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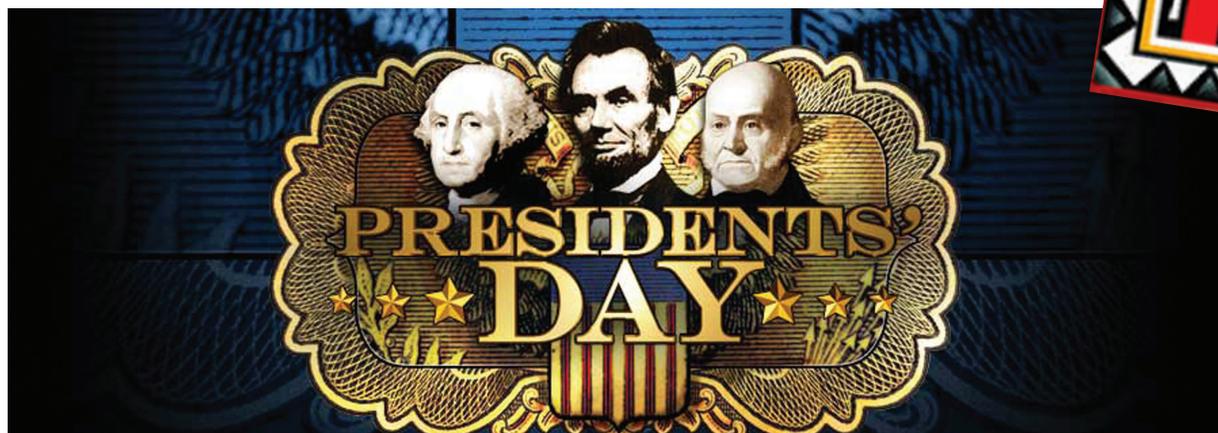
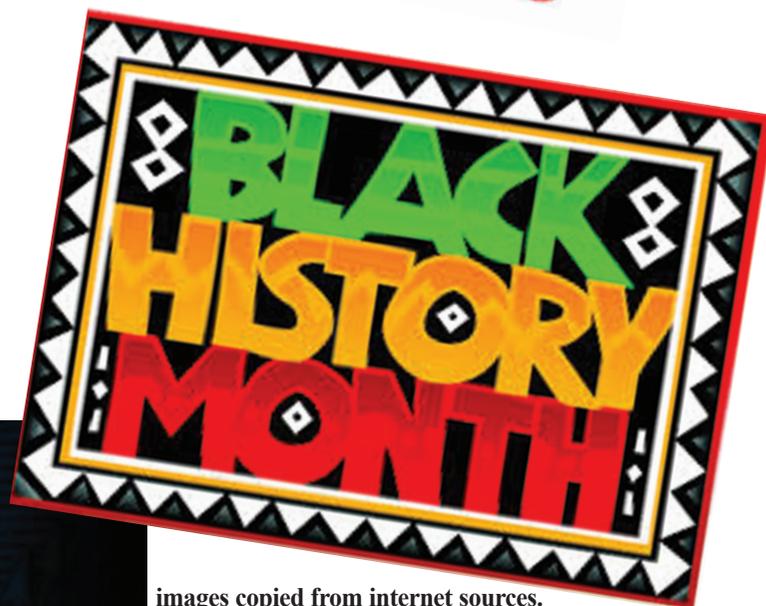
Senior Lifestyles

The Johnson City Seniors' Center

Active Life through Active Living



SOCHI 2014



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Memorial Park Community Center
510 Bert Street Johnson City, TN 37601 423-434-6237

[http:// www.johnsoncitytn.org/seniors/](http://www.johnsoncitytn.org/seniors/)

DIRECTOR'S LETTER

Dear Friends:

As we began our year, we wanted to look closely at the budgeting needs. Your involvement and input at the Seniors' Center is very important as we continue transition into the community center environment. One of the two most important things that you can do for your Seniors' Center is to become more knowledgeable and give of your time and expertise. As a volunteer at Johnson City Seniors' Center, your unique skills can be used in meaningful ways. We have hundreds of volunteer opportunities for seniors where you can use your personal or professional talents. Or, we can work together to customize a new volunteer opportunity based on your abilities and preferences. Your choices range from the simple to the sophisticated and from the occasional role to daily responsibilities. Start becoming more knowledgeable by obtaining the Annual Report, reviewing, asking questions and helping us to make your Seniors' Center the best. As I close out my career, I would like to extend the senior leadership into reaching all areas of the Seniors' Center. Hope things are going well, come down and enjoy your Seniors' Center.

With fond memories,

Sue Orr, Senior Services Director

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

*Note: The donation period is from Nov 1, 2013 thru Jan 9, 2014. If your donation has not been acknowledged or acknowledged incorrectly in this month's newsletter, please call 434-6237, in order that we may rectify the oversight.

