed <b>3</b>  Saturday July 4 Happy Fourth of July Center Closed</p>
<p>10:00 Volunteer Meeting <b>6</b> 1:00 Amateur Photography Club 1:00 Beginning Computer I 3:00 Computer Maintenance</p>	<p>8:30 Circuit and More <b>7</b> 9:00 Date w/ History 1:00 The Readys! Emergency Preparedness 4:00 Brain Games</p>	<p>9:30 Intermediate Ceramics <b>8</b></p>	<p>8:00 Hike on Paint Mtn Trail <b>9</b> 8:30 Circuit and More 10:00 As the Page Turns 10:00 Writer's Circle 11:30 One on One (Tablet) With Amara Carberry</p>	<p>11:00 Pelvic Disorders <b>10</b> 12:30 6 Free Microsoft Security Tools 1:00 Mobile Devices 1:00 What's New in Hip Surgery</p>	
<p>1:00 Beginning Computer I <b>13</b> 3:00 Computer Maintenance</p>	<p>8:30 Circuit and More <b>14</b> 11:45 Date w/ History 1:00 Travel Round the World 1:00 Save Yourself From the Average American Lifestyle 4:00 Brain Games</p>	<p>9:30 Intermediate Ceramics <b>15</b></p>	<p>8:00 Hike at Max Patch <b>16</b> 8:30 Circuit and More 2:00-6:00 Medicare Counseling by appt 6:00 Aging Without Fear</p>	<p>8:30 Trip to Pigeon Forge / Gatlinburg <b>17</b> 12:30 Fix a Slow Computer</p>	
<p>1:00 Beginning Computer II <b>20</b> 3:00 Internet/Email</p>	<p>8:45 Date w/ History <b>21</b> 11:00-Noon Group Piano Lesson Demo 4:00 Brain Games</p>	<p>9:30 Intermediate Ceramics <b>22</b></p>	<p>8:00 Hike at Buffalo Mtn <b>23</b> 10:00 Writer's Circle 11:30 One on One (Tablet) With Amara Carberry</p>	<p>12:30 Windows Shortcuts <b>24</b> 1:00 Mobile Devices</p>	
<p>1:00 Beginning Computer II <b>27</b> 3:00 Internet/Email</p>	<p>8:30 Power Walking Class <b>28</b> 1:00- 2:00 Group Piano Lesson Demo 1:00 Date w/ History 4:00 Brain Games</p>	<p>9:30 Intermediate Ceramics <b>29</b></p>	<p>8:00 Hike at Mill Ridge <b>30</b> 8:30 Power Walking Class 11:30 One on One (Tablet) With Amara Carberry 4:30 Cookout with Modern Woodmen 6:00 Line Dance Party</p>	<p>12:30 Windows 10 <b>31</b></p>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Hand and Foot Conasta 1:00 High Flyers Bowling Holiday Lanes 1:00 Musical Voices 2:00 Challenge Square Dance 3:30 Line Dance with Martha Davenport 5:30 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club	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 Needle and Fiber Arts 1:00 Silver Sneakers® Yoga 4:30 Let's Dance Line Dance 5:30 Scrabble Group 6:00 Mexican Train Dominoes	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 10:00 Bible Study 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting on break until Aug. 26 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 9:30 German Conversation 1:00 Rook 1:00Ballroom Dancing 1:00 Golden Strikers Bowling @ Holiday Lanes 2:00 Open Computer Lab 3:00 Conductorcise® Plus 4:00 Brain-A-Cise	7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong 3:45 Friday Ballroom Dance Lessons

# Healthy Living

## Aging without Fear Group

July 2, 6-7pm

Special guest speaker Kim Sells, MSN, Associate Professor ETSU School of Nursing will present: Dealing with Loneliness. As we get older loneliness can be a problem. People live alone, may have lack of close family ties or families are busy and seniors can be lonely. We will talk about loneliness and ways to deal with loneliness. July 16 from 6-7pm Aging without Fear Support Group will meet. We will talk about how people cope with aging. We will laugh and tell stories. Come share what you have learned along the way.

## THE READYS!

July 7, 1-2:30pm • Cost: Free

Lisa Beedle from Broadmore Senior Living. Emergency Preparedness Training for People with Access and Functional Needs.

