

Dance & Special Events

Absolute Beginner Line Dance

Instructor: Martha Davenport

The class will meet for 90 minutes once per week for 6 weeks and will cost \$42 per person. If you are interested in taking an absolute beginner line dance class, call Kamela at 434-6233 to have your name placed on a list. When 10 or more people have been added to the list, the class will be scheduled.

Advanced Line Dance (Dandy Line Dancers)

Mondays at 6:00pm

Cost: pay instructor directly
This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Advanced Line Dance (Circle R Dancers)

Tuesdays at 4:00pm

Cost: Pay instructor directly.
This advanced class meets weekly to practice for Center and community performances.

Round Dance

Tuesdays at 7:00pm
Cost: Free

This is an advanced Round Dance class. This class meets weekly to learn and practice advanced dance steps. Permission of the group facilitator is required in order to participate. Those who do not meet the advanced standing can be referred to a beginner group.

Ballroom Dance Lessons

Wednesday 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.

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.

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.

Friday Night Ballroom Dance
Registration Deadline: Pay at the door unless a special event dance
1st and 3rd Fridays from 7:00pm-10:00pm
Cost: \$5.00 (\$3.00 for those with Silver Sneakers), unless a special event dance and the cost might be higher. Dance to the sounds of a live band. Bring a snack to share along with serving dish and utensils if needed. Drinks provided.

Ballroom Dance Schedule

Feb 6 - Limited Edition Valentine's Dance
Feb 20 - Nostalgia Trio
March 6 - Jerry Pierce
March 20 - Kids Our Age
April 3 - Patti Quarles Trio
April 17 - TBA



Daddy's & Daughters of ALL Ages Welcome

My Little Valentine
DADDY
daughter
DANCE

● ● ● ● ● ● ● ●

February 7, 2015

Memorial Park Community Center
510 Bert Street, Johnson City, TN
6:00-8:00pm

Early Tickets : January 5-30, \$10/person
Late Tickets : Jan. 31-Feb. 6, \$20/person

Get all dressed up and dance the night away with the ones you love! This event is open to fathers/grandfathers/guardians and daughters of all ages. Commemorative photo packages are available for \$15. Tickets and photo vouchers can be purchased online (www.myjcparks.org) or at Memorial Park Community Center by February 6. Tickets can be picked up at Memorial Park Community Center any time after purchase. No tickets will be sold at the door. Light refreshments will be served. Dress is semi-formal.

For more information call (423) 434-5749

Valentine's Murder Mystery Dinner Theatre

Friday, February 13, 6:30pm

Doors open at 6:00pm • Cost: \$10.00

Love yourself with a night out for a dinner and play. The Murder Mystery Caravan is back for a Valentine's mystery Asylum for Murder and Kamela, Bonnie and the gang will have a meal that you would be crazy to miss!

Games

Hand and Foot Canasta

Mon • 1:00pm • 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. This is a very social group! Don't worry if you don't know how to play, they can teach you everything!

Ladies Night Bridge Club

Mondays • 6:00pm • Free

Come join the ladies of the senior center for a fun evening of bridge!

BINGO

1st and 3rd Tue of month

9:00am • Free

Come try and get BINGO! Great prizes and lots of fun!

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. Please join us for a great time!

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 every Tuesday afternoon at 6:00 for an exciting fun-filled time with some marvelous BFF's. Best of all.. it's Free!

Pinochle

Wednesdays

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.

Have fun and meet new friends!

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!

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. Please join us for a great time!

Ace of Clubs Duplicate Bridge

Fridays • 12:30pm • Free

Everyone is welcome! If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun...we're a friendly group!

Mahjong

Fridays 1pm

Would you like to play a game that exercises your brain? 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. Whether you know how to play or would like to learn, we'd love to have you. Come join us!



Agape Nursing & Rehabilitation Center

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

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

Because We Care . . .

Broadmore Senior Living

is committed to caring and quality. . .

for all our residents. We are a full-service assisted-living community where residents have the independence of living in a comfortable home-like environment.

Please call for a complimentary lunch & tour.

Thank You Johnson City for Voting Us

#1 Best Assisted Living Facility



BROADMORE SENIOR LIVING

406 E. Mountainview Rd. • Johnson City, TN
Call Lisa Beedle, Community Relations Director

423 • 282 • 0300

Outings

UT Lady Vols Basketball Game Knoxville, TN

Sunday, February 1 from Noon-9:00pm

Cost: \$5 + 1 meal on your own

Join us in cheering on the Lady Vols as they play Mississippi State. Admission to the game is 2 non-perishable items to benefit Second Harvest Food Bank. You must pre-register and turn in your food items by January 23. We will stop at Cracker Barrel on the way back. Game time - 3:00pm. Limited space available.

Dixie Diners

Friday, February 6 at 11:30 a.m.

