

Senior Lifestyles

Volume XXX No. 18

June 2015

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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 - 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. That's 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. You may also drop a comment card into the locked donation box at the Senior Services coffee bar.



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 Homestead Trail

Thursday, June 11th at 8:00 AM

Cost: \$3.00 • Challenging level

Meet at Center

Bring your own lunch

Reservation Deadline: June 10th

Hip Hikers to Lewis Fork

Thursday, June 18th at 8:00 AM

Cost: Free • Challenging level

(Carpool Event)

Meet at Center

Transportation provided

Bring your own lunch

Reservation Deadline: June 17th

Hip Hikers to Wilson Creek

Thursday, June 25th at 8:00 AM

Cost: Free • Challenging level

(Carpool Event)

Meet at Center

Transportation provided

Bring your own lunch

Reservation Deadline: June 24th

Questions?

Contact Mike@ 434-6223



Hikers Helen Bowers and Jerry Walls enjoying a day on the Laurel River Valley Trail.



Lifelong Learning

Raising Backyard Chickens 101

Monday, June 15th at 11am

Learn about the definition of organic chickens, preparing your property, raising chickens from chicks, building a safe enclosure (from predators, weather), basic food, supplements, health, pathogen/parasite protection, brooding, molting, breaking eggs and other habits, free range vs pasturing and more! Please pre-register, free.

Living in Japan

Friday, June 19th at 11am

Come and hear the experiences and culture shock that Jesse Shelton and his wife had while living in Japan. The Shelton's recently returned from their post teaching English in rural Tokushima, Japan. They were the only English speakers around and didn't know what they were doing most of the time. Come hear about their mishaps, unusual travel experiences, and life living abroad! Please pre-register, Free. Looking for a language instructor, please contact Amy if interested of if you know someone that may be.

German Conversation Group

Thursdays, at 9:30

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

Brain Games

August 25th • Cost: Free

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 25th. Join us on Tuesdays at 4:00pm starting June 30th 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 1st this year. The winner of the local competition goes to the regional event and that winner goes to state.

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 date is June 23 at 1 pm.



Students from ETSU that are in Dr. Raluca Negrisanu's 3rd-Year course entitled GERM3141: GERMAN CONVERSATION & COMPOSITION II came to the German Club in April. They conversed in German with the club and did interviews as part of a class project.



Colonial Hill Retirement Center

Gracious Retirement Living

- A variety of cultural & social activities
- Studio, one-bedroom, two-bedroom & luxury two-bedroom apartments
- Support services for extra care as needed
- No entry fee
- Monthly rent



3207 Bristol Highway
Johnson City

423-282-6903

www.colonialhillrc.com

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.

Brights Zoo

Wednesday June 10 bus departs at 8:30 a.m.

Cost: \$23 (transportation and admission fee); limited to the first 14 people

Join us for a trip to the zoo, Brights Zoo is a local conservator of exotic animals. We will participate in a guided tour which will provide an up close and educational view of the zoo and conservation efforts. Lunch is on your own at the zoo's concession stand or pack your own lunch. Please fill out a menu form when paying for your outing. Last day to register is June 3.

Dinner on the lake with Dixie Diner's

Friday, June 12 at 5:00 pm

Dixie Diner's will meet at The Captain's Table for an evening with good friends and great views. The Captain's Table serves many dishes other than their famous seafood. They also serve burgers and pasta to name a few. The Captain's Table is located at 2340 Highway 321 in Hampton on the left. Just a short distance from Elizabethton. Please sign up by June 5.

Sold Out

TN Riverboat Luncheon Cruise

Thursday, June 18th • Cost: \$32.00

Leave MPCC at 9am

This covers your transportation, boat cruise and lunch. Enjoy a beautiful day outside with your friends and enjoy a great lunch while cruising the river in Knoxville! Limited seating, no refunds.

USO Show at JRT

Saturday June 27, bus departs at 1:00 sharp

Cost: \$11

Travel Corner

Have you made your fall travel plans yet?

