

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

Accredited by: www.NCOA.org

Senior Lifestyles

The Johnson City Senior Center
Active Life through Active Living



Fall Fun
Challenge
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Happy Healthy
Heart Fair
pg. 10

Boot Scootin Boogie
Line Dance Party!
pg. 13

Senior Choral
Returns
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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!

Sept: *School of Essential*
Ingredients by Erica Bauermei

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

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.

SEPTEMBER: AMERICANA
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 com-
munity groups. Often someone in your family might need more information on cer-
tain 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!

September Speaker:



Watauga Valley Art League

September 20 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

Memorial Park Community Center
510 Bert Street Johnson City, TN 37601 423 434-6237
www.johnsoncitytn.org/seniors

Take Our Survey – MPPCC Senior Services Division is asking for your input to assist us with planning programs and arts and crafts for the center. Your opinion is important to us and we want to be sure we are offering the kind of arts and crafts you'd like to participate in as well as other programs you'd like to see offered. The survey can be taken online from your home computer at <https://www.surveymonkey.com/s/SeniorServices-MPCC> or you can fill out a hard copy at the front desk if you do not have a computer. Please feel free to send the survey link to all your friends and Thank You for taking your time to complete our survey.

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



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



Follow us on Twitter:
twitter.com/JCSeniorctr



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 Abl

Holly Booksh
Frank Calderala

Out Of the Box Bash

Christmas Box Project Fundraiser

to support
Johnson City Senior Center Foundation
Food Boxes for Local At-Risk Seniors
Friday, September 26, 2014

6 - 10 pm
Memorial Park Community Center
510 Bert Street

Enjoy an evening of delicious food prepared by the Chefs from Maple Lane Farm from the Christmas Box contents

- Bid on your favorite dessert prepared by a local celebrity baker
- Special Awards will be presented to the Baker raising the most funds for the foundation and for the People's Favorite
- Celebrity bakers provide one dessert for tasting and one for the auction; baker may sponsor a table for his/her family, friends, employees, or clients.
- Following the dinner and auction enjoy dancing to live music

For more information or tickets call (423) 434-6237

Table Sponsor - \$150

Tickets:
\$20 / adults or \$35 / couple
\$15 / senior participants and teens
\$10 / children 6-12



Fitness Focus

Fall Fun Challenge
SEPTEMBER 17, 2014

Getting Started

- Participate in the National Senior Fitness Test
- Discuss your results with an exercise specialist
- Set individual goals for improving your health
- Check out the new health programs
- Join the Challenge Crew

To evaluate your progress, another Challenge will be conducted every 4 months.

Join the Challenge Crew

This fun and innovative new wellness program will combine mind and body health through specialized programming and classes.

There will be wellness events the week after the challenge that will include activities, nutrition information and brain stimulation.

Throughout each of the following 3 months, a targeted fitness class will be conducted on Tuesdays and Thursdays, nutrition will be highlighted through 2 events and 2 programs engaging the mind.

Free T-shirt

- When you attend at least 12 Challenge Crew events, you will receive a free Challenge Crew t-shirt.

Age-ility Class

Get your body moving in this age-friendly agility class. Work to improve your balance and coordination through fun exercises and activities.

Tuesdays and Thursdays
August 5-September 11
9-10am
Instructor: Jillian

Jillian says:

The Fall Fun Challenge is right around the corner!

Wed., Sept. 17 9 a.m. - 3 p.m.

Come meet the challenge with the National Senior Fitness Test. The purpose of this test is to assess your fitness level and set fitness goals.

Get your height, weight, BP and heartrate checked.

We will have a walking test and low impact chair exercises and a consultation after the test is completed.



Love Handles Returns!

Fall is here, but don't let all the apple cider and caramel apples fall around your hips. Love Handles returns this month to keep you in control of your waistline. Work your abs and core in this fun, 30 minute class.

Meet Debbie Fogle



BA and MA in Health and Physical Education. Certified and Licensed Athletic Trainer (ATC). Last 27 years at The Wellness Center for MSHA helped people improve their health and begin an exercise program. Then 10 years as an ATC for ETSU Sports.

