

Senior Lifestyles

Volume XXVIII No. 16

April 2015

*Make a lunch date with Friends:
Congregate Meals at MPCC*

Page 2

New Bus Celebration

Page 2

Alexander Technique

Page 10

CPR / AED Class

Page 10

Art in the Park

Page 11

*Frühlingsstraussball:
German Themed Dance*

Page 12



Exciting news!

The First Tennessee Human Resource Agency will begin daily lunch service at Memorial Park Community Center in April! Meals are provided to seniors age 60 years and older for a suggested donation of \$2 per meal.

The Agency requires that you register in advance if you plan to eat to assist them with food preparation. For those under the age of 60, the meal cost will be \$5.81.

Anticipated start date is April 6 - invite your friends for a hot, nutritious lunch.

Is a Reverse Mortgage Right for You? Get the FACTS from your Local Specialist!



ANGEL CAMPBELL

REVERSE MORTGAGE SPECIALIST
NMLS#506507

423-773-3309 acampbell@reversefunding.com



RMF REVERSE MORTGAGE FUNDING L.L.C.

WWW.ReverseInfo4Seniors.com

You're Invited

To Join Us



Ribbon Cutting Ceremony
Senior Services
Handicap Accessible Bus

Thursday, April 2, 2015
1 p.m.
Memorial Park
Community Center
Senior Services Entrance

Refreshments served

Not all nursing homes are the same. Here at Lakebridge Health Care, we care for each resident with a personal touch, and that makes all the difference. You can relax knowing your loved one is in good hands with us.

Lakebridge Health Care Center

Commitment to Caring
115 Woodlawn Drive
Johnson City, TN 37604
(423) 975-0095

Inclement Weather Policy for Memorial Park Community Center

When Johnson City schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00am for access to the following areas: fitness room, gymnasium, game room, billiards room, and pool (for open / lap swim and open therapy only).

Scheduled events and instructor-led programs will be cancelled. The centers will close at 5:00pm.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00am and all events and programs will begin at 10:00am. Each location will close at normal closing hours, unless inclement weather occurs later in the day that forces closure.

When schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled. If inclement weather occurs on a weekend when schools are not in session the Parks & Recreation Department Director will determine when parks and centers would open and make a decision by 6:00am.

Transportation will not be provided when Johnson City Schools are closed or let out early due to inclement weather. For Announcements about schedule changes call 434-5750.

New Bus Ribbon Cutting Thursday, April 2 at 1:00pm

Join the Johnson City Senior Center Foundation, City officials, and The Chamber of Commerce serving Johnson City, Jonesborough, Washington County for a ribbon cutting for the new bus! Refreshments will be served.

Thank you for supporting the Johnson City Senior Center Foundation Run the Links:

- CrestPoint Health
- Hennessee Tax & Bookkeeping
- Jonesborough Wine & Spirits
- The Lexington Senior Living
- Pinochle/Rook Players
- George Granger
- Chick-Fil-A
- Mooney's Home Medical Equipment
- Powell Body Shop
- Johnson City Golf
- Johnson City Parks & Recreation

Hip Hikers

Horse Creek

Thursday, April 9

8:00am • Cost: Free

Carpool, Meet at Center

Challenging level

Bring your own lunch

Reserve by: April 8th

Laurel River

Thursday, April 23

8:00am • Cost: Free

Challenging level

Carpool, Meet at Center

Bring your own lunch

Reserve by: April 22nd

Splash Dam Falls

Thursday, April 16

8:00am • Cost: Free

Challenging level

Carpool, Meet at Center

Bring your own lunch

Reserve by: April 15th

Panther Creek

State Park

Thur, April 30 at 8:30am

Carpool, Meet at Center

Challenging level

Bring your own lunch

Reserve by: April 29th



FLEX TIME

AMC Outdoors, July/August 2008

Limber up before and after a hike

It's hard to imagine not stretching before and after a 10K run or a 50-mile bike ride, but many of us disregard stretching when it comes to a long hike. (Quantity and quality of trail mix often takes precedence.) And while recent research indicates that stretching alone might not be the absolute answer for avoiding joint or skeletal injury, stretching can help prevent muscle injury as part of a warm-up or cool-down routine. It not only warms up the muscles, but also increases circulation, heart rate, flexibility, and performance.

"Stretching can increase the physical benefits from hiking, as well as relaxation, fluidity, and enjoyment of the hiking experience," says Marie Dacey, health psychologist at Massachusetts College of Pharmacy and Health Sciences and an American Council on Exercise certified personal trainer and fitness instructor.

Start the day by warming up without your pack on. Walk up the trail for several hundred yards, then back, at a comfortable pace, allowing your arms to swing, or pumping them gently. Avoid bouncing as you walk; if you bounce, muscles may reflexively contract, increasing the risk of injury. Before putting your pack on, take a few minutes to try these easy stretches.

CALF STRETCH Find a rock or step where you can stand a few inches off the ground. Move your heels back so they drop off the edge, being sure to maintain balance. You should feel a good stretch in the back of your calves once your heels drop. Stretch heels down together for 30 seconds, then alternate dropping each heel for another 30 seconds on each side.

HAMSTRING STRETCH Sit on a sleeping pad, or find a level spot on the ground. Extend left leg. Bend the right knee, and place the right foot as high up on the inside of the left leg as comfortable. Reach with both arms toward the extended left foot, bending at the hips. Don't overextend the shoulders. Repeat with the right leg.

A good guide for stretching is to hold the position until you feel a slight pull but no pain. Holding the stretch will allow the muscles to relax. As the tension decreases you can increase the stretch again.

As you near the end of your hike, don't drop your pace too much. The best time to cool down is while you're still warm. Even if you couldn't contain yourself at the beginning of the hike and sped off like a dervish, it's worth taking time at the end.

