

Senior Lifestyles

Volume XXVII No. 15

March 2015

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**Saturday
March 21, 2015
10:00am**

**5k
Run/Walk
50-Yard Kids Dash**

Johnson City Senior Center FOUNDATION

PINE OAKS GOLF COURSE

**For information call:
Memorial Park Community Center / Senior Services
423 - 434 - 6237**

- **Registration: Early 5K - \$20**
(includes official "Run the Links" T-Shirt)
- **Register Online at: www.runtricity.net/asp/racecal.asp**
- **Late Registration (after March 19) - \$25**
- **Race Day Registration: Pine Oaks Golf Course, 8:00am - 9:30am**
- **Race Packets: Pick up Friday, March 20, 4pm - 7pm at Memorial Park Community Center / Senior Services**

Categories for all ages
Traditional run on paved paths
Grass course for barefoot runners
Dogs are welcome

New this year!
Kids 50 Yard Dash - 9:30am
Ages 9 and under

Registration: \$10 early bird, \$15 after March 19
(50 Yard Dash entries may also participate in the 5K)

CrestPoint Health
Tennessee Tax
and Bookkeeping

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

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.

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Hip Hikers

Hip Hikers to Bay's Mountain

Thursday, March 5th
8:00am • Cost: \$3.00
Beginning level
Meet at Center
Bring your own lunch
Reservation by: March 4th

Hip Hikers to Guest River Gorge

Thursday, March 12th
8:00am • Cost: Free
Intermediate level
(Carpool Event)
Meet at Center
Bring your own lunch
Reservation by: March 11th

Hip Hikers to Bark Lake

Thursday, March 26th
8:00am • Cost: Free
Intermediate level
(Carpool Event)
Meet at Center
Bring your own lunch
Reservation by: March 25th

Wilderness Survival and First Aid Class

Tuesday, March 3rd
1:00pm • Cost: \$1.00
This class is especially for all who hike and bike in the wild.
Reservation by: March 2nd

Fit: The Most Important Factor in Hiking Boots Retrieved from:

www.outsidesports.co.nz/buyers-guides/hiking-and-camping/hiking-boots-guide.htm

How a boot fits is without question the most important factor of boot selection. A good fit correctly addresses the 3 dimensions of your foot:
Length: Toes should wiggle easily inside the footwear. If you have hammertoes or some kind of toe sensitivity such as a neuroma, pay special attention to choosing a boot with the right length (depth) for your foot.

Width: Feet should not slide around inside footwear; nor should they be compressed from side to side. Volume: The "bulk" of your foot should fit securely inside a boot's interior. Matching the volume of a boot to your foot is the most critical part of getting a good fit. It has everything to do with controlling heel slip (blisters) and toe bang on downhill hiking (black toenails). When a boot fits properly it should feel like a big hand is holding your foot over the instep where the laces are. Your foot should feel very "quiet" in the boot as you walk.



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Lifelong Learning

Looking for a Spanish and French instructor.

Contact Amy 434-6229 if you know someone or for more information.

German Conversation

Thursdays at 9:30, Come join the fun!

Conversational Spanish

Tuesdays and Thursdays, 4:00pm • Cost: Free

Sign Language Class

Instructor: Sharon Hulse

6 week series Thursday nights beginning March 26th

6-7:30 pm • Cost: \$24 (this includes materials)

Must pre-register by March 24th.

Signing is a useful skill that can open up for you a new world of relationships and understanding. Learning sign can enable you to communicate using your hands and facial expressions with people ranging in age from babies to adults. Plus it is great stimulation for your brain!

AARP Drivers Safety Class

Wednesday and Thursday

March 4th and 5th 9am-1pm

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, anti-lock 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 pre-register.

A Snake Enthusiast's Story

Thursday, March 12th at 10:30am

Please pre-register

Johnson City Naturalist Connie Deegan is back with Ahhhh, Snakes! You either like them or you don't, but regardless

of what side of the fence you are on, you'd probably like to know more.

