

# Senior Lifestyles

## The Johnson City Seniors' Center

Active Life through Active Living

# Happy Retirement Sue!

Thanks for 43 years of dedicated service to mature adults!



Memorial Park Community Center  
510 Bert Street Johnson City, TN 37601 423-434-6237  
[http:// www.johnsoncitytn.org/seniors/](http://www.johnsoncitytn.org/seniors/)

**\*\*\*Calendars are on pages 7&10 from this issue through July\*\*\***

# DIRECTOR'S LETTER

Dear Friends:

This will be my last letter to you before retiring April 30th. It is with mixed emotions that I will be leaving the Seniors' Center and the area. I am excited about my employment at Yellowstone National Park this summer. I hope you can take time to come by so we can enjoy a short visit in the Gathering Room.

I want to thank you for the opportunity to serve you and the mature adults in the community. I have enjoyed the time that I was able to spend with all of you the most.

I am leaving you with one of the strongest Senior Services Staff team. They are dedicated, loyal and hardworking. Please help them make your Seniors' Center better, by joining the leadership in making positive things happen for your Seniors' Center. Like the late Dr. Hale said, "we can disagree without being disagreeable."

As a team, we have worked hard to maintain the importance of the Senior Services Division. You can make a difference in your community and Seniors' Center. The Seniors' Center name gives you ownership in Your Seniors' Center. The late Dr. Bradley, a past Advisory Council member, insisted that the spelling include the (s') for that reason.

The Senior Staff team was able to help me bring you to the new facility. But remember, continue to "Use it or Lose it." I wish you well.

Sue Orr,  
Senior Services Director  
(February 22, 1971 to April 30, 2014)



**FOOD CITY**



George says...

Grocery cards make great presents, door prizes, and thank yous.

Food City Cards are available in varying denominations and are the perfect for gift giving and can be used for gas, groceries, and pharmacy.

Both cards can be purchased from the Senior Services receptionist Monday-Friday 8 a.m.-5 p.m.

Thank you for supporting the Johnson City Senior Center Foundation, Inc.



Follow us on Twitter:  
[twitter.com/JCSeniorctr](https://twitter.com/JCSeniorctr)



"Like" us on Facebook!  
[facebook.com/jcseniorscenter](https://facebook.com/jcseniorscenter)

# FUNCTIONAL FITNESS

## From Head to Tone

Fridays at 8:30 a.m.  
 Instructor: Jillian Boreing  
 This fun class for all activity levels will get your toned and in shape for summer! See you there!

## Weight Training with Jillian

Come train on our Dual Cable Cross system and learn the basics to create your own strength program! All activity levels encouraged.  
 Tuesdays at 8:30 a.m.  
 Call 434-6224 for more information

### SilverSneakers® News

-Want to be covered? Call your insurance company and request they add the Healthways SilverSneakers® Program!  
 -Call Allison at 434-6224 if you have any questions regarding your eligibility status



### It's Back!

### Love Handles

Tone your core with our 4 Week Series.  
 Starts April 2nd  
 11:00-11:30 a.m.

**Fitness Room Monitors Needed!**  
 Call 423-434-6224 for information

### Conductorcise

Fridays  
 1 p.m. - 2 p.m.  
 A mind and body workout that's good for the soul, Conductorcise will have you moving and smiling to the beat. Join us for this first official class and experience the joy music can bring!

# SilverSneakers® Eligible Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m. -9:00 p.m. Fitness Room Billiards Room	7:00 a.m. -9:00 p.m. Fitness Room Billiards Room	7:00 a.m. -9:00 p.m. Fitness Room Billiards Room	7:00 a.m. -9:00 p.m. Fitness Room Billiards Room	7:00 a.m. -9:00 p.m. Fitness Room Billiards Room	7:00 a.m. -9:00 p.m. Fitness Room Billiards Room
8:00 a.m. Pickleball	8:30 a.m. Shuffleboard	8:00 a.m. Pickleball	8:30 a.m. SilverSneakers® Yoga	8:00 a.m. Pickleball	11:45 SilverSneakers® Splash
9:30 a.m. Table Tennis	9:30 a.m. Table Tennis	9:30 a.m. Table Tennis	9:30 a.m. Shuffleboard	8:30 a.m. Toning	
10:00 a.m. SilverSneakers® Classic	11:45 SilverSneakers® Splash 1:00 SilverSneakers® Yoga	10:00 a.m. SilverSneakers® Classic	11:45 SilverSneakers® Splash	9:00 a.m. Wii Love Fridays	<h2>POOL</h2> <p>Lap Swim                  Senior Lap Swim                  Open Therapy                  SilverSneakers® Splash                  (In Therapy Pool)</p>
			12:00 p.m. Women's Billiards	9:30 a.m. Table Tennis	
			1:00 p.m. Ballroom Dancing	3:45 p.m. Beginner Ballroom Dance	
			4:30 p.m. Salsa/ Merengue		

# ART + experience

MUSIC NOTES



**Piano Lessons**  
Mondays, Thursdays,  
and Fridays  
Mornings by appointment

Experienced teacher  
Wreatha Terry will guide  
you through learning to  
play your favorite songs.  
Call for your appointment  
today!



