

October 2014 Volume XXIII No. 10

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Senior Lifestyles

**The Johnson City Senior Center
where mature adults achieve an
Active Life through Active Living**

Its Tee Time for the
Johnson City Senior
Center Foundation Annual
Golf Tournament

pg 2

New Computer Classes
and New Instructor

pg 7

Going to the Country
Barn Dance and
Picnic pg 11

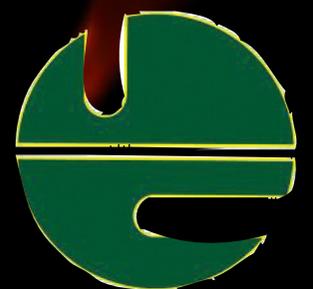
Breast Cancer
Awareness Month
activities pg 11



Follow us on Twitter:
twitter.com/JCSeniorctr



"Like" us on Facebook!
facebook.com/jcseniorscenter



The Senior Services reception desk is open Monday-Friday 8:00 a.m.-5:00 p.m.
Memorial Park Community Center is open Monday-Saturday 7:00 a.m.-9:00 p.m.

JCSC Seniors on the Go Travel

The JCSC Seniors on the Go Travel Team members have put together a great list of charter trips for 2015, after many hours of research. They encourage you to sign up early for trips which interest you. At the time of publication, there was still space available on the trips to Savannah and New York City. Check at the Senior Center reservation desk – we need full payment immediately if you would like to participate!

Proposed trips for 2015 are varied and appeal to all types of travelers. Possible destinations include Amelia Island and St. Augustine, Southern Caribbean, Canadian Maritimes, Western National Parks, Boston, and the California Coast. Pick up a flyer and plan your getaway!



George says...

It's easy to support the Johnson City Senior Center Foundation!

The staff of the Johnson City Senior Center wishes to thank the Johnson City Senior Center Foundation, Inc for its support of the programs and activities that make the Center the best it can be!

Here is a list of the current Foundation members--please give them a big thanks the next time you see them!

Stephanie Dickerson, President
 Matt S. Mooney, President Elect
 George L. Granger, Treasurer
 Rebecca Henderson, Secretary
 Rebecca Hennessee, Past President

Robert (Bob) May
 Cheri Bunker Forney

Mr. Frank Hawkins

Ann McConnell
 James D. Culp, Esq.

Peter J. Speropulos, Jr.

James R. Hunter

Donna Andrews Lyon
 Christopher Abla

Holly Booksh

Frank Calderala




12th Annual JCSC Foundation Golf Tournament

Friday, October 17, 2014
Buffalo Valley Golf Course

Hole-in-One Prizes

- \$15,000 Cash
- 3 Nights / 2 Rounds Stay and Play Vacation to TPC San Antonio
- 4-Day/3 Night Golf Vacation to French Lick Resort
- Travis Mathew-Head to Toe Signature Outfit Plus \$500 Online Shopping Spree

Prizes for 1st, 2nd, 3rd Place Teams

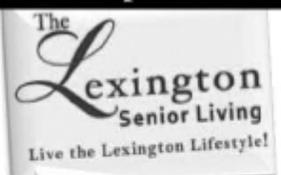
Longest Drive Men, Women, and Senior

Closest to Pin

Closest to Hole

FUNDS WILL BE USED TO SUPPORT SERVICES AT MEMORIAL PARK COMMUNITY CENTER SENIOR SERVICES

*Thanks to
Our Sponsors*



Live the Lexington Lifestyle!





Johnson City Encouraging









Innovation has a name

Dr. George Granger

Supporters of the Johnson City Senior Services, *Where Adults Achieve Active Life Through Active Living!*

\$60 / per player
Format ~ 4-Person Select Shot

Tournament Schedule

- Registration ~ 10 a.m.
- Putting Contest ~ 11:30 a.m.
 - Lunch ~ Noon
 - Tee-Off ~ 1 p.m.
- Shotgun start




Mailing Address:
 JCSC Foundation
 c/o Memorial Park Community Center
 Senior Services
 510 Bert Street
 Johnson City, TN 37601
 Phone: (423) 434-6237 / Fax: (423) 434-6244
 Rebecca Hennessee, Golf Chair
 (423) 341-7330
 Email: rjhennessee@embarqmail.com

Fitness Focus



Movers and Shakers

Are you ready to move it and shake it while getting fit?

- Increase cardio level
- Improve balance and flexibility
- No dance experience required

Tuesdays and Thursdays in October

10:00 am- 11:00 am

On-going Fitness Classes

Toning– One hour full-body toning with light cardio.
MW 8:30am \$2

Love Handles– Thirty minute class focusing on the abdominals.
MWF 9:30am Free

Silver Sneakers® Classic– Increase muscular strength, range of movement and activities for daily living.
MW 10:00am \$3*

From Head to Tone– One hour full-body toning with light cardio.
Fri 30 am 2*

Tai Chi for Arthritis– Low-impact, gentle stretching, breathing exercises, focus on body alignment, and mindful, controlled movement.
MW 11:00am \$5

Qi Gong– Stretching, breath work, meditations and visualization, body alignment, and gentle, repetitive low-impact movements.
MW Noon \$5

Silver Sneakers® Yoga– Move your whole body through a complete series of seated and standing yoga poses.
Tues 1:00pm \$2*
Thurs 8:30am \$2*

Senior Hatha Yoga- Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.
Wed 6:00pm \$5

* No cost to Silver Sneakers members.

Flexibility Feels Good



Spend 30 minutes stretching your hard-working muscles in this low impact class.

