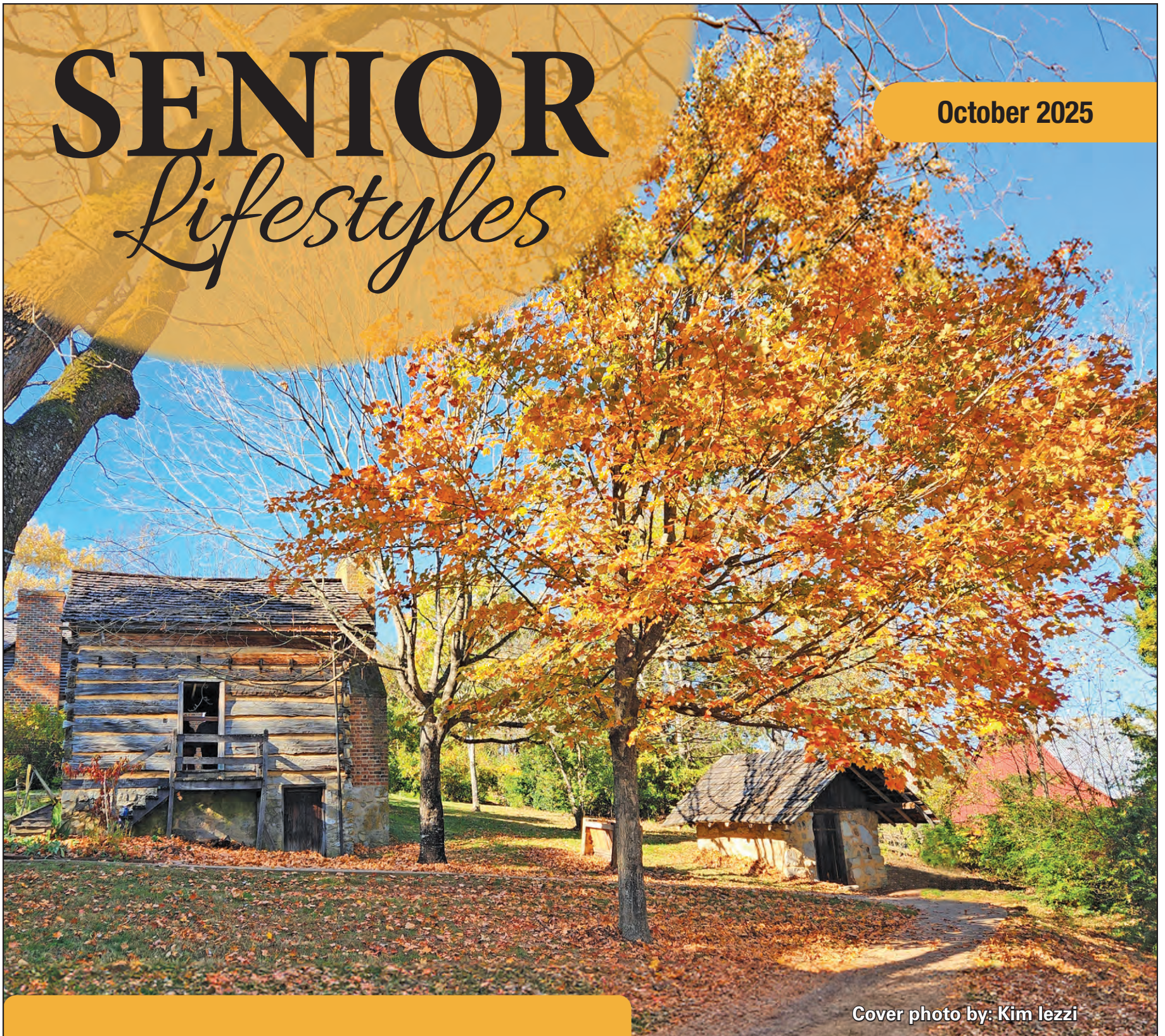


SENIOR *Lifestyles*

October 2025



Cover photo by: Kim lezzi

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)

Recreation Services Manager: Rachel Evans 423-434-5771 revans@johnson-citytn.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 F'THRA 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

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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

F'THRA serves lunch Monday through Friday from 11:30am -12pm.