**Heart Strings**

Tuesdays at 10:00 a.m.-Noon  
An open group playing a variety of instruments.  
Join us for an entertaining morning of  
Old hymns, bluegrass, country and folk music.

**Guitar Lessons By Appt.**

Tuesday afternoons by appointment  
Improve your guitar skills or start  
from scratch in a one-on-one setting  
with an experienced teacher.  
Cost: \$13 per 30 minute session  
Instructor: Pat Whisnant



**Dulcimer**

**Lessons**  
with Cathy Ciolac  
Thursdays  
1:00 -2:30 p.m., Free  
Bring your instrument  
and learn the  
basics of how to play  
the dulcimer.



INTRODUCING THE NEW  
**Senior Chorale**  
Now meeting every  
Thursday, from 3:00-4:30

Join Director Cherry Smith &  
Accompanist Barbara Knisely  
as we sing for the joy of singing.

We will be starting with show tunes,  
Broadway numbers & feel-good popular  
tunes sure to put a smile on your face!



Johnson City Seniors' Center at Memorial Park Community Center

Johnson City Seniors' Center  
(423) 454-6257

**CRAFTER'S CORNER:**

**Card Making**

Friday, April 11  
1:30-3:30 p.m.  
Cost: \$6.50  
(All materials provided)  
Make 2 cards with talented  
crafter Dorothy Rose who  
will give you some great  
ideas for creating your own  
personalized greeting cards.

**For Love of Crafting**

Thursdays  
10:00 - Noon Free  
Use your craftiness for  
good! Join this group to  
learn how you can use your  
sewing skills to help people  
in need.

**Quilter's Club**

Date: Fridays  
10:00 a.m. – Noon  
Description: A group for  
people who love to quilt or  
people who want to learn to  
quilt. Bring a project or an  
idea and join the fun. Cost:  
Free

**Knitting Wednesdays**

2:30 p.m.  
A class designed  
for beginner to  
intermediate  
levels of knitting  
Cost: Free

**Needle And Fiber Arts**  
A class designed for  
beginning to advanced  
levels of fiber arts  
Tuesdays  
1:00 p.m.



**Paint & Palette**

**Elements & Principles of Art**

Mondays, March 10-April 21 6:30 p.m.  
with Janice Flynn  
A comprehensive Art Course that  
incorporates into mixed-media projects.

**Open Art Studio**

Mondays  
from 12:30-3:30  
Take advantage of our beautiful  
creative space!  
Bring a project and work in the  
company of other Artists.

**Intro To Ceramics**

Wednesdays, April 2, 9, & 16  
9:30 a.m. – 12:30 p.m.  
For this session, participants will make a large  
vessel, which could be used as a flower pot or  
crock and explore engobes, a type of colorant that  
is applied while the clay is still wet to make this  
beautiful, traditional style pottery.  
**Registration Deadline: April 1**  
Cost: \$45 for the 3-week course,  
ALL materials included

**Oils and Pastels**

Wednesdays 9:30 a.m.  
with Ken Simmelink

**Registration Deadline:**  
Monday before each class  
\$10 per person/per class  
Designed for beginners or  
experienced painters, participants  
paint their own projects as  
instructor provides individual  
instruction.

**Acrylics**

Wednesdays 12:30 p.m.  
with John Holsclaw  
\$10 per person/per class.

Participants paint their own projects  
as instructor Designed for  
beginners or experienced painters.

**Registration deadline:**  
Monday before each class



**Crafternoon (Free Classes)**

12:30 p.m. – 3:00 p.m.

- **April 10** Cake Decorating with Pat Glover Expand your cake decorating knowledge while learning fondant shaping, buttercream techniques and lots of tips and tricks. Turn your next cake into a work of art! – You must pre-register by Tuesday, April 8
- **April 24** Book Making with Rebecca Make a recycled sketch book from cereal boxes, then decorate and personalize your

# LIFELONG SPORTS

# HIP HIKERS

## Four Nutritional Tips for Outdoor Adventurers

1. Eat and drink enough – Sam says her clients are spending crazy amounts of energy outdoors and aren't replenishing their bodies. Their bodies can function like that for a long time but will start to break down. Be mindful of just how many calories you're burning on a long mountaineering or backpacking trip and how much you're losing fluids.

2. Take care of your adrenal glands – Outdoor adventurers often end up burning out a lot of the nutrition stores that they need to run the stress gland. Our adrenal glands are important for many reasons, and adventurers who enjoy riskier activities often rely on their adrenals to regulate that 'fight or flight' reaction that comes up in stressful situations. Be sure to eat superfoods, seaweeds, crunchy/chewy foods (like carrots, which stimulates the pituitary glands), and electrolytes.