Enjoy a local herpetologist's story that specializes in native species. A few animals will be available for a closer look should you choose to.

Meet the Author

Thursday, March 12th at 1pm

Please pre-register • Cost: Free

Steve Holder is a writer and pastor residing in Johnson City, Tennessee, where he grew up. His passion is helping others and spreading the good news that God loves us all. He has several college degrees in various fields. His highest degree is a Doctor of Ministry.

Garden Fair

Monday, March 16th at 10am

Cost: Free

Various speakers and topics to include Square foot gardening (great if you have a small space), composting, container gardening and more. Please register.

TED Talks

Thursday, March 19th at 12:30

Listen to Simone Sinek; How Great Leaders Inspire. Sinek has a simple but powerful model for inspirational leadership all starting with a golden circle and the question "Why?" Also, Stephen Ritz; A teacher growing green in the South Bronx. Please pre-register. Source:TED.com

Travel Round the World

Tuesday, March 24th at 1pm

Please register

With Spring on the way why not visit Butchart Gardens in Victoria, Canada. Please join Dr. Ron Zucker on a video journey of a cruise to Alaska and Washington state. In Alaska, we will be visiting Ketchikan, Juneau, Tracy Arm (a fjord) and Skagway. National Parks in Washington include: Olympic, North Cascades, and Mount Ranier. There will be several extras including the Columbia River Gorge in Oregon.

ART TREASURES

Wishing, desiring, or searching for something in life to give greater meaning or significance in life? Well one doesn't have to search too far in Johnson City, Tn. Just take a step outside in your own backyard and treasures will be discovered. There's an old saying stating one should look for buried treasure in h/his own backyard for riches, happiness, and contentment. The word 'backyard' may stand for a variety of things, such as, the immediate environment, or the greater community, or the city or town one finds himself in. We who live in Johnson City, Tennessee, can be very proud of two entities coexisting side by side. Remember treasures indicate something very, very valuable. Are you ready? Well...here they are.

The first is the Watauga Valley Art League (WVAL), whose existence dates back to 1969. It has found itself in a variety of locations, like the mall, a church, college setting, etc. Humble beginnings give rise to lasting foundations, feeding the imagination of many aspiring artists. Just like the classic stories of those who strive for years and years without notoriety, the WVAL has experienced the same dynamic. It began with just a few people coming together for refining their skills in painting. It eventually evolved into fostering other art forms, such as, pencil & charcoal, water coloring, sketching, pen & ink, and the creative list goes on and on. Being a WVAL member yields bonus after bonus, i.e., exhibits, listening to learned art historians, learning about graphic art, participation in community events, and an exchange with other peers in search for artistic expression. It gives the added motivation to continue the artistic journey. Then there are the celebrations the group produces to foster a camaraderie among those striving for artistic expression. The WVAL is a junction in life where many of the members have decisively come to grips with how they are going to make a statement in their respective mediums. The ages vary within the group but it's a time when age becomes insignificant when making a decision about what is truly significant in one's life.

The second treasure is the Johnson City Senior Center at the Memorial Park Community Center. The facility itself is a mecca which brings all ages and events together within this wonderful city. As you walk in, one is greeted by the warmth of a fireplace glowing with flames. It naturally states that one is welcome...please enter. There are many events occurring, such as, ESTU educational classes, computer classes, financial lessons, swimming, etc. The one rewarding aspect of the institution is that it serves all ages. And it is here where the Johnson City Senior Center collaborates with the WVAL in enhancing life for the citizens of the city.

Most importantly the Johnson City Senior Center has provided a place for the WVAL. Out of the gratefulness for this niche, the WVAL is a willing partner in providing arts and crafts classes. The collaboration also extends to special events where the art league is willing to join and provide an added attraction for the benefit of the center. A noteworthy event at Christmas times is when the WVAL in collaboration with the Johnson City Senior Center creates original Christmas cards for the shut-ins. A taste of beauty, remembrance, and warmth is ushered into someone's heart as the result of this creative endeavor. It simply states that someone cares.