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Crestpoint HealthCare	Patte Earley	Peter Glasser	Sara Johnson	Jack McDavid	Clare Prusak

**Donations continued on pages 5 and 16

FUNCTIONAL FITNESS

Race Training begins for Race Walk February 7 at Noon

All activity levels encouraged to participate FREE!

Slimpossible mission accomplished!

Let's celebrate with a Finale party!
February 20
10:00 a.m.

Conductorcise!
This innovative program combines exercise with classical music. It will be hard not to smile!
Beginning Feb. 21
1:00 p.m.

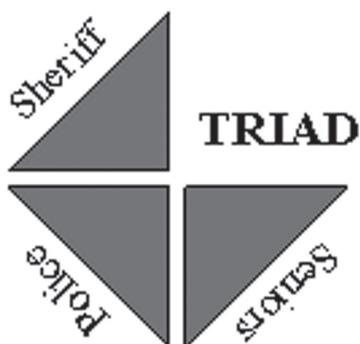
Fitness Room
Monitor Meeting
Feb. 18 at 11:00 a.m.

**NEW FITNESS OPPORTUNITY!
FRIDAY TONING
AEROBIC/TONING CLASS
FRIDAYS BEGINNING
FEBRUARY 7, 8:30 A.M.
EXERCISE TO 60-80'S MUSIC WHILE
UTILIZING A VARIETY OF FITNESS
TOOLS-BANDS, BALLS, HAND WEIGHTS,
AND CHAIRS FOR BALANCE.
\$2**



Silver Sneakers News:

Call or drop by to recheck your SilverSneakers Eligibility! Even though your insurance may not have changed, your SilverSneakers may have a different ID number. Contact Allison at 434-6224 for details
Don't forget that Ballroom Dancing is now part of SilverSneakers!
Please remember to use the touch screen



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

Three triangles symbolize a working relationship between leaders from law enforcement, seniors, and providers. 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, identify 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. The S.A.L.T. Council sponsors the Senior Crime Prevention Academy annually.

The S.A.L.T. Council meets the 1st Thursday of each month (except July) at 2:00 p.m. at the Memorial Park Community Center. Everyone is welcome to attend. We encourage you to join the S.A.L.T. Council and help with events. For more information, contact Jo Willems, 741-0227.

ART + experience

MUSIC NOTES

Willis Jones is taking a break from teaching the Tuesday night Mountain Dulcimer Class. We will miss you Willis!

Heart Strings

Tuesdays, 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.
FREE!



Conductorcise

Friday, February 21
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 class and experience the joy music can bring!
FREE!



Calling All Musicians!

If you play, sing or want to join a group that enjoys music, please let Rebecca know at 434-6231. We would like to start some new music groups soon.

Guitar Lessons

Tuesdays,
4 p.m. – 9 p.m.
Call to reserve your appointment



Mountain Dulcimer Lessons

with Cathy Ciolac
Every Thursday 1:00 p.m.
Learn to the basics of how to play dulcimers.

Piano Lessons

with Wreatha Terry
Mondays and Thursdays
8:30 a.m. to Noon by appointment
\$12 per session
Instructor will guide you through learning to play your favorite songs.
Registration deadlines apply.



Paint & Palette

Oils and Pastels

Wednesdays 9:00 a.m.
with Ken Simmelink
\$10 per person/per class
Designed for beginners or experiences painters; participants paint their own projects as the instructor provides individual instruction.

Acrylics

Wednesdays, 12:30 p.m.
Participants paint their own projects as the instructor provides individual instruction.
Designed for beginners or experienced painters.
Instructor: John A. Holsclaw
Registration Deadline: Monday before each class
Cost: \$10 per person/per class

Open Art Studio

Mondays
from 12:30-3:30 p.m.
Take advantage of our beautiful creative space!
Bring a project and work in the company of other artists.
This is a place where the "Young at Art" come together to share creative energies. It's art rehab for us old timers.
FREE!

CRAFTER'S CORNER:



Knitting Wednesdays 2:30 p.m.

For Love of Crafting
Thursdays
10:00 a.m.
Cost: FREE!

Quilter's Club

Fridays
10 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

Needle & Fiber Arts

Tuesdays, 1 p.m. w/ Instructor: Jane Dresser
A FREE class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn.

Crafternoon

Thursdays 12:30 p.m.-3:00 p.m. (FREE)
A group of people who want to make something fun and functional. Instructors are volunteers and participants provide their own materials. Call Rebecca to

COMING SOON!

