

# SENIOR *Lifestyles*

September 2025



Cover photo by: Greg Williams

## Johnson City Senior Center

510 Bert St., Johnson City, TN 37601

423-434-6237 (Senior Services Desk)

423-434-5749 (Recreational Services/Aquatics Desk)

Monday-Friday 7 AM-8 PM | Saturday 9 AM - 4 PM | Closed Sunday



## Johnson City Press



# INFORMATIONAL PAGE

## STAFF:

Please call the front desk for more information 423-434-6237 (Senior Services) or 423-434-5749 (Recreational Services/Aquatics)

**Recreation Services Manager:** Rachel Evans 423-434-5771  
revans@johnsoncitytn.org.

**Membership Services:** David Montgomery 423-434-6236  
dmontgomery@johnsoncitytn.org

**Program Supervisor (Day Outings, Travel):** Donna Campbell 423-434-6230  
donnacampbell@johnsoncitytn.org

**Program Coordinator (Arts, Crafts & Performing Arts):** Chyrl McLaughlin  
423-434-6226 cmclaughlin@johnsoncitytn.org

**Program Coordinator (Dance Classes, Games, Computers, Lifelong Learning, Day Outings):** Jessica Thomas 423-434-6229 jmthomas@johnsoncitytn.org

**Program Coordinator (Fitness):** Kelly Finney 423-434-5758  
kfinney@johnsoncitytn.org

**Program Coordinator (Healthy Living):** Jeanne Clarke 423-434-6235  
jclarke@johnsoncitytn.org

**Program Coordinator (Hiking, Lifelong Sports, Dances):** Michelle Jenkins  
423-434-6223 mrjenkins@johnsoncitytn.org

**Volunteer Coordinator:** Chyrl McLaughlin 423-434-6226  
cmclaughlin@johnsoncitytn.org

**Congregate Meal Coordinator:** Staffed by FTHRA 423-434-5723

**In-Home Service Coordinator:** Missy Nelson 423-975-2744 mnelson@johnsoncitytn.org or mnelson@ftaaad.org

## JOHNSON CITY SENIOR CENTER ADVISORY COUNCIL MEMBERS:

Nyda Bays Kendra Mijeski  
Scott Beck Maureen Mulroy  
Neal Bowes Karen Purington  
Debra Dalrymple Cathy Rosario  
Christine Loveday Constance Sharuga  
Craig Kirkland Jo Willems  
Tricia Korade

## MISSION

Active Life through Active Living

**About the Johnson City Senior Center:**

The Johnson City Senior Center is located within Memorial Park Community Center and plans programs of interest for those 50+. The facility includes a fitness room, a computer lab, 2 full size gyms, a billiards room, 3 pools, several meeting/class rooms and 18 pickleball courts (indoor and outdoor)

## CONGREGATE MEAL

### Congregate Meal

FTHRA serves lunch Monday through Friday from 11:30am -12pm.

Please call 423-434-5723 for more information.

## SENIOR FOUNDATION

The Senior Foundation, Inc.- Johnson City (formerly the Johnson City Senior Center Foundation, Inc.) is a volunteer Board formed in 1984 for the specific purpose of accepting charitable gifts and donations and engaging in fundraising activities exclusively in support of the Johnson City Seniors' Center. Through the years, the Foundation has hosted many different fundraising activities, including golf tournaments, the Deerslayer obstacle course race, pickleball tournaments, a gala to celebrate the 50th anniversary of the Johnson City Senior Center, and many other activities. Proceeds from the fundraising events funded a number of different projects for the Senior Center, including purchasing buses for recreation activities, providing fellowships for low-income seniors to allow them to participate in Center activities at a greatly reduced cost, charter

bus transportation for outings, providing partial funding for the services of a Parish Nurse for 20 hours per week, a choral music program, and provided care boxes of food, paper goods and cleaning supplies annually for up to 200 seniors in need in our community. In 2025, the Foundation Board of Directors made the difficult decision to dissolve the Board. In doing so, the Foundation Board made a donation of the funds held by the Foundation to the City of Johnson City for the exclusive benefit of Senior Services, which will enable the center to continue those programs for a few years. The Senior Services staff would like to recognize the Senior Foundation, Inc.- Johnson City for its efforts on behalf of the senior adults that we serve, and we extend our gratitude to the recent Board members as well as the many dedicated members who served in the past.

## CENTENARIAN DAY

### NATIONAL CENTENARIAN'S DAY!

September 22 is National Centenarian's Day, a day set aside to celebrate and honor those who have celebrated 100 birthdays or more. If that's you, CELEBRATE!

The Century Club of East Tennessee was established in 2022 to recognize individuals who have celebrated their birthday of 100 years or older. Members in the club receive a

letter of greetings from the Governor in honor of their special contributions as Tennessee centenarians. Individuals also receive a matted certificate of recognition from the Century Club of East Tennessee.

The Century Club of East Tennessee is open to residents in the 33 county region of East Tennessee.

To request a certificate of recognition for the Centenarian in your life, visit their website at: <https://www.centuryclubnetn.com/>.

# ARTS

## NEEDLEWORK FOR THOSE IN NEED

If you enjoy crochet or knitting and helping others we are looking for folks to make crib/child size Blankets and Afghans. See Chyrl or Ann for yarn.

**Donations of yarn are currently being accepted.**

## TREASURE BOOKS/ JUNK JOURNALS

**Instructors: Mona Bawgus & Donna Smith**

**Cost: \$2 per class (Ages 18+)**

**Mondays, 1-3pm**

Learn the technique of upcycling old books into a more unique personalized book with many uses. Come share ideas and make a new friend. Basic supplies provided.

## MUSICAL VOICES

**Instructor: Bobbie Pearson**

**Cost: Free (Ages 50+)**

**Mondays, 1-3pm**

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

## JC JAMMERS (FORMALLY KNOWN AS MEMORIAL PARK COMMUNITY CENTER STRING BAND)

**Instructor: Kelsey Stuart**

**Cost: Free (Ages 50+)**

**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.

## PENCIL DRAWING MADE EASY

**Instructor: Ann Whitson**

**Cost: Free (Ages 18+)**

**Tuesdays, 1-2:30pm**

Tuesday afternoon drawing offers an encouraging, relaxed atmosphere in which to create and learn. Materials will be available or bring your own and take advantage of any instruction needed.

## BRING OUT THE ARTIST IN YOU — WATERCOLOR, ACRYLIC AND OIL PAINTING

**Instructor: Charline Hughes**

**Cost: \$5 per class (Ages 18+)**

**Tuesdays, 1:30-3:30pm (Will not meet September 9th and 16th)**

‘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.

## SEWING GROUP — A COMMUNITY SERVICE PROJECT

**Instructor: Charline Hughes**

**Cost: Free (Ages 18+)**

**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 are making lap quilts and/or pet beds. Sewing machines will be set up and all supplies will be available.

## DULCIMER LESSONS, BEGINNER/ INTERMEDIATE LEVEL

**Instructor: Roxanne McDaniel**

**Cost: \$10 per lesson (Ages 18+)**

**Wednesdays 1-2pm**

Learn to play the Dulcimer with Roxanne! Please bring an instrument that is ready to play. Please pre-register and pay by the Monday before class.

## DULCIMER PRACTICE/ JAM SESSION

**Cost: Free (Ages 18+)**

**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.

## SENIOR CHORALE

**Cost: Free (Ages 50+)**

**Thursdays, 10-11:30am**

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

## CELTIC AND OLD TIME FIDDLE

**Instructor: Rheva Myhre Luckey-Smith**

**Cost: \$13 per lesson (Ages 18+)**

**Thursdays, 1:30-2:30pm (Will not meet September 11th and 18th)**

Come explore Appalachian, Irish and Scottish fiddle tunes, techniques and history! All levels of experience welcome. Please pre-register and pay by the Tuesday before class.

## GROUP PIANO LESSONS

**Instructor: Craig Campbell**

**Cost: \$20 per lesson (All Ages)**

**Thursdays, 3:30-4:30pm**

Beginner or experienced welcome. Craig has served on the faculty of ETSU and Northeast St.

Community College. Build and preserve your cognitive skills. Please pre-register and pay by the Tuesday before class. Parents welcome to observe.

## VOICE LESSONS

**Instructor: Craig Campbell**

**Cost: \$20 per lesson (All Ages) Thursdays, 4:30-5:30pm**

Craig Campbell a graduate of The Juilliard School, held an assistantship at The Yale School of Music where he worked with singers enrolled at the Master's Level. He is a Johnson City native, and also teaches piano. This class will have a different emphasis! You are free to choose from a variety of regional styles, and dialects including jazz. We will work on proper core support and tone production to increase your level of confidence. Methods of harmonizing will also be discussed.

