



Center News

Welcome to the Johnson City Senior Center at Memorial Park Community Center. 510 Bert Street Hours of operation for the Community Center: Monday – Friday 7:00am – 8:00pm Saturday – 9:00am – 4:00pm Closed on Sunday 423-434-6237 (Senior Services Desk) or 423-434-5749 (Recreational Services/Aquatics Desk)

Please take advantage of the many different classes and programs that the center offers. If you are new to the center or had not been in the center for a while then don't miss our "Try Us Out" event the first Thursday of each month at 9:00am. You will have the opportunity to meet our staff, ask questions about their programs and hear about new opportunities in the center. Tours will also be given.

Please remember to sign in at one of the kiosks for the events and programs you are attending in the center. We want to make sure we are capturing all who attend our center. This data is very important to us and helps us to justify the programs we offer and add new programs and events.

Foundation News

\The Johnson City Senior Center Foundation provides supplemental funding for our healthcare coordinator, Jeanne Clarke, RN; funds transportation for cultural activities outside of the Tri-Cities area; provides support through the center's Fellowship program; and funds for the Spring Forward for seniors program.

The Spring Forward for seniors program provides groceries and household goods for 200-250 low-income seniors. It costs approximately \$75 per senior to support this project. Would you consider supporting at least one senior or more, making a donation towards the project, becoming a corporate sponsor or participating in our "Seven Weeks of Giving"? Thank you in advance for your support of our Senior Center Foundation. We want to thank AO Smith, LLC, Watauga Lake Winery, Everlan and other individuals for their donations to our Spring Forward project.

Alert: Many of our members have fragrance sensitivity. Perfumes, aftershaves and other scented beauty products may cause allergic reactions. To be considerate of our members and staff please refrain from using scented products. Thank You!

Congregate Meal



Lunch is served from 11:30-12:00 each day Monday – Friday. Congregate meals are provided for us through FTHRA. The program is for the senior population 60+. If you wish to take a portion of the meal home with you, you will be responsible for bringing containers to place the food in and the transfer of the food. We look forward to serving you and we know that you will enjoy dining with your friends. Please reserve your meals by placing a checkmark in the first column on the reservation sheets located in the dining room. This must be done 48 hours in advance.



FTHRA Nutrition Program Menu for March



$\boldsymbol{\nu}$														
Monday		Tuesday		Wednesday			Thursday				Friday			
						1	Egg Patty Oven Browned Potatoes Sausage	Biscuit/Gravy Orange	2	Taco Casserole Cauliflower Carrots Fruited Yogurt	Dinner Roll	3	Chicken Alfredo Broccoli Beets	Fruited Jell-O Dinner Roll
6	Chicken Fried Steak Mashed Potatoes Peas & Carrots	Pineapple Dinner Roll	7	Sloppy Joe Potato Wedges Corn	Fruited Yogurt Bun	8	Breaded Fish w/ tartar sauce Scalloped Potatoes Green Beans	Tropical Fruit Graham Crackers Bun	9	Chicken Pot Pie Brussel Sprouts Applesauce	Fig Newton Biscuit	10	Beef Goulash Carrots Baked Apples	Fudge Cookie Cornbread
13	Meatballs w/ gravy Brown Rice Okra & Tomatoes	Vanilla Pudding Dinner Roll	14	Chili Dog Potato Wedges Baked Beans	Rice Krispy Treats Bun	15	Spaghetti & Meatsauce Italian Mix Vegetables	Baked Apples Texas Toast	16	Country Style Steak Mashed Potatoes Peas & Carrots	Mandarin Oranges Dinner Roll	17	Polish Sausage & Cabbage Boiled Potatoes	Mix Vegetables Fudge Cookie Cornbread
20	Breaded Chicken Tenders Macaroni & Cheese	Broccoli Peaches Dinner Roll	21	Meatloaf Mashed Potatoes Green Peas Tropical Fruit	Dinner Roll	22	Stuffed Pepper Casserole Au Gratin Potatoes Spinach	Combread	23	Lemon Pepper Fish Macaroni & Tomatoes Broccoli/Cauli/Carrots	Oatmeal Creme Cookie Dinner Roll	24	BBQ Pork Riblet Potato Wedges Corn	Fruit Cocktail Bun
27	Pizza Casserole Cauliflower Italian Mix Vegetables	Mandarin Oranges Graham Crackers Dinner Roll	28	Oven Fried Chicken Breast Scalloped Potatoes Green Beans	Pineapple Tidbits Dinner Roll	29	Egg Patty Breakfast Potatoes Sausage	Biscuit/Gravy Orange	30	Soup Beans Oven Browned Potatoe Mix Greens	Fruited Yogurt es Cornbread	31	Chicken & Gravy Dressing Peas & Carrots	Tropical Fruit Dinner Roll

One 2% milk is included with each meal. All servings are 1/2 cup. All entrees are 3 oz. servings or one portion. **Menu may change due to weather and availability.

Computers

Open Computer Lab (Ages 18+)

Members of the Center will be able to check out an Access card to the Computer Lab at the Senior Front Desk to gain entrance into the Lab from 8:00a-5:00p, Monday through Friday. The Lab will be closed from 8:30a-10:30a every other Thursday. *Times/Availability subject to change*. The computer lap will be closed Tuesdays and Fridays from February 1st-April 7th.

Technology Q & A Ages (50+) Thursdays, 9-10am Instructor: Ciarán Drinnon Cost: Free If you have technology questions, come join us. Please Pre-register. Limited space available.

Digital Skills

(50+) Thursdays, March 2nd, 16th & 30th 3:45-4:45pm Cost: Free Instructor: Stacy Haas

These programs will cover basic computer skills, parts of a laptop, desktop, smart devices, security and scams. The programs will be provided by Goodwill Industries of Tenneva Area, Inc. **Please Pre-register, limited space available.**

Wellness Dimensions

- Physical: promotes personal health and safety. Examples: Walking, swimming, group exercise, hiking, pickleball
- Social: fosters meaningful interactions within a diverse community. Examples: Outings, meals, special events
- Examples: Support groups, social networks, self-esteem
- Vocational: finding one's calling and being a good giver and receiver. Examples: Volunteering
- Intellectual: stimulates the use of one's mind. Examples: computer, music, language, cards
- Spiritual: encourages a life of meaning, value and purpose. Examples: Bible study,



Please join us for one of the many craft classes offered. We have a blast!