The Senior Center is offering two great motorcoach tours you don't want to miss!

On September 30, board the bus for a fabulous tour of Boston. Your 6-night adventure includes a guided tour of Boston, JFK Library, America's Oldest Seaport of Gloucester, Faneuil Hall Marketplace, Salem, and more! Please make a deposit by June 5 so we know how many to anticipate traveling in our group. Final payment is due by July 25. Your cost of only \$600 pp/do includes 6 nights lodging, 10 meals, guided tours and transportation.

Plans have been finalized for the annual trip to New York City. Bus will depart on Thursday, November 12. Trip will include a visit to the 9-11 Museum, guided tours, and all the excitement of the Big Apple! Cost will be \$605 pp/do.



Panama Canal

Lifelong Sports

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

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.

Shuffleboard

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.

Pickleball Health Benefits:

Boosts Mood & Mental Health

Pickleball is loads of fun and, in turn, it can be good for your health. Numerous organizations tout pickleball's fun factor, including the USA Pickleball Association, the AARP and others. The elevated mood you receive from pickleball and other regular exercise has several benefits, MayoClinic.com notes. The brain chemicals you stimulate during exercise can make you more relaxed and happier, and stave off depression. Your self-esteem and confidence also get a boost, as you'll look and feel better than you would had your only fun been sitting on a couch watching TV.

Burns Calories, Maintains Weight

Moving around the court in pickleball also burns calories, which can help control your weight. Since pickleball is a hybrid between tennis and badminton, you can estimate its calorie burning potential for one hour worth of play. Playing an hour of tennis burns off about 500 calories for a 150-lb. person, while that same person burns off about 320 calories during an hour of badminton, Diet and Fitness Today reports. Put pickleball somewhere in the middle.

Low Impact, Low Risk

Although you're burning calories and boosting your mood, you are not putting yourself --- or your joints --- at high risk, according to Pickleball Canada. The Wiffle ball is fairly slow-moving and much lighter than its tennis ball cousin or its racquetball distant cousin. Even if you do get hit with it, you won't suffer the same severity of injury of a denser and faster ball. The courts are also about half the size of a tennis court, which means less running around than tennis, another factor that keeps the intensity low.

Other Health Benefits

Pickleball specifically works on your balance and agility while it also offers the same benefits of other regular exercise. These include reducing your risk of heart attack and chronic disease, toning your muscles and increasing your energy. Regular exercise can also make you sleep better and even improve your sex life.



Christian Care Center of Johnson City

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Quality Care and a Better Way of Life for Your Loved One

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- Social Services Staff
- Physical, Speech and Occupational Therapy Services
- Restorative Program
- Outpatient Rehabilitation Services
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Hospice Services



www.cccofjohnsoncity.com

140 Technology Lane • Johnson City, TN • 423-434-2016

Computers

Beginning Computers

Instructor: Sandy Osgood
Mondays June 1 and 8
1:00-2:30 • Cost:\$10.00

This is a class for learning to use and get around in the computer, saving files, using the internet, using email and much more. Bring your questions and I will be glad to address them. Please preregister

Computer Maintenance

Instructor: Sandy Osgood
Mondays, June 1 and 8
3:00-4:30pm • Cost:\$10.00

This class teaches you how to keep your computer running fast. Delete unwanted programs, use digital cameras, organize / deleting and naming files.

One on One Computer Instruction

(Must Pre-Register!)
Instructor: Amara Carberry
Thursdays, June 4, 18 and 25
11:00-12:30 • Cost: \$15.00

If you would like additional one on one time with an instructor, please call Amy at 434-6229.

Word I- Instructor: Jim Foote

Friday, June 5 at 12:30
Cost: \$8.00

This class will introduce the basics of Microsoft Word. Students use the basic tools of this program to create documents. (Beginner) can bring own laptop. Please pre-register

Word II

Instructor: Jim Foote
Friday June 12 at 12:30
Cost: \$ 8.00

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 I or equivalent word experience required. (Intermediate) Please register.

