

Senior Lifestyles

Volume XXIX No. 17

May 2015

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Cover Photograph By Willis Jones:
Meigs Falls, Great Smoky Mountains National Park



New Bus Ribbon Cutting

Foundation Board News

The Foundation Board welcomed back former president, Stephanie Dickerson, after an extended absence. Newest member of the Board is Barbara Powell.

A Committee has been formed and is beginning work on fundraisers for the annual Christmas Box campaign. The Committee, chaired by Eva Hunter, will be revealing their exciting plans soon!

Board received a check from Kroger for \$694, thanks to the Kroger Plus Card program. If you haven't already registered the Johnson City Senior Center Foundation for community support from purchases made with your Kroger Card, please consider doing so - every time a registered Kroger key card is scanned, the Foundation benefits!

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.

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for Your
Loved Ones*

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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.

Hip Hikers

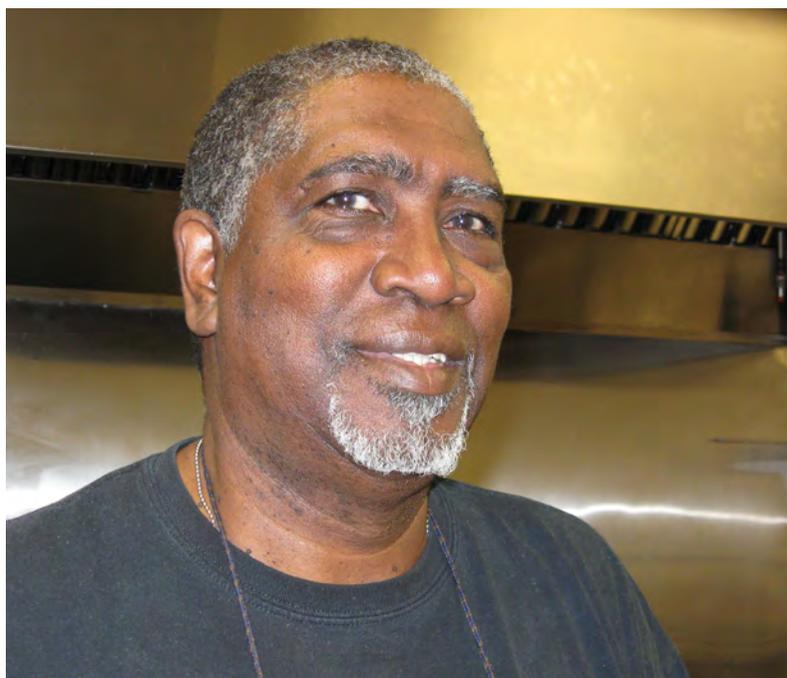
Hip Hikers
Martha Sundquist
Thursday, May 7
8:00am • Cost: \$3.00

Intermediate Level
 Meet at Center
 Bring your own lunch
 Reserve by: May 5

Hip Hikers to
Elk Knob
Thursday, May 14
8:00am • Cost: Free
 Intermediate level

(Carpool)
 Meet at Center
 Bring your own lunch
 Reserve by: May 12

Hip Hikers to
Grayson Highlands
Thursday, May 21
8:00am • Cost: Free
 Challenging level
 (Carpool Event)
 Meet at Center
 Bring your own lunch
 Reserve by: May 19



Have you had lunch with Charles "Buzzy" Love yet?

Meals are served daily at Noon in the MPCC Dining Room through a partnership with the First Tennessee Human Resource Agency. Participants are required to sign up for a meal at least two days in advance in order to be guaranteed a meal. Participants may sign up in the dining room or call Mr. Love at 434-5723 to make a reservation. There is no cost for persons age 60 or older, the spouse of a 60+ or older participant, or a volunteer with the lunch program; a \$2.00 donation is accepted. Persons not meeting the criteria must pay the full meal cost of \$5.81. If you would like to receive the monthly menu by e-mail, please send a request to MPCCSeniorCenter@johnsoncitytn.org.