Debbie says:
Conductorcise® is both physical and artistic. It is an excellent upper body workout that improves flexibility and stamina. You will feel refreshed and energized after this 30 minute workout. is suitable for all activity levels.

CONDUCTORCISE®

Fun and active program
Builds both body and mind
Health Benefits

- ✓ Contributes to creating new brain cells
- ✓ Improved Cognition
- ✓ Stress Relief
- ✓ Relieving Anxiety
- ✓ Staving off Memory Loss
- ✓ Securing Balance
- ✓ Stimulating both sides of the brain
- ✓ Increasing Circulation
- ✓ Managing Diabetes
- ✓ Building Upper Body Strength

Join Us on Fridays @ 10:30am

Just \$1 per session

Leave refreshed and energized

New class!
Hatha Yoga

Instructor: Darlene Hatley, RYT (500 hours) RN, AFAA
Level: Beginner/Intermediate
Cost:\$5 per session
Time: Wednesdays from 6:00-7:00 p.m.

ART + experience

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. Cost: \$16.25 per session. Wednesdays 9:30am - Noon.

Sept 3, 10, 17, & 24



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
Cost: Free

Open Craft Studio

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



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.

Photo Contest - Enter your best vacation photos Tues, Sept 2nd - Fri, Sept 5th. Enter up to 5 photos sized 3"X 5" or 4"X 6". Make sure your name, address and phone are listed on the back of your photo. Members will get a chance to choose who they think has the best photos. Prizes will be awarded.

- Either 3"x5" or 4"x6" size
- Can enter up to 5 photos
- Place your name, address, and phone number on the back of each photo
- Submit your photos at the Center Tuesday, September 2-Friday September 5
- Members and Staff will have an opportunity to vote on best photos beginning Monday, September 8-Friday, September 19.
 - Photos will be displayed in the lobby

H
I
P

Hip Hikers to Roan Mountain
Challenging level
Thursday, September 4 8:00 a.m.
Cost: \$5.00 for transportation
Bring your own lunch
Meet at Center
Reservations by: September 3

H
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K
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R
S

Hip Hikers to Laurel River Trail
Challenging level
Thursday, September 11 8:00 a.m.
Cost: Free (Carpool Event)
Meet at Center
Bring your own lunch
Reservation Deadline: September 10

Hip Hikers to Wilson Creek Wilderness
Challenging level
Thursday, September 25 8:00 a.m.
Cost: Free, (Carpool Event)
Meet at Center
Bring your own lunch
Reservation Deadline: September 24

For more information call 423-434-6237



We miss you Mike!

Lifelong Learning

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

German Conversation Group Thursdays 9:30 a.m. Free
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.

Amy says:

Lifelong learning should be a deliberate and voluntary act. One should have a positive attitude to be motivated to learn and develop; for personal and professional reasons.



Knowledge and learning can happen anytime and anywhere. No matter what your life path is, there are endless benefits for continual personal development.

Classes are offered not only to educate and entertain, but to inform, experience, challenge, reflect and make one's life more fulfilling for a variety of reasons.



Legal Aid-Monday, September 22 4-6 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 too.

AARP Drivers Safety Class- Monday and Tuesday, September 8th and 9th 8:30am -12:30
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

Medical Ethics Discussion- Monday, September 15th at 12:30 and Monday, September 29th at 5:30. Case 6: Jim, his wife, Lou Gehrig's disease, and a desire for a bit of help in dying, which he knew to be illegal. Jim had been cared for by his wife 24 hours a day. He knew his incapacity was increasing, and knew the basic direction of his disease. He asked his physician for help. Please Register, free.

