

Senior Lifestyles

Volume XXXV No. 23

November 2015

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JCSC Foundation News

Happy Fall! The Foundation Board wishes to express gratitude and thanks for the generous financial gifts from donors, the senior center volunteers and staff who are passionate and hardworking, sponsors who so eagerly support the mission of the board, and the support from the City of Johnson City throughout the year. As the holiday season approaches, may we all be thankful for the blessings in life and express words and acts of kindness to those around us. Here is the news! The Foundation Board continues its busy fall schedule of events and wants to update you on the happenings:

The 13th Annual Benefit Golf Tournament was held Friday October 9 with over 40 golfers teeing off! Our thanks to those who participated, volunteered, and sponsored the event including: Corporate: A. O. Smith Foundation, Gold: CrestPoint Health, Hole: Tennessee Office Supply, Cart: Pinochle/Rook Players from the Johnson City Senior Center, Putting Contest: Kroger and George Granger, General: WQUT 101.5 Radio, Goody Bags: CrestPoint Health and Mooney's Home Medical Equipment, Team Sponsors: Frank Hawkins, Speropulos, Soft Drinks: Pepsi Bottling Group, Adult Beverage: Holston Distributing, Water: Mooney's Home Medical Equipment.

The Bob Evans Fundraiser on Saturday, September 26 brought in over \$600 in donations. The final figure from Bob Evans has not been released and we hope to have that information for you next month. A huge thanks to George Granger and all who stopped by to donate and/or eat! The Eight Weeks of Giving continues into

November. The list is included on this page. Please consider making a donation of a newly purchased item with a good expiration date.

The Foundation has challenged itself to increase Christmas Box deliveries this year to at least 125 needy senior adults in our community. Christmas box recipients are screened through the Center's In-Home Service Coordinator according to need and to avoid duplication of services, so that the boxes are delivered where the need is the greatest. But the Foundation will need your assistance to meet the goal. You can help:

There is a Christmas tree in the lobby and a tree on the wall with hands representing a \$55 dollar food box. On the Christmas tree are ornaments with varying denominations which you can "purchase". When the donations total \$55, a hand is placed on the wall. The goal: 125 hands on the wall!

Attend the Mele Kalikimaka Christmas Box social on Thursday, November 5, featuring the beach-themed music of Mark Larkins with an opening number by the Johnson City Senior Chorale. The event is free so come out and enjoy Hawaiian-Christmas themed refreshments and dancing. You will also have opportunity during the evening to donate for specific items for the Christmas boxes.

Watch your mailbox for the annual appeal letter and give generously. Thank you for your support of the Johnson City Senior Center – we are proud to be a part of your Senior Center, engaging adults in Active Life through Active Living! Happy Thanksgiving!



FTHRA NUTRITION MENU FOR NOVEMBER 2015

Meal site _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Grilled Chicken Breast Rice Pilaf Broccoli w/cheese Chewy Granola Bar WW Roll	3. Meatloaf Mashed Potatoes Mixed Greens Peach Cobbler WW Roll	4. Chili Dog w/Mustard & Onions Potato Wedges Baked Beans Coleslaw Pears WW Bun	5. Vegetable Beef Soup ¾ cup Baked Apples Beet Salad Cottage Cheese w/ Pineapple Cornbread	6. Chicken Teriyaki Rice Oriental Vegetables Strawberries & Bananas WW Roll
9. Roast Pork w/Gravy Sweet Potatoes Green Peas w/Pearl Onions Cinnamon Applesauce Biscuit	10. Soup Beans w/Onions ¾ cup Oven Browned Potatoes Cabbage Banana Pudding Cornbread	11. VETERAN'S DAY 	12. Country Style Steak Lima Beans Mashed Potatoes Tropical Fruit WW Roll	13. Chicken Philly w/Peppers & Onions Broccoli w/Cheese Potato Wedges Apple Bun
16. Chicken Tenders Au Gratin Potatoes Mixed Vegetables Mandarin Oranges Honey Mustard Dressing WW Roll	17. Hamburger Baked Beans Lettuce/Tomato/Onion Fruited Jell-O Chips WW Bun	18. Pot Roast Mashed Potatoes Carrots Orange Juice Chewy Granola Bar WW Roll	19. Chicken Salad (3oz) Tomato Bisque Parmesan Herb Cauliflower Fruited Jell-O Croissant	20. Taco Stew ¾ cup Spanish Rice Baked Apples Tossed Salad w/ Ranch Dressing Gingerbread Cornbread
23. Chuckwagon Steak w/Gravy Mashed Potatoes Mixed Vegetables Tropical Fruit Yogurt WW Roll	24. Ham & Macaroni Casserole ¾ cup Brussel Sprouts Corn Pineapple & Mandarin Oranges WW Roll	25. Roast Turkey w/ Gravy & Dressing Green Beans Sweet Potatoes Cranberry Sauce Pumpkin Pie WW Roll	26. THANKSGIVING DAY HOLIDAY	27. THANKSGIVING HOLIDAY
30. Meatballs w/Gravy Rice Mixed Vegetables Fruit Cocktail WW Roll				

