

Senior Lifestyles

VOLUME LXXXVIII NO. 88

AUGUST 2021



JOHNSON CITY
TENNESSEE

JCSC Center News

We are getting back to our new normal with many activities returning this month.

Foundation News

The Johnson City Senior Center Foundation would like to thank all those who have made donations to the Foundation. Your dollars have helped to fund our Spring Forward for Seniors which provides food and household supplies to low income seniors; provides funding for our nurse, Jennie Clark, RN; provides funding for some of our charter bus trips; provides funds for our fellowship program which helps low income seniors participate in our programs that have a charge; and helps provides funding for special programs offered by the Johnson City Senior Center. Thank You again for your support!

Attention

All members who have Silver Sneakers®, Renew Active™ or Silver & Fit® through your insurance. Have you updated your paperwork yet? We need new forms for folks that are eligible for these programs. Please see front desk if you have not taken care of this during January 2020. We are now offering all three programs. So our records are accurate, everyone will be required to renew your certification through our center for these programs. Please see front desk for more information. There are brochures explaining the eligible classes for each of these programs at the front desk.

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

Congregate Meal

Congregate meal is served in the dining room. Reservations must be made.

Reservation sheets for meals are placed outside the dining room doors. Locate your name and place a checkmark in the reserved column for the days that you wish to come to eat. All orders must be placed 48 hours in advance. "No add-ons" will be permitted after the meal order has been sent in to FTHRA. No outside food "to share" will be permitted at this time. If you ordered a meal, the service time will be 12:00p. **Please contact us if you are unable to dine on a day that you have reserved (423-434-5723).**

Meals will be served for those who have made reservations between 12:00 and 12:20. At 12:20, meals will be given out to those who have shown up to eat but forgot to reserve.



FTHRA Nutrition Program



Menu for August

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Goulash Carrots Mixed Greens Dinner Roll	3 Meatloaf Mashed Potatoes Green Peas Dinner Roll	4 Chicken Salad Bread (2) Shredded Lettuce Pasta Salad Tropical Fruit	5 Hamburger w/ onions Bun Potato Wedges Corn	6 Pizza Casserole Texas Toast Cauliflower Pineapple
9 Breaded Chicken Broccoli Tenders Dinner Roll Macaroni & Cheese	10 Spaghetti w/ Texas Toast meatsauce Italian Mix Vegetables Pears	11 BBQ Chicken Au Gratin Potatoes Sautéed Squash Biscuit	12 Sliced Ham Bread (2) Lettuce & Tomato Cole Slaw Fruited Jell-O	13 FTHRA Closed for training No Meal Served
16 Country Style Steak Dinner Roll Mashed Potatoes Mixed Vegetables	17 Cheese Omelet Orange Juice Sausage Patty Biscuit w/ Gravy Grits	18 Chicken Parmesan Texas Toast Pasta w/ sauce Italian Mix Vegetables Pineapple Tidbits	19 Tuna Salad Mandarin Oranges Shredded Lettuce Bread (2) Macaroni Salad	20 Chili Dog w/ onions Potato Wedges Baked Beans Bun
23 Oven Fried Chicken Dinner Roll Scalloped Potatoes Green Beans	24 Chicken Spaghetti Texas Toast Broccoli Baked Apples	25 Meatball Sub Bun Sandwich Brussel Sprouts Peach Cobbler	26 Turkey Sandwich w/ Mayo Shredded Lettuce Marinated Cucumber Salad Tropical Fruit Bread	27 Chicken Philly w/ Applesauce peppers & onions Bun Potato Wedges
30 Salisbury Steak w/ Corn gravy Carrots Mashed Potatoes Dinner Roll	31 BBQ Pork Riblet Potato Wedges Baked Beans Bun			

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

Congregate Meals will be served from 12:00-12:15 for those who have registered. At 12:15 continuing until 12:25 if there is food available, it will be served to those who did not register but have shown up to eat lunch. Please register in advance to ensure your meal!

August 2021

Lifestyle Sports

Pickleball

(Ages 18+)

Gym 1 – Mon, Wed, and Fri 9:00a-12:00p

Gym 2 – Mon through Fri 9:00a-12:00p

Outdoor courts are available

August 11 - No indoor pickleball (Job Fair in the gym all day)

Cost: FREE

Join in on the fun! This activity is a modified version of tennis. We play doubles.

No registration required, no time limit or number of players

Senior Billiards

(Ages 18+)

Monday through Friday

7:00a-7:00p

No registration required, No time limit or number of players

No food allowed in the billiards room only closed beverage containers

Cost: FREE

Men's Senior Softball

(Ages 60+)

Registration forms for the upcoming 2021 season are available at the front desk.