"It's important to stretch at the end of the hike because continual contractions during the hike tend to shorten and tense muscles," explains Dacey, a life-long hiker. "Also, stretching can offset the stress from balancing on precarious surfaces and the muscular tension caused by carrying a pack."

As you cool down, these stretches will benefit several muscles groups, as well as your psyche.

QUAD STRETCH Stand tall, bend right knee, lift right foot toward buttocks, and hold that foot with right hand, keeping right knee as close to left knee as possible. Repeat with left leg. This stretches the quadriceps and hip flexors, which have worked hard during your hike, as well as the whole front of the body.

FULL BODY STRETCH Give yourself a few moments to reach high for the sky while you root down with your feet. Alternate arm stretches as if climbing a ladder, extending body side to side. Notice where you're experiencing stiffness and focus the stretch on those parts of your body.

Finish the day by leaning over, hands on bent knees, elbows out to the sides, stretching your back. Enjoy five deep breaths and relax, acknowledging your accomplishments from the day and appreciating one of hiking's—and stretching's—least tangible benefits: a sense of peacefulness, fulfillment, and success.

By Beth Jones

Lifelong Learning

Bluebell Wildflower Walk

Friday, April 3rd

Leave MPCC at 9:45am

Cost: \$2 • Please pre-register

Join Johnson City Naturalist Connie Deegan. Simply put-this is BEAUTIFUL! Winged Deer Park has the largest collection of naturalized Bluebell flowers the Tri-Cities area. They bloom for a short window of time. We'll start with a brief introduction then take a slow paced stroll around the 'back forty'. Bluebells will provide the highlight, but there are many other things we can anticipate seeing. (Easy walking)

Looking Ahead Series

Thursday, April 16th at 1pm

Join Lisa White from Brookdale, formerly Wellington Place. She will speak on what you need to consider for the future; Living arrangements, downsizing, what to look for and questions to ask when considering assisted living or just moving out of your home.

Tuesday, April 21st at 6pm

Join attorneys Art Fowler and Christy McInturff for a discussion on Living wills, Power of Attorney, Estate planning, Conservatorship, Advanced Directives and more. This program is for both senior adults and children with aging parents that would like more information and be able to ask questions.

Thursday, April 23rd at 1:30pm

Samanthia Dishner and Kim Williams will be here to discuss long term care; what you need to know, questions to ask, financing for it and more. Please pre-register for each program. Prize giveaways at each program.

Basic Photography (using DSLR)

Instructor: Ron Zucker

Mondays, April 13th, 20th, 27th

Cost \$15.00 • Must pre-register by April 9th. Learn how to take better pictures with your DSLR. Topics will include setting ISO, aperture, and shutter speeds for more dramatic picture taking. Bring your DSLR and instruction manual. Not recommended for point and shoot photography.

Legal Aid - Estate planning

Tuesday, April 14th 4pm-6pm

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. Please register, walk in basis for assistance.

German Conversation

Thursdays at 9:30

If you would like to brush up on your German, meet new people, share photos and more then come join us!

Conversational Spanish

Tuesday and Thursdays at 4pm

Cost: Free • Please pre-register

Maintaining Herbs

Friday, April 17th at 10:30

Please pre-register

Join Master Gardener Sandee Cook. She will be speaking on herbs: cutting and pinching back to encourage growth, what to do with the cuttings, care, placement and more.

TED Talks (Video talks)

Friday, April 10th at 11:30

Please pre-register

Activist and fundraiser Dan Pallotta calls out the double standard that drives our broken relationship to charities. Hyeonsoo Lee thought her country North Korea was "the best on the planet." It wasn't until the famine of the 90s that she began to wonder. She escaped the country at 14, to begin a life in hiding, as a refugee in China. Her story is a harrowing, personal tale of survival, hope and threat of constant danger.

Medical Ethics Discussion

Wednesday April 15th at 12:30

Please pre-register

Join us for a discussion of values and healthcare as well as personal experiences and the experiences of others. Questions to consider: What do we think we each deserve in the way of healthcare? What do we owe ourselves and others, in the way of healthcare? How have we been taught to think of problems in a medical ethics situations that may constrain not only our reflections on medical ethics problems, but

also constrain our views of ourselves, our neighbors, and perhaps of humanity?

Ten Medicinal Herbs for the Home Garden- (Southern Appalachian Plant Society)

Thursday, April 16th at 7pm

Speaker Dr. Janine Davis is well known in the region and is a research horticulturist at the NCSU Mountain Crops Research Center at Mills River, NC.

Second Time Around Series Tips for Raising Your Grandchildren

Monday, April 6th 11am-1pm

Cost: Free • Please pre-register

Are you looking for tips, ways to connect with the younger generation, or need questions answered? Then come connect with other grandparents who are raising their grandchildren. Receive free information and resources to help you in this new journey. Resources by the Child Care Resource and Referral Network of TN.

Cautionary Measures: Preventing Plant and People Illnesses

Monday, April 13th at 10:30

Cost: Free • Please pre-register

Join Master Gardener Maureen Mulroy for a program that will focus on steps to take in cleaning gardening tools, containers, how to prevent tick borne illnesses, and much more. Door Prize give away!

Travel Round the World

Tuesday, April 28th at 1:00pm

Cost: Free • Please pre-register

Wow, we are flying now! Please join Dr. Ron Zucker on a video journey of Istanbul Turkey, parts of the northeastern U.S., and on his latest cruise in the Caribbean. In Istanbul, visit the Hagia Sophia, Blue Mosque, the Topkapi palace and a lot more. In the northeast we will be visiting beautiful Watkins Glen in New York, the Maine coast, Mystic Seaport and places in between. We also will be cruising to the Panama Canal and several other ports of call.