Ongoing Events

Unguing invitio									
MONDAY	TUESDAY	WEDNE	SDAY		THURSDAY	FRIDAY			
7:00 am to 7:00 pm Billiards Room Fitness Room	7:00am to 7:0 Billiards Room Fitness Room	1	7:00 am to 7:00pm Billiards Room Fitness Room		7:00am to 7:00 pm Billiards Room Fitness Room				
 8:00 Fit and Toned 9:00 Pickleball 9:00 Blood Pressure Checks 9:00 Doubles Table Tennis 10:00 Classic 10:00 Advanced Tai Chi 11:00 Bingocize 11:00 Qigong for Health 12:00 Beginner Tai Chi for Arthritis and Fall Prevention 1:00 Hand & Foot Canasta 1:00 Musical Voices 1:30 Classic 2:00 Our Holy Bible Study 3:00 Line Dance with Martha 5:30 Yoga Flow 	 10:00 Senior Basketball 10:00 Johnson City String Band 11:00 Scrabble 11:00 Yoga "Just Breathe" 1:00 Pencil Drawing 1:00 Bring Out the Artist in You 1:00 Brain-a-Cise 1:30 Delay the Disease 	10:00 German 10:00 Classic 10:00 Advance 11:00 Bingociz 11:00 Qigong f 12:00 Beginne Arthritis Preventi 1:00 Pinochle 1:00 Sewing f 1:00 Dulcime 1:30 Classic	Il ressure Table Tennis Club ed Tai Chi e for Health r Tai Chi for and Fall on Group r Lessons r Practice	10:00 11:00	Men's Bible Study Pickleball Blood Pressure Checks Circuit Senior Basketball Yoga "Just Breathe" Rook Delay the Disease Ballroom Dance Practice Dandy Line Dancers	8:45 Circuit 9:00 Pickleball 9:00 Doubles Table Tennis 10:30 Qigong for Health 11:00 Needle & Fiber Arts 11:30 Advanced Tai Chi 12:30 Ace of Clubs Duplicate Bridge (First Friday of each month)			
Groups & Me	eetings		Coffee and Conversations for GRANDfamilies - Grandparent and Relatives Raising Relative Children Monday, March 6th 10am Cost: Free						
Weekly Bible Study Opportur Our Holy Bible Study Mondays at 2pm (Ages 50+) Come join us as we study God'		Are you raising a grandchild or other relative? Need support, information or resources? Join us to share your experience, receive useful information, learn caregiving/child rearing tips, and gain emotional support during our Coffee & Conversation for GRANDfamilies. Coffee & Light Refreshments will be provided.							
Thursdays at 8am (Ages 50+) Men's Bible Study.			New Age Wisdom Book Club Saturday, March 11th & 25th 10:30am-12pm March 12						
You are not required to join in the wish to. We will be discussing copy of <i>Revenge</i> Book Selections:	ooks and meeting new people, on the discussion or answer question <i>Grace of Silence: A Memoir</i> , You of <i>Silence: A Memoir</i> by Michelle I	ns if you do not I'll receive a	 mysticism, etc. Everyone is welcome to join the club and participate in our interactive discussions. Each member is responsible for buying their own books. For more information contact Mario Galvez at mh_galvez@yahoo.com Saturday March 11th: 10:30am-12:00pm – We will review the book, <i>The Energy Codes</i> by Dr. Sue Morter. On this meeting we will only talk about chapters 1 through chapter 6. This book teaches about living in the vibration of love, peace abundance and harmony within us. Saturday, March 25th: 10:30am-12:00pm – We will continue to review the book, <i>The Energy Codes</i> by Dr. Sue Morter. On this meeting we will alk about chapters 7 through chapter 12. This book teaches about living in the vibration of love, peace abundance and harmony within us. 						

Musical Voices (Ages 50+) Cost: Free

Mondays 1- 3pm Beginning April 3rd

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

Johnson City String Band (formally known as Heart Strings) (Ages 50+)

Cost: Free

Tuesdays 10am–12pm

Come learn and have fun with this welcoming group of amateur musicians. We play a variety of music including gospel, bluegrass and even Irish jigs. For more information, contact John Martin at 423-444-6289. Bring your favorite instrument, whether it be a guitar, banjo, mandolin or whatever you enjoy playing.

Pencil Drawing Made Easy

(Ages 18+) Cost: Free

Tuesdays 1-2:30pm

Tuesday afternoon drawing offers an encouraging, relaxed atmosphere in which to create and learn. Bring your materials and projects and take advantage of any instruction needed in technique or skill. Materials will be available for anyone who needs them.

Bring Out the Artist in You (Ages 18+) Instructor: Charline Hughes Cost: \$5 per class Tuesdays, 1–3pm

Are you looking for a place to hone your painting skills. Look no further. 'Charlie' will be available to offer guidance and assistance and share her knowledge in Oil, Acrylic and Watercolor technique. Bring your project and materials in for expert advice in an encouraging and relaxed atmosphere. Suitable for any skill level. Feel free to come by and visit during class to see what it is all about and if you would like to sign up. We encourage all former Art students to join us.

Sewing Group - A Community Service Project (Ages 18+)

Instructor: Charline Hughes

Wednesdays, 1-3:30pm

We have a surplus of fabric which has been donated to the center. In an effort to give back to the community, we want to be a blessing to those in need by sewing lap quilts and/or pet beds. Sewing machines will be set up and all supplies will be made available. Items made will be donated to the community

Senior Chorale (Ages 50+) Cost: Free

Thursdays 10 – 11:30am Beginning March23 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. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required.



- Series - Series

Dulcimer Practice/Jam Session (Ages 18+) Cost: Free Wednesdays 2-3pm

This is a time to get together and work on your skills and share ideas while enjoying the company of other players.

Dulcimer Lessons, Beginner/Intermediate Level (Ages 18+)

Instructor: Roxanne McDaniel Cost: \$10 per lesson Wednesdays, 1-2pm

Learn to play the Dulcimer with Roxanne! Please bring an instrument that is ready to play. This one hour session is for those who are interested in learning, have questions about the dulcimer or are very rusty in their playing technique.

Ukulele for Beginners (Ages 18+)

Instructor: Roxanne McDaniel

Cost: \$25 for the Series, includes materials fee Second and Fourth Thursday, 3-4pm

Have you thought about learning to play the Ukulele? Here is your opportunity!

Roxanne will cover the basics and pre-tuned instruments will be available.

Come and join in for something new and different!

Ukulele for Experienced (Ages 18+)

Instructor: Roxanne McDaniel Cost: \$25 for the Series, includes materials fee Second and Fourth Thursday, 4-5pm

Would you like to refine or develop your Ukulele skills?

Roxanne will work with your skill level and help you develop further. Pre-tuned instruments will be available if needed.

Guitar Lessons (Ages 18+) Instructor: Roxanne McDaniel Cost: \$25 for the Series

Second and Fourth Friday, 10-11am Would you like to learn to play the guitar or develop skills beyond what you know? Bring your guitar (in playable condition) and join this class to develop your skills in a comfortable and encouraging atmosphere.

Next Step Photography Club (Ages 18+)

Cost: Free 🛛 🏝

3rd Tuesday of each month at 6-8pm

If you have a Basic technical knowledge of your camera, a desire to learn and experience more, understand some of the creative control functions like aperture, shutter speed, composition, use of the manual settings on your camera and ready to delve deeper in to image creation and gain a broader knowledge of photography, then Next Step Photography is for you.

Video Series – How to Look at and Understand Great Art

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(Ages 18+)
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Cost: Free 🛛 🔼

First Wednesday of Each Month 12:30-2pm In these lectures we will be introduced to the components of art – color, line, perspective, and composition as well as point of view, motion, light and texture. We will learn how the artist uses symbolism and communicates a message to the viewer. Many different media will be included and many great works of art featured. The course covers great art from the 13th century to the present.

Video Series - The World's Greatest Paintings (Ages 18+) Cost: Free

Last Wednesday of Each Month 12:30-2pm

This Video Series will explore more than 60 of the world's greatest paintings. Paintings that produce a unique initial impact when they ae viewed, whether for the first or the fiftieth time. These works bring emotional and intellectual resonance – the steadily deepening and comprehensive experience of the painting. Paintings that draw you back and back again.

Amateur Photography Club

(Ages 18+)

Cost: Free

2nd Friday of the month 1-3:30pm

If you are just starting out, or want to brush up on your skills, take field trips and photos then come and join us!

Paper Quilling (Ages 18+) Instructor: Pam Lacv

Cost: \$3 per class

Wednesday, March 8th and 22nd, 1:30-3:30pm The project for March will be an 'Aquarium Theme on Canvas'. All materials will be supplied for your project. Join Pam for her relaxing and creative classes! Suitable for all skill levels. Examples of Pam's work are on the bulletin board outside the Craft room.