Tuesdays and Thursdays

11:15– 11:45 am

Instructor: Jillian

CONDUCTORCISE® PLUS

We are adding a new twist to our program starting in October

Program will include:

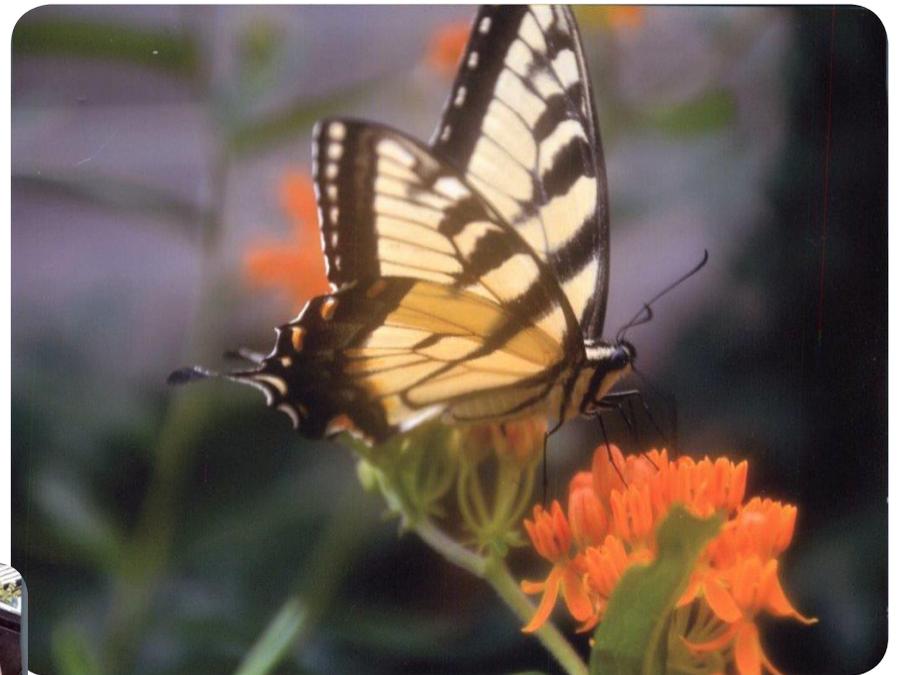
- 15 Minutes of Stretching
- 15 Minutes of Upper Body strengthening
- 30 Minutes of Conductorcise®
- Join us at 10:00am on Fridays
- Cost: \$2 (free for Silver Sneakers)
- Feel energized and refreshed
- Improve your flexibility
- Improve your upper body strength
- Stimulate your brain cells

MUVE!



Coming in November

Photo Contest Winners!
 14 entrants,
 46 photos entered
 over 80 participants voted
 Here are the results.



1st Place Daniel and Mary Ann Farley
 "Butterfly"



2nd Place Gary Lyon
 "Streets of Galway"



3rd Place Mitze Anderson
 "Bird in Flight"



Staff Pick for Best photo:
 Daniel and Mary Ann Farley
 "Sailboat at Sunset"

Next Photo Contest:
 November
 "Pets"

start planning now with details to follow in the November newsletter.

Prizes for:
 Best Pet Picture
 Cutest Pet Picture
 Funniest Pet Picture

H
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P

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S

Creep Trail @ Beartree Gap
Challenging level
Thursday Oct 9, Depart 8 a.m.
Cost: Free (carpool event)
Bring your own lunch
Meet at Center
Reservations by: Oct. 8

Guest River Gorge
Challenging level
Thursday Oct 16 Depart 8:00 am
Cost: Free (carpool event)
Bring your own lunch
Meet at Center
Reservations by: October 15

Rattlesnake Ridge
Challenging level
Thursday Oct 23 Depart 8:00 am
Cost: 3.00
Bring your own lunch
Meet at Center
Reservations by: October 22

Laurel Run
Intermediate level
Thursday Oct 30 Depart 8:00 am
Cost: \$5.00
Bring your own lunch
Meet at Center
Reservations by: October 29

Walkers and Talkers

Third Tuesday of each month

Be at Center by 9:00 am
Bus Leaves by 9:15 am

Register 1 week in advance
Bus Transportation Provided

Slow paced walk in shade some sun.

Small group!

Senior Center
Memorial Park Community Center
510 Bert St
Johnson City TN 37601



Walk The Tweetsie Trail

Join us for a 2 to 3 mile leisure stroll on the new trail. We will discuss the history of this rail road as well as some ecology. This one is free!

More Information: **423-434-6237**

JCSC FOUNDATION PUTTING CONTEST

Friday, October 17, 2014—Buffalo Valley Golf Course

PUTTING CONTEST
11:30 A.M. SHARP
GUARANTEED WINNER \$300 GIFT CARD!



PUTTING CONTEST OPEN TO EVERYONE!
\$20 entry fee

Each player will have two putts from 10 feet; all who sink a putt will advance to the next round and have two putts from 15 feet; all who sink a putt from 15 feet will win a \$20 gift card and advance to putt again. Each finalist will have two additional putts from 15 feet; sink one and win another \$20 gift card. Contest will continue from 15 feet until we have a winner—the last putter standing! She/he will receive a \$300 gift card.

\$20 gift cards furnished by Food City.

Putting Contest will be held prior to the 12th Annual JCSC Foundation Golf Tournament. Participation in the Tournament is not required to compete in the Putting Contest! Transportation for Putting Contest leaves from Senior Center at 10:30 a.m.

Johnson City Senior Center Foundation
c/o Memorial Park Community Center-Senior Center
510 Bert Street
Johnson City, TN 37601
(423) 434-6237

Register today!

Name _____

Address _____

Phone _____

Sign up for:

Putting Contest 10:45 a.m. \$20.00

Check # _____ enclosed Total _____

Sponsored by



Cash payments accepted at Memorial Park Community Center-Senior Center in person only. Payments by check may be mailed to the address shown.