Please call 423-434-5723 for more information.

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, October 14th & 21st,
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.**

CENTER NEWS

DO YOU KNOW ABOUT SHIP?

Senior Services recently hosted a training event for new SHIP volunteers. Training was provided by staff from the First Tennessee Area Agency on Aging & Disability. Three senior services staff and four volunteers completed the training.

SHIP (State Health Insurance Assistance Program) provides local, in-depth and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. Schedule a time to meet with a SHIP volunteer at the Senior Center to get one-on-one assistance with reviewing Medicare health or prescription drug plan options. You will not be required to enroll in a plan during a counseling session.

Medicare open enrollment is October 15-December 7. This is the time when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year. People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything. It is important to check with your physicians and other care providers to find out which plans they accept.

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, 1:30-3:30pm

'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.

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.

We're a VA-approved provider, serving seniors, veterans, and post-op patients across East Tennessee. And with our 48-hour installation guarantee, peace of mind is never far away.

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.



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. 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. 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.

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! **(Class will not meet October 3, 10 and 17)**

VIDEO SERIES – ART OF THE NORTHERN RENAISSANCE

Instructor: Ann Whitson

Cost: Free (Ages 18+)

**Wednesday, October 8th,
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.

AMATEUR PHOTOGRAPHY CLUB

Instructor: Maureen Mulroy

Cost: Free (Ages 18+)

**Friday, October 10th,
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.

PAPER QUILLING CLASS

Instructor: Mona Bawgus

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

**Wednesday, October 13th and
27th, 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.

CREATIVE CARD MAKING

Instructor: Chyrl McLaughlin

Cost: \$7 (Ages 18+)

**Tuesday, October 14th, 9-11am
OR Thursday, October 16th,
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, October 22nd,
11:30 – 1:30pm**

October's project will be a Napkin basket made of flat natural color reed with Fall color accents and Seagrass in the rim. 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.

MOSAIC CLASS

Instructor: Karen Hitchcock

Cost: \$10 (Ages 18+)

**Wednesday, October 22nd,
9:30-11:30am**

Try your hand at making a small glass mosaic project! You will learn glass cutting and the method of grouting. The project will feature a duck design. All materials and guided instruction are included. **Please pre-register and pay by Monday, October 20th.**

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

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ARTS

BEGINNING WATERCOLOR TECHNIQUE

Instructor: Ally Amore, Ann Whitson

Cost: \$5 (Ages 18+)

Wednesday, October 22nd, 2-4pm

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.

DÉCOR DESIGN: CREATING WITH BOOKS

Instructor: Deb Nelson and Mona Bawgus

Cost: \$15 (Ages 18+)

Thursday, October 23rd, 12:00 – 3:00 pm

In this one of a kind class we will upcycle six books to create two projects with a charming vintage look. You will be working alternately on two unique projects during the class – two creations for one price! One will be a fall theme and the other winter. An example is on display in the glass display case in the hallway.

CROSS STITCH/ STITCHERY KITS

Instructor: Work on Your Own

Cost: Free (Ages 18+)

Thursday, October 23rd, 12-2pm

We have extra! Come choose a kit that you would like to take with you and complete on your own. Kits will be provided with everything you need to make in the convenience of your own home.

GOOD FRIEND WOOLIES

Instructor: Gail George

Cost: \$10 (Ages 18+)

Wednesday, October 24th, 1-3pm

Create a unique, cheerful Snowman, for gift giving or for yourself! 5"-7" tall, simple hand sewing, wool with creative accents. All materials provided. This soft, rustic woolie will brighten your home! An example is on display in the glass display case in the hallway.

MYSTERY GRAB BAG CARD MAKING

(Ages 16+)

Instructor: Chyrl McLaughlin

Cost: \$7

Tuesday, October 21st, 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!

VIDEO SERIES – IN THE FOOTSTEPS OF VAN GOGH

Instructor: Ann Whitson

Cost: Free (Ages 18+)

Wednesday, October 29th, 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.