Intro To Ceramics

Join ceramics artist Sarah Dorr in practicing the art of Clay Handbuilding. Participants will create pinch pots, slap pots, birds, fruit and many other pieces of pottery and will be able to practice glazing and beautifying their clay work.
Cost: will include all materials
We need you to make this class a success! Please let Rebecca know if you are interested.

MATERIALS NEEDED IN THE ART ROOM

For some collage and mixed-media projects

Magazines
Old Books
Interesting/Pretty Paper

Spring Craft Fair & Art Show

March 14, 12 – 7 p.m.

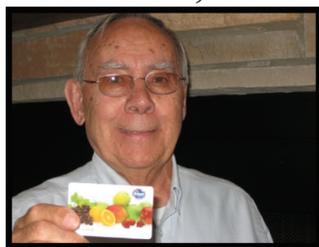
&
March 15, 8 a.m. – 6 p.m.

Indoors! Free Admission.

Music, Food & Handmade Local Goods
SEE Flyer on Page 3!

George says...

Food City Cards make great gifts for birthdays, anniversaries, and Valentine's!



Purchase your cards today at the Seniors Center reception desk! Thank you for supporting the Johnson City Senior Center Foundation, Inc!

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SPRING

CRAFT FAIR

& ART SHOW

JOHNSON CITY SENIORS' CENTER

-At Memorial Park Community Center-

FRIDAY, MARCH 14,

12 - 7 p.m. &

SATURDAY, MARCH 15,

8 a.m. - 6 p.m.

Indoors!

FREE Admission!

EAT. DRINK. SHOP.

LIVE MUSIC!

Local
Crafters,
Artists
& Vendors

Are you willing to share your ideas for programs and services?

Can you commit to meeting once per month to evaluate and plan?

Kamela Easlic, Program Development Supervisor is looking for three to five individuals who have experience and an interest in participating. Call 434-6233.

The next meeting will be held
February 6 at 2:00 p.m.

AARP Tax Return Preparation

Wednesdays 1 p.m.-7 p.m. and
Fridays 9 a.m.-4 p.m.

Call for an appointment 423-434-6237.

Lifelong Learning

Conversational Spanish- Join ETSU instructor Chris Bush, classes are on Mondays 1-2 pm and Fridays 11:00-12:30.

German Conversation Group-Thursdays at 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.

Freedom Riders-Documentary Friday, February 7 at 12:30 p.m.

From May until December 1961, more than 400 black and white Americans risked their lives many endured savage beatings and imprisonment for simply traveling together on buses as they journeyed through the Deep South. Determined to test and challenge segregated travel facilities, the Freedom Riders were greeted with mob violence and bitter racism, sorely testing their belief in non-violent activism. From award-winning filmmaker Stanley Nelson, Freedom Riders features testimony from a fascinating cast of central characters; the Riders themselves, state and federal government officials, and journalists who witnessed the rides firsthand. Source:PBS

Travel Round the World- Thursday, February 13 at 1:00 p.m. Passport not required...

We've seen the Northwest, now let's explore the Northeast! Please join Dr. Ron Zucker on a video journey to New England and Canada. We will be seeing a bit of Vermont, Maine, Massachusetts, and Connecticut as well as Quebec City, the fabulous Gaspé Peninsula, and Nova Scotia!!

Celebrate Black History Month-Thursday, February 13 at 2pm. Join Dr. Elwood Watson, professor of history, African American Studies, and Gender Studies at East Tennessee State University. He is the author of several books and articles. Dr. Watson will be speaking on black history-past, present and future. Please register, free.

Meet the Author- Tuesday, February 18 at 1:00 p.m. Janice Hornburg is our special guest speaker.

Janice Hornburg is a native Texan who transplanted to East Tennessee in 1993. She is a member of the Poetry Society of Tennessee--Northeast Chapter, The North Carolina Writer's Network, and the Lost State Writer's Guild. Her award winning poem, "My Father's Room", was accepted for publication by Texas Review Press in The Southern Poetry Anthology VI: Tennessee. Other poems have appeared in Bylines Magazine, Pinesong Awards 2007 and 2009. She recently published a chapbook, Perspectives, and also a novel.

Backyard Wildlife Habitat- Thursday, February 20 at 10:30 a.m.

We can make a difference to local wildlife by how we take care of our yards. Animals and insects need what we need-food, water, shelter, places to raise young. Get some quick and easy ideas and begin to make a difference to local wildlife, no matter how small your space is.

AARP Drivers Safety Class- February 24 and 25 8:30 am

Some of the topics the class will cover:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, antilock brakes and new technology found in cars today
- Ways to monitor your own and others' driving skills and capabilities
- The effects of medications on driving (Source: AARP) and more.

Cost: \$15 for AARP members, \$20 for non members, please register.

Financial Focus- Thursday, February, 20 at 10:30, Sponsored by Chris Abla of Edward Jones

You Could Live to Be 90.

