

SENIOR

Lifestyles

December 2025



Cover photo by: Charles Moore

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

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

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JOHNSON CITY SENIOR CENTER ADVISORY COUNCIL MEMBERS:

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MISSION

Active Life through Active Living

About the Johnson City Senior Center:

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

CENTER NEWS

Please check the schedule for holiday changes during the holidays. The Center will be closed December 24-25 for the Christmas holiday. The Center will also be closed December 29-January 3 for maintenance. Larger holiday events may impact or displace some of the regular programs, so be sure to check the events calendar each week.

We have a number of great activities planned for December. The Christmas dance is always a holiday favorite – it happens on Friday,

December 12. The JCSC Seniors on the Go travel group will have a Christmas reception on December 16 at 3:00 pm. As always, it is important that you register IN ADVANCE so that we can plan for the correct number of people as well as notify you in event of a program change.

One final reminder-Medicare Open Enrollment ends on December 7. This is your opportunity to review your Medicare Part D and Medicare Advantage plans for 2026.

CONGREGATE MEAL

FTHRA 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.**

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 (12/16 will be the last practice until 3/16/2026)

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

JC JAMMERS

Instructor: Kelsey Stuart

Cost: Free (Ages 50+)

Tuesdays, 10am-12pm

Come learn and have fun with this welcoming group of amateur musicians. We play a variety of music including gospel, bluegrass and even Irish jigs.

PENCIL DRAWING MADE EASY

Instructor: Ann Whitson

Cost: Free (Ages 18+)

Tuesdays, 1-2:30pm

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

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

Instructor: Charline Hughes

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

Tuesdays, 1-3pm

'Charlie' will be available to offer guidance and assistance and share her knowledge in Oil, Acrylic and Watercolor technique. Bring your project and materials in for expert advice in an encouraging and relaxed atmosphere. Suitable for any skill level. **(Will not meet on Tuesday, the 2nd)**

SEWING GROUP – A COMMUNITY SERVICE PROJECT

Instructor: Charline Hughes

Cost: Free (Ages 18+)

Wednesdays, 1-3:30pm

We have a surplus of fabric which has been donated to the center. In an effort to give back to the community, we are making lap quilts and/or pet beds. Sewing machines will be set up and all supplies will be available. **(Will not meet on Wednesday, the 31st)**

DULCIMER LESSONS, BEGINNER/INTERMEDIATE LEVEL

Instructor: Roxanne McDaniel

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

Wednesdays 1-2pm

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

DULCIMER PRACTICE/JAM SESSION

Cost: Free (Ages 18+)

Wednesdays, 2-3pm

This is a time to get together and work on your skills and

share ideas while enjoying the company of other players.

SENIOR CHORALE

Cost: Free (Ages 50+)

Thursdays, 10-11:30am

Join this lively group who loves to sing a variety of songs including show tunes and popular songs. This group is led by Gail Morris and Ramona Bird. The group is open to anyone who is looking for a low stress, less demanding group with which to perform. No audition required. **(12/11 will be the last practice until 3/05/2026)**



B I N G O

AND THE BASICS OF PREPLANNING

Tetrick Funeral Services
3001 Peoples Street
Johnson City

Wednesday, November 5th
2:00pm

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

TETRICK
Funeral Services

PART OF HERITAGE FAMILY

ARTS

CELTIC AND OLDE TIME FIDDLE

Instructor: Rheva Myhre Luckey-Smith
Cost: \$13 per lesson (Ages 18+)

Thursdays, 1:30-2:30pm

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

GROUP PIANO LESSONS

Instructor: Craig Campbell
Cost: \$10 per lesson (All Ages)
Thursdays, 3:30-4:30pm

Beginner or experienced welcome. Craig has served on the faculty of ETSU and Northeast St. Community College. Build and preserve your cognitive skills. Please pre-register and pay by the Tuesday before class. Parents welcome to observe.

VOICE LESSONS

Instructor: Craig Campbell
Cost: \$10 per lesson (All Ages)
Thursdays, 4:30-5:30pm

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

ZENTANGLE CLASS

Instructor: Patti Coble
Cost: \$2 (Ages 18+)
Fridays, 12:30-2:30pm

Create something beautiful through simple, repetitive strokes. In Zentangle, there are no mistakes, only opportunities, so take the opportunity to join us. Remember, "anything is possible, one stroke at a time"! Patti is a Certified Zentangle Teacher! Will not meet 12/26.

PAPER QUILLING CLASS

Instructor: Mona Bawgus
Cost: \$4 per class (Ages 18+)
Monday, December 8th and 15th, 11am-1pm

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

VIDEO SERIES – ART OF THE NORTHERN RENAISSANCE

Instructor: Ann Whitson
Cost: Free (Ages 18+)
Wednesday, December 3rd, 12:30-2pm

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

AMATEUR PHOTOGRAPHY CLUB

Instructor: Maureen Mulroy
Cost: Free (Ages 18+)
Friday, December 12th, 1-3:30 pm

If you are new to digital photography, interested in learning how to use all the "bells and whistles" on your camera, and want to learn the basic rules of photography, then this club is for you.