3. Slow down- Avoid using coffee and sugar to keep you going. "Take breaks and stop when you eat when possible," says Samantha. This may not always be easy if you're on the side of a mountain or eating a bar out of your armpit. When you have the chance, though, sit and be conscious of what you're eating.

4. Consider the Conditions: You can use your nutrition to optimize your performance in varying conditions.

- cold climates – drink water even if you don't feel thirsty, eat extra calories and warm foods (heat them up, if possible) and also eat warming foods
- sun exposure – eat foods high in antioxidants, carotenoids (leafy greens, spinach, kale, carrot, mango, pumpkin, sweet potato) and lycopene (watermelon, tomatoes red bell pepper), which will increase your skin's ability to tolerate to UV radiation
- altitude – eat foods that are high in carbohydrates and increase oxygenation with blood-building foods (high in iron)

From: [adventurousparents.com/.../nutrition-tips-for-outdoor-adventure...](http://adventurousparents.com/.../nutrition-tips-for-outdoor-adventure...) by Meghan Ward

**Hip Hikers to Big Creek**  
 Thursday, April 10 8 a.m.  
 Cost: \$11.00 (transportation)  
 Challenging level  
 Meet at Center  
 Bring your own lunch  
 Reservation Deadline:  
 April 9

**Hip Hikers to Graveyard Fields**  
 Thursday, April 17 8 a.m.  
 Free (Carpool)  
 Challenging level  
 Bring your own lunch  
 Reservation Deadline:  
 April 16

**Hip Hikers to AT @ Unaka Mountain**  
 Thursday, April 24 8:30 a.m.  
 Cost: \$3.00, Transportation Provided  
 Meet at Center  
 Challenging level  
 Bring your own lunch  
 Reservation Deadline:  
 April 23

Tennis for Living  
 with  
 Tennis Pro Marley Woods

Beginners welcome!

Tuesdays and Thursdays,  
 9:30 a.m.

Indoors at MPCC

\$5 per session

Silver Sneakers--free!

## Weight Training with Jillian

4 week series (must attend all four weeks)  
 Tuesdays at 8:30  
 Beginning in April

A fitness room circuit workout based on the Dual Cable Cross Weight Machine. Learn how to maximize your workout with this piece of equipment and implement a cardio/weight training routine. Each week Jillian will take you through a thorough workout and help you track your progress.

Free to those with a fitness room membership  
 Free to those with Silver Sneakers  
 \$15 for those who do not have a fitness room membership

# Lifelong Learning

## **Conversational Spanish** - Mondays 1:00 -2:00 p.m., and Fridays 11:00 -12 p.m.

Join ETSU instructor Chris Bush. Know a little Spanish? Want to learn more, practice conversing with others and meet new people. Come join us!

## **Senior Employment Program**-Wednesday, April 2 12:30 p.m.

Looking for work, want to make a little extra money, need assistance looking for a job? Join Holly Hudson from FTHRA. She will give you all the information, tips and more that you need. First Tennessee Human Resource Agency's Senior Employment Program is a federally-funded training program which assists low-income, unemployed seniors gain viable job skills through paid training at various non-profit and government agencies (FTHRA)

## **German Conversation Group** - Thursdays 9:30 a.m.

Interested in Speaking German?- Achtung, Achtung, hier eine Ankuendigung. Attention German speakers and students: If you are interested in meeting once a week at the Senior Center to converse in German, contact Amy at 434-6229.

## **ETSU/Alliance for Continued Learning** Tuesdays and Wednesdays 10:00-Noon

ETSU/ACL will meet on Tuesdays and Wednesdays for six weeks. Lectures, outings, and performances are planned during this spring session.

## **Meet the Author** Thursday, April 10 1:00 p.m.

Pat Bone is the guest author. Mr. Bone is a man of many talents. He has worked as a deputy for CO, gone to seminary, plays music and sings, had a farm and is also an author. Mr. Bone has had several short stories published, and has written mystery children's books too. Join us to hear his interesting life story and how he goes about writing books, getting published and more. Please register

## **Travel Round the World** Monday, April 14 1:00 p.m. Please register, free.

With Spring well on its way, it's time to think about travel again! Please join Dr. Ron Zucker on a video journey to some of our Premier National Parks: Yellowstone, Grand Teton, and Glacier. Along the way we will visit some other beautiful sights such as Chimney Rock, Mount Rushmore, Devil's Tower, just to mention a few.

## **Financial Focus** Thursday, April 17 10:30 a.m.

Silence May Be Golden, But Not When It Comes to Your Estate.

Join us, along with a local estate-planning attorney, for our free Preparing Your Estate Plan seminar. You'll learn more about:

- What to consider when creating your will
- The benefits of trusts in estate planning
- How to help reduce taxes on your estate
- How insurance can help protect your family

## **"Herbs 101 and Beyond- from the Basics to the Unusual"** SAPS-Southern Appalachian Plant Society-Thursday, April 24 7:00 p.m.

