

# Events and Activity Guide

January - March



## Parks and Recreation

Bristol, Tennessee

Keep your family busy with Bristol's recreation programs and classes! We offer a wide range of recreational classes and activities for people of all ages. You'll find youth sports, adult sports, fitness & wellness classes. There's fun for everyone! View our Activity Guide for the current selection of available classes, leagues, programs & activities!



Steele Creek Park is a regional park encompassing more than 2,200 acres. In 1961, Mayor Stacy Grayson announced plans to construct a park at Steele Creek. A 99-year lease was approved by the State and later the property was deeded to the City of Bristol. Steele Creek Park opened to the public on June 6, 1964. The park's main entrance is located at 4 Little Lane.

### Inside This Issue

PG.5  
Rentals & Rates

PG.6  
Meet the Fitness  
Instructors

PG.9  
Senior Adult Weekly  
Events

PG.18  
Adult & Youth Events

PG.26  
Lunch Program

PG. 27  
Steele Creek Nature  
Center

PG.30  
Parks & Rec Commission  
Members

Happy  
New Year!

# 2020

**Bristol Tennessee Parks & Recreation  
wishes you and your family a Happy New Year!**

**Slater Center is closed January 1st**

# WE WILL BE CLOSED MONDAY, JANUARY 20




MARTIN LUTHER KING DAY

# Birthday Parties Private Events Pavilion Rentals

Looking for the perfect place to plan your next birthday party, family reunion, or corporate event? Steele Creek Park is the place for you! With plenty of options, we are sure to have something to fit your needs.

# JOIN OUR TEAM

[bristoltn.org/jobs](http://bristoltn.org/jobs)




*Adding years to life and life to years*

Home Care | Care Management | Transportation | Nutrition

**423-616-1950**

[SeniorSolutionsHomeCare.com](http://SeniorSolutionsHomeCare.com)

Homemaker Packages **\$60.00**

We serve all of your choices:  
Medicaid, VA, Private Pay, VCC and Transport

## Contact Information

### Parks and Recreation Director:

Terry Napier- 423- 764-4023

### Recreation:

Karen McCook-423-764-4048

Mike Musick- 423-764-4026

Becky Olinger- 423-764-4006

Angie Rutherford- 423-764-3463

### Slater Community Center:

Mallory Cross- 423-764-4012

Mike Ratliff- 423-764-4036

### Steele Creek Nature Center:

Jeremy Stout- 423-989-5616



## Table of Contents

- 2 - General Information
- 3 - Contact Information
- 4 - Parks, Playground & Facilities
- 5 - Rentals & Rates
- 6 - Fitness Instructors
- 7 - Join the Fun
- 8-11 - Senior Adult Weekly Events
- 12-14- Senior Adult Trips
- 15- Word Search
- 16- Now Hiring Information
- 17- Youth Valentine Card Contest
- 18-19 Adult & Youth Evening Classes
- 20-24 - Senior Weekly Fitness
- 25- Senior Adult Classes
- 26- Lunch Program/Transportation
- 27- Steele Creek Nature Center
- 28- Commission Board/Council Members

## Message from the Director of Parks and Recreation



Terry Napier

In parks and recreation, the seasons come and the seasons go. When I think back, I see 2019 as a very productive year. Productive can mean several things such as park and recreational employees staying on top of maintenance, answering all calls and making sure all our reservation and registration forms are available, scheduling game/practice times, ordering uniforms and trophies, and also just building a positive relationship with our community. Factor in new projects, new events in our parks, and participation numbers at an all-time high, I think this has made for a very productive and busy 2019. We are ready for an even more productive year in 2020. If you have any information to share or any concerns, please feel free to contact me.





# Parks, Playgrounds and Facilities

**Anderson Park** -341 Martin Luther King Jr Blvd. A gazebo with benches, lights and electricity. There is also an open air stage with lighting and electricity. Playground & picnic tables. Rentals available.

**Cedar Valley Park** -405 Cedar Valley Road. It consists of 3.29 acres. It is bordered on one side by Cedar Creek. It is a passive park / community green space.

**Charlie Robinette Park / Bark Park**-1155 Vance Drive. The Bark Park is the city's first dog park. The park has an area for large & small dogs. Both areas have drinking fountains that also have a dog bowl at the bottom.

**Clay Park**-803 7<sup>th</sup> Street. This park has a gazebo & picnic table.

**DeFriece Park**-101 Stine Street. Playground, picnic table, a basketball court, pond and greenspace.

**Downtown Center**-810 State Street. A multi-use venue located in the middle of historic Downtown Bristol. The venue features onsite restroom & concessions. A stage with complete electrical needs for any concert or speaking type engagement.

**Fairmount Park**-301 Spruce Street. This 2.57 acre neighborhood park/greenspace. This park has several benches.

**Food City Park** -531 Oakwood Street. New Dog Park under construction. (Summer/fall 2019)

**Friendship Park**-2432 Volunteer Parkway. 3 Baseball fields and greenspace. Home of Vance Middle School Baseball.

**George Spinks Field**-1000 W. Cedar St. Home of Bristol, TN Little League Softball. The park sits on 2.51 acres of land.

