I would like to thank each of you for making me feel so welcome! You are just like family now! I look forward to many exciting days ahead.

Please let me know if you have other trip suggestions. Contact me by email at: mandy.fletcher@bristolva.org

If you would like to have a copy of the Senior Scene emailed to you, please let me know.

Mandy

DOUGLASS CONTACT INFORMATION
Phone: 276-645-7370
Mailing: 711 Oakview Ave., Suite 130
Bristol, VA. 24201
Hours of Operation: Mon - Thurs. 8:30 am - 3:30 pm
Fri. 8:30 am - 12 noon

Bingo
Each Wednesday morning, after our exercise class (around 11:15), we play Bingo—you might be the next winner! Come find out!!! Prizes always welcomed.

BOWLING
at Interstate Bowl, call Janie McCoy at 276-669-5942 for more information.

BINGO

Friendly Cafe
Wednesday: Lunch is served at approximately 11:30 a.m. It is provided by the District Three Governmental Cooperative for Virginia residents. Transportation is available. If you haven’t applied to join—it’s quick & easy, come by the office for an application. The meals are always filling & delicious. You have to reapply for this program annually. Please stop by the office to see if you need to fill out a new application. Thanks!

Wellness Rooms
Begin a fitness routine of walking and exercise with various fitness machines located in one of three fitness areas.

Chocolate Chip Maple Cookies
1 package yellow cake mix (18-1/4 ounce size)
2 cups quick-cooking oats
1/2 cup sugar (white or brown) - I prefer brown :)
1 cup vegetable oil (or canola oil)
3 eggs
1—1/2 teaspoon vanilla extract
1 cup maple chips or chocolate chips (I use both)

Directions:
In a mixing bowl, combine the cake mix, oats, and sugar. Beat in oil, eggs and vanilla. Stir in maple and chocolate chips. Drop by rounded teaspoonfuls 2 inches apart onto un-greased baking sheets. Bake at 350 degrees for 10—14 minutes or until lightly browned. (Be careful not to overbake!) Cool for 5 minutes before moving to wire racks to cool completely. Makes about 5 dozen.

(Modified from “Fast Fixes with Mixes”)

ACTIVITY FEE
July 1st was the beginning of our new fiscal year. That is the time for everyone to renew their $30 membership fee. Remember, this fee helps in upgrades and making our Center better to name a just few. Throughout the year this fee helps in upgrades and making our Center better and better for each of you.

Any suggestions? Let me know!!
Your renewed membership will last from July 1, 2018 through June 30, 2019.

Everyone, age 50 and up, are welcome to join!!

Sit & Be Fit: Monday & Wednesday, 9:30—10:30 a.m. This class is especially designed for seniors. It is a combination of hand weights, dyina-bands, stretching and breathing exercises—all while in a seated position. The class will strengthen your body, aid in balance and renew your mind.

Circuit Training: Tuesday, Thursday & Friday, 9:00-10:00 a.m. Improve your strength, coordination and cardiovascular endurance. The class consists of a combination of aerobic exercises and other modified exercises. Your core muscles will be strengthened through the use of hand weights, exercise balls and floor work. Barre basics as well as Pilates elements are incorporated into this workout.

Both Fitness classes taught by Amy Francisco

Swim at the Coomes Center: Those Douglass Senior Center friends who are at least age 62 are invited to swim from 11am –2pm each Tuesday and Thursday for FREE! Perhaps one of the best things about swimming at the Coomes Center is that there is a heated indoor pool. They request that you sign in when entering building.

Walk: Please don’t underestimate the value of a good walk! Whether it is around your block, at the center or around the walking paths at Sugar Hollow, you’ll enjoy the sights and sounds of our beautiful community. Grab a friend & go somewhere today.

The Showchoir will be starting back with practice in February for their new season. It is not too late to consider joining! Call Mandy for the specific date and time!

“Thank You!”

For making me feel so welcome!
You are just like family now! I look forward to many exciting days ahead.

Please let me know if you have other trip suggestions. Contact me by email at: mandy.fletcher@bristolva.org

If you would like to have a copy of the Senior Scene emailed to you, please let me know.

Mandy

DOBULASS CONTACT INFORMATION
Phone: 276-645-7370
Mailing: 711 Oakview Ave., Suite 130
Bristol, VA. 24201
Hours of Operation: Mon - Thurs. 8:30 am - 3:30 pm
Fri. 8:30 am - 12 noon

Wellness Rooms
Begin a fitness routine of walking and exercise with various fitness machines located in one of three fitness areas.