Doubles Table Tennis

(Ages 50+)

Each Mon, Wed, and Fri

9:00a-11:00a

Cost: FREE

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

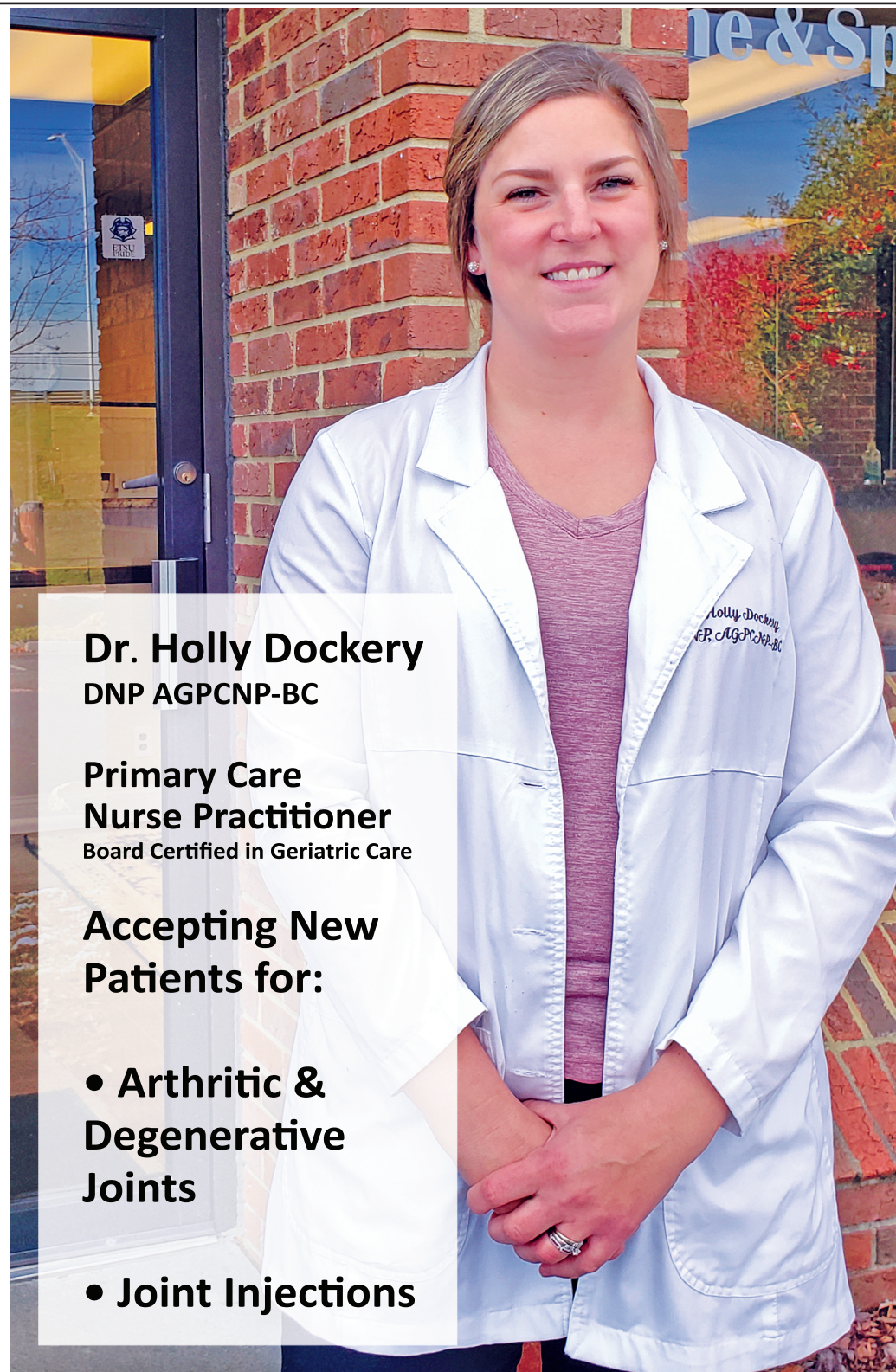
Senior Basketball

(Ages 50+)

Gym 1 – Tues and Thurs 10a -12p

Cost: Free

Meet in the gym for pick-up games and shoot a-rounds.



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DNP AGPCNP-BC

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Appointments

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Arts & Crafts

Mystery Grab Bag Card Making (Ages 16+)

Instructor: Chyrl McLaughlin

Cost: \$7

Tuesday, August 10 1-2:30p

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 you do not know which cards you will receive in your packet of six cards. Cards that will be in the packets include birthday, get well, thinking of you, New Year's Day, Easter, patriotic, Halloween and Thanksgiving. Come and have some fun crafting and getting to know someone new. Don't delay, seats are limited to the first 16 people. Please pre-register and pay in advance to ensure your spot!

Creative Card Making (Ages 16+)

Instructor: Chyrl McLaughlin

Cost: \$7

Tuesday, August 17 9-10:30a OR

Thursday, August 19 2-3:30p

It's good to keep in touch and remind others that you are thinking about them. We will be making a variety of cards this month. You will be making 6 cards and will be competing the stamping and embossing yourself. Don't delay, seats are limited in number. Two classes offered. Please pre-register and pay in advance to ensure your spot!