CREATIVE CARD MAKING

Instructor: Chyrl McLaughlin
Cost: \$7 (Ages 18+)
Tuesday, December 9th, 9-11am OR Thursday, December 11th, 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, December 10th, 11:30 – 1:30pm

December's project will be a small basket made of flat natural reed with touches of color and accents of seagrass. After making the basket you will choose from a variety of holiday accents to fill your basket! An example is on display in the glass display case in the hallway.

MOSAIC CLASS

Instructor: Karen Hitchcock
Cost: \$10 (Ages 18+)
Wednesday, December 10th, 9:30-11:30am

Try your hand at making a small glass mosaic project! You will learn glass cutting and the method of grouting. You will make a Christmas Tree Ornament! All materials and guided instruction are included. Please pre-register and pay by Monday, December 8th.

PAINT A HOLIDAY ORNAMENT

Instructor: Ann Whitson
Cost: \$4 (Ages 18+)
Thursday, December 11th, 1-3pm

Need one more ornament for your tree? Take a break from your hectic schedule and paint a ceramic ornament to take home and hang on the tree. A choice of ornaments such as angels and snowmen and acrylic paint will be available. An apron is recommended.

VIDEO SERIES – IN THE FOOTSTEPS OF van GOGH
Instructor: Ann Whitson
Cost: Free (Ages 18+)
Wednesday, December 17th, 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.

LIFELONG SPORTS

INDOOR PICKLEBALL AT MPCC

Cost: Free (Ages 18+)

Monday 8:30-1:00 and Wednesday, 7am-1pm
Tuesday and Thursday, 7am-11:30am
Friday, 7am – 2:30pm

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

INDOOR PICKLEBALL AT KEYSTONE

Cost: Free (Ages 18+)

Monday, Wednesday and Friday, 8am-12pm
 Join in on the fun! We play doubles.
 Open play.

OUTDOOR PICKLEBALL PLAY SCHEDULE

Cost: Free (Ages 18+)

Monday – Sunday
7am – 10pm

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

SENIOR BILLARDS

Cost: Free (Ages 18+)

Monday through Friday, 7am-8pm
Saturday 9am-4pm

Four tables available for open play.

BEGINNERS TABLE TENNIS

Cost: Free (Ages 50+)

Monday, Wednesday, and Friday 8-9am
 A class for individuals interested in learning
 how to play Table Tennis.

DOUBLES TABLE TENNIS

Cost: Free (Ages 50+)

Monday, Wednesday, and Friday 9-11am
 Mixed doubles table tennis is a great way to

keep your brain and body active.

SENIOR BASKETBALL KEYSTONE

Cost: Free (Ages 50+)

Tuesdays and Thursdays 8-12 am

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

SAVE THE DATE!

ALL ABOARD THE FITNESS TRAIN

Kick off January 15
11:30am

Stay on Track with your health and fitness
 goals with this fun, train themed, six week pro-
 gram! We will depart the station in January
 with fun stops along the way.

NOTEWORTHY EVENTS

“TRY US OUT”

Cost: Free (Ages 50+)

Thursday, December 4th, 9am

Are you new to the center or joined within the
 past six months? Plan to attend a “Try Us Out”
 session. This is an opportunity to meet staff, ask
 questions about programs and take a tour of the
 center. New participants who register by
 Wednesday, December 3rd, will receive a \$5.00
 voucher that can be used to “try out” a new pro-
 gram. Please stop by the front desk or call 434-6237
 to reserve your spot.

AN APPALACHIAN HIKERS TALE – LUNCH AND LEARN

Cost free (Ages 50+)

Friday, December 5th 12pm

April Busby from Kingsport did what many
 dream but never accomplish-she hiked the entire
 Appalachian Trail this year! She will be here to
 share her story and pictures from this incredible
 adventure. She would love to answer your ques-
 tion. Come hungry-we will provide lunch. **Seating**
is limited, you must preregister.

MUSICAL VOICES PERFORMANCE

Cost: Free (All ages)

Monday, December 8th 11:30am

Join us in the Gathering room where this volun-
 teer musical group shares the Christmas program
 that they perform at area assisted living facilities.

CHRISTMAS HIGH TEA

Cost: Free (ages 50+)

Thursday, December 11, 1:30

Enjoy a Christmas High Tea sponsored by
 Everlan of Johnson City. Delectable finger foods, a
 variety of hot teas, and holiday fun. Pre-
 registration required by December 9th - limited
 seating.

CHRISTMAS DANCE

Cost: \$10 (50+)

Friday December 12th 6-9pm

It's the best dance of the year! Join us for music
 by Kicking Up Dust, heavy hors d'oeuvres with a
 taste of the Christmas season, and a visit from
 Santa! **Please purchase tickets by Wednesday, December**
10.