Travel Round the World-Monday, September 22nd at 1pm. Please pre-register.
Please join Dr. Ron Zucker on a HD video journey to the Four Corner States (Colorado,Utah, Arizona, New Mexico). This spectacular area contains 10 National Parks and numerous National Monuments. A must see for fans of the American Southwest! For a preview, please go to YouTube and search for "Ed Van Fleet - Forgotten Tribe: Bryce Canyon NP and Cedar Breaks NM"

Fred Sauceman(new book: Buttermilk and Bible Burgers)- Monday, September 29th at 1pm.
Join is to hear Mr. Sauceman speak on his new book. In his latest collection of writings about the foodways of the Appalachian region, Fred W. Sauceman guides readers through country kitchens and church fellowship halls, across pasture fields and into smokehouses, down rows of vegetable gardens at the peak of the season and alongside ponds resonant with the sounds of a summer night. The scenes and subjects are oftentimes uniquely personal, and they combine to tell a love story, a chronicle of one person's affection for a region and its people, its products, and its places. Please pre-register. Source: Amazon

ETSU-ACL (Alliance for Continued Learning) Fall Class Schedule--
Call ETSU Office of Professional Development for more information or check out ACL's website www.acljc.org. You must register with ACL. Tuesdays and Wednesdays from September 23-October 29. 10-noon unless otherwise noted
Kickoff is Tuesday September 23 from 9:30-noon with Dr. Brian Noland, Ed Snodderly
Again Pre-registration is required!

Special Events

Boot-Scootin' Boogie Line Dance Party



Celebrate National Line Dance Week Saturday, September 13 from 2-5 pm.

- All ages welcome
- Cutest Costume Contest
- Corn Hole
- Photo Booth

Cost-\$3
Bring a snack to share. Drinks provided.

Make Plans To Attend!
Let's Go Travel Show and Lunch
September 23
11:30 a.m.-1:00 p.m.
Where will your travels take you in 2015?




JEANNE ROBERTSON

Humorist to Speak at Memorial Park Community Center

TWO BIG SHOWS

November 11, 2014 6 pm Veterans Appreciation
November 12, 2014 Noon Laughter is the Best Medicine

Tickets - \$25

Who is Jeanne Robertson? Here is a clue straight from Southern Ladies Magazine ...

"There is just something striking about Jeanne Robertson. Maybe it's her beauty queenesque good looks. Or maybe it's that she is six-foot-two inches tall. Regardless of what it is, once you hear her speak, you'll remember her - that is, if you can quit laughing long enough to catch your breath."

Quote taken from Jeanne Robertson's website <http://www.jeannerobertson.com/>

Southern Lady of the Year 2005 ... Women of Achievement 2003 ... SEC Entrepreneur of the Year 2000 ... North Carolinian of the Year 2001
The CSP Designation ... CPAE Speaker Hall of Fame ... The Golden Gavel ... The Cavett Award 1969

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



Sports/GAMES

Wiffle Waffle
 Celebrate National Waffle Week with us! September 2, 9:00 a.m. Play a game of wiffle ball and enjoy a plate of waffles!
 \$2

Cornhole
 Tuesdays/Thursdays 10:00 a.m.
 Get started and get ready for the tournament to be held in October!

Mondays
 Hand & Foot Canasta 1 p.m.
 Ladies Monday Night Bridge Club 6 p.m.

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.

Wednesdays
 Pinochle at 1 p.m.

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

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

Dance

New Dance Class
 Mondays in October
 7:00 p.m.-8:30 p.m.
 with Don Williamson
 \$5 per session
 Details coming soon!

Save the Date!
 Barn Dance featuring Art, Cathy and Friends also, Line Dance with Martha Davenport at Grace Meadows
 October 21 6-9 p.m.
 music, games, dancing, bring a dish to share and a lawn chair. \$3

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

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

Friday Night Dance Schedule
 (As of 5/20/2014)

9/5/2014	Limited Edition
9/19/2014	Mark Larkins
10/3/2014	Curt Mathson
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

Outings and Chartered Trips

Dixie Diners to Red Lobster
 September 4 at 5:00 p.m. Please sign up by September 2
 1909 N. Roan St. near The Mall at Johnson City
 282-4099