Ellen Reynolds owner of Beagle Ridge Herb Farm, Wytheville, VA (who will co-sponsor meeting with SAPS) Description: Herbs have long been used for everything from flavoring to medicine and nothing has changed today. Herbs are easy to grow, so come learn how to grow and use these amazing plants; you'll be surprised at what is considered an herb. Mediterranean herbs will be the main focus. Bring your questions and come ready to taste. Door Prize giveaway.

## **Carfit(AAA/AARP)** Friday, April 25 9:00 a.m.-noon FREE Sign up now!

Carfit is designed to show people how to make their vehicle 'fit' them by increasing safety measures and mobility. Carfit covers proper steering wheel distance, seat belts, mirror adjustments and more. It only takes 15-20 min. to make you and your vehicle safer for travel.

## **Calling all clowns!**

Come Join The Fun at Clown Camp 2014

Back by popular demand Appalachian Clown Alley will be offering our Clown Camp. Wont you join us in June for a really good time and a chance to learn about making others laugh. We will be learning the art of ballooning and make up and laughter. And so much more. You wont want to miss this fun event. Please call Ruth Sandy at 423-538-7485 for more details. Space is limited and our camp is open to both the young and the young at heart!

# HEALTH

*April is:  
National Autism Awareness  
Testicular Cancer Awareness*

**Meet the Nurse!**  
**Angie Heath, RN**  
Monday, Tuesday and Thursday  
8-1 p.m.  
Wednesday  
7:30-12:30 p.m.

**Fasting Blood Sugars**  
Wednesdays 7:45-9:30 a.m.

**Four Week  
Tied To Be Fit  
Healthy Living/Walking  
Program**  
Call Angie for more  
info  
434-6235

*National  
Parkinson's  
Awareness Day  
April 11 1:00 p.m.*  
*Becky Devoe will provide an  
exercise demo and lead a  
discussion on  
Parkinson's*

National  
Public Health Week

April 7, Noon Disaster  
Preparedness  
April 10, 9:00 a.m. What Can the  
Health Department do for  
Seniors?

**Skin Deep**  
April 16  
8 a.m.-11 a.m.  
Skin Cancer Screenings  
11 a.m.-noon  
Presentation on Skin  
Cancer

**Medical Ethics Discussion** Wednesday, April 16 12:30 p.m. and Wednesday, April 30 5:30 p.m.  
Case 1: Anne Roberts and making a decision about nursing and striking  
A labor shortage causes massive burnout in the nurses who are still working, and attrition and the like compound the situation. One nurse weighs the problems and benefits of a strike. Please Register, free.

# VOLUNTEERS

## **Volunteer Session**

Monday, April 7, 10:00 a.m.  
Appreciation Breakfast  
Thank you for your hours of service and support of the Senior Center and community.

## **Second Harvest Food Bank**

2nd Wednesday of each month  
Depart the Center 8:15  
Volunteer from 9-noon (Sort and pack food)  
Lunch on your own at Cracker Barrel then return to Center

## Volunteers-April

April is our favorite month-it's volunteer appreciation days! All volunteers, new and seasoned, are invited to a special breakfast on Monday, April 7 at 9:00 a.m. in the MPCC Dining Room. Door prizes, entertainment, and a big THANK YOU from the Senior Services staff for all you've done in the past year. Please register by Wednesday, April 2.

For our volunteers who recorded at least 24 hours of service in 2013 and attended at least three volunteer sessions during the year, watch for your invitation to an afternoon of entertainment on Thursday, April 10.

The Center needs your assistance in delivering newsletters to various drops around the city.

Call Glennis at 434-6237.

# Computers

Pre-Registration and payment are required for all computer classes.  
Classes may be cancelled due to low registration numbers.

**Open Computer Lab:** Thursdays 2:00 - 4:00 p.m.

**Mobile Devices:** Fridays 12:30 - 2:00 p.m.

**Introduction to PhotoShop** Instructor: David Kramer Wednesdays, April 2, 9 & 16 1 p.m. – 3 p.m. Cost: \$10 per session  
Participants should bring their own laptop with the PhotoShop or similar program installed. Local artist David Kramer will help you expand your knowledge on how to use this popular photo editing software.  
Registration Deadline: Monday, March 31

**Word I** Instructor Jim Foote Monday, April 21 and Wednesday, April 23 9-10:30 Cost: \$10.00  
This class will introduce the basics of Microsoft Word. Students use the basic tools of this program to create documents. (Beginner)

**Excel I** Instructor Jim Foote Monday, April 21 and Wednesday, April 23 10:45-12:15 Cost:\$10.00  
This class will introduce the basics of the Excel spread sheet. Students will design forms which can be used to keep track of information. (Beginner)

## KEY

Basic Beginner- No computer experience required; desires slow-paced instruction.  
Beginner- Mouse and keyboard skills required; desires faster paced learning  
Intermediate- Basic knowledge of computer systems including email.  
Advanced- Builds upon skills and knowledge gained in intermediate level classes.