Chocolate Chip Maple Cookies
1 package yellow cake mix (18-1/4 ounce size)
2 cups quick-cooking oats
1/2 cup sugar (white or brown) - I prefer brown :)  
1 cup vegetable oil (or canola oil)
3 eggs
1—1/2 teaspoon vanilla extract
1 cup maple chips or chocolate chips (I use both)

Directions:
In a mixing bowl, combine the cake mix, oats, and sugar. Beat in oil, eggs and vanilla. Stir in maple and chocolate chips. Drop by rounded teaspoonfuls 2 inches apart onto un-greased baking sheets. Bake at 350 degrees for 10—14 minutes or until lightly browned. (Be careful not to overbake!) Cool for 5 minutes before moving to wire racks to cool completely. Makes about 5 dozen.

(Modified from “Fast Fixes with Mixes”)

ACTIVITY FEE
July 1st was the beginning of our new fiscal year. That is the time for everyone to renew their $30 membership fee. Remember, this fee helps in upgrades and making our Center better and better for each of you.

Any suggestions? Let me know!!
Your renewed membership will last from July 1, 2018 through June 30, 2019.

Everyone, age 50 and up, are welcome to join!!
Wohlfahrt Haus Dinner Theater Schedule:

**January**

- **February 20**
  - Meet at DSC craft room (upstairs).
  - Please sign up by noon the day before to reserve your seat and your plate!!

**February**

- **February 15**
  - Hamburger & Potato Casserole, green beans, roll

**March 15**

- **March Sliders & Soup**
  - Drinks: water, tea and coffee plus dessert always served. There will always be a sugar free option available, feel free to request.
  - **PLEASE call no later than noon the day before to reserve your seat and your plate!!**

A couple of things to keep in mind about our trips...

Arrive early for our trips as we leave promptly at the departure times listed—but, no earlier than our opening time of 8:30am.

Due to problems/sensitivities with smells, please do not wear perfumes or body rubs/lotions on trip days.

In the event of inclement weather, our trips may have to be delayed/postponed/canceled. Please understand, this is for your safety!! Call before coming to the Center on trip days if there is a question—276-645-7370.

**Fish & Chips**
- **February 4**
- **March 1**
- **April 5**
- **May 3**

**Dinner & a Show**
- **February 11**
- **March 25**

**Game Day Lunches—Cost $3**
- **January 18:** White Chicken Chili, Rice, Salad
- **February 15:** Hamburger & Potato Casserole, green beans, roll

**Crafty Mondays 10:30 am**
- Enjoy learning and making a new craft once a month! I will be instructing! Come and have a great time together!

**New Activity - Crafty Mondays 10:30 am**

**January 28 – Do-It-Yourself Photo Cube**
- $5 fee (make checks payable to Bristol VA Parks and Recreation). Meet at DSC craft room (upstairs). Please sign up by January 23!

**February 25 – Do-It-Yourself No Sew Fleece Pillow**
- $5 fee. Please sign up by February 20!

**March 18 – Do-It-Yourself Sunflower Wreath**
- $5 fee. Please sign up by March 13!

**Variables: (4$ to ride van unless otherwise indicated)**

**DSC Special Event - Monday, January 7**
- “PAWFECTION” show at our center...starring Boaz the Labradoodle! Come meet Boaz, show off your new tricks with him, and see all the neat tricks he can do. Show begins at 10:30 am.

**Day Trip - Tuesday, January 8**
- Let’s take a stroll through Hobby Lobby and then eat lunch at Cheddars on our way back. We’ll leave the DSC at 10 am.

**Day Trip – Tuesday, January 15**
- Grab your hat and come along as we celebrate National Hat Day! We are off to Hanock’s (which I hear is a favorite place for many!) along with Cracker Barrel for lunch. Leave DSC at 10:30 am.