Jonesborough Storytelling
 Tuesday, September 16 Enjoy a night of storytelling down in Jonesborough. Leave MPCC at 6:15 p.m. Cost: \$2, a donation of \$5 is asked at the time of program. Please pre-register by September 12

Woodland Wildflower Walk-Friday,
 September 12, 9:30 Cost: \$2 (easy walking)
 Join City Naturalist Connie Deegan and take a walk to discover a sampling of the diverse fall wildflowers that call the oak hardwoods of Winged Deer Park home. Help commit them to memory by learning interesting and unique facts about each one. Please register by Sept. 10

Slocumb Galleries
 September 24
 Leave MPCC at 1:00 and return at 3:30 p.m.
 The exhibit is "Politics of Representation: Re-Imaging Indigenous America From Warhol to MAP(ing) Contemporary Native American Artists"

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

Walkers and Talkers

A monthly easy walk with some history or ecology talk.

Third Tuesday of each month

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

Cost: \$3.00 Register 1 week in advance
 Bus Transportation Provided

Senior Center
 Memorial Park Community Center
 510 Bert St
 Johnson City TN 37601
 423-434-6237

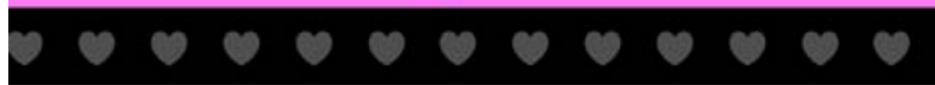


September 16th Doe River Gorge...a scenic center piece
 Easy casual walk 2 to 3 miles. Some shade some sun. No public restrooms but private wooded area. In the mid 1800's engineers blasted through mountains and wrestled with vertical cliffs to build a narrow gauge RR line which ran from Johnson City to Cranberry, NC. This portion and walk is consider the "Doe River Gorge scenic center piece."
 The rail was given the nickname, "Tweetsie" by nearby mountain residents who said the whistle made a "tweet, tweet" sound. Come learn more Tweetsie history.

More Information: 423-434-6237

The Fall Let's Go Travel Show and Lunch will be held on September 23
 We would like your input about Chartered and day trips. Let us know where you'd like to go!

Johnson City Senior Center



Breast Cancer Awareness Month

Events

Fun, educational, and supportive

Door Prizes at each event

October 3 Crazy Pink Walk--Help us kick off the month!

October 16 Mammogram Ma'am Lunch talk with Dr. Glynda Ramsey

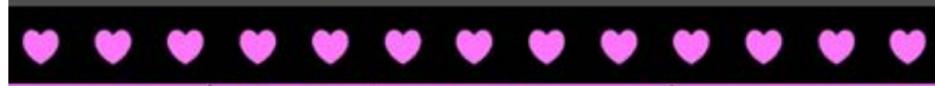
October 17 Sway into Pink Ballroom Dance

October 23 Hike for Heroes

October 23 Breast Health Discussion with Dr. Tamra McKenzie

October 30 Boot Scootin' Line Dance Party

October 2014



Memorial Park Community Center
510 Bert Street Johnson City TN 37601

423-434-6237

Breast Health Discussion

with

Dr. Tamra McKenzie

Learn the facts about breast health

Boot Scootin' Boogie Line Dance Party

Dress in pink and Bring a dish to share!

Door prizes throughout the evening

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!

Mammogram Ma'am

Dr. Glynda Ramsey returns to speak on mammograms. Enjoy lunch, vendors, and door prizes!

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.

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

Computer Lab

Classes may be cancelled due to low registration

Open Computer Lab:
Tuesdays 10:00-Noon
Thursdays 2:00 - 4:00 p.m.

Mobile Devices: September 5 and 19 1-2:30 Do you need help with your tablet, laptop, smartphone, or other mobile device. Stop in, ask questions, and receive assistance.

Facebook - Instructors: Amara Carberry & Betty Hall, Thursdays, September 4,11,18,25 @ 11-12:30, Cost \$15.00
Want to be able to stay connected to family, receive and send pictures to grandkids, find old friends? Then sign up now for this class. Facebook basics, newsfeed, timeline, posting w/photos, privacy settings and video chats. You must have a Facebook account; including password. No mobile devices may be used for this class.