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Contact us for a tour of our facility.

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Lifelong Learning

German Conversation Group

Thursdays at 9:30

If you would like to brush up on speaking and/or reading skills of German, come and check out the group. Free, please register.

If you are interested in teaching a language class or know of someone that would, be please contact Amy at 434-6229.

TED Talk (Video)

Friday, May 8 at 11:30 am

Please pre-register

In 1998, Vincent Cochetel was kidnapped near Chechnya. For 317 days, he was chained to a bed frame in a cellar and deprived of light. But far from withdrawing from humanitarian work, the experience made him more determined than ever to improve the rights of refugees worldwide.

Tania Luna: How a penny made me feel like a millionaire-As a young child, Tania Luna left her home in post-Chernobyl Ukraine to take asylum in the US. And one day, on the floor of the New York homeless shelter where she and her family lived, she found a penny.

Meet the Author

Monday May 11 at 1 pm

Jim Broman author of "Moon Pool-The True Life Story of a Global Adventurer." Jim has come to see that life is a series of moon pools. He explains this as both an experienced deep-water diver and a man who has sought and found lifelong adventure against the backdrop of some of the most magnificent, exotic locales in the world: North Queensland, Australia (and various other parts of Australia, too); Territory of Papua, New Guinea; Mozambique, Africa; Singapore; Japan and more. Hear the great stories and see photos too of one's great adventures. Please pre-register, free. Chance to win a free autographed book.

Travel Round the World

Tuesday, May 12 at 1pm

Please join Dr. Ron Zucker as we travel to and from some of America's most beautiful National Parks, Yellowstone, Grand Teton, and Glacier. Along the way we to and from we will be stopping by Mt. Rushmore, Devil's Tower, Niagara Falls and much more. Please pre-register, Free.

Using Your Fresh Herbs

Friday, May 15 at 10:30 am

Join Master Gardener Sandee Cook. She will present how to use your herbs in everyday living and cooking. She will be showing and offer tastings

of herb butters, cream cheese, cooking with herbs in desserts, vegetables meats and more. Please pre-register, free.

Simplifying Your Life

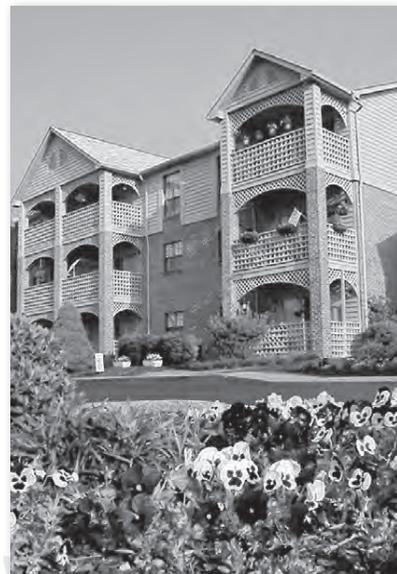
Tuesday, May 19 at 6pm • Cost: Free • Please pre-register

Do you want to simplify your life, pare down, work less, have more fun and be environmentally conscious? Then check out local author Jesse Shelton "Life Without Work; A Guide to Happy, Work-Free Living" as he discusses over 340 specific ways to eliminate work, and to start enjoying life. He covers subjects such as energy and water, food and drink, health and cleaning, transportation, work-eliminating housing retrofits, financial decisions and investments, travel, and how to set up automated incomes. After all this, what we are left with is more free time, less stress, and an environmentally-friendly life.

Spring Cleaning

Spring is here and this year when you do the big Spring clean, don't forget to include your refrigerator. Cleaning your refrigerator and freezer is another way that can help you prevent foodborne illness. Learn more tips on how to properly clean and maintain your fridge. **Source: foodsafety.gov**

*For food safety information, recalls, cross contamination, questions and more check out www.foodsafety.gov



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Outings



The Vintage Baseball Express
Take Me Out To The Ballgame.

