

# 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

- **Ballroom Dance Lessons** Wednesday 1:00 pm Starting 9/14 **Walt Baumgardner**
- **Ballroom Dance Practice** Thursdays 6:00 pm **Sandra & Ken Cox**
- **Basketball, Pick-up** Tuesdays & Thursdays 12 noon-2:30 pm
- **Bible Study** Wednesdays 10:30 am **Yvonne Martin**
- **Bingo** Mondays 11:45 am Play for fun and prizes.  
(bring a new household or food item that is in date for a prize)
- **Book Study (Evening)** Mondays 6:00 pm Starting Sept 12 **Lori Grubb**
- **Book Review Group** 2<sup>nd</sup> and 4<sup>th</sup> Mondays 10:00 am **Marilyn Swartz**
- **Bowling** Fridays 10:00 am @ Interstate Bowl **Peggy Fuller**
- **Bridge -**
- **Beginner & Intermediate** Mondays 10:00 am "Bidding in the 21<sup>st</sup> Century"
- **Bridge (Duplicate)** Tuesdays & Thursdays 12:30 pm
- **Card Games** 1st 3<sup>rd</sup> & 5<sup>th</sup> Tuesdays 3:30-8:00 pm **Sandra & Ken Cox**
- **Core Stability, Balance & Agility** Tues. 9:00 Thurs. 8:15 am **Lark Adams**
- **Creative Writing** Thursdays 9:30-11:30 am
- **Fit Combo** Mondays 9:15 am **Becky Olinger**
- **Handbells** First Baptist Church Thursdays 9:30 am **Jo Anne Barbour**  
Starting Sept. 8 **Bev Bowers**
- **Kettle Bells** Wed. 8:30 am (Starting Sept. 7 – 7 weeks) **Linda Stollings**
- **Knitting (Machine)** 1<sup>st</sup> Thursday of each month 10:00 am
- **Line Dancing (Beginning)** Wed. Noon-1:00 pm Starting 9/21 - 8 weeks **Sandra Cox**
- **Line Dancing** Mon., Wed. and Fri. immediately following Seniorcise (10:45)
- **Mah Jongg** Tues. 10:00 am & 1-4:00 pm; Wed. 10:00 am & 1:00 pm;  
Thurs. 1:00 pm
- **Meditation & Yoga** Mondays 9:00 am **Dolores Champagne**
- **Move and Groove** Fridays 9:00 am **Becky Olinger**
- **Pilates** Fridays 8:30 am **Molly Mauney**
- **Pickle Ball** Mondays 1:00 pm Thursdays 2:30 pm
- **Seniorcise** Monday, Wednesday & Friday 10:00 am **Becky Olinger**  
**Shirlene Coffey**  
**Gerri Smith**
- **Sewing** Tuesdays 12:30-2:30 pm
- **Scrabble** Wednesdays 1:00 pm
- **Silver Sneakers** Tuesdays & Thursdays 11:00 am **Pat Fields**
- **Strength Training** Tues. 10:00 am & Thurs. 9:00 am **Becky Olinger**
- **Watercolor Classes** Tuesdays 9:00 am & 1:30 pm **Doris Crusenberry**
- **Wednesday Workouts** Wednesdays 9:15 am **Becky Olinger**
- **Yoga** Fridays 9:30 am **Dolores Champagne**
- **Yoga/Tai Chi/Chi King** Mondays 10:00-11:15 am **Dolores Champagne**
- **Zumba** Mondays 8:30 am Thursdays 10:00 am **Holly Campbell**  
Tuesdays & Fridays 8:15 am **Lark Adams**

### Senior Exercise Rooms (Ages 50+)

**Orientation session is mandatory** before use of exercise rooms. Call 764-6041 to make an appointment for instruction. 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.

**Pool 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 required reservations.

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## Health & Education

- **Blood Pressure Screening** with **Suzanne Faust** 1<sup>st</sup> Fridays
- **“GOOD NUTRITION ON THE GO”** w/**Anita Givens** 10:00-11:30 am  
Visit **Anita Givens**, Registered Dietitian, at her booth in the hall for samples of healthy foods.  
**Features for Fall:** \***Sept. 9** Make it Whole Grain  
\***Oct. 14** Apples for Autumn \***Oct. 28** Prized Pumpkins  
\***Nov. 11** Holiday Salads \***Dec. 9** “A Sweet Christmas without the Sugar”
- **SPINAL MISALIGNMENT SCREENINGS** w/**Dr. Mike Minge** of **Wellness Way**  
Sept. 12 Oct. 10 Nov. 14 8:00 -11:00 am & 12-2:00 pm
- **WOMEN’S SAFETY** w/**Rita Hawkins** 11:00 am September 12
- **“ABC’S OF MEDICARE”** by **Windsor Medicare Extra** 9:00 am Sept. 14  
Come enjoy biscuits and coffee during this 30 minute program on information you should know about Medicare. Pre-register
- **“LIVING IN RETIREMENT”** 12:30 pm September 28  
**Teresa Ring** with **Edward Jones** will present the program. Healthy snacks will be provided.
- **FLU & PNEUMONIA SHOT CLINIC** by **Food City Pharmacy** October 26  
Free with Medicare Part B Card –Commercial insurance can be filed – bring card, without insurance \$20 8:00 am- 12 noon
- **AAA Mature Driving Class** **Nov. 8** –1:00-5:00 pm & **Nov. 9** – 9:00 am-1:00 pm  
Two-day classroom program certified by the Dept. of Safety & DMV. Insurance premium reduction in State of TN. Cost: \$10- payable to instructor

