

# SENIORS IN ACTION

## Craft Classes & Weekly Events

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

Call 423-764-4023 for more information.

\*Class instructor in bold

<b>Bible Study</b>	Wednesdays 10:30 am	<b>Yvonne Martin</b>
<b>Bingo</b>	Mon. 11:45 am (Bring a <b>new</b> household or food item for prize)	
<b>Book Study (Evening)</b>	Mondays 6:00 pm	<b>Lori Grubb</b>
<b>Book Review Group</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Mondays 10:00 am	<b>Marilyn Swartz</b>
<b>Bowling</b>	Fridays 10:00 am @ Interstate Bowl	<b>Peggy Fuller</b>
<b>Bridge <u>Beginner &amp; Intermediate</u></b>	Mondays 10:00 am "Bidding in the 21 <sup>st</sup> Century"	
<b>Bridge (Duplicate)</b>	Tuesdays & Thursdays 12:30 pm	
<b>Card Games</b>	1st 3 <sup>rd</sup> & 5 <sup>th</sup> Tuesdays 3:30-8:00 pm	<b>Sandra &amp; Ken Cox</b>
<b>Computer Basic Skills</b>	Thursdays, Jan. 12 - Feb. 16, 9:00-11:00 am \$5	<b>Mary Burns</b>
<b>Computer "Labels &amp; Tables" Workshop</b>	February 23 9:00 am-12 noon \$5	<b>Mary Burns</b>
<b>Creative Writing</b>	Thursdays 9:30-11:30 am	
<b>Handbells</b>	Thurs. 9:30 am First Baptist Church	<b>Jo Anne Barbour/Bev Bowers</b>
<b>Knitting (Machine)</b>	1 <sup>st</sup> Thursday of each month 10:00 am	
<b>Mah Jongg Lessons</b>	Thurs. 10:00 am starting January 5 for 5 wks	<b>Karen Baron</b>
<b>Mah Jongg</b>	Tues. 10 am & 1-4 pm Wed. 10 am & 1 pm Thurs. 1 pm	
<b>Meditation &amp; Yoga</b>	Mondays 9:00 am	<b>Dolores Champagne</b>
<b>Pickle Ball Lessons</b>	Mondays for 6 weeks starting Jan. 10 1:00 pm	<b>Wilma Saddler</b>
<b>Sewing</b>	Tuesdays 12:30-2:30 pm	<b>Gerri Smith</b>
<b>Scrabble</b>	Wednesdays 1:00 pm	
<b>Watercolor Classes</b>	Tuesdays 9:00 am & 1:30 pm	<b>Doris Crusenberry/Joyce Samuel</b>
<b>WELLNESS</b>	Wed. (5 weeks starting Feb. 1) 10.00 am	<b>Linda Stollings</b>
<b>Yoga</b>	Fridays 9:30 am	<b>Dolores Champagne</b>
<b>Yoga/Tai Chi/Chi King</b>	Mondays 10:00-11:15 am	<b>Dolores Champagne</b>

### GYM SCHEDULE

TIME	MON.	TUES.	WED.	THURS.	FRI.
8:15-9:00		Zumba		Core Stability	Kettle Bells
8:30-9:15	Zumba		Kettle Bells		
9:00-9:45		Core Stability		StrengthTrain'g	Move & Groove
9:15-10:00	Fit Combo		Wed. Workout		
10:00-11:45	Seniorcize	Strength Training	Seniorcize	Zumba	Seniorcize
10:45-noon	Line Dance		Line Dance		Line Dance
11:00-noon		SilverSneakers		SilverSneakers	
Noon		Basketball		Basketball	
1:00	Pickle Ball Lessons -6 wks. starting Jan. 10	Basketball	Ballroom Dance Starting Jan. 11	Basketball	
2:00	Pickle Ball	Basketball	Ballroom Dance	Basketball	
2:30				Pickle Ball	
7:00 pm		Volleyball			