Internet, Browsers & E-Mail

Instructor: Sandy Osgood
Mondays, June 15 and June 22
1:00-2:30pm • Cost: \$10.00

This is a class for learning to use and get around using the internet and E-Mail. Bring your lap top computer Please preregister.

Internet, Browsers and E-Mail II

Instructor: Sandy Osgood
Mondays, June 15 and 22
3:00-4:30pm • Cost: \$10.00

Learn the all the tools of the Browser (Internet Explorer). This class teaches you how to attach and send files, pictures in your e-mail. Please preregister

Excel I

Instructor: Jim Foote
Friday, June 19 at 12:30 • Cost: \$8.00

This class will introduce the basics of the Excel spread sheet. Students will design forms which can be used to keep track of information. (Beginner) can bring own laptop. Please pre-register.

Excel II

Instructor: Jim Foote
Friday, June 25 at 12:30
Cost: \$ 8.00

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.

Volunteers

The monthly volunteer meeting will be on **Monday, June 1 at 10:00am**

The guest speaker will be Rebecca Hennessee, President of the Johnson City Senior Center Foundation. The JCSC Foundation provides vital funding throughout the year for Senior Services. We encourage everyone to attend and find out how to be involved in the upcoming Foundation events.

Money You Never Knew You Had!



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

If you have reached age 70, please contact a member of our team for a free, no obligation life insurance evaluation.



423-534-9890 www.monarchlifeselements.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
10:00 Volunteer Mtg 1:00 Amateur Photography Club 1:00 Beginning Computer 3:00 Computer Maintenance	1	9:15 Walkers and Talkers 10:00 Meal In A Glass/ Delicious Smoothies 1:00 Mt Dulcimer	2	9:30 Intermediate Ceramics 11:00 Low Vision Program	3	10:00 As the Page Turns 11:00 One on One Computer Instruction with Amara 6:00 Aging Without Fear	4	12:30 Word 7:00 Friday Night Dance	5
1:00 Beginning Computer 3:00 Computer Maintenance	8	9:00 Celebrate Life Day! Program and Lunch 10:00 Beyond the Basic Oil Course 1:00 Mt Dulcimer	9	8:30 Brights Zoo Outing 9:30 Intermediate Ceramics	10	8:00 Hike at Homestead Trail 10:00 Writer's Circle 2:00-6:00 Medicare Counseling By appointment	11	9:00 Senior Crime Prevention Academy 12:30 Word II 5:00 Dixie Diners to Captain's Table--Hampton	12
11:00 Raising Backyard Chickens 101 1:00 Internet/Browsers Email 3:00 Internet/Browsers Email II	15	9:15 Walkers and Talkers 10:00 Beyond the Basic Oil Course 1:00 Mt Dulcimer	16	9:30 Intermediate Ceramics	17	8:00 Hike at Lewis Fork 9:00 TN Riverboat Cruise/Lunch—SOLD OUT 11:00 One on One Computer Instruction with Amara 6:00 Ladies Night Out 6:00 Aging Without Fear	18	11:00 Living in Japan 12:30 Excel I 2:00 Sundae on Friday Ice Cream Social 7:00 Friday Night Dance	19
1:00 Internet/Browsers/Email 3:00 Internet/Browsers/Email II	22	10:00 Skin Cancer 1:00 Mt Dulcimer 1:00 Date with History	23	9:30 Intermediate Ceramics	24	8:00 Hike at Wilson Creek 10:00 Writer's Circle 11:00 One on One Computer Instruction with Amara 1:00 Paper Quilling 1:00 Glaucoma and You	25	12:30 Excel II 6:00 Line Dance Party	26
	29	10:00 Beyond the Basic Oil Course 1:00 Mt Dulcimer 1:00 Date with History 4:00 Brain Games	30	 <p>THE COURTYARDS SENIOR LIVING <i>A different kind of Assisted Living</i> <i>different care</i></p> <ul style="list-style-type: none"> • Eden Philosophy of Care • Best Resident / Staff ratio in Industry • Specialized Training • Caring Team Members <p>www.courtyardseniorliving.com</p> <p>Schedule your personal tour at our beautiful Johnson City home: 423-967-4431 Visit & Like our Facebook page to see what life is like at The Courtyards.</p> <p><i>different buildings</i></p> <ul style="list-style-type: none"> • Real Home Environment • Small Buildings • Dedicated Memory Care Buildings • Secured Buildings <p>Facebook</p>					