Amateur Photography Club (Ages 18+)

Cost: Free

First Monday of the month 1-3:00p

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

Video Series – How to Look at and Understand Great Art (Ages 18+)

Instructor: Ann Whitson

Cost: Free

First Monday of Each Month 1 –2:30p

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

Video Series - Masterworks of American Art (Ages 18+)

Instructor: Ann Whitson

Cost: Free

Last Wednesday of Each Month 12:30-2p

In this video series we will explore the remarkable history of American Art from its origins in the colonial past until shortly before the First World War. Like the early Americans it is forward-looking, innovative and sometimes rebellious.

Pencil Drawing Made Easy (Ages 18+)

Instructor- Ann Whitson

Cost: Free

Tuesdays 1-2:30p

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

Beginning to End....Canvas Creations (Ages 18+)

Instructor: Charline Hughes

Cost: \$8

Tuesday August 24 3-5p

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

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

Instructor: Charline Hughes

Cost: Free

Wednesdays 1-3:30p

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

Acrylics Class (Ages 50+)

Instructor: Art Holsclaw

Cost: \$10

Wednesdays 12:30–2:30p

Join "Art" Holsclaw to paint and share. Designed for beginners or experienced painters. Registration deadline is Monday before each class. Feel free to come by and visit during class to see what it is all about and if you would like to sign up.

Pottery Class (Ages 18+)

Instructor: Barb Cara

Cost: \$25 for the series

Thursday August 5 & 19 12-2p

We will use hand building techniques such as slab, coil and pinch to make simple, yet practical and artistic pieces. Projects will be seasonable and versatile. Suitable for all levels of ability – beginner to experienced. Barb is owner and potter at Potting for Fun in Jonesborough. Cost includes all materials and kiln firing. Please pre-register and pay, class size is limited.

Silk Painting for Wearable Art (Ages 18+)

Instructor: Sherry Bernheisel

Cost: \$10 for the series

Thursday and Friday August 12 & 13 12:30-2:30p

This class will feature a resist technique and silk paint on large squares of silk. The silk will be on stretchers while you work in order to create a precise design. When dry the squares can then be put together to create a silk top to wear!
Cost includes all materials and instruction.

Create a Vase and a Canvas (Ages 18+)

Instructor: Sherry Bernheisel

Cost: \$8 for the series

Monday & Tuesday August 30 & 31 1-3p

We will use acrylic paint and a pouring technique to create two projects in one! As you work you will see the

paints blend into a beautiful mix of colors, swirls and patterns on your vase and canvas at the same time. **It's always a beautiful surprise! All materials furnished.**

Bottle Lamps (Ages 18+)

Instructor: Sherry Bernheisel

Cost: \$8 for the series

Thursday & Friday August 26 & 27 12:30-2:30p

We will be using glass bottles and a glass dye to create a beautiful and unusual lamp. The bottle will have a string of lights inside creating the effect of fireflies. You choose your colors and designs.
All materials furnished.

Pastel Class (Ages 18+)

Instructor: Ann Whitson

Cost: \$3

Monday August 16 1-3p

In this class you will be guided in working with the soft and blendable quality of chalk pastels. It is a relaxing way to draw and compose. **You will take home a finished composition. Appropriate for all skill levels. All materials furnished**

Oil Pastel Class (Ages 18+)

Instructor: Ann Whitson

Cost: \$3

Monday August 23 1-3p

Drawing with oil pastels is a step beyond using chalk pastels. Oil pastels are not as often used as chalk pastels and have their own unique way of blending and creating a beautiful composition. With the right materials and proper technique you can learn how to create your own beautiful oil pastel painting. All supplies furnished.

Op Art (Ages 18+)

Instructor: Ann Whitson

Cost: \$3

Friday August 20 1-3p

Op art, short for optical art, is a style of visual art that uses optical illusions. Op art is a perceptual experience related to how vision functions, giving the viewer the impression of movement, hidden images, and vibrating patterns. If you would like to try your hand at something different and intriguing try this out!

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

Instructor: Willis Jones

Cost: \$20 for four lessons

Wednesday August 4, 11, 18, 25 2-3p

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

Next Step Photography Club (Ages 18+)

Cost: Free

Third Wednesday of each month at 6p-8p

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

Groups & Meetings

  
Coffee and Conversations for GRANDfamilies
 - Grandparent and Relatives Raising Relative Children
 Monday, August 9 10a 2nd Monday of each month
Cost: Free

Are you raising a grandchild or other relative? Need support, information or resources? Join us to share your experience, receive useful information, learn caregiving/child rearing tips, and gain emotional support during our Coffee & Conversation for GRANDfamilies. Coffee & Light Refreshments will be provided.

Weekly Bible Study Opportunities

Our Holy Bible Study

Mondays at 2p

(Ages 50+)

Join us for this open discussion Bible study. Share what you have learned throughout the years.

Last Wednesday of each month at 10a, will meet on August 25
(Ages 50+)

Thursdays at 8a
(Ages 50+)
 Men's Bible Study.

As the Page Turns

(Book Club):

(Ages 50+)

Free Books Provided

1st Thursday of month 10a.

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.

Book Selections:

August: The Light Between Oceans by M.L. Stedman



Bert Street Music Series

Thursdays 7-9 p.m.