### Who should attend the training?

People who have: Mobility Impairments, Visual impairments, Medical Conditions, No transportation, Hearing Impairments, Aged to their senior years, Developmental Disabilities, Personal Care assistants, School Aged Children

### What will you learn?

How to: Be aware, Plan, Prepare, and

connect with the community.

**Will you receive anything at the training?**  
Light refreshments, Readys Student Workbook, a Ready Bag, and Door Prizes.

### Who and what should I bring training?

Participants should bring a family member, caregiver, close friend, or other person who cares about you. You should bring important information about yourself to complete your emergency plan. This includes personal identification, emergency contacts, medication lists, doctors, insurance information, etc. Call 423-434-6237 to sign up.

## Pelvic Disorders

July 10 from 11-noon

Keith Huffaker, MD with ETSU Quillen Physicians will present: Approximately 30-40% of women develop pelvic floor disorder in their lifetime, but many do not seek help. Pelvic floor disorders include: Bladder Dysfunction, Bowel Dysfunction, Pelvic Organ Prolapse (when the organs of the pelvis fall out of place) which leads to pelvic pain, urinary incontinence, and sexual dysfunction. There are treatments to help women take care of these problems, get help for the pain and discomfort of pelvic floor disorders. Come have an ice cream while you learn! Call to reserve your seat.

## What's New in Hip Surgery?

July 10, 1-2 pm

Holly Polson, MD Orthopedic Surgeon will present: There is a new type of hip surgery called Anterior Approach Repair. What is so great about this type of surgery? There is less pain, faster recovery, fewer restrictions, and improved mobility. Come learn about this greatly improved surgery. Call to reserve a seat.

## Save Yourself from the Average American Lifestyle

July 14, 1-2pm

Connie Pennington, MD will present: With so many Americans having high blood pressure, heart disease and diabetes, can our lifestyle really be causing all these diseases and problems? We will learn how to have a healthy lifestyle that will help you live better and longer.

## Healthy Living

July 8, 10:30-noon

Joni Hill, BSN from Blue Cross/ Blue Shield will be in the Gathering Room to share information about your health concerns. Stop by after your class or before lunch and have a talk. This is for health information only. No insurance is being sold. No appointment needed.



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# Dance & Special Events

## Line Dance

with Martha Davenport

Mondays at 3:30 p.m.

\$6 per week or Silver Sneakers® discount

This class is for those who have completed Absolute Beginner Line Dance and are ready for more challenging steps and dances. Have fun, challenge your brain and body, and burn some calories.

## Advanced Line Dance (Dandy Line Dancers)

Mondays at 5:30pm

Cost: Pay instructor

This class is for advanced line dancers. The group practices and performs at the Center and in the community.

## Let's Dance Line Dance

Tuesdays from 4:30-5:30 p.m.

\$2.00 per session

Instructor: Debbie Bailey

Debbie's mission is to encourage people to enjoy dance, to learn simple dance steps & to move to the beat of the music. She has taught classes previously and will provide

some instruction. Line dance experience is not required. Beginners to Advanced are welcome to participate. Questions Call Kamela 434-6233

## Ballroom Dance Lessons

Wed 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.

## 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.

## Summer Cookout

Thursday July 30, 4:30 pm • Cost \$5

Join us for a free cookout with hamburgers and all the sides. Enjoy music and line dancing with Martha Davenport (\$3) from 6-8pm.

## Friday Night Dance

Dance from 7-10 pm to a live band. Bring a snack to share during the break; chips/dip, fruit, vegetable tray, crackers/cheese, finger sandwiches, cookies etc. Price is \$5 if registered and paid by noon on the day of the dance \$7 at the door.

*For special dances, the ticket price is slightly higher and will be advertised as such. Silver Sneakers discount only applies to those who prepay.*

### August 7 Special Event Dance

Sweet Summer Nights with Kids Our Age which is also a fundraiser to support the Johnson City Senior Center Holiday Food Box outreach.

### August 21 Limited Edition

September 18 Jerry Pierce

October 2 Kids Our Age

October 16 Special Event Dance

Sway into Pink Breast Cancer Awareness

Dance featuring Patty Quarles

November 6 Johnson City Senior Center

Foundation Christmas Box Outreach

December 4 Jerry Pierce

December 18 Special Event Dance

Christmas Dance

## 2015 Line Dance Parties

Martha Davenport will lead the dances and set the tone for a fun evening!