Sign up by Tuesday the February 3

Salt n' Pepper Soul Food (3002 E. Oakland Avenue just down the street from Grand's Furniture) Check out their large menu online. We'll see you there!

Singin' In the Rain

Jonesborough Reperatory Theatre

Saturday, February 7 • Cost: \$11

Bus departs Center at 1:15 p.m

The "Greatest musical of all time"

is faithfully and lovingly adapted by Broadway legends Betty Comden and Adolph Green from the original award-winning screenplay in "Singin in the Rain". Each unforgettable scene, song and dance is accounted for, including the show stopping title number complete with an onstage rain storm!

JCSC Seniors On the Go Travel Show and Lunch!

Wednesday February 11

10am - 11:30am

Join the travel team and JCSC Seniors on the Go for a Travel Show on Wednesday, February 11! Booths will be set up in the Gathering Room from 10:00-11:30am. At 11:30am., Jonesborough Jim will entertain you with western music in the Dining Room; lunch service will begin at 12:00 Noon, featuring a "Chuckwagon Lunch" of cowboy beans, hotdog, slaw and apple dessert. At 12:30, the travel team will have a presentation about the 2015 charter trips. Lunch is only \$3.00, and advance reservations are requested.

Mt Rushmore, Grand Tetons & Yellowstone

New flyer just out for the western trip with Caravan Tours! Mt Rushmore, Grand Tetons & Yellowstone, August 25-September 2, 8 Days from \$1,950* (plus taxes), including air from Tri-Cities. Request a flyer for more details.

Canada

Join the "Johnson City Seniors on the Go" for a great group trip with Collette Travel to the North Atlantic provinces of Canada scheduled for June 15- 25 , 2015. The trip will leave from Tri-Cities airport and fly to and from Halifax Nova Scotia. The trip will travel to New Brunswick, Prince Edward Island , and Cape Breton Island as well as touring Nova Scotia. Those making a deposit by Dec 17,2014 will receive a \$100 per person incentive discount. From previous experience, Collette, a Rhode Island based family company offers a first class experience. For additional information and registration please call Julia Oldham Vargo @ Oldham Travel, phone: 423.282.1111.



"JC Seniors on the Go" at "The Lakes of the Ring of Kerry" in Kerry County in Ireland on our August trip to Scotland and Ireland.

Hip Hikers



Hikers and Biking Meeting

Wednesday, February 18th at 1:00pm • Cost: Free

This is an important meeting for all interested in hiking and biking. You will receive schedule of coming hikes and bike trips. We also will be discussing equipment issues. Snacks.

Reservation Deadline: February 18th

Tips for riding your bike all winter

Here's everything you need to know about staying warm on your bike and riding in cold weather and wintry conditions!

By Lloyd Alter

Fri, Jan 11 2013 at 10:54 AM

It is really cold out there, and in many places in the continental U.S., the winter biking season has begun.

When it comes to staying warm while winter biking, I typically wear a thin balaclava under my helmet. As for the rest of your body, I highly recommend the following:

- Warm waterproof boots (I'm a Sorel fan.)
- Warm gloves (Wear thin wool gloves underneath warm mittens. This will keep your fingers warm when you take off the mittens to lock or unlock your bike.)
- Earmuffs/ear covering
- Glasses or goggles to keep the snow out of your eyes
- Scarf or neck warmer that can cover your mouth but still breathe easily. A long scarf allows you to wrap your neck and face, but it also has long tails that you can use to cover your chest underneath your coat.
- Warm hat or nylon skull cap that fits underneath your helmet.
- Long underwear if it's really cold or leg warmers that cover your knees
- For longer (sweatier) rides, it's a good idea to make your underlayer that is closest to your skin one made of wool or a synthetic material. Cotton tends to stay wet longer and may end up cooling you down, whereas wool tends to hold moisture.
- Lights! Use extra ones if you want to be even more visible.
- Mud guards on your bike.
- Brakes that are in good working order, and a bike in a good state of repair.

WHY PINE RIDGE?

Our Vision is to Radically Change the Landscape of Long Term Care Forever.



We believe that our skilled team and a positive outlook can achieve great things. Let us take that journey with you.

At Pine Ridge, our team of Rehabilitation, Nursing, Dietary, Activities and Chaplain services want to join with you and your family on the journey to healing and getting you to where you want to be as soon as possible. We take a "Wholeness Approach" which consists of healing in mind, body, and spirit.



Contact Freida or Bryan for a tour of our Facility.

1200 Spruce Lane | Elizabethton, TN
pineridgecare.com
423.543.3202



BROOKDALE

SENIOR LIVING SOLUTIONS

ALL THE PLACES LIFE CAN GO.

Senior Driver Safety

This class is free and open to the public. Call today to reserve your seat in this driver safety class!

Grand Court Bristol
 One Liberty Place
 Bristol, VA 24201

Call 276-669-1111 for more information