**Haynesfield Park** -2100 Edgemont Avenue. Lighted tennis courts, picnic tables and a water fountain.

**Haynesfield Pool**-327 Sleepy Hollow Road. A 600,000 gal public pool. Restrooms, showers & concessions. Birthday parties and swim lessons are also offered

**Holston View Park** -1840 King College. The 13 acre park includes tennis courts, basketball courts, playground, 3 baseball fields and a soccer field.

**Ida Stone Jones Tennis Center**-740 Alabama Street. Serves as the home courts for the State Champion TN High tennis teams. The facility has eight courts. Two courts for marked for pickleball.

**Jerry Goodpasture Plaza** -719 Shelby Street. This is a .18 acre park. Musical instruments installed in the park along with metal benches.

**Jersey Park** -256 Shirley Drive This 2.26 acre park provides a beautiful community green-space.

**King Meadows Park**-108 Clay Street. Kings Meadow is a small neighborhood green space measuring .15 acres.

**Mark Vance Memorial Greenway** -This 7,385 linear feet paved trail leads from the Mill Creek area of Steele Creek Park to the Volunteer Parkway. There are several benches and trash receptacles along the route.

**Morning Rotary Centennial Park** -832 Orchard St. The park has a small picnic area with coated expanded metal tables. Basketball Court, drinking fountain, benches & a grill.

**Oakwood Park** -810 Oakwood Street. This .12 acre neighborhood park has a swing set

**Patterson Park** -105 19th Street. Tennis courts, a play structure and a small parking area.

**Pinnacle Park** -Enjoy the views from one of the park's benches of this beautiful 4 acre park surrounded by mountains. Catch & Release fishing is allowed.

**Rooster Front at Steele Creek Park**-1160 Vance Drive. 3.6 acres in size and is a very popular park year round. A shelter, picnic tables, playground, tennis court & basketball court.

**Rotary Field** -401 Ash Street. Home for the THS and Vance girls' softball program.

**Skate Park** -700 College Avenue. The park is an asphalt paved area which is fenced in and gated. It includes 10 pieces of skate boarding equipment.

**Slater Community Center**-325 McDowell Street. The Parks & Recreation Administrative Offices are located in the building along with Senior Programs, classes, public meetings & events.

**Slater Park** -128 East State Street. This park is a popular outdoor basketball facility

**Steele Creek Park** -4 Little Lane. Steele Creek Park is a regional park encompassing more than 2,200 acres. This park offers shelters, a lodge equipped with a kitchen, a conference room & a party room, picnic tables, 52 acre lake, soccer goals, disc golf, golf course, playgrounds, Nature Center, Steel Creek Express, paddle boats, walking, hiking, biking trails, splash pad. Rentals available

**Wes Davis Greenway** -The 2,800ft trail is a pedestrian and bike trail from Anderson St. to Melrose St.

**Whitotop Creek Park** -310 Sportsway Dr. This 55.8 acre park is a multi-purpose sports park that is available for soccer, football, softball, baseball, or to use for volleyball tournaments. The park has a one mile walking trail around the perimeter of the park. There is a pavilion with men's, women's, and family restrooms. Next to the pavilion is a playground & a basketball court.

**Windsor Park** -1024 Windsor Avenue. Windsor Park is a small community park encompassing .17 acres. The park hosts a small play structure.

# RENTALS & RATE

## Steele Creek Park

Shelters	<u>1/2 Day</u>	<u>Full Day</u>
Lodge & Kitchen	\$105.00	\$165.00
Party Room	\$40.00	\$65.00
Rotary, Civitan or G	\$45.00	\$70.00
VFW	\$40.00	\$65.00
A, B, C, D, or F	\$35.00	\$55.00
Amphitheater		\$100.00
 The Rotary Pavilion	 \$65.00	 \$100.00

\* If using Kitchen, Lodge Main Room must also be rented.  
 \*\*Once a year a non-profit organization can receive 50% off shelter rates. Must show written non-profit number when paying for shelter.

## Anderson Park Reservations

\$30.00 per hour / Minimum of two hours

## Slater Center (Rates are hourly)

Classrooms	\$20.00
Gymnasium	\$30.00
Cafeteria	\$35.00
Auditorium	\$55.00

\*\*Additional fees will apply to Saturday or Sunday rentals.