Can You Say the Same for Your Retirement Savings?

Retirement can be an incredible time of your life but it can also last 20 or more years. So it's important to consider if your retirement income will last as long as your retirement. When it comes to generating retirement income, one option to explore is an annuity. Join us for our free Annuities and Your Retirement seminar to learn about:

- Different types of annuities and their features
- Retirement uncertainties that could impact your long-term strategy
- How an annuity can supplement your retirement

GROUPS AND MEETINGS

Bible Study Groups

Wednesdays, 10:00 a.m.
Thursdays, 8:00 a.m.
Men's Bible Study, breakfast by donation
FREE, Please Register

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

Washington County SALT Council Meetings

First Thursday of every month at 2:00 p.m.
Everyone welcome
Guest Speaker: JC Police Chief Mark Sirois
Seniors and Law Enforcement together
(see page 15 for a description of this group)

Amateur Photographers Club

First Monday of the month at 1pm
Come join the club, meet new people, share your photos, learn new techniques
Photo Topics:
February 3 - "Winter Wanderings"
March 3 - "Wind"
April 7- "Spring Awakenings"
Coming in April:
Amateur Photographers Club Photo Reception and Display-April 4 5-7pm

As The Page Turns

Book Discussion Group
Thursday February 6 at 10:00 a.m.

February - *Blessing of the Animals* by Katrinn Kittle
March - *Talk Before Sleep* by Elizabeth Berg
April - *My Year of Meats* by Ruth Ozeki
Pre registration is encouraged!

Writer's Circle

2nd and 4th Thursdays of each month, 10 a.m. – Noon
A group of individuals who gather together to share ideas and stories that they have written.
Cost: Free

LIFELONG SPORTS



Hikers and Biking Meeting

Wednesday, February 12 1:00 p.m.

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 discuss equipment issues. Enjoy snacks suitable for the trail!
Reservation Deadline: February 11

Pickleball Tournament

Wednesday, February 19 9:00 a.m.

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 18

Softball Recruitment Event

February 12 5:30 p.m.

Drop in to speak with softball league organizers to find out how you can get back into the game.

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 it
- 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

Computers

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

Open Computer Lab: Feb. 4 and 18 (9-11a.m.)
Thursdays: 2-4 p.m.

Beginning Computers Instructor: Amara Carberry Tuesdays, February 4,11,18,25 11:00-12:30 Cost: \$10.00

If you have been intimidated by using computers or unsure how to navigate around the computer, then this is the class for you. This is a slower paced class for those who have no or very little experience. You can bring your laptop if you have one. Please register.

Yahoo Email Instructor: Amara Carberry Tuesdays, February 4,11,18,25 12:45- 2:15 Cost:10.00

Class will cover replying, forwarding and attaching files to email, and more. Must already have a yahoo email account and know how to get to it with username and password. (Beginner)

Back up your Computer Instructor: Sandy Osgood Mondays, February 10,17,24 1:00-2:30 Cost: \$10.00

Have you backed up your computer? Do you have the tools to do the job? Learn what kind of storage devices there are, sizes, what to use, how often to back up, backing up files, folders, photos etc...

Gmail Instructor Sandy Osgood Mondays, February 10,17,24 3:00-4:30 Cost:\$10.00

If you are new to Gmail or want to switch your email provider, this class is for you. Learn tips and tricks for navigating around Gmail. Learn to create labels and filters, groups and mailing lists, nested labels and more. (Beginner)

Word I Instructor Jim Foote February 17(Monday) and February 19 (Wednesday) 9:00-10:30 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 February 17 (Monday) and February 19 (Wednesday) 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.

VOLUNTEERS

The Volunteer Training will be on Monday, February 3 at 10:00 a.m.

Matt Overby, Executive Director of Summit Leadership Foundation, will be the guest speaker. Matt is a great motivational speaker, and you will enjoy this session.

Senior Services program staff will also review upcoming volunteer needs.

Appalachian Clown Alley

Tuesday, February 18
10:00 a.m.

We hope you join us and bring a friend. We are looking for new members and new ideas for events. Watch the Senior Lifestyles Newsletter for info about the June Clown Alley Camp which provides fun opportunity to learn new skills.

Call Ruth Sandy for more information

423-538-7485.

The JCSC Foundation is sponsoring a 5K on Saturday, March 22 at Pine Oaks Golf Course. They will need volunteers to help with water stations, food tables and registration. If you would like to be a part of this fundraiser, please see Donna Campbell in Senior Services

The Center needs your assistance in delivering newsletters to various drops around the city. Call Glennis at 434-6237.