Are you looking to join a group to advancing your art? Are you looking to meet a nice group of people who 'talk art' with whom to socialize? The WVAL meets once a month at the Johnson City Senior Center on the third Saturday of the month. WVAL meets at 10:30 a.m. for individual greetings/free critiques of art work and 11:00 a.m. for an hourly program of current art ideas and techniques. The speakers may be members of the WVAL, members of the community or other art leagues or faculty members. Twice a year, members can hang their art work locally at the Summer Show, where prizes are awarded, and the Christmas Show, where ribbons are awarded. Pot-luck receptions are held at both shows. Additionally picnic and pot-luck Christmas dinners occur. Workshops occur during the year for a nominal price. Come to the WVAL and learn more about art! Join us at the Johnson City Senior Center at 10:30 a.m! Art membership is open to amateurs, hobbyists, professionals, and students as well as seniors and non-seniors. There is a yearly membership fee of \$33 per single, \$45 per couple, and \$18 per students.

Ed Puhr, WVAL President

Susan Donner, WVAL VP Programs

Outings

Dixie Diners

Hanna Japanese Steakhouse

Sat, March 7, 11:30am

Want to try something new? Hanna Japanese Steakhouse is a great place for a winter lunch with friends. There is a large menu of chicken, beef and seafood for everyone, check this out online. Please make note that is a Saturday and the location is behind the Red Pig and next to Kroger's at 112 Sunset Drive. You are sure to enjoy this new experience with your Dixie Diner friends. Sign up by March 4.

Hands On Museum: Our Body The Universe Within Exhibit

Wednesday, March 18 at 1:30pm • Reserve your seat by March 11

Cost: \$10 (must ride the bus as a group to receive the discount)

"Our Body: The Universe Within" is an educational exhibit consisting of actual human bodies and organs. The display, which has been seen by millions in select cities, literally goes "under the skin", revealing the mysteries of the human anatomy. The bodies, specimens and organs have been preserved using a process known as polymer impregnation so they can be viewed in a dignified, educational way.

Knoxville Museum of Art

Friday, March 27

Leaving MPCC at 8:15
Must pre-register by March 24

Cost: \$10 with lunch on your own. Take an afternoon to enjoy the museum and some lunch. Featured exhibits, LIFT: Contemporary Printmaking in the Third Dimension and Contemporary Focus.

Community Theatre

Friday, March 27th at 7pm • Cost: \$16.00

Johnson City Community Theatre presents 'Like Kissing Moonlight' a touching and delightful story of living in modern day Appalachia. Leave MPCC at 7pm, must pre-register by March 24th, limited seats available.

Looking Ahead!

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.

TN Riverboat Tulip Luncheon Cruise

Coming in late April, date and price TBD

Pack Your Bags!

Johnson City Senior Services



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**For More Detailed Information Call:
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423-434-6237**

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 come and 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.

At Silver Angels it is our pleasure to assist our clients so they can enjoy living in the comfort of their own homes. We provide a variety of services to fit your needs:

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- **Companion/In Home Respite** are helpful services for a primary caregiver who may need an extra hand for some personal time and/or appointments.
- **Our Home Delivered Meals** are planned by a culinary team and Registered Dietitians and include a wide variety of meals to choose from, including diabetic, cardiac diet, renal and gluten free options. The best part, they are delivered right to your door by our friendly staff.
- **Personal Emergency Response Systems** are there if you experience a fall, medical issue, or other emergency. When you have an emergency every second counts. If you are alone, delayed medical care can jeopardize your recovery and independence! Our Lifeline service provides simple, fast access to help 24 hours a day, 365 days a year.



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*Walk-ins welcome until
all food is served.*

Bonnie's Blue Plate!

