

We invite you to engage in
Active Life through Active Living
Johnson City Seniors' Center
November 2009 - January 2010

Please note most programs require pre-registration.
For additional information call **423-434-6237**

Social

Salute to Veterans Day

Wednesday November 11th

Time: 12:00 Noon * Cost: \$2.00

Honoring those who served in the Armed Forces

Veterans eat free; Special Entertainment

Reservations Deadline: November 9th

Victorian Luncheon

Celebrate a Victorian Christmas

Tuesday December 15th

Time: 12:00 Noon * Cost: \$3.50

Reservations Deadline: December 11th

Winter Wonderland Dinner Dance

Friday January 28th

Time: 6:00 pm; Tickets \$8:00

Reservations/Advance Tickets Required

Sports

Badminton Tues. 4:30

Table Tennis MWF 9:30

Volleyball Thurs. 9:00

Wii Thurs. 10:00

Pickelball MWF 9:00

Health/Education

Brain Fitness

Personal Training

Strength Training/Conditioning

Massage Therapy

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Creative, Performing & Visual Arts

Fiber Arts: Knitting – Mondays * 10:00 AM

Beginning Piano Keyboard Lessons - Monday mornings by appt. only

Individual Guitar Lessons – Monday afternoons by appt. only

Intermediate Watercolors – Weekly Nov. 4 - Dec. 9 * 9:30-12:00

Acrylics Class – November 4-18, December 2 - 16 * 12:30-2:30

Writers Circle – November 12, December 10 * 10:00 AM

Charter Trips

Join the *JCSC Seniors on the Go* for these exciting travel opportunities

November 25, 2009: WMKS: Christmas 1942 at Barter Theatre

The radio station WMKS: Where Music Kills Sorrows is back on the air by popular demand with a selection of Christmas, patriotic and old-time favorite songs such as “The First Noel,” “The Star-Spangled Banner” and “I’ll Fly Away.” As the effects of WWII spread throughout America, testing everyone’s faith, the Carroll family honors patriotism and Christmas memories in this fun celebration of the holiday spirit.

If you don’t want to see a play at Barter Theatre, but would like to visit Abingdon to shop and eat, ride the bus with us!

November 30- December 4, 2009: Nashville Show Trip

Travel to Nashville, Tennessee, to start your holiday season. Hosted by Diamond Tours, trip includes 4 nights lodging, 8 meals, shows at the Grand Ole Opry, Nashville Nightlife Dinner Theater, and “A Tribute to the King” at the Texas Troubadour Theatre, Country Music Hall of Fame, Belle Meade Plantation, and a ride on the Delta Flatboats inside the Opryland Hotel, and much more. \$520 double occupancy – deposit due on signing, final payment due by September 24, 2009.

February 7-13, 2010: Escape to Miami/Key West, Florida

Join us for 6 nights/7 days of fun and sun. Hosted by Diamond Tours, your package includes 9 meals, cruise on Biscayne Bay, free time in South Beach, visit to Key West, guided tour of Miami, and a visit to Bayside Marketplace. \$534 double occupancy - deposit due on signing, final payment due by December 2, 2009.