FALL PAINTING – PUMPKIN

Instructor: Patty Baker

Cost: \$13 (Ages 18+)

Wednesday, October 29th,

11:30am-1:30pm

Relax and enjoy creating an Acrylic painting with a Fall theme on a 10"x10" canvas panel. Cost of class includes a mini wooden easel on which to display your creation! An apron is recommended. An example is on display in the glass display case in the hallway.

WHIMSICAL WALL HANGING

Instructor: Charline Hughes

Cost: \$12 (Ages 18+)

Thursday, October 30th 1-3pm

In this class you will paint with acrylics on a wooden, pallet style board with a rustic twine hanger. Your painting will feature an amusing 'Hang In There' theme. An apron is recommended. An example is on display in the glass display case in the hallway.

SILK SHAWL CLASS

Instructor: Sherry Bernheisel

Cost: \$25 (Ages 18+)

Friday, October 31st, 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.

ESPORTS & SENIORS

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 or phone 423-557-3839.



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Medicare Plans

As an “Independent” Agency, East Tennessee Insurance Agency can provide you with “Unbiased” Information on all the Plans and Insurance Companies that are available in North East Tennessee.

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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East Tennessee Insurance Agency is an independent, family owned insurance consulting and brokerage agency nestled in the mountains of East Tennessee. Our business was established on hometown values back in 1950 (Originally called Cambron Insurance) and we have happily served the insurance needs of our customers ever since.

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.

DANCE

ABSOLUTE BEGINNERS (LEVEL 1)

Instructor: Martha Davenport

Cost: \$36/ (Discount for Silver Sneakers®, Renew Active, Silver & Fit, and FitOn (if eligible))
Thursdays, 3-4:30pm

This six-week class is from October 2nd to November 6th, for the individual who has never line danced or for someone who may have danced a few dances but needs to learn the very basic steps. Beginning with the first class, you will be line dancing and discovering what fun it can be. Shuffle, toe strut, grape vine, sailor step, kick ball change, and basic turns will be covered. Emphasis will be on how to count the steps, the technique for each step, and how the steps blend into line dance choreography. The class will meet on Thursdays for 6 weeks and is 1.5 hours per week.

Begin your new hobby and exercise routine with this class designed to get you on the dance floor! **Pre-registration required.**

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/**

[ancingwithmartha.jimdosite.com/](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, October 10th & 24th,
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.



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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BY KIM LEZZI

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, October 2nd,

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, October 6th, 10 am

Cost: Free

This is our monthly volunteer

meeting. Refreshments will be served. Rebecca Castle with Smoky Mountain Home Health and Hospice 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, October 28th, 3-4:30pm

Join your travel friends for the October meeting. Please pre-register by Friday, October 24.

LIFELONG LEARNING

BRAIN-A-CISE (TRIVIA)

Cost: Free (Ages 50+)

Tuesdays in October, 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 October, 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 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 October, 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.

MEMORY LANE: SHARING YOUR STORY

Cost: Free (Ages 50+)

Tuesday, October 7th & 21st, 10-11:30 am

Cost: \$3 (supplies & printing)
If you could take one photo of your life, what would it show? Bring a printed or digital photo from any time in your life. We will help guide those photos into a

short reflection or story inspired by that image. Sharing aloud is optional. **Please Pre-Register.**

PREPARATION FOR BRAIN OLYMPICS

Cost: Free (Ages 50+)

Wednesday, October 8th & 15th, 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 want 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.**

MONSTER MEDICARE MAYHEM

Cost: Free (Ages 50+)

Thursday, October 9th, 12:30-1:30pm

Come join us for a fun, free, educational class on Medicare! This class will leave you with a good knowledge of how Medicare works, what type of plan is best for you, how to enroll, and we will answer any questions you may have. **Please Pre-register.**

FRAUD & CYBERSECURITY

Cost: Free (Ages 50+)

Wednesday, October 15th, 10-10:40am

Join us for an informative class, presented by Ryan Lewis a Cybersecurity Advisor on a virtual Zoom call. This class is designed for older adults on how to stay safe from fraud, scams. Learn how to spot common red flags, protect your personal information, and feel more confident using technology. **Please Pre-register.**

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!