Tuesday, March 17 • 11:30am
Corned Beef & Cabbage
Soda Bread, Dessert

Tuesday, March 31 • 11:30am
Ham, Scalloped Potatoes
Asparagus, Dessert

\$3 per person

Memorial Park Community Center Cafe
510 Bert Street

Please call in the morning of with carry-out orders, and pay when they are picked up.

For More Information Call:
423-434-6237

Computers

PowerPoint

Instructor: Jim Pohle

Wed, March 11th and 25th 10am-11:30

Cost: \$10.00 • Please pre-register

Introduction to a presentations program. What you need to know to get started. Put together a slide show for a presentation, meeting, or party. Learn to put all your pictures in a slide show program.

Internet Basics

Instructor: Sandy Osgood

Mon 1:00-2:30 March 2nd and 9th

Cost: \$10 • Please pre-register

Basic introduction to the internet; typing web addresses, understanding basic terminology, using search engines and more. 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. Mark your favorite websites and more. Bring your windows 7 laptop if you prefer using it.

Email Essentials

Instructor: Sandy Osgood

Mondays 3:00-4:30 March 2nd and 9th

Cost:\$10.00 • Please pre-register

Learn to use email, attach files, send photos, send text documents, email etiquette, and organize emails into folders. If you have an email already you can learn to use attachments. Bring your windows 7 laptop.

Beginning Computer

Instructor: Sandy Osgood

Mondays, March 16th and 23rd 1-2:30

Cost:\$10.00 • Please pre-register

Basic elements of Windows 7 and the PC operating system, including using a mouse/ keyboard; highlighting, copying, and pasting text; common menus, toolbars, and shortcuts; overview of software and storage media, saving files/folders and more.

Digital Photos and your Computer

Instructor: Sandy Osgood

Mondays, 16th and 23rd 3-4:30

Cost: \$10.00 • Please pre-register

Learn how to download your pictures to your computer. Attach photo(s) to email and send, save to folders, attach to Facebook. Bring your camera and/or thumb drive. (Beginner)

Windows 8 (Beginner)

Instructor: Jim Pohle Tuesday and

Wednesday March 3rd and 4th 12:00-1:30

Cost:\$10.00 • Must pre-register

Windows 8: kind of confusing, right? There's no Start button, I will show you how to fix that. There's no easy way to shut it down, I will show you how to fix that. There's no Windows Media Center, I will show you how to fix that. Perhaps worst of all, there's no instruction manual. So how exactly are you supposed to learn your way around the new OS? You will be given a free manual if you bring a Flash Drive (as small as you like) to copy it on as a PDF file. You can also receive it through your email account. We will be going over a lot of the basic things you need to know, and also answer your questions. Bring your own laptop and thumb drive.

One on One

Please call Amy (434.6229) for private One on One classes with Instructors Betty Hall, Amara Carberry or Jim Pohle.

Open Computer Lab

Tuesdays 10-12

Volunteers



Volunteer Meeting is Monday, March 2 at 10:00am

Enjoy a presentation by the Johnson City Power Board and learn some energy-saving techniques.

