

The Douglass Senior Center
will be closed
Nov. 11, 26 & 27, Dec. 24 & 25 .

“The Senior Scene”

On the Lighter Side

Make everyday a holiday and celebrate living.
I let my mind wander, and it didn't come back.

Just For Fun

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

Duplicate Bridge: Thursday, 12:15 - 3:30 p.m.

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 you are welcome to come to join the group.

Senior ShowChoir: Practice on Tuesdays from 2:00 - 4:00.

New members are welcome at the beginning of each new program.

Devotions: Monday & Thursday, 10:00 - 10:30. Hear the truths and principles taught from God's word by Rev. Walter Statzer on Monday and Rev. Todd Freeman on Thursday.

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

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. Great reading folks!!!

Health and Educational Programs

Blood Pressure Screening: Thursdays, 9:30-10:30 am. This service is provided by American Home Health, LLC. The Nurse will also check your sugar levels.



55 AARP Alive Safe Driving Class: Wednesday, November 18, 9:00 a.m.- 5:00 p.m. The fee for the class will be \$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.



Fitness And Sports

Senior Exercise: Mon. & Thurs. 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: Tues., Wed. and Friday, 9:00- 10:00 a.m. Improve your strength, coordination and cardiovascular endurance through a low-impact aerobic program. 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 and floor work.

Stretching & Toning Class: Wednesday & Friday mornings, 10:30-11:15. 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 Pool, Monday-Thursday, 9:45- 10:30 a.m. Cost is \$1.00 per visit. You can enjoy lap swimming or just do your own water aerobic exercise.

Bowling: Interstate Bowl, Tuesdays, call Janie McCoy at 669-5942 for more details. Winter leagues are now in session.



Thursday Morning Game Time Pinochle— Join the Fun 9:00 a.m.—12:00 noon

News on the Web!!



If you would like to receive news about upcoming events or new events that we find out about just send us your email address and we will give you the information. Your address will not be shared with any other agency –only the Douglass Senior Center. You may call or email us with your information.
Call 276-645-7370 or e-mail skeen@bristolva.org

Computer Lab

Discover the world wide web and e-mail. 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.



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. 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!!



WELLNESS ROOM

The fitness center hours are Mon.- Thurs. 9:00 - 3:30 p.m. and 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 and there is no fee to use the equipment. Stop by and get started today!



“PUZZLE MANIA”



Stop by and help the group work on the current puzzle.
The piece you find just might be the piece everybody is searching for!

Genealogy Workshop

Bristol Public Library –Saturdays Nov. 14 and Dec. 12 –10:00-11:00 a.m.
Literacy Academy Computer Room Call 276-645-8781
Are you interested in tracing your family roots? It is a wonderful gift to pass along to your children and grandchildren, something that will be cherished always. Attend this workshop and learn how to find those distant ancestors.



"BROWN BAG BINGO"

Wednesday and Fridays

Nov. 4, Dec. 4, and Jan. 8, 10:30-11:30 a.m.

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

Mah Jongg Madness

Friday, November 6, 2009—10:00—3:30 p.m.

Cost is \$10.00 per person



Each group will sign up their own foursome for Mah Jongg play and furnish their own game set. Lunch is included, prizes will be given for the top scores and then door prizes at the close of the afternoon. Reserve your table today!

LUNCH & GAME DAY— 11:30 - 3:30 Cost \$2.00

Friday, October 23: Brown Beans, Fried Potatoes, Cornbread Dessert, Tea & Coffee

Friday, November 20: Vegetable Plate, Dessert, Tea & Coffee

Friday, December 18: Potato Soup, Grilled Cheese Sandwich, Dessert, Tea & Coffee

Friday, January 15: Vegetable Soup, Sandwich, Dessert, Tea & Coffee
CALL FOR RESERVATIONS



Christmas Parade

Thursday, December 3, 5:00 p.m.

Ride in our warm, comfortable bus as we ride down State Street and wave Christmas greetings with the crowd. Wear your Santa hat and join the fun!! Seating is limited.



Senior Showchoir at the Paramount Theatre

December 15, 7:30 p.m.

Join us for a wonderful evening of music and entertainment as our Senior Show Choir presents their Christmas 2009 show. It is certain to bring back fond memories and extra special good times!



Noon Year's Eve Lunch and Party

Thursday, December 31, 10:30 a.m.