SENIOR SINGLE SOCIAL MIXER

Cost: Free (Ages 50+)

Monday December
15th, 6pm

Celebrate Christmas
 with other single
 seniors. Bring a
 wrapped white elephant
 gift valued less than \$15.
 The Funnier the better.
 Please also bring your
 favorite cookie along
 with the recipe. Dress in
 your festive Christmas
 Sweater or sweatshirt.
 We will provide punch
 and hot chocolate.

JCSC SENIORS ON THE GO CHRISTMAS RECEPTION

Tuesday, December 16th 3:00 pm

Cost: Free (Ages 50+)

Join your travel friends for a Christmas social.
 Bring a gift valued from \$5-7 for a fun gift
 exchange. Light refreshments and some
 Christmas fun are included **Please pre-regis-**
ter-seating

BINGOCIZE CHRISTMAS PARTY

Friday, December 19th 1:00 pm

Cost: Free (Ages 50+)

Come join us for a time to celebrate Christmas
 together. We will have cookies and punch and lots
 of fun! **Please pre-register.**



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DANCE

LINE DANCE WITH MARTHA (Upper Beginner/ Intermediate Level)

**Instructor: Martha
Davenport**

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

(if eligible)

**Mondays, 3-4:30pm
(Ages 12+)**

For those wanting to brush up their line dance steps or learn new line dances. You will be having so much fun, you won't even realize that you are exercising! Children under 16 must be accompanied by an adult. **For more information**, contact Martha drmd72@hotmail.com or check out this website <https://linedancingwithmartha.jimdosite.com/>

LOVIN' LINE DANCE Level 2 (Ages 18+)

Instructor: Sue Ayers

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

Wednesdays 6:15-7:30pm

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

**Questions? Contact Sue Ayers at
pupstergal@yahoo.com**

DANDY LINE DANCERS (Level 3)

**Instructor: Martha
Davenport**

**Cost: Free (Ages 12+)
Thursdays, 3-5pm**

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, December 12th &
26th, 5:30-7:30pm**

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

BALLROOM DANCE PRACTICE

Cost: Free (50+)

Tuesdays, 6-7:45pm

Come join us for an evening of Ballroom Dancing.
Limit of 20 per class

CHRISTMAS DANCE

Cost: \$10 (50+)

Friday December 12th 6-9pm

It's the best dance of the year! Join us for music by Kicking Up Dust, heavy hors d'oeuvres with a taste of the Christmas season, and a visit from Santa! **Please purchase tickets by Wednesday, December 10.**

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, December 4th,
10-11am**

**Loaner Books Provided
(Ages 50+)**

If you like reading a variety of books and meeting new people, come join us. We will be discussing the previous month's book and you will receive the book for the next month's meeting. **REMINDER: MUST BE A MEMBER TO BE IN THIS BOOK CLUB/ 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 CHRISTMAS MEETING

**Monday, December 1st, 10
am**

Cost: Free

This is our monthly volunteer meeting, however, we will be doing things a little different this month. Christmas refreshments will be served. We will have a fun activity for the group.

JCSC SENIORS ON THE GO Tuesday, December 16th, 3-4:30 pm

Join your travel friends for the December Christmas meeting. Bring a gift valued from \$5-7 for a fun gift exchange. Light refreshments and some Christmas fun are included! Please pre-register by Thursday, December 11th.

SENIOR SOCIAL MIXER

Cost: Free (Ages 50+)

Monday December 15th, 6pm

Celebrate Christmas with other single seniors. Bring a wrapped white elephant gift valued less than \$15. The Funnier the better. Please also bring your favorite cookie along with the recipe. Dress in your festive Christmas sweater or sweat-shirt. We will provide punch and hot chocolate.

Are you a retired teacher? Come join us!

Tennessee Retired Teachers Association, Washington County Chapter, (WCRTA) is a social organization for all retired teachers. Membership includes four quarterly meetings where we enjoy lunch, education, entertainment with your fellow peers. For more information about membership or dues, please contact Gregg Huddleston at 423-741-3360

LIFELONG LEARNING

BRAIN-A-CISE (TRIVIA)

Cost: Free (Ages 50+)

Tuesdays in December, 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**

BEGINNER GENEALOGY

Cost: Free (Ages 50+)

**Tuesdays in December,
10-11:30 am**

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

GENEALOGY CLUB

Cost: Free (Ages 50+)

Tuesdays in December, 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 confirmed family tree using Ancestry.com and Ancestry DNA. Learn about the available online and print research resources. Bring a laptop.