Person Making Donation

In Memory of

Person making donation:

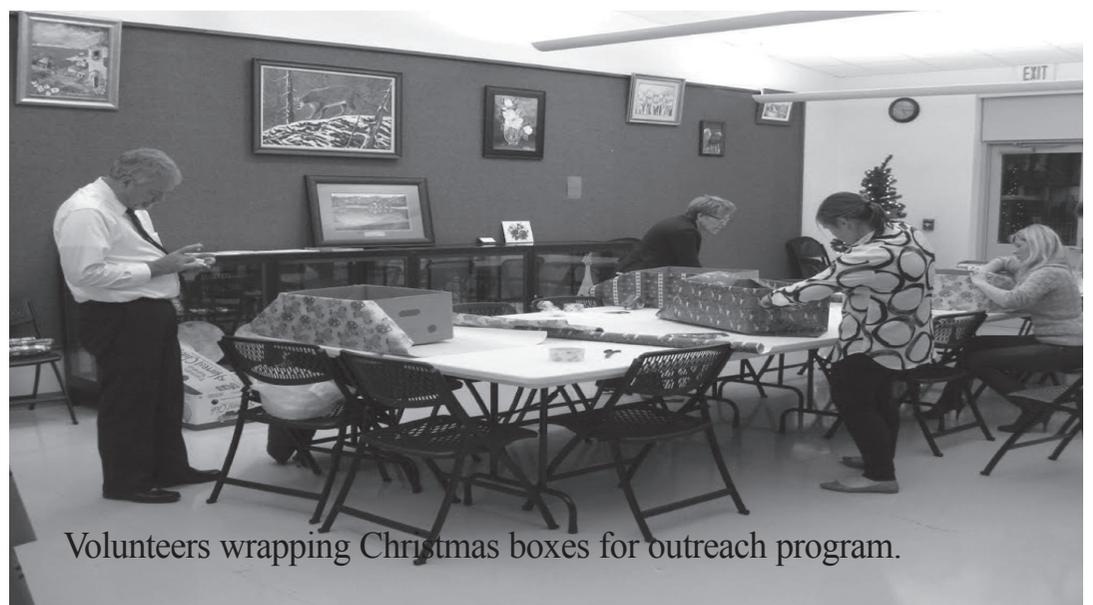
In Honor of:

Carl Bennett
Joyce Boyd
Mariel Cathey
Mrs. Tom Chase
Claude Duncan
Sonja Fox
Donetta Frith
East Tenn Rent-Alls, Inc.
Ann Hall
George & Margaret Holley
Betty Hylton
Carol Hudson
Harold Johnson
Harold Jones
Jeanne Jones
Brenda H. Leonard
Larry J. LeTourneau
James R. "Pete" McCalman
Jean Moore
Margaret Roupas
Fred & Ruth Sandy
Arthur & Dynel Savery
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Millard & Callie Blackburn
Anne Thomas
Bill Boyd
Ed Baxter
Bud Kelsey
Mae Ward Bond
Floy Usary
Hazel Sanders
Mary Emma Johnson
Charlotte Jones
Mrs. Peggy A. Jones
Tom Leonard
Cliff & Zeld Gore
Lila McCalman
Richard Moore
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Wendell L. Nelson
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John D. Tinn
George Tuttle
Anna Lee Shell
Dr. Rollin Williams

Cindy Gober
Bill & Lynn Combs
Mr & Mrs Donald Thomas
Alice Merritt
Patricia Thomas

Carolyn Walker
Harold & Betty Farmer
Norma Bridwell
Sue Orr
Norma Bridwell



Volunteers wrapping Christmas boxes for outreach program.

March

Looking Ahead

September

July

August

Serve for a Cure
Tennis Tournament benefitting the
Alzheimer's Association

BBQ Evening

Picnic Lazy Days of Summer

October

SAVE THE DATE! The JCSC Foundation spring fundraiser, "Run the Links" 5K Race will be held on Saturday, March 22 at Pine Oaks Golf Course. Race Day registration will begin at 8:30 a.m. and the Race will start at 10:00 a.m. Early registration will be \$20; race day registration is \$25(see below)

ETSU/ACL returns for the spring session beginning March 11. with a concert by Cloudland Elementary Highnotes

Spring Craft Fair and Art Show
March 14 and 15 (see page 3 for details)

Elements and Principles of Art, Mondays

Garden Event March 28

April

National Walking Day, April 2

FTAAAD Conference on Aging at Millennium Center April 29

May

Older Americans Month Picnic

Mother/Daughter Trunk Show

Racewalk

June

Senior Crime Prevention Academy

Clown Alley Camp

Johnson City Senior Center Foundation 5K Fundraiser

Early Registration \$20—includes
official "Run the Links" t-shirt

Register on-line at:
<http://www.runtricity.net/asp/racecal.asp>

Race Day Registration \$25

Categories for all ages!
Traditional run on paved paths—
grass course for barefoot runners.