Vintage Baseball Game and Train Ride

Saturday, May 16th leave MPCC at 8am from MPCC

Cost: \$ 30.00 (this includes transportation cost, train, and game). No refunds.

Take the Three River Rambler train ride and go see a vintage baseball game. There are snacks on train, you can bring your own lunch or get food at the game. There are several restaurants at the train depot where you can also get food. This is a great day trip, limited seats.

Dixie Diners

Thursday, May 21st at 5:00pm

The Mad Greek at 2010 Franklin Terrace Court
(off State of Franklin)

The Mad Greek has a large menu with many different dishes including salads and soups. Meet us there at 5:00 for our first dinner of the year. Sign up by May 19.

JRT Outing (Father of the Bride)

Friday, May 22

Bus Departs Center at 5:15 sharp • Cost is \$11

We are leaving early to enjoy dinner at The Black Olive before the show. Dinner is on your own.

Father of the Bride - Mr. Banks learns that one of the young men he has seen occasionally about the house is about to become his son-in-law. Daughter Kay announces the engagement out of nowhere. Mrs. Banks and her sons are happy, but Mr. Banks is in a dither. The groom-to-be, Buckley Dunstan, appears on the scene and Mr. Banks realizes that the engagement is serious. Buckley and Kay don't want a "big" wedding—just a simple affair with a few friends! We soon learn, however, that the "few" friends idea is out. Then trouble really begins. The guest list grows larger each day, a caterer is called in, florists, furniture movers and dressmakers take over, and the Banks household is soon caught in turmoil—not to mention growing debt. When Kay, in a fit of temper, calls off the wedding, everyone's patience snaps. But all is set right, and the wedding (despite more last-minute crises) comes off beautifully. In the end, the father of the bride is a happy, proud man, glad that the wedding is over, but knowing too that it was worth all the money and aggravation to start his daughter off so handsomely on the road to married life.

Coming in June:

TN Riverboat Luncheon Cruise

Thursday, June 18th Leave MPCC at 9am • Cost: \$32.00

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.

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!

Boston

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! Deposits are due now, with final payment due by July 25. Your cost of only \$600 pp/do includes 6 nights lodging, 10 meals, guided tours and transportation.

New York City

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.



Bristol Motor Speedway

Lifelong Sports



Pickleball, Monday, Wednesday and Friday at 8am

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.



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Computers

Bloatware

(Why Who How)

Instructor: Jim Pohle

Friday May 1st at 12:00pm

Cost:\$8.00 • Please pre-register

The What, Why, Who & How of Bloatware. What is it? Why do we have it? Who puts it on your computer? How do I deal with it? Setup a New Computer-You got your new computer home, now what? We go through the steps to set it up correctly so you can be safe and productive. We deal with 5 parts: 1. Getting an email account. 2. Getting rid of the “junk,” “trial ware” and “unwanted” programs. 3. Installing desired programs. 4. Downloading programs safely. 5. Ruining all the programs.

Beginning Computers

Instructor: Sandy Osgood

Monday, May 4th & 11th 1:00 to 2:30

Cost:\$10.00 • Please pre-register

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

Computer Maintenance

Instructor: Sandy Osgood

Monday, May 4th & 11th 3:00 to 4:30

Cost:\$10.00 • Please pre-register

This class teaches you how to keep your computer running fast. Delete unwanted programs. I will teach you how to use Digital cameras. learn how to organize your files, delete unwanted files, name your files.

One on One

Instructor: Amara Carberry, Thursday

May 7,14, 28 • 11am-12:30

Cost: \$15.00

Space is limited so sign up now!