Join in some fun games and bingo before we count down to 12:00 Noon!

Then stay for lunch and perhaps a card game or a game of Mexican dominoes afterwards.



Movie Day - 1:00 p.m.

Thursday, January 21: "Hotel for Dogs"

Free Popcorn and Soda!



TRIPS & LUNCH RIDES

Lunch Ride: Tues. Nov. 10, 10:00 a.m. We will have lunch at "The Log House" in Wytheville, VA. Shopping afterward in the unique shops on Main Street. Cost is \$3.50 plus your meal.

Day Trip: Wed. Nov. 18, 8:00 a.m. We will drive to Charlotte, NC for the Southern Living Christmas Show. This year's theme is a "Taste of Christmas". Surround yourself with the beautiful sights, joyful sounds and scrumptious tastes that make the Southern Living Christmas Show a holiday tradition. Cost is \$9.00 plus admission to the show.

Lunch Ride: Wed., Nov. 25, 10:30 a.m. We will have lunch at "McAlister's Deli" and shopping in the neighboring area. Cost is \$3.50 plus your meal.

Bus Day at Hamricks: Wed., Dec. 8, 9:00 a.m. Cost is \$2.00 plus your meal. We will have lunch at Cracker Barrel and shopping at Hamricks.

Bristol Motor Speedway in Lights: Thursday, Dec. 10, 5:30 p.m. Cost is \$2.00. Enjoy the Christmas Light Display, roast marshmallows and see all the festivities the Speedway has to offer.

Lunch Ride: Friday, Dec. 11, 10:00 a.m. It's off to Elizabethton, TN and lunch will be in the Corner Nest Antique Mall at the "Apples to Oranges Deli". You will have two floors filled with "one of a kind" antiques and a Christmas room to explore after lunch. Cost is \$3.50 plus your lunch.

Boone, NC.—"12 Days of Christmas": Wed., Dec. 16, 9:00 a.m. We will drive to Boone, NC and have lunch at the Broyhill Inn and Conference Center at Appalachian State University. We always enjoy a special entertainment with our meal. Cost is \$5.00 plus your all inclusive meal \$12.50.

Lamplight Theatre in Falls Branch, TN: Thursday, Dec. 17, 5:45 p.m. We will attend the Christmas Production, 'The Candy Maker's Gift'. Cost is \$10.00 and includes your ticket.

Lunch Ride: Wed., January 13, 10:00 a.m. Lunch will be at "Oh'Henry's" in Rogersville, TN. Cost is \$3.50 plus your lunch.

Lunch Ride: Friday, January 22, 10:30 a.m. It's off to Johnson City, TN and a delicious lunch at "Cheddars". We will have time to visit the Mall and check out the winter sales before leaving town. Cost is \$3.50 plus your lunch.

Lunch Ride: Wednesday, January 27, 10:30 a.m. We will drive to Gray, TN and have lunch at Beef "O" Brady's. Cost is \$3.50 plus your lunch.

Coming Soon

Wohlfahrt Haus Dinner Theatre: Wytheville, VA, February 24, 2010, 10:30 a.m. Cost is \$40.00, which includes the dinner and show. Join the Theatre as they celebrate country music through the years. Let them Boot-Scoot you right down memory lane to relive the classic songs that have made country music what it is today. Grab your hat and shine up your boots as they pay tribute to the legends and say "thanks for the music".

The Titanic: They are building the *Titanic* in our own Pigeon Forge, TN. The giant 30,000 sq foot ship-shaped structure towers 100 feet in the air and will house over 400 priceless artifacts and historic treasures. It will allow each visitor to encounter the personal heroic and tragic stories of its passengers. The showpiece will be the Grand Staircase where visitors will experience the beauty of the Edwardian era. This emotional journey will allow each guest to walk the Grand Staircase, see a first class stateroom and touch an iceberg. Wednesday, May 19, 9:00 a.m. Cost is \$24.00 plus your lunch. We will drive to Pigeon Forge, have lunch and then spend the afternoon at the Titanic Attraction.

Lancaster, PA: The Sight & Sound Theatre has a new production, "Jacob" opening in the Spring of 2010. The Center is looking into taking a trip back to the Amish Country in May and are taking a survey to see if the interest is there. If you are interested in this trip, please call 276-645-7370 and let us know. All information will follow at a later date.

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

Return service Requested

November, December
and January
2009—2010



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