## GUITAR LESSONS

**Instructor: Roxanne McDaniel**

**Cost: \$13 per lesson (Ages 18+)**

**Fridays, 11am-12pm**

Would you like to learn to play the guitar or develop your existing skills? Bring your guitar (in playable condition) and join this class. Please pre-register and pay by the Wednesday before class.

## ZENTANGLE CLASS

**Instructor: Patti Coble**

**Cost: \$2 (Ages 18+)**

**Fridays, 12:30-2:30pm**

Create something beautiful through simple, repetitive strokes. In Zentangle, there are no mistakes, only opportunities, so take the opportunity to join us. Remember, “anything is possible, one stroke at a time”! Patti is a Certified Zentangle Teacher!

# ARTS

## PAPER QUILLING CLASS

**Instructor:** Mona Bawgus

**Cost:** \$4 per class (Ages 18+)

**Wednesday, September 3rd,  
11am-1pm**

Join this class to explore the many ways Paper Quilling can be used to make fun, attractive and useful Art, as well as gifts. All materials and instruction provided. All levels welcome.

## VIDEO SERIES – ART OF THE NORTHERN RENAISSANCE

**Instructor:** Ann Whitson

**Cost:** Free (Ages 18+)

**Wednesday, September 3rd,  
12:30-2pm**

Although the term “the Renaissance” is most commonly associated with Italy, the massive cultural transformations that were remaking the world were having as significant an impact on Art throughout Northern Europe as well. We will view paintings, woodcuts, engravings, etchings, sculptures, and drawings from this era.

## BASIC DESIGN CLASS

**Instructor:** Ann Whitson

**Cost:** \$4 (Ages 18+)

**Thursday, September 11th, 1-3pm**

This class will cover the Elements and Principles of Design and explain how an Artist uses this information when creating and structuring your works of Art.

## AMATEUR PHOTOGRAPHY CLUB

**Instructor:** Maureen Mulroy

**Cost:** Free (Ages 18+)

**Friday, September 12th, 1-3:30 pm**

If you are new to digital photography, interested in learning how

to use all the “bells and whistles” on your camera, and want to learn the basic rules of photography, then this club is for you.

## CREATIVE CARD MAKING

**Instructor:** Chyrl McLaughlin

**Cost:** \$7 (Ages 18+)

**Wednesday, September 17th,  
9-11am OR Thursday, September 18th, 2-4pm**

This is a make it take class that makes a variety of greeting cards. All supplies furnished for 6 cards in each class. Please pre-register and pay in advance to ensure your spot!

## BEGINNER BASKET MAKING CLASS

**Instructor:** Patty Baker

**Cost:** \$13 (Ages 18+)

**Wednesday, September 17th,  
11:30 – 1:30pm**

The September project will be an oval shaped basket made of ½” reed with colored reed accents in a choice of colors and will include a touch of seagrass around the opening.

The cost of class includes all materials and instruction. Your basket will be finished and ready to take home by the end of class! An example is on display in the glass display case in the hallway.

## DÉCOR DESIGN: SUNFLOWER WALL POCKET

**Instructor:** Deb Nelson

**Cost:** \$10 (Ages 18+)

**Thursday, September 18th,  
1:00 – 3:00 pm**

In this easy project featuring a Fall theme, we will recycle a metal can into a piece of wall décor! This mixed media project uses paint, designer paper napkins, twine and

sunflowers. An example is on display in the glass display case in the hallway.

## MYSTERY GRAB BAG CARD MAKING

**Instructor:** Chyrl McLaughlin

**Cost:** \$7 (Ages 16+)

**Thursday, September 23rd,  
9-11am**

It's time to clean out my stash of ready to assemble card making kits. The stamping and embossing have been done for you. This is a great opportunity for beginners to see what card making is all about or for the experienced card maker to increase their supply of ready to send cards. The mystery comes into play because all the envelopes do not contain the same cards. You will choose the packet that meets your needs. Cards that will be in the packets include a variety of holiday cards, birthday, get well, and thinking of you. Come and have some fun crafting and getting to know someone new.

**Don't delay, seats are limited to the first 15 people. Please pre-register and pay in advance to ensure your spot!**

## WOODEN HOOP WITH NESTING BIRD

**Instructor:** Patty Baker

**Cost:** \$13 (Ages 18+)

**Wednesday, September 24th,  
11:30am-1:30pm**

You will create a beautiful piece of wall Art to brighten any space! A wooden hoop will become a display piece with silk floral, raffia and a colorful nesting bird. An example is on display in the glass display case in the hallway.

## VIDEO SERIES – IN THE FOOTSTEPS OF VAN GOGH

**Instructor:** Ann Whitson

**Cost:** Free (Ages 18+)

**Wednesday, September 24th,  
12:30-2pm**

By following in Vincent's footsteps through the Netherlands, Belgium and France, you will begin to understand the world of this restless genius and see the subjects of his Art the way he saw them.

## BEGINNING WATERCOLOR TECHNIQUE

**Instructor:** Ann Whitson, Ally Amore

**Cost:** \$5 (Ages 18+)

**Thursday, September 25th, 1-3pm**

Would you like to learn more about Watercolor? Join this class to learn basic information about tools and materials and how to use them and also basic techniques to get you started on your journey to a fun and rewarding form of Art.

## CORN HUSK DOLL WREATH

**Instructor:** Charline Hughes

**Cost:** \$14 (Ages 18+)

**Thursday, September 25th  
1:30-4pm**

You will create a lovely Fall Wreath using a grapevine frame and natural cornhusk. Charlie will teach the age-old technique of doll making from corn husk, then place it, along with Fall accents, onto the wreath frame.

## SILK SHAWL CLASS

**Instructor:** Sherry Bernheisel

**Cost:** \$25 (Ages 18+)

**Friday, September 26th, 1-4pm**

Decorate a beautiful silk shawl, which has a lovely fringe design, using Sherry's creative techniques and fascinating materials! All materials and instruction included. An apron is recommended.



YOU'RE INVITED TO A  
**GAME SHOW!**

**TRIVIA**  
**WITH**  
**BUDDS**



Join us for a fun afternoon of  
popular game shows like:

- Word Wheel Challenge
- Majority Rules
- Jeo-parody
- Top 8

and more hosted by Ryan Budds! Be ready  
because Ryan will call up volunteers to play!

**THIS IS A FREE EVENT!**  
**Thursday, September 25 - 1:00PM**

Please RSVP to Amanda at  
**423-283-3499**  
by September 22.

2623 Peoples Street  
Johnson City, TN 37604

**EVERLAN**  
of JOHNSON CITY

(423) 283-3499  
everlanjohnsoncity.com



# CENTER NEWS

## CELEBRATE NATIONAL SENIOR CENTER MONTH WITH US!

September is National Senior Center Month, and there's no better time to celebrate all the ways senior centers enrich lives, foster connections, and empower older adults to live vibrantly—especially right here in Johnson City!

Since opening its doors in 1961, the **Johnson City Senior Center** has become a thriving hub for adults 50 and older, growing to over **4,000 active members**. Each day, members are engaging in **Active Life through Active Living**—a mission brought to life through a diverse lineup of programs designed to strengthen mind, body, and spirit.

From **arts and lifelong learning to sports, games, fitness, dance, and wellness**, there's truly something for everyone. Whether you're picking up a paintbrush, joining a tai chi class, or diving into a book discussion, the center offers a welcoming place to try something new—or to get even better at

something you love.

And it's not just about what happens inside the building. The center hosts day outings throughout the beautiful Upper East Tennessee region, making it easy to explore, socialize, and stay active. It's also home to over **100 senior volunteers**, who give their time to support not just the center, but the entire community.

Want to stay in the loop? The monthly Senior Lifestyles publication, created in partnership with Six Rivers Media (publishers of the Johnson City Press), keeps over 10,000 readers informed and inspired, with print copies available at more than 60 community drop sites.

If you've never visited the Johnson City Senior Center—or haven't been in a while—now is the perfect time. Come see for yourself what makes this place so special. Meet new friends. Reconnect with old ones. Try a new class. Or just stop by for a cup of coffee and conversation.

This September, let's celebrate the joy of aging well—**together**.

# 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 8a-5p, Monday through Friday. **Times/Availability subject to Change.**

## FLIGHT SIMULATOR

**Cost: \$5 Every Session (Ages 50+)**

**Tuesday, September 2nd, 9th, 23rd, 30th, 10-11am**

Join us as we offer a realistic way for individuals to explore the world of aviation. Using advanced software, these simulations will create the experience of piloting an aircraft, complete with controls and visual displays. Participants will be able to practice takeoffs, landings, and learn the navigation system. This technology not only provides a thrilling experience but also helps improve cognitive skills and hand-eye coordination. **Please Pre-Register, limited seating available.**

# REC PROGRAMS

## APPALACHIAN ARENA

**Instructor: Kevin Mast**

**Cost: \$5 (Ages 9+)**

**Saturday, September 13th**

**1:00pm-4:00pm**

Compete in fighting games like Super Smash Bros., Rivals of Aether 2, and other rotating traditional fighting games like 2XKO, Tekken, Street Fighter and more. If you are one of the top players for the respective game, you can expect a prize!