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 9:30 Table Tennis 9:30 Love Handles 10:00 Shuffleboard 10:00 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis (Class canceled until June 22) 12:00 Qi Gong(Class canceled until June 22) 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 8:00 Blood Pressure Screenings 9:30 Zumba Gold 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 10:15 Flexibility and Balance 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 5:30 Scrabble Group 6:00 Mexican Train Dominos</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(Class canceled until June 22) 12:00 Qi Gong(Class canceled until June 22) 12:30 Acrylics Painting 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men’s Bible Study 8:00 Blood Pressure Screenings 8:30 Silver Sneakers® Yoga 9:30 Zumba Gold 9:30 German Conversation 10:15 Flexibility and Balance Noon Women’s Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @Holiday Lanes 3:00 Conductorcis® Plus 3:00 Senior Chorale (off for summer—Will resume in September) 4:00 Brain-A-Cise 6:00 WERQ Class</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 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 12:30 Ace of Clubs Duplicate Bridge 1:00 Mahjong 1:00 Open Craft Time 3:30 Friday Ballroom Dance Lessons</p>

Healthy Living

Meal in a Glass / Delicious Smoothies

June 2, 2015 10:00am - 11:00am

Cost: \$2.00

Summer is coming and when it is too hot to cook, a cool, tasty, nutritious smoothie will hit the spot! Bonnie Hannah will show us just how to make these tasty treats! Call 423-434-6235 with questions. Please pre-register for the class so that we can plan portions appropriately.

Low Vision Program

June 3, 2015 11:00 am to Noon

Cost: Free

Have you or a family member been told by a doctor, they cannot do any more for your vision problems and you will have to live with very poor or lost eyesight? Come learn what equipment and/or devices that are available which can improve your quality of life. Laura Auker, Low Vision Therapist with Family EyeCare Center will present this class. Call the front desk or Patty at 423-434-6235 to reserve your spot.

Aging without Fear Support Group

NEW TIME 6:00pm

First and Third Thursdays each month
(June 4 and 18) at 6:00-7:00pm

New members are welcome. We are a group of seniors ages 62-92 that meets to discuss common concerns of aging. Would you like to know about improving your mind, exercise health, maintaining connections with others, how to find reliable legal & medical help, find enjoyable and meaningful activities, learn how to modify your home due to aging, reduce your stress and anxiety, learn about Alzheimer's Disease, finances, improve your emotional health, deal with loss of significant other, deal with loneliness, talk about aging in America, talk about finding meaning and purpose in life? We will have speakers on these topics and if there is something you would like to talk about, let us know.

Celebrate Life Day!

June 9 from 9am to 1pm

June is Cancer Survivor Month and in honor of this special occasion, we are having a big celebration! We are inviting cancer survivors and their caregivers to come join us.

Come celebrate the courage and strength of being a cancer survivor and hear stories of a meaningful, exciting, joy-filled life!

There will be laughter and tears, shouts of joy, moments of quiet reflection, hope for the future and strength for tomorrow. You have fought your battle and won! Where do you go from there?

Kevin Blake, RN will help you navigate what to do, where to go to take care of yourself after your cancer experience.

Amy Belcher, RN who has been a caretaker to family members will share her moving and funny thoughts about being a caretaker.

Kristen Colson, Master Art Therapists with Mountain States Health Alliance will help us do a beautiful and meaningful display of art.

Georgita Washington, RN will share her own personal journey with cancer and the lessons she learned along the way.

There will be a beautiful, thoughtful and inspiring art exhibit that cancer survivors, family members and caretakers have done.

