The biggest adventure you can take is to live the life of your dreams.” —Oprah Winfrey

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, 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

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

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.

DISTRICT THREE GOVERNMENTAL COOPERATIVE
Friendly Cafe
Wednesday: Lunch is served at approximately 11:30 am. 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!

SENIORS IN MOTION
Sit & Be Fit: Monday, Wednesday & Friday 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—all while in a seated position. The class will strengthen your body, aid in balance and renew your mind.

Circuit Training: Tuesday & Thursday 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 11 am—2 pm 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.

Don’t forget to mark your calendars for December 17th and come see the Senior Showchoir at the Paramount as they Perform: “Sights and Sounds of Christmas.”

Renewal

ACTIVITY FEE
July 1st was the beginning of our new fiscal year. This is the time for everyone to renew their $30 membership fee. Remember, this will allow you to continue using the exercise equipment—going on trips and enjoying Game Day—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, 2019 through June 30, 2020.
Everyone, age 50 and up, are welcome to join!!

“The Senior Scene”

Please note...
We have the opportunity to attend a beginner chair yoga class at Whitetop Yoga.
Please see Mandy for further details!

From Mandy’s Kitchen:

** Crockpot Caramel Apple Dump Cake **

Ingredients:
- 1 box yellow cake mix (or spice cake mix)
- 1 can apple pie filling (20oz) - can use no sugar added apple filling
- 1/2 cup caramel sundae syrup
- 1/2 cup butter (melted)
- Non-stick cooking spray

Directions:
1. Generously spray the inside of a 6-quart slow cooker with non-stick cooking spray.
2. Dump the apple pie filling into the crock pot and spread evenly on the bottom.
3. Drizzle the caramel syrup over the pie filling.
4. In a mixing bowl, combine the cake mix and melted butter. Stir together until crumbly.
5. Pour the cake mixture over the apple and caramel layer and spread evenly.
6. Cook for 2 hours on High (or for 4 hours on Low).

** Serve your crockpot caramel apple dump cake with whipped cream or vanilla ice cream!

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

Monday-Thursday 9:00am-3:30pm
Friday 9:00am-12:00noon
Wohlfahrt Haus Dinner Theater Schedule:

- **Thursday, November 14:** “Christmas Show” – payment due by October 11th.

**Tickets are ($42) each:** $ due one month prior to show.

**Dates to Remember:**

- **Thursday, October 10**—Show Choir Yard Sale downtown
- **Saturday, October 12**—Douglass Center Annual Craft Show—see Anna Burrill or Mandy Fletcher for more details.
- **Monday, October 21**—Line Dance Classes begin at 10:45
- **Friday, November 1**—Mah Jongg Madness—more details to follow

ADVENTURES: ($4 to ride van unless otherwise indicated)

- **Day Trip - Tuesday, Oct. 1**—Burke’s Garden—Tazewell, VA: Let’s enjoy a scenic drive to “God’s country” and eat at Maddie’s Restaurant and then explore the Artisan Guild and Country Store. **You must bring cash for lunch!** Leave at 10am.

- **Day Trip - Tuesday, Oct. 8**—We’ll leave the DSC at 10 am to eat at the Atkins Tank. Afterwards, travel to the Settlement’s Museum of SWVA and Williams Orchard.

- **Special Event - Thursday, Oct. 10**—Senior Show Choir Yard Sale at ballfields. 8 am to 1 pm. (No early birds!) Please!

- **Special Event - Saturday, Oct. 12**—4th Annual Craft Show—there will be something for everyone! 9 am to 1 pm at the center.

- **Center Closed - Monday, October 14**—Columbus Day

- **Day Trip - Friday, Oct. 18**—Farmer’s Daughter & Fall Festival—We’re off to have a great lunch and see what we can find at the fall festival at Mountain Woodlawn More (Chuckey, TN). Leave DSC at 9am. **BRING CASH FOR LUNCH!**

- **Game Day - Friday, Oct. 25**—remember to reserve your spot by noon on 10/23

- **Evening Outing - Monday, Oct. 28**—Appalachian Ghost Tour—Abingdon—We will load up at 4:30pm to eat dinner at Greeko’s, followed by ghost-hunting tour down the streets of Abingdon! $22 cash/persson for tour (please bring exact change). Rain date is Tuesday, Oct. 29 at 4:30pm.

- **Game Day - Friday, Oct. 31**—Pumpkin Potluck at the Park—Bring a covered dish and gather at Sugar Hollow Park for an afternoon of good food and fellowship. The fun begins at 11:30am. Bring your favorite game and pumpkin dessert if you wish! (The center will provide plates, cups and drinks).

- **Day Trip - Tuesday, Nov. 5**—Hob Knob Drive In & Natural Tunnel Park—How exciting to be able to eat at another new place with an unusual name (not quite as unusual as “Woodbooger”)! Leave center at 9:15.

- **Crafty Friday - November 8**—Fall Harvest Chalkboard Wreath—Fee:$5—Class begins at 10am. See Mandy to sign up no later than Nov. 4.

- **Center Closed - Monday, November 11**—Veterans Day

- **Game Day - Friday, November 15**—remember to reserve your spot by noon on 11/13

- **Day Trip - Tuesday, November 21**—Daniel Boone Inn—Let’s enjoy a nice lunch and then some downtown shopping in NC! Leave the center at 9:30.

- **Center Closed - Thursday, November 28 and Friday Nov. 29**—Thanksgiving

- **Evening Outing - Friday, Dec. 6**—Rocky Mount Christmas Candlelight—Experience Christmas as it was in 1791 at the Cobb House. Dinner first. Leave the center at 4:30.

- **Day Trip - Tuesday, December 10**—Cracker Barrel & Hamrick’s—We’re off to eat lunch and shop at one of our favorites! Leave the center at 10:15.

- **Game Day - Friday, December 13**—An Appalachian Christmas—Vintage Days at Bristol Motor Speedway—Let’s enjoy music, food and last minute shopping! Leave the center at 10:00. Tickets are $10 (Cash)

- **Evening Outing - Tuesday, Dec. 17**—Show Choir at the Paramount—Gather your friends and family and bring them to see “Sights & Sounds of Christmas.” Be at the center at 6:30pm to ride a van with us. Admission is $5.

- **Game Day - Friday, December 20**—remember to reserve your spot by noon on 12/18

- **Special Event - Tuesday, December 31**—New Year’s Eve Party—Bring a finger food and dessert and celebrate 2020 with games and a whole lot of fun!! Event begins at 11:30 at the center.

**Please call no later than noon the day before to reserve your seat and your plate!!**