G

Mondays

Pickleball 8:00
Table Tennis 9:30
Hand & Foot Canasta 1 p.m.
Ladies Monday Night Bridge Club 6 p.m.

A

Tuesdays

BINGO 1st & 3rd Tuesday of month @ 9:00a.m.
Tuesday Bridge Group Noon
Scrabble 5:30 p.m.
Mexican Train Dominos 6 p.m.

M

Wednesdays

Pickleball 8:00
Table Tennis 9:30
Pinochle at 1 p.m.

E

Thursdays

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

S

Fridays

Pickleball 8:00
Table Tennis 9:30
Party Contract Bridge 9 a.m.
Ace of Clubs Duplicate Bridge 12:30 p.m.

Billiards room open daily
7:00 a.m.-8:45 p.m.

Lifelong

Please call the Center to
pre-register for programs and activities

e **German Conversation** Thursdays at 9:30 a.m.
Can you speak or read German? Would you like to brush up, or practice with others? Come join our group! Great people, great fun! Call Amy at 434-6229 for more information.

a
r *Language: If you know someone that may be interested in teaching a Spanish class, or sign language class please contact Amy at 434-6229.*

n Senior Odyssey – Thursdays at 4:00-5:30pm Starting Oct 16th Cost: Free
i Based on Odyssey of the Mind, Senior Odyssey is a program designed to promote cognitive health in older adults through mindful engagement in creative problem solving activities. Teams of 5 to 7 will work together to develop solutions to problems. Activities will include puzzles and brainteasers, spontaneous and long term problem solution. This program will meet for 8 weeks with different activities each week.

n **Medical Ethics Discussions:** Thursday, October 2nd at 5:30 and Monday October 20th at 12:30
g The Case of Madisyn Whitfield: Chronic Illness and the Uninsured, Case Study by Anna Kozas. There are so many issues involved in this case study: Madisyn (“Maddy”) is without **insurance, and has a disease process which is painful, and very difficult to treat. Does Maddy (or anyone else for that matter) have a right to healthcare? Can a sick person show up at a hospital, perhaps in the emergency department, and expect treatment, or have a right to it?**

Naturally Yours: Fall and Winter, a Photo Essay- Friday, October 10 at 10 a.m.
Join JC Naturalist Connie Deegan for a viewing and talk of photographs that were taken weekly from September through February of this past year primarily in Johnson City parks. Effortlessly learn about our native plants and animals as fall turned into winter while we review one photo taken per week.

Travel Round the World- Monday, October 13 at 1 p.m.
Let’s go visit Aotearoa (Maori for “Land of the Long White Cloud”), better known as New Zealand! Please join Dr. Ron Zucker on a video journey to see some of the natural beauty of New Zealand. We will be exploring from Cape Reinga (top of North Island) to Bluff (bottom of the South Island). Included will be Milford Sound, Bay of Islands, and the Coromandel to name a few places.”

Legal Aid-(Estate planning) Wednesday, October 15 5-7 p.m.
A FREE CLINIC to assist seniors and other individuals who need assistance to prepare the following documents: Simple Last Will and Testament, Power of Attorney and Advanced Healthcare Plan. Get questions answered.

Money Smart for Older Adults! Thursday, October 16 and 23 at 3p.m. Pre-register, free.
Produced by: Consumer Financial Protection Bureau – FDIC, Federal Deposit Insurance Corporation. The purpose of this course is to present information to aid older adults in achieving a more secure financial future. The information includes guarding against identity theft and other forms of financial exploitation, preparation for unexpected life events or disasters that may have financial impact, and more. Leading the course is Robert A. “Bob” McDonald, CCA, CFE, CIA. Bob is the President and Senior Consultant for McDonald & Associates, Inc. an organization specializing in Construction & Contract Compliance Auditing, Internal Auditing, and Fraud Prevention and Internal Control Consulting Services to a varied client base.

Lunch/Learn- Monday, October 27 at 11:30 a.m. Must pre-register by Oct. 23 **Cost: \$1**
Bring your lunch, we’ll provide beverages and dessert. Join Sarah Harold from Home Trust Bank, and Dale Condon from FTAAAD to learn about counterfeit money; how to spot it, what to do with it, debit/credit card safety, passwords, computer safety and **more.**

ARTS/Crafts/Performing ARTS

Intro to Ceramics -

A 4 week class with Ceramics Artist Sarah Dorr Learn the basics of clay hand-building, learn to use clay stamping and modeling tools, learn glazing and coloring techniques. Take home your beautiful pieces to display. Tuesdays 9-11:30 Cost: \$16.25 per session.



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.

Acrylics

“Art” Holsclaw is back to paint and share. Join this group on Wednesdays at Noon Designed for beginners or experienced painters. Cost is \$10 per person per class. Registration deadline is Monday before each class.



Open Craft Studio

Fridays
from 1:00 p.m.
Take advantage of our beautiful creative space! Bring a project and work



Knitting

Wednesdays, 2:30 p.m.
A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.
Cost: Free



Needle & Fiber Arts

Tuesdays, 1:00 p.m.
A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn.
Instructor: Jane Dresser

Piano

Lessons

Monday, Thursday, Friday Mornings
by appointment
\$12 per 30 minute session
Experienced teacher Wreatha Terry will guide you through learning to play your favorite songs.



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.

NEW OPPORTUNITY! Art/Craft of the Month Club

Each month a new craft will be presented for you to complete or continue to work on during open craft studio. The craft for October will be ways to recycle those old tee shirts. Bring an old tee shirt or two (make sure it is one that you don't mind cutting on) and go home with a recycled product. You will have several projects to choose from. We will try to keep the cost as inexpensive as possible. Cost this month is Free. Meets 1st Thursday of each month from 10:00- Noon.