- **Walkers & Talkers**

1-3 miles, mostly flat, guided-tours

MONSTER WALK

Cost: Free (Ages 50+)

Friday, October 31st 9am

This will be a fun walk down the Tweetsie trail .We will walk about 3 miles. It will be fun to show off your Favorite customs. Meet at the Center on the senior side to start our walk and get some pictures.

- **Hiking 101**

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

DOE RIVER GORGE

Cost: Free (Ages 50+)

Thursday, October 23rd 9am

This will be a 5 mile hike down the train tracks .We will see beautiful views of the Gorge and lots of fall colors. We will meet at Doe River Gorge parking lot.

SEVEN ISLAND BIRDING PARK

Cost: \$7 (Ages 50+)

Friday, October 24th 9am

We will take a bus to the park, seating will be limited. We will leave at 9am and return about 3pm. Hike is approximately 3.5 miles. Lunch will be provided.

- **Hip Hikers**

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

BAYS MOUNTAIN FIRE TOWER

Cost: Free (Ages 50+)

Thursday October 9th 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.

PINNACLE FIRE TOWER

Cost: Free (Ages 50+)

Thursday, October 30th 8:30am

This will be a 10 mile hike. This will take about 5 ½ hours. It will be an out and back that is steep in parts. Please bring a snack and water. 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 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 October, 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 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, October 3rd & 17th,
12:30-4:30pm**

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

BINGO

Cost: Free (Ages 50+)

**Monday, October 20th,
10-11am**

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

JOIN US!

Holiday Bazaar

THURSDAY, NOVEMBER 6, 11AM - 3PM

EVERLAN
of JOHNSON CITY

We're excited to invite you to be part of our **Holiday Bazaar** this **November 6th**, here at **Everlan of Johnson City**, a festive event that brings together our senior living residents and the surrounding community for a day of shopping, connection, and holiday cheer!

Come and shop with **local vendors, artisans, and small businesses who will be showcasing their products!**

This event is open to the public, so come meet our wonderful staff and residents, and tour our beautiful community in a warm, welcoming atmosphere.

For more information contact **Amanda Buech**
at amandab@everlanjohnsoncity.com
or by calling **423-276-5240**.

We'd love to have you join us to help make the season merry and bright!

423-283-3499

2623 Peoples Street | Johnson City, TN 37604
everlanjohnsoncity.com

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.

WITS WORKOUT ~ BRAIN FITNESS

Speaker: Elizabeth Renfro, MS, UT/TSU Extension

Cost: FREE (Ages 50+)

Monday, October 13th, 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.

CHOLESTEROL & CARDIOVASCULAR HEALTH

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

Cost: FREE (All Ages)

Tuesday, October 14th, 10-11am

What exactly is cholesterol and what do the levels mean? Gain a better understanding of good and bad cholesterol and ways to improve your numbers and your health. Please call 423-434-6237 to pre-register.

LOW VISION GATHERING

Cost: FREE

**Tuesday, October 14,
11 am-12pm**

This will be a supportive gathering for people with the common problem of vision loss. We hope it

will provide a chance to offer support to each other as well as share solutions and resources that others have found helpful. Please pre-register by calling 423-434-6237.

PARKINSON'S SUPPORT GROUP

Cost: FREE (All Ages)

**Thursday, October 16th,
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.

UNDERSTANDING YOUR MEDICATIONS

Speaker: Dr Al-Goran, Medical Resident, ETSU Quillen College of Medicine

Cost: FREE (All Ages)

Tuesday, October 21st, 10-11am

As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions. The more you know about your medicines and the more you talk with your health care professionals, the easier it is to avoid problems. Please pre-register by calling 434-6237.

CROCK-TOBER!

Speaker: Sarah Balance, AS, UT/TSU Extension

Cost: FREE (All Ages)

Monday, October 27th, 1-2pm

Fall is a great time to put your slow cooker to work on some tasty

warm meals! Get some healthy recipes and enjoy a sample. If you have a crockpot meal that you love, please bring the recipe to share! Call 423-434-6237 to pre-register.