## Whitetop Creek Park

Rotary Pavilion	<u>1/2 Day</u>	<u>Full Day</u>
	\$55.00	\$85.00

## Rooster Front Park

Shelter Rental	\$35.00	\$55.00
----------------	---------	---------

## Charlie Robinette Park

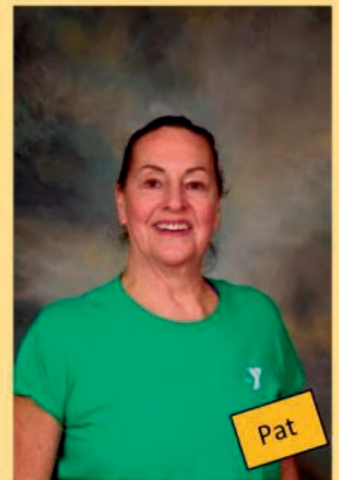
Shelter Rental	\$45.00	\$70.00
----------------	---------	---------

For rental of any athletic field, please contact the department @ 423-764-4023

**Rental times:**  
**9:00am - 2:30pm or**  
**3:30pm - 9:00pm**



# Meet our Fitness Instructors



# SLATER SENIOR CENTER

**Join the Fun!**  
**Adults**  
**50+**

We open doors to healthy, active & creative living for older adults in Bristol!

**COME IN & REGISTER TODAY!**

# SENIOR ADULT

## Classes & Weekly Events

Events at Slater Community Center, 325 McDowell St., Bristol, TN, unless noted. Bristol, TN Residents, no charge. Non-Residents \$120 annually, exempt with SilverSneakers or Renew Active by Optum card

\*Senior activities for ages 50+ \*Call 423-764-4012 for more information.



**“King of the Jungle”**  
Artist: Doris Wallace



**AVAILABLE DAILY**

### **ONE-ON-ONE PERSONAL TRAINING W/DENISE BOURNE**

Make an appointment for 30 or 60 minute sessions. \$7.00 for 30 minutes

### **SENIOR EXERCISE ROOMS Ages 50+**

Open: Mon-Thurs 7:30AM-8:00PM  
Fri 7:30AM-4:45PM. Mandatory Orientation Session before use of rooms. Call 764-4023

### **LUNCH -Ages 60+**


Call Mike Ratliff at 423-764-4036 or 423-491-1253 to make reservation.

**TRANSPORTATION** offered daily to and from Slater Center, doctor appointments, etc. Call Frank Perry at 423-646-5216 to schedule transportation.



# SENIOR ADULT WEEKLY EVENTS

MON	GYM	CLASSES
	Active Barre Fitness w/Alexa Serfis 8:30-9:15AM	Spin & Stretch w/Alexa Serfis 7:30-8:15AM
	Fit Combo w/Denise Bourne 9:15-10:00AM	 "Nia Moving to Heal" w/Alexa Serfis Room 105 9:30-10:15AM Yoga & Meditation w/Dolores Champagne 9:30AM
	SilverSneakers Cardio w/Pat Fields 10:00-11:00AM	Bridge 10:00AM
	Line Dance w/Linda Roberts 11:00AM-Noon	Yoga w/Heather Dotterweich 11:00AM
	Pickleball 12:30-5:00PM	TABATA w/Elaine Rock 5:15PM

TUES	GYM	CLASSES
	Cardio Core Connection w/Lark Adams 8:30-9:15AM	Watercolor w/Teresa Kath Session I 9:00AM Session II 1:30PM
	Strength Training w/Denise Bourne 9:15-10:00AM	Chair Yoga w/Heather Dotterweich 11:00AM
	SilverSneakers w/Pat Fields 10:00-11:00AM	
	Cardio Dance w/BJ Goliday 11:00AM-Noon	
	Basketball Noon-2:00PM	
	Pickleball 2:00-5:00PM	

WED	GYM	CLASSES
	Kettle Bells w/Linda Stallings 8:30-9:15AM	Nia w/Alexa Serfis 7:30AM
	Wed. Workout w/Denise Bourne 9:15-10:00AM	Barre Fitness w/Lark Adams 8:30AM
	SilverSneakers Cardio w/Pat Fields 10:00-11:00	Active Yoga w/Lark Adams 9:30AM
	Line Dance w/Linda Roberts 11:00AM-Noon	Acrylics & Oil Painting w/Lisa Sneed 9:30-3:00 <i>Studio Class Setting/Artist Facilitated</i>
	Pickleball 12:30-5:00PM	Gentle Flow Yoga w/Maggie Fuller 11:00AM

# SENIOR ADULT WEEKLY EVENTS

THURS	GYM	CLASSES	
Cardio Core Connection w/Lark Adams	8:30-9:15AM	Spin & Stretch w/Alexa Serfis	8:30AM
Strength Training w/Denise Bourne	9:15-10:00	Nia w/Alexa Serfis	9:30AM
SilverSneakers w/Pat Fields	10:00-11:00AM	Chair Yoga w/Heather Dotterweich Session I 9:00AM      Session II 10:00AM	
Cardio Dance w/BJ Goliday	11:00AM-Noon	Creative Writing	9:30AM
Basketball	Noon-2:00PM	Gentle Flow Yoga w/Maggie Fuller	11:00AM
Pickleball	2:00-5:00PM	TABATA	5:15PM

FRI	GYM	CLASSES	
Kettle Bells w/Linda Stollings	8:30-9:15AM	Barre Fitness w/Lark Adams	8:30AM
Move & Groove w/Denise Bourne	9:15-10:00	Yoga w/Dolores Champagne	9:30AM
SilverSneakers w/Pat Fields	10:00-11:00AM	Acrylics and Oil Painting w/Lisa Sneed <i>Studio Class Setting/Artist Facilitated</i>	9:30AM
Line Dance w/Linda Roberts	11:00AM-Noon	Tai Chi & Qigong w/Dolores Champagne	10:45AM
Pickleball	12:30-5:00PM		



## Spin Class with Alexa Serfis

Bring your bicycle ride inside! Enjoy a low-impact cardio workout topped off with a complete body stretch. All participants are encouraged to work at their own level. This class combines a great cardiovascular workout, lower body strengthening, and complete body stretch to fun music.