August 12 - Beach Nite Band
 August 19 - David Gerald
 August 26 - My New Favorites
 September 2 - Jesse Barry and The Jam
 September 9 - Blaze The City
 September 16 - Hillbilly Bad

Free concert, free parking, concessions and plenty of room to social distance.

Thanks to our sponsors!

Memorial Park Community Center Amphitheater, 510 Bert St., Johnson City, TN. - 423-434-6237

Wellness Dimensions



Physical: promotes personal health and safety.

Examples: Walking, swimming, group exercise, hiking, pickleball



Social: fosters meaningful interactions within a diverse community.

Examples: Outings, meals, special events



Emotional: facilitates an awareness and acceptance of one's feelings.

Examples: Support groups, social networks, self-esteem



Vocational: finding one's calling and being a good giver and receiver.

Examples: Volunteering



Intellectual: stimulates the use of one's mind.

Examples: computer, music, language, cards



Spiritual: encourages a life of meaning, value and purpose.

Examples: Bible study,



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- Respite Services
- On-Call Physician Services
- Licensed Nursing Staff
- Social Services Staff
- Pharmacy Services
- On-Call Mental Health Services
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Dominion Senior Living's 6th Anniversary

Bounce House
— and —
Backyard Dunk Tank
Plus
Food Prizes
Games Face Paint

FRIDAY
August 13
4:00 p.m – 6:00 p.m.

2412 Knob Creek Road
Johnson City, TN 37604

★ For additional information,
please contact Kara Fleenor or
Carla Dunn at (423) 930-9001



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

Volunteer Meeting:

Monday, August 2nd 10a

Guest Speaker: Ashley Cavendar with One Acre Café will raise your awareness about the volunteer opportunities available.

Come play a game and get reacquainted with other volunteers.

Learn of upcoming volunteer opportunities



Computers

Open Computer Lab (Ages 18+)

Members of the Center will be able to check out an Access card to the Computer Lab at the Senior Front Desk to gain entrance into the Lab from 8:00a-5:00p, Monday through Friday.

Times/Availability subject to change

Games

Hand & Foot Canasta (Ages 50+)



Monday 1p-5p

Cost: FREE

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

Pinochle (Ages 50+)



Wednesdays, 1p-5p

Cost: FREE

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

Rook

(Ages 50+)



Thursdays, 1p-5p

Cost: FREE

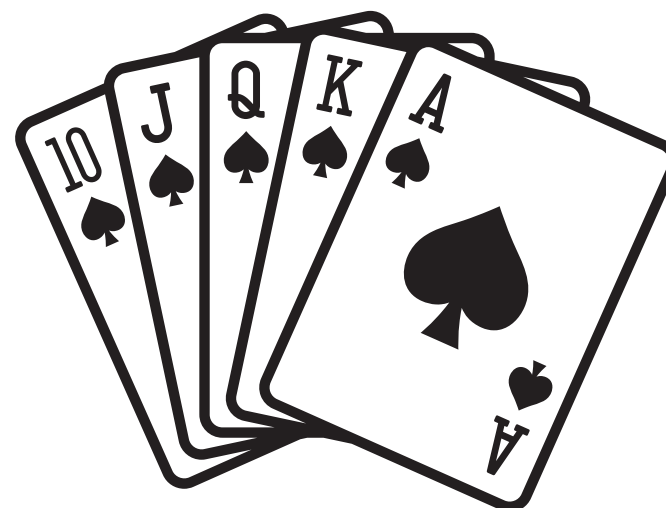
Rook is a challenging trick taking game played with a special deck of cards and a special group of people. Please join us! **No food allowed in the Card room only closed beverage containers.**

Ace of Clubs Duplicate Bridge (Ages 50+)



Fridays 12:30p

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





IE

Welcome to Everlan of Johnson City

LUXURY INDEPENDENT LIVING FOR ADULTS 55+

Our resort-style independent living community was created for active seniors seeking a maintenance-free lifestyle filled with socialization and security. We offer an extensive calendar of activities that includes fitness programs, live entertainment, special events, church services and Bible studies. Our amenities were designed to meet your individual needs while providing the freedom and flexibility you desire.

- Restaurant-Style Dining
- Weekly Housekeeping
- Transportation Services
- 24/7 Emergency Response/Security
- Spa and Salon Suite
- Multi-purpose Theatre
- Fitness Center
- Concierge Services
- Washer and Dryer in All Units
- Walk-In Showers
- Utilities Included (Except Phone)
- Wi-Fi Included

CALL (423) 212-4192 TO SCHEDULE YOUR TOUR OR FIND OUT ABOUT OUR EVENT SCHEDULE!



EVERLAN
of JOHNSON CITY

Memorial Park
Community Center
510 Bert St.

Saturday
August 21, 2021
10 - 11 a.m.
Ages 3-6

Registration fee:
\$10/person (July 23-Aug. 13)
Late Registration:
\$15 (Aug. 14-20)
Packet pickup MPCC:
10 a.m. - 6 p.m.

Register online at myjcparks.org
No registration day of event

Preschoolers will begin by running the bases at TVA Credit Union Ballpark (Cardinal Park), jump on their bicycles (with training wheels), tricycles or Big Wheels and ride a designated distance, then end at a watery but safe finish line.