MENTAL HEALTH MATTERS

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

Cost: FREE (All Ages)

Tuesday, October 28th, 10-11am

Our mental health has a tremendous impact on our overall well-being. If you are struggling with depression, anxiety or any other mental health condition, you are not alone. It is important to know that it ok to ask for help. Learn some steps you can take to improve

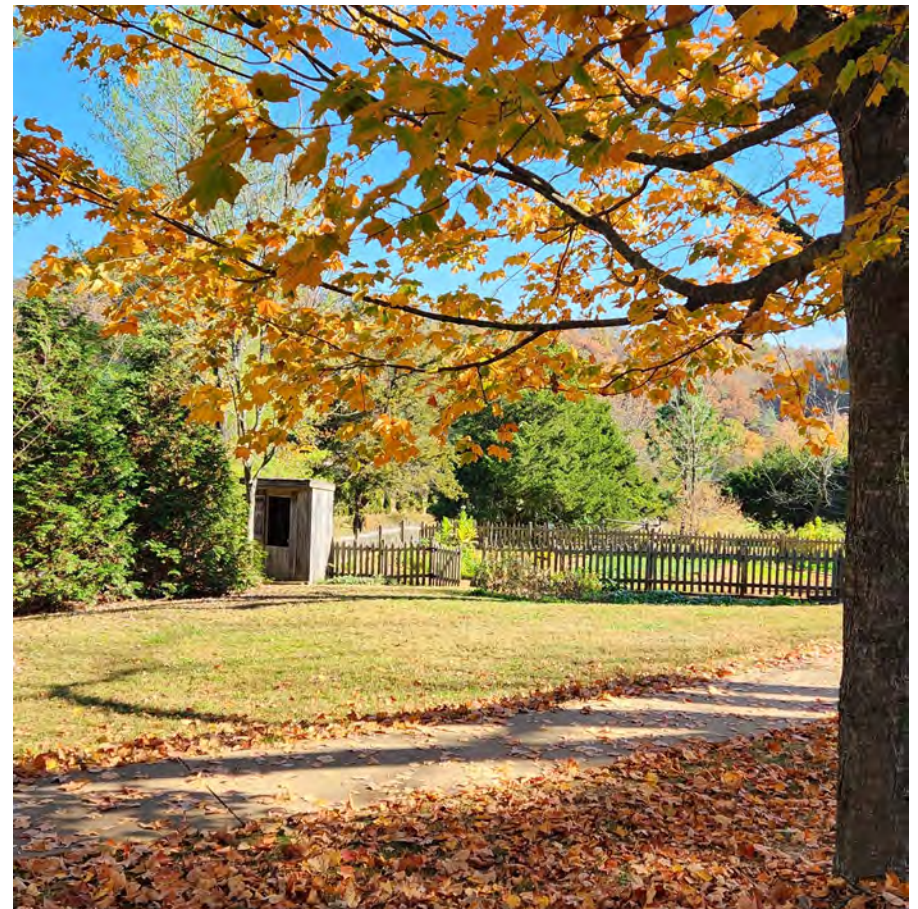
mental wellness, and ways to get help for yourself or someone you love who is struggling. Call 423-434-6237 to pre-register or just stop in.

ORAL HEALTH AS WE AGE

**Tuesday, October 21st
1:30-2:30**

Cost: FREE (All Ages)

October is Dental Hygiene month and maintaining good oral health is important to our overall health. Avoiding dental problems may help protect against other serious health issues. Find out ways to care for your teeth and gums and avoid common problems. Call 423-434-6237 to pre-register. Stop by display for info and giveaways



BY KIM LEZZI

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.

STRENGTH AND STABILITY

Instructor: Cherie Clough

Cost: FREE (All Ages)

Mondays, 9:30-10:00, beginning October 20th

Cherie Clough, a former educator and personal trainer, brings fun, research-based Strength and Stability classes to Memorial Park Senior Center. With experience in senior fitness, the program focuses on improving balance, strength, and reducing fall risk.

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!

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.

CARDIO DRUMMING

Cost: \$3/Class

Fridays, 9:30am, October 3rd, 10th, and 17th

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.

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.

MORNING RELAXATION

Instructor: Tricia Korade

Cost: Free

No class the week of October 20th

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 (No class the week of October 20th)

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,

Trust the professionals you have known for years.