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Arts & Crafts

March 2023

Creative Card Making (Ages 18+) Instructor: Chyrl McLaughlin Cost: \$7

Tuesday, March 21st 9-11am Thursday, March 23rd, 2-4pm

Join us as we create homemade greeting cards to share with friends and family. We will be making a variety of cards. You will be making 6 cards and taking them home with you!

Don't delay, seats are limited in number. Two classes offered. Please pre-register and pay in advance to ensure your spot!

Easter Wreath CAges 18+) Instructor: Charline Hughes Cost: \$10

Thursday, March 30th, 1-3pm Looking forward to Spring Time Holidays! This wreath will feature an Easter theme to decorate for the coming holiday. All materials furnished. Please pre-register

Jewelry Making Class (Ages 18+) Instructor: Patty Baker Cost: \$12 Wednesday, March 15th, 11:30am –

1pm In March we will make a 'Be Attitude' bracelet with matching earrings. The set will be gold tone with lobster claw or toggle clasp and the earrings will feature a choice of 'heart' or 'love'. A picture of the set is posted outside the craft room. Suitable for all skill levels – beginner as well as experienced! All supplies provided. Come and enjoy making something beautiful!

Cross Stitch Class (Ages 18+) Instructor: Linda Fore Cost: \$3 per class

Thursday, March 16th, 12:30-2:30pm If you would like to learn about Cross Stitch or practice skills that you already have come and join this class for an easy, relaxing project. The featured project for March is a small framed Easter picture. This is a very simple project with instructions and personal assistance. Come and have fun!

Making Treasure Books (Ages 18+) Cost: \$3 per class Monday, March 6th, 13th, 20th and 27th 1-3pm

Would you like to try something new and different? Check out this class and make your own book and personalize it to suit your taste and needs! We will begin by making the book cover and from there you decide what your book will be – a junk journal, a sketch book, a travel diary, a garden journal, a memory book, etc. Let your imagination soar! All materials will be provided so come and create!

Beginning to End....Canvas Creations (Ages 18+) Instructor: Charline Hughes Cost: \$8

Tuesday, March 14th, 3:15-5:15pm No talent required! Join instructor Charline Hughes as she walks you through creating a canvas you will be proud to display in your home. Learn fundamental skills including how to add shadows, depth and dimension. This is a make and take class. All supplies will be furnished.

Silk Scarf for Spring (Ages 18+) Instructor: Sherry Bernheisel Cost: \$10

Friday, March 17th, 11am-4pm

Welcome Spring by creating something beautiful to wear! Sherry will be teaching Silk Painting on stretchers, producing beautiful and unique results. Cost includes all supplies and instruction. An apron is recommended.

Clay Flower Pot Art (Ages 18+) Instructor: Sherry Bernheisel Cost: \$10

Friday, March 24th, 11am-4pm

Come and create something unique and whimsical for your springtime décor. Clay flower pots will be assembled and painted as figurines! Cost includes all supplies and instruction. An apron is recommended.

Try Out the Dulcimer (Ages 18+) Instructor: Sandra Lambert Cost: Free

Tuesday, March 14th, 1-2:30pm The Boones Creek Historical Trust (BCHT) was awarded a small grant from the TN Arts Commission to be used for the promotion of the mountain dulcimer. One of the activities includes outreach to the public. With the grant, BCHT has purchased six student dulcimers. BCHT's volunteer and mountain dulcimer player Sandra Lambert is offering an introductory dulcimer class at the MPCC. At this class, you will use a student dulcimer and learn to play a couple of songs. This class is for anyone who does not have a dulcimer, but is curious about learning to play the instrument.



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Senior Lifestyles



Check out the latest award that the Men's Senior Softball Team brought home. You will find it in the trophy cases along the hallway with many other awards!



Tower/Patio Homes: First Two Months Rent Free. Sherwood/Cottages: Entrance Fee Waived. Assisted Living: Entrance Fee Waived.

Offers Expire March 31, 2023.



VOLUNTEER DRIVERS NEEDED!

MyRIDE TN Johnson City is a new volunteertransportation program **for older adults** in our community. But for it to succeed, we need **DRIVERS** to **volunteer** for just **3 hours a month**!

MyRIDE Johnson City Drivers Will:

- Drive older adults (60+) who can't drive themselves to appointments or errands
- Use their own vehicle
- Have the ability to choose the trips and riders they take
- Have the satisfaction of knowing they're making an enormous difference in the lives of isolated older adults

To learn more about MyRIDE Johnson City, contact Kellie LaFrance at 423-434-6221.



Games/Dance

Games

Hand & Foot Canasta (Ages 50+) Mondays, 1-5pm 🏻 🏙 🖷 Cost: Free

Come and play this card game. If you don't know how, no worries, they will teach you how. No food allowed in the Card room only closed beverage containers.



Mondays and Wednesdays, 11am-11:45pm

Cost: Free Prizes sponsored by Tetrick Funeral Services

Do you love BINGO? Would mixing bingo with physical activity increase your interest in an exercise program? Come play this new game with us. Space is limited, so please pre-register by calling 434-6237.

Scrabble Group (Ages 50+) Tuesdays, 11am-1pm

Cost: Free

Come join this group who loves to test their spelling with the luck of the draw of tiles. The more the merrier. Dictionaries are provided.

Chess Club RAM (18+) Tuesdays, 2-5pm **Cost: Free** Open to all skill levels. Come join our group. No food allowed in the Card room only closed beverage containers.

Pinochle (Ages 50+)

Wednesdays, 1-5pm

Cost: Free

A trick taking card game for four. No food allowed in the Card room only closed beverage containers.

Rook (Ages 50+) Thursdays, 1-5pm **Cost: Free**

Rook is a challenging trick taking game played with a special deck of cards and a special group of people. Please join us! No food allowed in the Card room only closed beverage containers.

Ace of Clubs Duplicate Bridge 🛛 🚛 💓 (Ages 50+)

First Friday of each month, 12:30-4:30pm

If you enjoy playing bridge, but haven't tried duplicate bridge. Join the fun! No food allowed in the Card room only closed beverage containers.

Dance

A 88 Line Dance with Martha



(Upper Beginner/Intermediate Level) (Ages12+) Mondays, 3 – 4:30pm

Instructor: Martha Davenport Cost: \$6 or (Discount for SilverSneakers®, Renew Active™, and Silver & Fit® if eligible)

For those wanting to brush up their line dance steps or learn new line dances. You will be having so much fun, you won't even realize that you are exercising! Children under 16 must be accompanied by an adult.

Ballroom Dance Class e an Wednesdays 5:30-7:00pm Cost: Free Want to learn to Ballroom dance? Come and learn with us.

Ballroom Dance Practice Ran Thursdays 1:30pm Cost: Free Come and enjoy an afternoon of ballroom dancing.

Dandy Line Dancers (Ages 12+) (Advanced Line Dancing) Thursdays, 4:30-6pm Instructor: Martha Davenport Cost: FREE

For more information, contact Martha drmd72@hotmail.com

This is a volunteer group, which not only practices during this time frame; they also perform in the community. For the experienced line dancer. Children under 16 must be accompanied by an adult.

Johnson City Grand Squares CR AM (All Ages Welcome) 2nd & 4th Fridays 5:30-7:30pm Cost: \$6 New members welcome.