Outings

Dixie Diner's Welcome to Spring Lunch!

Friday, April 10th at 11:30

Hermanos located at 3101 West Market St. (Hermanos is located where Fatz Restaurant used to be across from the newer Wal-Mart.) Meet Ruth and Fred at this great new place for lunch. They offer a large menu with reasonable prices and good food. Sign up by April 8th.

Appalachian Roots Tribute

April 18th at McKinney Center

Please call Amy 434-6229 if you are interested in going the whole day (includes lunch / transportation) for full day plus evening concert \$37, or evening concert only for \$12. Must know by March 13th.

Looking Ahead:

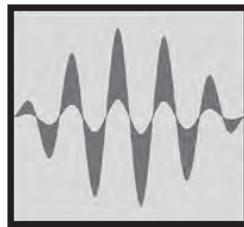
TN Riverboat Tulip Luncheon Cruise

Thursday, June 18 • Price to be announced

Make your travel plans early!

Accepting deposits for a 6-night motorcoach trip to Boston, Salem and the North Shore. Departs September 30, and includes guided tours of historic Boston, Lexington, Concord and Salem, trips to Gloucester and Rockport on beautiful Cape Ann, and much more! Includes 10 meals, 4 nights lodging in the Boston area, and interesting stops along the way. Deposit due by June 5; final payment due July 25. We have a male traveler looking for a roommate. Don't hesitate and miss out on your seat on the bus!

For more information on the western trip, including Mt Rushmore, a stay inside Yellowstone National Park, and the spectacular Grand Tetons, or the Canadian Maritimes adventure, including Nova Scotia and Prince Edward Island, contact Julia Vargo at Oldham Travel at 423-282-1111 or email Juliav@oldham.com.



East Tennessee Hearing Center

is pleased to announce the association of

Meredith L. Miller

M.A., CCC-A, Audiologist



Come to
East Tennessee Hearing Center
for all your
hearing needs.

Specializing in the latest digital hearing aid technology
Diagnostic Audiology

• all make and model hearing instrument repairs • sign language • lip reading
"A Hearing Loss Is More Noticeable Than A Hearing Aid"

Let us sync your hearing instrument
with all your mobile and digital devices.

East Tennessee Hearing Center
112 East Myrtle, Suite 504
Johnson City, TN 37601
(423) 928-2885

Mary Lee Bagwell, M.A., CCC-A, FAAA



Lifelong Sports

Anyone interested in passing on their athletic skill or expertise? How about teaching a class? Contact us @ 434-6223*

Senior Billiards

Location: Memorial Park Community Center
Mon-Fri, 7:30am to 8pm • Cost: Free
 Senior men and women are both welcome to play on four new tables. All levels of experience are welcome. Come swim with the senior sharks at the community center. Yearly

tournaments will be held.

Pickleball

Location: Memorial Park Community Center
Mon, Wed, Friday
8:00am to 11:30am • Cost: Free
 This activity is a modified form of tennis and we play doubles. This activity is for both senior men and women.

Doubles Table Tennis

Location: Memorial Park Community Center

Mon, Wed, Friday

9:30am-Noon • Cost: Free
 Senior men's and women's doubles table tennis. Keep your brain and body active with table tennis. Yearly tournaments will be held.

Shuffleboard

Location: Memorial Park Community Center
Mondays at 10:00am • Cost: Free
 Mixed doubles played and if you have never played don't worry, we will teach you in one day. Yearly tournaments will be held.



Christian Care Center of Johnson City

Nurturing Body, Mind and Spirit

Quality Care and a Better Way of Life for Your Loved One

- Skilled & Intermediate Care
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational Therapy Services
- Restorative Program
- Outpatient Rehabilitation Services
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Hospice Services



www.cccofjohnsoncity.com

140 Technology Lane • Johnson City, TN • 423-434-2016



Pickleball! Monday, Wednesday, Friday at 8am

Money You Never Knew You Had!



- Assist with your long term care. . .
- Provide the retirement. . .
- Help a family member. . .
- Create the legacy. . .

If you have reached age 70, please contact a member of our team for a free, no obligation life insurance evaluation.



423-534-9890 www.monarchlifeselements.com

Computers

Internet Basics

Instructor: Sandy Osgood

Monday, April 6 and 13th from 1pm-2:30pm

Cost: \$10.00 • Please Pre-register

Learn to use Microsoft's "Internet Explorer" web browser to surf the "WORLD WIDE WEB". You can also use other browsers like Mozilla's FireFox and Google Chrome which are also popular web browsers. Bring your windows 7 laptop if you prefer using it.

Email Essentials

Instructor: Sandy Osgood

April 6 and 13th from 3pm-4:30pm

Cost:\$10.00 • Please Pre-register

Learn to use "Email". Attach files, send photos and send text documents. Email friends and family. If you have an email already you can learn to use attachments. Bring your windows 7, laptop computer.

COPY AND PASTE on Tablets

Instructor: Amara Carberry

Thursday, April 9th 10am

Cost: FREE • Please pre-register, limit 5

Must know how to gesture on the tablet.

FUN IN FACEBOOK

Instructor: Amara Carberry

Thursdays, April 16th and 23rd at 10am

Cost: FREE • Please pre-register, limit 5

This class we will learn to Find and resize pictures to use as the Timeline Cover, how to find, save and share pictures with others and how to text chat in Facebook. Must have a

Facebook account and know how to get to it.