## Sports - Athletics

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

## Social Activities

### “Let’s Dance”

**“SATURDAY NIGHT FEVER DANCES”** 6:30-9:30 pm  
September 10 October 1 November 5 December 3

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

### **LINE DANCING WORKSHOP w/ Martha Davenport**

Featuring dances to holiday music!

November 5 9:00 am-12 noon Cost \$2 Water & Refreshment provided.

## 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!*


### **UT FOOTBALL GAMES** - Prices include ticket & transportation


UT vs Montana	September 3	\$30
UT vs Cincinnati	September 10	\$35
UT vs Buffalo	October 1	\$30
UT vs MTSU (Homecoming)	November 5	\$30
UT vs Vanderbilt	November 19	\$35


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trips continued...

## PUMPKIN PURSUIT


 **PUMPKIN FESTIVAL, Elkin, NC** Depart 8:00 am Return 6:00 pm September 24  
Historic downtown Elkin will be lined with vendors featuring a variety of items such as funnel cakes, pottery, canned goods, wood furnishings, BBQ, baked goods, pumpkin butter, and entertainment. Don't miss the pie-eating contest at the General Store. Transportation \$10


 **PUMPKIN FESTIVAL, Pumpkintown, SC** Depart 7:30 am Return 6:30 pm October 8  
Enjoy the delicious food, handmade crafts, clogging, fiddling, country, bluegrass and gospel music. You might want to bring a small folding lawn chair. Transportation \$10


 **WOOLLY WORM FESTIVAL, Banner Elk** Depart 7:30 am Return 3:00 pm October 15  
A day of fun: live entertainment, 140 food and craft vendors, delicious food, plus an opportunity to debate the worms' stripes to forecast winter. You will have an opportunity to race a Woolly Bear caterpillar - take it from home or purchase a worm to race (\$5 entry fee). Transportation & admission: \$10


 **PUMPKIN FEST, Franklin, NC** Depart 7:30 am Return 6:30 pm October 22  
Festival along Main Street: crafters, Famous Pumpkin Roll (you can participate by buying a pumpkin or taking one), live music all day, pie eating contest, games, costume contest, parade, and food.  
Transportation \$10


## AUTUMN ADVENTURES


 **MAYBERRY DAYS, Mount Airy, NC** September 23  
Eat at **Snappy Lunch** and then enjoy the **Andy Griffith Museum** and presentation by Ronnie Schell as he tells about "**Life After Gomer.**" Time to visit vendors and hear the music.  
Depart 8:00 am Return 6:30 pm Transportation, ticket to show, & museum: \$20

 **DON DAVIS, MASTER STORYTELLER, Jonesboro** October 4  
Don't miss a chance to laugh until you cry, or cry until you laugh with Master Storyteller **Don Davis**. His one-hour show creates a miracle of laughter, pure joy, and love as you reminisce with his stories. Lunch on your own - 10% off with storytelling ticket at any restaurant.  
Depart 9:30am Return 3:00 pm Ticket & Transportation \$13

 **THE BUDDY HOLLY STORY, Flat Rock Playhouse** October 6  
A big party with live music extravaganza - remember "Peggy Sue," & "That'll Be the Day." You will jump to your feet and rock along with Buddy. Lunch at the J & S Cafeteria.  
Depart 10:00 am Return 6:00 pm Transportation & ticket: \$40




 **ORCHARD at ALTAPASS, NC** October 12  
Enjoy the home-cooking at the **Shepherd's Table** before visiting the 102-year-old apple orchard, Appalachian Cultural Center, that celebrates the people, music, art and natural beauty. Pick or purchase apples, hear the interesting stories/music, and visit the museum/gift shop.  
Depart 9:30 am Return 5:00 pm Transportation: \$10

 **SPOOKY LLAMA TALES & TRAILS, Chuckey, TN** October 14  
Take a hayride at **Walnut Ridge Llama Farm** and see the llamas. Hear the Native American tales on the way to the circle where hot dogs and s'mores will be available for purchase.  
Depart 5:00 pm Return 9:00 pm Transportation & Entry Fee: \$12






 **"HELLO, DOLLY!"** Wohlfahrt Haus Dinner Theater, Wytheville, VA October 19  
"Hello, Dolly!" is full of memorable songs and will take you on a whirlwind adventure around New York City at the turn of the century.  
Depart 11:00 am Return 5:00 pm Transportation, lunch & play: \$40

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## trips continued...