Lovin' Line Dance! RAA (Ages 18 and up) **Instructor: Sue Ayers** Cost: \$20 (Silver Sneaker®, Silver & Fit® and Renew Active® participants discount \$12) for Monthly series

Wednesdays, 3-4:30pm beginning on March 1st - 22nd

Recommended for those with at least a "beginner"-level of prior line dance experience. Expect challenge and a lot of FUN. I'll move the class at a pace that assumes regular attendance (at least twice/ month) and/or practice on your own time (especially if you're fairly new to line dancing). Bring a smile, energy, water and the desire to grow as a line dancer! Questions? Email me at pupstergal@yahoo.com. Register by March 1st. The next series of Lovin' Line Dance will begin on April 5th - 26th.

Entry-Level Line Dance 2 (Ages 18 and up) 27 ÅÅ Instructor: Sue Ayers Cost: \$40 (Silver Sneaker®, Silver & Fit® and Renew Active® participants discount \$25) 8-week series

Wednesdays, 4:45-6:00pm March 1st-April 26th (class will not meet on April 5th) Second of a two-part series designed for new line dancers and those who want to exercise to music (various genres) while learning the most common line dance steps. Please wear comfortable shoes (no thongs) with low or no heels. Come join the fun! Register by March 1st.



Senior Lifestyles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Knitting Class Series (3 of 6) 10:30 Genealogy Club 12:30 Video Series: How to Look at & Understand Great Art 3:00 Lovin' Line Dance (Session 1) 4:45 Entry-Level Line Dance 2 (Session 1)	2 9:00 Try Us Out 9:00 Technology Q&A 9:00 Health for the Heart & Mind 10:00 As the Page Turns 3:45 Digital Skills	3 3:30 Film Series - A Social Focus	4
6 10:00 Volunteer Meeting 10:00 Coffee & Conversations for Grandfamilies 1:00 Wits Workout - Brain Fitness 1:00 Making Treasure Books	7 9:00 Beginning French (Session 1) 10:00 Colorectal Cancer 11:00 French Level 1 (Session 1) 6:00 Pickleball 101	8 10:00 Knitting Class Series (3 of 6) 10:30 Genealogy Club 1:30 Paper Quilling 3:00 Lovin' Line Dance (Session 2) 4:45 Entry-Level Line Dance 2 (Session 2)	9:00 Technology Q&A 9:00 Health for the Heart & Mind 3:00 Ukulele for Beginners 4:00 Ukulele for Experienced 6:00 Pickleball 101	10 10:00 Guitar Lessons 1:00 Amateur Photography Club 5:00 Pickleball Mixer	11 10:00 New Age Wisdom Book
13 1:00 Making Treasure Books	9:00 Beginning French (Session 2) 11:00 French Level 1 (Session 2) 12:30 A Matter of Balance (Session 1) 1:00 Try Out the Dulcimer 3:15 Canvas Creations 6:00 Pickleball 101	15 10:00 Knitting Class Series (4 of 6) 10:30 Genealogy Club 11:30 Jewelry Making Class 3:00 Lovin' Line Dance (Session 3) 4:45 Entry-Level Line Dance 2 (Session 3)	16 9:00 Technology Q&A 11:00 Mediterranean Eating 12:30 Parkinson's Support Group 12:30 Cross Stitch Class 3:45 Digital Skills 6:00 Plckleball 101	17 11:00 Silk Scarf for Spring 3:30 Film Series - A Social Focus	18
20 1:00 Making Treasure Books	21 9:00 Beginning French (Session 3) 9:00 Creative Card Making 10:00 Health Fair 10:00 Dealing with Depression 12:30 A Matter of Balance (Session 2) 1:00 French Level 1 (Session 3) 6:00 Next Step Photography 6:00 Pickleball 101	22 10:00 Knitting Class Series (5 of 6) 10:00 Glaucoma 10:30 Genealogy Club 12:30 Video Series: The World's Greatest Paintings 1:00 Signs of Elder Abuse 1:30 Paper Quilling 3:00 Lovin' Line Dance (Session 4) 4:45 Entry-Level Line Dance 2 (Session 4)	23 9:00 Technology Q&A 2:00 Creative Card Making 3:00 Ukulele for Beginners 4:00 Ukulele for Experienced 6:00 Pickleball 101	24 10:00 Guitar Lessons 11:00 Clay Flower Pot Art 5:00 Pickleball Mixer	25 10:00 New Age Wisdom Book
27 11:00 Senior Nutrition Tune Up 1:00 Making Treasure Books	28 9:00 Beginning French (Session 4) 10:00 Health Fair 10:00 Be Stroke Smart 11:00 French Level 1 (Session 4) 12:30 A Matter of Balance (Session 3) 3:00 JCSC Seniors on the Go 6:00 Pickleball101	29 10:00 Knitting Class Series (6 of 6) 10:00 Bluebell Flower Hike 10:30 Genealogy Club 12:30 Video Series: World's Greatest Paintings 4:45 Entry-Level Line Dance 2 (Session 5)	30 1:00 Easter Wreath 3:45 Digital Skills 6:00 Pickleball 101	31	

Travel Corner

Travel Corner

March 2023

Have you marked Tuesday, March 28 on your calendar?? Join JCSC Seniors on the Go for the monthly travel meeting at 3:00 pm. Please pre-register by calling the center at 434-6237, to assist staff with room setup.

Jennifer Powers with Premier World Travel will be at the meeting to share information about trips Premier is offering.

It's not too late to register for the April trip to Amelia Island, St. Augustine & Jacksonville at the end of April, but do it quickly!

Time is getting close to sign up for the trip to Cape Cod, Martha's Vineyard & Plymouth coming June 11-June 17, 2023. It will be a beautiful time of year to visit the beaches on Cape Cod!

Flyers and registration forms for all upcoming trips are available at the senior services desk.

Some reminders about travel with JCSC Seniors on the Go:

• Travel insurance is optional on all trips. Should a traveler wish to purchase travel protection insurance, you must purchase the insurance directly from the insurance company. We always recommend that you review the travel insurance guidelines at the time you make your deposit to determine what is best for your situation.

Most tours require A LOT of walking!

 The Johnson City Senior Center provides information about overnight group tours to allow you opportunity to travel with your friends. You will book all group tours directly with the individual travel providers. As a courtesy to our members, we accept registration forms at the senior services desk for the motor coach trips offered by Todlow Coach that depart from the center. We will only accept checks or money orders made payable to the motor coach company; we will not accept cash payments. Credit card payments must be made directly to the company. Other tour providers, such as Premier World Travel, provide flyers to our members, but all travel arrangements are made directly with the company, and are not under the control or supervision of the center. For the overnight trips, the group leader and itinerary are provided by the company or tour organizer.

· Day outings on both senior center buses and charter motor coach are planned by the center. City-owned buses are not permitted to cross state lines and are not equipped with storage for overnight trips. Charter buses will be used for outings across state lines; the charter bus operators are required to comply with city purchasing guidelines in order to provide this service. For day outings, the senior center will have a volunteer group leader to make sure that everyone is accounted for on the bus and to notify the center of any problems.



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Fitness

Fitness Room 20

Monday through Friday 7am – 7pm (Ages 14+) Fitness Orientation required for new users to the fitness room No preregistration required to use fitness room To use Cost: Daily and Monthly fee options (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Fit & Toned 3 (Ages 18+)

Mondays & Wednesdays, 8am Cost: \$2 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor:

One hour class that includes cardio endurance, strength, flexibility and balance challenges.



Mondays & Wednesdays 10am Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants) Instructor: Deb Fogle

Increase muscular strength, range of movement and practice activities for daily living.