2% MILK AND MARGARINE ARE INCLUDED WITH EACH MEAL/ ALL SERVINGS ARE 1/2CUP OR 1 PORTION UNLESS INDICATED OTHERWISE /ENTREES ARE 3 OZ./MENU MAY CHANGE DUE TO SNOW SCHEDULE, EQUIPMENT BREAKDOWN OR FOOD AVAILABILITY. / COORDINATORS-RECORD SERVING TEMPERATURES BESIDE APPROPRIATE ITEMS

Hip Hikers

Mystery Hike #1

Thursday, November 5th

Challenging level • 8am

(Carpool Event) Meet at Center

Bring your own lunch

Reservation Deadline: 11/5/13

Mystery Hike #2

Thursday, November 12th

Challenging level • 8am

(Carpool Event) Meet at Center

Bring your own lunch

Reservation Deadline: 11/12/15



Hip Hikers



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We Welcome Our New Administrator Mandy Rocker!

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- Registered Dietician Services
- Respite Services

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Lifelong Learning

Influential Women in Photography- The First 100 Years

Monday, November 9, 2:00pm

Please pre-register • Cost: Free

Because men dominated the field of photography for the first 100 years they also received much of the attention and notoriety. However, women also made photography their careers, achieved many “firsts” and produced equally stunning images. Join Jeffrey Stoner as he shares stories and images from his six favorite women photographers from the first 100 years of photography.

Conversational Spanish

Instructor: Alberto Ceffalo

Tuesdays, 3:00pm • Cost: Free

If you have some knowledge of Spanish, would like to learn more, or refresh your speaking skills, join our new instructor. Mr. Ceffalo was a language instructor at ETSU, Milligan and NE State. Please register.

Spanish Tutoring

Thursdays, 1:30pm

Second Time Around Series (Support Group)

Monday, November 9, 10:30-11:30am

Please register • Cost: Free

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

Looking Again at the Vietnam War and Era

Monday, November 23, 1:00pm

Please pre-register

Join retired history teacher Carol Transou for this discussion. PURPOSE: We hope to gather together people who have a particular interest or involvement with the war or the era, to provide a space and opportunity to discuss, learn, and reflect about the war and to ask ourselves the question “What do we tell our children/grandchildren about Vietnam?”

German Conversation Group

Thursdays, 9:30am

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

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Memorial Park Community Center

October Programs

<p>■ October 1—Women and Investing, 6:00pm FREE Program</p> <p>Join Lois Carrier, Certified Financial Planner from Carrier Maurice and Webb Wealth Advisors, as she teaches women ages 20+ about investing.</p> <p>■ October 12— Wills and Revocable Trusts 10:30am FREE Program</p> <p>Join John Hartmann from Legacy Planning to discuss the differences, and pros/cons of estate planning and asset preservation plans. Ensure that your wishes are documented, protect your home and assets, appoint someone to make financial and medical decisions for you if needed and more.</p>	<p>■ October 13— Overcoming Debt, 6:00pm FREE Program</p> <p>Debt and other personal finance issues plague our society. In this session financial counselor Barry Myers will cover: challenging on the idea that debt is required, be given the guidelines on how to live without debt, be given a framework to better understand how money really works, and be taught common-sense solutions to make your money behave.</p> <p>■ October 15—Fifty not Frumpy Aging without Fear, 6:00pm FREE Program</p> <p>Susan Street, lifestyles blogger of the Fifty Not Frumpy blog, will share her journey into the second half of life. She will share how she lost 40 pounds in her mid-fifties, rediscovered fashion that complemented her shape and fit her busy lifestyle and started a blog to help each of us avoid her costly mistakes. According to Susan, we may be over fifty, but we are fighting frumpy all the way. Be inspired and learn to embrace your style.</p>
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■ Children

■ Teens ■ Adults



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Outings

Dixie Diner's

Wed, November 4, 11:30am

Please pre register by Monday November 2. Join the Dixie Diners for breakfast or lunch (omelets are the best) at Wellington's which is located inside the Carnegie Hotel across from ETSU at 1216 W. State of Franklin. There is plenty of parking on the side of the building and a large ramp located in the back.