Meet the Computer / Buying a New Computer (Beginner)

Instructor: Jim Pohle

Friday, April 17th 12pm-1:30 pm

Cost: \$8.00 • Please pre-register

What are the parts that make up a computer (Motherboard, Processor, Hard Drive, RAM, Optical Drive, Monitor, Keyboard, Mouse, Flash and USB Drives, and Operating Systems) and how do they work separately and together? Buying a New Computer- We look at 6 questions that will help you know what to buy:

1. What will I use it for?
2. Where will I use it?
3. What is my price range?
4. What are some good choices?
5. Where should I buy it?
6. Where can I get help?

Best Laptops by Category / Buying a New Laptop (Beginner/Intermediate)

Instructor: Jim Pohle

Friday, April 24th 12pm-1:30pm

Cost:\$8.00 • Please pre-register

A look at the 10 categories that will help you understand laptop buying:

1. Best Overall
2. Best Battery Life
3. Best Chromebook
4. Best Gaming Laptop
5. Best Windows Laptop/Ultrabook
6. Best Laptop/Tablet

7. Best Cheap Laptop
8. Best Business Laptop
9. Best Small Laptop
10. Best Video Editing Laptop

Eight tips when planning to buy a laptop. Think on the following:

1. Pick a Platform
2. Choose the Right Size
3. Check the Keyboard and Touchpad
4. Know Your Specs
5. 2 in 1 or Traditional?
6. Battery Life
7. Plan a Budget
8. Mind the Brand

Beginner Class for Computers

Instructor: Sandy Osgood

Monday 20th & 21st from 1:00 to 2:30

Cost \$10.00 • Please preregister

This is a class for learning to use and get around in the computer, saving files, using the internet and much more.

Computer Maintenance

Instructor: Sandy Osgood

Mondays April 20th & 27th from 3 - 4:30pm

Cost:\$10.00 • Please preregister

This class teaches you how to keep your computer running fast. Delete unwanted programs. Learn how to organize your files, delete unwanted files, and ask questions!

*If you would like a one on one class please call Amy at 434-6229

Volunteers

Please mark Monday, April 6 on your calendar to attend the monthly volunteer session. Special guests will include Ginna Kennedy, Executive Director of 2-1-1, and Emily Tester with CASA of Northeast Tennessee. Each of these organizations offer valuable services to our community that you will want to learn more about.

For volunteers who were active in 2014, our annual Volunteer Appreciation Lunch will be on Thursday, April 16 at the Carnegie Hotel. Watch for your invitation to be treated to a special lunch, entertainment, and a huge THANK YOU from the staff of Senior Services. Without you, much of what we do wouldn't be possible. We look forward to seeing you there!

FREE TAX ASSISTANCE

Volunteers working through AARP-VITA will prepare your Federal and Tennessee taxes for free at the Memorial Park Community Center beginning Thursday February 5. Tax preparation will be by appointment only between the hours of 9:00 a.m. and 4:00 p.m. each Thursday and Friday until April 10. These volunteers are trained using IRS and AARP-VITA standards and must pass an IRS test. They can prepare all individual and joint tax returns, with a few exceptions for certain complicated returns. There are no age or income limitations for this free service. For appointments, please call the Center staff at 434-6437.

You must bring proof of your Social Security number and the Social Security numbers of all dependents on the return, photo identification for all individuals, and all tax documents such as W-2s, 1099-Rs, SSA-1099s, 1099-Bs, brokers statements, 1099-INTs and 1099-DIVs. If you purchased health insurance through the Marketplace, you must also bring your form 1095-A, which you will receive from the federal government. Until you have received all needed forms, the volunteers will be unable to complete your returns. All returns are e-filed, meaning refunds are generally issued with 10 days.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:30 Intermediate Ceramics 1	9-4 AARP Tax Prep 2 10:00 As the Page Turns 11:00 Saving Your Vision 2:00 S.A.L.T. Council Meeting 3:00 Conductorcise® Plus 4:00 Conversational Spanish 5:00 Aging without Fear 6:00 Sign Language	9-4 AARP Tax Prep 3 9:45 Bluebell Wildflower Walk 7:00 Friday Night Dance
10:00 Volunteer Meeting 6 11:00 Second Time Around Series 1:00 Amateur Photography Club 1:00 Internet Basics 3:00 Email Essentials	1:00 Basic Oil and Acrylic Painting 7 1:00 Mountain Dulcimer 4:00 Conversational Spanish	9:30 Intermediate Ceramics 8 11:00 Stress Reduction	8:00 Hike @ Horse Creek 9 8:50 Aging Happens Seminar At Munsey - Bus Departs 9-4 AARP Tax Prep 10:00 Writer's Circle 10:00 Copy/Paste on Tablets 3:00 Conductorcise® Plus 3:30 Irritable Bowel Syndrome Talk 4:00 Conversational Spanish 6:00 Sign Language	9-4 AARP Tax Prep 10 11:30 Dixie Diner's 11:30 TED Talks 1:00-6:00 Art in the Park Saturday, April 11 10:00-7:00 Art in the Park
10:30 Cautionary Measures (People and Plant Illnesses) 13 1:00 Internet Basics 3:00 Basic Photography 3:00 Email Essentials	1:00 Basic Oil and Acrylic Painting 14 1:00 Mountain Dulcimer 4:00 Legal Aid 4:00 Conversational Spanish	9:30 Intermediate Ceramics 15 12:30 Medical Ethics	8:00 Hike to Splash Dam Falls 16 10:00 Fun in Face Book 1:00 Looking Ahead Series 3:00 Conductorcise® Plus 4:00 Conversational Spanish 5:00 Aging without Fear 6:00 Sign Language 7:00 Ten Medicinal Herbs for Home Garden (SAPS)	10:30 Maintaining / Growing Herbs 17 12:00 Meet the Computer / Buying a New Computer 7:00 Friday Night Dance Saturday, April 18 10:00 WVAL
1:00 Beginning Computer 20 1:00 CPR/AED 3:00 Basic Photography	1:00 Basic Oil and Acrylic Painting 21 1:00 Mountain Dulcimer 4:00 Conversational Spanish 6:00 Looking Ahead Series	9:30 Intermediate Ceramics 22	8:00 Hike @ Laurel River 23 10:00 Writer's Circle 10:00 Fun in Face Book 11:00 Vascular Problems 1:30 Looking Ahead Series 3:00 Conductorcise® Plus 4:00 Conversational Spanish 6:00 Sign Language	12:00 Best Laptops by Category 24 7:30 (Frühlingsstraussball German (Theme) Dance
1:00 Beginning Computer 27 3:00 Basic Photography 6:50 Milligan Jazz Concert	1:00 Travel Round the World 28 1:00 Mountain Dulcimer 4:00 Conversational Spanish	9:30 Intermediate Ceramics 29 11:00 Exercise and Parkinsons Disease	8:00 Hike @ Panther Creek State Park 30 11:00 Osteoporosis 3:00 Conductorcise® Plus 4:00 Conversational Spanish 5:00 Aging without Fear 6:00 Sign Language	