Tai Chi Advanced 3

(Ages 18+)

Mondays and Wednesdays, 10am Fridays, 11:30am

Cost: \$5 per class (50% discount for Silver Sneakers[®], Renew Active[™], and Silver & Fit[®] eligible participants).

Instructor: Tonya Van Hook

Tai Chi for Arthritis is an evidence, low-impact Tai Chi form modified for seniors. This is an advanced Tai Chi class for those already experienced in Tai Chi.



(Ages 18+) Mondays and Wednesdays, 11am Fridays. 10:30am Cost: \$5 per class (50% discount for Silver

Sneakers[®], Renew Active[™], and Silver & Fit[®] eligible participants).

Instructor: Tonya Van Hook

Qigong is a part of traditional Chinese medicine that includes easy to learn, gentle, flowing movements that stimulate the meridian system of the body and promote relation and mindfulness. Class work also includes warmups, gentle stretching of all the major joints, and breath work. Evidence-based studies

show that Qigong practice can improve a wide variety of chronic health conditions including heart disease, diabetes, MS, and Parkinson's disease, while reducing stress and promoting emotional health and mental function. With adaptations this class is appropriate for everyone regardless of physical limitations and can be done seated in a chair.



Mondays and Wednesdays, 12pm Cost: \$5 per class (50% discount for Silver Sneakers[®], Renew Active[™], and Silver & Fit[®] eligible participants).

Instructor: Tonya Van Hook Tai Chi for Arthritis is an evidence, low-impact Tai Chi form modified for seniors It has been shown to reduce pain and stiffness associated with arthritis while improving strength, range of motion, and balance thereby reducing the risk of falling. Classwork includes gentle stretching, breath work, focus on body alignment, and slow, controlled movement. With adjustments the exercises are

Classic

(Ages 50+)

Mondays & Wednesdays, 1:30pm Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants) **Instructor: Deb Fogle**

appropriate for individuals of all physical conditions

and can be done seated in a chair.

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This class designed to help you become stronger and improve balance. The movements in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time.

Circuit (Ages 50+)

Tuesdays & Fridays, 8:45am Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor: Deb Fogle

This class is designed to increase cardiovascular endurance and improve strength. This is a low impact class which offers upper body strengthening. Participant should possess consistent skills in agility, coordination and balance.

Circuit (Ages 50+)

Tuesdays & Thursdays, 10am Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants) Instructor: Deb Fogle

This class is designed to increase cardiovascular endurance and improve strength. This is a low impact class which offers upper body strengthening. Participant should possess consistent skills in agility, coordination and balance.

Flow Yoga 3 (18+)

Monday, 5:30-6:30pm

Cost: \$15 per class (\$12 for seniors and military) Instructor: Erin Bloomer

Flow Yoga will guide you through postures and deliberate breathing. This moving meditation builds a mind-body connection focused on strength, freedom and fluidity. This multi-level class is open to all fitness levels from beginners to experienced practitioners. Please bring any props (straps, blocks, bolsters, etc.) you may like to use for class as our supply is limited. I look forward to seeing you on the mat!

Yoga "Just Breathe" 🚳

Tuesdays & Thursdays 11am-12:30pm (Ages 18+) Cost: \$5/class

Instructor: Dixie Neth

Join us for a breath of fresh air as we explore the world of yoga postures, breathing practices, and relaxation techniques. This class requires movement to the floor and back up without assistance. Focus is on precise alignment of spine, breath work, and emphasizing body awareness and mental clarity as we stretch and strengthen our mind and bodies. Incorporates light weights, martial arts and Pilates.

Bring your own mat, yoga blanket, blocks, and yoga straps.

Fitness Tip Tuesday (Ages 18+)

Tuesday, February 14, 28 3-3:45 pm Cost: Free and Open to Members of the Fitness **Center Only**

For those who have joined the Fitness Center and don't know what to do or for those who need ideas for their workout, this is something special just for you! Join our Senior Services Manager Deb Fogle the second and fourth Tuesday in the Fitness Room as she answers all your equipment and workout related guestions. Spots limited to 6.

Step it, Shake it, move it, lift it (Ages 18+) Friday, February 10, 24 8-9:00 am **Cost: Free**

Join us for a fun workout Incorporating Tabata and stations will increase calories burned, build muscle and give you more stamina. This will be made fun with music and changing the activity often! This class will use interval training and can be adapted and modified depending on skill level. We will be outdoors, weather permitting.

Group Exercise Guidelines

Preregistration recommended for the above classes. Class size for Classic and Circuit is 20.





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A Passion for Service

Skilled Nursing

We orient our skilled nursing services around the provision of specialized care for recovery after hospitalization. Our dedicated team helps residents and family members feel at home while receiving individually-focused healthcare.

Rehabilitation Services

Whether you need Physical, Occupational, or Speech Therapy, our therapists are committed to returning residents to the highest possible level of function, independence, and quality of life. Whether recovering from a hip replacement surgery, a stroke, a fall, or any other health condition, residents can benefit from our rehabilitation services.

Health & Wellness

Our energetic staff also focuses on socialization as a vital aspect of creating a home-like environment. We supplement wellness by delivering opportunities for residents to maintain a fulfilled and pleasurable stay. Community involvement ranges from exercise classes, beauty shop visits, and pet therapy, to holiday events, community involvement, and religious services.

Call Today! 423-543-2571

1633 Hillview Drive | Elizabethton, TN 37643 | hermitagehealthcenter.com



Ready, Set, Serve...Volunteer! On a mission to engage adults in Active Life through Active Living

Volunteer News:

March 6th - 10:00am - Kelly LaFrance with MyRide Johnson City will be speaking to us about how to get the word out about this great service!

We will have light refreshments and a fun activity for all to enjoy.

The American Red Cross of Northeast Tennessee and local fire departments are offering free smoke alarm installations for Washington County residents in need during a Sound the Alarm home fire safety event on Saturday, March 4. Residents can fill out an appointment card for a 20-minute home fire safety visit between 9:00 am and 1:00 pm on

Saturday, March 4. Volunteers are needed: those who want to give back in Washington County can sign up by calling Disaster Program Manager, Dawn Day, at 423-863-0194 to volunteer during the event. No prior experience needed – training will be provided for installing smoke alarms and sharing fire safety information. For more information, you may contact Heather Carbajal at 423-765-4222.



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Aquatics

Aquatics

Lap Pool Schedule:

Lap Swim

(Teens, Adults and Seniors) Cost: \$2 per session or \$30 per month (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Monday-Friday 7-8:45am and 11am- 3:45pm Saturday 10:30am-12:45am

Need time to swim? We offer several different time options. Whether your choice is swimming laps, aqua jogging or just doing your own thing we have a time to fit your needs.

Freedom Hall Pool Lap Swim (Teens, Adults and Seniors) Cost \$2 per person Monday, Wednesday, Thursday and Friday from 7:35-8:45pm

Need time to swim? We offer several different time options. Whether your choice is swimming laps, aqua jogging or just doing your own thing we have a time to fit your needs.

Open Swim

(All Ages)

Cost: \$2 (12 and under), \$3 (13 and older) Monday/Wednesday 4-5:45pm Friday 4-7:30pm Saturday 12:45-3:30pm

Recreation swim is perfect for bringing the kids to play. Children 12 and under must be accompanied by someone at least 16 years of age or older. Any child 6 or younger must be within arm's length of an adult, 16 years or older at all times. Also, any child who requires flotation devices of any kind must be within arm's reach of an adult at all times.

Teaching Pool Schedule:

Mommy and Me (Ages 4 and under) Cost: \$1 Monday/Wednesday 9-10am

Enjoy Mommy and Me swim time with your children! All guardians have to be in the pool with their child.