Carter Railroad Museum

Saturday, November 14

Leave MPCC at 10am • Cost: \$1

Check out this display at ETSU which includes historic prototype railroad memorabilia, toy trains and model railroading locomotives, rolling stock, and structures. Three large operating layouts in three different scales provide viewing enjoyment. The museum's model railroads are operated by volunteers from the Mountain Empire Model Railroader club who provide information about local historic railroads and knowledgeable tips on the basics of model railroading. (Source:ETSU) Please pre-register.

Milligan Jazz Concert

Monday, November 23,

6:50pm • Cost:\$2.00

The Milligan College Jazz Ensemble, directed by Rick Simerly, associate professor of music, will present a fall concert featuring Noel Fridline on piano and vocals. Mr. Freidline is the former house pianist at the Bellagio Hotel in Las Vegas and has appeared at jazz festivals throughout the world. The program will feature the ensemble performing a variety of styles of jazz as well as the vocal and piano stylings of Noel Freidline. Source: Miligan College

Coming up in December!

Watch the Lady Volunteer basketball team against Virginia Tech

Date: December 6th

Game starts at 2:00pm • Cost: \$30 per person (includes ticket and transportation to the game)

Buses will be leaving at 11:00am on December 6th and returning after the game. Please pre-register and pay by November 30th. Limited seats available, so get your tickets early. We will be in section 100 which is a lower section of Boling Arena.

Speedway in Lights

Monday, December 7

Leave MPCC at 5:30 p.m

Return between 8-9pm

Cost: \$3. Join us to see the festive and electric Speedway in Lights. Speedway in Lights Powered by TVA is the largest holiday light show in the South. Speedway in Lights benefits programs and organizations supporting the needs of children in the Tri-Cities region by producing one of the largest holiday light shows in the country. A route of approximately four miles and two millions lights provides entertainment for thousands and raises money for children charities. Source:Speedway in lights Must pre-register by Thursday, December 3

Wohlfahrt Haus Dinner Theatre; Christmas Show

Wednesday, December, 9

Leave MPCC at 9:45am on chartered bus. Cost: \$37 (this includes lunch, show, tax,tip) Limited seats, no refunds. Tickets on sale Nov 2.

Games

Hand and Foot

Mondays at 1:00pm

If you don't know how to play, they can teach you!

Ladies Monday Night Bridge Club

Mondays • 6:00pm

Bingo

9:00am: November 17th

Party Contract Bridge

Tuesdays • Noon

Scrabble Group

Tue • 5:30pm

The scrabble group is always looking for new members!

Mexican Train Dominoes

Tuesdays 6pm

Join us every Tuesday afternoon at 6pm for an exciting fun-filled time with some marvelous BFFs.

Pinochle

Wed at 1:00pm

A trick-taking card game for 4.

Rook

Thursdays • 1:00pm

Rook is a challenging trick taking game played with a special deck of cards.

Brain-A-Cise

Thur • 4:00pm-5:00pm

Join us for an hour of stimulating activities to get those brain cells moving.

Party Contract Bridge

Fridays • 9:00am

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 game of skill, strategy and chance. If you know how to play or would like to learn, come join us!



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Sports

Senior Basketball

Mondays at 10:00am

Meet in the gym for pick-up games and shoot arounds

Senior Billiards

Monday - Friday

7:00am to 8:00pm • 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 held.

Pickleball

Monday, Wednesday, Friday

8:00am-11:30am • Cost: Free

This activity is a modified form of tennis and we play doubles.

Anyone interested in passing on their athletic skill or expertise? How about teaching a class? Contact Mike at 434-6223

Doubles Table Tennis

Mon, Wed, Fri,

9:30am-Noon • Cost: Free

Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Over the Age of 50?

Come join the Seniors' Legend Golf Group!

Tee time is at 10:00am on Tues and Thur and the cost is \$5 a round at the par 3 course in Unicoi, TN.



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Appalachian
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Center

Healthy Living

Why I am so heavy or why am I so thin?

Monday, November 2, 11am-12pm
Shawn Dunn, Personal Trainer will talk about genetics and how your body processes and digests food. How your body uses food can make you too heavy or too thin. Please register by calling 423-434-6237

Taking Control of Your Diabetes

**Mondays and Wednesdays,
Nov 4 - Dec 2 • Pre-register by Nov 1,
11am-noon • Series Fee \$8.00**

We want to help YOU take control of your diabetes. This one hour class will kick-off with a guest lecturer on the first day. The remaining 8 sessions will include 30 minutes of diabetes education and 30 minutes of exercise. Please wear appropriate clothing and shoes to exercise. The exercise is adapted to your fitness level. For more info call: 423-434-6237

Low Vision Program

Thursday, November 5, 11 am-noon
Linda Brewster works for State of TN. Teaches visually impaired and blind persons. Come learn about latest devices and visual aids that can help you see well. Learn about resources that are available to you. Call 423-434-6237 for a seat.