GERMAN CONVERSATION CLUB

Cost: Free (Ages 16+)

**Wednesdays in December,
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.

REC PROGRAMS

OPEN ESPORTS LAB

Instructor: Kevin Mast

Cost: Free (All Ages)

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

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

LEGO STEM DAY

Instructor: Roy Oakley

Cost: \$5 (Ages 6-12)

**Tuesday, December 16
4:30-5:30pm & 6:30-7:30pm**

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



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KNOXVILLE



TVA EMPLOYEES CREDIT UNION

GAMES

HAND & FOOT CANASTA

Cost: Free (Ages 50+)

**Mondays in December,
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, December 5th &
19th, 12:30-4:30pm**

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

BINGO

Cost: Free (Ages 50+)

**Prizes sponsored by
Home Instead
Monday, December 15th,
10-11am**

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

HIKING

AN APPALACHIAN HIKER'S TALE – LUNCH AND LEARN

Cost: Free (Ages 50+)

Friday, December 5th 12pm

April Busby from Kingsport did what many dream but never accomplish — she hiked the entire Appalachian Trail this year! She'll be here to share her story and pictures from this incredible adventure. She would love to answer your questions. Come hungry- we will provide lunch.

Seating is limited, you must preregister.

STROLLING SENIORS WALKING PROTEAM

Cost: Free

Tuesdays, 8:30 am

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

Walkers & Talkers

1-3 miles, mostly flat,
guided-tours

SYCAMORE SHOALS

Cost: Free (Ages 50+)

**Thursday, December 18th
10am**

This will be about a 3 mile walk. We will walk down the paved path to the river. Meet in the Parking lot of Sycamore Shoals Park.

Hiking 101

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

JONESBOROUGH WALK

Cost: Free (Ages 50+)

Tuesday December 9th 10am

We will walk up the paved path to the Historical graveyard (steep elevation) then back down to the path to finish our walk. Meet behind the court house in downtown Jonesborough. This will be about 3.5 miles. After our walk we will stop at the Corner Café before heading to the cars.

Hip Hikers

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

See you in the Spring!!!

• **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.**

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.

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 at the Senior Center entrance to walk down to the Tweetsie Trail. The walk will be 2 miles. If you only want to do 1 mile meet the group at the trail head at 8:45am.

CARDIO KICKBOXING

Instructor: Kelly Finney

Fridays, 8:30am, Dec. 5,12,19

Cost: \$2/class

Join us for an upbeat cardio workout. Moderate to high intensity.

SILVERSNEAKERS® BOOM MUSCLE

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

Tuesdays and Thursdays, 9am, Instructor: Kathy Richardson

Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+) no classes Dec 17,24, 29 and Dec. 31

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, no classes Dec 24 and Dec. 31

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.

HATHA YOGA

Instructor: Gordon Van Amburg

Cost: \$4/class (ages 18 +)

Wednesdays 2:30pm , no classes Dec 24 and Dec. 31

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

MORNING RELAXATION

Instructor: Tricia Korade

Cost: Free

Tuesdays and Thursdays 8:30am

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

CHAIR YOGA

Instructor: Tricia Korade

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

Tuesday and Thursday, 9-10am

Tuesdays 10:30-11:30am

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

CLASSIC

Instructor: Kelly Finney

Cost: \$3 (Free to

SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+)

Mondays & Wednesdays, 10am or 1:30pm, No classes December 17, 24, 29 and 31

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

CIRCUIT

Instructor: Kelly Finney

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

Lorra Ferrar (Wednesday and Thursday @ 9am,)

Cost: \$3 (Free to SilverSneakers®, Silver & Fit®, FitOn® and Renew Active® participants) (Ages 50+) No classes December 4

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

TAI CHI BEGINNER

Instructor: Tonya Van Hook

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

Mondays and Wednesdays, 12pm no classes Dec 24 and 31

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

TAI CHI ADVANCED

Instructor: Tonya Van Hook

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

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FITNESS

pants.) (Ages 18+)

Mondays & Wednesdays, 10am Fridays, 11:30am, no classes Dec 24 and 31

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

QIGONG

Instructor: Tonya Van Hook

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

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

Qigong is a part of traditional Chinese medicine that includes easy to learn, gentle, flowing movements that stimulate the meridian system of the body and promote relation and mindfulness.

YOGA "JUST BREATHE"

Instructor: Dixie Neth

Cost: \$5/class (Ages 18+)

Tuesdays & Thursdays 11am-12:30pm

Join us for a breath of fresh air as we explore the world of yoga postures, breathing practices, and relaxation techniques. This class requires movement to the floor and back up without assistance. Bring your own mat, yoga blanket, blocks, and yoga straps.

SIT TO BE FIT

Carver Recreation Center

Instructor: Kelly Finney

Cost: Free

Fridays, 10:30am-12pm, no class December 26

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

BOOM MIND

Instructor: Tricia Korade

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

Thursdays 10:30-11:15am

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

body!) healthy are part of each class.