AARP Tax Prep  
Walk-ins and Appointments  
Wednesdays 1:00 p.m.-7:00 p.m.  
Fridays 9:00 a.m.-4:00 p.m.

# Outings and Travel

**Milligan Orchestra Concert : “Concertos, Arias, and Cellos, Oh My!”**  
 Friday, April 4th leave MPCC at 6:45, Cost:\$ 2  
 The first half of the concert will feature Milligan students and faculty and professional performers from the area. the Milligan Orchestra will celebrate the cello students and teachers in our region by featuring cellists from ages 5 to 18 from the teaching studios of Cherylonda Fitzgerald, Georgia Sinko, and Cynthia Mueller. These students will delight the audience with works by Paganini, Weber, and Vivaldi, including some clever and surprising pieces such as the One Bow Concerto and End Pin Rag. Please register, by April 2nd.

**Bluebell Wildflower Walk-**  
 Friday, April 4  
 Leave MPCC at 9:30 am Cost: \$ 2  
 Simply put: this is something you have to see. Winged Deer Park has the largest collection of naturalized Bluebell flowers in a hundred mile area. They bloom for a short window of time. Meet in the Outdoor Classroom for a brief talk about some of the things we will expect to see as we walk the ‘back forty’.

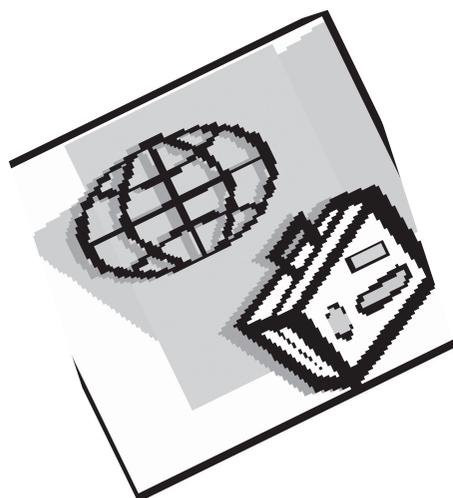
**Sunny Side Yarns & Hale Springs Inn -**  
 Wednesday, April 9, 10:30 a.m. – 4:00 p.m.  
 A trip to Rogersville that will include lunch on your own at the historic Hale Springs Inn, followed by a tour of the old building. Then we will walk a short distance to Sunny Side Yarn on South Depot Street to check out the collection of specialty yarns and knitting merchandise this unique shop carries.  
 Please register by April 7.  
 Cost: FREE!

**Walking Tour Series, Knoxville-Friday April 11**  
 Leave MPCC at 8:30 Cost:\$26.00  
**This is an easy walking tour, lunch on your own.**  
**“Early Years”**  
**Step back over two centuries and visit Knoxville’s founders as you listen to the stories of the settlement of White’s Fort and establishment of the capital of the Southwest Territory at the headwaters of the Tennessee. Source:Knoxville Walking Tours**

**Milligan Jazz Ensemble Concert- Monday, April 28th leave MPCC at 6:45,**  
 Cost:\$2  
 The Milligan College Jazz Ensemble, under the direction of Rick Simerly, associate professor of music, will present “A Tribute to Maynard Ferguson” featuring Nashville recording artist and Maynard Ferguson band alumnus, Steve Patrick. Steve is the top call trumpet player in Nashville with more than 4,000 recordings to his credit. Please register by April 24th.

**TN Riverboat Lunch Cruise**  
 Tuesday, April 22  
 Depart MPCC 9:00 a.m.  
 Join us for a spring lunch cruise; see all the beautiful dogwoods and spring blooms.  
 Cost: \$28.00  
 (which includes lunch and transportation)  
 Register by April 18. No refunds.

**Dixie Diners Monday April 7 Bus departs 10:30 a.m.**  
**Picnic and Bluebells at Winged Deer Park. Sign up by Wednesday April 2. No Charge for transportation. Don’t forget to wear your walking shoes.**



## Travel Corner

Spring is finally here, and with it comes the urge to get outside and GO! For those registered for the Mackinac Island trip in May, we will have a meet and greet on Wednesday, April 23 at 3:00 p.m. If you’re a last-minute traveler, we can still accept your reservation if space is available - check at the Senior Services reception desk. We are accepting reservations for the fall motor coach trips to Savannah and New York City.

Where will your travels take you in 2014?  
 JCSC Seniors on the Go  
 Chartered Trips!

# Retirement Party

**OH, THE  
PLACES SHE'LL  
GO!**

Please join us for a  
retirement party for

*Sue Orr*

April 30, 2014  
4:00-6:00 p.m.