Aging without Fear Support Group

Thursday, November 5, 4-5 p.m.
Please note new time! We meet the first and third Thursday of the month. We come together to learn how to age well, learn ways to cope and share the ride with others. Speaker to be announced

Aging without Fear Support Group

November 5, 12, and 19, 2015
Two sessions available for each date:
11:30am-1pm • Soup and Sandwich Lunch provided at Munsey Memorial United Methodist Church 201 East Market St. Johnson City Or 6:30-7:30pm Light Refreshments Provided At Memorial Park Community Center 510 Bert St, Johnson City. Please RSVP to 423-630-7026 or www.morrisbaker.com/grief

Every Breath Counts / A Lung Cancer Awareness Program

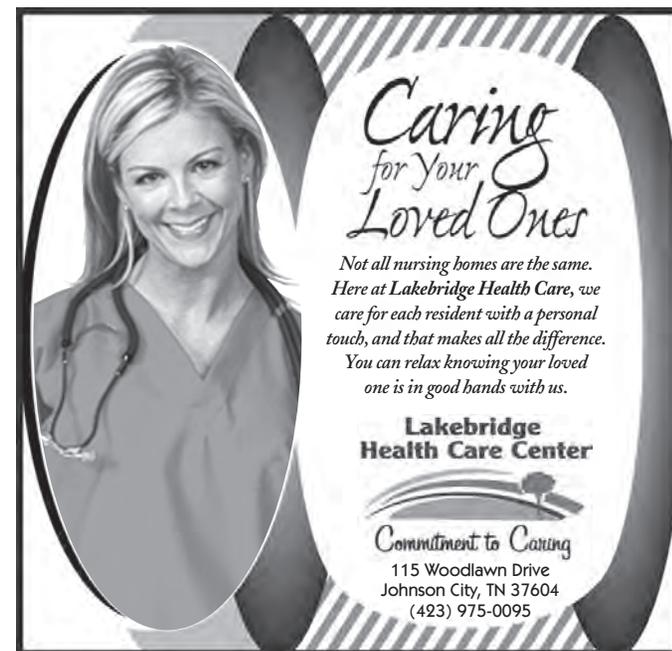
Tuesday, November 10, 1-3pm
November is Lung Cancer Awareness Month and we want to help you or your loved ones cope with this disease. The Oncology Nursing Society is coming to talk about smoking cessation, nutrition and lung cancer. Learn how to communicate with your loved ones about your illness and to learn what resources are available to you and your family. Please call 423-434-6237 for a seat.

Colon Cancer and Obesity

Thursday, November 19, 3-4pm
Dr. James Sherfy will present this informative talk about obesity and colon cancer. What are the connections between the two? There will time to ask questions and share information. Call 423-434-6237 for a seat.

Cancer Killers

Friday, November 20, 1-2pm
Dr. Timothy Dunne will present this talk on cancer killers. How does your body handle cancer cells? Come learn about different therapies. Call 423-434-434-6237 for a seat.



A Reminder from Tennessee Senior Medicare Patrol (SMP)