It's never too early to offer opportunities for a healthy lifestyle, and this popular event is designed for just that.

For more information, call 423-434-5749



Tot Triathlon

RUN. TRIKE. RUN.



MEMORIAL PARK COMMUNITY CENTER
510 BERT ST.

Wednesdays (Sept. 1 - Dec. 15)
1 - 2:30 p.m.
Free
Ages: 18+

The program is designed specifically for individuals with special needs. Come ready to learn the basics of a variety of sports. Caregivers are welcome. No personal care will be provided. Please register in person the day of the activity. For more information, call 423-434-5749



GYM GAME NIGHTS

Monday and Wednesday
6-8 p.m.
All ages
Free
Mondays - Miniature Golf
Wednesday - Volleyball

Register at the front desk upon arrival.
Other games will be added
for loads of family fun!

For more information, call:
423-434-5749



OPEN VOLLEYBALL

Memorial Park Community Center
510 Bert St.
Wednesdays
August 4 - December 29
6 - 8 p.m.
Free
Open to ages 14+

For more information, call: 423-434-5749

**GO.
ALL.
OUT.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>1:00 Video - How to Look at Great Art</p> <p>1:00 Amateur Photography Club</p>	<p>3</p>	<p>4</p> <p>2:00 Mountain Dulcimer Lesson Series</p>	<p>5</p> <p>10:00 As the Page Turns</p> <p>12:00 Pottery Class</p>	<p>6</p>	<p>7</p>
<p>9</p> <p>10:00 Coffee & Conversations for Grandfamilies</p> <p>11:00 Diabetes Control - Why It's So Important</p>	<p>10</p> <p>10:00 Hypertension - What You Need to Know</p> <p>1:00 Mystery Grab Bag Card Making</p>	<p>11</p> <p>8:00 Fasting Blood Sugar Screening</p> <p>2:00 Mountain Dulcimer Lesson Series</p>	<p>12</p> <p>12:30 Silk Painting for Wearable Art</p> <p>3:00 JCSC Seniors on the Go</p>	<p>13</p> <p>12:30 Silk Painting for Wearable Art</p> <p>5:30 Johnson City Grand Squares</p>	<p>14</p>
<p>16</p> <p>1:00 Pastel Class</p>	<p>17</p> <p>9:00 Creative Card Making</p> <p>10:00 the READY's</p>	<p>18</p> <p>10:00 Free Injury Screening</p> <p>2:00 Mountain Dulcimer Lesson Series</p> <p>6:00 Next Step Photography Club</p>	<p>19</p> <p>12:00 Pottery Class</p> <p>2:00 Creative Card Making</p>	<p>20</p> <p>10:00 Basics of Medicare</p> <p>1:00 Op Art</p>	<p>21</p>
<p>23</p> <p>1:00 Oil Pastel Class</p>	<p>24</p> <p>10:00 Property Fraud</p> <p>3:00 Beginning to End - Canvas Creations</p>	<p>25</p> <p>10:30 Arthritis & Nutrition</p> <p>12:30 Video - Masterworks of American Art</p> <p>2:00 Mountain Dulcimer Lesson Series</p>	<p>26</p> <p>12:30 Bottle Lamps</p>	<p>27</p> <p>12:30 Bottle Lamps</p> <p>5:30 Johnson City Grand Squares</p>	<p>28</p>
<p>30</p> <p>1:00 Create a Vase and a Canvas</p>	<p>31</p> <p>10:00 Joint Health</p> <p>1:00 Create a Vase and a Canvas</p>				

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FRIDAYS AFTER 5

Summer Concerts
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The TownView Twist

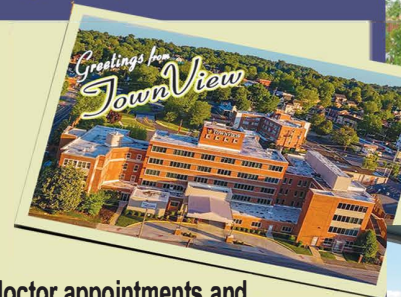
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- 2. Spacious & airy apartment homes!** Mountain and downtown views in a warm and inviting community.
- 3. Community features!** Chapel, Ice Cream Parlor, Dining Room and Cafe, Movie Theatre, Library, Media Centers & Meeting Rooms, Event & Activity spaces and a Fitness Center with State-of-the-Art Equipment.
- 4. Outdoor features!** Large, beautiful courtyard with paved walking paths and comfortable seating areas throughout, resident's personal raised garden beds, games & picnic area, dog park, fire pit, and resident secure parking with electronic gate access.
- 5. Exceptional Staff!** Concierge, security, maintenance, housekeeping, activities & dining.
- 6. Location!** Located in Downtown Johnson City with walking distance to parks, festivals, library, and dining; convenient to 1-26, Senior Center, VA and medical services.
- 7. Activities Galore!** There's plenty to do, choose as much or as little as you would like!

55+ Welcome Home to TownView!