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					
10:00 Volunteer Meeting 1:00 Amateur Photography Club 1:00 Internet Basics 3:00 Email Essentials	2	9:30 Zumba Gold 10:00 Parkinson's Presentation by ETSU Pharmacy 10:15 Flexibility and Balance 12:00 Windows 8 1:00 Wilderness survival and first aid class	3	9:00 AARP Drivers Safety 9:30 Intermediate Ceramics 12:00 Windows 8	4	8:00 Hike at Bay's Mountain 9-4 AARP Tax Prep 9:00 AARP Drivers Safety 9:30 Zumba Gold 10:00 As the Page Turns 10:15 Flexibility and Balance 12:00 Windows 8 2:00 S.A.L.T. Council 5:15 Absolute Beginner Line Dance Class 5:00 Aging without Fear	5	9-4 AARP Tax Prep 7:00 Friday Night Dance	6
1:00 Internet Basics 3:00 Email Essentials	9	9:30 Zumba Gold 10:15 Flexibility and Balance Noon Silver Sneakers® Food and Fitness Party 1:00 Basic Oil and Acrylic Painting	10	9:30 Intermediate Ceramics 10:00 Power point	11	8:00 Hike to Guest River Gorge 9-4 AARP Tax Prep 9:30 Zumba Gold 10:00 Writer's Circle 10:15 Flexibility and Balance 10:30 A Snake Enthusiasts Story 11:00 Colorectal Cancer with Dr. Tamara McKenzie 1:00 Meet the Author 5:15 Absolute Beginner Line Dance Class	12	9-4 AARP Tax Prep	13
10:00 Garden Fair 11:00 Be Steady, Balance Well 1:00 Beginning Computer 3:00 Digital Photos and Your Computer	16	9:30 Zumba Gold 10:00 Diabetes and Complications 10:15 Flexibility and Balance 11:30 Bonnie's Blue Plate 1:00 Basic Oil and Acrylic Painting 1:00 Mt Dulcimer	17	9:30 Intermediate Ceramics 1:30 Hands On Museum: Our Body the Universe Within Exhibit	18	9-4 AARP Tax Prep 9:30 Zumba Gold 10:15 Flexibility and Balance 12:30 TED Talks 1:00 Autoharp 1:00 Poison and Medication Safety 5:00 Aging Without Fear 5:15 Absolute Beginner Line Dance Class	19	9-4 AARP Tax Prep 7:00 Friday Night Dance	20
1:00 Beginning Computer 3:00 Digital Photos and Your Computer	23	9:30 Zumba Gold 10:00 From the Ground Up: 5 Steps for Cultivating an Exceptional Home Care Experience 10:15 Flexibility and Balance 1:00 Basic Oil and Acrylic Painting 1:00 Mt Dulcimer 1:00 Travel Round the World	24	9:30 Intermediate Ceramics 10:00 Power point	25	8:00 Hike to Bark Lake 9-4 AARP Tax Prep 9:30 Zumba Gold 10:00 Writer's Circle 10:15 Flexibility and Balance 1:00 Craft of the Month 1:00 Autoharp 5:15 Absolute Beginner Line Dance Class 6:00 Sign Language	26	9-4 AARP Tax Prep 8:15 Knoxville Museum of Art 7:00 JC Community Theatre 'Like Kissing Moonlight'	27
5:30 Be Steady, Balance Well	30	9:30 Zumba Gold 10:15 Flexibility and Balance 11:30 Bonnie's Blue Plate 1:00 Mt Dulcimer 6:00 Ladies Night Out	31						



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 10:00 Heart Strings Instruments Jam Session 10:00 Open Computer Lab Noon Contract Bridge 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</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>7:30 am to 8:00pm Billiards Room Fitness Room 8:00 Men's Bible Study 8:30 Silver Sneakers® Yoga 8:30 Piano Lessons by Appointment 9:30 German Conversation 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 10:00 Silver Sneakers® Classic 12:30 Ace of Clubs Duplicate Bridge 1:00 Open Craft Time 1:00 Mahjong 3:30 Friday Ballroom Dance Lessons 5:00 Hand and Foot</p>

Healthy Living

Parkinson's

Tuesday March 3, 2015

from 10am to 11am • Cost: Free

ETSU Bill Gatton Pharmacy Students will present a talk: What is Parkinson's? What are the symptoms? How is it diagnosed and treated? What medicines are available to help with symptoms of Parkinson's.

Colorectal Cancer

Thursday March 12, 2015 • from 11am-12pm • Cost: Free

Colon cancer is the second leading cause of death in the US. Colon rectal cancer affects men and women equally. If detected and treated early it is up to 90% curable. Learn the facts, risk factors, symptoms and what you can do to help prevent this type of cancer. Tamara McKenzie, MD/ Surgeon with Quillen ETSU School will present this talk.

Be Steady, Balance Well

March 16th at 11:00am or March 30th at 5:30pm • Cost: Free

Are you concerned about your balance? Have you fallen in the past? Do you have a fear of falling? Ally Ayers, an OT student from Milligan College, will discuss balance concerns, ways to improve your balance, fall prevention and simple home modifications for overall safety. Please pre-register.