Medicare Open Enrollment runs October 15 through December 7. This is a special time when all Medicare beneficiaries can change their Medicare health plan and prescription drug coverage for the following year. The SHIP Program with the First Tennessee Area on Agency will hold an Medicare Open Enrollment Event at Memorial Park Community Center November 3 from 9:00 - Noon. Please call 423-434-6237 to schedule an appointment. Please bring your RED / WHITE / BLUE Medicare Card and a list of your medications / dosages with you to the appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Volunteer Training 2 11:00 Why am I so Heavy or Why am I so Thin? 1:00 Decoupage 1:00 Amateur Photography Club	9:00 Medicare Open Enrollment Event by appointment 3	11:00 Taking Control of Diabetes Kickoff Session 4 11:30 Dixie Diners to Wellington's	10:00 As the Page Turns 5 10:00 One on One Computer 11:00 Low Vision Program 12:30 Christmas Tree Decorations Class 2:00 S.A.L.T. Council 4:00 Aging without Fear 5:30 Mele Kalikimaka Hawaiian Christmas Party	8:30 Catch the Wave Series Active Living Pump 6 12:30 Word I 7:00 Friday Night Dance
10:30 Second Time Around Support Group 9 11:00 Taking control of Diabetes 1:00 Decoupage 2:00 Influential Women in Photography	1:00 Every Breath Counts 10 6:00 LifeSpan Series (Family Money Meetings) 6:30 Next Step Photography	10:00 Seasonal Wreath Class 11 11:00 Taking Control of Diabetes	10:00 One on One Computer 12 12:30 Christmas Tree Decorations Class	8:30 Catch the Wave Series Active Living Pump 13 11:00 Suspicious Persons Program with Jerry Stout 12:30 Word II 6:00 Line Dance Party Saturday, Nov ember 14 10:00am Carter Railroad Museum (ETSU)
11:00 Taking Control of Diabetes 16 1:00 Decoupage 1:00 Light and Photography	9:00 BINGO 17 1:00 Mountain Dulcimer 6:00 LifeSpan Series (Understanding 401K's)	11:00 Taking Control of Diabetes 18	10:00 One on One Computer 19 12:30 Christmas Tree Decorations Class 3:00 Colon Cancer and Obesity 4:00 Aging Without Fear	8:30 Catch the Wave Series Active Living Pump 20 12:30 Excel 1:00 Cancer Killers 5:30 Friday Night Dance Thanksgiving Dinner Dance Saturday, November 21 10:00 WVAL
11:00 Taking Control of Diabetes 23 1:00 Decoupage 1:00 Looking Again at the Vietnam War and Era 6:50 Milligan Jazz Concert	1:00 Mountain Dulcimer 24 6:00 LifeSpan Series (Teaching children healthy attitudes about money)	11:00 Taking Control of Diabetes 25	26 CENTER CLOSED	27 CENTER CLOSED
11:00 Taking Control of Diabetes 30 1:00 Decoupage			 <p>Home is still the best place to be.</p> <p>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!</p>	

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Ongoing Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:30 Toning 9:00 Pickleball 9:30 Love Handles 9:30 Table Tennis 10:00 Silver Sneakers® Classic 10:00 Senior Basketball 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:00 Congregate Meal Requires Pre Registration 12:30 Open Art Studio 1:00 High Flyers Bowling Holiday Lanes 1:00 Musical Voices 1:00 Hand and Foot 2:00 Challenge Square Dance 3:30 Line Dance with Martha 5:30 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club	7:00am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 8:30 Silver Sneaker® Circuit 9:15 Zumba® Zeniors 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab 11:00 Contract Bridge 12:00 Congregate Meal Requires Pre Registration 1:00 Needle & Fiber Arts 1:00 Silver Sneakers® Yoga 1:30 Tuesday Trio Bowling @ Holiday Lanes 3:00 Conversational Spanish 5:30 Scrabble Group 6:00 Mexican Train Dominoes	7:00am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Clinic 8:00 Blood Pressure Screenings 8:30 Toning 9:00 Pickleball 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 12:00 Congregate Meal Requires Pre Registration 12:30 Acrylics 12:30 Coloring Club 1:00 Pinochle 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:00am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:00 Blood Pressure Screenings 8:30 Silver Sneakers® Yoga 9:00 Open Computer Lab 9:15 Zumba® Zeniors 9:30 German Conversation 10:00 Senior Chorale 12:00 Congregate Meal Requires Pre Registration 1:00 Golden Strikers Bowling @Holiday Lanes 1:00 Rook 1:00Ballroom Dancing 4:00 Brain-a-cise	7:00am to 8:00pm Billiards Room Fitness Room 8:00 Blood Pressure Screenings 9:00 Pickleball 9:00 Party Contract Bridge 9:30 Table Tennis 10:00 Silver Sneakers® Circuit 12:00 Congregate Meal Requires Pre Registration 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong

Computers

Word I

Instructor: Jim Pohle

Friday, Nov 6, 12:30pm • 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 Pohle

**Friday, November 13,
12:30pm • 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. Please register.

Excel I

Instructor Jim Pohle

Friday, Nov 20, 12:30pm • Cost: \$8

This class will introduce the basics of the Excel spread sheet. Students will design forms which can be

used to keep track of information (forms, bills, contacts and more) (Beginner) Please pre-register.

Open Computer Lab

Tuesdays: 10am-noon

Thursdays, 9-11:15am

One on One

Instructor: Amara Carberry Thur,

Nov 5-19, 10-11:30am • Cost:\$15.00

each date. Individual instruction on getting help with a computer, mobile device, tablet or other. Must pre-register. If these dates do not fit your schedule please call Amy at 434-6229.

If you are interested in teaching a computer class, or assisting others with their computer please call 434-6229.

**Any computer class you can bring your own laptop.*

Volunteers

Ready, Set, Serve Volunteer!

On a mission to engage adults in Active Life through Active Living

Monthly Volunteer Meeting

Mon, Nov 2nd at 10:00

Arts & Crafts Rooms

See what's upcoming for the Volunteers. Light refreshments will be served. Cathy Smith with Second Harvest Food Bank will be speaking. A fun activity for all to enjoy!

