

SENIORS In ACTION

Craft Classes & Weekly Events

Classes and Activities are held at Slater Community Center, McDowell St, Bristol, TN, unless noted.

* *Denotes Handicapped Accessible*

- * **Computer Classes** Classes will resume in the Fall. Call to register.
- * **Bingo** Mondays at 1:00 p.m. Play for fun and prizes.
(Please bring a \$1 bingo prize)
- * **Yoga/Tai Chi/Chi King** Mondays, 10:00 a.m. – 11:15 a.m.
with **Dolores Champagne**. Gain strength & flexibility through gentle stretches and flowing movements. Improve balance and release stress.
- * **Fit-Combo** Mondays at 9:00 a.m. with **Becky Olinger**
- * **Book Review Group** 2nd and 4th Mondays at 10:00 a.m.
with **Marilyn Swartz**
- * **Duplicate Bridge** Tuesdays at 12:30 p.m.
- * **Line Dancing** Tuesdays at 9:00 a.m. Loads of fun with **Dot Bristow**
- * **Sewing** Tuesdays at 12:30 – 2:30 p.m. with **Gerri Smith**
- * **Handbells** Tuesdays at 11:00 a.m. (will resume in mid-August)
at First Baptist Church with **Joan Keith**
- * **Bible Study** Wednesdays at 10:30 a.m. with **Yvonne Martin**
- * **Wednesday Workouts** Wednesdays at 9:00 a.m. with **Becky Olinger**
- * **Creative Writing: *Writing Your Life Story in Bits and Pieces***
Thursdays 9:30–11:30 a.m. with **Penny Mattice**, King College Professor Emeriti
- * **Move and Groove** Fridays at 9:00 a.m. with **Becky Olinger**
- * **Dominos** Wednesdays at 10:00 a.m.
- * **Knitting (Machine)** 1st Thursday of each month at 10:00 a.m.
- * **Yoga** Fridays at 9:00 a.m. with **Dolores Champagne**
- * **Aquatic Exercise** Monday thru Friday at 12:00 noon Viking Hall Pool
with **Sharon Fleenor and Taffie Barb**
- * **Seniorcise** Monday, Wednesday and Friday 10:00-10:45 a.m.
with **Shirlene Coffey and Becky Olinger**
- * **Line dancing** each day immediately following seniorcise.
- * **Mah Jongg** Tuesdays at 10:00 a.m. and 1:00–4:00 p.m.,
Wednesdays at 10:00 a.m., Thursdays at 1:00 p.m.
- * **Strength Training** Tuesdays at 10:00 a.m. and Thursdays at 9:00 a.m.
with **Becky Olinger**
- * **Bingo Sponsored by Woodmen of the World** Prizes & refreshments.
No charge. June 8th and 22nd, July 13th and 27th, August 10th and 24th
- * **Senior Exercise Room** Monday through Friday, 8:00 a.m.–5:00 p.m.
All modern equipment and treadmills

Professional Fitness Coordinator **Becky Olinger** 9:00 a.m.–3:00 p.m.

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Health & Education & Social Activities

- ◆ **Blood Pressure Screening** by the Red Cross 2nd & 4th Mondays
10:00 a.m.-noon
- ◆ **Legal Aid of East Tennessee, Inc.** by Tim Matheson 11:00 a.m. August 30
"What you should know about Social Security!"
- ◆ **John Deere Health Care Presents:** June 14, July 12, August 9 11:00 a.m.
"Secure Plus Medicare Seminars"
- ◆ **Is It True Memory Loss?** July 12 9:00 a.m.-12 noon
Alzheimer's screening provided by the Alzheimer's Association and Eisai, Inc.
Information counselor also available.
- ◆ **Hearing Screenings** by Audibel 4th Wednesday of each month
June 23, July 28, August 25 9:00 a.m.-2:00 p.m.