**You will leave feeling energized!**

# SENIOR ADULT WEEKLY EVENTS

## GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
7:30-8:15	Spin & Stretch		Nia		
8:30-9:15	Active Barre Fitness	Cardio Core Connection	Kettle Bells	Cardio Core Connection	Kettle Bells
9:15-10:00	Fit Combo	Strength Training	Wed. Workout	Strength Training	Move & Groove
10:00-11:00	SilverSneakers Cardio	SilverSneakers	SilverSneakers Cardio	SilverSneakers	SilverSneakers
11:00- Noon	Line Dance	Cardio Dance	Line Dance	Cardio Dance	Line Dance
Noon- 2:00		Basketball		Basketball	
	Pickleball 12:30-5:00	Pickleball 2:00-5:00	Pickleball 12:30-5:00	Pickleball 2:00-5:00	Pickleball 12:30-5:00
5:15	Tabata			Tabata	



*SilverSneakers Cardio w/instructor Pat Fields*

# SENIOR ADULT TRIPS & SPECIAL EVENTS

- \*Pay when registering
- \*Arrive 15 minutes before departure time
- \*Return time approximate
- \*Refunds if you can be replaced
- \*Bring jacket for van air conditioner
- \*NO perfume or cologne
- \*NO food or drinks on van except water
- \*NO smoking 10 min. prior to boarding van

## TRIPS



**“FOREVER PLAID,”** Wohlfahrt Haus Dinner Theater, Wytheville, VA

Thurs., Feb. 13

Depart 10:30AM Return 5:30PM

Transportation, lunch & play: \$42

Enjoy an early Valentine’s Day at the Wohlfahrt Haus Dinner Theater with songs of the 50s such as “Three Coins in the Fountain,” “Moments to Remember,” “Crazy bout Ya Baby,” “Cry,” “Love is a Many Splendored Thing,” “Sixteen Tons,” etc. The plot: four young singers are killed and they posthumously take the stage for one final gig in this goofy 1950’s nostalgia musical.



**HARRAH’S CASINO,** Cherokee, NC

Thurs., March 12

Depart 8:00AM Return 6:00PM

Transportation: \$10

\*Picture ID required for a Total Rewards Card



**THE COMEDY BARN THEATER SHOW,** Pigeon Forge, TN

Thurs., March 26

Depart 2:30PM Return 10:00PM

Transportation & Show: \$30

Winner Funniest Show! Come see why year after year The Comedy Barn Theater is voted the most award winning family comedy variety show in the Smoky Mountains. Featuring magicians, jugglers, ventriloquists, comedians, live country and gospel music! It’s a night of a thousand laughs guaranteed! Stop at Chick-fil-A for a quick dinner.



**HUCK FINN’S CATFISH RESTAURANT/5 OAKS SHOPPING CTR**

Pigeon Forge, TN

Tues., March 31 Depart 9:00AM Return 5:00PM

Transportation \$5 (pay individually for lunch)

Catfish served with all “U” can eat vittles. Afterwards, spring shopping at 5 Oaks Shopping Ctr.

## SENIOR ADULT SPECIAL EVENTS



**FABULOUS WINTER LINE DANCING WORKSHOPS** w/Martha Davenport  
 Wednesdays: Jan. 15, Feb. 19, March 18  
 Dance 11:00AM-Noon  
 Lunch Noon-1:00PM (*bring a bag lunch*) Drink & dessert provided.  
 Dance 1:00-2:30PM



**TEE SHIRTS INTO WORKOUT SHIRTS** w/**Sherri Jessee**, *Salon owner, Behind-the-Chair Stylist, International platform/Editorial Hair & Makeup Artist*  
 Mon., Feb. 3 10:30AM Room 105  
 Turn your old tee shirts into cute gym/workout shirts. Bring your tee shirts and let Sherri help you transform them. Get ready for spring.



**“DISTRACTED DRIVING” & “REAL ID”**  
 with **Nathan Hall**, Tennessee Highway Patrol  
 Wed., Feb. 5 10:30AM Room 105  
 Learn about the dangers of distracted and impaired driving, plus the consequences. **The REAL ID Act** was passed by Congress in 2005 to “[set minimum security standards for license issuance and production](#).” Find out if you need a **Real ID** before Oct. 1, 2020, and the information necessary to receive one.