Mitten Tree

Believe It Or Not! Christmas is coming and once again we will be hosting a party for the girls at Girls Inc. We are collecting handmade or new gloves, scarves,

hats, and mittens which will be gifted to them. Please turn in donations at the front desk or give to the volunteer coordinator, Chyrl McLaughlin. Volunteers are also needed to assist with the party!

November is "Be Thankful" month!

What ARE You Thankful for?

Checkout the bulletin board next to the billiards room for up to date information.



Christmas Box Outreach 2014



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Dance & Events

Challenge Square Dance
with Don Williamson returns Mondays
at 2pm.

Line Dance with Martha
(Intermediate Beginner) Mondays
3:30pm • \$6.00 or Silver Sneakers
Discount

Dandy Line Dancers
(Advanced) Mon at 5:30pm. Group
performs in community Ballroom
Dance with Nadine and Ken • Wed
5:15pm. Free while Walt recuperates.

Ballroom Dance
Practice with Nadine Thursdays
1:00pm. Free. Beginner Ballroom
Dance is on hold while Walt
recuperates.

Mele Kalikimaka
Hawaiian Style Party
November 5, 6pm • Cost: FREE!
Call 423-434-6237 to register in
advance so we have plenty of leis
and treats! Mele Kalikimaka, Merry
Christmas! We are donning our grass
skirts and Hawaiian shirts for a good
cause - the Annual JCSC Foundation

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.*

November 6 Limited Edition
December 4 Jerry Pierce
December 18 Christmas Dance

Christmas Box Outreach for needy
elders in our community. Join us for
tasty Hawaiian treats, beachy drinks,
door prizes and great music by Mark
Larkins. There will be an opportunity
to "purchase" items for the boxes
through donations of \$1 to \$55 (and
more if you are feeling generous).
Check out Mark's website [www.
marklarkins.com](http://www.marklarkins.com) to get you in the
spirit of the beachy Christmas season!

Thanksgiving Dinner

Friday, Nov 20, 5:30pm • Cost: \$5:00
Purchase your ticket at the center and
join us for a tasty Thanksgiving meal.
Enjoy tasty seasonal foods, music by
Eddie Skelton and fellowship with
family and friends. Stick around after
dinner for music and dancing.

Coming in December

Christmas Dance

Friday, Dec 18, 7:00pm • Cost: \$12
Join us for an elegant evening with
Big Band Theory. Tickets are limited
and must be purchased in advnace.
Semi-formal attire.

2015 Line Dance Parties

Martha Davenport will lead the dances
and set the tone for a fun evening!
6pm-8pm • Cost is \$3

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.

Christmas Dance

Friday, December 18, 2015

Join us for an elegant evening with Big Band Theory

7-10 pm

Admission: \$12

Tickets are limited and must be purchased in advance.

No refunds after December 1

Memorial Park Community Center
510 Bert Street

Semi-formal attire

For more info call - (423) 434-6237

Tickets available at the Senior Services Desk at MPCC

Thanksgiving Dinner and Dance

Memorial Park Community Center
510 Bert Street

November 20, 2015

Dinner – 5:30 pm

Dance – 6-9 pm

Admission: \$5/person

Music by: Eddie Skelton

For Information and ticket purchase contact:
Memorial Park Community Center Senior Services
(423) 434-6237

Arts/Crafts/Performing Arts

Amateur Photography Club

Monday November, 2 • 1:00pm - 3:00pm

If you're just starting out, or want to brush up on your skills, take field trips and photos then come and join us! Photo themes: November-Dead and Gone, December-Say Hallelujah!

Light and Photography

Monday, November 16th 1pm

Light: Seeing it and achieve its effects in your pictures. What makes lighting what it is...hard edges, soft edges, deep shadows, no contrast, too much contrast and more. Our staff member and photographer Jamie Aiello is conducting this class. Please register, FREE.

Next Step Photography Club

Second Tuesday 6:30pm • Free

If you have a Basic technical knowledge of your camera, a desire to learn and experience more, understand some of the creative control functions like aperture, shutter speed, composition, use of the manual settings on your camera and ready to delve deeper in to image creation and gain a broader knowledge of photography, then Next Step Photography is for you.

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

Thursdays 10:00am

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.



Needle and Fiber Arts

Tuesdays 1:00 - 4:00pm • Cost: Free

Instructor: Jane Dresser. 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. Just clean up when you are finished and please don't store items at the Center.

Acrylics Class

Wednesdays 12:30pm • Cost: \$10.00

Join "Art" Holsclaw to paint and share. Register by Monday before each class.