Home School Swim Cost: \$3 for 13 and older \$2 for 12 and under

Tuesday/Thursday 2-3:30pm

A time to swim during Memorial Park Community Center home school P.E. Program.

Therapy Pool Schedule:

Adult Only Open Therapy

(Adults and Seniors) Cost: \$2 per visit or \$25 per month (Free to

Silver Sneaker®, Silver

& Fit® and Renew Active® participants) Monday/Wednesday/Friday 7am-7:30pm Tuesday/Thursday 7-11am; 1-4pm; 6-7:30pm Saturday 9am-3:30pm

An adult only time for therapy that you can engage in activities of your choice to fit your therapeutic needs. This pool is for low impact swimming. You will not be allowed to jump, splash or make big waves.

Water Aerobics Schedule:

Morning Water Aerobics (Teens, Adults and Seniors) Instructor: Heidi Perry Cost: \$4 per visit or \$40 per month Monday, Wednesday, and Friday 9-10am

Start your day with a shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided.

Evening Water Aerobics (Teens, Adults and Seniors) Instructor: Heidi Perry Cost: \$4 per visit or \$30 per month Tuesday/Thursday 6-7pm

Get in shape, this shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, balance and core work in a fun environment. No swimming skills are needed and all equipment is provided.

Saturday Splash (Teens, Adults, Seniors) Instructor: Kim McLeod Cost: \$4 per visit Saturday 9:15-10:15am Put a Calorie Smack Down during the weekend with this metabolism boosting shallow water workout.

Aquamix (Teens, Adults and Seniors)

Instructor: Kim McLeod Cost: \$4 per visit

Days: Tuesday/Thursday 9:15-10:15am

Looking for a challenging workout? Get in over your head with us for some intense water aerobics. The focus is on toning, cardiovascular strength, endurance and core work. No swimming skills are needed. All equipment is provided.

Arthritis

(Adults and Seniors) Instructor: Heidi Perry

Cost: \$4 per visit or \$30 per month Days: Tuesday/Thursday 11-11:40am

Have a form of arthritis? This is an activity that can help manage the symptoms of arthritis. This class helps get you moving with a low impact exercise. It is held in our therapy pool which is equipped with a handicap lift.

Splash

(Adults and Seniors) Instructor: Heidi Perry Cost: \$3 per visit

Tuesday/Thursday 11:45am-12:45pm

A fun program geared towards senior citizens looking to improve the quality of their social life and physical well-being.

All pools are closed on Tuesday and Thursday from 4-6pm for cleaning and maintenance

Private Swim Lessons Instructor: Heidi Perry

Cost:

4-30 Minute Lessons \$1004-45 Minute Lessons \$1504- 1 Hour Lessons \$175

Days and Times: Will be scheduled with instructor



EVERLAN of JOHNSON CITY

Johnson City's newest 55+ community

2623 PEOPLES STREET • JOHNSON CITY, TN 37604 WWW.EVERLANLIVING.COM

Lunch & Learn

THURSDAY, March 23 11:30 a.m.

TOPIC

Senior Safety and Scam Prevention

- Identity theft
- Tech support scams
- Banking scams
- Romance scams
- How to avoid a scam

We hope you will join us for this important and informative event.

FEATURING

Investigator Toma Sparks

Johnson City Police Department

Michele McRoy

Assistant Vice President Security Officer Bank of Tennessee

\$5 charge for Lunch

Must RSVP by March 20



To RSVP or direct any questions, call Heather Cash, Community Relations Manager at (423) 212-4192



2022 WINNER OF BEST INDEPENDENT LIVING COMMUNITY

Healthy Living

Ask Our Nurse

If you have health concerns or questions, our nurse, Jeanne Clarke, RN is happy to provide information, support or resources. Her hours are Monday – Thursday, 9am-2 pm.

Stop by the nurse's station across from the Dining Room or call 423-434-6235 for an appointment.



Free Blood Pressure Checks Monday – Thursdays, 9am-2pm

Stop by the nurse's station for a free blood pressure check. No appointment required.



Free Diabetes Screening ~ Fasting Blood Sugar Check Stop by the nurse's station or call 423-434-6235 to schedule.

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For best results, do not eat or drink anything except water for 8-12 hours prior to testing.

Wits Workout ~Brain Fitness

(50+)Monday, March 6, 1-2pm

Cost: FREE Speaker: Elizabeth Renfro, MS, UT/TSU Extension Agent

Join the fun and workout your brain in this interactive program with brain teasers and games aimed at keeping your mind sharp. You'll love it and your brain will too. Come, give it a try! Please call 423-434-6237 to pre-register.

Colorectal Cancer Awareness

(All Ages) Tuesday, March 7, 10-11am Cost: FREE

Speaker: Dr. Usama Abu Heija, Medical Resident, ETSU College of Medicine

Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early. Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. March is Colorectal Cancer awareness month and a great time to learn more about it. Pre-register by calling 423-434-6237.

A Matter of Balance Series

(60+) Tuesdays, March 14 - May 2, 12:30-2pm Cost: FREE

Speakers: Heatherly Sifford, BSPH, Trauma Injury Prevention Program Coordinator, JCMC & Tracy Buckles, FTAAAD

Many older adults experience concerns about falling and restrict their activities as a result. This eight-week series will help participants make small changes to reduce the risk of falls and learn exercises to increase strength, flexibility and balance. Stay active and stay safe – it's a matter of balance! Please preregister by calling 423-434-6237.

Mediterranean Eating

(All Ages) Thursday, March 16, 11am-12pm **Cost: FREE**

Speaker: Elizabeth Renfro, MS, UT/TSU Extension Agent

The Mediterranean "diet" is known as one of the healthiest in the world but it is not really a diet but a lifestyle based on a variety of plant-based foods, high-guality protein and fats, occasional indulgences plus herbs and spices to boost flavor and lessen salt intake. Let's learn some tips from the Mediterranean and discover ways to incorporate more of this eating pattern into our lives. Please call 423-434-6237 to pre-register.

Parkinson's Support Group 🖱 🚱 🎎 💟

(All Ages) Thursday, March 16, 12:30-1:30pm Cost: FREE

This caring group is for all PWPs (People with Parkinson's) and those who have PWP in their lives. Topics of discussion and speakers vary each month. The group meets in the Activities room at the far left end of the building across from the pool. Enter at the

door marked Aquatics/Athletics and turn left. No pre-registration required.

Dealing with Depression 8 (All Ages) Tuesday, March 21, 10-11am **Cost: FREE**

Speaker: Dr. Suhib Fahmani, Medical Resident, ETSU Quillen College of Medicine Depression drains your energy, hope and drive. Symptoms can vary from person to person and some people may not recognize that they are depressed or that help is available. Gain a better understanding of depression, symptoms to watch for, treatment options and ways to help someone who is struggling. Pre-registration preferred but not required .Call 423-434-6237.

COMMUNITY HEALTH FAIR TUESDAYS, MARCH 21 & 28, 10am-12pm

ETSU Nursing Students will be hosting two health fairs in our senior lobby.

Mark your calendars and make plans to attend.

FREE HEALTH INFORMATION, SCREENINGS, GIVEAWAYS

Glaucoma- Silent Sight Stealer (All Ages) Wednesday, March 22, 10-11am Cost: FREE

Speaker: Dr. Dana Grist, OD

Gain a better understanding of glaucoma and the importance of getting your eyes checked regularly in this informative talk. Dr. Grist will discuss the different types of glaucoma, potential causes, symptoms, and treatment options. Pre-register by calling 423-434-6237.