Senior Chorale

Voices wanted!
Thursdays at 3:00 p.m.
Join this lively singing group who loves to sing a variety of songs including show tunes and popular songs.

Autoharp

Lessons

with Cathy Ciolac
Thursdays
1:00 -2:30 p.m.
7 session series \$28
New 7 session series starts Oct 30
(Sessions Oct 30, Nov 6, 13,20,
Dec 4, 11, 18)

Mountain

Dulcimer Lessons

with Cathy Ciolac
Tuesdays
1:00 -2:30 p.m.
7 session series \$28
New 7 session series starts Oct. 28
(Sessions Oct 30, Nov 6, 13,20,
Dec 4, 11, 18)

Conductorcise ®

Join us on Fridays at 10:30a.m.
Fun activity program for both body and mind. Designed for all activity levels. Just \$1 per session (free for Silver Sneakers!) and you will leave refreshed and energized.



Amateur Photographers' Club Photo Reception

Friday Oct. 10, 6-8 pm and a month long display of the group's work. Come and view the beautiful work of these talents right here at the center!

Don and Mildred Williamson Set to Lead New Square Dance Class at MPCC

By Greg Miller, Memorial Park Community Center Volunteer

Don Williamson and his wife, Mildred, will lead a special six week square dance class series at Memorial Park Community Center on Mondays beginning Oct. 6, at 7 p.m. While the class is geared toward seniors, all ages are welcome to participate. The cost is \$5 per person and is payable at the desk on arrival. Partners are recommended, but not mandatory, according to Williamson, who said square dance angels will be present to assist singles.

Williamson noted that the Annual Tennessee Square and Round Dance Convention is booming. The convention is held every August at the Gatlinburg Convention Center. This year, the convention drew more than 900 dancers and callers from Tennessee, several surrounding states, and a delegation from Japan.

An East Tennessee State University graduate, Williamson is a former teacher and coach in the Greeneville City Schools. Williamson worked for the school system for about five years. In addition to his teaching duties, he coached the boys' and girls' basketball squads.

Williamson then served as the city's recreational director for four years. Upon leaving his job as Greeneville's recreational director, he accepted a position at the Greene Valley Developmental Center. During that time, square dancing became an avocation for Williamson. He worked for the center for 25 years before retiring. He is now a full time square dance caller and line dance instructor.

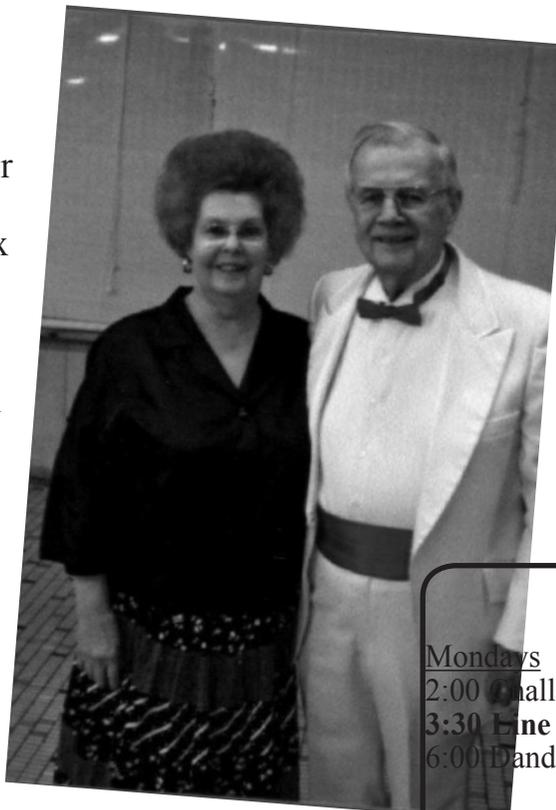
In 1958, he began simultaneously teaching ballroom dancing and became involved with square dancing. He formed a club called the Promenadors.

As a youngster, Williamson became interested in music. "I've sung in church choirs and gospel quartets all my life," he said. Of square dancing, Williamson says, "It's a family activity. It's nothing like the old barn dances."

"I'm pretty well known around the world in the square dance field," Williamson said. He says he has called square dances in most of the 50 states, as well as dances and festivals worldwide. He conducts line dance sessions at the center every Wednesday and Friday.

Being involved in the dancing has helped keep him young, says Williamson, who is 83 years old. He says his wife is an important part of his dancing life. "She's very much a support," he stated.

In addition to the new Johnson City class, classes are also beginning in Jonesborough, Kingsport, and Mountain City. For more information, call 423-638-7784.



Friday Night Dance Schedule

10/3/2014 Curt Mathson Trio
10/17/2014 Jerry Pierce--
special Breast Cancer Awareness Dance.
Please wear pink and bring a dish to share!

11/7/2014 Patti Quarles
11/21/2014 Kids Our Age

12/5/2014 Curt Mathson Duo
12/19/2014 Kids Our Age
Christmas Dance

Dance and Dance Class Overview

Mondays

2:00 Challenge Square Dance with Don Williamson
3:30 Line Dance with Martha (Silver Sneakers discount)
6:00 Handy 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
(Silver Sneakers Discount)

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 (Silver Sneakers Discount)
7:00 Dance with live band (Silver Sneakers Discount)
(1st and 3rd Friday nights only)

Murder Mystery Dinner

Memorial Park Community Center

510 Bert Street

Senior Services

October 24 ... 6 - 8 pm

Admission: \$10

Tickets go on sale August 1, 2014

Treat yourself to a night out and a

Whodunit! Ticket price includes dinner,
dessert, and performance.