**FOLDED BOOK ART** w/**Sherry Collins**  
 Wed., February 12 10:00AM-Noon Room 105 Cost: \$3  
 Workshop participants will be provided with all supplies necessary to make a beautiful heart-folded book.



**”THE OTHER BUCKET LIST”** w/**David McGlamery**, Assistant Fire Chief  
 Wed., March 4 10:30AM Cafeteria  
 If there should be a disaster, what life essentials would you put on your bucket list? Don't miss this program for information on needed items and receive a bucket. Your supplies should sustain you for 72 hours or more. Remember that you are the “First Responder” for your own well-being. Sign up is necessary in order to have enough buckets.



**BRISTOL TENNESSEE RETIRED TEACHERS' MEETING**  
 Slater Center Cafeteria  
 Wed., March 11 11:30AM

# SENIOR ADULT SPECIAL EVENTS



## **“NEW YEAR, NEW YOU” w/Crystal Woods, RDN, Ballad Health**

Three-week series Wednesdays: January 15, 22, 29 10:30AM Room 105  
 Start 2020 out right by focusing on the New Year and a healthier you! The series will help you create sustainable lifestyle changes that will increase your quality of life, energy level, and leave you feeling confident to move forward on your health journey!



## **SEASONAL AFFECTIVE DISORDER w/Mikella Maine, Nurse Practitioner**

10:30AM Room 105

Fri., Jan. 24 *(mood boosting snacks will be prepared and enjoyed)*

Fri., Feb., 28 **Benefits of Aroma Therapy for Seasonal Affective Disorder w/ Sarah Faulk, Life Enrichment Director**



“Strokes of the Paintbrush”

Class presented by **Dominion Senior Living with Sarah Faulk, Life Enrichment Director**. Painting has effective therapeutic and calming techniques that can help increase mental and physical health. Improves concentration, sharpens fine motor skills, good way to relax, develops critical thinking skills, and improves self-confidence are just a few of the benefits.

# Nature Walk

F T U H S B T F D Q C J S L R  
 N S N S D V E G V A E K A L A  
 V V F W B R B U T G U B S A C  
 Y Q B A N E L E E V Y L V F C  
 M L C M K T R J F J A R O R O  
 A Y F P U P E R L M A P K E O  
 E R D R I B G N I K C O M T N  
 R I E L E E Y N H E K O S A O  
 T S L D L T A Y D O S U L W T  
 S A N T I N T B E E H I V E S  
 R E R A T P O U B S K N R B E  
 A U V A K R S O B T G L X Y N  
 T B B Z Q E U R M Y O Z N M D  
 R O O T S X Y D N A L T E W R  
 F X R X V Q Z J G D S E I L W

ANIMALS  
 BERRIES  
 FERN  
 MOON  
 ROOTS  
 STREAM  
 VULTURE

BAT  
 BUTTERFLY  
 LAKE  
 NEST  
 SNAKE  
 SWAMP  
 WATERFALL

BEEHIVE  
 CATERPILLAR  
 MOCKINGBIRD  
 RACCOON  
 SPIDER  
 TURTLE  
 WETLAND

# Parks & Recreation



**Sports Field Maintenance**  
**Concessions**  
**Steele Creek Park Attendant**  
**Custodial Maintenance**  
**Steele Creek Express Operator**  
**Nature Center Staff**  
**Golf Shop Attendant**  
**Lifeguards**  
**Grounds Maintenance/Landscape**  
**Haynesfield Pool Attendant**

Go to [bristoltn.org](http://bristoltn.org) to apply  
Use the City of Bristol Job openings tab to search through the employment opportunities!

If you need assistance please call 423-989-5500 ext.2052



YOUTH

# Valentine Card Contest

PRIZES

Your child's name, age and telephone number must appear on the back of the card

The Valentine Card Contest is open to children ages 6-12. Children can create an original Valentine card for their parent, grandparent or friend then enter it into the contest. Age groups will be 6-7, 8-10 & 11-12.

There will be 3 winners per age group.

The ENTRY deadline is Friday, February 7<sup>th</sup> at 5:00pm  
Winners will be contacted & cards may be picked up February 12<sup>th</sup> in time for Valentine's Day delivery.

**Please mail or drop off your card to the Bristol Tennessee Parks & Recreation office located at 325 McDowell Street**

## Adult & Youth Evening Classes

Register at the Slater Center 325 McDowell Street, or online at [bristoltn.recdesk.com](http://bristoltn.recdesk.com)  
Pre-registration is required for evening classes and events.  
Contact Becky Olinger at 423-764-4006 for more info.

### Cardio & Sculpting:

Tuesdays & Thursdays- 6:30 pm  
Slater Gymnasium

Instructor: Taffie Barb

Cost: \$30.00 for the 8 week session or \$8 per class

Class to Begin: January 7<sup>th</sup> – Pre-register by January 2<sup>nd</sup>

The class is performed in circuit style to burn calories & elevate the heart rate.