"Love living here at Town View. I wouldn't want to be anywhere else. My family of friends are here." ~ Sharon Y



Call Today to schedule Lunch & a Private Tour!
114 West Fairview Ave., Johnson City, TN 37604

423-328-9068
thetownview.com

Schedule of Activities

Fit & Toned (Ages 18+)

Monday, Wednesday, and Friday, 8:00a
Cost: \$2 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor: Deb Fogle

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

Outshine Fitness (Ages 18+)

Tuesday, 8:00a
Cost: \$2

Instructor: Deb Fogle

This outdoor workout is a great class to add to your fitness regimen. By combining an outdoor walk/run with weighted exercises, this class shows instant results! The class features a "go at your own pace" format, so it welcomes all varieties of fitness levels. As your energy level and strength increase, so will the difficulty of the class.

Classic (Ages 50+)

Monday and Wednesday, 10a
Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor: Deb Fogle

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

Classic (Ages 50+)

Monday and Wednesday, 1:30pm
Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor: Deb Fogle

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

Tai Chi for Arthritis and Fall Prevention (Ages 18+)

Mondays and Wednesdays, 11a
Cost: \$5 per class (50% discount for Silver Sneakers®, Renew Active™, and Silver & Fit® eligible participants).

Instructor: Tonya Van Hook

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

ment. With adjustments the exercises are appropriate for individuals of all physical conditions and can be done seated in a chair.

Qigong (Ages 18+)

Mondays and Wednesdays, 12p
Cost: \$5 per class (50% discount for Silver Sneakers®, Renew Active™, and Silver & Fit® eligible participants).
Instructor: Tonya Van Hook

Qigong is a part of traditional Chinese medicine that includes easy to learn, gentle, flowing movements that stimulate the meridian system of the body and promote relation and mindfulness. Class work also includes warmups, gentle stretching of all the major joints, and breath work. Evidence-based studies show that Qigong practice can improve a wide variety of chronic health conditions including heart disease, diabetes, MS, and Parkinson's disease, while reducing stress and promoting emotional health and mental function. With adaptations this class is appropriate for everyone regardless of physical limitations and can be done seated in a chair.

Circuit (Ages 50+)

Tuesday and Friday, 10a
Cost: \$3 (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Instructor: Deb Fogle

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

Group Exercise Guidelines

Preregistration recommended for the above classes. Class size limited to 20 participants.

Fitness Room (Ages 18+)

Monday through Friday
7:00a – 7:00p
No preregistration required to use fitness room

Cost: Daily and Monthly fee options (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

Healthy Living

Ask Our Nurse

If you have health concerns or questions, our nurse, Jeanne Clarke, RN is happy to assist.

Blood pressure checks are available daily. You are also welcome to stop in to weigh yourself. She can be reached Monday – Thursday, 9am-2 pm at 423-434-6235 or stop by her office across from the dining room.

Free Blood Pressure Checks (Ages 18+)

Cost: FREE
Monday – Thursdays, 9a-2p
Stop by the nurse's station for a free blood pressure check. No appointment required.

Delay the Disease ~ Parkinson's Exercise Program (Ages 18+)

New series beginning August 3
Classes meet Tuesdays & Thursdays, 1:30-2:30p

Cost: \$48 for initial 12 session series: \$24 for repeat participants
Instructors: Deb Fogle, ATC & Jeanne Clarke, RN

This evidence based exercise program is designed specifically to empower people with Parkinson's to take control of their disease and help delay the progression of symptoms. Exercises are aimed at promoting greater mobility, improved balance, flexibility, strength, independence and hope! **Prior to attending classes, please call our nurse Jeanne Clarke at 423-434-6235 to get more information and complete an assessment.**

Diabetes Control – Why It's So Important (Ages 18+)

Monday, August 9, 11a-12p
Cost: FREE

Speaker: Paul C Lange, Jr, MD
Diabetes increases your risk for many serious health problems but maintaining healthy blood sugar levels can help prevent or delay these complications. Gain a better understanding of diabetes and how to manage it through diet, lifestyle habits as well as medications. Get answers to your questions and important tips for controlling your blood sugar and reducing your risks. Please pre-register by calling 423-434-6237.

Hypertension – What You Need to Know (Ages 18+)

Tuesday, August 10, 10-11a
Cost: FREE
Speaker: Ammar Alhabbeh, MD (Medical Resident)
Get the latest information about managing blood pressure and the importance

of keeping it under control. Learn about what can impact your blood pressure and how your blood pressure impacts your overall health. What do the numbers really mean? How do the different medications work? Get the lowdown on high blood pressure. Please call to pre-register at 434-6237.

Free Fasting Blood Sugar Screening (18+)

Wednesday, August 11, 8-10a 

Cost: FREE
Stop by the nurse's station for a free blood sugar check (done by fingerstick). For best results, do not eat or drink anything except water 8-12 hours prior to testing. If you have any questions about pre-diabetes or diabetes, feel free to stop by or call 423-434-6235 to set up a time to discuss with our nurse, Jeanne Clarke, RN.

Free Injury Screenings (18+)

Wednesday, August 18, 10a-12p
Cost: FREE

PT Solutions physical therapists will be here at the center to address your orthopedic concerns or provide a free injury screening to identify potential injuries or musculoskeletal problems. Whether you are experiencing an ankle sprain, plantar fasciitis, knee, shoulder, or back pain, they can check it out and offer advice. Please call 423-434-6237 to schedule your free appointment.