**Game Day – Friday, January 18**
- **Center Closed – Monday, January 21**
- **Martin Luther King Jr. Day**

**DSC Special Event – Thursday, January 24**
- Winter Olympic Games

**Game Day Lunches—Cost $3**
- **January 18:** White Chicken Chili, Rice, Salad
- **February 15:** Hamburger & Potato Casserole, green beans, roll

**March 15**

- **March Sliders & Soup**
  - Drinks: water, tea and coffee plus dessert always served. There will always be a sugar free option available, feel free to request.
  - **PLEASE call no later than noon the day before to reserve your seat and your plate!!**

When do you play...??
- Tuesday Morning, 9:00-12:00: Mah Jongg
- **Wednesday Morning, 9:00-12:00:** Roos
- **Thursday Morning, 9:00-12:00:** Pinochle

**Thursday Afternoon:** 12:00-3:30: Mah Jongg
- Don’t know how to play? Don’t worry, come learn.

**Leave DSC at 10:30 am.**

**Special Wohlfahrt Haus Show**
- **Thursday, February 7**
- **Thursday, February 28**
- $5 fee.

**Payment ($52) due Immediately**
- **Feb. 15:** Let's celebrate the first Winter Olympic games, which began in France (1924). Show off your talents and good sportsmanship as we compete in discus toss, ice wars, and igloo building...just to name a few!! Games begin at 9:30am and end at 11:30am.

**Evening Trip – Friday, January 25**
- **WCQR Potluck Drive**
- There are many children in our area who are in foster care that could use a new pair of pajamas, so let’s support this worthy cause and bring a brand new pair of PJ’s for a (boy or girl). We will deliver them to the Pinnacle and then eat at Johnny Brusco’s Pizza. Leave DSC at 4:30pm.

**“Farm to You” Series – Tuesday, January 29**
- **January is poultry month!** Let’s take a look at our incredible edible egg as it journeys from farm to table. We will leave DSC at 10 am to visit Green Valley Poultry in Abingdon. It only seems fitting to eat lunch at...you guessed it...Chick-Fil-A!!

**DSC Special Event - Monday, February 4**
- Let’s “Turn the Clock Back” to childhood. Bring a baby or childhood picture and let’s guess who’s who! The fun begins at 10:30 am. Pack a lunch if you’d like!

**Day Trip - Thursday, February 7**
- Let’s visit the Books-A-Million plaza and then eat lunch at Olive Garden. We’ll leave the DSC at 10 am.

**Day Trip – Monday, February 11**
- **Today is “Make a Friend Day”!** Off we go to make friends at a local retirement facility and we’ll be taking them Valentine treats. Leave DSC at 10am. Bring money for lunch!

**Special Wohlfahrt Haus Show – “Elvis” – Thursday, February 14**
- There are spots left, so please me know soon if you plan to go! Cost is $52 per person. Payment is due January 14. Leave DSC at 10 am.

**Game Day – Friday, February 15**
- **Center Closed – Monday, February 18**
- **President’s Day**
- **“Elvis” – Thursday, February 21**
- Can you believe that I’ve never been to Ben Franklin to shop? I can’t wait to check it out! We’ll leave DSC at 9:30. Lunch...yes!

**“Farm to You” Series – Thursday, February 28**
- **February is beef month! Cattle are plentiful in our area, so let’s visit a local farmer.** We will leave DSC at 9 am. Local beef...it’s what’s for lunch at Luke’s Café (Abingdon).

**Special Event - Friday, March 1**
- Let’s celebrate “National Peanut Butter Lover’s Day” at Elliot Hollow Park (Waldo Hills). Bring a peanut butter sandwich for yourself with your favorite fixin’s (such as peanut butter and jelly, peanut butter and banana, etc.) We can share peanut butter recipes! I’ll bring dessert for everyone. The fun begins at 10:30 am. If the weather is nice, we will take a short walk.

**DSC Potholder Event - Thursday, March 7**
- Monopoly anyone?? The Monopoly board game was invented on this day in 1933. Bring your monopoly game and a dish to share. Lunch is at 11:30am.

**Game Day – Friday, March 15**
- **Center Closed – Monday, March 18**
- **President’s Day**

**Game Day – Thursday, March 21**
- We are bound for Salisbury to tour the Museum of the Middle Appalachians. We’ll leave DSC at 9 am. Admission is $3. Lunch is at Riverfront Café.

**DSC Event - Monday, March 25**
- **“International Waffle Day” Brunch**
- The kitchen will become a waffle bar! I’ll make them, you pay $3 (includes toppings, syrup, and juice and/or coffee). Brunch begins at 10am.

**“Farm to You” Series - Thursday, March 28**
- **March is pork month! Pig farming is not as popular in our region, so we will not get to visit a pork producer. However, we can support our local restaurants by enjoying a meal at Ridgewood BBQ. Leave DSC at 10:30 am.**