

SENIOR

Lifestyles

November 2025



Cover photo by: Wayne Mast

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 7AM – 8PM

Saturday 9AM – 4PM | 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)

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

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

JOHNSON CITY SENIOR CENTER

ADVISORY COUNCIL MEMBERS:

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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)

CENTER NEWS

It's November, and time to reflect on the things we are thankful for! Stop by the Aquatics desk to fill out a Blessing Leaf to let us know what you're thankful for this year. Leaves will be displayed throughout the month of November.

On Sunday, November 2, daylight savings time ends – remember to “fall back” one hour and enjoy the extra sleep.

With the holidays, there are a few schedule changes. On Veteran's Day, November 11, American Legion-King's Mountain Post 24 will host a morning ceremony at the Spirit of the Doughboy Memorial. The outdoor pickleball courts will be closed during the ceremony.

The Center will be closed for the Thanksgiving holiday November 27-29.

The 20th annual Turkey Trot will be held on Thanksgiving morning, November 27. Packet pickup for the event will take place in the gymnasiums at Memorial Park Community Center on November 25-26. Indoor pickleball will not be available during this time.

This was the third year that the Johnson City Senior Center was the host for the First District TN Senior Olympics. Events were held from September 3 to October 11, and included golf, bowling, cornhole, shuffleboard, table tennis, basketball, swimming, pickleball and track and field. First District had 180 athletes compete in 44 different events. The senior services staff want to express their appreciation to the many volunteers who assisted with the different events. The host sites for the different events included Memorial Park Community Center, Freedom Hall Pool, Kermit Tipton Stadium, Kiwanis Park, Pine Oaks Golf Course and Warpath Lanes. The staff at each of these venues made the athletes feel welcome and were a great encouragement. The Tennessee Senior Olympics began in 1981 with a mission that has continued for more than 30 years- to promote healthy lifestyles for seniors through fitness, sports, and an active involvement in life. Since its inception, the Olympics have grown from 300 participants to almost 4,000 seniors competing statewide in District events.

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.**

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

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, 1-3pm

'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. **(Will not meet on Tuesday, the 25th)**

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. **(Will not meet on Wednesday, the 26th)**



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ARTS

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 and Ramona Bird. 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

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: \$10 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: \$10 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. 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.

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!

PAPER QUILLING CLASS

Instructor: Mona Bawgus
Cost: \$4 per class (Ages 18+)

Monday, November 3rd and 24th, 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, November 5th, 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.

RUSTIC ANGEL CENTERPIECE

Instructor: Patty Baker
Cost: \$13 (Ages 18+)
Wednesday, November 12th, 11:30am-1:30pm

Create a beautiful holiday centerpiece from natural, rustic materials. You will assemble and arrange the project to suit your personal taste. All materials provided. An example is on display in the glass display case in the hallway.

INK & WATERCOLOR

Instructor: Edith Seier-Helfgott
Cost: \$5 (Ages 18+)
Thursday, November 13th, 1:30-3:30pm

Edith will be demonstrating the beautiful and special effects which result from the combination of black ink and watercolor on watercolor paper. She will guide you in a unique composition including specific details and instruction.

PAINTED NATIVITY SCENE

Instructor: Charline Hughes
Cost: \$20 (Ages 18+)
Friday, November 14th 12:30-3:30pm

Get ready for the season with your personal creation – a Nativity Scene painted on wood to display indoors or outdoors. All materials and supplies and guided instruction provided. An apron is recommended.

AMATEUR PHOTOGRAPHY CLUB

Instructor: Maureen Mulroy
Cost: Free (Ages 18+)
Friday, November 14th, 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+)
Tuesday, November 11th, 9-11am OR Thursday, November 13th, 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!

Thankful for you!

We are grateful for our residents, their stories,
and the joy of serving them.



2623 Peoples Street
Johnson City, TN 37604

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ARTS

BEGINNER BASKET MAKING CLASS

Instructor: Patty Baker

Cost: \$13 (Ages 18+)

Wednesday, November 19th, 11:30 – 1:30pm

November's project will be a small basket made of flat natural reed with touches of color and accents of seagrass. 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.