PINE OAKS GOLF COURSE

Race Day registration 8:00 a.m. to 9:30 a.m.

**PICK UP RACE PACKETS EARLY at
Memorial Park Community Center
Friday, March 21**

SATURDAY, MARCH 22
10:00 A.M.

Sponsored by:

encore
lending group

HENNESSEE TAX AND BOOKKEEPING
Tax, Bookkeeping and Payroll Services
Rebecca Hennessee
Owner/Enrolled Agent
207 East Main Street
Suite 3A-2
Johnson City, TN 37604
423-926-3160 Telephone
423-926-0390 Fax
423-341-7330 Cell
rhenness@embermail.com

CrestPointHealth SM

For information, call
Johnson City Senior Center
(423) 434-6237

Johnson City Senior Center Foundation
c/o Senior Center at
Memorial Park Community Center
510 Bert Street
Johnson City, TN 37601

GAME TIME

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.
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 1/10/2014)

2/21/2014	Mark Larkins
3/7/2014	Shooter Band
3/21/2014	Kids Our Age
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	Shooter Band

DANCE TIME

Mondays

2:00 Challenge Square Dance with Don Williamson
3:30 Line Dance with Martha !NEW CLASS!
6:00 Dandy Line Dancers with Martha Davenport

Tuesdays

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

Wednesdays

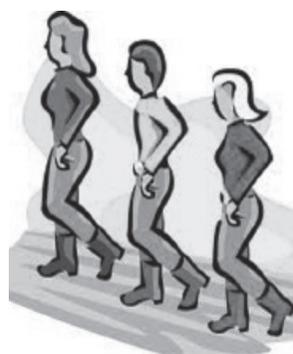
1:30 Intermediate/Advanced Line Dance with Don Williamson
5:15 Ballroom Dance with Walt and Margaret Baumgardner

Thursdays

1:00 Ballroom Dance Practice led by Nadine Taylor
4:30 Salsa/Merengue Dance Class with Rusty Mitchell

Fridays

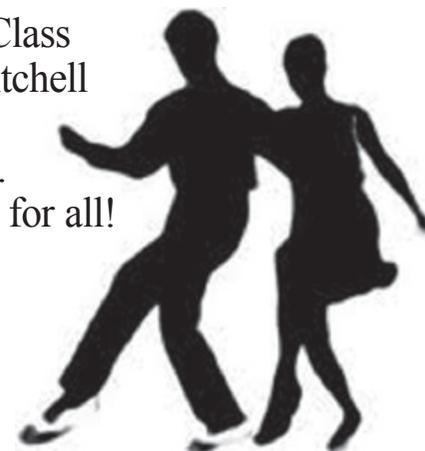
1:30 Intermediate Line Dance with Don Williamson
3:45 Beginner Ballroom Dance with Walt and Margaret Baumgardner



!New Ongoing Class!
Line Dance with Martha
Mondays 3:30-5:00 p.m.
\$6 per class
\$4 per class Silver Sneakers members

Salsa/Merengue Dance Class
with instructor Rusty Mitchell

Thursdays
4:30 p.m.-5:30 p.m.
Perfect for beginners! Fun for all!
\$1.00 per session



Outings

Walking Tour Series(Knoxville)

Celebrate Black History Month,
Friday, February 28 at 8:30

*Cost: \$ 14 Discounted price for
Feb. only (Lunch on your own at
Cracker Barrel) Must be registered
by Feb. 25

African-American Heritage tour -
The tour will begin in Market Sq.,
to Old City, observe the Alex Haley
statue, and finally tour the Beck
Cultural Exchange Center (featuring
the history of African Americans in
Knoxville and East Tennessee from
the late 1800's to the present).

Dixie Diners

Wednesday, Feb. 19 at 11:30

Pasta is just perfect for a February Lunch !!!
So sign up early for this event . We look for-
ward to seeing you and having a great time!!

The Olive Garden is located in front of the
Johnson City Mall at 1903 North Roan Street.
Sign up by February 17.

FTAAAD Public Discussion

February 27

Bus Departs 9:00 a.m.

Transportation will be provided to the
First Tennessee Area Agency on Aging
& Disability for a public discussion of
the 2014-2018 Area Plan at the
Kingsport Senior Center.

Light refreshments will be provided at
the start of the discussion. Following
the session, you will be able to enjoy
lunch on your own at the delicious
home style buffet at Pratt's Bar-B-Que
before returning to Johnson City.

We Are Proud to Announce A Partnership with
the Kingsport Senior Center

Are You Fit to Flirt?