Computer Security

Instructor: Jim Pohle

Friday, May 8th at 12:00pm

Cost:\$8.00 • Please pre-register

Details about the 8 steps for keeping safe. 1. Firewall. 2. Anti-Virus. 3. Malware/Spyware. 4. Keeping the computer up-to-date. 5. Be a smart user. 6. Securing your home network through settings. 7. Securing your computer physically. 8. Backup and Image your computer. 6 Necessary Security Types- Overview of the 6 security types. 1. Antivirus. 2. Firewall. 3. Emergency Security. 4. Website Reputation. 5. Password Protection. 6. Social Sites.

7 Critical Things for a New PC

Instructor: Jim Pohle

Friday, May 15th at 12:00pm

Cost: \$8.00 • Please pre-register

What are 7 Critical “Must Do” things for a new PC? 1. Update Windows. 2. Install Another Browser. 3. Antivirus. 4. Clean up the Crap. 5. Install Your Programs. 6. Make an Image. 7. Update Your Drivers. 6 Free Microsoft Security Tools-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.

Beginning Computers II

Instructor: Sandy Osgood

Monday, May 18th & 26th 1:00 to 2:30

Cost:\$10.00 • Please pre-register

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

Internet and email

Instructor: Sandy Osgood

Monday, May 18th &

Tuesday 26th 3:00 to 4:30

Cost:\$10.00 • Please pre-register

Learn to surf the internet and shop or

order from the internet.

Email: attaching pictures and files to your email.

Remove Viruses

Instructor: Jim Pohle

Friday, May 22nd at 12:00pm

Cost:\$8.00 • Please pre-register

It is a basic 5 step approach to removing viruses. This is a good general overview. 1. Firewall. 2. Antivirus and Regular Scans. 3. Anti Malware/Spyware. 4. External Scans. 5. Backup Plan. 5 Ways Hackers Attack-There are 5 common ways hackers attack. How to recognize them and protect your computer from them: 1. Phishing Scams. 2. Trojan Horse. 3. Drive-by Downloads. 4. Bypassing Passwords. 5. Using Open Wi-Fi.

Tools to Remove Malware

Instructor: Jim Pohle

Friday May 29th at 12:00pm

Cost:\$8.00 • Please pre-register

You know you have Malware now, how do you get rid of it? We go through the main two different options you have. 1. Online Scanning. 2. Self-contained, Self-booting System Scanner. 5 Signs Your Computer is Dying-There are 5 areas you will need to be sensitive to in order to have an early warning about your computer failing. They all will result in poor performance. 1. Software Glitches. 2. Hardware Glitches. 3. Noisy Hard Drive. 4. System Fan Noise. 5. Boot Failures.