Diabetes and Complications

Tuesday March 17

from 10am to 11am • Cost: Free

The Bill Gatton Pharmacy Students will be our speakers under the guidance of Robin Henry, Pharmacist. Diabetes can be a devastating disease. Learn about diabetes and ways to prevent complications that can arise. What are things you can do to prevent the life altering complications of diabetes? There will be time for questions and discussion.

Poison and Medication Safety

Thursday March 19, 2015

from 1pm to 2pm • Cost: Free

Poisoning is currently the leading cause of injury death in Tennessee, surpassing motor vehicle accidents. March 15-21 is National Poison Prevention Week. Let's talk about the dangers of poisonings and how to prevent them. Georgina Hughes, Pharmacist along with Patty Altman, RN will present this program.

From the Ground Up: 5 Steps for Cultivating an Exceptional Home Care Experience

Wed, March 24 10:00am • Cost: Free

How do you confidently choose an in-home care provider? Legacy Homecare, LLC will present an informative program that will help you examine your options and cultivate an understanding of the services

in the area. You will find yourself wanting to ask some very important questions. You may not need the information today but planning for tomorrow can never start too early.

Aging without Fear Support Group

5pm every other Thursday

We have started a new support group that meets at 5pm on every other Thursday. The next meeting will be on Thursday March 5 from 5pm-6pm. This group will help you talk about aging without fear and about common concerns as you age. Come share your knowledge, experiences and your ways of coping. Light refreshments will be served.

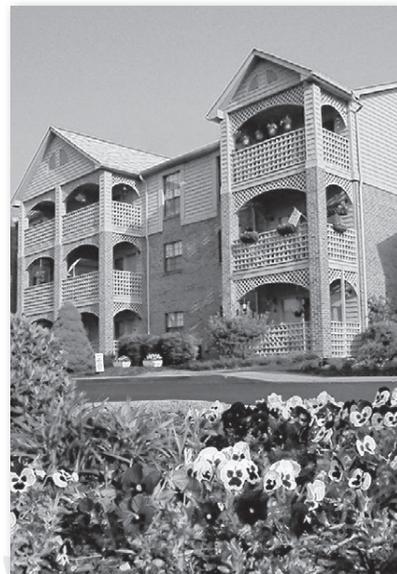
Spring Clean Your Routine!

We are partnering with The Health Resource Center to bring a healthy start to your spring. Join us for a fun, 4 week focus on fitness. There are weekly goals to keep you on track. We will de-clutter our diets, clean up our health habits and freshen up with color. Stop by the HRC in the Mall or come by the First Aid Station here at Senior Center to get the needed information for this new challenge.

Brain-a-Cise

Thursdays at 4:00pm-5:00pm • Cost: Free

Your brain needs to be exercised just like your body. Come join this fun way to activate your brain and socialize with others. Each week is a different challenge.



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Y0040_GHHJ4GNEN Accepted

Dance & Special Events

Absolute Beginner Line Dance Class

With Martha Davenport
Thursdays 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

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
directly

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

Advanced Line Dance (Circle R Dancers)

Tuesdays at 4:00pm
Cost: Pay instructor
directly.

This advanced class meets
weekly to practice for
Center and community
performances.

Round Dance

Tuesdays at 7:00pm
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

Wednesday 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

Registration Deadline: Pay
at the door unless a special
event dance

1st and 3rd Fridays
from 7:00pm-10:00pm
Cost: \$5.00 (\$3.00 for those
with Silver Sneakers),
unless a special event
dance and the cost might
be higher.

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 Schedule

March 6 - Jerry Pierce
March 20 - Kids Our Age
April 3 - Patti Quarles Trio
April 17 - TBA

We Love Line Dancing!