Come share your story and celebrate the wonderful person you are! There will be prizes and good surprises! Lunch is free and sponsored by Amedysis Home Health, Home Instead Senior Care, Amedysis Hospice and Brookdale Johnson City. A special Thank You to Lilly Oncology Canvas. You

must reserve a seat. This is limited to 65 people.

Call Patty at 423-434-6235.

Skin Cancer

June 23, 2015 10:00-11:00 a.m.

Cost: Free

Tamara McKenzie, MD will present this talk. Do you wonder about spots on your body? Could they be something serious? Come learn what a normal spot is or is not? Dr. McKenzie can check spots that you are concerned about after class. Call Patty 423-434-6235 or the front desk to register.

Glaucoma and YOU!

June 25, 2015 1:00-2:00pm

Donny Reeves, MD is presenting this class. Glaucoma is an eye condition that can lead to blindness if left untreated. Learn what it is, how it's treated and how to be screened for this eye condition. Call Patty at 423-434-6235 for a seat.

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.



Home is still the best place to be.

From a few hours a day to 24 hours, 7 days a week, let our trained, insured, and bonded CAREGivers make the difference between counting the years and living them!

For more information:

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276-669-8040

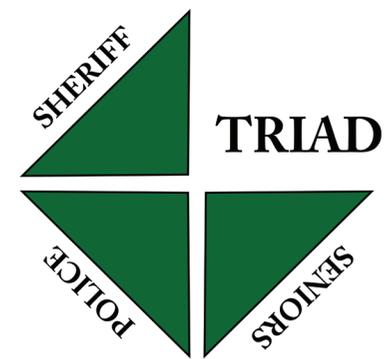
724D W. Center Street
Kingsport, TN
423-247-0116

1156 B Tusculum Blvd
Greeneville, TN
423-638-6375

HELP LINE

If you have concerns about any activity going on in your neighborhood that has the appearance of a scam or criminal activity, you may request an investigation by calling the Help Line at 423-928-9111. This line has been provided by the Johnson City Police Department in cooperation with the Washington County S.A.L.T. Council. Concerns within Johnson City and Washington County may be reported on this line.

REMEMBER: ALL EMERGENCY CALLS MUST BE MADE TO 911! No immediate emergency assistance is provided through the Help Line.



Washington County Seniors and Law Enforcement Together (S.A.L.T.) Council

(No dues required)

Meetings: First Thursday of the month
2:00 p.m. (except July)

Johnson City Senior Center at Memorial Park Community Center
510 Bert Street
Johnson City TN

Come join us and help us make Washington County a safer place for Senior Citizens.

For more information about the S.A.L.T. Council or any of its programs call: 423-741-0227 or 423-722-5120

Northeast Tennessee— Vulnerable Adult Coalition

The public is invited to join this coalition which addresses the issues of abuse of vulnerable adults. The monthly meetings are held on the **first Wednesday of each month** except July and December at Trinity Assembly of God, 617 University Parkway, Johnson City. Call 423-722-5120 for more information.

**The Senior Crime Prevention Academy is FREE.
REGISTRATION REQUIRED
Call 423-434-6237 to register.
Registration Deadline—Tuesday, June 9, 2015**

YOU OR SOMEONE YOU KNOW MAY NEED PROTECTION

At some time in their lives, many adults are not able to provide for their basic daily needs and protect their own interests. Some individuals may be too frail to care for themselves. Others may be young adults with physical or mental impairments that make them dependent on family members or others who are unable or unwilling to look after them. Some live with relatives or friends, and others live alone.

When adults are unable to provide for their own basic needs, or when a family or

others responsible for their care abuse, neglect or exploit them, the Tennessee Department of Human Services' Adult Protection Services can help.

According to the law, **ANY PERSON**—including neighbors, friends, relatives, doctors, dentists, caregivers, agencies' personnel, etc.—who has reasonable cause to suspect an adult has suffered abuse, neglect, or exploitation is required to report it. In addition, individuals who believe they are suffering as a result of neglect, abuse or exploitation should report it.