ROCK PAINTING

Instructor: Charline Hughes

Cost: \$4 (Ages 18+)

**Wednesday, November 19th
10am-12pm**

Join this class for painting fun! You will create decorative Art on rocks. Have fun painting your personal designs for your garden or home! An apron is recommended.

PAPER MAKING

Instructor: Ann Whitson

Cost: \$5 (Ages 18+)

**Thursday, November 20th, 1-3pm and
Friday, November 21st, 11am-12pm**

Have fun learning the art of paper-making using tools and techniques that you can do at home! All supplies furnished.

SILK PAINTING

Instructor: Sherry Bernheisel

Cost: \$12 (Ages 18+)

Friday, November 21st, 1-4pm

Create a beautiful scarf to wear! Learn the newest techniques that Sherry has to offer and explore the fascinating possibilities of applying color to silk in many creative ways. An apron is recommended.

VIDEO SERIES – IN THE FOOTSTEPS OF VAN GOGH

Instructor: Ann Whitson

Cost: Free (Ages 18+)

Wednesday, November 26th, 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.

CONGREGATE MEAL

**FTHRA serves lunch Monday through Friday from 11:30am -12pm.
Please call 423-434-5723 for more information.**

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.

REC PROGRAMS

OPEN ESPORTS LAB

Instructor: Kevin Mast

Cost: Free (All Ages)

**Mondays, Wednesdays, Fridays
5-8pm**

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.

ROCK THE TRAIL! – ROCK PAINTING SOCIAL

Cost: \$1 (All Ages)

**Thursday, November 13
5:30-7pm**

Join us once a month for a colorful community adventure! Paint, decorate, and exchange rocks with friends and neighbors, then hide them around the trails or community for others to discover. All supplies provided and all ages welcome — just bring your creativity and a sense of fun.

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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

DANDY LINE DANCERS

(Level 3)

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 sideline, 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, November 14th, 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

RED, WHITE & BLUE DANCE

Cost: \$5 (50+)

Friday November 14th 6-9pm

Come out and celebrate our veterans. Cake and light refreshments will be served, sponsored by Smoky Mountain Home Health and Hospice. Music by DJ Big Fish. Please pre-register.



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In One meeting, we can cover all your Medicare options and avoid the hassle and confusion that comes with evaluating so many different plans and companies. Plus, we provide additional personal service throughout the year.

Let us review your options and explain the information needed for you to make an informed decision on a Medicare plan that fits your needs and budget!

REMINDER:

**Medicare “Annual Enrollment” is from October 15th
thru December 7th.**

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Owners, Jay and Beth Larshus, have a combined 50+ years of experience in the insurance industry. We are committed to providing quality insurance products for individuals and businesses. Our team of knowledgeable insurance professionals is experienced in creating personal and group policies. Our friendly and caring staff will work with you one-on-one to find coverages that fit your needs and build a lasting relationship.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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, November 6th, 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. Visit the group website at <http://netn.support.myeloma.org>.

VOLUNTEER INFORMATIONAL MEETING

Monday, November 3rd, 10 am

Cost: Free

This is our monthly volunteer meeting. Refreshments will be served. Ben Trout with The Crumley House Brain Injury Rehabilitation Center will be joining us as well as Carson Waugh, the volunteer coordinator with Ballad Health as our guest speakers. They will share the volunteer opportunities that are available at their organization. We will have a fun activity for the group. Interested in volunteering? Check us out!

JCSC SENIORS ON THE GO

Tuesday, November 18th, 2-5:30 pm

Join your travel friends for the Let's Go! Travel Show. **Please pre-register by Friday, November 14th.**

LIFELONG LEARNING

BRAIN-A-CISE (TRIVIA)

Cost: Free (Ages 50+)

Tuesdays in November, 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-register.**

GENEALOGY CLUB

Cost: Free (Ages 50+)

Tuesdays in November, 4-5:30 pm

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 free online sites. Learn about the available online and print research resources. Bring a laptop. **Please Pre-register.**

BEGINNER GENEALOGY

Cost: Free (Ages 50+)

Tuesdays in November, 10-11:30 am

Are you curious about your family history but don't know where to start? This beginner-friendly genealogy class is the perfect introduction to the exciting world of family research. Learn how to uncover your roots using online databases. We'll cover how to organize your findings, whether you're building a family tree for the first time or exploring stories behind your ancestors. This class will give you the tools and confidence to begin your journey. **Please Pre-register.**