### Gentle Flow Restorative Yoga:

Mondays - 6:15 pm

Room 209 (yoga room)

Instructor: Maggie Fuller

Cost: \$40.00 for the 6 week session or \$8 per class

Class to Begin: January 6<sup>th</sup> - Pre-register by January 2<sup>nd</sup>

This yoga class offers a more gentle approach to Dynamic yoga.

This yoga class is good for all fitness levels ages 16 & over.

### Weights & More:

Mondays -6:15 pm

Slater Gymnasium

Instructor: Becky Olinger

Cost: \$20.00 for the 8 week session or \$8 per class

Class to Begin: January 6<sup>th</sup> – Pre-register by January 2<sup>nd</sup>

The focus of this class is to constantly challenge the mind & body. A variety of tools such as dumbbells, stability balls, kettlebells, & bands are used for this workout.

### Yoga:

Tuesdays -6:30 pm

Room 209 (yoga room)

Instructor: Amie Odum

Cost: \$50.00 for the 8 week session or \$8 per class

Class to Begin: January 7<sup>th</sup> – Pre-register by January 3<sup>rd</sup>

This yoga class provides a variety of yoga workouts to allow gains in strength, balance, flexibility & muscle tone.

### Collagen 101

Wednesdays- 6:00 pm

Room 208

Instructor: Becky Olinger

Cost: \$30.00 for the 4 week session

Class Begins: February 12<sup>th</sup>

Pre-register by February 7<sup>th</sup>

Collagen-a protein that binds tissues and is often called the body's scaffolding. The focus of this session is to share and discuss ways on how to get collagen into your diet. Recipes and samples of foods containing collagen will be provided.



## Adult & Youth Evening Events

### “Soup – Good for the Body & Soul”

**Thursday January 23<sup>rd</sup> - 6:00 pm - Room 208**  
**Pre-register by Friday January 17<sup>th</sup> – Cost \$3.00**

Did you know National Soup Month is in January & National Soup Day is February 4<sup>th</sup>? Soup is good for the soul and the rest of you too. Sandra will share numerous benefits that soup has to offer. The event will also have games, soup recipes and of course some soup to fight off the chilling temperatures normally associated with the winter month. A good event to say to someone “Baby it’s Cold Outside” so let’s go share an evening filled with warm friendship and fun.



### “February is National Heart Month”

**Thursday February 13<sup>th</sup> - 6:00 pm- Room 208**  
**Pre-register by Friday February 7<sup>th</sup> – Cost \$3.00**

February is Heart Month, the perfect time to learn about heart disease & the steps to take to help heart health. February is also the month in which we celebrate Valentine’s Day. The hearts associated with celebrating Valentine’s Day is what this fun & warm filled evening will center around. Just as knowing facts about heart health are very vital to good health so are spending times that allow us to put stress aside, have fun & share moments with friends and loved ones. Bring a friend or special someone to this fun evening & share what our event has to offer for heart health.



### Proton Therapy

**Thursday March 19<sup>th</sup> - 6:00 pm- Room 208**  
**Pre-register by Friday March 13<sup>th</sup> – Cost \$3.00**

**Presented by: Jenni Turner, Director, Clinical Outreach Provision CARES Proton Therapy**

Cancer is a challenging diagnosis which is fought with many different modalities of treatment. Proton Therapy is a non-invasive treatment that has become a trusted method for precisely targeting tumors and reducing the risk of side effects, providing quality of life both during & after treatment. East Tennessee is fortunate to have only one of 32 operating Proton Therapy centers in the United States located in Knoxville, Tennessee. This presentation will provide a brief overview of how proton therapy fits into cancer care, what it is & how it works, as well as examples of disease sites in which it is most beneficial.



## **SENIOR WEEKLY FITNESS 50+**

### **ACTIVE BARRE FITNESS**

***M 8:30A***

This higher intensity class includes cardio and Barre movements.

***Ω Alexa Serfis ♥Gym***

### **ACTIVE YOGA**

***W 9:30A***

An energizing yoga class that moves smoothly through a wide variety of poses with modifications available as needed. The emphasis will be on building core strength and flexibility.

***Ω Lark Adams ♥Room 209***

### **BASKETBALL**

***T/TH 12P***

Pick-up basketball is for all levels.

***♥Gym***

### **BARRE FITNESS**

***W/F 8:30A***

This class is a combination of ballet, pilates, and yoga moves. There is plenty of sculpting and toning to create long, lean muscles.

***Ω Lark Adams ♥Barre/Spin Room***

### **CARDIO CORE CONNECTION**

***T/TH 8:30A***

45 minute class that will get your heart rate up and keep it there with a mix of aerobics/cardio and strength/toning that is mainly focused on the core.