Beginner iPad - Instructor Betty Hall: Monday, September 8 - 1 - 3 pm Cost: \$10
Getting started with the iPad, using the keyboard, applications, and settings.

Back up your Computer- Instructor: Sandy Osgood Mondays, September 8, 15, 3-4:30 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... Please pre-register

Beginning Computers Instructor: Sandy Osgood Mondays 1-2:30 September 8,15,22,29 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. Learn email, tool bar, folders, and more. Please pre-register.

Word I- Instructor: Jim Foote Monday and Wednesday, September 22 and 24 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) can bring own laptop. Please pre-register

Excel I- Instructor: Jim Foote Monday and Wednesday, September 22 and 24 10:45-11:15 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) can bring own laptop. Please pre-register.

Beginner Kindle Fire - Instructor Betty Hall: Monday, September 22 - 1 - 3 pm Cost: \$10 Kindle Basics, Email, Carousel, and Settings

Volunteer Session

Monday, September 8
10:00 a.m.

Health's on You: How to ensure you are taking care of yourself while doing for others.

Volunteers

Second Harvest Food Bank

2nd Wednesday of each month
Depart the Center 8:15
Volunteer from 9:00-noon
(Sort and pack food)
Lunch on your own at Cracker Barrel
then return to Center

Mitten Tree

It's right around the corner . . . Make plans now to participate and help us reach our goal of **100 mittens/hats/scarves**. Last year 70 items were collected and donated to Girls, Inc. Please make or purchase these items and bring them to the Center beginning Dec. 1 through Dec. 15. All donations will be delivered to Girls, Inc. by Volunteer, Ruth Sandy, who brainstormed this idea last year and has agreed to launch this again.

Warm Up America

Handmade blankets for the Warm Up America Program may be turned in at the Center from September 1-October 1. Please label each blanket with your name and address. Knitters will be recognized during the October 6 Volunteer Meeting.

Healthy Living

Performing Arts



Schedule your assessment TODAY! \$89

MOUNTAIN STATES MOBILE HEALTH

Cardiovascular Assessment

LOCATION: Happy Heart Fair @ Johnson City Senior Center

ADDRESS: 510 Bert Street, Johnson city, TN ,37601

DATE: Sept 17th 2014 TIME: 7:00 a.m. – 3:00 p.m.

PRICE: \$89
(Cash, Check, Credit, HSA, MSHA team member payroll deduction)

THE ASSESSMENT INCLUDES:

1. **LIPIDS** (Total cholesterol, HDL, LDL, Triglycerides) and **GLUCOSE** readings (fingerstick)
2. **BIOMETRICS**- Height, weight, waist and blood pressure measurements.
3. **CARDIOVASCULAR ASSESSMENT**
 - **Carotid Artery Scan** - Ultrasound evaluation of the carotid arteries that assesses for buildup of fatty plaque. (This is the leading cause of strokes).
 - **Aorta Scan** - Ultrasound assessment for the presence of aneurysm in the abdominal aorta. (The majority of individuals of no symptoms.)
 - **Ankle Brachial Index Measurements** – Assesses Peripheral Artery Disease (plaque build up in the legs).
4. **SLEEP DISORDER QUESTIONNAIRE**– The STOP BANG questionnaire consists of eight questions to determine the risk of sleep apnea.

CALL 1-855-673-3376 TO SCHEDULE YOUR ASSESSMENT

Patty says: 

Come join us at the Happy Healthy Heart Fair!

We will offer: health screenings, a flu clinic, massages, a class on a saltless diet and exercise demonstrations on Sept 17.

7 a.m. - 3 p.m.- Cardiovascular Assessments. Call 1-855-673-3376 to schedule an appointment.