GERMAN CONVERSATION CLUB

Cost: Free (Ages 16+)

Wednesdays in November, 10-11:30 am

Lifelong learning of German

Language, Culture, History, etc. Attendance is NOT required to participate. DROP-IN/-OUT anytime during the meeting. For more information, contact Lon

Felker at 423-408-4670

K9 DARYL- DEPARTMENT OF PUBLIC SAFETY PRESENTATION

Cost: Free (Ages 50+)

Monday, November 10th, 9:30-10:30am

Join us as Officer Depew brings in his K9 Daryl, who is certified in tracking and helping people, and also answers any questions you may have. **Please Pre-register.**

LUNCH & LEARN: FRAUD PREVENTION

Cost: Free (Ages 16+)

Sponsored by HomeTrust Bank

Wednesday, November 19th, 12:00-1:30 pm

Join us for a Lunch and Learn session with Kelli Bagley (Assistant Vice President) on understanding and preventing fraud. We'll explore common types of fraud, identify key red flags to watch for, and provide real-world examples. You'll learn simple strategies to protect yourself. **Please Pre-register.**

TECHNOLOGY 101

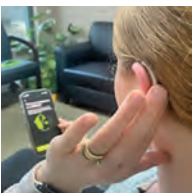
Monday, November 17th, 10:30-11:30am

Cost: Free (50+)

Join us for an informative class with Gibby Cox. Want to resolve a phone issue? Want to learn helpful tips for electronics. **Pre-register.**

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LIFELONG LEARNING

STORIES BEHIND OUR TENNESSEE STATE SYMBOLS

Cost: Free (All Ages)

Instructor: Connie Deegan (Park Naturalist) Thursday, November 20th, 10:30-11:45am

Our state symbols are a rallying point. They speak of a state's cultural and commercial heritage and natural beauty. Please enjoy as Tennessee's nature-based symbols are explored: state wildflower, reptile, insect, etc., and the stories behind how they were chosen.

Please Pre-register by November 17th

HIKING

STROLLING SENIORS WALKING PROGRAM

Cost: Free

Tuesdays, 8:30am

This is a partnership with Tri Cities Walking Challenge. The purpose of this group is simply to get the community moving and socializing — what better way than walking! This month's walks are two miles on the Tweetsie Trail. Meet at the senior entrance of Memorial Park Community Center to walk over to the trail together. Hope to see you there!

- **Walkers & Talkers**

1-3 miles, mostly flat, guided-tours

VA MOUNTAIN HOME

Cost: Free (Ages 50+)

Tuesday, November 11th 10am

A great way to celebrate Veterans Day is with a two mile walk around the VA campus! Meet in the parking lot just before the railroad tracks on Mountain Home drive off State of Franklin.

- **Hiking 101**

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

PERSIMMON RIDGE

Cost: Free (Ages 50+)

Thursday, November 20th 9am

This is about a 4 mile walk up and over the ridge with some elevation. Meet in the parking lot of

Persimmon Ridge near the ball field, near Wetlands Water Park in Jonesborough.

SEVEN ISLAND BIRDING PARK

Cost: \$7 (Ages 50+)

Thursday November 13th 9am

Transportation is included on the senior services bus; seating will be limited. Bus departs from MPCC at 9am and returns around 3pm. Hike is approximately 3.5 miles. Picnic lunch will be provided.

- **Hip Hikers**

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

BUFFALO MOUNTAIN/ TALK AND HIKE

Cost: Free (50+)

Tuesday, November 18th 9am

City Naturalist Connie Deegan will join us for a fascinating talk about snakes, followed by a short 2.5 mile hike. Meet at Harris Pavilion at Buffalo Mountain Park. Hike includes steep parts and narrow trails. Please pre-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 for all walks and hikes; by registering early you will be notified if a hike is postponed.**

GAMES

HAND & FOOT CANASTA

Cost: Free (Ages 50+)

Mondays in November, 1-5pm

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

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.

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.**

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.