***Ω Lark Adams ♥Gym***

### **CARDIO DANCE**

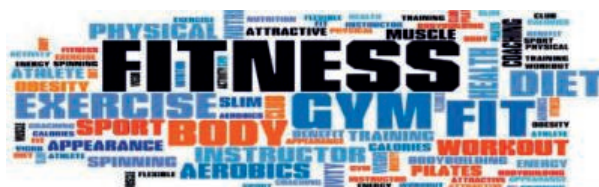
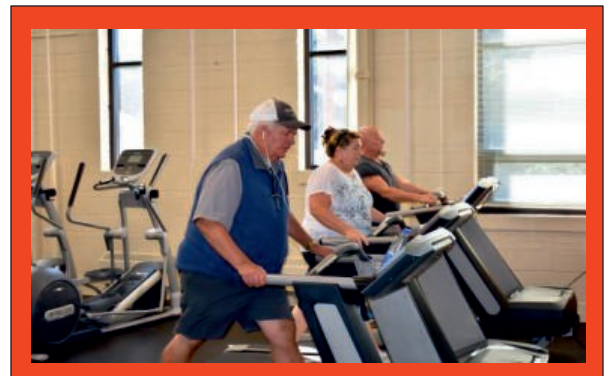
***T/TH 11A***

Cardio Dance combines Latin and other styles of dance moves with high energy music.

***Ω BJ Goliday ♥Gym***

**FITNESS/WEIGHT ROOM  
ORIENTATION**

**CALL-423-764-4023  
TO SCHEDULE AN  
APPOINTMENT**



## **SENIOR WEEKLY FITNESS 50+**

### CHAIR YOGA

**T 11A**  
**TH 9:00 A -Session I**  
**10:00 A- Session II**

This class focuses on improving balance, coordination, strengthening legs and upper body, all with the aid of a chair! This fun class leaves you feeling relaxed and confident.

Ω **Heather Dotterweich** ♣ **Room 209**

### FIT COMBO

**M 9:15A**

Start your Monday off in the gym! This fun filled, fast-paced cardio class is sure to get you going. Move to a variety of music in this 45-minute cardio conditioning class. All fitness levels welcome and encouraged.

Ω **Denise Bourne** ♣ **Gym**

### GENTLE FLOW YOGA

**W/TH 11A**

Gentle Flow Yoga is a softer approach to Dynamic yoga. While the poses still flow together, the nature of it is much slower in pace and gentle in practice. It is the in between of keeping active while still maintaining that peaceful and enjoyable approach

Ω **Maggie Fuller** ♣ **Room 209**

### KETTLEBELLS

**W/F 8:30A**

A unique class that combines strength training with cardio vascular training. The kettlebell swing targets the core including the hips, glutes, hamstring and upper body. This class translates into a more fit, stable and powerful body and injury prevention!

Ω **Linda Stollings** ♣ **Gym**

**YES...  
WE HAVE!**



## **SENIOR WEEKLY FITNESS 50+**

### LINE DANCE

**M/W/F 11A**

These choreographed classes repeat a series of steps that are done by everyone in the “line.” Typically Line Dancing is set to a variety of music, including country and today’s hits.

Ω **Linda Roberts** 📍 **Gym**



### MOVE & GROOVE

**F 9:15A**

Looking for a fun way to end your week at the gym! This 45 minute cardio class will get your heart racing! Fun moves are set to a variety of music that guarantees a great time! The only rules in this class are to keep moving and have fun. If you do these two things, the health benefits will follow. All fitness levels welcome and encouraged.

Ω **Denise Bourne** 📍 **Gym**

### Nia

**W 7:30A**

**TH 9:30A**

Nia is a cardio-dance workout that combines simple moves with dance arts, martial arts and healing arts to get you fit in body, mind, emotion and spirit. Each workout brings mindfulness to your movement experience leaving you Energized, mentally clear and emotionally balanced. Appropriate for all age Levels of fitness and especially designed for seniors.

Ω **Alexis Serfis** 📍 **Gym**



### Nia- Moving to Heal

**M 9:30A**

Designed for people who lack the ability to stand (chairs are used) for basic Nia Class. Nia “Moving to Heal” helps people use movement to feel better in this body and those with short and long term illness benefit by using movement as part of their prescription for healing. This class is for anybody seeking a gentler movement practice to facilitate healing of body, mind, emotions and spirit.

Ω **Alexa Serfis** **Room 105**



### PICKLEBALL

**M/W/F 12:30P**

**T/TH 2P**

A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes. Played as doubles or singles.

📍 **Gym**



## **SENIOR WEEKLY FITNESS 50+**

### **SILVERSNEAKERS**

**M/T/W/TH/F 10A**

Mondays & Wednesdays – Emphasis on cardio vascular

Tuesdays & Thursdays – Emphasis on muscle conditioning

Fridays – Emphasis on a combination of cardio vascular and muscle conditioning

Ω **Pat Fields** 🏋️‍♀️**Gym**

### **SPIN & STRETCH**

**M 7:30A**

**TH 8:30A**

Bring your bicycle-ride inside! Enjoy a no-impact cardio workout topped off with a complete body stretch. All participants are encouraged to work at their own level. This class combines a great cardiovascular workout, lower body strengthening, and complete body stretch to fun music. You will leave feeling energized!