Time: 6:00 p.m.-8:00 p.m.

Cost is \$3 per person

July 30, 2015 Arrive early at 4:30 and enjoy a grilled hamburger with all the sides. Go ahead and enjoy dessert cause you can dance it all away with Martha and the line dancers! Dance & food for just \$5!

August 28, 2015

September 25, 2015

Enjoy apple pies and other fall treats and dance the night away!

November 13, 2015

Thankful Dance. Bring a canned food to donate to Second Harvest Food Bank to increase your chances of winning some amazing prizes.

December 11, 2015

Bring a savory or sweet dish to share as we celebrate the holidays. Drinks will be provided by the Center.



German Spring Ball

# Arts/Crafts/Performing Arts

## Amateur Photography Club

The club meets the first Monday of each month 1-3pm. Come and join us! Photo themes: July-Birds, August-A Day in the Life of a Town, Sept.-Morning

## Is learning to play the piano on your bucket list?

Then, you won't want to miss our group piano lesson demos on Tuesday, July 21st from 11:00am-Noon or Tuesday, July 28th from 1:00pm-2:00pm. We are planning to offer these classes starting in August. So, come and learn more about this new opportunity to learn to play the piano in a group setting and meet the instructor, Laurie Dlugos. Demos will be Free.

## Heart Strings

Tuesdays 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.

## Senior Chorale

This group will not meet over the summer and will return in September.

Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required.

*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

New Day and New Time:  
Thursdays at 3:00pm

Cost: \$2 (Free for Silver Sneakers)

Try this new way to move and increase your activity. This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthening.

## Needle and Fiber Arts

Instructor: Jane Dresser

Tuesdays at 1:00pm • Cost: 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.

## Intermediate Ceramics

Wednesdays at 9:30am-Noon

Cost: \$15 per session

Learn more advanced techniques of clay hand-building with ceramics instructor, Sarah Dorr. Also, learn new glazing and coloring techniques in this class. Prior clay hand-building experience needed for this class.

## Acrylics

Wednesdays 12:30pm • Cost: \$10

This class is on break and will resume on August 26. In the meantime, walk down the hall outside the classrooms to

check out some of the art the members of this group have created.

## Knitting

Wednesdays at 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.

## Coming in August

### Woodburning class

Sharon Chase will be offering a woodburning class August 18th. Things you will need for the class: woodburner with tips, griphate paper, tracing paper, pencil and eraser and nail file. The instructor will supply project material. Cost of the program will be \$35 for a 3 hour session.

### Photo Contest

Start taking those summer photos for our contest in August. You can start turning your summer photos in to the front desk on Monday, August 3rd through Wednesday, August 12th. Voting for your favorite photos will occur from Monday, August 17th through Friday, August 28th. Prizes will be awarded.



Great Photo display by the Amateur Photography Club!

# Games

## Hand and Foot Canasta

**Mondays at 1:00pm and**

**Fridays at 5pm • 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. If you don't know how to play, they can teach you!

## Ladies Monday Night Bridge Club

**Mondays • 6:00pm • Free**

Join the ladies of the senior center for a fun evening of bridge!

## BINGO

BINGO will now only be on the following dates at **9:00am: May 19th, August 18th, and November 17th**

## 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.

## 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 • Free**

often called simply "Trains", is becoming extremely popular and 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.

## Pinochle

**Wed at 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.

## 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!

## Brain-A-Cise

**Thur • 4:00pm-5:00pm**

**Cost: Free**

Your brain needs activity too. Join us for an hour of stimulating activities to make you think and get those brain cells moving.

## 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.

## Ace of Clubs Duplicate Bridge

**Fridays • 12:30pm • Free**

If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun!

## Mahjong

**Fridays 1pm**

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. If you know how to play or would like to learn, come join us!



## Agape Nursing & Rehabilitation Center

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

***We Welcome Our New Administrator Mandy Rocker!***

### 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

***Visit our website for a full listing of our on-site services.***



***www.agapenrc.com***

**505 North Roan Street  
Johnson City  
423.975.2000**

*Locally Owned Christian Based Facility*

## Brain Games!

It's that time again to choose and prepare our team for the local Brain Games competition to be held at Elizabethton Senior Center on August 25<sup>th</sup>.