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## Health & Education

- **WELLNESS w/Linda Stollings** 5 Wed. (starting Feb. 1) 10:00 am Pre-register Discover the 7 dimensions of WELLNESS & incorporate them into your life. Series will enhance the quality of your life with good nutrition, resistance training, and best kept secrets of anti-aging. Healthy snacks & give-a-ways
- **FOUNDATIONS OF INVESTING w/Teresa Ring** Sessions cover basic features of bonds, stocks & mutual funds. Tuesdays for 4 weeks starting Jan.10 6:00 pm
- **Income Tax Assistance** (free) sponsored by **AARP/Tax Council for the Elderly**, starting Feb. 6 - ending April 17. Call 423-764-4023 for appointment.  
Mondays 9:00 am-1:00 pm Tuesdays 2:30-6:30 pm
- **Representative from Congressman Phil Roe's Office** - last Monday of each month 9:00-11:00 am. Assistance offered: Social Security benefits, military service benefits, IRS, loan applications, and other government issues.
- **"GOOD NUTRITION ON THE GO" w/Anita Givens** 10-11:30 am  
January 13 February 10 (Healthy Heart Snacks)
- **Spinal Misalignment Screenings w/Dr. Mike Minge of Wellness Way**  
9:00 -11:00 am Jan. 16 Feb. 20

## Sports - Athletics

**Pick-up Basketball** Tues. & Thurs. 12 noon **Volleyball League** Tues. 7:00 pm  
**Pickle Ball** Mon. 2:00 pm Thurs. 2:30 pm

## Social Activities

### "SATURDAY NIGHT FEVER DANCES"

January 7 February 4 6:30-9:30 pm

No charge or pre-registration. Coffee & water provided. Bring a snack if you like.

## Trips

*Trips are limited to 24 people. Arrive 15 minutes before departure time. Return time approximate! Refunds will be given if you can be replaced on a trip. You must pay when registering. Bring a jacket or light throw- van air conditioner will be on when needed!*

### IT'S BASKETBALL TIME IN TENNESSEE!

#### Transportation & ticket: \$12

UT MEN	DATE	DEPART	GAME TIME
vs. KY	01/14/12	9:00 am	12 noon
vs. CT	01/21/12	1:00 pm	4:00 pm
vs. Auburn	01/28/12	3:00 pm	6:00 pm
vs. Arkansas	02/15/12	5:00 pm	8:00 pm
vs. Vanderbilt	03/03/12	1:00 pm	4:00 pm

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**Trips CONTINUED...**

**IT'S BASKETBALL TIME IN TENNESSEE! Cost: \$12**

LADY VOLS	DATE	DEPART	GAME TIME
vs. GA	01/05/12	4:00 pm	7:00 pm
vs. Vanderbilt	01/15/12	11:00 am	2:00 pm
vs. LSU	01/19/12	4:00 pm	7:00 pm
vs. Auburn	02/05/12	11:00 am	2:00 pm
vs. KY	02/13/12	4:00 pm	7:00 pm
vs. FL	02/26/12	12:30 pm	3:30 pm

*Note: Waiting list only for Lady Vols' games.*

**extra special events**

- ❖ **FIRST FRIDAY BREAKFAST w/ FRIENDS** Jan. 6 Feb. 3 8:30-10:00  
Sponsored by OAKLEY-COOK FUNERAL HOME
- ❖ **LAST FRIDAY BREAKFAST w/WOODMEN OF THE WORLD**  
January 27 February 24 8:30-10:00 am
- ❖ **SALT COUNCIL MEETING** January 10 9:00 am  
Sullivan County Sheriff's Dept. and Bristol & Kingsport Police Departments assist with senior safety, health, transportation, & drug disposal issues
- ❖ **CHILI SUPPER/GAME SHOW w/Rob Branson** Jan. 19 5:00 pm pre-register  
Enjoy a game of Jeopardy and other fun with Robbie Branson. You will laugh until you cry – don't miss an exciting time! Cost: \$3
- ❖ **"TITANIC" w/HOWARD TAYLOR & VALENTINE'S DAY LUNCH**  
February 14 12 noon Cost: \$5 pre-register  
Learn more about the passenger liner that struck an iceberg on her maiden voyage from England to New York City and sank on April 15, 1912, resulting in the deaths of 1,503 people. Enjoy a special Valentine's Day lunch and a Captain's Toast!
- ❖ **BILLIARDS TOURNAMENT** February 23 9:00 am Cost: \$3  
Box lunches provided

**Senior Exercise Rooms (Ages 50+)**

**Orientation session is mandatory** before use of exercise rooms.

Call for an appointment.

**Senior Exercise Rooms** open: Mon.-Thurs. 7:30 am-8:00 pm Fri. 7:30 am-4:45 pm

**Available Opportunities**

**Nutrition Site** for persons sixty and over. Call 423-764-6041 to make reservations.

**Billiard Room Hours:** Mon. through Thurs.: 7:30 am-8:00 pm Fri.: 7:30 am-4:45 pm

**Transportation** offered daily to and from the center, doctor appointments, social service agencies and other priority trips. Call 423-764-4036 to make reservations.