STABILITY

Instructor: Kelly Finney

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

Fridays, 1:30pm, December 5 and 12

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

BEGINNERS YOGA FLOW

Instructor: Angela Hagaman

Cost: Free

Langston Centre

Thursdays 5:30pm

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

X-TREME HIP HOP BEGINNER CLASS

Please bring canned goods for the Gray Community Chest Food Pantry by Saturday Nov. 22

Instructor: Rose Love

Cost: \$7/class

Tuesdays, 5pm, last class for the year is December 16

This class is a unique version of a step program like no other. It combines cardio, the step board, and music to provide participants with a fresh spin on an old concept. Tuesday at 5pm is beginners only.

SAVE THE DATE!

Fitness EXPO

January 29

5-7pm

FREE

Join us for an evening at Memorial Park Community Center as we showcase our fitness classes and instructors and offer a chance for you to participate or just observe what we offer in short demonstrations of each class. We offer a variety of fitness classes to meet everyone's needs including aquatics! Door prizes and snacks will be available.

Group Exercise Guidelines

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

AQUATICS

Aquatics Classes- Memorial Park Community Center

MORNING WATER AEROBICS

Instructor Heidi Perry

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

Monday, Wednesday, and Friday 9-10am

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

EVENING WATER AEROBICS

Instructor Heidi Perry

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

Tuesday and Thursday 6-7pm

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

AQUAMIX

Instructor Kim McLeod

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

Tuesday and Thursday

9:15-10:15am

Looking for a challenging workout? Get in over your head with us for some intense water aerobics. The focus is on toning, cardiovascular strength, endurance and core work.

SATURDAY BLAST

Instructor Kim McLeod

Cost \$4/class

Saturday 9:15-10:15

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

SILVER SNEAKERS SPLASH

Instructor Heidi Perry

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

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

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

ARTHRITIS CLASS

Instructor Heidi Perry

Cost \$4/class

Tuesday and Thursday 11-11:40am

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

HILLVIEW HERMITAGE

HEALTH & REHABILITATION HEALTH & REHABILITATION

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Skilled Nursing

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

Rehabilitation and Outpatient Therapy Services

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

Health & Wellness

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

Call Today! 423-542-5061 • 432-543-2571

Elizabethton, TN 37643 | hillviewhealthcenter.com | hermitagehealthcenter.com

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 Boom Muscle

9:00 Blood Pressure Checks
9:15 Aquamix (pool)
10:00 Circuit
10:00 JC Jammers
10:00 Beginner Genealogy
10:30 Chair Yoga
11:00 Scrabble
11:00 Yoga “Just Breathe”
11:00-3:45 Lap Swim
11:00 Arthritis Class (pool)
11:45 Splash (pool)
1:00 Pencil Drawing made Easy
1:00 Bring Out the Artist in
You
1:00 – 4:00 Adults Only Therapy
Pool
1:00 Brain-A-Cise
1:30 Delay the Disease
2:00 Chess Club
2:00-3:30 Home School
Swim(Aug-May Only)
4:00 Genealogy
5:00 Beginner Xtreme step
class
6:00 – 7:30 Adults Only Therapy
Pool
6:00 Evening Water Aerobics
6:00 Ballroom Dance Practice

WEDNESDAY

6:00am-7:00am Masters Swim
(Freedom Hall Pool)
7:00 am — 8:00 pm Billiards
Room
7:00am-8:00pm Fitness Room
7:00am – 7:30pm Adults Only
Therapy Pool
7:00-8:45 Lap Swim
7:00 Pickleball
8:00 Boom Muscle
8:00 Beginner Table Tennis
9:00 Chair Yoga with Kathy
9:00 Doubles Table Tennis
9:00 Mommy & Me Swim
9:00 Morning Water Aerobics
9:00 Circuit Class
10:00 Classic Exercise

10:00 Advanced Tai Chi
10:00 German Conversation
10:00 Bingocize
11:00 Bingocize
11:00 Qigong for Health
11:00-3:45 Lap Swim
12:00 Beginner Tai Chi
1:00 Pinochle
1:00 Sewing Group
1:00 Dulcimer Lessons
1:30 Classic Exercise
2:00 Dulcimer Practice/
Session Jam
2:30 Hatha 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 Circuit Class
9:00 Chair Yoga
9:00 Boom Muscle
9:15 Aquamix (pool)
10:00 Senior Chorale
10:00 Circuit
10:30 BOOM Mind
11:00 Yoga “Just Breathe”
11:00-3:45 Lap Swim
11:00 Arthritis Class (pool)
11:45 Splash (pool)
1:00 Rook
1:30 Delay the Disease
1:30 Ballroom Dance Practice
1:30 Celtic and Old Time Fiddle
1:00 – 4:00 Adults Only Therapy
Pool
2:00-3:30 Home School

Swim(Aug- May Only)
3:30 Group Piano Lessons
4:30 Voice Lessons
4:30 Dandy Line Dancers
6:00 – 7:30 Adults Only Therapy
Pool
6:00 Evening Water Aerobics