Join us on Tuesdays at 4:00pm starting June 30<sup>th</sup> to find our sharpest minds for the competition. We will take two weeks of Jeopardy like competition to determine our team members and then have 6 weeks to train for the event. We came in second last year and would like to take 1<sup>st</sup> this year. The winner of the local competition goes to the regional event and that winner goes to state. Cost: Free

# 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 and Wednesday**  
**9:30am • Cost: Free**  
**Instructor: Sue Pentz.** 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.

## Conductorcise® Plus

**New Day and New Time**  
**Thursdays at 3:00pm • Cost: \$2**  
 Try this new way to move and increase your activity. This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthening.

## Keep It Moving

A new supervised exercise program for individuals who have finished Cardiac Rehab, Physical Therapy or been told by your physician that you need to exercise but don't know how. This program serves as the next step in your progression in establishing a safe, independent exercise program. This program requires a referral from a medical professional. This is an ideal program for the individual who is facing total joint replacement both before surgery and after finishing post-surgical physical therapy. Please contact Deb Fogle at 434-6231 for more information.

## Catch the Wave to Improved Health

A fun new series to improve your cardiovascular system, strength and overall function.  
 Tuesday and Thursday at 8:30am  
 Cost: \$1 per class  
 Instructor: Deb Fogle  
 Try out these new exercise programs during the summer months:

## Circuit and More

July 7th, July 9th, July 14th, and July 16th (Includes circuit training, Cardio and interval)

## Power Walking

July 28th, July 30th, Aug 4th, and Aug 6th (Lace up your walking shoes for a conditioning walk inside)

## Active-Living Pump

Aug 11th, Aug 13th, Aug 18th, and Aug 20th (High level fitness program incorporating functional movements)

## Join Us for the Catch the Wave Beach Party

July 2nd from 9:30am-10:30am  
 Help us to kick off our new series of exercise classes. There will be beach volleyball, Limbo and other types of beach activities plus a demo of the new catch the wave series classes. Light refreshments will be served. Please register. Cost: Free

*\*No Cost to Silver Sneakers members.*

**Silver Sneakers Members - Want a fun way to increase your activity this summer? Then join Deb for the Silver Sneakers Classic® on Mondays and Wednesdays at 10:00am.**

## Walkers and Talkers

**Read All Details in Hall  
 Across From Billiards Room**

**Tuesday, July 7**

**Leave Center by Bus 9:15am  
 Return Approx. 2pm**

## Tom Gray Trail at Roan Mountain

Meander through the woods on this easy 2 mile trail. We'll enjoy a lively creek and shade along the way. We'll talk about history and ecology. See more details in hall across from billiards room.

**Tuesday, July 21**

**Leave Center by Bus 9:15am  
 Return Approx. 1:30pm**

## Watauga and Wilbur Dam

Gorgeous scenery awaits you in this area. We will start at the overlook & walk down a moderate hill which is paved. We will be in total shade & will see Watauga Lake from up high. An adventure awaits you here. Walk is approximately 2 miles. Details in hall across from billiards room.

## Senior Center

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

**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 at MPCC**  
 Featuring Michael Lester, M.A. Board Certified Grief Counselor

## Bible Study Opportunities

**Wed at 10:00am • Thur at 8:00am**  
 (Breakfast by donation)

## As the Page Turns

**Attention All Readers:** We are working on the book club and would like your suggestions; looking at new books to read, selections in advance and more.

If you like reading a variety of books and meeting new people, join us the first Thursday of each month at 10am. You are not required to join in the discussion or answer questions if you do not wish to.  
 July: *The Immortal Life of Henrietta Lacks* by *Rebecca Skloot*  
 August: *The Book Thief* by *Marcus Zusak* (Books Provided)  
**July meeting will be July 9th at 10am**

## Washington County S.A.L.T. Council

**Meets first Thursday of month 2:00pm at MPCC**  
**July No Meeting.**

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

**2<sup>nd</sup> and 4<sup>th</sup> 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

**3<sup>rd</sup> Saturday of each month**

## Medicare Counseling

**July 16 2:00-6:00pm**  
 Need help navigating the world of Medicare? Have questions or concerns? Want to know more about your benefits under Medicare? New to Medicare? Make an appointment and speak one-on-one with a trained volunteer. Call 423-434-6237 to make an appointment.