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Johnson City, TN 37601**

GAMES

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 mah-jong, 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, November 7th & 21st,
12:30-4:30pm**

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

BINGO

Cost: Free (Ages 50+)

Prizes sponsored by American House Senior Living

Monday, November 17th, 10-11am

Come join in on the fun of B-I-N-G-O, Kim Meadows will be the host.

OUTINGS

Tickets for November and December outings will go on sale Friday, October 31 starting at 7:30 am.

NOVEMBER OUTINGS: THE CHRISTMAS PLACE

Monday, November 3rd, 8am-3:30pm

Cost: \$7 (transportation fee)

Join us for a fun day in Pigeon Forge shopping all things Christmas, lunch on your own at your choice of Old Mill Restaurant or Pottery House Cafe. Please Pre-register. No refunds, limited seats.

MADE AROUND HERE HOLIDAY MARKET

Friday, November 7th, 1:15 – 4:15 pm

Cost: \$2 (transportation fee)

Now in its 43rd year, Made Around Here Market has grown to be a tradition for many in creating a unique shopping experience. At Made Around Here Market, you'll discover pieces from local and regional artisans and crafters, as well as residents from surrounding states. You'll have time to shop the market and enjoy an afternoon snack in beautiful downtown Jonesborough.

DOLLYWOOD

**Thursday, November 20th,
9:30am-10pm**

Cost: \$80 (ticket entry & transportation fee)

Experience the magic of the holidays at Dollywood, a day filled with festive cheer, dazzling lights, cozy shops. Our participants can enjoy leisurely walks through lit pathways and scenic areas filled with holiday music and mountain cheer. This trip requires a lot of walking!

Please Pre-register, last day to register is November 5th. No refunds, limited seating.

DECEMBER OUTINGS: CHRISTMAS IN ASHEVILLE

Tuesday, December 2

SOLD OUT

COUNTRY TONITE CHRISTMAS & APPLEWOOD FARMHOUSE GRILL

**Thursday, December 4th –
10am-7:30p**

Cost: \$49

It's the annual Christmas outing to Country Tonite and Applewood Grill in Pigeon

Forge! Enjoy a full lunch that includes entrée, drink, dessert, tax and gratuity, followed by an afternoon Christmas show at Country Tonite Theatre. **Please Pre-register. No refunds, limited seats.**

BUSH BEANS HOUSE & CAFÉ

**Tuesday, December 9th,
9:15am-3pm**

Cost: \$3 (transportation fee)

Join us for a fun day trip to the Homeplace Holiday Open House, which is only open 3 weeks out of the whole year! Enjoy lunch on your own at the Café. **Please Pre-register. No refunds, limited seating.**



Carole Popovics

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.

SAIL ~ STAY ACTIVE AND INDEPENDENT FOR LIFE

Instructor: Anna Carpenter, Health Educator, WCHD

Cost: FREE (65+)

Tuesdays & Thursdays, 1:30-2:30pm

This evidence-based exercise and fall prevention program includes strength, balance and flexibility exercises along with educational materials. The SAIL classes will meet

twice a week for 12 weeks and the exercises can be done standing or sitting. SAIL is designed to help you become stronger, more stable, and keep you independent and active. Come to the introductory session on October 21st to learn all the details and see if this may be the class for you! **Please pre-register by calling 423-434-6237.**

STROLLING SENIORS WALKING PROGRAM

Cost: Free

Tuesdays, 9:00am

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 at the Senior Center entrance to walk down to the Tweetsie Trail. The walk will be 2 miles. If you only want to do 1 mile meet the group at the trail head at 8:45am. We are excited to be a part of this program and hope to see you soon.

SILVERSNEAKERS® 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.

You Don't Have to Lose Peace of Mind to Age in Place.

Your home should be the safest place you know. At My Dignity Senior Safe Homes, we install grab bars (including secure bathroom and shower bars), ramps, slip-resistant flooring, improved lighting, widened doorways, and emergency pull cords — giving you the freedom to stay independent without sacrificing safety.

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Call today for your free home safety assessment.



Health & Safety Update Preventing Bathroom Falls

According to the CDC, most senior falls happen in the bathroom. Simple equipment like shower chairs can help — but experts at the Department of Veterans Affairs (VA) warn that securely installed grab bars in showers, tubs, and near toilets are the most effective way to prevent accidents.