FRIDAY

6:00am-7:00am Masters Swim
(Freedom Hall Pool)
7:00 am — 8:00 pm Billiards
Room
7:00am-8:00pm Fitness Room
7:00am – 7:30pm Adults Only
Therapy Pool
7:00 Pickleball
7:00-8:45 Lap Swim
8:00 Beginner Table Tennis
8:30 Cardio Kickboxing
8:45 Circuit Exercise
9:00 Doubles Table Tennis
9:30 Mahjong
9:00 Mommy & Me Swim
9:00 Morning Water Aerobics
10:30 Qigong
11:00-3:45 Lap Swim
11:30 Advanced Tai Chi
12:30 Zentangle Class
4:00-7:30 Open Swim

SATURDAY

9:00 am — 4:00 pm Billiards
Room
9:00am – 4:00pm Fitness Room
9:00 – 3:30 Adults Only Therapy
Pool
9:15 Saturday Blast
10:00 Xtreme Hip Hop
10:30-12:45 Lap Swim
12:45-3:30 Open Swim

Pricing and details about
aquatic programs are available
at the recreation desk.

OUTINGS

December outings are full! You can call and add your name to the waiting list in case of cancellations.

CHRISTMAS IN ASHEVILLE

Tuesday, December 2

SOLD OUT

COUNTRY TONIGHT CHRISTMAS & APPLEWOOD FARMHOUSE GRILL

Thursday, December 4th – 10am-7:30p

Cost: \$49

It's the annual Christmas outing to Country Tonite and Applewood Grill in Pigeon Forge! Enjoy a full lunch that includes entrée, drink, dessert, tax and gratuity, followed by an afternoon Christmas show at Country Tonite Theatre. **Please Pre-register. No refunds, limited seats. SOLD OUT**

BUSH BEANS HOUSE & CAFE

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

Cost: \$3 (transportation fee)

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

HIGH COUNTRY HOLIDAY IN JONESBOROUGH

Friday, December 12th, 1:15 - 4:15pm

Cost: \$20 (ticket fee)

Celebrate the season with Josh Goforth and Michael Reno Harrell as they bring a heartwarming and humorous mix of songs and stories to the International Storytelling Center in Jonesborough. Please pre-register. No refunds, limited seating.



Participants displaying their painted nativity scenes.



Photo by Charles Moore



Photo by Charles Moore

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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.

TOUR YOUR EAR – FREE EAR CANAL EXAMS

Cost: FREE (All Ages)

Monday, December 1st, 9:30am-12:30pm

Join Acuity Hearing Centers for a painless and fascinating experience where a tiny video camera called a video otoscope is used to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on the video monitor! Call 423-434-6237 to schedule your appointment.

WITS WORKOUT ~BRAIN FITNESS Speaker: Elizabeth Renfro, MS, UT/TSU

Extension

Cost: FREE (Ages 50+)

Monday, December 8th, 1-2pm

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

MERRY MUSIC & MEMORIES Speaker: Heather Cash, Heart of a Daughter, Care Management Cost: FREE (All Ages)

Monday, December 15, 1-2pm

Join us for a Christmas sing-a-long and refreshments as we learn how music can impact our memory. Take a trip down memory lane as we sing and reminisce together and work out our brain at the same time! Please call 423-434-6237 to pre-register.

PARKINSON'S SUPPORT GROUP

Cost: FREE (All Ages)

No Meeting in December or January

This caring group is for all PWP's (People with Parkinson's) and those who have PWP in their lives. Meetings are the 3rd Thursday of February – November at 12:30pm.

COMING IN

JANUARY:



ALL ABOARD! The Fitness Train Thursday, January 15 at 11:30am

Stay on track with your health and fitness goals with this fun, train themed, six week program! We will depart from the station in January with fun stops along the way. Mark your calendars now – you don't want to miss the journey!

Weather Alert

Inclement Weather Policy:

When Johnson City Schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00am with access to the following areas of the facility: fitness room, gymnasium, billiards and pool (lap swim/open swim/therapy only).

Scheduled events and instructor led programs will be cancelled. The center will close at 5:00pm.

When Johnson City Schools are on a delayed schedule due to inclement weather, Memorial Park Community Center will open at 10:00am and all events and programs will begin at 10:00am. Center will close at normal hours, unless inclement weather occurs later in the day that forces closure.

When Johnson City Schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled and the center will close at 5:00pm.

If inclement weather occurs on a weekend when schools are not in session, the Parks and Recreation Department director will determine when parks and centers would open. The director will make the decision by 6 a.m.

For recorded announcements about schedule changes call: (423) 434-5750.



Volunteer group at Second Harvest Food Bank. When asked what the average age of our group was, we proudly answered 71.7 years young!