Watauga Valley Art League

3rd Saturday of each month

10:30am - 12:00pm • Free

The meeting is composed of multifaceted aspiring artists ranging from the amateur stage to the professional stage. There is encouragement and educational opportunities at each meeting. Each month there is a guest who has a special art background and who is willing to share some of their valuable artistic insights. From 10:30 to 11:00 there is a 'critique period' where anyone is welcome to bring in a painting for constructive positive and negative insights.

Musical Voices

Mondays 1:00pm • Free

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

Writer's Circle

2nd & 4th Thursdays 10:00am • Free

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

Open Craft Time

Fridays 1:00 - 4:00pm • Cost: Free

Take advantage of our beautiful creative space! Bring a project and work in the company of other crafters. Just clean up when you are finished and please don't store items at the Center.

Open Art Studio

Mondays 12:30 - 3:30pm • Cost: Free

Take advantage of our beautiful creative space! Bring a project and work in the company of other artists. Just clean up when you are finished and please don't store items at the Center.

Coloring Club

Wednesdays 12:30 - 1:30pm • Cost: Free

Join in on the new trend in Adult Coloring! Bring your colored pencils, crayons, markers (or use ours) and relax and color in the company of friends and new friends. Coloring sheets will be provided or you can bring your own. This is not your children's coloring book coloring, most pages are suitable for framing once finished. Of course, you can color just for fun, relaxation or to improve fine motor skills.

Mountain Dulcimer Class

November 17 • Tuesdays 1:00 - 2:30pm

Cost: \$35.00 for eight sessions

Learn to play the old time mountain Dulcimer with Willis Jones!

Decoupage Class

Mondays in November

1:00pm - 2:00pm • Cost: \$20 for the series

Decoupage can sometimes be deceptive. By looking at a finished project, you would think this craft technique would be complicated, but it isn't. It is actually quite simple. If you can cut and paste, you already know most of the techniques involved. We will create lovely decorations to be used at home or to give as gifts.

Seasonal Wreath Class

'Christmas Wreath'

Wed November 11th 10:00 - 12:30 • \$20

Get ready for the holidays! Join Ann Whitson for the next Wreath Making class and make a beautiful Holiday Wreath for your home! Please pre-register and pay. Class size is limited.

Christmas Tree Decorations

Thursday - November 5, 12, & 19

12:30-2:00 • \$10 for the series

Join us for this three series class and make beautiful and unique ornaments and garlands out of wood, fiber and other natural materials. The items we make can be used for the tree or to decorate a room. Instructor-Ann Whitson. Please pre-register and pay. Class size is limited.

Pencil Drawing Made Easy

Tuesdays 12:30 - 2:00 • Free

Ongoing class in pencil drawing welcomes new members. We work on basic drawing skills and techniques, such as line, shape, shading and perspective, in a relaxed and encouraging atmosphere. Instructor - Ann Whitson.

Coming in December:

Candle Making Class

Mondays December 7, 14, 21 • 1:00 - 2:00 • \$15

Candle making is an art form that has survived the centuries, born out of necessity around 200 AD, to become a widely popular hobby today. Easy to create, mesmerizing to look at...and they make great gifts. We will make beautiful, decorative candles using different colors and decorations.

Hand Made Greeting Cards

Thursdays December 3, 10, 17 • 1:00 - 2:00 • \$15

Just in time for the Holidays! Join us for this class and make beautiful handmade cards with a Holiday theme. We will also make cards with other themes. We will use a variety of materials and technique, such as quilling, paper art, fabric and found objects. Come join the fun! Instructor: Ann Whitson.

Mason Jar Craft

Thursdays December 3, 10, 17 • 1:00 - 2:00 • \$15

Join this class to explore the many ways Mason jars can be used to make fun, attractive and useful art, as well as gifts.

- Tub-to-Shower Conversions
- Replacement Tubs & Showers
- Walk-in Tubs

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[†] See your dealer for details. **Independent financing subject to approval.

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Fitness FOCUS

Toning

Mon and Wed, 8:30am • Cost: \$2

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

Love Handles*

Mon and Wed, 9:30am • Cost: Free

Instructor: Sue Pentz. Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic*

Monday and Wednesdays, 10:00am

Cost: \$3 (Free for Silver Sneakers® eligible participants)

Instructor: Deb Fogle

Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis

Mon and Wed, 11am • Cost: \$3

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

Mon and Wed at Noon • Cost: \$3

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*

Tues at 1:00pm,

Thursdays at 8:30am

Cost \$2 (Free for Silver Sneakers® eligible participants) Instructor: Judy Jackson.