423-600-5554 | www.mydignityseniorsafehomes.com | Independence. Safety. Dignity.

FITNESS

HATHA YOGA

Instructor: Gordon Van Amburg

**Cost: \$4/class (ages 18 +)
Wednesdays 2:30pm**

This traditional Hatha yoga class offers a balanced and grounding experience through mindful movement, breath awareness, and quiet reflection. Students are guided through a sequence of classical asanas designed to cultivate strength, flexibility, and inner stability, with attention to alignment and embodied presence.

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)

**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, no class on November 13 & 20, Thursday @ 8:45am)

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

**Tuesday 8:45am and 10am
Wednesday 9-9:45am
Thursday, 9am and 10am
Friday, 8:45am**

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.

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

Carver Recreation Center

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.

STRENGTH AND STABILITY

Instructor: Cherie Clough

Cost: Free

Mondays, 9:15-10am

This class focuses on improving balance, strength, and reducing fall risk. Great for beginners and all levels. Cherie is a former personal trainer and will bring fun and research-based strength and stability.

BOOM MIND

Instructor: Tricia Korade

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

Thursdays 10:30-11:15am

BOOM Mind is a movement-based class designed to support healthy brain-longevity and mind-body connection. This is a chair-based class, with an option for students to stand, accessible at all fitness levels. Strategies for keeping your mind (and body!) healthy are part of each class.

STABILITY

Instructor: Kelly Finney

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

Fridays, Beginning November 7, 1:30pm

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.

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.

X-TREME HIP HOP

BEGINNER CLASS

Instructor: Rose Love

Cost: \$7/class

Tuesdays, 5pm

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. Tuesday at 5pm is beginners only.

This class is designed to help individuals defend themselves from muggers, sexual assault and domestic violence. The emphasis is

FITNESS

SELF-DEFENSE CLASS

Langston Centre

Cost: Free

Tuesdays 2-4pm

This class is designed to help individuals defend themselves from muggers, sexual assault and domestic violence. The emphasis is on physical techniques, drawing from all relevant martial arts and police methods, curated to be quick to learn, easy to remember, and proven by women teachers and students.

CARDIO KICKBOXING

Instructor: Kelly Finney

Cost: \$2/class

Fridays, 8:30-9:15am

Join us for a great cardio workout including punches and kicks to get our blood pumping and have a great time!

Group Exercise Guidelines

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

NOTEWORTHY

"TRY US OUT"

Cost: Free (Ages 50+)

Thursday, November 6th,
9am

Are you new to the center or joined within the past six months? 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 who register by Wednesday, November 5th, will receive a \$5.00 voucher that can be used to "try out" a new program. Please stop by the front desk or call 434-6237 to reserve your spot.

MEDICARE COUNSELING (FTAAD & SHIP VOLUNTEERS)

Cost: Free

Wednesday, November 5th
8am-3pm

Wednesday, November 12th
9am-1pm

It is open enrollment time for Medicare! If you have questions or need to compare your current plan to others, now is the time. Staff from FTAAD and SHIP counselors will be available to assist you. Call 423-434-6237 to schedule your appointment.