Johnson City Seniors Center  
at MPCC  
510 Bert St  
Johnson City, TN  
Call 423-434-6237 to RSVP

# GAMES

Mondays

Hand & Foot Canasta at 1 p.m.  
Ladies Monday Night Bridge Club 6:00 p.m.

Tuesdays

BINGO first Tuesday of month  
Tuesday Bridge Group Noon  
Scrabble 5:30 p.m.(only 22nd and 29th)  
Mexican Train Dominos 6:00 p.m.

Wednesdays

Pinochle at 1 p.m.

Thursdays

Women's Billiards noon  
Rook at 1 p.m.

Fridays

Party Contract Bridge 9:00 a.m.  
Wii Love Fridays 9:00 a.m.  
Ace of Clubs Duplicate Bridge 12:30 p.m.

## Friday Night Dance Schedule (As of 2/1/2014)

4/4/2014	Curt Mathson
5/2/2014	Jerry Pierce
5/16/2014	Kids Our Age
6/6/2014	Limited Edition
6/20/2014	Shooter Band
7/18/2014	Jerry Pierce
8/1/2014	Kids Our Age
8/15/2014	Patti Quarles
9/5/2014	Limited Edition
9/19/2014	Mark Larkins
10/3/2014	Curt Mathson
10/17/2014	Jerry Pierce
11/7/2014	Patti Quarles
11/21/2014	Kids Our Age
12/5/2014	Curt Mathson Duo
12/19/2014	TBA

# SOCIAL ENRICHMENT DANCE

Mondays

2:00 Challenge Square Dance with Don Williamson  
**3:30 Line Dance with Martha Silver Sneakers**  
6:00 Dandy Line Dancers with Martha Davenport

Tuesdays

4:00 Circle R Dancers with Phil Ramsey and Fran Pair

Wednesdays

1:30 Intermediate/Advanced Line Dance with Don Williamson  
5:15 Ballroom Dance with Walt and Margaret Baumgardner

Thursdays

1:00 Ballroom Dance Practice led by Nadine Taylor

Fridays

1:30 Intermediate Line Dance with Don Williamson  
3:45 Beginner Ballroom Dance with Walt and Margaret Baumgardner  
1st and 3rd Friday nights  
7:00 Dance with live band

Boot, Scootin' Boogie Line Dance Social  
April 1, 6:00-8:00 p.m. \$3  
May 20, 6:00-8:00 p.m. \$3

Good Friday Luncheon  
Friday, April 18  
11:30 a.m.  
Baked fish, mixed vegetables,  
cole slow, roll, dessert, drink  
\$5

Absolute Beginner  
Line Dance Class  
with Jeff Revolinski  
  
April 3-May 8 4-5 p.m.  
Learn basic line dance steps  
taught using a variety of music  
genres.  
\$30 for 6 week series  
Must pay in full prior to first class  
non-refundable after first class  
  
Call 434-5749



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Special Events for April</b>	<b>1</b> 8:30 Weight Training w/ Jillian 10:00 Heart Strings Coffee House 6:00 Boot, Scootin' Boogin Line Dance Social	<b>2</b> 9:30 Intro to Ceramics 11:00 Love Handles 12:30 Senior Employment Program 1:00 National Walking Day: Tied to Be Fit Walk 1:00 Introduction to Photoshop	<b>3</b> 9:30 Bluebell Wildflower Walk (Winged Deer Park) 10:00 As the Page Turns 1:00 Dulcimer Lessons 2:00 Open Computer Lab 2:00 S.A.L.T. Council Meeting 3:00 Senior Chorale	<b>4</b> 8:30 Piano Lessons 8:30 From Head to Tone 1:00 Conductorcise 6:45 Milligan Orchestra Concert 7:00 Friday Night Dance
	<b>7</b> 10:00 Volunteer Training 10:30 Dixie Diners Noon Disaster Preparedness 1:00 Amateur Photographers Club	<b>8</b> 8:30 Weight Training w/Jillian 9:30 Tennis	<b>9</b> 9:30 Intro to Ceramics 10:30 Sunny Side Yarns Outing 11:00 Love Handles 1:00 Introduction to Photoshop	<b>10</b> 8:00 Hike to Big Creek 9:00 Discover the Health Department 9:30 Tennis 10:00 Writers Circle 12:30 Crafternoon – Cake Decorating 1:00 Meet the Author 1:00 Dulcimer Lessons 3:00 Senior Chorale
<b>14</b> 8:30 “Growing Up on the Mississippi” Bobby Horton workshop 1:00 Travel Round the World	<b>15</b> 8:30 Weight Training w/ Jillian 9:30 Tennis	<b>16</b> 9:30 Intro to Ceramics 8:00 Skin Cancer Screening 11:00 Skin Deep: Skin Cancer Awareness 11:00 Love Handles 12:30 Medical Ethics Discus 1:00 Introduction to Photoshop	<b>17</b> 8:00 Hike to Graveyard fields 9:30 Tennis 10:30 Financial Focus 1:00 Dulcimer Lessons 2:00 Open Computer Lab 3:00 Senior Chorale	<b>18</b> 8:30 Piano Lessons 8:30 From Head to Tone 11:30 Good Friday Lunch 1:00 Conductorcise  Saturday 19 Watauga Valley Art League
<b>21</b> 9:00 Word I 10:45 Excel I	<b>22</b> 8:30 Weight Training w/Jillian 9:00 TN Riverboat Lunch Cruise 9:30 Tennis	<b>23</b> 9:00 Word I 10:45 Excel I 11:00 Love Handles	<b>24</b> 8:30 Hike to Unaka Mountain 9:30 Tennis 10:00 Writers Circle 12:30 Crafternoon – Book Making 1:00 Dulcimer Lessons 2:00 Open Computer Lab 3:00 Senior Chorale 7:00 Herbs 101/Southern Appalachian Plant Society	<b>25</b> 8:30 Piano Lessons 8:30 From Head to Tone 9-12 Carfit 1:00 Conductorcise  Saturday 26 9:00 Citizenship Classes
<b>28</b> 6:45 Milligan Jazz Concert	<b>29</b> 8:00 FTAAAD Aging Conference 8:30 Weight Training w/ Jillian 9:30 Tennis	<b>30</b> 11:00 Love Handles 4:00 Sue’s Retirement Party 5:30 Medical Ethics Discussion		

# ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 9:00 pm Billiards Room Fitness Room <b>8:00 Pickleball</b> 8:30 Toning 8:30 Piano Lessons by appointment 9:00 Blood Pressure Screenings 9:30 Table Tennis 10:00 SilverSneakers® Classic 11:00 Tai Chi for Arthritis 11:45 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 1:00 Conversational Spanish 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 DandyLines Line Dance--Advanced 6:00 Ladies Monday Night Bridge Club	7:00 am to 9:00 pm Billiards Room Fitness Room 9:30 Shuffleboard 9:30 Table Tennis Noon Tuesday Bridge Group 10:00 Heart Strings 1:00 Chair Yoga 1:00 Needle and Fiber Arts 1:30 Tuesday Trio Bowling @ Holiday Lanes 3:30 Guitar Lessons by appointment 4:00 Circle R Dancers 5:30 Scrabble Group (on 22nd and 29th only) 6:00 Round Dance 6:00 Mexican Train Dominos	7:00am to 9:00 pm Billiards Room Fitness Room 7:45 Fasting Blood Sugars 8:00 Pickleball 8:30 Toning 9:00 Blood Pressure Screenings 9:30 Oils/Pastels Painting Class 9:30 Table Tennis 10:00 Bible Study 10:00 SilverSneakers® Classic 11:00 Tai chi for Arthritis 11:45 Qi Gong 12:30 Acrylics Painting Class 1:00 Pinochle 1:30 Intermediate/Advanced Line Dance Lessons 2:30 Knitting 5:15 Ballroom Dance Lessons	7:00 am to 9:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Chair Yoga 8:30 Piano Lessons by appt. 9:30 Shuffleboard 9:30 GermanConversation 10:00 For Love of Crafting Noon Women's Billiards 12:30 Crafternoon 1:00 Rook 1:00 Ballroom Dance Practice	7:00 am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball 8:30 From Head to Tone Fitness Class 9:00 Blood Pressure Screenings 9:00 Party Contract Bridge 9:00 Wii Love Fridays 9:30 Table Tennis 10:00 Quilter's Club 11:00 Conversational Spanish 12:30 Ace of Clubs Duplicate Bridge 12:30 Mobile Devices 1:30 Intermediate Line Dance Lessons 3:45 Beginner Ballroom Dance

LOOKING AHEAD~

MAY

3 PICNIC

9 APPALACHIAN CHORUS CONCERT

15-18 SERVE FOR A CURE TENNIS TOURNAMENT BENEFITTING ALZHEIMERS ASSOCIATION

28 ADVENTURE QUEST (CELEBRATING NATIONAL SENIOR HEALTH AND FITNESS DAY)

JUNE

NATIONAL SAFETY MONTH EVENT TBD

DATE WITH HISTORY EIGHT WEEKS OUTING SERIES ON TUESDAYS--BEGINS MID-MONTH

ELDER ABUSE AWARENESS DAY ACTIVITY

JULY

PICNIC TBD

AUGUST

BBQ BLAST TBD

SEPTEMBER

WE CELEBRATE SENIORS CELEBRATION TBD

HEALTH FAIR TBD

OCTOBER

BREAST CANCER AWARENESS MONTH--WEEKLY ACTIVITIES WILL BE PLANNED

NOVEMBER

DIABETES AWARENESS MONTH--ACTIVITIES PLANNED WEEKLY

11 VETERANS DAY EVENING PERFORMANCE BY JEANNE ROBERTSON

12 LAUGHTER IS MEDICINE LUNCH WITH JEANNE ROBERTSON

historian & instrumentalist

# BOBBY HORTON

free &  
open  
to  
public

MONDAY, APRIL 14

8:30-9:30 A.M.