Senior Nutrition Tune Up (All Ages)



Monday, March 27, 11a-12p **Cost: FREE**

Speaker: W. Andrew Clark, PhD, RD, ETSU

Get your engines running at peak performance and your fluids topped off! Did you know that our nutritional needs change as we age? Get answers to your nutrition questions as Dr. Clark, Professor of Clinical Nutrition and Associate Dean of Research at ETSU discusses nutrition tips to stay as healthy as possible regardless of age. Please pre-register by calling 423-434-6237.

Be Stroke Smart 🖉 👩

(All Ages) Tuesday, March 28, 10-11am **Cost: FREE**

Speaker: Dr. Vijay Guntupalli, Medical Resident, ETSU Quillen College of Medicine

Get important facts about strokes including tips to reduce your risk, recognizing symptoms and responding FAST. Time lost is brain function lost so every second counts. Get answers to your questions and be stroke smart. It might save a life. Please pre-register by calling 434-6237 or stop by the front desk.

DID YOU KNOW?

Woodridge Hospital in Johnson City now has a Walk-in Crisis Center. Located at the hospital's main entrance at 403 N State of Franklin Rd, the crisis center is open 24/7. The goal of the walk-in crisis center is to promptly treat patients experiencing a behavioral health crisis and efficiently get them the level of care most appropriate for their needs. The center features a triage room, nursing station and eight evaluation rooms.

Mental health is just as important as your physical health. Reaching out for help is a sign of strength. Please don't struggle alone.

You can also call the local Respond helpline - any day, any time - at 1-800-366-1132 or call the National Suicide & Crisis Lifeline any time by simply dialing 988.

Lifestyle Sports

Pickleball (Ages 18+) Gym 1 – Monday, Wednesday, and Friday 9am-12pm Gym 2 – Monday through Friday 9am-12pm Cost: FREE

Join in on the fun! This activity is a modified version of tennis. We play doubles. No registration required, no time limit or number of players.

Pickleball 101 (Ages 18+) Keystone Courts Tues and Thurs – 6p-7:30p March 7, 9, 14, 16, 21, 23, 28, 30 Cost: \$20/person

Are you new to the game of pickleball? Then this is the class for you. Pickleball 101 will allow you to learn the game and the fundamentals of how to play the game. Each class will build and allow you to become a pickleball player in just a few weeks. Limited slots available so pre-registration is required. Total of 8 sessions.

Outdoor Pickleball

(Ages 18+) Monday through Friday 7:00am-12:00pm Open Play for MPCC Members Monday through Friday 12:00-9:00pm Open Play Saturday and Sunday 7:00am -9:00pm Open Play Court use will be first come, first serve unless otherwise designated for a special program, activity, or event During peak times when courts are full and players are waiting to play: • Court time will be shared equally • NO Singles

- NO Singles
- · Waiting players will place their paddles in the "Paddle Rack" (left to right)
- Court time limited to two games to 11, win by 1
- Exit court immediately return to waiting area outside courts
- Play again place your paddle in first available opening in the "Paddle Rack" (L-R)
- Next up when court is open next paddles from L-R
- Less than four players waiting, the suitable number of players will stay on the court to fill the court with 4 players
- Limit warm-up time to no more than 5 minutes





Friday, March 10, 25 5:00-7:30pm

Cost: Free (Indoor courts)

Join us for an evening to get together to play pickleball and meet other pickleball players. This will be a time to enjoy playing with other folks and getting to know each other. Playing partners and courts randomly selected for the evening. Enjoy an evening of friendly competition where it does not matter if you win or lose. Players should have some playing experience and be able to keep score. Refreshments will be served. Please register by calling 434-6237 or 434-5749.

Senior Billiards (Ages 18+) (Ages 18+) Monday through Friday 7am-7pm No registration required, No time limit or number of players No food allowed in the billiards room only closed beverage containers Cost: FREE



(Ages 50+) Monday, Wednesday, and Friday 9-11am Cost: FREE

Senior men and women's doubles table tennis is a great way to keep your brain and body active. No food allowed only closed beverage containers

Senior Basketball (Ages 50+) Keystone Gym -Tues and Thurs 10am-12pm Cost: Free Meet in the Keystone Gym for pick-up games and shoot a-rounds.

Special Events

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Thursday, March 2nd, 9am Cost: Free

Are you new to the center or want to know more about our programs that we offer, then you don't want to miss our "Try Us Out" session. This will be a session to meet staff, find out what programs we offer, take a tour and ask questions about the center and its programs. You will also be given information about any new programs being offered in the next month. Light refreshments will be served and some free try it out vouchers for certain classes will be given. Please register with the front desk or call 434-6237 to reserve your spot.

Pickleball Mixer (18+)

Friday, March 10, 25 5:00-7:30pm Cost: Free

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Join us for an evening to get together to play pickleball and meet other pickleball players. This will be a time to enjoy playing with other folks and getting to know each other. Playing partners and courts randomly selected for the evening. Enjoy an evening of friendly competition where it does not matter if you win or lose. Players should have some playing experience and be able to keep score. Refreshments will be served. Please register by calling 434-6237 or 434-5749.

Community Health Fairs (All Ages)

Tuesdays, March 21 & 28, 10 am-12 pm Cost: FREE

ETSU nursing students will be providing two different health fairs in our senior lobby with information on a wide range of topics. Mark your calendars and make plans to attend!

Free health information, screenings, and giveaways! No registration required.



We were Voted the Best!



Front Row: *Karen Thomas, *Laura Graham, *Little Richie Doodle, and *Wanda Akers Back Row: *Bobby Michael, Charles Webster, *Rich Riesz, and Greg A. Harris, Sr., Manager

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Recreation Programs

Recreation Programs

Folk Dancing Class (All Ages) Instructor: Tamarro Taylor Cost: \$5.00 per class Mondays 6:30-8 pm Fridays 3-5pm

Enjoy international and Israeli folk dance in a relaxed social setting. Instructor Tamarro Taylor will guide you through different dances, most of which are done by the group in a semi-circular line formation following the leader.

Evening Table Tennis Ages: 16+

Cost: Free Date: Wednesdays

Time: 5:30-7:30 pm

Bring your friends for a fun game of Table Tennis! Paddles can be provided to those that need them.

Martial Arts

(Ages 18+) Cost: \$25/month Saturdays, 10-12 am Come learn the basic of martial arts in a class targeted for all levels!

Adult Tennis Lessons

Location: Metro-Kiwanis Park Date: Mondays, March 13 – April 3 Time: 5:30PM – 7:00PM Ages: 18+ Cost: Free Registration: Register online at myjcparks.org. Registration deadline is Monday, March 13. Minimum of 5 participants required. These free lessons are designed to introduce adults to the game of tennis and are suit-

These free lessons are designed to introduce adults to the game of tennis and are suitable for novice and beginner players. Equipment will be provided. Instructor: Rachel Malone

Shamrock Scavenger Hunt

Location: Memorial Park Community Center Date: March 17 Time: 4:00 – 6:30 p.m. Ages: All ages Cost: Free Registration: Register online at myjcparks.org Pre-registration is required and ends on March 14.

Grab your team and join us at MPCC for a St. Patrick's Day scavenger hunt! The first three teams that solve all of the clues and find the leprechaun will receive a prize. Registration is required; limit of six people per team.