BINGO

AND THE BASICS OF PREPLANNING

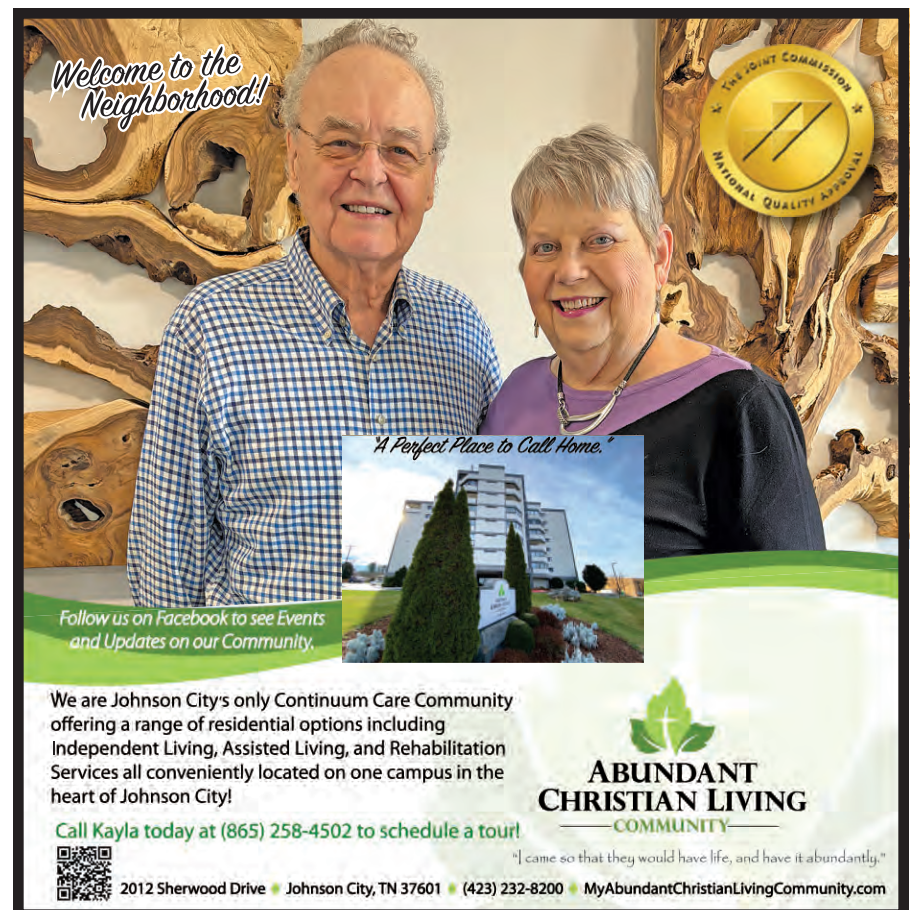
Tetrick Funeral Services
3001 Peoples Street
Johnson City

Tuesday, November 5th
2:00pm

Please **RSVP** because space is limited
423-341-6815

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NOTEWORTHY

PAMPERING & CARING FOR CAREGIVERS

Cost: FREE (All Ages)
Wednesday, November 12th,
10:30am-12:30pm

November is National Family Caregiver's Month and we want to recognize and support the immense efforts and dedication of family caregivers. Enjoy a special lunch and time of pampering, designed to help you relax and recharge. Have your nails done or get a mini massage. Someone will be available, if needed, to care for your loved one so please let us know if they are coming when you register. Sponsored by Visiting Angels and Heart of a Daughter Care Management. Limited spots available so

pre-register at 423-434-6237.

VETERANS DANCE

Cost: \$5 (50+)
Friday November 14th
6-9pm

Come out and celebrate our veterans. Cake and light refreshments will be served, sponsored by Smoky Mountain Home Health and Hospice. Music by DJ Big Fish. Please pre-register.

SENIOR SINGLE SOCIAL MIXER

Cost: \$15 (Ages 50+)
Monday November 17th,
6pm

Join us for an evening to meet and socialize with other seniors who are single. We will be pro-

viding a Thanksgiving dinner and you bring your favorite desert and come enjoy with our single seniors. Pre-registration and payment is required by November 13th.

LUNCH AND LEARN: Practical Tips for Maintaining Independence through Fall Prevention

Cost: \$1 (ages 50+)
Monday, November 17th –
12:00pm

Join Dena Sparkman to learn about the practical tips to maintain your independence through fall prevention. Dena is a PESI certified fall prevention specialist; her personal story about her passion to educate others on this important topic will inspire you. A meal will be provided by Devoted Health

Plans. Pre-register by Thursday, November 14; limited space available.

LET'S GO! TRAVEL SHOW

Tuesday, November 18th
2-5:30 pm

Cost: Free (Ages 50+)
Don't miss the annual travel show to hear about exciting travel opportunities! Motor coach trips will be highlighted at 2:00 pm; international travel will be highlighted at 3:30 pm. Travel vendors will be on hand to answer questions. A representative from the Washington County Health Department will have information on healthy travel. Please pre-register-seating is limited!

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.

