



The Douglass Senior Center  
will be closed  
May 30 for Memorial Day  
July 4 for Independence Day

**Just for Fun**

**Jigsaw Puzzle Group:** Everyday. Stop by the Center and help the group with your puzzle skills.

**Ceramics:** Monday & Thursday, 9:00-12:30. Minimal supply fee.

Participants are working on their own at this time so if you know how to work with ceramics or want to learn you are welcome to join the group.

**Senior Show Choir:** Practice on Tuesdays from 2:00-4:00 p.m. New members are welcome at the beginning of each new program. The choir is currently presenting their summer 2011 show.

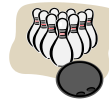
**Retired and Senior Volunteer Program:** Become an active volunteer. Pick up an application at the Center or call Julie Drake at 276-466-4332.



**Volunteer Services**

**Library Loan Program:** Large print books are available for you to check out. These books are provided by the Bristol Public Library. Because of your interest and participation in the program the library has increased our number of books.

**Bowling:** Interstate Bowl, Tuesdays, call Janie McCoy at 276-669-5942 for more information. Winter Banquet date is April 19 at Waldo Miles in Sugar Hollow Park. Summer leagues will be organizing soon.



**Thursday Morning Game Time 9:00 - 12:30**  
Pinochle- Join the Fun

**Computer Lab**

Discover the world wide web and email. See why this is the latest rage in communication. The computers are available for your use any time. Individual classes are available on Monday & Thursday mornings by appointment only.

Check out: [www.seniornavigator.com](http://www.seniornavigator.com)



**BINGO**

Every Monday and Thursday morning before lunch we have Bingo- you might be the next winner! Approximately 10:45 a.m.



**Lunch Program**

Monday & Thursday: Lunch is served at approximately 11:30 a.m. It is provided by District Three Governmental Cooperative and transportation is provided. Call for information and pick up times for the bus route. Don't sit at home and eat by yourself- come on out and eat with old friends and make some new ones in the process!



**“The Senior Scene”**

**Health and Educational Programs**

**Blood Pressure Screening:** Thursdays, 9:30-10:30 a.m. This service is provided by American Home Health, LLC. In Bristol, VA. The nurse will also check your sugar levels.



**AARP 55 Safe Driving Class:** Wednesday, May 25, 9:00 a.m.- 5:00 p.m. The fee for the class is \$12.00 for AARP members and \$14.00 For non-members. The AARP Driver Safety Program is the nation's first and largest driver safety course, your source for invaluable safe driving practices. Open to people of any age (although it is geared for drivers 50+), it does not involve any physical, written or on-the-road test. Course participants will receive a certificate at the completion of the course and may be eligible for a discount on their auto premiums. Call for more information or to register.



**Life Line Screening:** Tuesday, July 19, 9:00-5:00, Five health screenings will be offered that can scan for potential health problems related to blocked arteries, abdominal aortic aneurysms, hardening of the arteries, atrial fibrillation and bone density screening.



All five screenings take 60—90 minutes to complete. Call 1-888-653-6441 for more information on cost and scheduling.

**Nutrition Programs - VT Cooperative Extension Agency**

Mondays at 10:30 a.m.

Presented By: Shauna Carlson

April: “Calcium”  
May: “Healthy Foods—Eating Out”  
June: “Cooking With Spices”



**LOCAL AARP CHAPTER**

This group meets monthly for education, entertainment and fellowship at the First Baptist Church in Bristol, VA. The chapter serves both Bristol, Virginia and Tennessee Residents.

For more information, please call 423-764-2088



**Senior Wellness Room**

The Fitness Center hours are  
Monday-Thursday 9:00 —3:30 p.m.  
Friday 9:00—12:00 noon



We will always have a Staff person available to help you with any questions you might have and to assist you in the use of the equipment. This is an excellent opportunity to start an exercise program.

Come by today and check us out!

We do have an information form required in case of an emergency.



**Wit & Wisdom**

Over the hill?? I don't remember a hill.

Wrinkles indicate where smiles have been.



**Fitness And Sports**

**Senior Exercise:** Monday & Thursday, 9:30—10:30 a.m. This class is especially designed for seniors. It is a combination of hand weights, dyna bands, stretching and breathing exercises. The class will strengthen your body and renew your mind.

**Circuit Training:** Tuesday, Wednesday & Friday, 9:00-10:00 a.m. Improve your strength, coordination and cardiovascular endurance. The class consists of a combination of aerobic exercises, walking and other modified exercises. Your core muscles will be strengthened through the use of hand weights, exercise balls and floor work.