## APPALACHIAN ARENA YOUTH

**Instructor: Kevin Mast**

**Cost: Free (Ages 9-15)**

**Saturday, September 13th**

**10:00am-1:00pm**

This is a youth friendly esports environment to compete and learn about the intricacies of fighting games! We primarily play Super Smash Bros Melee, Ultimate, and Rivals of Aether 2.

## LEGO STEM DAY

**Instructor: Kevin Mast**

**Cost: \$5 (Ages 6-12)**

**Tuesday, September 16th**

**4:30-5:30pm and 6:30-7:30pm**

Learn more about STEAM through the world of LEGOs. Engage in debugging code, engineering solutions to problems, and creating new artistic structures. We will be using the LEGO Spike Essentials Kit to do this program.

## OPEN ESPORTS LAB

**Instructor: Kevin Mast**

**Cost: Free (All Ages)**

**Mondays, Wednesdays, Fridays**

**5:00-8:00pm**

Looking for a place to game, compete, and connect? Join us for Open Esports Lab every Monday, Wednesday, and Friday! Play your favorite games, try out new titles, or simply hang out with fellow gaming enthusiasts in a fun, welcoming environment.

## TABLE TOP RPG CAMPAIGN

**Instructor: Kevin Mast**

**Cost: Free (Ages 9-17)**

**Saturday, September 13th**

**10:00am-12:00pm**

Unleash your creativity and bring your tabletop adventures to life! Join us for a fun and engaging miniature painting workshop where you'll learn tips and techniques to paint your own tabletop RPG mini-figures. Whether you're a seasoned adventurer or new to the hobby, this program is perfect for participants of all skill levels. We'll provide the miniatures, paints, and brushes—just bring your imagination! By the end of the session, you'll have a unique, hand-painted figure to take home and use in your next game.

## MINECRAFT EDU: CYBER FUNDAMENTALS

**Kevin Mast (Bold, Calibri 12 font)**

**Cost: \$15 (Ages 6-17)**

**Tuesdays | August 26th, September 23rd, October 28th | 4:30-5:30pm OR 6:30-7:30pm**

Learn the fundamentals of cyber security in this 3 course Minecraft Education class! There are two time slots that will meet once a month in August, September, and October.

# DANCE

## LINE DANCE WITH MARTHA

(Upper Beginner/ Intermediate Level)

**Instructor: Martha Davenport**

**Cost: \$6 / (Discount for Silver Sneakers®, Renew Active™, Silver & Fit®, and FitOn™ (if eligible))**

**Mondays, 3–4:30pm (Ages 12+)**

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. For more information, contact Martha drmd72@hotmail.com or check out this website <https://linedancingwithmartha.jimdosite.com/>

## LOVIN' LINE DANCE

**Level 2 (Ages 18+)**

**Instructor: Sue Ayers**

**Cost: \$5/ Discount for Silver Sneakers®, Renew Active™, Silver & Fit®, and FitOn™ (if eligible)**

**Wednesdays 6:15-7:30pm**

Bring your existing beginner line dance step knowledge and happy feet to this fun class, where we enjoy a wide mix of music to popular dances- Classic and new. I provide thorough teaching or brief review, depending on time we've already spent on a dance. I will email you all of the info you need to practice at home (if you choose). Questions? Contact Sue Ayers at [pupstergal@yahoo.com](mailto:pupstergal@yahoo.com)

## DANDY LINE DANCERS (INTERMEDIATE LINE DANCING)

**Instructor: Martha Davenport**

**Cost: Free (Ages 12+)**

**Thursdays, 4:30-6pm**

This is a volunteer group, which not only practices during this time frame, they also perform in the community. A variety of dances are taught every week keeping up with the newest and most popular line dances and music. All levels of line dances are pulled into class, making it a fun and energetic class. Discover the performer inside of you- It will surprise you how much fun it can be! Whether you are a performer or someone who helps on the side-line, this is a great way to spread the joy of line dancing to others. For more information, contact Martha drmd72@hotmail.com or check out this website <https://linedancingwithmartha.jimdosite.com/>

## BALLROOM DANCE PRACTICE

**Cost: Free (Ages 18+)**

**Thursdays, 1:30pm**

Come and enjoy an afternoon of ballroom dancing.

Limit of 20 per class.

## JOHNSON CITY GRAND SQUARES

**Cost: \$6 (All Ages Welcome)**

**Friday, September 12th &**

**September 26th, 5:30-7:30pm**

New members welcome. Info. Call 423-612-0527 or 423-361-3152

## BALLROOM DANCE PRACTICE

**Cost: Free (50+)**

**Tuesdays 6-7:45pm**

Come join us for an evening of Ballroom Dancing.

Limit of 20 per class.

## FALL BALL DANCE

**Cost: \$8 (Ages 50+)**

**Friday, September**

**19th, 6-9pm**

All dancers welcome. We look forward to having the Band

Limited Edition.

Come and dance or just listen to great music. We will be serving Light Hors D' Oeuvres.

It will be a great night, hope to see you there. Please Pre-register by September 17th.



**Trust the professionals you have known for years.**



306 Sunset Drive,  
Suite 103  
Johnson City, TN  
423-328-9190

Russell J. Fankhouser  
Au.D.

Alexandria M. Lyons  
Au.D.

Sherry A. Ayers  
Office Manager

Christopher A. Burks  
Au.D.

[www.apphsc.com](http://www.apphsc.com)

# LIFELONG SPORTS

## INDOOR PICKLEBALL AT MPCC

Cost: Free (Ages 18+)

Monday 8:30-1:00 and  
Wednesday, 7am-1pm

Tuesday and Thursday,  
7am-11:30am

Friday, 7am – 2:30pm

Court #1 — Beginner  
Courts #2-6 – Intermediate  
Paddle Up – All Courts

## INDOOR PICKLEBALL AT KEYSTONE

Cost: Free (Ages 18+)

Monday, Wednesday and Friday,  
8am-12pm

Join in on the fun! We play  
doubles.  
Open play.

## OUTDOOR PICKLEBALL PLAY SCHEDULE

Cost: Free (Ages 18+)

Monday — Sunday

7am — 10pm

Paddle Up – All Levels – MPCC  
Outdoor Courts 1-12

## SENIOR BILLIARDS

Cost: Free (Ages 18+)

Monday through Friday,  
7am-8pm

Saturday 9am-4pm

Four tables available for open play.

## BEGINNERS TABLE TENNIS

Cost: Free (Ages 50+)

Monday, Wednesday,  
and Friday 8-9am

A class for individuals interested

in learning how to play Table Tennis.

## DOUBLES TABLE TENNIS

Cost: Free (Ages 50+)

Monday, Wednesday,  
and Friday 9-11am

Mixed doubles table tennis is a  
great way to keep your brain and  
body active.

## SENIOR BASKETBALL KEYSTONE

Cost: Free (Ages 50+)

Tuesdays and Thursdays  
8-12 am

Drop in for a pickup game or just  
shoot some baskets.

## FIRST DISTRICT TN SENIOR OLYMPICS

Practice sessions for registered  
athletes

Cost: Free (Ages 50+)

Shuffleboard

Kiwanis Park Recreation Building  
821 W. Market St, Johnson City

Wednesdays, August  
6-September 17

1-3pm

Cornhole

MPCC Gym

Wednesdays, September 10,  
September 17

1:30-3:30pm

Field Events

MPCC Green Space

Friday, September 5

Javelin 8:30-9:30am

Shot Put 9:30-10:30am

Discus 10:30-11:30

# LIFELONG LEARNING

## BRAIN-A-CISE (TRIVIA)

Cost: Free (Ages 50+)

Tuesdays in September,  
1-2 pm

This is a trivia-based program.  
Come exercise for the brain,  
unleash your potential, and be  
empowered for a brighter  
tomorrow while showing off  
your trivia skills. Please pre-reg-  
ister

## GENEALOGY CLUB

Cost: Free (Ages 50+)

Tuesdays in September,  
4-5:30 pm

Come! Learn! Discover the  
many things about who your  
ancestors were, their occupa-  
tions, 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 about the available  
online and print research  
resources. Bring a laptop. Please  
Pre-register.

## GERMAN CONVERSATION CLUB

Cost: Free (Ages 16+)

Wednesdays in September,  
10-11:30 am

Lifelong learning of German  
Language, Culture, History, etc.  
Attendance is NOT required to  
participate. DROP-IN/-OUT any-  
time during the meeting. For  
more information, contact Lon  
Felker at 423-408-4670.