306 Sunset Drive,
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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

FITNESS

CIRCUIT

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

**Lorra Ferrar (Wednesday @
9am, beginning October 22,
Thursday @ 8:45am)**

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

Tuesday 8:45am and 10am

Wednesday 9-9:45am

Thursday, 8:45 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% dis-
count for SilverSneakers®, Renew
Active™, FitOn® and Silver & Fit®
eligible participants). (Ages 18+)**

**Mondays and Wednesdays,
12pm**

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

TAI CHI ADVANCED

Instructor: Tonya Van Hook

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

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

Tai Chi for Arthritis is an evi-
dence 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% dis-
count 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 pos-
tures, 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.

BOOM MOVE

Instructor: Kelly Finney

**Cost: \$3/class (Free to
SilverSneakers®, Silver & Fit®,**

**FitOn® and Renew Active® partici-
pants) (Ages 50+)**

**Tuesday 5:30-6:15pm through
October 28th**

MOVE is a fun, dance-inspired
workout. The class improves cardio
fitness with easy-to-follow moves
and energizing music. This class
will focus on learning the steps to a
fun dance to the Thriller
soundtrack. The class will be a
series and participants are encour-
aged to come to as many classes as
possible to learn the dance.

BOOM MIND

Instructor: Tricia Korade

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

**No class the week of
October 20th**

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

BOOM Mind is a movement-based
class designed to support healthy
brain-longevity and mind-body con-
nection. 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® partici-
pants) (Ages 50+)**

**Wednesdays 9am-9:30am
through October 15**

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.

WEAR IT PINK!

Cost: Free

Friday, October 24th 2:00pm

Join us this fun 3 mile walk down
the Tweetsie Trail as we draw
awareness to breast cancer.

Meet at the entrance of the senior
service entrance at 2:00 or at the
trail head at 2:15 to modify the walk
to 2 Miles. Wear your pink to sup-
port and honor this great cause!

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 cardio-
vascular 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 car-
diovascular strength and condi-
tioning, muscle strength and
toning, balance and core work in
a fun environment.

FITNESS

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.



KIM LEZZI

REC PROGRAMS

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.

STORYBOOK STROLLS

Instructor: Roy Oakley

Cost: Free (Ages 3-5)

Winged Deer Park Disc Golf Parking Lot

Wednesday, October 22

10:00-11:30am

Join us each month for Storybook Strolls, a fun and gentle morning experience designed for young children and their families. We'll begin with a short stroll perfect for little legs, followed by a storytime book that highlights themes like curiosity, caring for the Earth, and connecting with the world around us. Minimum of 5 families needed to register.



OUTINGS

Tickets for October outings will go on sale Friday, September 26th starting at 7:30 am.

DONALD DAVIS MORNING SHOW

Wednesday, October 1st

Leave MPCC at 10:20am, return approx. 2:30pm

Cost: \$15

Join us at the International Storytelling Center in Jonesborough as we hear Donald Davis speak about growing up in a family of storytelling folks in Western North Carolina and its continued tradition throughout his career. Davis has also authored 18 books, and released over 50 audio recordings. Lunch on you own at Main Street Café and walking in Downtown Jonesborough. **Please Pre-Register, no refunds.**

APPLE FESTIVAL-ERWIN

Friday, October 3th

Leave MPCC at 8am, return approx. 2:30pm

Cost: \$2 (transportation fee)

The Unicoi County Apple Festival, drawing more than 110,000 annual attendees, has been consistently named one of the Southeast Tourism Society's Top 20 events in the southeast and is a three-year winner of the Northeast Tennessee Tourism Association's Pinnacle Award. This year's festival includes over 350 arts and crafts vendors from around the country featuring painting, photography, wood-turning, sculpture, metal crafts, jewelry, blown glass and much more. In addition, three food courts are located throughout the festival grounds so attendees may enjoy festival foods, beverages and specialty cuisine. Lunch on your own at the festival. **Please Pre-register, no refunds.**

VALLEY FORGE WHOLESALE & LIBBY'S RESTAURANT

Thursday, October 9th

Leave MPCC at 11:45am, return approx. 3:45pm

Cost \$2 (transportation fee)