Photo by Carole Popovics

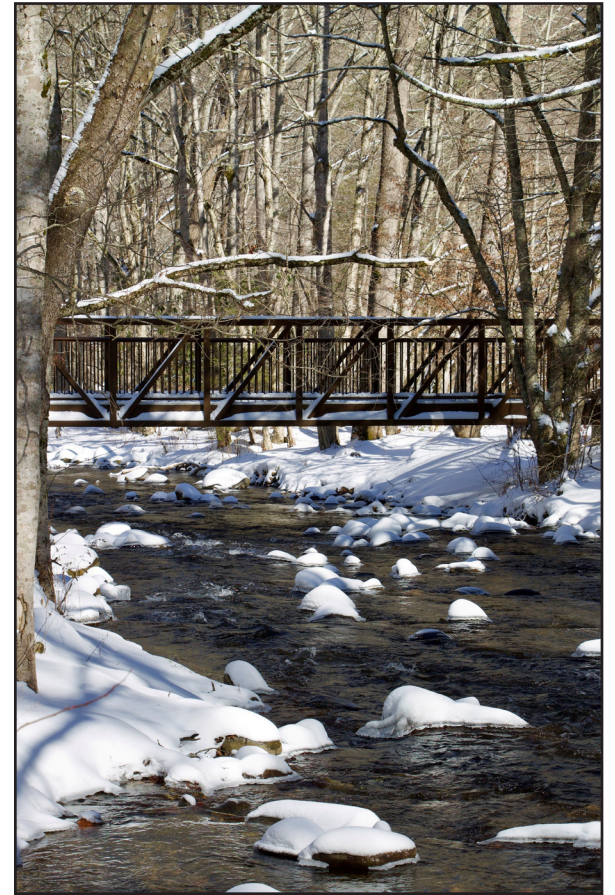


Photo by Robert Murray



Photo by Lois Campbell

E



Merry Christmas
&
Happy New Year

FROM YOUR FRIENDS AT EVERLAN.

Schedule a tour during the month of December to be entered in for a door prize.
To schedule a tour, contact Amanda Buech at 423-276-5240.
Winner will be announced January 5th.

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PICKLEBALL DECEMBER CALENDAR

Pickleball Schedule December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ MPCC Gym courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	² MPCC Gym Courts 1&2 7a-11:30 Keystone Basketball 8a-12p Outdoor – 7a-10p	³ MPCC Gym Courts 1 &2 7a-1pm Keystone 8a -12p Outdoor –7a – 10:00p	⁴ No Pickleball JC City Christmas Event Keystone Basketball 8a-12p Outdoor 7a-10p	⁵ MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	⁶ Outdoor 7a – 10p
⁷ Outdoor 7a-10p	⁸ MPCC Gym courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	⁹ MPCC Gym Courts 1&2 7a-11:30 Keystone Basketball 8a-12p Outdoor – 7a-10p	¹⁰ MPCC Gym Courts 1 &2 7a-1pm Keystone 8a -12p Outdoor –7a – 10:00p	¹¹ MPCC Gym Courts 1&2 7-11:30 Keystone Basketball 8a-12p Outdoor 7a -10p	¹² MPCC Gym Courts 1 &2 7a-12:00 Christmas Dance Keystone 8a-12p Outdoor 7a-10p	¹³ Outdoor 7a – 10p
¹⁴ Outdoor 7a-10p	¹⁵ MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	¹⁶ MPCC Gym Courts 1&2 7a-11:30 Keystone Basketball 7a-12p Outdoor – 10a-10p	¹⁷ No Pickleball JC City Christmas Event Keystone 8a-12p Outdoor 7a-10p	¹⁸ MPCC Gym Courts 1&2 7a-11:30 Keystone Basketball 8a-12p Outdoor 7a -10p	¹⁹ MPCC Gym Courts 1 &2 7a-12:00p Afterschool Half Day Keystone 8a-12p Outdoor 7a-10p	²¹ Outdoor 7a – 10p
²¹ Outdoor 7a-10p	²² MPCC Gym Courts 1&2 8:30a-1pm Keystone 8a -12p Outdoor- 7a-10p	²³ MPCC Gym Courts 1&2 7a-11:30 Keystone Basketball 8a-12p Outdoor – 7a-10p	²⁴ Center Closed Merry Christmas Outdoor 7a-10p	²⁵ Center Closed Merry Christmas Outdoor 7a-10p	²⁶ MPCC Gym Courts 1&2 7-2:30 Keystone 8a-12p Outdoor 7a-10p	²⁷ Outdoor 7a – 10p
²⁸ Outdoor 7a-10p	²⁹ Center Closed For Maintenance Outdoor 7a-10p	³⁰ Center Closed For Maintenance Outdoor 7a-10p	³¹ Center Closed For Maintenance Outdoor 7a-10p	¹ Center Closed Happy New Year Outdoor 7a-10p	² Center Closed Happy New Year Outdoor 7a-10p	³ Center Closed Outdoor 7a – 10p