Presented by: Murder Mystery Caravan

For more information Call: (423) 434-6237



Dixie Diners at Cranberries

Thursday October 2 11:30 a.m. (Sign up by Oct 1)

Please join Dixie Diner's for a great fall lunch. Best soups and salads in town. Cranberries is located across the street from Mahoney's Outfitters on Sunset Drive and is set back from the road. Cranberries is located at 1904 Knob Creek Road and their number is 282-8765. They are a little difficult to find so look online for the

Apple Festival and Blue Ridge Pottery Show in Erwin

Friday, Oct. 3

Cost: \$2 (lunch on your own) Leave MPCC at 9 a.m. Enjoy a day at the festival with music, food, art, crafts, pottery and more. Must be pre-registered by Thursday, Oct. 2

Johnson City Community Health Center Tour

October 8, 10:00 a.m.

Jonesborough Storytelling

Tuesday, October 14 Leave MPCC at 6:15.

Enjoy a night of storytelling down in Jonesborough. Cost: \$2, a donation of \$5 is asked at the time of program. Please pre-register by October 13.

Gatlinburg Craftsman's Fair

October 20 8:30 a.m.-6:30 p.m.

Register and pay by October 16

Cost \$13 and \$6 admission payable at the Fair Over 180 of the finest craftsmen from the U.S. will display and sell their crafts.

Bristol Motor Speedway

Friday, October 31 depart at 10:15

Cost: \$ 4 and \$4 at BMS for tour-pay there.

Join us for a tour of the speedway! Check out the "Thunder Valley" race track, the world's fastest half mile track, hear about the track history, see a private suite and more! Must be registered by Oct. 28

Lunch afterwards on your own.

Birthplace of Country Music® Museum

Friday, November 7th at 9am.

Cost is \$14 at the door, and \$4 for transportation(paid here).

Must be registered by Nov. 5th.

The Birthplace of Country Music® Museum, in affiliation with the Smithsonian Institution, will tell the story of our musical heritage. From the Bristol Sessions and beyond, our region continues to influence music around the world. Join us for a historical and entertaining tour of the new museum in our backyard. Some light walking, lunch on your own afterwards in downtown Bristol.

Irvin Berlin's White Christmas

Dec 13 1:15 p.m.

At Johnson City Community Theatre

\$13 Tickets Limited

Sign up today!

The Tennessee Commission on Aging and Disability

Presents:

TENNESSEE FOR A LIFETIME



A community education initiative sponsored by the State of Tennessee designed to help Tennesseans of all ages gain practical knowledge about aging. Whether you are young or young at heart, aging is for everyone.

OCTOBER 18, 2014
8:00 A.M.-12:00 P.M.

Bus departs MPCC 7:30 a.m. Free Pre Registration Required

Opening Remarks Presented by:
Congressman Phil Roe

Details	Partners
<p>Location: Northeast State Community College 2425 Highway 75 Blountville, TN 37617</p> <p>Directions: Take Exit 63 off of I-81 and then follow the signs.</p> <p>Cost: Free. Register Now to reserve your space</p> <p>Information/Registration</p> <p>Website: Http://www.tn.gov/comaging Https://tnlifetime.eventbrite.com</p> <p>Phone: (615) 741-2056</p> <p>Email: tn.aging@tn.gov</p> <p>Additional Info: Free Firehouse BBQ Immediately Following the Program. There will be a Variety of organizations available after the morning program to answer all questions and provide assistance with Medicare and other benefits.</p>	

BREAST CANCER AWARENESS MONTH

October is breast cancer awareness month. Do you know that there are two million breast cancer survivors living in the US today? There are still some staggering statistics from the American Cancer Society. The American Cancer Society estimates for breast cancer in 2014 are:

- About 232,670 new cases of invasive breast cancer will be diagnosed in women.
- About 62,570 new cases of carcinoma situ will be diagnosed. (CIS is noncancerous and the earliest form of breast cancer.)
- About 40,000 woman will die from breast cancer.

Breast cancer is the second leading cause of death in women. The good news is that deaths have been declining since 1989. These decreases are believed to be the result of earlier detection through screening and increased awareness, as well as improved treatment.

Johnson City Senior Center is hosting many things to promote breast cancer awareness, breast health, nutrition, and there are other special events this month, too.

Nutrition and Cancer Prevention

October 1

1:00 p.m.

Have you thought about what you could do to reduce the chance of having cancer?
How could you slow the progression of cancer?

Dr. W.Andrew Clark will talk about dietary recommendations, foods, and lifestyle changes that have demonstrated to reduce the chance of having cancer, or in slowing the progression of cancer.

W.Andrew Clark, Ph. D., R.D. is Professor of Clinical Nutrition and Associate Dean of Clinical Research and Clinical Practice in the College of Clinical and Rehabilitative Health Sciences at ETSU

HEALTHY BREAST for a HEALTHY LIFE

DATE: OCTOBER 16

TIME: 11:30AM-12:30PM

LUNCH WILL BE SERVED. COST \$3.00

Soup and salad, dessert and drink

DR.GLYNDA RAMSEY WILL BE ONE OF OUR KEYNOTE SPEAKERS FOR BREAST CANCER AWARENESS MONTH. DR. RAMSEY IS A RADIOLIGIST WITH 29 YEARS EXPERIENCE. SHE IS A GRADUATE OF ETSU COLLEGE OF MEDICINE.