## MEMORY LANE: SHARING YOUR STORY

Cost: Free (Ages 50+)

Tuesday, September 30th,  
10-11:30am

Cost: \$3 (supplies &  
printing)

Join us for a new 5-week story-  
telling and photography course  
designed for older adults to  
explore meaningful life memo-  
ries at their own pace. Each ses-  
sion encourages participants to  
bring in a photo, keepsake, or  
memory to help show and create  
expression through themed  
activities. A special feature of  
this class includes a Photo Day  
in Week 4 but also throughout  
the class, where the instructor  
will bring professional photog-  
raphy equipment for photos,  
audio/visual and to take indi-  
vidual portraits of interested  
participants. Hope to see you  
there! Please Pre-register

## PREPARATION FOR BRAIN OLYMPICS

Cost: Free (Ages 50+)

Wednesday, September 10th  
& 17th, 2 pm- 3pm

Join us as we prepare our  
teams for Brain Olympics; if you  
are interested in being on a  
team, whether you're a strategic  
thinker, a quick problem-solver,  
or to challenge yourself. Don't  
miss this chance to collaborate,  
compete, and sharpen your mind  
with us. We are looking to enter  
2 teams of three. Please Pre-  
Register





# GAMES

## HAND & FOOT CANASTA

**Cost: Free (Ages 50+)**

**Mondays in  
September, 1-5pm**

Come and play this card game. If you don't know how, no worries, they will teach you how.

## BINGOCIZE®

**Cost: Free (Ages 50+)**

**Prizes sponsored by  
Tetrick Funeral  
Services**

**Mondays and  
Wednesdays,  
10am-10:45am OR  
11am-11:45am**

Would mixing bingo with physical activity increase your interest in an exercise program? Space is limited. Pre-register by calling 434-6237.

## SCRABBLE GROUP

**Cost: Free (Ages 50+)**

**Tuesdays, 11am-1pm**

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

**Cost: Free (18+)**

**Tuesdays, 2-5pm**

Open to all skill levels. Come join our group.

## PINOCHLE

**Cost: Free (Ages 50+)**

**Wednesdays, 1-5pm**

A trick taking card game for four.

## CRIBBAGE

**Cost: Free (Ages 50+)**

**Thursdays,  
10 am-1 pm**

You replied, so you shall receive! Cribbage is traditionally played with a specialized board and pegs for scoring. The goal is to be the first to score 121 points by forming a card combination that add up to 15. This game

involves a unique crib element.

## ROOK

**Cost: Free (Ages 50+)**

**Thursdays, 1-5pm**

Rook is a challenging trick taking game played with a special deck of cards and a special group of people. Please join us!

## MAHJONG

**Cost: Free (18+)**

**Fridays, 9:30-11:30am**

Beginners and experienced, come join us for a game of mahjong, a tile based game similar to rummy. If you are wanting to learn, someone will be there to

teach you. Come join us!

## ACE OF CLUBS DUPLICATE BRIDGE

**Cost: Free (Ages 50+)**

**Friday, September  
5th & 19th,  
12:30-4:30pm**

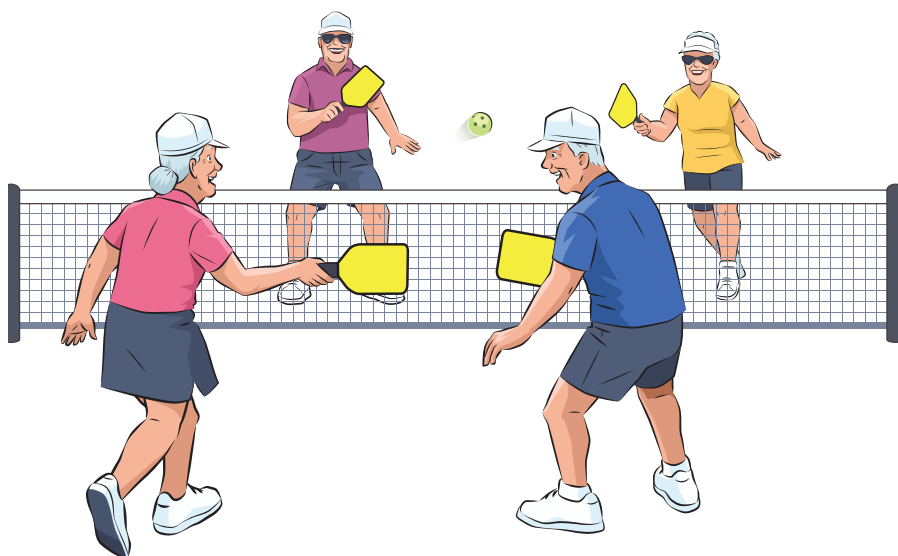
If you enjoy playing bridge, but haven't tried duplicate bridge. Join the fun!

## BINGO

**Cost: Free (Ages 50+)**

**Monday, September  
15th, 10-11am**

Come join in on the fun of B-I-N-G-O.



*Welcome to the Neighborhood!*

*"A Perfect Place to Call Home."*

Follow us on Facebook to see Events and Updates on our Community.

We are Johnson City's only Continuum Care Community offering a range of residential options including Independent Living, Assisted Living, and Rehabilitation Services all conveniently located on one campus in the heart of Johnson City!

**Call Kayla today at (865) 258-4502 to schedule a tour!**

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COMMUNITY**

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# FITNESS

## FITNESS ROOM

**Cost: Daily and Monthly fee options, (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 14+)**

**Monday through Friday, 7am–8pm, Saturday 9am–4pm**

Fitness orientation required for new users to the fitness room. There is no preregistration required to use fitness room.

**Contact your Medicare Advantage plan administrator to see what amenities are available in order to receive discounts on classes and fitness room usage.**

## TURTLE-THON

### Orientation Session

**Thursday,  
September 4,  
11:30-12:30pm**

Turtle-thon is a marathon for everyone! Complete the 26.2 miles at your own pace during this 5 week program. Get the motivation and accountability you need as we track our progress and get fit together. Optional group walks at area parks and special events will add to the fun! Make plans to attend the orientation session to get all the details. For those unable to attend the orientation, registration packets will be available at the senior front desk. Turtle-thon begins September 8th and runs through October 12th. Cost for the 5 week program will be \$10 per person which includes special events and finale picnic. Please call 423-434-6237 to pre-register for the orientation session.

## STROLLING SENIORS WALKING PROGRAM

**Cost: Free  
Tuesdays, 8:30am**

This is a partnership with Tri Cities Walking Challenge. This group is simply to get the community moving and socializing - what better way than walking. Our goal is to be a motivational tool to help achieve a better you. Meet in the

parking lot for the VA on Mt. Home Drive off of State of Franklin Road, right before the railroad tracks. Hope to see you there!

## CARDIO DRUMMING

**Cost: \$3/Class  
Fridays, 9:30am,  
beginning September 12**

Cardio Drumming is a fitness trend that combines drumming with cardiovascular exercise, using exercise balls and drumsticks to create a full-body, low-impact workout. Participants follow along with music or a rhythmic beat, incorporating movements like drumming overhead, to the side, and even between the legs. It's a fun and engaging way to improve cardiovascular health, coordination, and balance, suitable for various fitness levels and ages.

## SILVER SNEAKERS® BOOM MUSCLE

**Instructor: Kelly Finney  
Mondays & Wednesdays,  
8-9am**

**Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)**

One hour class that includes muscle conditioning blocks and activity-specific intervals to improve cardiovascular health. The class will include cardio endurance, strength, flexibility and balance challenges. Wednesday's class will move through circuit training stations.

## CHAIR YOGA WITH KATHY

**Instructor: Kathy Richardson  
Cost: \$3/class (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)**

**Wednesdays, 9am-9:45am**

Move through a series of seated

and standing yoga poses. Chair support is offered so participants can perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion.

## FLEX AND FLOW YOGA

**Instructor: Kathy Richardson  
Cost: \$4/class  
(ages 18 +)**

**Wednesdays 2:30pm**

This class will focus on yoga poses as well as a determination to explore opportunities for mindful movement as part of a personal wellness journey.

## MORNING RELAXATION

**Instructor: Tricia Korade  
Cost: Free  
Tuesdays and Thursdays.  
8:30am**

Start your morning out with a 15 minute relaxation session. This is a time to get your mind right and totally recharged for the day ahead.

## CHAIR YOGA

**Instructor: Tricia Korade  
Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)**

**Tuesday and Thursday,  
9-10am  
Tuesdays 10:30-11:30am**  
Move through seated and standing yoga postures to increase flexibility, balance and range of motion. No part of this class is done on the floor. A chair is used to meet a variety of fitness levels. The class is appropriate for participants of all fitness levels, including those who have never practiced yoga before.