Small group outing for shopping at Valley Forge Wholesale, followed by a late lunch at Libby's Restaurant. If you've never been to Valley Forge Wholesale, you'll be amazed at the variety of items, but prepared to walk as this place is huge. The hamburgers are great at Libby's! **Please pre-register, no refunds.**

STICKLEY FARM OUTING

Wednesday, October 22nd

Leave MPCC at 9:30am, return approx. 1:30pm

Cost: \$2 (transportation fee)

Join us as we travel to Bluff City for a fun day of fall! You will pay at the venue \$7 general admission, when entering. This outing includes seeing animals in the petting zoo, a hay ride, pumpkins and as a plus we will be providing boxed lunches with water. **Please Pre-register, no refunds.**

SHADY VALLEY COUNTRY STORE LUNCHEON

Tuesday, October 14th

Leave MPCC at 9:45am, return approx. 1:30pm

Cost \$2 (transportation fee)

Enjoy a beautiful drive through to the country to Shady Valley for lunch at Shady Valley Country Store. **Please pre-register, no refunds.**

GATLINBURG CRAFTSMAN FAIR

Wednesday, October 15th

Leave MPCC at 8 am, return approx. 5:00 pm

Cost: \$6 (for transportation only)

The October show offers over 200 booths of the finest craftspeople from all over the United States. Enjoy bluegrass, contemporary country at 12:00 pm. Admission is \$10 per person at the door. If you don't want to visit the craft show, you may enjoy a walk around Gatlinburg. There will be a brief stop at Buc-ees on the way home. **Limited seats, no refunds.**

NOTEWORTHY EVENTS

"TRY US OUT"

Cost: Free (Ages 50+)

Thursday, October 2nd, 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.

MEDICARE COUNSELING (SHIP VOLUNTEER)

Cost: Free

Wednesday, October 8th 9:00am-12:00pm

Wednesday, October 15th 9:00am-1:00pm

Wednesday, October 22nd 9:00am-12:00pm

Friday, October 28th 9:00am-12:00pm

Wednesday, October 29th 9:00am-1:00pm

This is a time to get questions answered and compare plans. Call 423-434-6237 to schedule your appointment with a trained SHIP Medicare counselor.

MEDICARE COUNSELING (FTAAD & SHIP VOLUNTEERS)

Cost: Free

Thursday, October 16th 8:00am-3:00pm

Wednesday, November 5th 8:00am-3:00pm

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. Appointments are taken in 30 minute time slots.

SENIOR SINGLE SOCIAL MIXER

Cost: Free (Ages 50+)

Monday October 20th, 6:00pm

Meet at White Duck Taco in Johnson City for dinner on your own. Great time to socialize and relax with friends.

LUNCH AND LEARN: SECRETS TO HEALTHY LONGEVITY

Cost: \$1 (ages 50+)

Thursday, October 16th, 12:00pm

Join Jodi Southerland, DrPH, ETSU Dept of Community & Behavioral Health, to learn about the Secrets to Healthy Longevity. A delicious meal will be provided by Governor's Bend Retirement & Assisted Living. Pre-register by Monday, October 13; limited space.

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 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 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
11:00-3:45 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