Summer Luxury Excursions:

"TWO FOR TEA"

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| June 17 | The Four Winds Tea Room, Johnson City, TN | Depart 2:00 p.m. |
| | <i>Enjoy high tea as you step back into yesteryear in a grand old historic home. Delight yourself with over 15 "tea" items.</i> | <i>\$17.00 all inclusive</i> |
| July 15 | Martha Washington Inn, Abingdon, VA | Depart 1:00 p.m. |
| | <i>Enjoy an afternoon tea at the elegant "Martha" and take time to browse around historic Abingdon.</i> | <i>\$19.50 all inclusive</i> |
| August 12 | Mezzanine Tea Room, Kingsport, TN | Depart 11:30 a.m. |
| | <i>Enjoy delicious gourmet quiche, soup, salads or sandwiches with your tea. After lunch, stroll around downtown Kingsport.</i> | <i>Cost \$2.00</i> |

"PIG PICK'N BARBECUE"

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| June 24 | Dixie Barbecue, Johnson City, TN | Cost \$3.00 | Depart 4 p.m. |
| | <i>Written up in the "Bristol Herald Courier" for their excellent pork barbecue, fried potatoes and cornbread.</i> | | |
| July 29 | Bridges Barbecue, Shelby, NC. | Cost \$5.00 | Depart 12 noon |
| | <i>Some of the best barbecue in North Carolina, moist, sweet and incredibly tender. We will tour the town while in Shelby.</i> | | |
| August 26 | Smokey's Bar-B-Que, Wytheville, VA | Cost \$4.00 | Depart 12 noon |
| | <i>Enjoy hickory smoked Virginia bar-b-que and shop the Wytheville outlets.</i> | | |

Monthly Dances:

7:00-9:00 p.m.

Cost \$3.00

*During June, July & August, we will have monthly **dances** at Slater Community Center the third Tuesday with refreshments only.*

June 15th

Entertainment by the Ransom McCoy Band

July 20th

Garry Johnson & No Limits

August 17th

Jerry Pierce & The Nightlife Band

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Social Activities continued

Trips:

- ◆ **Farmer's Market at Roanoke, VA** June 10 Cost \$5 Depart 9:00 a.m.
Enjoy the bustling market and all the fresh produce. A fun day with extra stops along the way.
- ◆ **Southern Gospel Show with the Integrity Quartet & by Louise Mandrell**
June 30 Cost \$20 Depart 7:30 a.m.
Southern Gospel Show with special appearance by Louise Mandrell
- ◆ **"The Wataugans," at Sycamore Shoals State Historic Area** July 15
Don't miss Tennessee's official outdoor drama depicting the 18th century settlement of Northeast Tennessee. Depart 6:00 p.m. Cost \$8
- ◆ **Comedy Barn, Pigeon Forge, TN** August 5 Depart 2:30 p.m.
Voted funniest show 10 years in a row. Stop for dinner on the way home.
Cost: \$21 includes show and transportation

Extra Special Events

- ◆ **Tour Historical East Hill Cemetery with Bud Phillips** June 4 1:00 p.m.
- ◆ **"Pretty Parties" with Betty Hite.** Ladies, look your best this summer! Learn a 5 minute color technique for make-up perfection. 1:00 a.m.
No obligation--just come and have fun trying new makeovers! Class limited to 6.
June 23 July 29 August 20
- ◆ **Father's Day Continental Breakfast** June 18 8:00-10:00 a.m.
Reservations required. All men invited. Special memento for each attendee.

Miscellaneous Activities

- ◆ **The Border Bells Chapter of the Red Hat Society** invites ladies to join a "neat disorganization" of women whose only purpose is to have good, clean fun. For information, contact Earlene O'Dell (odell@preferred.com).
- ◆ **Bristol Tennessee Retired Teachers Association** quarterly luncheon will be held on June 9 at 1:00 p.m. at the Slater Community Center.
- ◆ **AARP:** The Bristol Twin Chapter of AARP meets the second Tuesday of each month at 10:00 a.m. at Slater Community Center.

Available Daily

- ◆ **Nutrition Site** available daily for persons sixty and over (phone 423-764-6041 to make reservations).
- ◆ **Transportation** offered daily to and from the center, social service agencies, doctor appointments, and other priority trips. Reservations required--call 764-4023 or 764-4026.
- ◆ **Pool Room** and **Senior Fitness Room** with modern equipment.
- ◆ **Free Blood Pressure Monitoring Equipment** available every day for senior use.

For more information concerning classes and events listed, please call 423-764-4023.