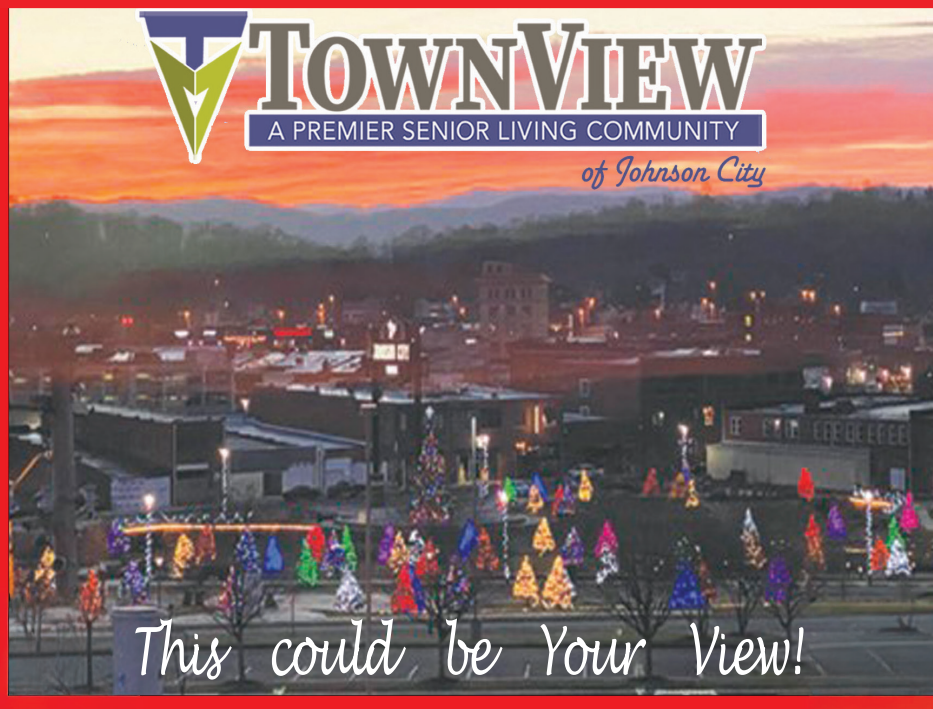
NOTEWORTHY CALENDAR

Noteworthy Events Calendar – December 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Tour Your Ear – Ear Canal Exam 10:00 Volunteer Christmas Meeting 10:00 Health Information Stations	2 10:00 Health Information Stations	3 Video-Art of the Northern Renaissance	4 10:00 As the Page Turns Book Club 10:00 Country Tonite Christmas & Applewood Farmhouse Grill Outing 10:00 Jonesborough Walk	5 12:00 An Appalachian Hikers tale 12:30 Ace of Clubs Duplicate Bridge	6
8 11:00 Paper Quilling 1:00 Wit’s Workout – Brain Fitness	9 9:00 Creative Card Making 9:15 Bush Beans House & Café Outing 10:00 Arthritis Answers	10 9:30 Mosaic Class 11:30 Beginner Basket Making	11 1:00 Paint a Holiday Ornament 1:30 Christmas High Tea 2:00 Creative Card Making	12 1:00 Amateur Photography Club 5:30 Johnson City Grand Squares 6-9 Christmas Dance	13
15 10:00 Bingo 11:00 Paper Quilling 1:00 Merry Music & Memories 6:00 Senior Single Social Mixer	16 3:00 JCSC Seniors on the Go Christmas Reception	17 12:30 Video-In the Footsteps of van Gogh	18 10:00 Sycamore Shoals walk	19 12:30 Ace of Clubs Duplicate Bridge 1:00 Bingocize Christmas party	20
22	23	24 Center Closed Christmas Eve	25 Center Closed Christmas	26 5:30 Johnson City Grand Squares	27
29	30 Center Closed for maintenance	31 Center Closed for maintenance			

Wishing you a Merry Christmas &
a Happy New Year!



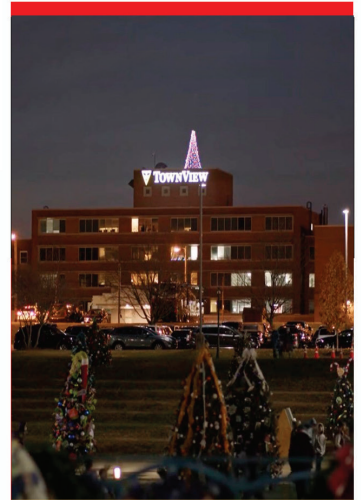
Our TownView Tree #74 is located in King Commons Park (near the Johnson City landmark sign)



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"I live in TownView so I am able to see the lights from my apartment. It has been an absolute delight for the residents here." ~ Susan B



You're Invited to CANDY LAND CHRISTMAS

We invite you to come enjoy this spectacular event featuring 185 brightly lit and festively decorated Christmas Trees in Downtown King Commons & Founders Parks and to drop in to see our birds eye view! We're one of the proud sponsors of this Johnson City FREE family event now through January 4, 2026.

Call today to schedule lunch and a private tour

TownView 114 West Fairview Ave., Johnson City, TN 37604

423-328-9068

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