## CLASSIC

**Instructor: Kelly Finney  
Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)**

**Mondays & Wednesdays, 10am or 1:30pm**

This class is a format of seated and standing exercises to increase muscular strength, range of motion and activities for daily living. This one hour class is designed to help you become stronger and improve balance incorporating warm-up, cool-down, stretching and relaxation.

## CIRCUIT

**Instructor: Kelly Finney  
(Tuesday, Thursday @ 10am) Deb Fogle (Tuesday, Friday @ 8:45am)**

**Lorra Ferrar (Wednesday @ 9am, beginning October 22)**

**Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)**

**Tuesdays & Fridays, 8:45am  
Tuesday & Thursday, 10am**

This class is designed to increase cardiovascular endurance and improve strength. This is a standing upper and lower body strength work alternated with low-impact cardio using a chair for standing support. Participant should possess consistent skills in agility, coordination and balance.

## TAI CHI BEGINNER

**Instructor: Tonya Van Hook  
Cost: \$5 per class (50% discount for SilverSneakers®, Renew Active™, FitOn® and Silver & Fit® eligible participants). (Ages 18+)**  
**Mondays and Wednesdays, 12pm**

Tai Chi for Arthritis is an evidence based, low-impact Tai Chi form modified for seniors.

## BEGINNER STEP CLASS

**Cost: \$7/class  
Tuesdays, 5-6pm**

This class is a unique version of a step program like no other. It combines cardio, the step board, and music to provide participants with a fresh spin on an old concept. This is for beginners only.



# FITNESS

## TAI CHI ADVANCED

**Instructor:** Tonya Van Hook

**Cost:** \$5 per class (50% discount for SilverSneakers®, Renew Active®, FitOn® and Silver & Fit® eligible participants.) (Ages 18+)

**Mondays & Wednesdays, 10am Fridays, 11:30am**

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

## QIGONG

**Instructor:** Tonya Van Hook

**Cost:** \$5 per class (50% discount for SilverSneakers®, FitOn®, Renew Active®, and Silver & Fit® eligible participants.) (Ages 18+)

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

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.

## YOGA “JUST BREATHE”

**Instructor:** Dixie Neth

**Cost:** \$5/class

(Ages 18+)

**Tuesdays & Thursdays 11am-12:30pm**

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

## SIT TO BE FIT

**Instructor:** Kelly Finney

**Cost:** Free

**Fridays, 10:30am-12pm**

Join us for a fun chair workout with movement and strength training exercises. Exercise is for 30 minutes. Lecture and lunch included.

## BOOM MOVE GET YOUR KILLER THRILLER ON WITH THIS FUN HALLOWEEN DANCE!

**Date:** Tuesday, beginning September 9, 2025

**5:30-6:15pm**

**All ages**

**Cost:** \$3 per class, (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)

Get ready to unleash your inner zombie and join this dance for a fun dance workout to the song Thriller. Since 2006, this iconic dance from Michael Jackson's legendary music video has united communities worldwide in a thrilling, simultaneous performance.

We will make the moves simple and easy to follow for a weekly class, ending with a chiller thriller party at the end of October, showing off your new dance skills.

## BOOM MIND

**Instructor:** Tricia Korade

**Cost:** \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants)

**Thursdays 10:30-11:30am beginning October 2**

BOOM Mind is a moderately intense class, suitable for seniors and older adults looking to enhance their overall fitness and well-being through a combination of strength training, flexibility, and mind-body exercises. Modifications are available to adjust the difficulty based on individual fitness levels.

## SELF-DEFENSE CLASS

**Instructor:** Bill Perkins

**Cost:** Free (All ages)

**Friday, September 19th, 5:30-7:30pm**

A 2 hour, one-time seminar with the basics for physical self-defense for women. Includes striking techniques, joint locks, pressure points, escapes, and how to fall safely. Wear sweats or shorts, no jewelry or metal. We will practice barefoot on mats. These techniques are simple, effective, and don't require much practice, but they are

not obvious.

## STABILITY

**Instructor:** Kelly Finney

**Cost:** \$3/class (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)

**Wednesdays 9am-9:30am (6 week series), no class September 23.**

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. This class is designed specifically for fall prevention.

## STEP IT, LIFT IT, SHAKE IT, MOVE IT

**Instructor:** Kelly Finney

**Cost:** \$2/class

**Fridays 8:30-9:15am, weather permitting**

This is a fun outside fitness class that involves steps and movement using interval training. Be ready to move and get in shape with cardio and strength training.

## BEGINNERS YOGA FLOW

**Instructor:** Angela Hagaman

**Cost:** Free

**Langston Centre**

**Thursdays 5:30pm**

This class is taught by a certified yoga instructor registered with the yoga alliance. This class will focus on breathing methods to match a movement of yoga poses.

## AQUATICS CLASSES- MEMORIAL PARK COMMUNITY CENTER MORNING WATER AEROBICS

**Instructor:** Heidi Perry

**Cost:** \$4/class or \$40/month

**Monday, Wednesday, and Friday 9-10am**

Start your day with this shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, bance and core work in a fun environment.

## EVENING WATER AEROBICS

**Instructor:** Heidi Perry

**Cost:** \$4/class or \$40/month

**Tuesday and Thursday 6-7pm**

Get in shape with this shallow water class which combines cardiovascular strength and conditioning, muscle strength and toning, bance and core work in a fun environment.

## AQUAMIX

**Instructor:** Kim McLeod

**Cost:** \$4/class or \$30/month

**Tuesday and 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.

## SATURDAY BLAST

**Instructor:** Kim McLeod

**Cost:** \$4/class

**Saturday 9:15-10:15**

Put a calorie smack down during the weekend with this metabolism boosting shallow water workout.

## SILVER SNEAKERS SPLASH

**Instructor:** Heidi Perry

**Cost:** \$4/class (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants) (Ages 50+)

**Tuesday and 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.

## ARTHRITIS CLASS

**Instructor:** Heidi Perry

**Cost:** \$4/class

**Tuesday and Thursday 11-11:40am**

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

## GROUP EXERCISE GUIDELINES

Preregistration recommended for the above classes. Class size for Classic and Circuit is 22. Class size for Chair Yoga is 30.

# GROUPS & MEETINGS

## WEEKLY BIBLE STUDY OPPORTUNITIES Our Holy Bible Study

**Mondays, 2pm (Ages 50+)**

Come join us as we study God's word together.

**MEN'S BIBLE STUDY  
Thursdays, 8am (Ages 50+)**

Come join us as we study the Bible together.

**AS THE PAGE TURNS  
(BOOK CLUB)  
Thursday, September 4th,  
10-11am**

## Loaner Books Provided (Ages 50+)

If you like reading a variety of books and meeting new people, come join us. You are not required to join in the discussion or answer questions if you do not wish to. We will be discussing the previous month's book and you will receive the book for the next month's meeting.

**REMINDER: PLEASE RETURN  
BOOKS AT EACH MEETING TO MPCC  
NORTHEAST TENNESSEE  
MULTIPLE MYELOMA  
SUPPORT GROUP**

## First Saturday of each month, 12-2pm

If you or someone you love has multiple myeloma please join us for shared experiences and education. For more information, please contact Cheryl Povlich by E-mail at [cpovlich@gmail.com](mailto:cpovlich@gmail.com). Visit the group website at <http://netn.support.myeloma.org>.

**VOLUNTEER  
INFORMATIONAL MEETING  
Monday, September 8th, 10 am  
Cost: Free**

This is our monthly volunteer meeting. Refreshments will be

served. Angie Odom with The TLC Community Center will be joining us as our guest speaker. She will share the volunteer opportunities that are available at her organization. We will have a fun activity for the group. Interested in volunteering? Check us out!

**JCSC SENIORS ON  
THE GO  
Tuesday, September 23rd,  
3-4:30pm**

Join your travel friends for the September meeting. Please pre-register by Friday, September 19.

# NOTEWORTHY EVENTS

**"TRY US OUT"  
Cost: Free (Ages 50+)  
Thursday, September 4th, 9am**

Are you new to the center or want to know more about programs. Plan to attend a "Try Us Out" session. This is an opportunity to meet staff, ask questions about programs and take a tour of the center. New participants will receive a gift. Please stop by the front desk or call 434-6237 to reserve your spot.

**NEWCOMERS SOCIAL  
HOUR**

**Cost: Free (ages 50+)  
Wednesday, September  
10th, 1-2pm**

Are you new to Johnson City or new to the Senior Center? Are you looking for an opportunity to meet others who are new to the area? Plan to attend the first Newcomers Social Hour and make a new friend! This will be an informal gathering in the senior lobby – games, refreshments and conversation starters will be provided.