Dating/Relationships in the 21st Century
(1st in a year long series presented in quarterly
seminars)

Tuesday February 18, 12:15 p.m.-2:30 p.m.
at Kingsport Senior Center
Speakers, Prizes, Refreshments

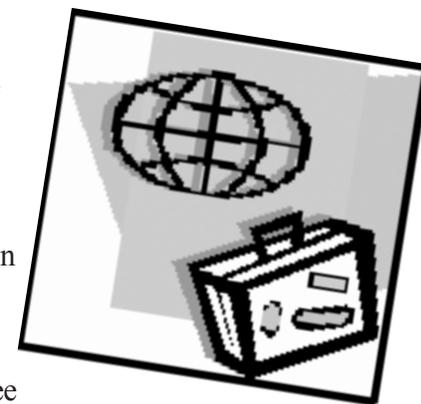
Mackinac Island: seats are still available. We have a single male traveler looking for a roommate; please call if you are interested. Mackinac Island will be a great spring travel destination; the trip includes 6 nights lodging, 10 meals; guided carriage tour of Mackinac Island; boat ride through Soo Locks and sightseeing in Sault Sainte Marie; and more. Cost is only \$639 pp/do; departure date is May 18. Please make your deposit now (\$134) – final payment will be due by March 11.

Panama Canal: 15 night westbound departs March 30. Call Julia Vargo at Oldham Travel at 282-111 Ext. 301 for availability.

Ireland/Scotland: scheduled for August 12-26, 2014. Visit Glasgow, Edinburgh, Dublin, Killarney and other historic towns while on your 13-night tour. Attractions include castles, Kelvingrove Art Gallery & Museum, Culloden Battlefield Visitor Centre, Titanic Belfast, Cliffs of Moher and more. For booking information, contact Julia Vargo at Oldham Travel at 282-111 Ext. 301

Savannah & the Golden Isles: motorcoach tour October 13-18. Great experience planned by a former Savannah resident: Tybee Island Lighthouse; Fort Pulaski; Jekyll Island; St. Simons Island; guided trolley tour of historic Savannah; Mercer Williams House (home of author Jim Williams); musical production at the historic Savannah Theatre; and much more. 10 meals are included. \$788 pp/do.

If you are a single traveler looking for a roommate for any of our trips, please leave your name and contact information with the Senior Services receptionist. Senior Services does not automatically assign roommates; we share contact information and let prospective roommates meet and decide if they are compatible.



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



SAVANNAH



IRELAND



MACKINAC ISLAND

HEALTH MATTERS

Heart Month Puzzler Kickoff

Wednesday February 5, 11:00 a.m.

Attend the kickoff of our heart month awareness program to obtain your puzzle paper. Its easy, painless, and free to participate! Join in programs and activities throughout the month to obtain your ten puzzle pieces, work your puzzle on the puzzle paper, and answer one question. By completing all the steps to learn about heart health, you will be entered for great prizes and most importantly learn more about your heart!

Heart Month Puzzler Finale

Wednesday, February 26 at Noon \$5

Join us for a heart healthy lunch and celebrate your new heart health knowledge! The Golden Heirs Community Choir will entertain under the direction of Cherie Smith. Your heart will thank you!

Parkinson's Get Better, Stay Better

February 5, 1:30 p.m. with Becky DeVoe

Exercise is medicine for people with Parkinson's. Hear the latest research on exercise and Parkinson's. Come prepared to move and find out how exercise can help you get better and stay better.

Medical Ethics- Thursday, February 27 at noon.

Is possible cessation of pain from hip replacement surgery (an elective surgery) something that a person should seek, if wheelchair bound? Insurance says it will pay, but the patient has another condition, reducing his future to somewhere in the 12-24 month range. Is it odd to call it a "replacement," as if human beings were made of interchangeable or replaceable parts?

Living Well with
Chronic Conditions
w/Tracy Buckles &
Elizabeth Elizondo

Thursdays
February 13-March 20
10:00-noon

If you or someone you love has health problems such as diabetes, arthritis, cancer, chronic bronchitis, high blood pressure or other chronic diseases, the Living Well with Chronic Conditions workshop can help you take control of your life. By participating in a six-session workshop, you will learn ways to manage your symptoms; communicate better with your doctor, family members and friends; lessen your anger and frustration; fight fatigue and pain; build confidence; manage stress and learn to relax; discover better nutrition and exercise choices; manage medications and get more out of your life!

Great news! We have a new nurse starting in February! Stop by the nursing office after February 5 and introduce yourself. Earn an extra puzzle piece when you stop in and also have your blood pressure, BMI or Blood Sugar tested! Welcome Angie!