Why do we love line dancing? Posing that question to a few of the Dandy Line Dancers, they are quick to want to tell you some of the reasons:

- It makes me feel young and happy
- It is fun to be with the other dancers and I have made so many new good friends
- It gives me something to look forward to each week
- It is great exercise for my body and brain and I enjoy all the people I have met and dance with
- It is a wonderful way to get together with my friends and have fun
- For me, it is about the music, if the song is good, it makes me want to dance.... and dance....and dance...making new friends is a wonderful bonus too!
- Line dancing to music and with friends is more fun than walking by yourself on a boring treadmill in a gym. I love to line dance because our instructor loves to line dance too and it's contagious!
- It gets my body moving without feeling like I am exercising. Also, line dancing has introduced me to a great group of people.
- and last but not least, this little rhyme from one dancer sums it all up:
- Some may line dance to keep fit
- To an oldie or the latest hit.
- But the best thing for me when all is said and done
- Is the time spent with friends, the laughter and the fun!

What is line dance? Everyone learns the same basic steps. These basics are then put together to create special dances for each piece of music, so that everyone in the class is doing the same steps at the same time in lines formed in back of the instructor.

Line dancing is done to all types of music. The diverse genres of music that we line dance to today and the different styles and steps that we use has made line dancing a new and exciting activity for all ages.

The instructor will "show" the dance step by step and talk through the execution of the dance steps. The dances taught are reviewed for the next couple of weeks. A new dance is usually taught every week. Attendance every week keeps you current on the dances being done during every class. Line dancing allows you the flexibility to practice on your own between

class times – whether it is on your kitchen floor or with friends at a dance hall.

More Benefits! Line dancing builds confidence. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity. Physical benefits aside, line dancing has a way of brightening up a person's day.

It also has mental benefits. Especially stimulating to the mind, one study published in the New England Journal of Medicine found dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly.

Why is dancing better than other activities for improving mental capabilities? We increase our mental capacity by exercising our cognitive processes. Intelligence: use it or lose it. One way to do that is to learn something new such as line dancing. Dancing integrates several brain functions at once, increasing connectivity. Not only does the physical aspect of line dancing increase blood flow to the brain, but also the social aspect of the activity leads to less stress, depression and loneliness. Further, line dancing requires memorizing steps which provides mental challenges that are crucial for brain health.

Advantages to Line Dancing. One of the main reasons line dancing is chosen over other types of dancing is that no partner is needed. No special skills are required - unless it is the ability to laugh at yourself and it helps to be able to count to 8!

While many may start out with the intention of taking a session of classes for four to six weeks, many more find themselves becoming addicted to line dancing because they love the music, the confidence that grows from mastering a dance, the friendships that start to form and more. If you are someone contemplating joining a line dance class, know that you are doing one of the best activities that you can for total body wellness.

Take advantage of the opportunity to start a new life of fun, friendship, and exercise. Martha Davenport is offering a new absolute-beginner line dance class that will run March 5th – April 9th from 5:15-7:00 pm. You may contact the Center for more information or contact Martha through email drmd72@hotmail.com. Start now on your way to learning some exciting line dances, have a lot of fun and improve your well-being!

Arts/Crafts/Performing Arts

Amateur Photography Club

First Monday of the month at 1pm

If you are interested in taking photos, would like to share your work, go on photography field trips and more, then come and check out this group. Photo themes: March-Barns, April-Trash to Treasure. Come check us out!

Piano Lessons

Mon, Thur, Friday mornings by appointment

\$12 per 30 minute session

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 40 and older 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

Fridays 10:00am-11:00am

Cost: \$2, (Free for Silver Sneakers)

Join this fun program that stimulates not only your body but also your brain. You will move to the music as if you are conducting your own orchestra and also work on increasing your upper body flexibility and upper body strength.

Mt Dulcimer Lessons

Starting March 17th with Cathy Ciolac

Tuesdays at 1:00pm • Cost: 10 sessions for \$40

Autoharp Lessons

Starting March 19th with Cathy Ciolac

Thursdays at 1:00pm • Cost: 10 sessions for \$40

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 Artist, 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.