Open computer Lab

Tuesdays 10am-noon

Mobile Devices

Friday, May 29th 1-2:30pm

Free walk in help

If you are in need of more one on one instruction please call Amy at 434-6229, we will get you set up.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12:00 Bloatware / Setting up Your Computer 7:00 Friday Night Dance 1
10:00 Volunteer Meeting 4 1:00 Amateur Photography Club 1:00 Beginning Computer 3:00 Computer Maintenance 5:30 Alexander Technique	9:15 Walkers & Talkers to Phipps Bend 5 4:00 Legal Aid	9:30 Intermediate Ceramics 6 11:00 Staying Young the Next 100 Years	8:00 Hip Hikers to Martha Sundquist Trail 7 10:00 As the Page Turns 11:00 One on One Noon JCSC Foundation Meeting 2:00 S.A.L.T. Meeting 5:00 Aging Without Fear Support Group 6:00 Amateur Photography Reception	11:30 TED TALKS 8 12:00 Computer Security 6:30 Murder Mystery Dinner Theater
10:30 Walk with Ease 11 1:00 Meet the Author 1:00 Beginning Computer 3:00 Computer Maintenance 5:30 Alexander Technique	1:00 Travel Round the World 12 11:00 From the Ground Up: 5 Steps for Cultivating an Exceptional Home Care Experience 1:30 Powerful Tools for Caregivers	9:30 Intermediate Ceramics 13 9:30-12:30 Second Time Around Series 10:30 Walk with Ease 11:00 Sneezing and Breathing/Talk on Allergies and Asthma	8:00 Hip Hikers to Elk Knob 14 10:00 Writer's Circle 11:00 One on One	10:30 Using Your Fresh Herbs 15 10:30 Walk with Ease 12:00 Seven Critical Things for New PC 7:00 Friday Night Dance Saturday May 16 8:00am Vintage Baseball Game/Train Ride 10:00 WVAL Meeting
10:30 Walk with Ease 18 11:00 What's New in Hip Surgery? 1:00 Beginning Computers II 3:00 Internet/Email	9:00 BINGO 19 9:15 Walkers and Talkers to Kingsport Greenbelt 11:00 What Does a Healthy Heart Diet Look Like? 1:30 Powerful Tools for Caregivers 6:00 Simplifying Your Life	9:30 Intermediate Ceramics 20 10:30 Walk with Ease 4:00 Senior Center Advisory Council Meeting	8:00 Hip Hikers to Grayson Highlands 21 5:00 Aging Without Fear Support Group 5:00 Dixie Diners to The Mad Greek	10:30 Walk with Ease 22 12:00 Remove Viruses 5:15 JRT Outing Dinner and Father of the Bride
Center Closed for Memorial Day 25	1:30 Powerful Tools for Caregivers 26	National Senior Health and Fitness Day Event – Wellness Quest/Skin Care Fair 27 9:30 Intermediate Ceramics	10:00 Writer's Circle 28 11:00 One on One	10:30 Walk with Ease 29 12:00 Tools to Remove Maleware 1:00 Mobile Devices



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 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 8:00 Blood Pressure Screenings 8:45 Arthritis Exercise 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 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>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:00 Blood Pressure Screenings 8:30 Silver Sneakers® Yoga 8:45 Arthritis Exercise 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 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 5:00 Hand and Foot Canasta</p>

Healthy Living

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.

Staying Young the Next 100 Years May 6 from 11am to 12pm

Ages: All Ages • Cost: Free

Rebecca Myers from Jones Chiropractic Clinic will present: Is there a fountain of youth somewhere? Not that we know of, but there are ways to keep young! Come learn what you can do to stay youthful and energetic! If your get up has gone, let's see if we can find that, too!

From the Ground Up: 5 Steps for cultivating an exceptional home care experience

May 12 from 11am to 12pm • Cost: Free

Home Care, LLC will present: How do you confidently choose an in-home care provider? This presentation will help you examine your options and cultivate an understanding of the services in your area. You can ask some very important questions. You may not need this information today but planning for tomorrow can never start too early.

Powerful tools for care givers

May 12 from 1:30pm to 3pm

Ages: All Ages • Cost: Free

First Tn. Area on Aging and Disability will present: This is a self-care education program for family caregivers. This program will provide you with tools and strategies to better handle the unique caregiver challenges you face. This is a 6 week class. Caregivers who have taken this class have increased exercise, relaxation and medical checkups, reduced guilt, anger, and depression, increased confidence in coping with caregiving demands, increased

utilization of local services. Please sign up for class. Call 423-434-6235
Class is limited to 15 people.

Sneezing and Breathing / Talk on allergies and asthma

May 13 from 11am to 12pm

Ages: All Ages • Cost: Free

Dr. Phillip Jones from The Allergy and Sinus Center of Johnson City will present: What things are in the air, food or environment that makes you sneeze and that can trigger an allergy or asthma attack? What are treatments for these things? Asthma is very common in this area. Come learn about the latest treatments. You can quit sneezing and wheezing and breathe better, too.

Second Time Around Series

Wednesday, May 13th, 2015

Drop in from 9:30 am till 12:30 pm

Come connect with other grandparents who are raising their grandchildren. Receive free information and resources to help you in this new journey.

Aging without fear support group

May 14 and 28 from 5pm to 6pm

Ages: All Ages • Cost: Free

We meet every two weeks to look at aging and talk about common concerns with ways to tackle issues of aging. From time to time we will have speakers, too.