**SENIOR SINGLE SOCIAL  
MIXER  
Cost: Free (Ages 50+)**

**Monday September 15th,  
6:00pm**

Spin the Wheel 50s and 60s Trivia. Come and test your memory from the 50s and 60s.

Enjoy this friendly competition with other senior singles.

**SENIOR CENTER  
SHOWCASE**

**Cost: Free (ages 50+)  
Thursday, September 18th,  
10am-12pm**

You're invited to experience many of the programs and activities offered for senior adults during the Senior Center Showcase on Thursday, September 18, from 10am to 12pm. Displays will be set up with information on the many different activities offered at the Center. Fitness demonstrations will be offered throughout the event in the Senior Gathering area.

**SENIOR CENTER  
SHOWCASE LUNCHEON  
cost: \$2.00 (ages 50+)**

**Thursday, September  
18th, 12pm**

Join the senior services staff for

lunch as a part of National Senior Center Month celebration. Must pre-register by Monday, September 15.

**FALL BALL DANCE  
Cost: \$8 (Ages 50+)**

**Friday, September 19th 6-9pm**

All dancers welcome. We look forward to having the band Limited Edition.

Come and dance or just listen to great music. We will be serving Light Hors D' Oeuvres.

It will be a great night, hope to see you there. Please Pre-register by September 17th.

## Medicare Counseling Available

This is a time to get questions answered and compare plans.

Wednesday, September 10th —  
9am — 12pm (3 slots)

Tuesday, September 16th —  
12pm — 3pm (3 slots)

Thursday, September 24th —  
12pm — 3pm (3 slots)

Friday, October 3rd — 9am —  
12pm (3 slots)

Call 423-434-6237 to set up an appointment with the trained SHIP volunteer.



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Retirement Center



# HEALTHY LIVING

## NURSES NEWS

Jeanne Clarke, RN plans our health related programs, activities and screenings. She provides one-on-one health coaching, information, and resources as well as free blood pressure and fasting blood sugar checks. Her hours are Mondays, Tuesdays and Thursdays, 9am-3:30pm.

## TURTLE-THON ~ MARATHON FOR EVERYONE

### orientation Session

**Thursday, Sept. 4th,  
11:30am-12:00pm**

Here is your chance to complete a marathon! Walk (or run) the 26.2 miles at your own pace during this 5 week program. Get the motivation and accountability you need as we track our progress and get fit together. Optional group walks at area parks and special events will add to the fun. Make plans to attend the orientation session to get all the details. For those unable to attend the orientation, registration packets will be available at the senior front desk. Turtle-thon begins September 8th through October 12th. Cost for the 5 week program will be \$10 per person which includes special events and finale picnic. Please call 423-434-6237 to pre-register for the orientation session.

## TOUR YOUR EAR – FREE EAR CANAL EXAMS

**Cost: FREE (All Ages)**

**Monday, September 8th,  
9:30am-12:30pm**

Join Acuity Hearing Centers for a painless and fascinating experience where a tiny video camera called a video otoscope

is used to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on the video monitor! Call 423-434-6237 to schedule your 15 minute appointment.

## SEPSIS AWARENESS – SPOT THE SIGNS

**Monday, September 8th,  
11am-12pm**

Did you know that Sepsis is the leading cause of death in U.S. hospitals? Sepsis affects an estimated 49 million people worldwide each year, contributing to 20% of all deaths globally and taking more lives than cancer. September is Sepsis awareness month. Anyone can get an infection, and almost any infection can lead to sepsis. It's important to know the risks, spot the signs and take steps to get ahead of sepsis. Stop by the display in the lobby for information or come by the nurse's office on Mondays, Tuesdays or Thursdays during September to learn more about sepsis.

## WITS WORKOUT ~BRAIN FITNESS

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

**Cost: FREE (Ages 50+)**

**Monday, September  
8th, 1-2pm**

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. Please call 423-434-6237 to pre-register.

## BETTER BALANCE SERIES

**Speaker: Heatherly Sifford,  
BSPH, JCMC**

**Cost: FREE (Ages 60+)**

**Tuesdays, September 9th,  
16th, 23rd & 30th, 10:30-  
11:30am**

Don't let concerns about falls keep you from doing the things you love. Learn small changes that you can make to reduce your risk of falls and learn exercises to increase strength, flexibility and balance. Stay active and stay safe with better balance. Please call 423-434-6237 to pre-register.

## STRESS & YOUR HEART

**Speaker: Dr. Ashwin Jagadish, Medical Resident,  
ETSU Quillen College of  
Medicine**

**Cost: FREE (All Ages)**

**Tuesday, September 16th,  
10-11am**

Stress may be affecting you in ways that you don't even realize. Learn how stress contributes to many heart problems and explore options to better manage your stress. Please call 423-434-6237 to pre-register.

## PARKINSON'S SUPPORT GROUP

**Cost: FREE (All Ages)**

**Thursday, September 18th,  
12:30-1:30pm**

This caring group is for all PWP's (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. No pre-registration required.

## BE STROKE SMART

**Speaker: Dr. Shahnawaz Notta, Medical Resident,  
ETSU Quillen College of  
Medicine**

**Cost: FREE (All Ages)**

**Tuesday, September 23rd,  
10-11am**

Learn about the different types of stroke, what symptoms to watch for, and the importance of seeking medical help quickly. Discussion will also include prevention, treatment and recovery from strokes. Please pre-register by calling 434-6237.

## DIABETES MANAGEMENT

**Speaker: Dr. Siddiqui, Medical  
Resident, ETSU Quillen College of  
Medicine**

**Cost: FREE (All Ages)**

**Tuesday, September 30, 10-11am**

Whether you are living with diabetes or looking to support a loved one, gain a better understanding of Type 2 diabetes and learn tips for better managing blood sugars. Please call 423-434-6237 to pre-register.





Classic class.



Boom class.

## HIKING

### STROLLING SENIORS WALKING PROGRAM

**Cost: Free**

**Tuesdays, 8:30am**

This is a partnership with Tri Cities Walking Challenge. This group is simply to get the community moving and socializing — what better way than walking. Our goal is to be a motivational tool to help achieve a better you. Meet in the parking lot for the VA on Mt. Home Drive off of State of Franklin Road, right before the railroad tracks. Hope To see you there!

### TURTLE-THON ORIENTATION SESSION

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11:30-12:30pm**

Turtle-thon is a marathon for everyone! Complete the 26.2 miles at your own pace during this 5 week program. Get the motivation and accountability you need as we track our progress and get fit together. Optional group walks at area parks and

special events will add to the fun! Make plans to attend the orientation session to get all the details. For those unable to attend the orientation, registration packets will be available at the senior front desk. Turtle-thon begins September 8th and runs through October 12th. Cost for the 5 week program will be \$10 per person which includes special events and finale picnic. Please call 423-434-6237 to pre-register for the orientation session.

#### • Walkers & Talkers

1-3 miles, mostly flat, guided-tours

### FOUNDERS WALK

**Cost: Free (Ages 50+)**

**Thursday, September 4th 9am**

Come join this walk around Founders Park with City Naturist Connie Deegan and City Environmental Specialist Theresa Carter. Theresa is from Public works Stormwater Division. She will explain how Founder's Park serves as a flood control measure and addresses Stormwater. Meet at the Founders Park pavilion. Look forward to seeing you there.

#### • Hiking 101

2-5 miles, easy to moderate trails, low or short elevation gain.

### LAKESHORE TRAIL WARRIORS PATH

**Cost: Free (Ages 50+)**

**Friday September 5th 8:30am**

Hike is approximately 3 miles. Meet at the swimming pool parking lot at Warriors Path Park.

We will drive down to the Overlook Trail and walk out to see the views after the Lakeshore trail.

### SINKING WATER TRAIL WARRIORS PATH STATE PARK

**Cost: Free (Ages 50+)**

**Friday September 30th  
8:30am**

This will be about 2.5 miles. The Trail is wet, this is a unique wetland area. Wear shoes you don't mind getting dirty. We will meet in the parking lot for the trail.

#### • Hip Hikers

4-10+- miles, moderate to difficult trails, heavier elevation gain.

### BAYS MOUNTAIN FIRE TOWER

**Cost: Free (Ages 50+)**

**Thursday September 11th  
8:30am**

This is about 6 mile hike up to the fire tower and back, then we will hike up Cliff Side trail for some beautiful views. There is elevation on this hike. Steep and rocky in parts but a beautiful hike! It will still be hot, bring plenty of water. Restrooms in the park. Please register.

• Transportation is not provided by the center unless specified.

• Remember to stay hydrated – Bring plenty of water

• You MUST register in advance at 434-6237; by registering early you will be notified if a hike is postponed.



# OUTINGS

Tickets for September outings will go on sale Tuesday, September 2nd starting at 7:30 am.