Art and Craft of the Month Club

Last Thursday of the Month

February 26 from 1:00pm-3:00pm • Cost: \$3

March Craft: Rainbow Pour Painting Flower Pots, a colorful way to spruce up your flower pots.

Basic Oil and Acrylic Painting

Tuesdays March 10th, 17th, and 28th

1:00pm-2:30pm

Instructor: Ed Puhr

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, an 8” by 10” canvas board, rags, turpentine and linseed oil. Pre-registration and payment required.

Ladies Night Out

New Program Starting in March

Cost: \$15 • 6:00pm-7:30pm

This will be a program offered quarterly giving you an opportunity to learn a new craft, make something, and enjoy an evening of socializing and meeting new friends. Refreshments will be served at each session and you will be able to

take your crafts and projects home with you.

March 31st - Pampering Your Hands and Skin

Learn how to make your own soap scrub and body lotion and taking better care of your nails. Sandra from Hair Directors will be here to discuss nails and taking care of those nails.

June 18th - Making Your Own Jewelry

Sept 21st - Christmas Decorations on a Budget

December 6th - You Too Can Make Bread!

Bring a friend and join us for our first session. Pre-registration and payment required. Limited slots available.

Calling all crafters and artists!

Memorial Park Community Center will be hosting “Art in the Park” event on April 10th and 11th. Vendor registration forms and information can be picked up at the Senior Center front desk or call Deb Fogle at 423-434-6231 for more information.

Photo Contest

Enter photos of your Grandchildren. Bring your photos starting Monday, March 16th through Friday, March 27th.

Rules:

- Either 3”x5” or 4”x6” size, Can enter up to 5 photos
- Please put name, address and phone number on the back of each photo
- Members and staff will have a chance to vote on the best photos from Monday, March 30th through Friday, April 10th

Photos will be displayed in the lobby and prizes will be awarded.



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. Don't worry if you don't know how to play, they can teach you everything!

Ladies Night Bridge Club
Mondays • 6:00pm • Free
Come 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. Whether you know how to play or would like to learn, we'd love to have you. Come join us!

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Johnson City
423.975.2000

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

Tue 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.

Walkers and Talkers



Third Tuesday of Each Month

March 17th

Location: Kingsport Greenbelt

Bus Leaves Center at 9:15

Return Approx 1-2pm

Slow, easy paced walk in an area full of history and beauty. Questions call: 434-6220

Senior Center

Memorial Park Community Center

510 Bert St • Johnson City TN 37601 • 423-434-6237

Visit the Kingsport Greenway Tuesday March 17

This area is full of history from the early settlers. Many homes and structures are still there from the 1800s with fascinating stories. We will walk along the beautiful Holston River (cement sidewalk) for easy walking. Sights include The Netherland Inn, two historic homes, Long Island, a swing bridge, and the Exchange Place. Leave center at 9:15am. Bring a snack, rest rooms are available. Cost: \$3 for transportation.

423-434-6237

Silver Sneakers® Food and Fitness

March 10, 12:00-1:00pm • Cost: Free
Do you like healthy Snacks and having fun? Well do we have the program for you! On March 10, learn more about the Silver Sneakers® program, participate in a Silver Sneakers® Yoga demonstration and learn about healthy snacks on the go. We will have a blast talking and learning from each other! For more info call (423) 434-6237

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

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**

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**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:

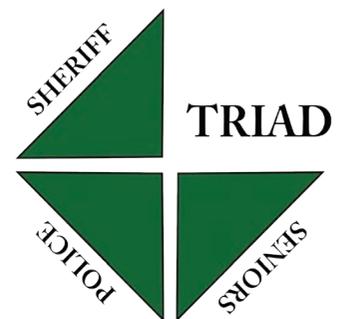
March: *The Summer We Got Saved* by Pat Cunningham Devoto
April: *Philosophy Made Simple* by Robert Hellenga

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