What's new in hip surgery?

May 18 from 11am to 12pm

Ages: All Ages • Cost: Free

Holly Polson, MD Orthopedic Surgeon will present: With falling and hip fractures a real danger for seniors, if that terrible day happens, how will the surgeon repair your hip? There is a new procedure for total hip repair called Anterior Approach Repair. With this type of surgery there is less pain, faster recovery and improved mobility. Come learn about this new procedure.

What does a healthy heart diet look like?

May 19 from 11am to 12pm

Ages: All Ages • Cost: Free

Alice Sulkowski, RD will present: The doctor

tells you to eat a healthier diet, but do you really know what it? Learn what to eat, how much to eat and when to eat. Learn tips for eating on a budget, too. Learning these things can help prevent a heart attack or stroke.

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.

Celebrate Life Day!

June 9, 2015 from 9 to 12 noon

Ages: 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.

WALK with Ease

May 11, 2015 - June 19, 2015

Mondays, Wednesdays, Fridays

Time: 10:30-noon • Cost: \$1.00 per session

Do you suffer from Osteoarthritis, Rheumatoid Arthritis, or Fibromyalgia? Do you need help making exercise part of your daily life? Are you looking for a better way to manage your arthritis pain? The Arthritis Foundation Walk with Ease Program can help! Walk with Ease Can teach you how to develop an exercise routine that fits your unique needs, build your stamina for physical activity and reduce your arthritis pain. zThis 6-week program is the first step to many steps! Register today as the group is limited to 15 participants.

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Y0040_GHHJ4GNEN Accepted

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.

Wellness Quest

Wednesday, May 27 • Cost: Free

Registration from 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.

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.

Amateur Photographers' Club Photo Reception

Thursday May 7th, 6-8pm

Enjoy a month long display of the groups work. Come and view the beautiful work of these talents right here at our center!

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.

Murder Mystery Dinner Show

Memorial Park Community Center

Friday May 8, 2015

\$10.00 (includes dinner)

Doors open at 6:00 pm

Show starts at 6:30 p.m.

Murder Mystery Caravan will entertain with a gambling casino spoof which takes place at Rick's Club (first LEGAL casino in the area) where "making a killing" takes on a NEW meaning! "Dealt a Deadly Hand" is a must see show!

Looking Ahead

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

Friday Night Dance

Dance from 7-10 pm to a live band. Bring a snack to share during the break. Suggested items include chips/dip, fruit, vegetable tray, crackers/cheese, finger sandwiches, cookies and other desserts. 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.

May 1 Jerry Pierce

May 15 Barry Creek Band

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 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 Limited Edition

December 4 Jerry Pierce

December 18 Special Event Dance

Christmas Dance

Arts/Crafts/Performing Arts

Amateur Photography Club Photo Reception

Thursday May 7th, 6-8pm

enjoy a month long display of the groups work. Come and view the beautiful work of these talents right here at our center!

Amateur Photography Club

First Monday of the month at 1pm

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: May-Over Hill Over Dale, June-Small Wildlife. Come check us out!

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

Rehearsals every Thursday at 3:00pm

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

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. Program also includes 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

Wed 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

Wed 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.