**Stretching & Toning Class:** Wednesday and Friday mornings, 10:30-11:15 a.m. This class will be done while sitting in a chair and you will use dyna bands and hand weights. It will enable you to increase your flexibility, muscle tone and lung capacity.

**Senior Swimming:** Virginia High School Pool, \$1.00 per visit. Call 276-821-5889 for current hours.

**Senior Men's Basketball:** Men ages 50+ invited to participate on Tuesday & Thursday evenings at Virginia Middle School. Pick-up games are played from those men in attendance.

For more information- Call 276-645-7275



**Summer Concert Schedule for Cumberland Square Park**

Concerts Begin at 6:30 p.m. and the outdoor movie sponsored by BVU begins at dusk.

June 30: “Kids Our Age”  
July 7: “Amazed by Grace”  
July 14: “Bullseye Band”  
July 21: “Duty Free”  
July 28: “David O’Roark and the Southern Countrymen”  
August 4: “Bristol Senior Showchoir” at the Paramount Theatre” - 7:30



Food Vendors & Snacks Available



**ACTIVITY FEE-DUE JULY 1, 2011**

The yearly Activity Fee of \$10.00 per person for the Douglass Senior Center is due July 1, 2011. This fee covers your participation in the Exercise classes, Fitness Room, general use of the Center, ceramic firing, events held at the Douglass Senior Center, Lunch rides and trips.

The \$10.00 fee is once per year from July 1, 2011—June 30, 2012.



**"Brown Bag Bingo"**

Fridays: May 6, June 3, July 1, and August 5  
10:30—11:30 a.m.

Each person that plays will bring a gift for Bingo in a bag.  
We will play until all "Bingo Bags" are given away.  
Free Popcorn and soda.

**LUNCH & GAME DAY  
Fridays**

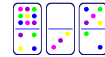
April 15: Spaghetti, Dessert, Tea & Coffee  
May 20: Tuna Salad, Pasta Salad, Chips, Dessert, Tea & Coffee  
June 17: Sandwiches, Marconi Salad, Chips, Dessert, Tea & Coffee  
July 13: Hotdogs, Baked Beans, Chips, Dessert, Tea & Coffee



**CALL FOR RESERVATIONS**

**MEXICAN DOMINOES**

Wednesday afternoons— April 13, May 11, June 8 and July 13  
1:00—3:30 p.m. Join us for an afternoon of Mexican dominoes or  
Chicken Foot— if you can't play we will teach you how.  
Free Popcorn and soda or tea



**Swim Dates for Waldo Miles Pool  
Mondays: June 13, July 11, and August 15  
1:00—3:30 p.m.**

**Bring your own lunch and join us at 12:30  
Swimming, card games and fun!**



**Senior Prom  
Upcoming Event Summer 2011  
Call for more information in June.**

**Easter Egg Hunt**

Saturday, April 23, 9:30 a.m.  
Be a volunteer with the games and Easter Hats for the children  
Or bring your grandchildren and join in the festivities.



**Senior Show Choir Yard & Bake Sale**

Thursday, June 9, 8:00—3:00  
1501 Euclid Avenue Parking for the Bristol White Sox  
Support the Show Choir—visit the Yard Sale



**Senior Jamboree**

Wednesday, July 27, 2011 10:00 -12:30  
Bristol Mall—"Pickin' Porch Stage"

Join your friends at the "Pickin' Porch" for a morning of  
Entertainment, dancing and fun!!  
Door prizes will be given.  
Free admission