9 a.m. - 3 p.m. - Flu clinic sponsored by Walgreen's

9 a.m. - 10 a.m. - Demos of Tai Chi, Conductorcise and Silver Sneakers

10 a.m. - 11 a.m. - Dash diet class

11 a.m. - 12 p.m. - A program on having a happy healthy heart

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.

Meet Debbie Fogle 

BA and MA in Health and Physical Education. Certified and Licensed Athletic Trainer (ATC). Last 27 years at The Wellness Center for MSHA helped people improve their health and begin an exercise program. Then 10 years as an ATC for ETSU Sports.

Debbie says:
Conductorcise® is artistic through its use of music and the physical response to rhythms and sounds. Imagine yourself conducting a symphony and learning about the composers and instruments. Use your creative abilities to move with the music. This program helps to stimulate those brain cells.

Mountain Dulcimer Lessons

with Cathy Ciolac

Tuesdays
1:00 -2:30 p.m.
Returns September 2
7 sessions \$28
(no session Oct. 14)

Autoharp Lessons

with Cathy Ciolac

Thursdays
1:00 -2:30 p.m., Free
Starts September 4
7 Sessi-20ons \$28
(no session Oct. 16)

Swallowing Difficulties

Tracy Willis
Speech Pathologist

September 11 at 10:00am

- Do you have a hard time swallowing pills?
- Do you fear choking when you eat or drink?
- Do you lose your breath while eating?

Learn how to improve your muscle tone for swallowing pills, food and liquids.

JC Senior Center - 434-6237

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.

Call for your appointment today!

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.



Senior Choral

Voices wanted!
September 4 at 3:00 p.m.

Join this lively singing group who loves to sing a variety of songs including show tunes and popular songs.

Extending your Growing Season

As the days get shorter have you wanted to extend your growing season?

How do you prepare the soil?

What crops to plant?

SEPTEMBER 4 EXTENDING YOUR GROWING SEASON

Master Gardener Phil Ramsey will talk about extending your vegetable garden growing season.

Call Johnson City Senior Center @ (423)-434-6237 to reserve your

JOHNSON CITY SENIOR CENTER
510 Bert Street
Johnson City, TN 37601
<http://www.johnsoncitytn.org/seniors>
September 4 @ 10am