COME HEAR HER TALK WHICH WILL INCLUDE:

- 1) AGE –SPECIFIC SCREENINGS OF MAMMOGRAMS AND ULTRASOUNDS
- 2) WHAT IS IN A 3-D MAMMOGRAM
- 3) PRESENT LIMITED INFORMATION ON BREAST MRI
- 4) RISK FACTORS FOR BREAST CANCER
- 5) WAYS TO REDUCE RISK OF BREAST CANCER AND BENIGN BREAST DISEASE WITH LIFESTYLE MANAGEMENT TO REDUCE INFLAMATION. THESE TIPS WILL ALSO REDUCE YOUR RISK OF CARDIOVASCULAR DISEASE, DIABETES, AND ALZHEIMER'S

Breast Health

Presented by Dr. Tamara McKenzie

Hematologist/Oncologist

October 23, 2014

10am - 11am

Focus on understanding breast anatomy
Bringing awareness to noncancerous (benign) breast disease
Explaining modifiable risk factors, improving breast health, and reducing the risk of breast cancer

Help understand non-modifiable risk factors for breast cancer
When to seek medical advice

October 2014 Breast Cancer Awareness Month

Crazy Pink Walk
tube socks, tutus, cowboy hats, boots, wigs, butterfly wings, pins, bandanas, signs, beads--put it on and let's walk for awareness!
October 3, 10:00 a.m.

Nutrition & Cancer
with
Dr. Andrew Clark
Wednesday
October 1 1:00 p.m.
Have you thought about what you could do to reduce the chance of having cancer?

Hike for Heroes
Support the hikers as they tackle the challenging Rattlesnake Ridge Trail. Volunteer Ruth Sandy is accepting the donations which will benefit the Susan G. Komen Foundation
Thursday, Oct 23 8:30 a.m.

Breast Health Discussion
with
Dr. Tamra McKenzie
Learn the facts about breast health
Thursday, Oct 23

Healthy Breast For a Healthy Life
Dr. Glynda Ramsey Enjoy lunch, vendors, and door prizes! \$3
Thursday Oct 16 11:30 a.m.

Boot Scootin' Boogie Line Dance Party
Dress in pink and Bring a dish to share! Door prizes throughout the evening
Thursday, Oct 30 5:30 p.m.
\$2
(discount for Silver Sneakers)

Sway into Pink Ballroom Dance
Dressy-Semi formal Dance with Jerry Pierce and the Nightlife Band. Bring a dish to share and purchase a ribbon in honor or memory of someone who has or had breast cancer. Volunteers will accept the ribbon donations which will benefit the Susan G. Komen Foundation.
Friday, Oct 17 7:00 p.m.
\$5
(discount for Silver Sneakers)

Hope Love Strength Cure

Cost \$3/person

Country Flunk and
BARN DANCE
Featuring: Art & Cathy & Friends Band
& Line Dancing with Martha

SATURDAY OCTOBER 21
4:00-7:00PM

Grace Meadows Farm
200 John France Road
Jonesborough, TN 37859

Center will provide hotdogs & drinks. Bring a covered dish and your lawn chair. Limited bus transportation available from the center for an additional \$2/person.
Please pre-register at the center

2014 FABulously Funny Tours

Jeanne Robertson

Live at.....
Memorial Park Community Center
510 Bert Street
Johnson City, TN

Event Information
November 11th- 6:00pm
November 12th- 12:00pm (Lunch included)

Tickets are on sale now at Memorial Park Community Center or online at <https://apm.activecommunities.com/jcparks>
(423) 434-6237

One Night!
One Lunch!
One Funny Lady!

Thanks to our sponsors for the Jeanne Robertson Performances:

Johnson City Press
WQUT 101.5
Morris Baker
Dorthet Sound

Healthy Living

“Just Let Me Keep My Mind”

Instructor: Tracy Kendall Wilson

A two part series on keeping your brain alert and learning what is normal brain function aging versus dementia.

October 7 5:30-6:30 p.m.– Normal Aging Versus Dementia – What should we expect from our brains as we age. What is the difference between Alzheimer’s disease and dementia?

October 14 5:30-6:30 p.m. – Keeping Our Brain Healthy – The health of our brain is important. Learn ways we can keep our brains functioning.

Cost: Free Pre-registration Snacks will be provided

Challenge Crew Events for October

Nutrition Classes

Oct 6th – Cooking for one or two taught by TN Extension 11:00am-Noon Cost: Free

Oct 27th – Eating Healthy on a Budget taught by Alice Sulkowski, R.D. 11:00am-Noon Cost: Free

Brain Function Classes

Oct 15th – Brain Teasers and Puzzles 11:00am – Noon Cost: Free

Oct 22nd – Conductorcise® for the brain 11:00am – Noon Cost: Free

Fire Safety

October 22, 11:00 a.m.

Fire Department Officials will talk fire safety and give a tour of a fire truck. Learn how to keep your home safe in this informative program that might just save someone’s life--maybe even yours.

Take Charge of Diabetes

In coordination with the UT Extension Office and the First Tennessee Area Agency on Aging and Disability

Thursdays from October 9-November 13 Free--pre-registration is required Class limited to first 15

This free class series is designed to give you the tools to better understand and manage diabetes. A must attend program for prediabetics, diabetics, and friends/family/caregivers of those with diabetes or at high risk for developing diabetes.

Includes a free book

Diabetes Fair

November 13, noon-2 p.m.

Drop-in and talk to the many vendors which will be present to provide information about diabetes and diabetes-related products.

Medicare Part D

Open Enrollment Event

Tuesday, October 28, 2014

9 a.m.-noon by appt. only

Plans Change. You Change.
Shop and Compare.

This event is conducted by Medicare Counselors from the Tennessee Health Insurance Assistance Program (SHIP)
SHIP Medicare Counselors are not affiliated with any insurance or pharmaceutical company.

This is a free event!

Computer Instruction

NEW Classes and New Instructor!