## CITY PARKS TOUR

Tuesday, September 9th

Leave MPCC at 9:00 am, return approx. 12:00 pm

Cost: \$2 (transportation fee)

Hop on the bus for a tour of some of Johnson City's Parks and Recreation properties, enjoy this ride with a small snack. The tour will end back at the senior center.

**Please Pre-Register, limited seating.**

## TIMELESS ELEGANCE TEA ROOM

Wednesday, September 17th

Leave MPCC at 11:00 am, return approx. 2:30 pm

Cost: \$6 (transportation fee)

Lunch on your own in Morristown. **Please Pre-register,**

limited seating.

## HARVEST FESTIVAL

Monday, September 22nd

Leave MPCC at 8:30am, return approx. 4:00pm

Cost: \$6 (transportation fee)

Join us as were heading to Sevierville for fall-themed events, foods, and fun. Enjoy displays of pumpkins and gourds at area businesses. Requires a lot of walking.

**Please Pre-register, limited seating.**

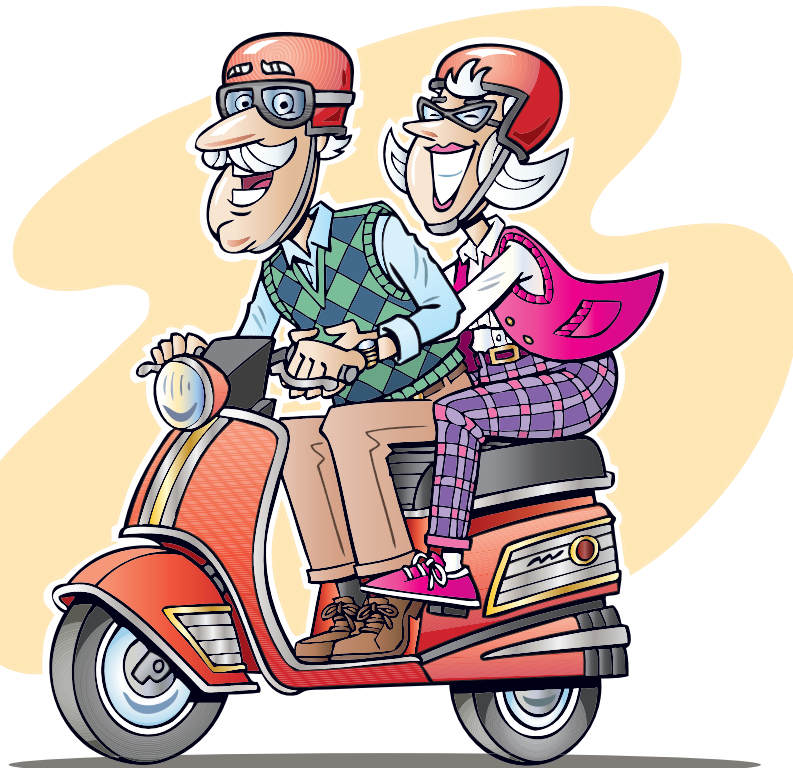
## HAMRICK'S & CRACKER BARREL

Tuesday, September 30th

Leave MPCC at 7:35am, return approx. 12:00pm

Cost: \$2 (transportation fee)

Join us for a fun day of shopping and breakfast on your own in Kingsport. **Please Pre-register, limited seating.**



# ESPORTS RESEARCH

## ESPORTS AND SENIORS

**No experience needed – just curiosity!**

Please consider participating in this research study if you are –

- aged 50 and older;
- currently living in the tri-cities area; and,
- would be interested in learning how to play online games and esports.

Through a 6 week training program that will be held at the Senior Center starting October 1st (10:00 – 11:00am), participants will be equipped with the basic knowledge and skills and confidence to engage in gaming and esports with family and friends. A follow-up focus

group discussion will be scheduled during the first week in December.

This is a research study that has been approved by the Johnson City Senior Center's Advisory Council and the ETSU.....

The information provided by participants will help determine if engaging in online gaming and esports helps foster meaningful social connections with others!

If you are interested in learning more about this study and to see if you qualify, please contact:

Dr. Sarah Standridge, professor in the ETSU Sport and Recreation Management program via the following email [standridges@etsu.edu](mailto:standridges@etsu.edu) or phone 423-557-3839.

# Lunch & Learn

Join us for a free Lunch & Learn about funeral preplanning. Enjoy a complimentary meal while discovering the benefits of planning ahead, easing the burden on loved ones, and ensuring your wishes are honored. Our experts will guide you through the process and answer any questions.



✓ Wednesday, September 17, 2025 · 12:00pm

✓ Johnson City Senior Center · 510 Bert Street  
(In the Media Room)

✓ Please RSVP: 423-341-6815



**TETRIK**  
Funeral Services

PART OF  HERITAGE  
FAMILY





Participants enjoy creating mini tool boxes.



Participants enjoy creating mini tool boxes.



Flowers by Carole Popovics



Participants showing off their mini-canvas wall hangers.



# ONGOING CALENDAR

## MONDAY

6:00am-7:00am  
Masters Swim  
(Freedom Hall  
Pool)  
7:00am — 8:00pm  
Billiards Room  
7:00am-8:00pm  
Fitness Room  
7:00am – 7:30pm  
Adults Only Therapy  
Pool  
7:00-8:45 Lap Swim  
8:00 Beginner Table  
Tennis  
8:30 Pickleball  
8:00 Boom Muscle  
9:00 Blood Pressure  
Checks  
9:00 Doubles Table  
Tennis  
9:00 Mommy & Me  
Swim  
9:00 Morning Water  
Aerobics  
10:00 Classic  
Exercise  
10:00 Advanced Tai  
Chi  
10:00 Bingocize  
11:00-3:45 Lap Swim  
11:00 Bingocize  
11:00 Qigong for  
Health  
12:00 Beginner Tai  
Chi  
1:00 Musical Voices  
1:00 Hand & Foot  
Canasta  
1:00 Treasure  
Books/Junk  
Journals  
1:30 Classic  
Exercise  
2:00 Our Holy Bible  
Study  
3:00 Line Dance  
with Martha  
4:00-5:45 Open  
Swim  
6:00-7:30 Lap Swim

## TUESDAY

7:00am to 8:00 pm  
Billiards Room  
7:00am-8:00pm  
Fitness Room

7:00am – 11:00am  
Adults Only Therapy  
Pool  
7:00-8:45 Lap Swim  
7:00 Pickleball  
8:30 Strolling  
Seniors Walk  
8:30 Morning  
Relaxation  
8:45 Circuit  
9:00 Chair Yoga  
9:00 Blood Pressure  
Checks  
9:15 Aquamix (pool)  
10:00 Circuit  
10:00 JC Jammers  
10:30 Chair Yoga  
11:00 Scrabble  
11:00 Yoga “Just  
Breathe”  
11:00-3:45 Lap Swim  
11:00 Arthritis  
Class (pool)  
11:45 Splash (pool)  
1:00 Pencil Drawing  
made Easy  
1:30 Bring Out the  
Artist in You  
1:00 – 4:00 Adults  
Only Therapy Pool  
1:00 Brain-A-Cise  
1:30 Delay the  
Disease  
2:00 Chess Club  
2:00-3:30 Home  
School  
Swim(Aug-May Only)  
4:00 Genealogy  
6:00 – 7:30 Adults  
Only Therapy Pool  
6:00 Evening Water  
Aerobics  
6:00 Ballroom  
Dance Practice

## WEDNESDAY

6:00am-7:00am  
Masters Swim  
(Freedom Hall Pool)  
7:00 am — 8:00 pm  
Billiards Room  
7:00am-8:00pm  
Fitness Room  
7:00am – 7:30pm  
Adults Only Therapy  
Pool  
7:00-8:45 Lap Swim  
7:00 Pickleball

8:00 Boom Muscle  
8:00 Beginner Table  
Tennis  
9:00 Chair Yoga  
with Kathy  
9:00 Stability  
9:00 Doubles Table  
Tennis  
9:00 Mommy & Me  
Swim  
9:00 Morning Water  
Aerobics  
10:00 Classic  
Exercise  
10:00 Advanced Tai  
Chi  
10:00 German  
Conversation  
10:00 Bingocize  
11:00 Bingocize  
11:00 Qigong for  
Health  
11:00-3:45 Lap Swim  
12:00 Beginner Tai  
Chi  
1:00 Pinochle  
1:00 Sewing Group  
1:00 Dulcimer  
Lessons  
1:30 Classic  
Exercise  
2:00 Dulcimer  
Practice/ Session  
Jam  
2:30 Flex and Flow  
Yoga  
6:15-7:30 Lovin Line  
Dance  
4:00-5:45 Open Swim  
6:00-7:30 Lap Swim