Keep Track of your Blood Pressure at the Center Daily
Fasting Blood Sugars every Wednesday
See you in the Nurse's Office!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>SEPTEMBER CALENDAR</p> <p>Center Closed Have a safe Labor Day holiday!</p> <p>Vacation Photo Contest Submissions Tuesday-Friday September 2-September 5! See page 14 for details</p>	<p>2 Submit Photos for Contest</p> <p>9:00 BINGO 9:00 Age-ility 9:00 Wiffle Waffle Games and Waffle Breakfast 1:00 Mountain Dulcimer Lessons</p>	<p>3 Submit Photos for Contest</p> <p>9:30 Woflfart Trip 9:30 Love Handles 9:30 One-on-one Computer Help w/Betty 9:30 Intro to Ceramics</p>	<p>4 Submit Photos for Contest</p> <p>8:00 Hip Hikers--Roan Mtn 9:00 Age-ility 10:00 As the Page Turns 10:00 How to Extend Your Garden Growing Season 11:00 Facebook 1:00 Autoharp Lessons 2:00 S.A.L.T. Council Meeting 3:00 Senior Chorale 5:00 Dixie Diners--Red Lobster</p>	<p>5 Submit Photos for Contest</p> <p>9:30 Love Handles 10:30 Conductorcise® 1:00 Mobile Devices Help 7:00 Friday Night Dance</p>
<p>8</p> <p>Vote for best vacation photo</p> <p>8:30 AARP Driver Safety 9:30 Love Handles 10:00 Volunteer Training 1:00 Amateur Photographers' Club 1:00 Beginner ipad 1:00 Beginning Computer 3:00 Back up Your Computer</p>	<p>9</p> <p>Vote for best vacation photo</p> <p>8:30 AARP Driver Safety 9:00 Age-ility 11:15 Bonnie's Blue Plate Lunch 1:00 Mountain Dulcimer Lessons 6:30 Grief Support Gathering</p>	<p>10</p> <p>Vote for best vacation photo</p> <p>8:15 Volunteers to Second Harvest Food Bank 9:30 Intro Ceramics 9:30 Love Handles 10:00 One-on-one Computer Help w/Betty</p>	<p>11</p> <p>Vote for best vacation photo</p> <p>8:00 Hip Hikers--Laurel River 9:00 Age-ility 10:00 Writers Circle 11:00 Facebook 1:00 Autoharp Lessons 3:00 Senior Chorale</p>	<p>12</p> <p>Vote for best vacation photo</p> <p>9:30 Woodland Wildflower Walk (easy) 9:30 Love Handles 10:30 Conductorcise®</p>
			<p>Saturday September 13</p> <p>2:00 Boot Scootin' Boogie Line Dance Party</p>	
<p>15</p> <p>Vote for best vacation photo</p> <p>9:30 Love Handles 12:30 Medical Ethics Discussion 1:00 Beginning Computer 3:00 Back up Your Computer</p>	<p>16</p> <p>Vote for best vacation photo</p> <p>9:00 BINGO 11:15 Bonnie's Blue Plate Luncheon 12:30 Medical Ethics Discussion 1:00 Mountain Dulcimer Lessons 1:00 Dulcimer Lessons 6:15 Jonesborough Storytelling Outing</p>	<p>17</p> <p>Vote for best vacation photo</p> <p>7:00 MSHA Mobile Health Coach by appointment 9:00 Happy Healthy Heart Fair 9:00 Fall Fun Challenge 9:30 Intro Ceramics 9:30 Love Handles 10:00 One-on-one Computer Instruction w/Betty</p>	<p>18</p> <p>Vote for best vacation photo</p> <p>11:00 Facebook 1:00 Autoharp Lessons 3:00 Senior Chorale</p>	<p>19</p> <p>Vote for best vacation photo</p> <p>9:30 Love Handles 10:00 Mobile Devices 10:30 Conductorcise® 1:00 Mobile Devices 7:00 Friday Night Dance</p>
				<p>Saturday September 20</p> <p>10:00 WVAL Meeting</p>
<p>22</p> <p>9:30 Love Handles 9:00 Word I 10:45 Excel I 1:00 Travel Round the World 1:00 Beginning Kindle Fire 1:00 Beginning Computer 4:00 Legal Aid Free Clinic</p>	<p>23</p> <p>ETSU-ACL Kickoff with Dr. Brian Noland 11:30 Let's Go Travel Show and Lunch 1:00 Mountain Dulcimer Lessons</p>	<p>24</p> <p>9:00 Word I 9:30 Love Handles 9:30 Intro Ceramics 10:45 Excel I 1:00 Slocumb Galleries Outing: Native American Exhibit</p>	<p>25</p> <p>8:00 Hip Hikers--Wilson Creek Wilderness Area 10:00 Writers Circle 11:00 Facebook 1:00 Autoharp Lessons 3:00 Senior Chorale</p>	<p>26</p> <p>9:30 Love Handles 10:30 Conductorcise® 6:00 Out of the Box Bash Foundation Fundraiser</p>
<p>29</p> <p>9:30 Love Handles 1:00 Fred Sauceman 1:00 Beginning Computer 5:30 Medical Ethics Discussion</p>	<p>30</p> <p>9:00 Dixie Stampede Trip 1:00 Mountain Dulcimer Lessons</p>			