MEMORIAL PARK

SENIOR CENTER

510 BERT STREET

FOR INFORMATION:

423.434.6237

Hear tales of riverboat culture & the music that influenced Mark Twain's childhood and the themes & tunes woven into his writing, shaping his memorable characters.

 MARY B.  
MARTIN  
School of the Arts  
East Tennessee State University

[www.etsu.edu/martin](http://www.etsu.edu/martin) • 423.439.8587 (TKTS)

# A Walking Challenge: *Rain or Shine!*



## April 2, 2014, 1:00 p.m.

Johnson City Seniors Center  
 at Memorial Park Community Center  
 510 Bert St Johnson City, TN  
 423-434-6237

*Booths with educational information, prizes and more!*

**FREE!**

Sign up with Nurse Angie Heath  
 434-6235  
 for a 4 week follow-up to  
 National Walking Day. **FREE!**

Will include checklists with healthy living tips, a four week walking plan, countdown challenge tracker, guest speakers and more!

### NEWCOMER'S WELCOME SERVICE

We are here to share a "Touch of Southern Hospitality" to all new residents to our beautiful area! We will visit you in your home, bringing a "shopping bag" full of special goodies from local merchants, professionals and needed services to help you settle in EastTennessee...This is a FREE service to you... Contact the phone number below for your free in-home visit as soon as possible. **BUSINESSES...**with today's economy, join one of the most effective methods of getting your information in the hands of newcomers... Welcome all new residents from other states immediately in a face-to-face conversation, leaving them with your product or service information within hands reach when needed!

Benita - 423-202-1679



**Wednesdays**  
**April 2, 9 & 16**  
**9:30 a.m. – 12:30 p.m.**

Call now to register!  
 434-6237

A 3-week course with  
**Ceramics Artist Sarah Dorr**  
 that will teach you the  
 basics of clay hand-building.



\*Price includes instructor's fee  
 + ALL materials!

Create a large vessel,  
 Learn to use clay stamping and modeling tools,  
 Learn glazing and coloring techniques,  
 &  
**Take home a beautiful pieces to display!**

Cost: \$45 for a 3-week session

Johnson City Seniors' Center  
 At Memorial Park  
 Community Center



## GROUPS and MEETINGS

### Musical Voices

Practice Mondays at 1:00 p.m.  
 Taking the joy of music to  
 local nursing homes and  
 churches since 1981  
 Join this welcoming group if  
 you love to sing Gospel Music  
 Cost: Free

### As The Page Turns

Book Discussion Group  
 First Thursday at 10:00 a.m.  
 Pre registration is encouraged!  
 April selection: My Year of  
Meats by Ruth Ozeki  
 May: The Kite Runner  
 by Khaled Hosseini  
 June: My Antonia  
 by Willa Cather

### Writer's Circle

2nd and 4th Thursdays  
 10 a.m.-noon  
 A group of individuals who  
 gather together to share ideans  
 and stories that they have  
 written. Cost: Free

### AMATEUR PHOTOGRAPHERS CLUB

FIRST MONDAY OF THE MONTH  
 1:00-3:00 P.M.

JOIN YOUR PEERS FOR PHOTO SHARING, TIPS, TOPICS, HELPFUL  
 CRITIQUES AND MORE

PHOTO TOPICS:  
 APRIL 7 - "SPRING AWAKENINGS"  
 MAY 5 - PEOPLE  
 JUNE 2 - CRAFTSMEN

### What is the Washington County S.A.L.T. Council?

The Washington County S.A.L.T. Council (Seniors and Law Enforcement Together) is an organization of senior citizens, law enforcement officers and community groups. The S.A.L.T. Council provides an opportunity for the exchange of information between these groups to enhance the quality of life for seniors. As a result, relations between seniors and police are improved, criminal victimizations through increased awareness are reduced, and knowledge of services available to seniors is also improved. So many issues come up these days dealing with personal safety, scams/frauds, burglary, identity theft, etc. Often someone in your family might need more information on certain health issues such as Alzheimer's, elder abuse, or caregiver support programs. S.A.L.T. addresses many of these issues at their monthly meetings. Speakers are also invited to talk about disaster preparedness and fire prevention. For more info, contact Jo Willems, 741-0227.

Meets the first Thursday of each month at 2:00 p.m. at MPCC.  
 Everyone Welcome!

### Watauga Valley Art League

April 19 10:00 a.m.

### Bible Study Groups

Wednesdays, 10:00 a.m.

Thursdays, 8:00 a.m.  
 Men's Bible Study, breakfast by  
 donation  
 FREE, Please Register