## THURSDAY

7:00 am — 8:00 pm  
Billiards Room  
7:00am – 11:00am  
Adults Only Therapy  
Pool  
7:00am-8:00pm  
Fitness Room  
7:00-8:45 Lap Swim  
7:00 Pickleball  
8:00 Men’s Bible  
Study  
9:00 Blood Pressure  
Checks  
8:30 Morning  
Relaxation  
9:00 Chair Yoga

9:15 Aquamix (pool)  
10:00 Circuit  
11:00 Yoga “Just  
Breathe”  
11:00-3:45 Lap Swim  
11:00 Arthritis  
Class (pool)  
11:45 Splash (pool)  
1:00 Rook  
1:30 Delay the  
Disease  
1:30 Ballroom  
Dance Practice  
1:30 Celtic and Old  
Time Fiddle  
1:00 – 4:00 Adults  
Only Therapy Pool  
2:00-3:30 Home  
School Swim(Aug-  
May Only)  
3:30 Group Piano  
Lessons  
4:30 Dandy Line  
Dancers  
6:00 – 7:30 Adults  
Only Therapy Pool  
6:00 Evening Water  
Aerobics

## FRIDAY

6:00am-7:00am  
Masters Swim  
(Freedom Hall Pool)  
7:00 am — 8:00 pm  
Billiards Room  
7:00am-8:00pm  
Fitness Room  
7:00am – 7:30pm  
Adults Only Therapy  
Pool  
7:00 Pickleball  
7:00-8:45 Lap Swim  
8:00 Beginner Table  
Tennis  
8:30 Step it, Lift it,  
Move it, Shake it  
8:45 Circuit Exercise  
9:00 Doubles Table  
Tennis  
9:30 Cardio  
Drumming  
9:30 Mahjong  
9:00 Mommy & Me  
Swim  
9:00 Morning Water  
Aerobics

10:30 Qigong  
11:00 Guitar  
Lessons  
11:00-3:45 Lap Swim  
11:30 Advanced Tai  
Chi  
12:30 Zentangle  
Class  
4:00-7:30 Open Swim

## SATURDAY

9:00 am — 4:00 pm  
Billiards Room  
9:00am – 4:00pm  
Fitness Room  
9:00 – 3:30 Adults  
Only Therapy Pool  
9:15 Saturday Blast  
10:30-12:45 Lap  
Swim  
12:45-3:30 Open  
Swim  
Pricing and details  
about aquatic pro-  
grams are available  
at the recreation  
desk.

*Helping* our neighbors  
with their aging loved  
one's life transitions.

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services are free  
to seniors and  
their loved ones



406-670-2417 | [susan@seasonsseniorservices.com](mailto:susan@seasonsseniorservices.com) | Susan Lubke

# PICKLEBALL CALENDAR

Pickleball Schedule

September

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>CENTER CLOSED For LABOR DAY</div>	<div>2</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30  Outdoor – 7a-10p</div>	<div>3</div> <div>MPCC Gym Courts 1&amp;2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p</div>	<div>4</div> <div>MPCC Gym Courts 1&amp;2 7-11:30  Outdoor 7a -10p</div>	<div>5</div> <div>MPCC Gym Courts 1&amp;2 7-2:30 Keystone 8a-12p Outdoor 7a-10p</div>	<div>6</div> <div>Outdoor 7a – 10p</div>
<div>7</div> <div>Outdoor 7a-10p</div>	<div>8</div> <div>MPCC Gym courts 1&amp;2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p</div>	<div>9</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30  Outdoor – 7a-10p</div>	<div>10</div> <div>MPCC Gym Courts 1&amp;2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p</div>	<div>11</div> <div>MPCC Gym Courts 1&amp;2 7-11:30  Outdoor 7a -10p</div>	<div>12</div> <div>MPCC Gym Courts 1 &amp;2 7a-12:00 Senior Basketball Olympics Keystone 8a-12p Outdoor 7a-10p</div>	<div>13</div> <div>Outdoor 7a – 10p</div>
<div>14</div> <div>Outdoor 7a-10p</div>	<div>15</div> <div>MPCC Gym Courts 1&amp;2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p</div>	<div>16</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30  Outdoor – 7a-10p</div>	<div>17</div> <div>MPCC Gym Courts 1 &amp;2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p</div>	<div>18</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30 Outdoor 7a -10p</div>	<div>19</div> <div>MPCC Gym Courts 1 &amp;2 7a-12:00 Fall Ball Keystone 8a-12p Outdoor 7a-10p</div>	<div>20</div> <div>Outdoor 7a – 10p</div>
<div>21</div> <div>Outdoor 7a-10p</div>	<div>22</div> <div>MPCC Gym Courts 1&amp;2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p</div>	<div>23</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30 Outdoor – 7a-10p</div>	<div>24</div> <div>NO Regular Pickleball Senior Pickleball Olympics in Gyms  Keystone 8a -12p Outdoor –7a – 10:00p</div>	<div>25</div> <div>MPCC Gym Courts 1&amp;2 7a-11:30 Outdoor 7a -10p</div>	<div>26</div> <div>NO Regular Pickleball Senior Pickleball Olympics in Gyms Keystone 8a-12p Outdoor 7a-10p</div>	<div>27</div> <div>Outdoor 7a – 10p</div>
<div>28</div> <div>Outdoor 7a-10p</div>	<div>29</div> <div>MPCC Gym Courts 1&amp;2 8:30-1pm Keystone 8a -12p Outdoor- 7a-10p</div>	<div>30</div> <div>MPCC Gym Courts 1 &amp;2 7a-11:30 Outdoor – 7a-10p</div>				



# NOTEWORTHY EVENTS CALENDER

Noteworthy Events Calendar – September 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Center Closed in Observance of Labor Day!	2  10:00 Flight Simulator	3  11:00 Paper Quilling Class 12:30 Video-Art of the Northern Renaissance	4  9:00 Try Us Out 9:00 Founders walk w/ City Naturalist and our Environmental Specialist 10:00 As the Page Turns Book Club 11:30 Turtle-Thon Orientation 4:30 Voice Lessons	5  8:30 Lakeshore Hike 12:30 Ace of Clubs Duplicate Bridge	6  12:00 Northeast Tennessee Multiple Myeloma Support Group
8  9:30 Tour Your Ear – Ear Canal Exam 10:00 Volunteer Meeting 11:00 Sepsis Awareness 1:00 Wit’s Workout	9  9:00 City Parks Tour 10:00 Flight Simulator 10:30 Better Balance Series #1	10  1:00 Newcomers’ Social Hour 2:00 Preparation for Brain Olympics	11  8:30 Bays Mt. hike 1:00 Basic Design 4:30 Voice Lessons	12  1:00 Basketball Olympics 1:00 Amateur Photography Club 5:30 Johnson City Grand Squares	13
15  10:00 Bingo 6:00 Senior Single Mixer	16  10:00 Stress & Your Heart 10:30 Better Balance Series #2	17  9:00 Creative Card Making 11:00 Timeless Elegance Tea Room 11:30 Beginner Basket Making 2:00 Preparation for Brain Olympics	18  10-12 Senior Center Showcase 12:00 Senior Center Showcase Luncheon 12:30 Parkinson’s Support Group 1:00 Décor Design-Sunflower Wall Pocket 2:00 Creative Card Making 4:30 Voice Lessons	19  12:30 Ace of Clubs Duplicate Bridge 6:00-Fall Ball Dance	20
22  8:30 Harvest Festival Outing	23  9:00 Mystery Grab Bag Card Making 10:00 Be Stroke Smart 10:00 Flight Simulator 10:30 Better Balance Series #3 3:00 JCSC Seniors on the Go Meeting	24  9:00 Pickleball Olympics 11:30 Wooden Hoop with Nesting Bird 12:30 Video-In the Footsteps of van Gogh	25  1:00 Beginning Watercolor Technique 1:30 Corn Husk Doll Wreath 4:30 Voice Lessons	26  9:00 Pickleball Olympics 1:00 Silk Shawl Class 5:30 Johnson City Grand Squares	27
29  	30  7:35 Hamrick’s & Cracker Barrel Outing 8:30 Sinking Creek hike 10:00 Flight Simulator 10:30 Better Balance Series #4 10:00 Memory Lane: Sharing Your Story 10:00 Diabetes Management				





LIMITED  
AVAILABILITY



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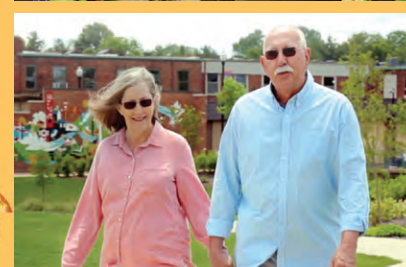
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- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library and dining; convenient to I-26, Senior Center, Veterans and Medical Services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

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