HIP & KNEE REPLACEMENT SURGERY

Cost: FREE (All Ages)
Monday, November 10th,
1-2pm

Speaker: Alexander Roth, MD

Learn about the latest advancements in hip and knee replacement surgeries. Techniques and technologies continue to evolve with the goal of less pain, faster recovery and better function. Find out what to expect and get your questions answered from an experienced orthopedic surgeon. Please call 423-434-6237 to pre-register.

UNDERSTANDING THE OPIOID CRISIS

Speaker: Frankie Nunley,
CPRS, Regional Overdose
Prevention Specialist

Cost: FREE (All Ages)
Monday, November 10th,
11:30am – 12:30pm ~ Program
& Story of Recovery

Monday, November 10th, 1-2
pm ~ Display in Lobby with
Overdose Prevention Info

Learn about the impact of the opioid epidemic in our region and what is being done to help. Hear Frankie's story of recovery and learn how to get help for yourself or a loved one. Class will cover the impact of substance misuse on the brain and tips for recognizing and responding to an overdose if needed, including how to administer naloxone. This class is for everyone as we strive to understand this crisis better and know how to help those who are struggling.

Pre-register at 423-434-6237 or drop in.

OSTEOPOROSIS & BONE HEALTH

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

Cost: FREE (All Ages)

Tuesday, November 11th,
11am-12pm

Learn more about the prevention and treatment of osteoporosis and osteopenia. It is never too late nor too early to start being proactive about your bone health. Please call 423-434-6237 to pre-register.

PAMPERING & CARING FOR CAREGIVERS

Cost: FREE (All Ages)
Wednesday, November 12th,
10:30am-12:30pm

November is National Family Caregiver's Month and we want to

recognize and support the immense efforts and dedication of family caregivers. Enjoy a special lunch and time of pampering, designed to help you relax and recharge. Have your nails done or get a mini massage. Someone will be available, if needed, to care for your loved one so please let us know if they are coming when you register. Sponsored by Visiting Angels and Heart of a Daughter Care Management. Limited spots available so pre-register at 423-434-6237.

SOUPER SOUPS!

Speaker: Sarah Balance, AS,
UT/TSU Extension

Cost: FREE (All Ages)

Thursday, November 13th,
11am-12pm

Nothing beats some hot soup on a cool day! Get some healthy recipes and enjoy a sample. If you have a soup recipe that you love, please bring it to share! Call 423-434-6237 to pre-register.

HEALTHY LIVING

WITS WORKOUT ~ BRAIN FITNESS

Speaker: Elizabeth Renfro, MS, UT/TSU Extension

Cost: FREE (Ages 50+)

Monday, November 10th, 1-2pm

Join the fun and workout your brain in this interactive group 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.

KIDNEY HEALTH

Speaker: Medical Resident, ETSU Quillen College of Medicine

Cost: FREE (All Ages)

Tuesday, November 18th, 11am-12pm

Gain a better understanding of how our kidneys work and what can impact their function. In a healthy aging person, kidney function declines very slowly. Illness, medicines, and other conditions can significantly degrade kidney function. Please call 423-434-6237 to pre-register.

PARKINSON'S SUPPORT GROUP

Cost: FREE (All Ages)

Thursday, November 20th, 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.

IMPROVING DIGESTIVE HEALTH

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

Cost: FREE (All Ages)

Tuesday, November 25th, 11am – 12pm

Just like the rest of your body, your digestive system changes as you get older. Find out some tips and healthy lifestyle guidelines that can help avoid common problems and keep your digestive system running smoothly. Please call 423-434-6237 to pre-register.

COMING IN DECEMBER!

TOUR YOUR EAR – FREE EAR CANAL EXAMS

Cost: FREE (All Ages)

Monday, December 1st, 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.

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
10:00 Beginner Genealogy
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
1:00 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
5:00 Beginner Xtreme step class
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 Doubles Table Tennis
9:00 Mommy & Me Swim
9:00 Morning Water
Aerobics
9:00 Circuit Class
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
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 Circuit Class
9:00 Chair Yoga
9:15 Aquamix (pool)
10:00 Senior Chorale
10:00 Circuit
10:30 BOOM Mind
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 Voice 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 Cardio Kickboxing
8:45 Circuit Exercise
9:00 Doubles Table Tennis
9:30 Mahjong
9:00 Mommy & Me Swim
9:00 Morning Water
Aerobics
10:30 Qigong
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 programs are available at the recreation desk.