Ongoing Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Pickleball 8:00 Blood Pressure Screenings 8:30 Toning 8:30 Piano Keyboard Lessons by appointment 9:30 Table Tennis 9:30 Love Handles 10:00 Shuffleboard 10:00 Silver Sneakers® 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 Dandy Line Dancers 6:00 Ladies Monday Night Bridge Club 7:00 Square Dance with Don Williamson</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 8:45 Arthritis Exercise 9:30 Zumba Gold 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab 10:15 Flexibility and Balance Noon Contract Bridge 1:00 Silver Sneakers® Yoga 1:00 Needle and Fiber Arts 1:00 Tuesday Trio Bowling @ Holiday Lanes 4:00 Conversational Spanish 5:30 Scrabble Group 6:00 Mexican Train Dominos 7:00 Round Dance</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 7:30 Fasting Blood Sugar Screenings 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 Silver Sneakers® Classic 11:00 Tai Chi for Arthritis 12:00 Qi Gong 12:30 Acrylics Painting 1:00 Pinochle 2:30 Knitting 5:15 Ballroom Dance Lessons 6:00 Senior Hatha Yoga</p>	<p>7:30am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 8:45 Arthritis Exercise 9:30 Zumba Gold 9:30 German Conversation 10:15 Flexibility and Balance Noon Women's Billiards 1:00 Rook 1:00 Ballroom Dance Practice 1:00 Golden Rollers Bowling @Holiday Lanes 3:00 Senior Chorale 4:00 Brain-A-Cise 4:00 Conversational Spanish</p>	<p>7:30am to 8:00pm 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 Conductorcise® Plus 12:30 Ace of Clubs Duplicate Bridge 1:00 Mahjong 1:00 Open Craft Time 3:30 Friday Ballroom Dance Lessons 5:00 Hand and Foot Canasta</p>

Healthy Living

Dr. Donny Reeves of The Reeves Eye Institute will present:

Saving Your Vision

April 2, 2015 at 11 am to 12pm

Each year people lose their sight due to complications from diabetes, macular degeneration and other causes. What can you do to avoid this? What are current treatments, will new glasses help?

Support Group /Aging without Fear

(Meets every other Thursday) • **April 2 from 5pm to 6pm**

Tracy Kendall Wilson will present: What is Normal Aging

Do you wonder if you are losing your mind? Do you forget more than you remember? What is normal forgetfulness? When does being too forgetful become a problem?

Alexander Technique Class Series

April 6, 2015 at 5:30pm to 6:30pm

Instructor Allison Deadman is a certified Alexander Technique teacher by Alexander Technique international. These classes will help reduce tension, improve coordination, breathing, and posture. The Alexander Technique is a tried and tested method to help you regain your sense of balance and physical ease. April 6 is the Introductory Class. Come see if you would like to learn this technique. Cost for intro class is free. This will be followed by 5 weekly classes, meeting each Monday @ 5:30pm-6:30pm. Cost for these 5 classes will be \$60. Please call Johnson City Senior Center 423-434-6237 for reservation. Maximum Class size is 10. No size limit on intro class.

Dr. Glynda Ramsey will present: Stress Reduction

April 8, 2015 at 11am to 12pm

Today's life is so stressful! What are some ways to help lower your stress? It affects every part of your body. Stress and worry will increase heart rate, blood pressure, and cause loss of sleep, leaving you feeling tired and depressed. Come learn techniques to lower your stress and make life more manageable.

ROAD TRIP! Aging Happens

April 9, 2015 at 8:50am to 2pm

We are taking a bus trip to Munsey Memorial United Methodist Church! Aging does happen! Celebrate it...and plan your party! Like any celebration, planning makes the road smoother and the path straighter! There will be speakers, vendors, workshops and lunch. Speaker topics include Eat Well, Move More, Environmental Safety, Puzzles of Health Care, and The Elephant in the Room. Lunch cost \$7 to be paid upon arrival to church. We need to know you are going. Please call Johnson City Senior Center at 423-434-6235 for reservation by April 2. We will leave the center at 8:50am and return 2:15pm.

Dr. Chakradhar Reddy will present:

Irritable Bowel Syndrome

April 9 at 3:30-4:30pm

With 1 in 5 Americans have this condition. Irritable Bowel Syndrome affects the large colon with abdominal cramping, bloating and change in bowel habits. It causes bouts of constipation and diarrhea that can affect quality of life. Come learn about symptoms, diagnosis and treatment for this syndrome.

Support Group /Aging without Fear

(Meets every other Thursday) • **April 16, 2015 at 5pm to 6pm**

Meet to talk about common concerns of aging. Learn to be proactive for fewer surprises along the way!