Move your whole body through a complete series of seated and standing yoga poses.

Senior Hatha Yoga

Wednesdays, 6pm • Cost: \$5

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

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.

Zumba®Zeniors

Tues and Thur, 9:15am - 10:15am

Cost: \$3 • Instructor: LeAnna Lawson

LeAnna is a licensed Zumba® instructor who will provide a low impact Zumba® class designed for beginners of all ages and active older adults. Come enjoy this fun way to increase your daily activity. Even if you have never done Zumba® before, you will want to try out this class.

Catch the Wave Series

Active Living Pump

October 30th, Nov 6th, 13th & 20th, 8:30am

Cost: \$2 • Instructor: Deb Fogle

A functional fitness program which progresses through various stations of activity.

Strive for 10 Challenge

You can become a member of the Strive for 10 Club by participating in 10 Silver Sneakers® eligible events per month. Please make sure you sign-in each day you participate in an eligible event. There are also personal tracking sheets at the Senior Services desk for your record. If you are not a Silver Sneakers® member, you can still participate for \$5 per / person plus class fee. Eligible events include: Table tennis, Hiking, Pickleball, Tennis, Billiards, Walking, Silver Sneakers® Splash, Silver Sneakers® Circuit, Friday Night Dance (discount), Silver Sneakers® Classic, Ballroom Dance Practice, Ballroom Dance Lessons, Silver Sneakers® Yoga, Fitness Room, Lap Swim, senior Basketball, Line Dancing w/Martha. November 2, 2015 - June 30, 2016.

Walkers and Talkers

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

Tuesday, November 3

Bus Departs Center 9:15am

Return Approx. 2:00pm

\$2.00

Doe River Gorge Walk

Easy casual walk 2 to 3 miles. Some shade some sun. Public restrooms available. In the mid 1800's engineers blasted through mountains and wrestled with vertical cliffs to build a narrow gauge RR line which ran from Johnson City to Cranberry, NC. This portion is consider the "Doe River Gorge scenic center piece." Hopefully we'll see some fall color. Come learn much more about your Tweetsie history.

Tuesday, November 17

Bus Departs Center 9:15am

Return Approx. 2:00pm

\$2.00

Kingsport Greenbelt Trail

Explore more of the Greenbelt trail! This beautiful walking trail is paved and meanders through trees, meadows and under bridges. At 8 miles long, this trail has lots to see. Come explore a new section of the trail. Discover the rich history this area has to offer.

Senior Center

Memorial Park Community Center
510 Bert St • Johnson City TN 37601
423-434-6220

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**

**Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm**

Groups and Meetings

Watauga Valley Art League

Third Saturday of each month 10:30am - Noon • Cost: Free

The meeting is composed of multifaceted aspiring artists ranging from the amateur stage to the professional stage. There is encouragement and educational opportunities at each meeting. Each month there is a guest who has a special art background and who is willing to share some of their valuable artistic insights. From 10:30 to 11:00am there is a 'critique period' where anyone is welcome to bring in a painting for constructive positive and negative insights.

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

November 5, 12, and 19, 2015

Bible Study Opportunities

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

Washington County S.A.L.T. Council

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

Seniors and Law Enforcement Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a

more senior friendly community. Nov 5 Meeting - Ginna Kennedy, Executive Director, Contact 211 will give a presentation and update on the 211 program. Nov 13 Special program - Jerry Stout will educate us on Suspicious Persons. Discover the importance of being aware of those around you. Everyone Welcome!

As the Page Turns

If you like reading a variety of books and meeting new people, join us the first Thursday of each month at 10:00am. You are not required to join in the discussion or answer questions if you do not wish to. Books Provided. Book Selection:

November - The Light Between Oceans by M. L. Stedman,

December - Persepolis by Marjane Satrapi

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.

Medicare Counseling

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. The center is hosting a Medicare Open Enrollment Event on November 3, 9:00am - Noon. Please call for an appointment.

The Johnson City Seniors' Center Foundation Board of Directors gratefully and sincerely expresses their appreciation for your contributions to the Seniors' Center

Annual Fund Drive

John Canty
Hella Gratto
Kathleen Grover
Camillia Hall
James & Kathy Vaughn

Carol Roberts
Geraldine Thompson
Shirley Von Cannon
Modern Woodmen of America

Annual Golf Tournament

Tennessee Office Supply
JCSC Pinochle/Rook Players

Christmas Basket Donations

George Granger
Tamara Moeller

Mark Pollock
Patricia Thomas

***Note: The donation period is from July 1st thru Sep 30th, 2015
If your donation has not been acknowledged or acknowledged incorrectly,
please call 434 6237, in order that we may rectify the oversight.**