

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.

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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.