**TO REPORT ABUSE OR ASK FOR HELP
CONTACT ADULT PROTECTIVE SERVICES TOLL FREE:**

**1-888-APS-TENN or
1-888-277-8366**

**Office Hours
8:00 a.m. to 4:30 p.m.
Monday—Friday**

**After hours calls are returned on the
next business day.**

SENIOR CRIME PREVENTION ACADEMY

Friday, June 12, 2015

9:00 a.m.—12:30 p.m.

**Johnson City Senior Center at Memorial
Park Community Center
510 Bert Street, Johnson City**

Sponsored by:

Washington County S.A.L.T. Council
First Tennessee Area Agency on Aging & Disability
Greystone Health Care
Home Instead Senior Care
Johnson City Senior Center Foundation
The Courtyards Senior Living
Visiting Angels
Walgreens



PROGRAM

- 9:00 a.m. **Breakfast & Registration**
(Music provided by the Johnson City Senior Center Musical Voices)
- 9:30 a.m. **Welcome and Introductions**
Jo Willems, SALT Chairman
Kathy Whitaker, Director, First Tennessee Area Agency on Aging & Disability
Kamela Easlic, Program Development Supervisor, Johnson City Senior Center
- 9:45 a.m. **Active Shooter**
Jerry Stout, Regional Advisor, State of Tennessee, Department of Safety and Homeland Security
- 10:30 a.m. Morning Break
- 10:45 a.m. **Elder Abuse**
Laura Brown, State Long-Term Care Ombudsman, Tennessee Commission on Aging & Disability
- 11:30 a.m. **Scams**
Lt. Scotty Carrier, Johnson City Police Department
- 12:15 p.m. **Door Prizes**
- 12:30 p.m. **Adjournment**

Dance & Special Events

Absolute Beginner Line Dance Class with Martha Davenport

Thurs for six weeks beginning March 5

5:15-7:00pm • Cost \$42

(no refunds after first class)

Learn the basics in this 90 minute class. No prior line dance experience necessary.

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 6:00pm

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 4:00-5:30 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.

Date with History

Sign up now! Starting mid-June, on Tuesdays.

This will be a series with speakers, outings and more. Cost is \$55. Must pre-register by June 12th, any questions call Amy at 434-6229.

Celebrate Life Day!

June 9, 2015 from 9 to 12 noon

All Ages • Cost: Free

This is a day for cancer survivors and caregivers. Each day is a gift and we want to celebrate with you. There will be speakers, an art project, an art display, and free lunch! Speakers will cover what do you do after cancer to care for yourself? A cancer survivor's story/A caregiver's story. Someone will be here to help with questions about insurance. Prizes and good surprises! This event is limited to 65 people. Please call 423-434-6235 or 434-6237 for reservations

Senior Crime Prevention Academy

Memorial Park Community Center

Friday June 12, 2015 from 8:00-12:30

The Washington County S.A.L.T. Council presents its annual Senior Crime Prevention Academy. Learn how to protect yourself and feel safe in your home and community.

Speakers for this event include: Jerry Stout, Regional Advisor, State of Tennessee, Department of Safety and Homeland Security - Presentation on the Active Shooter Laura Brown, State Long-Term Care Ombudsman, Tennessee Commission on Aging and Disability - Presentation on Elder Abuse Lt. Scotty Carrier, Johnson City Police Department - Presentation on Scams

Sundae on Friday Ice Cream Social

Friday June 19, 2:00pm • Cost: \$2

Make your own sundae or cone with lots of tasty toppings. There will be diabetic options also. Register today so to ensure we have enough for everyone! Deadline to register is June 16.

Looking Ahead

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.

June 5 Nostalgia

June 19 Kids Our Age

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

May 29, 2015

June 26, 2015

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.

Arts/Crafts/Performing Arts

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.

Mountain

Dulcimer Classes with Willis Jones

Tuesdays at 1:00pm -2:30pm

8 sessions for \$35.

Class dates will be June 2nd, 9th, 16th, 23rd, 30th, July 2nd, 9th and 16th. Please pre-register and pay.