Touch a Truck with the Easter Bunny Location: Memorial Park Community Center Registration: March 15 – March 30 Date: Saturday, April 1 Time: 10:00-11:30 a.m. Ages: All Cost: Free

Bring your kids out to visit with the Easter Bunny as we eat pastries and raffle off door prizes! We are also partnering with local business and City organizations to have our annual touch a truck event where children can have their imagination kick into gear while exploring, touching, or climbing aboard vehicles of all shapes and sizes! Join us at Memorial Park Community Center for a fun family event that offers hands-on opportunities for children to EXPLORE, CLIMB, and TOUCH trucks, emergency response vehicles, heavy machinery and other cool equipment and motor vehicles.

edicine Ask about our free senior entry vitamins age 60 + HARMA С Y **Drive Thru** Available CHOIC CHOICE CHOICE Free Med Packaging **Readers Choice Best Pharmacy Free Deliverv 3 years in a row!** 1301 North Roan St., 423-928-2000 Johnson City, TN

IN-PERSON GRIEF SUPPORT



If you or someone you know needs grief support, please attend one of our support groups.

Chelsa Ervin, LCSW

1st and 3rd Tuesday of each month

Sponsored by:



Where Healing Begins

5:00 pm Everlan Johnson City 2623 Peoples Street Johnson City, TN

In Partnership with: EVERLAN



(423) 282-1521 • MorrisBaker.com

Community Center Recreation Programs

Page 20



Want to know more about all things travel? Join us for this monthly meeting for travel tips, review of upcoming trips, and spend time with friends old and new.

4th Tuesday of Each Month 3-4pm | Ages 50+ Memorial Park Community Center 510 Bert St. Pre-registration required by calling 423-434-6237.





Make a Scandinavian style waffle stitch kitchen towel! Come crochet with Maria!

Skill level: Intermediate Must bring 2 colors of yarn and hooks. Cotton Weight: Category 3 Crochet Hooks: 3.25mm & 2.75 mm Minimum of five people must register.

> Memorial Park Community Center 510 Bert St.

JOHNSON CITY PARKS & RECREATION



Come as a team of up to 4 or by yourself to see which group can complete their puzzle first! The winning team will get a prize and each team will get to take their puzzle home at the end of the night! Puzzles and light refreshments provided. Open to all ages. Free.

Thursday, March 9 5:30-7pm

Memorial Park Community Center 510 Bert St.

Register by scanning here or visit myjcparks.org by March 3





Interested in learning to bake breads without using the pre-made box mixes? Join us! In this 5-week series, we will make easy breads like banana nut, white bread, and more!

Every Thursday, February 9 - March 9 5:30-7:30pm | \$5/class | Ages 18+

> Memorial Park Community Center 510 Bert St., Johnson City

Register by the Tuesday before each

class on myjcparks.org



Shawhock Scavenger Hunt

Grab your team and join us for a St. Patrick's Day scavenger hunt! The first 3 teams that solve all the clues and find the leprechaun will receive a prize. Can't make it right at 4pm? No worries! Come on out during the event and participate just for fun!

Friday, March 17 | 4-6:30pm Free | Open to all ages

Memorial Park Community Center 510 Bert St.

Limit of 6 per team. Each team member must be registered. Registration open Feb. 1 - March 14.

Register by scanning here or at myjcparks.org

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DOHNSON CITY DARKS & RECREATION

Brain-a-Cise



Bring your thinking caps and trivia knowledge and compete against other teams of adults in fun and challenging rounds of trivia. Come exercise your mind while making new friends!

Johnson City German Club

(Ages 18+) Wednesdays, 10a-11:30a Cost: Free



Lifelong learning of German Language, Culture, History, etc. Membership is FREE. Attendance is NOT required. DROP-IN/-OUT anytime during the meeting. Simultaneous ZOOM is used, making our meetings available worldwide. To prevent "echoing," remember to use "ear buds" when more than one computer is in a room. Sharing and show-and-tell are encouraged and always welcome. Our GERMAN CLUB WEEKLY JOURNAL is posted all year (52 weeks) at https:// herrpollock.livejournal.com. For more information, contact Mark Pollock, E-MAIL markpollock1944@icloud.com

Genealogy Club 🛛 📷

(Ages 50+)

Wednesdays, beginning March 1st, 10:30am-12pm Cost: Free

Come! Learn! Discover the many things about who your ancestors were, their occupations, spouses, children, the states and countries they came from. Learn how to build a true, confirmed family tree using Ancestry.com and Ancestry DNA, as well as other online free sites. Learn the online and printed research resources available. Ancestral countries include the US, Canada, Ireland, UK and Europe. Bring a laptop. Questions? Email Syd Frissell at bigsyd007@gmail. com. Please Pre-register.

Film Series- A Social Focus





1st and 3rd Friday of each month (March 3rd and 17th) at 3:30pm Cost: Free

Instructor: Dr. J. Catherine Herbert

Dr. J. Catherine Herbert will hold discussions on various movies that have transformed our culture. This series will be Dramatic films focusing on real life concerns. We will watch the movie and discuss the impacts on society. Did society change the movies or did the movies transform our society? Please Pre-register.

Beginning French (Ages 18+)

Tuesdays, (8 week series beginning) March 7th- April 25th 9-10:30am

Cost: Free

Instructor: Lise Spaller

A French class for beginners. Come join us. Please Pre-register. Registration will close after March 7th.

Level 1 French

(Ages 18+)

Tuesdays, (8 week series beginning) March 7th- April 25th 11am-12:30pm

Cost: Free

Instructor: Lise Spaller

Participants will be immersed in French culture and language. Please Pre-register. Registration will close after March 7th.

Signs of Elder Abuse (18+)

Wednesday, March 22nd 1-2pm

Instructor: Jennifer Douglas, Johnson City/Washington County Family Justice Center Cost: Free

Join us for this important informational program presented by Johnson City/Washington County Family Justice Center. You will learn the different types of abuse and what signs to look for. Please Pre-register.











Senior Lifestyles



" I love TownView because the people are friendly and the staff is wonderful!" ~ Alice C

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 7. Activities Galore! There's plenty to do, choose as much or as little as you would like!

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Hiking & Walking

Hip Hikers* C AM

(3-10 miles, moderate to difficult trails, heavier, longer elevation gain)

It's wintertime! Feel free to join Michelle for some winter walks.

Hiking 101 * 🚳

(2-4 miles, easy to moderate trails, low to short elevation gain)

Spillway Trail, South Holston Lake (Ages 50 +) **Instructor: Michelle Jenkins** Cost: Free Thursday March 30, 8am We will walk up the trail to the lake and back. It will be about 4 miles. Dress warm. Please Register.

Walkers & Talkers *

(1-3 miles, mostly flat, guided)

Sycamore Shoals (Ages 50 +) **Instructor: Michelle Jenkins** Cost: Free

Tuesday, March 7, 9am

We will meet in the main parking lot at Sycamore Shoals. We will walk about 2 miles. Dress warm it will be cold. Please Register.

Hiking Meeting Ma* (Ages 50+) **Instructor: Michelle Jenkins Cost: Free**

Thursday March 16, 9am

We will have a short meeting here at the center in the Arts and Crafts room. This is for all groups. I will have snacks and some people will receive a star for their next 100 miles. Please Register.





Instructor: JC Nature Program Coordinator, Connie Deegan Wednesday, March 29th, meet Winged Deer Park, Disc golf parking lot, 204 Carroll Creek Rd. at 10:00am Cost: Free

Winged Deer Park has the largest collection of naturalized Bluebell flowers in Northeast Tennessee and they only bloom for a very short window of time! We will take a slow-paced stroll around the 'back forty' letting the Bluebells provide our centerpiece as we take advantage of many other things that the park has to offer. Easy hike, great for photos! Please pre-register.



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