CPR/AED Class

April 20, 2015 at 1pm to 4pm

Come learn a life saving techniques to help someone if their heart stops or they quit breathing. This class is limited to 12 people. Cost is \$13. Snacks will be provided.

Dr. H. Richard Yoon will present: Vascular Problems

April 23, 2015 at 11am to 12noon

Dr. Yoon is a Vascular Surgeon who works with patients with poor circulation which leads to lessening or loss of blood supply to the body. His job is to restore circulation to these areas of the body and he will talk about common problems people have with circulation.

Becky Devoe will present: Exercise and Parkinson's Disease

April 29, 2015 at 11am to 12pm

Parkinson's disease is a progressive disorder that affects your movement. This disorder causes muscular rigidity, resting tremors, and walking difficulty. Exercise has shown to be beneficial. Come learn ways to safely exercise and improve your muscle strength.

Dee Perry, BSN will present: Osteoporosis

April 30, 2015 at 11am to 12pm

Has your doctor said you have osteopenia or osteoporosis? What does that mean? How can you prevent bone fractures from occurring? Come learn about this condition that affects us as we age.

Aging without Fear Support Group

(Meets every other Thursday) • **April 30, 2015 from 5pm to 6pm**

Come join this group who looks at aging and talks about common concerns with ways to tackle issues of aging. This is an uplifting group.



Colonial Hill Retirement Center

Gracious Retirement Living

- A variety of cultural & social activities
- Studio, one-bedroom, two-bedroom & luxury two-bedroom apartments
- Support services for extra care as needed
- No entry fee
- Monthly rent

3207 Bristol Highway
Johnson City

423-282-6903

www.colonialhillrc.com

Dance & Special Events

Absolute Beginner Line Dance Class
With Martha Davenport
Thurs for six weeks beginning March 5 5:15-7:00pm • Cost \$42 (no refunds after first class)

Learn the basics in this 90 minute class. No prior line dance experience necessary.

Line Dance
With Martha Davenport
Mondays at 3:30 p.m.
Cost: \$6 per week or Silver Sneakers® discount

This class is for those who have completed Absolute Beginner Line Dance and are ready for more challenging steps and dances. Have fun, challenge your brain and body, and burn some calories.

Advanced Line Dance (Dandy Line Dancers)
Mondays at 6:00pm

Cost: Pay instructor
 This class is for advanced line dancers. The group practices and performs at the Center and in the community.

Round Dance
Tue at 7pm • Cost: Free

This is an advanced Round Dance class. This class meets weekly to learn and practice advanced dance steps. Permission of the group facilitator is required in order to participate. Those who do not meet the advanced standing can be referred to a beginner group.

Ballroom Dance Lessons
Wed at 5:15pm

Cost: \$2.00
 Learn or polish your Fox Trot, Waltz, Tango, Cha-Cha and other dance styles. Beginner to experienced are welcome. No partner necessary.

Ballroom Dance Practice

Thur at 1pm
Cost: Free
 Practice your dance steps to music from years gone by, make new friends and exercise your body and mind. No partner required.

Beginner Ballroom Dance Lessons
Fri at 3:30 pm • Cost: \$2

Join us to learn basic ballroom dance steps just in time for the Friday night dance. No partner necessary.

Friday Night Ballroom Dance
Pay at the door unless a special event

1st and 3rd Fridays from 7:00pm-10:00pm
Cost: \$5.00 (\$3.00

for those with Silver Sneakers), unless a special event.
 Dance to the sounds of a live band. Bring a snack to share along with serving dish and utensils if needed. Drinks provided.

Ballroom Dance
 April 3 - Patti Quarles Trio
 April 17 - TBA

9 Health Benefits of Dance

By Madeline Knight
Everyday Health Channel
 3/16/2015

These days, people love to watch other people dance. Competitive dance shows like *So You Think You Can Dance* and *Dancing With the Stars* are dominating the world of reality television. What you may not realize, however, is that if you get off the couch and dance yourself, it's a great way to keep your body and mind healthy. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends, and more.

What are you waiting for? Start reaping the many health benefits of dance today.

1. Boost Memory - How?

Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

2. Improve Flexibility

Increasing your flexibility will help ease joint pain and post-exercise soreness.

3. Reduce Stress

In a controlled study in the *Journal of Applied Gerontology*, researchers found that partner dance and musical accompaniment can help bring about stress relief.

4. Diminish Depression

Patients who participated in an upbeat group dance showed the fewest

depression symptoms and the most vitality.

5. Help Your Heart

People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

6. Lose Weight

A study in the *Journal of Physiological Anthropology* found that an exercise program of aerobic dance training is just as helpful for losing weight and increasing aerobic power as cycling and jogging.

7. Balance Better

According to a study in the *Journal of Aging and Physical Activity* that showed tango dancing can improve balance in aging adults. Dancing requires a lot of fast movement and good posture, so frequent dancing will help you stabilize and gain better control of your body.

8. Increase Energy

Can't seem to find your get-up-and-go? Taking a dance class might help. Research published in *The Scholarly Publishing and Academic Resources Coalition* found that a weekly dance program could improve physical performance and increase energy levels among adults.

9. Make Friends

Being socially engaged leads to increased happiness, reduced stress, and a stronger immune system.

German Dance: Frühlingsstraussball

Friday April 24, 7:30pm-9:30pm • Cost: \$5

The German Conversation group is inviting you to come and dance; Waltzes, Foxtrot, Polka and more. Join us to dance or just come and listen to the music. Bring a dish to share in the dining room.

Arts/Crafts/Performing Arts

Piano Lessons

Mon, Thur, Fri mornings by appointment
\$12 per 30 minute sessions
Learn to play your favorite songs with experienced teacher, Wretha Terry. Schedule your appointment today.