Open Computer Lab: Tuesdays 10 a.m.-noon, and Thursdays 2-4 p.m.

Meet the Computer- Instructor: Jim Pohle Friday, October 3 at 1 p.m. Cost:\$8.00
General introduction to computer parts, the operating system, and terminology. Please pre-register.

Windows 7- Instructor: Sandy Osgood, Mondays, October 6,13,20,27 1-2:30 p.m. Cost: \$10.00
Learn how to maneuver around in the Windows 7 operating system. If you had Windows XP this will be a great introduction to the next step up in Windows. You will learn where to find files and folders, pictures, programs and features. (Intermediate)

Gmail-Instructor: Sandy Osgood, Mondays, October 6, 13, 20 3-4:30 p.m. 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/intermediate)

Buying a New Computer- Instructor: Jim Pohle Friday, October 10th at 1 p.m. Cost:\$8.00
Answering the 6 questions you need to ask yourself. What will I use it for?, Where will I use it?, What is my price range?, What are some good choices?, Where should I buy it?, and Where can I get help? Plus any questions or concerns you may have. Please pre-register

One on One-Instructor: Amara Carberry Thursday, October 16,23,30 at 11-12:30. Cost:\$15.00
Sign up now. Please let desk know at registration what items you would like to focus on.

Setting up a New Computer-Instructor: Jim Pohle Friday, October 17 at 1 p.m. Cost:\$8.00
Learn how to setup a new Windows 8 computer from turning it on, to free programs to getting it to work like you want it to. Please pre-register

i-information- Monday, October 20, 1 p.m.
Emily from MacAuthority will be here to answer all your questions about iPhones, iPads, and Macs. Please stop in..... Help us take a bite out of their Apple! Free, please register.

Computer Security/Tuning up your Computer- Instructor: Jim Pohle Friday, October 24 at 1 p.m. Cost:\$8.00 Learn what free programs to install and how to use Windows and free programs to keep it running well. Please pre-register.

C-Information: Friday, October 31 at 1p.m. Jonathan from Best Buy will be here to answer all your questions about Computers, Laptops, Notebooks, Microsoft Surface Tablets, Samsung Tablets, Kindle Fire - Kindle Fire HDX and cell phones. Free. Pre-register.

Volunteers

Have you been busy knitting, crocheting, or collecting new blankets for the annual blanket drive? A Red Cross representative will be presented with your donations at the October 6 volunteer meeting. The Senior Center will accept donations beginning on Monday, September 29. Please include your name, mailing address and telephone number with your donation.

New to volunteering? Please join other volunteers at the monthly meeting on the first Monday of each month at 10:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Page 8 October Special Events</p>		<p>1 1:00 Nutrition & Cancer with Dr. Andrew Clark</p>	<p>2 10:00 As the Page Turns 10:00 Craft of the Month 10:00 Movers and Shakers 11:15 Flexibility Feels Good 1:00 Autoharp Lessons 2:00 S.A.L.T. Council Meeting 5:30 Medical Ethics</p>	<p>3 9:00 Apple Festival/Blue Ridge Pottery Show 10:00 Crazy Pink Walk 10:00 Conductorcise® plus 1:00 Meet the Computer 7:00 Friday Night Dance</p>
<p>6 10:00 Volunteer Training 11:00 Challenge Crew Nutrition: Cooking for One or Two 1:00 Windows 7 3:00 Gmail</p>	<p>7 9:00 BINGO 9:00 Intro to Ceramics 10:00 Movers and Shakers 11:15 Flexibility Feels Good 1:00 Mountain Dulcimer Lessons 5:30 Just Let Me Keep My Mind 6:30 Grief Support Gathering</p>	<p>8 10:00 Johnson City Community Health Center Tour</p>	<p>9 10:00 Movers and Shakers 11:15 Flexibility Feels Good 10:00 Writers Circle 1:00 Autoharp Lessons 3:00 Senior Chorale</p>	<p>10 10:00 Naturally Yours 10:00 Conductorcise® plus 1:00 Buying A New Computer 6:00 Amateur Photographers' Club Reception</p>
<p>13 1:00 Travel Round the World 1:00 Windows 7 3:00 Gmail</p>	<p>14 9:00 Into to Ceramics 10:00 Movers and Shakers 11:15 Flexibility Feels Good 11:15 Bonnie's Blue Plate Lunch 5:30 Just Let Me Keep My Mind 6:15 Jonesborough Storytelling</p>	<p>15 11:00 Brain Function Activity 5:00 Legal Aid- Free Clinic</p>	<p>16 10:00 Movers and Shakers 11:15 Flexibility Feels Good 11:00 One on One 11:30 Healthy Breast for Life With Dr. Glynda Ramsey 3:00 Senior Chorale 3:00 Money Smart 4:00 Senior Odyssey</p>	<p>17 10:00 Conductorcise® plus 1:00 Setting Up A New Computer 7:00 Friday Night Dance Sway Into Pink</p> <p>Saturday October 18 7:30 TN for a Lifetime Outing 10:00 WVAL Meeting 5:00 Super Spooky Saturday at Winged Deer Park</p>
<p>20 12:30 Medical Ethics 1:00 i info (MacAuthority Guest Speaker) 1:00 Windows 7 3:00 Gmail</p>	<p>21 9:00 BINGO 9:00 Intro to Ceramics 9:00 Walkers & Talkers 10:00 Movers and Shakers 11:15 Flexibility Feels Good 11:15 Bonnie's Blue Plate Lunch 1:00 Mountain Dulcimer Lessons 4:00 Barn Dance at Grace Meadows Farm</p>	<p>22 11:00 Brain Function Activity 11:00 Fire Safety Month with Johnson City Fire Dept.</p>	<p>23 8:30 Hip Hikers to Rattlesnake Ridge "Hike for Heroes" 10:00 Breast Health with Dr. Tamra McKenzie 10:00 Movers and Shakers 10:00 Writer's Circle (off site) 11:15 Flexibility Feels Good 11:00 One on One 1:00 Autoharp Lessons 3:00 Money Smart 4:00 Senior Odyssey</p>	<p>24 10:00 Conductorcise® plus 1:00 Computer Security 6:00 Murder Mystery Dinner</p>
<p>27 11:00 Challenge Crew Nutrition: Eating Healthy on a Budget 11:30 Lunch/Learn 1:00 Windows 7</p>	<p>28 9:00 Intro to Ceramics 10:00 Movers and Shakers 11:15 Flexibility Feels Good 1:00 Mountain Dulcimer Lessons</p>	<p>29</p>	<p>30 10:00 Movers and Shakers 11:15 Flexibility Feels Good 11:00 One on One 1:00 Autoharp Lessons 4:00 Senior Odyssey 5:30 Boot Scootin' Boogie Line Dance Party For Breast Cancer Awareness</p>	<p>31 10:00 Conductorcise® plus 10:15 Bristol Motor Speedway Tour 1:00 C-information (Best Buy Guest Speaker)</p>

ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Lessons by appointment 9:30 Table Tennis 9:30 Love Handles 10:00 SilverSneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Open Art Studio 1:00 Musical Voices Practice 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 NEW! Square Dance	7:00 am to 9:00 pm Billiards Room Fitness Room 10:00-noon Open Computer Lab 10:00 Heart Strings Noon Tuesday Bridge Group 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Circle R Dancers 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance	7:00am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 9:30 Table Tennis 9:30 Love Handles 10:00 Bible Study 10:00 SilverSneakers® Classic 11:00 Tai chi for Arthritis 12:00 Qi Gong 12:00 Acrylics Painting 1:00 Pinochle 1:30 Intermediate/Advanced Line Dance Lessons 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga	7:00 am to 9:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by appt. 9:30 GermanConversation Noon Women's Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 <i>Golden Rollers Bowling @ Holiday Lanes</i> 3:00 Senior Chorale 2:00-4:00 Open Computer Lab 4:00 Senior Odyssey	7:00 am to 9:00 pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 From Head to Tone Fitness Class 8:30 Piano Lessons by Appointment 9:00 Party Contract Bridge 9:30 Table Tennis 9:30 Love Handles 10:00 Silver Sneakers® Classic 10:00 Conductorcise® Plus 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:30 Intermediate Line Dance Lessons 3:45 Beginner Ballroom Dance

LOOKING AHEAD

NOVEMBER

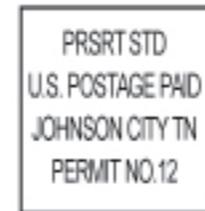
- 7 BIRTHPLACE OF COUNTRY MUSIC MUSEUM OUTING
- 11 VETERANS DAY EVENING PERFORMANCE BY JEANNE ROBERTSON
- 12 LAUGHTER IS BEST MEDICINE LUNCH WITH JEANNE ROBERTSON
- 13 DIABETES FAIR
- 17 PIGEON FORGE SHOPPING TRIP SPONSORED BY MORRIS BAKER FUNERAL AND CREMATION SERVICES

CRAFTS FOR KIDS AND KIDS AT HEART – A CLASS THAT WILL GIVE YOU INEXPENSIVE CRAFTS TO DO WITH YOUR GRANDKIDS WHEN THEY VISIT.

SANTA'S WOODCARVING WORKSHOP - A ONE DAY WORKSHOP FOR THE BEGINNING WOODCARVER OR MORE EXPERIENCED CARVER.

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

Johnson City Seniors' Center
 at Memorial Park Community Center
 510 Bert Street
 Johnson City, Tennessee 37601
 (423)-434-6237



Return Service Requested

Groups and

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
 Join this monthly book club, meet new people, read new books and enjoy light discussion.

First Thursday at 10:00 a.m.
 Pre registration is encouraged!

Oct: *Midwives*
 by Chris Bohjalian

Nov: *Dive off Claussen Pier*
 by Ann Packer

Writer's Circle

2nd and 4th Thursdays
 10 a.m.-noon
 A group of individuals who gather together to share ideas and stories that they have written. Cost: Free
Meeting off site on 10/23

AMATEUR PHOTOGRAPHERS CLUB

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

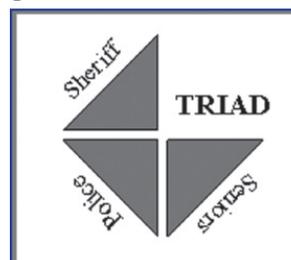
JOIN THE GROUP IF YOU ARE INTO PHOTOGRAPHY OR JUST STARTING OUT. IF YOU WANT TO IMPROVE YOUR SKILLS OF TAKING PHOTOS, LEARN NEW TECHNIQUES, OR SHARE WITH THE GROUP YOUR WORK. MONTHLY PHOTO THEMES, FIELD TRIPS AND MORE.

OCTOBER: RAILROADS
 NOVEMBER: FALL COLORS
 DECEMBER: SHADOWS

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. 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

October 18 at 10:00 a.m.

Please call Karen Foote at 423-282-3029 for more information.

Bible Study Groups

Wednesdays, 10:00 a.m.

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

Grief Support Gatherings

1st and 3rd Tuesdays
 6:30 p.m.-7:30 p.m.

Michael Lester, M.A.
 Board Certified Grief Counselor

a community service of Morris-Baker Funeral Home & Cremation Services