**TRIPS & LUNCH RIDES**

**Lunch Ride:** Friday, April 22, 10:15 a.m. Cost is \$3.50 plus your meal. We will have lunch at "Beef O'Brady's" and then shop in the downtown antique stores and "Peebles".  
**Lunch Ride:** Wed. April 27, 10:45 a.m. Cost is \$2.00 plus your meal. We will have lunch at the Abingdon Senior Center, visit the "Indoor Farms" and stop by "Roses" on the way home.  
**Lunch Ride:** Wed., May 18, 9:30 a.m. Cost is \$5.00 plus your meal. We will travel to Blowing Rock, NC and visit another of our area's beautiful homes, the Moses Cone Mansion and the Parkway Craft Center. The house was built at the turn of the twentieth century and features 23 rooms and 13,000 square feet of living space. Before visiting the home we will have lunch at "The Foggy Rock Restaurant".  
**Covered Dish Picnic at Sugar Hollow Park:** Tuesday, June 7, 5:00 p.m. Bring a covered dish to share with everyone, a lawn chair if you choose and join in the fun & games. We will play Horse-shoes, Corn Hole and Bocce Ball. Paper products, tea and coffee will be furnished by the Center. No charge but you must make a reservation.  
**Day Trip:** Wednesday, June 8, 9:00 a.m. Cost is \$5.00 plus your meal. We will visit the town of Blowing Rock, NC and have lunch at the historic "Green Park Inn". The Inn built in 1882 by the Green family has hosted many notable figures through the years, such as Annie Oakley, J.D. Rockefeller, Eleanor Roosevelt and Calvin Coolidge. After lunch we will stop in the quaint town of Blowing Rock for sightseeing or to browse the local shops.  
**Covered Bridge Festival Gospel Night:** Thursday, June 9, 4:30 p.m. Cost is \$3.50 plus your meal. Dinner will be on your own with one of the local food vendors or a restaurant of your choosing. Bring a lawn chair and jacket if the needed.  
**Dinner Ride:** Thursday, June 16, 4:00 p.m. Cost is \$3.50 plus your meal. We will drive to Claypool Hill, VA and have dinner at "Cuz's Restaurant". Housed in a renovated dairy barn, "Cuz's" offers great food and a unique atmosphere.  
**Lunch Ride:** Tuesday, June 28, 10:30 a.m. Cost is \$3.50 plus your meal. Lunch at the "Main Street Pizza Company" in downtown Johnson City, TN. We will have shopping afterwards at the State of Franklin shops.  
**Lunch Ride:** Friday, July 8, 10:00 a.m. Cost is \$3.50 plus your meal. We will have lunch at the "Bayou Smokehouse & General Store" in Banner Elk, NC. Later we can browse around the shops in town.  
**"Trail of the Lonesome Pine" Outdoor Drama:** Thursday, July 21, 4:00 p.m. Cost is \$3.50 plus your ticket (\$15.00) and meal. The drama in Big Stone Gap, VA is the longest continually running outdoor drama in the state and is now the official Outdoor Drama of the State of Virginia. We will have dinner at a local restaurant and visit the June Tolliver House before the drama.  
**Lunch Ride:** Friday, July 29, 10:00 a.m. Cost is \$3.50 plus your meal. We will have lunch at "Pepper's Restaurant" in Boone, NC and then visit the local Mast General Store in Boone.  
**Asheville Farmer's Market:** Tuesday, August 2, 9:30 a.m. Cost is \$4.00 plus your meal. We will have lunch at the "Moose Cafe" and then shop the Farmer's Market.



**Wohlfahrt Haus Dinner Theatre—Wytheville, VA.**

**"American Bandstand"**: June 2, 10:45 a.m. Cost is \$40.00 Due by May 6. Spanning four decades, American Bandstand presented the Top 40 hits of the day, new styles, all the new dances and it will come to life on the Wohlfahrt Haus stage  
**"Ring of Fire"**: August 18, 10:45 a.m. Cost is \$40.00 Due by July 15. The story of the legendary "man in black" is told through his music, and takes you on a journey of passion, humor and salvation. Featuring over 30 great songs performed by a talented cast of singers and musicians.

**Spring Trip—Savannah, Jekyll Island & Beaufort—May 2-6, 2011**

Douglass Senior Center partners with Diamond Tours for a delightful Southern trip in the spring. You will have 4 nights lodging, 4 breakfasts, 4 dinners, tours of Beaufort, Jekyll and St. Simon's Island, Savannah, including a visit to a historic home, and transportation by deluxe motor coach. Stop by today and pick up the information.  
If you are interested we can still add you to the trip but the insurance is not available.



**NEW!!!! Douglass Senior Center is now on FACEBOOK!**

If you have a Facebook account just search out the Douglass Senior Center. You will find new events and pictures from past events and just about anything going on with our Seniors! See you on Facebook!



PRSRT STD U.S.  
Postage  
PAID  
Bristol, TN/VA  
Permit No. 1

April, May, June  
And July  
2011



Douglass Senior Center  
711 Oakview Avenue Suite 130  
Bristol, VA 24201

Telephone: 276-645-7370  
Fax: 276-645-7219  
E-mail: skeen@bristolva.org  
Monday-Thursday 9:00 a.m.-3:30 p.m.  
Friday 9:00 a.m.—12:00 noon  
Bristol VA Parks & Recreation  
City of Bristol, VA