ONGOING EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:00 am to 9:00 pm Billiards Room Fitness Room</p> <p>8:00 Pickleball</p> <p>8:00 Blood Pressure Screenings</p> <p>8:30 Toning</p> <p>8:30 Piano Lessons by appointment</p> <p>9:30 Table Tennis</p> <p>10:00 SilverSneakers® Classic</p> <p>11:00 Tai Chi for Arthritis</p> <p>12:00 Qi Gong</p> <p>12:30 Open Art Studio</p> <p>1:00 Musical Voices Practice</p> <p>1:00 Hand & Foot Canasta</p> <p>1:00 High Flyers Bowling @ Holiday Lanes</p> <p>2:00 Challenge Square Dance</p> <p>3:30 Line Dance with Martha</p> <p>6:00 DandyLines Line Dance--Advanced</p> <p>6:00 Ladies Monday Night Bridge Club</p>	<p>7:00 am to 9:00 pm Billiards Room Fitness Room</p> <p>10:00-noon Open Computer Lab</p> <p>10:00 Heart Strings</p> <p>10:00 NEW! Cornhole Bean Bag Toss</p> <p>Noon Tuesday Bridge Group</p> <p>1:00 Silver Sneakers® Yoga</p> <p>1:00 Needle and Fiber Arts</p> <p>1:00 Tuesday Trio Bowling @ Holiday Lanes</p> <p>4:00 Circle R Dancers</p> <p>5:30 Scrabble Group</p> <p>6:00 Mexican Train Dominos</p> <p>7:00 Round Dance</p>	<p>7:00am to 9:00 pm Billiards Room Fitness Room</p> <p>8:00 Pickleball</p> <p>8:00 Blood Pressure Screenings</p> <p>8:30 Toning</p> <p>9:30 Table Tennis</p> <p>10:00 Bible Study</p> <p>10:00 SilverSneakers® Classic</p> <p>11:00 Tai chi for Arthritis</p> <p>12:00 Qi Gong</p> <p>1:00 Pinochle</p> <p>1:30 Intermediate/Advanced Line Dance Lessons</p> <p>2:30 Knitting</p> <p>5:15 Ballroom Dance Lessons</p> <p>6:00 Senior Hatha Yoga</p>	<p>7:00 am to 9:00pm Billiards Room Fitness Room</p> <p>8:00 Men's Bible Study</p> <p>8:30 Silver Sneakers® Yoga</p> <p>8:30 Piano Lessons by appt.</p> <p>9:30 GermanConversation</p> <p>10:00 NEW! Cornhole Bean Bag Toss</p> <p>Noon Women's Billiards</p> <p>1:00 Rook</p> <p>1:00 Ballroom Dance Practice</p> <p>1:00 <i>Golden Rollers Bowling @ Holiday Lanes</i></p> <p>3:00 Senior Chorale</p> <p>2:00-4:00 Open Computer Lab</p>	<p>7:00 am to 9:00 pm Billiards Room Fitness Room</p> <p>8:00 Pickleball</p> <p>8:00 Blood Pressure Screenings</p> <p>8:30 From Head to Tone Fitness Class</p> <p>9:00 Party Contract Bridge</p> <p>9:30 Table Tennis</p> <p>10:30 Conductorcise®</p> <p>12:30 Ace of Clubs Duplicate Bridge</p> <p>1:00 Open Craft Time</p> <p>1:30 Intermediate Line Dance Lessons</p> <p>3:45 Beginner Ballroom Dance</p>
<p>Senior Odyssey is coming in October - Based on <i>Odyssey of the Mind</i>, 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 problems and long term problem solution.</p>				

LOOKING AHEAD

OCTOBER

7 JUST LET ME KEEP MY MIND--NORMAL AGING VS DEMENTIA

9 TAKING CHARGE OF DIABETES--SIX WEEK CLASS BEGINS

10 AMATEUR PHOTOGRAPHER'S CLUB RECEPTION AND PHOTO GALLERY DISPLAY

14 JUST LET ME KEEP MY MIND--KEEPING OUR BRAIN HEALTHY

21 BARN DANCE AT GRACE MEADOWS

BREAST CANCER AWARENESS MONTH--WEEKLY ACTIVITIES PLANNED MONDAY EVENINGS--AN EXCITING NEW DANCE CLASS WITH DON

NOVEMBER

11 VETERANS DAY EVENING PERFORMANCE BY JEANNE ROBERTSON

12 LAUGHTER IS BEST MEDICINE LUNCH WITH JEANNE ROBERTSON

13 DIABETES FAIR