-  **CADES COVE**, Townsend, TN Depart 7:30 am Return 5:00pm November 3  
Take time to visit the wonderful Heritage Center Museum in the heartland of the Smoky Mountains. After lunch at Riverstone Restaurant, tour Cades Cove on the bus with John (not guaranteed but there is a good chance of bear sightings). Transportation & museum: \$15
-  **“ROAD TO APPOMATTOX”** Barter Theater November 10  
An account of Robert E. Lee’s final march to Appomattox is woven together with a parallel story of present day lives of a husband and wife who follow the footsteps of Lee’s journey.  
Lunch on your own. Depart 9:30 am Return 3:00 pm Transportation & ticket \$25
-  **BLUE PLATE SPECIAL**, Knoxville, TN Depart 9:00 am Return 6:00 pm Nov. 11  
Be part of the WDVX studio audience at the Knoxville Visitors’ Center – show of live music. Afterwards, head to West Town Mall for holiday shopping & lunch. Transportation \$10

## HOLIDAY HAPPENINGS

-  **CHRISTMAS OPEN HOUSE** 9:00-11:00 am December 2  
Holiday refreshments and entertainment. Pre-registration requested.
-  **DICKENS CHRISTMAS IN THE VILLAGE**, Asheville Transportation: \$10 December 3  
Over 300 musicians, singers, dancers, and actors will perform scenes from Dickens’ “A Christmas Carol” at Biltmore Village. The performers will rove the streets, shops and restaurants filling the air with holiday sounds. The Village will be adorned with Fraser fir wreaths and holiday decorations. Shops will be open.  
Depart 9:00 am Return 5:00 pm
-  **GROVE PARK INN HOLIDAY LUNCH BUFFET**, Asheville, NC December 6  
Holiday spirit is in the air at the majestic Grove Park Inn where you can enjoy a fabulous holiday lunch buffet and view beautifully decorated trees and gingerbread houses.  
Depart 9:30 am Return 5:00 pm Transportation & lunch: \$38
-  **SWVA MUSEUM CHRISTMAS TREE EXHIBIT**, Big Stone Gap, VA December 8  
Lunch at **Mutual Pharmacy** (mentioned in Adriana Trigiani’s book) and then visit the Museum where eighty trees and the mansion, built in 1880s, will be decorated for the season.  
Depart 10:00 am Return 4:30 pm Transportation & museum: \$10
-  **“A CHRISTMAS CAROL,”** Barter Theater December 15  
Celebrate the joy of the holiday season with Richard Rose’s adaptation of Charles Dickens’ classic tale!  
Depart 1:00 pm Return 5:00 pm Transportation & ticket: \$26

## EXTRA SPECIAL EVENTS

- ❖ **FIRST FRIDAY BREAKFAST w/ FRIENDS** by Oakley-Cook Funeral Home  
September 2 October 7 November 4 December 2 8:30 – 10:00 am
- ❖ **GRIEF SHARE & GRIEF AROUND THE HOLIDAYS**  
Join people as you walk through one of life’s most difficult times. Tues. starting Sept. 6 @ 10:00 am or Thursdays, starting Sept. 8 @ 6:00 pm – begin at any time: 15-week, 2 hour sessions. Workbook \$15
- ❖ **HOLIDAY SESSIONS:** Ideas for surviving the holidays. Workbook \$5  
Tuesdays: Nov. 15 & Dec. 13 @ 10:00 am or Thursdays: Nov. 17 & Dec. 15 @ 6:00 pm.
- ❖ **BREAST CANCER AWARENESS LUNCHEON** 12 noon October 13  
Enjoy lunch, entertainment, door prizes, and receive a complimentary gift bag.  
The Centre, Hwy. 421 Lunch: \$7 Reservations required.
- ❖ **ZANEY BRAINY NIGHT w/ ROB BRANSON** 6:00 pm October 20  
Lots of fun - Trivial Challenge Game Show by Rob Branson. Box suppers \$5
- ❖ **BARN DANCE** 6:00-8:00 pm No Charge October 25  
**DJ Rob Branson** will see that you have a fun time of good food, dancing & great door prizes! Sponsored by Bristol VA TRIAD, Bristol TN Parks & Recreation & Douglass Center.
- ❖ **GHOST TALES w/BUD** 6:30 pm - auditorium October 27  
Area historian Bud Phillips will share the tales of area ghost at Slater Center.  
Harvest snacks will be served following the one-hour presentation
- ❖ **CIVIL WAR LECTURE w/Myers Brown**, Curator of Extension Serv., TN State Museum  
Don’t miss **“Images of Tenn. Confederates”** by Myers Brown 6:30 pm November 10