Heart Strings

Tuesdays 10:00am-Noon

Bring your instrument and join in this open group, playing a variety of songs including old hymns, bluegrass, country and folk music.

Senior Chorale

Rehearsals every Thursday at 3:00pm

Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Cherry Smith and accompanied on piano by Barbara Knisely. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required.

This project is funded in part by the Johnson City Senior Center Foundation and Arts Build Communities, a program funded through State of Tennessee Specialty License Sales, and administered in cooperation with the Tennessee Arts Commission and Johnson City Area Arts Council.



Conductorcise® Plus

New Day and New Time:

Thursdays at 3:00pm

Cost: \$2 (Free for Silver Sneakers)

Try this new way to move and increase your activity. This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthening.

Needle and Fiber Arts

Instructor: Jane Dresser

Tuesdays at 1:00pm • Cost: Free

A class designed for beginning to advanced levels of fiber arts. Bring any type of fiber project to work on or begin to learn. Enjoy the company of others while you work on your project.

Intermediate Ceramics

Wednesdays at 9:30am-Noon

Cost: \$15 per session

Learn more advanced techniques of clay hand-building with ceramics instructor, Sarah Dorr. Also, learn new glazing and coloring techniques in this class. Prior clay hand-building experience needed for this class.

Acrylics

Wednesdays 12:30pm • Cost: \$10

“Art” Holsclaw is back to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class.

Knitting

Wednesdays at 2:30pm

Cost: Free

A class designed for beginner to intermediate levels of knitting. Bring a project or an idea and practice your knitting with a fun group.

Open Art Studio

Mondays from 12:30pm-3:30pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other artists.

Open Craft Studio

Fridays from 1:00pm

Take advantage of our beautiful creative space! Bring a project and work in the company of other crafters.

Basic Oil and Acrylic

Painting

Tue April 7, 14, and 21 • 1:00pm-2:30pm

Cost: \$21 for the series of 3 classes

Learn the basics for oil and acrylic painting from setting up a palette to mixing colors. You will also learn about composition, perspective, the importance of value contrast, glazing techniques with emphasis on gaining an understanding how important lighting is. You will need to bring to class a set of oil paints, brushes, 8” by 10” canvas board, rags, turpentine and linseed oil. Pre-registration and payment required. Instructor: Ed Puhr

Grandchildren Photo Contest

Check out the display and take the time to Vote! Vote for the best overall photo, the cutest photo and the best vacation photo of grandchildren. **Voting starts Monday, March 30th through Friday, April 10th.**

KIDWELL INSURANCE SOLUTIONS

Brady Kidwell

Owner/Broker in Charge

**Life / Health / Long Term
Individual & Group
Medicare Supplements**

As your agent I will assist you in:

- Understanding Medicare
- Understanding how to close the gaps in Medicare
- Keeping your coverage with highly rated companies at affordable rates



Kidwell Insurance Solutions

Always Insuring A Hand

email: Brady@kidwellinsurer.com

Office:
(423) 636-1944
Cell: (423) 972-8779

Games

Hand and Foot Canasta
Mondays at 1:00pm and
Fridays at 5pm • Free

Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the «hand» and the «foot». Hand and Foot is closely related to Pennies From Heaven. If you don't know how to play, they can teach you!

Ladies Night Bridge Club
Mondays • 6:00pm • Free
 Join the ladies of the senior

center for a fun evening of bridge!

BINGO

BINGO will now only be on the following dates at **9:00am:**
May 19th, August 18th, and
November 17th

Party Contract Bridge
Tuesdays • Noon • Free

Contract Bridge took off as an international rage in the 1930s and is considered today by many to be the ultimate card game.

Scrabble Group

Tue • 5:30pm • Free

Do you enjoy word games? Scrabble is a great brain exercise! The scrabble group is always looking for new faces in their group.

Mexican Train Dominoes

Tuesdays 6pm

Often called simply "Trains", this is becoming extremely popular and is frequently on TV. This easy to learn, international, fast paced game of luck and skill is not the dominoes of our childhood. Join us for an exciting fun-filled time with some marvelous BFF's.

Pinochle

Wed at 1:00pm • Free

Pinochle is a trick-taking card game for 4 players played with a special deck. Players score by taking ticks or forming combination of cards into melds.

Rook

Thursdays • 1:00pm • Free

Rook is a challenging trick taking game played with a special deck of cards. Bring a friend for even more fun!

Party Contract Bridge

Fridays • 9:00am • Free

Contract Bridge took off as an international rage in the

1930s and is considered today by many to be the ultimate card game.

Ace of Clubs Duplicate Bridge

Fridays • 12:30pm • Free

If you enjoy playing bridge, but haven't tried duplicating bridge, come join the fun!

Mahjong

Fridays 1pm

Mahjong is a Chinese game played with sets of tiles. It is a game of skill, strategy and calculation and of course a degree of chance. If you know how to play or would like to learn, come join us!

Do you love to garden?

We do, too! Come garden with us at
The Lexington



Independent Living Apartments Available

All inclusive living starting at \$1800 per month

The
Lexington
 Senior Living

Come LIVE with us!

Call Eva Hunter to schedule your personal tour! (423) 631-0655

114 W. Fairview Avenue • Johnson City, TN
www.facebook.com/lexingtonsenior



Agape
 Nursing & Rehabilitation Center

Providing individualized long-term care in a comfortable and friendly environment

Services:

- Skilled and Intermediate Nursing Care
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Physical, Speech and Occupational

Therapy Services:

- Restorative Program
- Pharmacy Services
- On-Call Mental Health Services
- Registered Dietician Services
- Respite Services

Amenities & Activities:

- Beauty and Barber Shop Services • Laundry Services • Group Outings
- Daily opportunities to encourage social, physical & mental enrichment

Visit our website for a full listing of our on-site services.

www.agapenrc.com



505 North Roan Street
Johnson City
423.975.2000

Locally Owned Christian Based Facility

Fitness FOCUS

Toning

Monday and Wed at 8:30am • Cost: \$2
 Instructor: Sue Pentz. One hour full-body toning with light cardio.