Arthritis & Nutrition (18+)

Wednesday, August 25, 10:30-11:30a
Cost: FREE
Speaker: Pamela Kowalski, MHL, BSN, RN, CCM

Join us to learn how foods can worsen or improve the inflammation in our bodies. Find out which foods promote inflammation and which help to fight it. Get tips for incorporating more of the anti-inflammatory foods in your diet and some small changes that can have a big impact. Please pre-register by calling 423-434-6237.

Joint Health (18+)

Tuesday, August 31, 10-11a
Cost: FREE

Speaker: Dr. Tim Dunne, D.C.
Are painful or stiff joints slowing you down or keeping you from being as active as you would like to be? Dr. Dunne from Advocate Integrated Medicine will discuss potential causes of joint symptoms and treatment options to safely improve your quality of life. Please pre-register by calling 423-434-6237.

Ongoing Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am to 8:00pm Billiards Room Fitness Room	7:00am to 8:00pm Billiards Room Fitness Room	7:00am to 8:00pm Billiards Room Fitness Room	7:00 am to 8:00pm Billiards Room Fitness Room	7:00am to 8:00pm Billiards Room Fitness Room
8:00 Fit and Toned 9:00 Pickleball 9:00 Blood Pressure Checks 9:00 Doubles Table Tennis 10:00 Classic 11:00 Tai Chi for Arthritis and Fall Prevention 12:00 Qigong for Health 1:00 Musical Voices 1:00 Hand & Foot Canasta 1:30 Classic 2:00 Open Bible Study 3:30 Line Dance with Martha	8:00 Outshine 9:00 Pickleball 9:00 Blood Pressure Checks 10:00 Heart Strings Jam Session 10:00 Senior Basketball 10:00 Circuit 11:00 Yoga - Just Breathe 1:00 Pencil Drawing 1:30 Delay the Disease 2:00 Brain-a-Cise	8:00 Fit and Toned 9:00 Pickleball 9:00 Blood Pressure Checks 9:00 Doubles Table Tennis 10:00 Classic 10:00 Bible Study (Last Wednesday of month) 11:00 Tai Chi for Arthritis and Fall Prevention 12:00 Qigong for Health 12:30 Acrylics 1:00 Pinochle 1:00 Sewing Group 1:30 Classic	8:00 Men's Bible Study 9:00 Pickleball 9:00 Blood Pressure Checks 10:00 Senior Basketball 11:00 Yoga - Just Breathe 1:00 Rook 1:30 Delay the Disease 1:30 Ballroom Dance Practice 5:00 Dandy Line Dancers	8:00 Fit and Toned 9:00 Pickleball 9:00 Doubles Table Tennis 10:00 Circuit 12:30 Ace of Clubs Duplicate Bridge

Aquatics

Lap Pool Schedule:

Lap Swim



(Teens, Adults and Seniors)

Monday through Friday 7:00-8:45a and 11:30a- 3:30p

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

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

Open Swim



Monday, Wednesday, Friday 4-5:45p

Cost: \$2 (12 and under), \$3 (13 and older)

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

Teaching Pool Schedule:

Mommy and Me :

Monday-Friday 1-2p



Cost: \$1

(Ages 4 and under)

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

Home School Swim



Tuesday/Thursday 2-4p

Cost: \$2 (12 and under), \$3 (13 and older)

Enjoy fun swim time in the pool! Parents are

welcome to join. 6 and under must be accompanied by an adult 16 years or older.

Therapy Pool Schedule:

Adult Only Open Therapy



(Adults & Seniors)

Monday/Wednesday/Friday 7a-7p

Tuesday/Thursday 7-11a and 1-7p

Cost: \$2 per visit or \$25 per month (Free to Silver Sneaker®, Silver & Fit® and Renew Active® participants)

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

Water Aerobics Schedule:

Morning Water Aerobics (Lap Pool)

Monday, Wednesday, and Friday 9-10a

Cost: \$4 per visit or \$40 per month

Instructor: Heidi Perry

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

Evening Water Aerobics (Lap Pool)

Tuesday/Thursday 6-7p

Cost: \$4 per visit or \$30 per month

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

Aquamix

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

Cost: \$4 per visit

Instructor: Kim McCead

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

Arthritis

Days: Tuesday/Thursday 11:00-11:40a

Cost: \$4 per visit or \$30 per month

Instructor: Heidi Perry

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

Splash

Tuesday/Thursday 11:45-12:45a

Cost: \$3 per visit

Instructor: Heidi Perry

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

Private Swim Lessons

Days and Times: Will be scheduled with instructor

Cost: 5-30 Minute Lessons \$100

5-45 Minute Lessons \$150

5- 1 Hour Lessons \$175

Instructor: Heidi Perry

Dance



Line Dance with Martha (Upper Beginner/Intermediate Level) (Ages 12+)

Mondays 3:30p – 5:00 p

Instructor: Martha Davenport

Cost: \$6 or (Discount for SilverSneakers®,

Renew Active™, and Silver & Fit® if eligible)

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

Dandy Line Dancers



(Ages 12+)

(Advanced Line Dancing)

Thursdays, 5:30-7p

Instructor: Martha Davenport

Cost: FREE

For more information, contact Martha drmd72@hotmail.com

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

Ballroom Dance Practice



Thursdays 1:30p

Cost: Free

Come and enjoy an afternoon of ballroom dancing.