PICKLEBALL CALENDAR

Pickleball Schedule October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 MPCC Gym Courts Senior Olympics/NO Pickleball Keystone 8a -12p Outdoor –7a – 10:00p	2 MPCC Gym Courts 1&2 7-11:30 Keystone 8a-12p Outdoor 7a -10p	3 MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	4 Outdoor 7a – 10p
5 Outdoor 7a-10p	6 MPCC Gym courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	7 MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor – 7a-10p	8 MPCC Gym Courts NO PICKLEBALL-Corn hole Olympics Keystone 8a -12p Outdoor –7a – 10:00p	9 MPCC Gym Courts 1&2 7-11:30 Keystone 8a-12p Outdoor 7a -10p	10 MPCC Gym Courts 1 &2 7a-2:30 Keystone 8a-12p Outdoor 7a-10p	11 Outdoor 7a – 10p
12 Outdoor 7a-10p	13 MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	14 MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor – 7a-10p	15 MPCC Gym Courts 1 &2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p	16 MPCC Gym Courts 1&2 7a-11:30 Keystone 8a-12p Outdoor 7a -10p	17 MPCC Gym Courts 1 &2 7a-2:30 Keystone 8a-12p Outdoor 7a-10p	18 Outdoor 7a – 10p
19 Outdoor 7a-10p	20 MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	21 MPCC Gym Courts 1&2 7a-11:30 Outdoor – 7a-10p	22 MPCC Gym Courts 1 &2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p	23 MPCC Gym Courts 1&2 7a-11:30 Outdoor 7a -10p	24 MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	25 Outdoor 7a – 10p
26 Outdoor 7a-10p	27 MPCC Gym Courts 1&2 8:30-1pm Keystone 8a -12p Outdoor- 7a-10p	28 MPCC Gym Courts 1 &2 7a-11:30 Outdoor – 7a-10p	29 MPCC Gym Courts 1 &2 7a -1pm Keystone 8a -12p Outdoor –7a – 10:00p	30 MPCC Gym Courts 1&2 7a-11:30 Outdoor 7a -10p	31 MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	

NOTEWORTHY EVENTS CALENDER

Noteworthy Events Calendar – October 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:20 Donald Davis Morning Show Outing	2 10:00 As the Page Turns Book Club 3:00 Absolute Beginner (Level 1)	3 12:30 Ace of Clubs Duplicate Bridge	4 8:00 Apple Festival- Erwin Outing 12:00 Northeast Tennessee Multiple Myeloma Support Group
6 10:00 Volunteer Meeting	7 10:00 Memory Lane: Sharing Your Story	8 9:00-12:00 Medicare Counseling (SHIP) 12:30 Video-Art of the Northern Renaissance 2:00 Preparation for Brain Olympics	9 8:30 Bays Mt. Hike 11:45 Valley Forge Wholesale & Libby's Restaurant 12:30 Monster Medicare Mayhem 3:00 Absolute Beginners (Level 1)	10 1:00 Amateur Photography Club 5:30 Johnson City Grand Squares	11
13 11:00 Paper Quilling 1:00 Wit's Workout	14 9:00 Creative Card Making 9:45 Shady Valley Country Store Luncheon 10:00 Cholesterol & Cardiovascular Health 11:00 Low Vision Gathering	15 8:00 Gatlinburg Craftsman Fair 9:00-1:00 Medicare Counseling (SHIP) 10:00 Fraud & Cybersecurity 2:00 Preparation for Brain Olympics	16 8:00-3:00 Open Enrollment Medicare Counseling 12:00 Lunch & Learn: Secrets of Healthy Longevity 12:30 Parkinson's Support Group 2:00 Creative Card Making 3:00 Absolute Beginner (Level 1)	17 12:30 Ace of Clubs Duplicate Bridge	18
20 10:00 Bingo 6:00 Single Social Mixer	21 9:00 Mystery Grab Bag Card Making 10:00 Memory Lane: Sharing Your Story 10:00 Understanding Your Meds 1:30 Oral Health	22 9:00-12:00 Medicare Counseling (SHIP) 9:30 Mosaic Class 9:30 Stickley Farm Outing 11:30 Beginner Basket Making 2:00 Beginning Watercolor Technique	23 9:00 Doe River Gorge Hike 12:00 Décor Design-Creating With Books 12:00 Cross Stitch/Stitchery Kit Give Away 3:00 Absolute Beginner (Level 1)	24 9:00 Seven Island Birding park 9:00-12:00 Medicare Counseling (SHIP) 1:00 Good Friend Woolies 5:30 Johnson City Grand Squares	25
27 11:00 Paper Quilling 1:00 Crock-tober	28 10:00 Mental Health Matters 3:00 JCSC Seniors on the Go Meeting	29 9:00-1:00 Medicare Counseling (SHIP) 11:30 Fall Painting-Pumpkin 12:30 Video-In the Footsteps of van Gogh	30 8:30 Pinnacle Fire Tower Hike 1:00 Whimsical Wall Hanging 3:00 Absolute Beginner (Level 1)	31 9:00 Monster Walk 1:00 Silk Shawl Class	



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