

Lifelong Learning

Raised Garden Beds

Mon, February 9 at 10:30

Free, Please pre-register.

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

Cautionary Measures:

Preventing plant and people illnesses

Monday, February 16th at 10:30

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

Travel Round the World

Thursday, February 12th at 1pm

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

TED Talks

Friday, February 13th at 11am

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

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

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

Naturally Yours II: Spring & Summer, A Photo Essay

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

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

Second Time Around Series

Tips for Raising your Grandchildren

Thur, February 26 11am-1pm

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

German Conversation

Thursdays at 9:30am

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

Medical Ethics

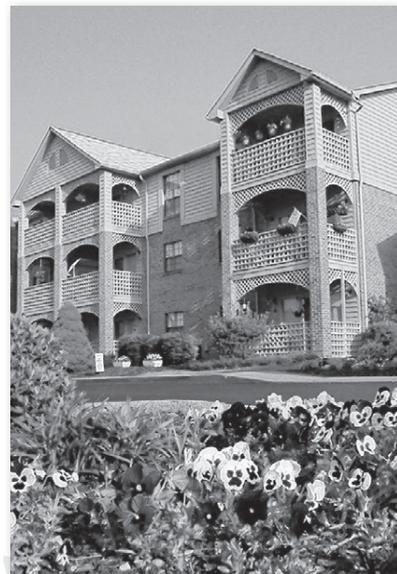
Tuesday, February 10th at 11am.

Please pre-register.

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



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



Colonial Hill Retirement Center

Gracious Retirement Living

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- Studio, one-bedroom, two-bedroom & luxury two-bedroom apartments
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- No entry fee
- Monthly rent



3207 Bristol Highway
Johnson City

423-282-6903

www.colonialhillrc.com

Lifelong Sports



Bonnie's Blue Plate!

Tuesday, Feb 24 • Noon Lunch

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

Walk-ins welcome until all food is served.

Memorial Park Community Center Cafe • 510 Bert Street

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



Christian Care Center of Johnson City

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of Life for Your Loved One*

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- 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

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

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

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

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

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

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

At Silver Angels it is our pleasure to assist our clients so they can enjoy living in the comfort of their own homes. We provide a variety of services to fit your needs:

- **Personal Care/Attendant Care** can include anything from bathing, dressing, medication reminders, meal preparation and eating.
- **Homemaker services** include light housekeeping duties such as sweeping, mopping, washing clothes, and running errands.
- **Companion/In Home Respite** are helpful services for a primary caregiver who may need an extra hand for some personal time and/or appointments.
- **Our Home Delivered Meals** are planned by a culinary team and Registered Dietitians and include a wide variety of meals to choose from, including diabetic, cardiac diet, renal and gluten free options. The best part, they are delivered right to your door by our friendly staff.
- **Personal Emergency Response Systems** are there if you experience a fall, medical issue, or other emergency. When you have an emergency every second counts. If you are alone, delayed medical care can jeopardize your recovery and independence! Our Lifeline service provides simple, fast access to help 24 hours a day, 365 days a year.



At Silver Angels Home Care isn't one size fits all, that's why we tailor our service to meet the needs of the individual. We look forward to working with you!

Silver Angels
Home Care Specialists

Call or come by today!
1500 West Elk Ave. Suite 109
Elizabethton, TN 37643
(423) 543-1250
or email mgreen@silverangels.com
www.SilverAngels.com



Fitness FOCUS

Toning

Monday and Wed at 8:30am • Cost: \$2

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

Love Handles

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

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

Silver Sneakers® Classic

Monday and Wed at 10:00am • Cost: \$3

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

Tai Chi for Arthritis

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

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

Qigong

Monday and Wednesday • Noon • Cost: \$3.00

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

Silver Sneakers® Yoga

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

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

Arthritis Exercise

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

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

ZUMBA gold® - For Beginners

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

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

Flexibility and Balance

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

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

Senior Hatha Yoga

Wednesday at 6:00pm • Cost: \$5

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

From Head to Tone

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

One hour full-body toning with light cardio.

* No cost to Silver Sneakers members.



Walkers and Talkers

Third Tuesday of Each Month

February 17th

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

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

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

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

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

Info 423-434-5273