Johnson City Grand Squares



(Ages 50+)

Second and Fourth Fridays

5:30-7:30pm

Cost: \$6

Starting in August.

Coming in September

Harvest Dance – Kids Our Age



September 10th 6:00p-9:00p

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

MPCC Gym



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IN PERSON

GRIEF SUPPORT

If you or someone you know needs grief support, please attend one of our support groups. Attendance and seating is limited to meet social distancing guidelines. Pre-registration is required and masks are mandatory.

Beginning in August 2021 we meet at 6:00 pm on the 1st and 3rd Wednesday of each month at:

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Outings

Coming in September!

Tennessee Riverboat Co. Luncheon Cruise

(Ages 50+)

Wednesday, September 1 Load time 8:45a, Leave MPCC at 9a, return approx. 4p

Cost: \$38 Charter bus sponsored by the Johnson City

Senior Center Foundation

Enjoy a beautiful day outside with your friends and enjoy a great lunch while cruising the river in Knoxville! The lunch cruise includes a wonderful buffet, 1.5 hour cruise and either a narration from the Captain or Entertainment from one of our local entertainers. The cost covers transportation, boat ride, lunch and gratuity. **Limited seating, no refunds.**

Fort Loudoun and Sequoyah Birthplace Museum

(Ages 50+)

Tuesday, September 14 Load time 6:45a, Leave MPCC at 7:00a, return approx. 6:30p

Cost: \$20 Charter bus sponsored by the Johnson City

Senior Center Foundation

Enjoy a guided tour of Fort Loudon State Historic Park, one of the earliest British fortifications on the western frontier in 1756. The fort was reconstructed during the Great Depression and was designated a National Historic Landmark in 1965. Following the tour, a picnic lunch will be provided at the outdoor picnic area. After lunch, travel across the road to the Sequoyah Birthplace Museum, where you will experience the life of Sequoyah and his personal quest to create a written language for the Cherokee. Please note, the tours require walking outdoors on paved trails with some steep areas. Bring \$2.50 in cash for entrance to the museum; museum cost is not included in the reservation fee. **Limited seating, no refunds.**

Travel Corner

JCSC Seniors on the Go will resume monthly meetings in August! Join us on Thursday, August 12, at 3:00 pm. Please call the Senior Services desk at 434-6237 to pre-register.

As we continue exploration of Tennessee state parks, this month we highlight David Crockett Birthplace State Park located a short drive away in Limestone. The Park is located at the confluence of the Nolichucky River and Limestone Creek in Greene County, Tennessee. This 105-acre park honors one of our nations' most famous individuals. It is home to an 18th-century farmstead, which features a replica cabin of the type in which David Crockett might have lived in, gardens, animal paddocks, and costumed living history interpreters. There is a museum dedicated to Crockett and a gift shop featuring crafts by local artisans. Located nearby is a monument to Crockett containing native stones donated from each of the 50 states. The park has a diversity of natural settings ranging

Lifelong Learning

The READYS! – Emergency Preparedness

Tuesday, August 17 10a-11a 

Cost: Free

Instructor: Matthew Barrett, TN Department of Health

Emergency preparedness training that is applicable to everyone. The training's focus is on creating a personal emergency plan and having the supplies on hand to survive disaster or emergency. Planning for people with access and function needs will also be discussed. **Please Pre-register.**

Basics of Medicare

Friday, August 20 10a-11a 

Cost: Free

Instructor: Leslie Thompson SHIP Volunteer Coordinator / I & A Assistant, First Tennessee Area Agency on Aging and Disability

This program will cover the Basics of Medicare, Open Enrollment, Prescription and Supplemental Coverage. Come join us. **Please Pre-register.**

Property Fraud

Tuesday, August 24 10a-11a 

Cost: Free

Instructor: Teresa Bowman, Washington County Register of Deeds

This program will cover Property Fraud Alert and scams that are targeting property home owners. **Please Pre-register.**

Brain-a-Cise

(Ages 50+)  

Tuesdays, 2p-3p

Cost: Free

Your brain needs exercise just as much as your body.

from forested limestone bluffs to meadows and tree-lined streams, all providing exceptional bird and wildlife viewing opportunities. The David Crockett Birthplace Museum contains items common to life on the eastern frontier, as well as portraits and documents relating to David Crockett. A short film provides information about Crockett's life. The museum is open Monday through Friday from 8:00 AM – 4:30 PM closed from noon to 1:00 PM, and Saturday and Sunday 10:00 AM - 4:30 PM.

Check out the day trips coming in September in the Outings section. Circle November 15 on your calendar for a visit to the Southern Christmas Show. Mark your calendars for June 4-10, 2022 for the rescheduled Niagara Falls trip! Details coming soon.

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