FEBRUARY SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Monthlong Gallery of Photographs 10:00 Volunteer Meeting 11:00 Love Handles 1:00 Amateur Photographer's Club</p>	<p>4 9:00 BINGO 9:00 Open Computer Lab 11:00 Beginning Computer 11:30 Dining w/Director 12:45 Yahoo Email 4:00 Guitar Lessons by Appointment</p>	<p>5 11:00 Love Handles 11:00 Heart Month Puzzler Kickoff 1:30 Parkinson's Get Better Stay Better 1-7 AARP Tax Prep</p>	<p>6 9:30 German Conversation 10:00 As the Page Turns 1:00 Dulcimer Lessons 2:00 Open Computer Lab 2:00 S.A.L.T. Council 4:30 Salsa Dance</p>	<p>7 WEAR RED Today! 8:30 Friday Toning NEW!! 12:30 Freedom Riders (Documentary) 11:00 Love Handles 12:00 Race Training 9-4 AARP Tax Prep</p>
<p>10 11:00 Love Handles 12:00 Race Training 1:00 Back up Your Computer 3:00 Gmail</p>	<p>11 11:00 Beginning Computer 12:45 Yahoo Email 4:00 Guitar Lessons by Appointment</p>	<p>12 11:00 Love Handles 12:00 Race Training 1:00 Hike and Bike Meeting 5:30 Men's Softball Recruiting in reception area 1-7 AARP Tax Prep</p>	<p>13 9:30 German Conversation 10:00 Living Well with Chronic Conditions 10:00 Writer's Circle 1:00 Dulcimer Lessons 1:00 Travel Round the World 2:00 Celebrate Black History Month (Dr. Elwood Watson) 2:00 Open Computer Lab 4:30 Salsa Dance</p>	<p>14 8:30 Friday Toning NEW!! 11:00 Love Handles 12:00 Race Training 9-4 AARP Tax Prep</p> <hr/> <p>Saturday 15 10:00 Watauga Valley Art League</p>
<p>17 9:00 Word I 10:45 Excel I 11:00 Love Handles 12:00 Race Training 1:00 Amateur Photographer's Club 1:00 Back up Your Computer 3:00 Gmail</p>	<p>18 9:00 Open Computer Lab 11:00 Beginning Computer 11:00 Fitness Room Monitor Meeting 11:30 Dining w/Director 12:15 Outing: Are You Fit To Flirt? (Dating 101) 12:45 Yahoo Email 1:00 Meet the Author 4:00 Guitar Lessons by Appointment</p>	<p>19 9:00 Word I 9:00 Pickleball Tournament 10:45 Excel I 11:00 Love Handles 11:30 Dixie Diners 12:00 Race Training 1-7 AARP Tax Prep</p>	<p>20 9:30 German Conversation 10:00 Slimpossible Finale 10:00 Living Well with Chronic Conditions 10:30 Backyard Wildlife Habitat 10:30 Financial Focus 11:00 Slimpossible Finale 1:00 Dulcimer Lessons 2:00 Open Computer Lab 4:30 Salsa Dance</p>	<p>21 8:30 Friday Toning NEW!! 11:00 Love Handles 12:00 Race Training 1:00 Conductorcise 7:00 Friday Night Dance 9-4 AARP Tax Prep</p>
<p>24 8:30 AARP Drivers Safety 1:00 Back up Your Computer 3:00 Gmail</p>	<p>25 8:30 AARP Drivers Safety 11:00 Beginning Computer 12:45 Yahoo Email 4:00 Guitar Lessons by Appointment</p>	<p>26 12:00 Heart Month Puzzler Lunch Finale Featuring the Golden Heirs Community Chorus 1-7 AARP Tax Prep</p>	<p>27 9:30 German Conversation 10:00 Living Well with Chronic Conditions 12:00 Medical Ethics 1:00 Dulcimer Lessons 2:00 Open Computer Lab 4:00 Guitar Lessons by Appointment 4:30 Salsa Dance</p>	<p>28 8:30 Friday Toning NEW!! 8:30 Walking Tour Series (African-American Heritage) 11:00 Conversational Spanish 1:00 Conductorcise 9-4 AARP Tax Prep</p>

ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball (new time) 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 9:00 Heart Strings Instruments Jam Session 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 4:00 Circle R Dancers 4:00 Guitar Lessons by appointment 5:30 Scrabble Group 6:00 Round Dance 6:00 Mexican Train Dominos	7:00am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball (new time) 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 10:00 For Love of Crafting Noon Women’s Billiards 12:30 Crafternoon 1:00 Rook 1:00 Ballroom Dancing	7:00 am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball (new time) 8:30 Friday Toning (NEW) 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 Line Dance Lessons 3:45 Beginner Ballroom Dance

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



If your address changes, please call and let us know!

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510 Bert Street
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(423)-434-6237

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