PICKLEBALL NOVEMBER CALENDAR

Pickleball Schedule November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Outdoor 7a – 10p
² Outdoor 7a-10p	³ MPCC Gym courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	⁴ MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor – 7a-10p	⁵ MPCC Gym Courts NO PICKLEBALL-Corn hole Olympics Keystone 8a -12p Outdoor –7a –10:00p	⁶ MPCC Gym Courts 1&2 7-11:30 Keystone 8a-12p Outdoor 7a -10p	⁷ MPCC Gym Courts 1 &2 7a-2:30 Keystone 8a-12p Outdoor 7a-10p	⁸ Outdoor 7a – 10p
⁹ Outdoor 7a-10p	¹⁰ MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	¹¹ MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor – 10a-10p (outdoor open late due to Veteran’s event)	¹² MPCC Gym Courts NO PICKLEBALL-Corn hole Olympics Keystone 8a -12p Outdoor –7a –10:00p	¹³ MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor 7a -10p	¹⁴ MPCC Gym Courts 1 &2 7a-12:00 Veterans Dance Keystone 8a-12p Outdoor 7a-10p	¹⁵ Outdoor 7a – 10p
¹⁶ Outdoor 7a-10p	¹⁷ MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	¹⁸ MPCC Gym Courts 1&2 7a-11:30 Outdoor – 7a-10p	¹⁹ MPCC Gym Courts 1 &2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p	²⁰ MPCC Gym Courts 1&2 7a-11:30 Outdoor 7a -10p	²¹ MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	²² Outdoor 7a – 10p
²³ Outdoor 7a-10p	²⁴ MPCC Gym Courts 1&2 8:30-11am Turkey Trot set-up Keystone 8a -12p Outdoor- 7a-10p	²⁵ No Pickle ball Turkey Trot	²⁶ No Pickle ball Turkey Trot	²⁷ Center Closed Happy Thanksgiving	²⁸ Center Closed	²⁹ Center Closed

NOTEWORTHY CALENDAR

Noteworthy Events Calendar – November 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					12:00 Northeast Tennessee Multiple Myeloma Support Group 1
3 8:00 The Christmas Place Outing 10:00 Volunteer Meeting 11:00 Paper Quilling	4	5 12:30 Video-Art of the Northern Renaissance	6 9:00 Try Us Out 10:00 As the Page Turns Book Club 3:00 Absolute Beginners (Level 1)	7 12:30 Ace of Clubs Duplicate Bridge 1:15 Made Around Here Market outing	8
10 9:30 K9 Daryl-Department of Public Safety Presentation 11:30 Understanding the Opioid Crisis & Story of Recovery 1:00 Addiction/Overdose Prevention Display & Resources in Lobby 1:00 Hip & Knee Replacements 1:00 Wit's Workout-Brain Fitness	11 9:00 Creative Card Making 11:00 Osteoporosis & Bone Health	12 10:30 Pampering & Caring for Caregivers 11:30 Rustic Angel Centerpiece	13 11:00 Soup-er Soups! 1:30 Ink and Watercolor 2:00 Creative Card Making	14 12:30 Painted Nativity Scene 1:00 Amateur Photography Club 5:30 Johnson City Grand Squares 6-9 Veterans Dance	15
17 10:00 Bingo 10:30 Technology 101 12:00 Lunch & Learn: Practical Tips for Maintaining Independence through Fall Prevention 6:00 Senior Single Mixer	18 2:00 Let's Go! Travel Show	19 10:00 Rock Painting 11:30 Beginner Basket Making 12:00 Lunch & Learn: Fraud Prevention	20 9:30 Dollywood Christmas Outing 10:30 Stories Behind Our Tennessee State Symbols 12:30 Parkinson's Support Group 1:00 Paper Making	21 11:00 Paper Making 12:30 Ace of Clubs Duplicate Bridge 1:00 Silk Painting Class	22
24 11:00 Paper Quilling	25 11:00 Improving Digestive Health	26 12:30 Video-In the Footsteps of van Gogh	27 Center Closed Happy Thanksgiving	28 Center Closed	29 Center Closed



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