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 "Art"

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

Ladies Night Out

June 18th at 6:00pm • Cost is \$15

Includes supplies and refreshments

Limited space

Join us for making Nautical Jewelry!

Tonight we will be making a necklace and bracelet in a nautical look for summer. Join us for the fun and fellowship with other ladies. Bring a friend. Please pre-register and pay.

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.

Open Art Studio

Mondays from 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.

Paper Quilling

Thursday, June 25th

1:00pm-3:00pm • Cost: \$3

Instructor: Patrice Wells

Pre-register and pay by Tuesday, June 23rd • (All supplies furnished)

The art of quilling has been around for centuries, so join us in learning this ancient art form from Patrice Wells. Tools and supplies will be provided. Please pre-register and pay. Limited spots available.

Beyond the Basic Oil Course

4 series course starting June 9th

Cost: \$30 for the 4 class series

Class dates will be June 9th, 16th, 30th and July 7th from 10:00am-2:00pm

Instructor: Ed Puhr

Learn to become knowledgeable about the color wheel, the linear perspectives of a good painting, creating an effective composition, the art language of painting, and the application of brush strokes in creating a masterpiece. Tools needed to bring to class: a set of oil paints, brushes, rags, turpentine, and linseed oil. Please pre-register and pay by June 5th.

Amateur Photography Club

First Monday of each month at 1-3pm.

If you are interested in taking photos, would like to improve upon your photos skills, take photo field trips and meet new people, then come check us out! Photo theme: June-Small Wildlife, July-Birds, August-A day in the life of a town The Amateur Photography Club May Photo reception was a huge success. We would like to extend a huge Thank You to this group for sharing such amazing photos on display in the center across from the Computer Lab. If you have not explored the photo gallery, make plans to do so today.

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 25th.

Join us on Tuesdays at 4:00pm starting June 30th 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 1st 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, Wed and Friday
9:30am • Cost: 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.

ZUMBA gold® - For Beginners

**Tuesday and Thursday
9:30-10:15am • Cost: \$2**
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

Tue and Thur • 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.

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.

Wellness Quest

May 27th • Cost: Free
Registration starts at 8:00am-9:00am
This event celebrates National Senior Health and Fitness Day. Join us for this fun filled morning of activity and health information. We will start the day off with the return of Maestro David Dworkin leading us in his Conductorcise® warm-up. You will be given a team placement and each team will participate in a variety of physical and mental challenges. You will also have the opportunity visit our various health fair booths set up in MPCC lobby emphasizing skin care and protection.

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.

**No Cost to Silver Sneakers members.*

Walkers and Talkers

Now Twice Per Month!

Tuesday, June 2

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

Downtown Jonesborough

We will have a 1 hour history tour provided by Heritage Alliance. (Cost is \$5 pay in Jonesborough.) Learn interesting facts about the town that you can still see today! Stroll along the sidewalks of historic Jonesborough. Enjoy the peaceful setting with shops, a creek and a beautiful green space with luscious landscaping. Easy walk, Cost: \$1 for transportation, \$5 for tour.

Tuesday, June 16

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

**Cool off this summer!
Roan Mountain**

See the beautiful Rhododendron Gardens at Roan Mountain. These beautiful gardens sit high up in a Canadian temperate zone and offer a long range mountain view. We will walk 1-2 miles in the deep shade of the forest on a trail which ends offering a spectacular overlook. Easy walk, Cost: \$4. RSVP at front desk.

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

Wednesdays at 10:00am

Thursdays at 8:00am (Breakfast by donation)

As the Page Turns

Monthly Book Club, Meets the first

Thursday of each month at 10:00am

Books provided. If you like to read a variety of books, discuss them and meet new people, come join us! Please register, free.

June: *Little Bee* by Chris Cleve

July: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

August: *The Book Thief* by Markus Zusak

Washington County S.A.L.T. Council

Meets first Thursday of month 2:00pm at MPCC

6-4 No Meeting • 6-12 Senior Crime Prevention Academy • 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

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

Medicare Counseling

June 11 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.