Love Handles

Monday, Wed and Friday
 9:30am • Cost: Free
 Instructor: Jillian Boreing. Thirty minute class focusing on the abdominals.

Silver Sneakers® Classic

Monday and Wed at 10:00am • Cost: \$3
 Instructor: Lydia Sweatt
 Increase muscular strength, range of movement and activities for daily living.

Tai Chi for Arthritis

Monday and Wednesday
 11:00am • Cost: \$3.00
 Instructor: Tonya Van Hook
 Low-impact Tai Chi modified for seniors. Easy on the joints, recommended by the Arthritis Foundation and CDC for arthritis relief and fall prevention. Stretching, body alignment and slow, controlled, mindful movement. Improve your body AND your mind.

Qigong

Monday and Wednesday
 Noon • Cost: \$3.00
 Instructor: Tonya Van Hook
 Moving meditation: Gentle movements that stimulate the meridian system of the body. Class includes warmups, stretching, breath work and learning one of the most-popular Qigong forms for health and relaxation. Benefits all chronic conditions. Leave feeling energized and relaxed.

Power Punch

Location: Memorial Park
 Community Center
 Date: Tuesdays and Thursday
 9:15-9:45am • Cost: \$2
 Instructor: Roanna Onks

Thirty minute cardio and toning class.

Silver Sneakers® Yoga

Tuesday at 1:00pm
 Thursday at 8:30am • Cost: \$2
 Instructor: Judy Jackson
 Move your whole body through a complete series of seated and standing yoga poses.

Arthritis Exercise

Tuesday and Thursday
 8:45am-9:15am • Cost: \$3
 Exercises designed to increase mobility for everyday movements, improve posture and maintain or increase muscular strength.

ZUMBA gold® - For Beginners

Tuesday and Thursday
 9:30-10:15am • Cost: \$2
 Are you ready to party?! ZUMBA gold® is a fitness fiesta where you can let loose and have fun. This class is perfect for beginners of all ages and active older adults. Join us for the time of your life!

Flexibility and Balance

Tuesday and Thursday
 Time: 10:15-10:45 • Cost: Free
 Flexibility and balance are extremely important for everyday life. This low-impact class will leave you feeling relaxed and ready for the day.

Senior Hatha Yoga

Wednesday at 6:00pm • Cost: \$5
 Instructor: Darlene Hatley.
 Beginner to Intermediate. Learning the most basic Yoga moves with Flow and Hold Yoga moves.

From Head to Tone

Friday at 8:30am • Cost: 2
 Instructor: Jillian Boreing
 One hour full-body toning with light cardio.

* No cost to Silver Sneakers members.



ZUMBA gold® - Tues and Thursday at 9:30am

Silver Sneakers® Walk-A-Thon and Carnival

April 23, 11:00-12:30pm
 Come on out and help us share the good news about Silver Sneakers® and the many benefits it offers! Get active, make new friends, and have fun! Enjoy food, prizes and much more. For more info and sign up please call: (423) 434- 6237

Conductorcise® Plus

New Day and New Time

Thursdays at 3:00pm
 Cost: \$2 (Free for Silver Sneakers)
 Try this new way to move and increase your activity. This is a fun program that not only stimulates your body but also stimulates your brain. This program will add another day to the experienced exerciser and help the non-exerciser to get moving. You determine how hard you want to work. This program also includes upper body stretching and strengthening.

Stoneybrooke Heights Apartments

**Offering Affordable
 2, 3 & 4 Bedroom Apartments**

423-975-6327

512 Swadley Rd. #49 • Johnson City, TN 37601

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

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

PRSRT STD
 U.S. POSTAGE PAID
 JOHNSON CITY TN
 PERMIT NO. 12

Hours of Operation:
Senior Services Reception Desk: Mon-Friday 8am-5pm
Memorial Park Community Center: Mon-Sat 7am-9pm

Groups and Meetings

Musical Voices

Rehearsal Mondays at 1:00pm

Join this welcoming group if you desire to sing gospel music and share the joy of music with local nursing homes.

Grief Support Gatherings

1st and 3rd Tuesdays at 6:30pm

Bible Study Opportunities

Wednesdays at 10:00am

Thursdays at 8:00am (Breakfast by donation)

As the Page Turns

(Book Club)

First Thursday of each month at 10:00am

Book Selections:

April: *Philosophy Made Simple* by Robert Hellenga

May: *The Life All Around Me* by Keye Gibbons

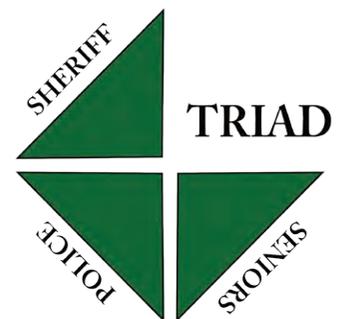
June: *Little Bee* by Chris Cleve

Washington County

S.A.L.T. Council

**Meets first Thursday of month
 2:00pm at MPCC**

Seniors and Law Enforcement Together is an organization of senior citizens, law enforcement officers and community groups which meets monthly to address the concerns and solutions for a more senior friendly community. *Everyone Welcome!*



Writers Circle

2nd and 4th Thursdays at 10:00am

Join this group to share ideas for writing better stories and share your own writings for discussion with the group.

Watauga Valley Art League

3rd Saturday of each month