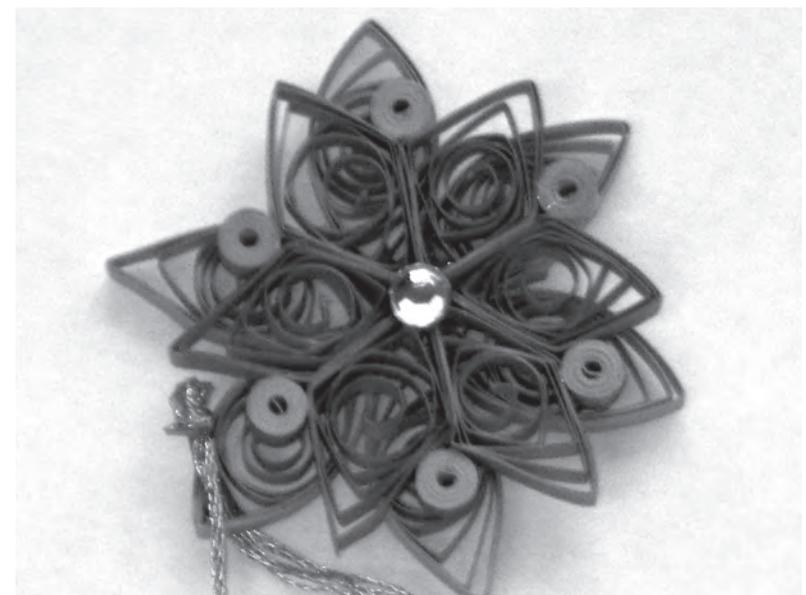
Open Craft Studio

Fridays from 1:00pm

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

Coming in June:

- Mountain Dulcimer classes with Willis Jones 8 sessions for \$35.
- You don't want to miss our next Ladies Night Out on June 18th. Making your own jewelry!
- New Craft: Paper Quilling!



Paper Quilling, new craft coming in June!

Money You Never Knew You Had!



- Assist with your long term care. . .
- 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

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
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 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

Volunteers

Monthly volunteer session will be on Monday, May 4 at 10:00am.

Guest speaker will be Ginna Kennedy, Executive Director of Contact 2-1-1 of Johnson City.

Volunteers are needed in the following capacities:

- Friday Night Dance assistance
- Party, Cookout and special event planning and assistance.
- Foreign language instruction
- Congregate Meal Dining Room assistance
- Second Harvest Food Bank (once per month)

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.

Arthritis Exercise

Tuesday and Thursday

8:45am-9:15am • Cost: \$3

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

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

Tuesday and Thursday • 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.

Walkers and Talkers

Now Twice Per Month!

Tuesday, May 5
Leave Center by Bus 9:15am
Return Approx. 2pm
Phipps Bend
Nature Lovers Paradise

You will love the beauty and peace of this location. We'll walk along the Holston River on a flat dirt road, enjoying the sounds of the rolling river and bird song. Along the way we'll learn about some spring ecology, bird migration and the now forgotten nuclear power project site. Cost: \$4 RSVP soon!

Tuesday, May 19
Leave Center by Bus 9:15am
Return Approx. 1-2pm
Kingsport Greenbelt
Rich History and Scenic Beauty

Walk through history on the Kingsport Greenway. This area is full of history from the early settlers. Many homes and structures still there from the 1800s with fascinating stories. We will walk along the beautiful Holston River (cement sidewalk) for easy walking. Sights include The Netherland Inn, two historic homes, Long Island, a swing bridge, and the Exchange Place. Cost: \$3 RSVP soon!

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

WALK with Ease

May 11, 2015 - June 19, 2015

Mon, Wed, Fri from 10:30-noon • Cost: \$1.00

Do you suffer from Osteoarthritis, Rheumatoid Arthritis, or Fibromyalgia? The Arthritis Foundation Walk with Ease Program can help! Walk with Ease Can teach you how to develop an exercise routine that fits your unique needs, build your stamina for physical activity and reduce your arthritis pain. Take the first step towards a more healthy life today. Register today as the group is limited to 15 participants.

*No Cost to Silver Sneakers members.

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

Monthly Book Club, Meets the first Thursday of each month at 10:00am

Book Selections:
 May: *The Life All Around Me* by Keye Gibbons
 June: *Little Bee* by Chris Cleve
 Join us if you like to read, have light discussions and meet new people

Washington County

S.A.L.T. Council

Meets first Thursday of month 2:00pm at MPCC
May Speaker is Lt. Scotty Carrier with the JCPD
June 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