Ω **Alexa Serfis** 🏋️‍♀️**Gym**



### **STRENGTH TRAINING**

**T/TH 9:15A**

A variety of total body conditioning that includes strength training and bursts of cardio exercises. All major muscle groups are targeted during each class and various equipment is utilized. Gain strength, enhance flexibility, improve balance, and have fun in this 45 minute class. Open to all fitness levels. This class promises to give you everything you need to boost you through the day.

Ω **Denise Bourne** 🏋️‍♀️**Gym**



### **TABATA**

**M/TH 5:15P**

A great way to spice up your workouts, burn more calories and get more out of your exercise time. The intervals involve 20 seconds of high intensity work followed by 10 seconds of rest. The training is used for core strength, weight training and cardiovascular fitness. Benefits include raising metabolism and heart rate. All fitness levels welcome.

Ω **Elaine Rock** 🏋️‍♀️**Gym**



## **SENIOR WEEKLY FITNESS 50+**

### **TAI CHI/QIGONG**

**F 10:45A**

Qigong (pronounced chee gong) is a physical practice combining gentle flowing movements with breath awareness and visualizations. Regular practice can help develop strength & flexibility. It can also help reduce stress & aid in relaxation.

Ω **Dolores Champagne** ♥ **Room 209**

### **WEDNESDAY WORKOUT**

**W 9:15A**

Need a mid-week pick-me-up? Step up your workout in this 45 minute cardio conditioning class. A height adjustable step is utilized during this class, but is not necessary if you prefer to keep your workout on the floor. Climb to new heights as you challenge yourself in this class! Open to all fitness levels.

Ω **Denise Bourne** ♥ **Gym**



### **YOGA**

**M 11A**

This yoga class is beginner friendly. Attention is on our individual bodies and building strength, balance and focus.

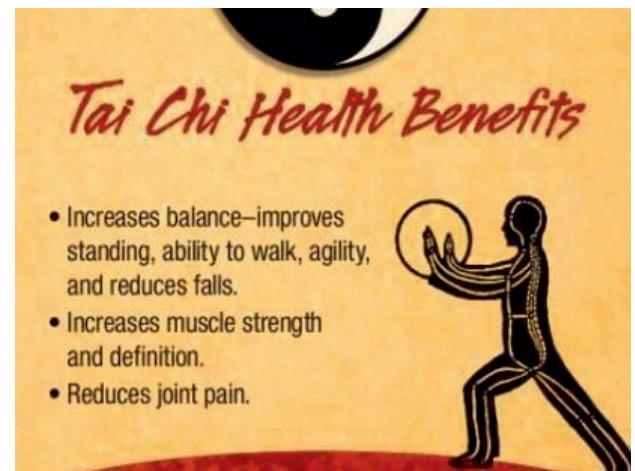
Ω **Heather Dotterweich** ♥ **Room 209**

### **YOGA**

**F 9:30A**

Class is open to all levels and has lots of instruction for increasing or decreasing the level of challenge in order to suit each student. Breath awareness, strengthening and stretching comprise the movement portion of the class and is always followed by relaxation.

Ω **Dolores Champagne** ♥ **Room 209**



### **YOGA/MEDITATION**

**M 9:30A**

A challenging class that is best for those with some experience, but open to all levels. Breath awareness, strengthening and stretching combine in the yoga postures to balance the body and calm the mind. This active session is followed by rest and meditation to make a complete mind-body practice.

Ω **Dolores Champagne** ♥ **Room 209**





## SENIOR ADULT CLASSES 50+

### CREATIVE WRITING

**TH 9:30A**

The Creative Writing Class works as a group (without an instructor), typically writing and sharing the stories of their lives. Each person reads something every week, poetry or prose, which they have written.

♥ **Room 203**



### OIL & ACRYLICS PAINTING

**W/F 9:30A**

The Oil and Acrylics Class is a group of skilled artists painting together in a studio setting. We meet together to enhance and learn new skills in a pleasant community setting.

Ω **Lisa Sneed** ♥ **Room 206**

### WATERCOLOR

**T 9A & 1:30P**

**Tues.: Session I - 9:00 AM**

**Session II - 1:30 PM**

Develop your skills and learn new techniques in this instructor facilitated class. Participant must provide their own supplies (a list is available

Ω **Teresa Kath** ♥ **Room 203**



## **LUNCH PROGRAM / TRANSPORTATION**

### **Slater Center**

The lunch program provided by First Tennessee Human Resource is served Monday –Friday in the Slater Center cafeteria at 11:30A.

The Following requirements are:

- You must be a member of the Slater Center
- 60 years of age or older
- Reservation is required 48 hrs in advance
- \$2.00 per meal recommended

### **Homebound Meals**

The Slater Center is a site for the Meals on Wheels Program Provided by the First Tennessee Human Resource Agency. To see if you or a family member qualifies please call the agency toll free at 1-866-836-6678.

### **Transportation**

Our transportation service provides transportation Monday-Friday for adults 50+ to and from the Slater Center beginning at 7:15A. We also offer transportation in the afternoon to doctor appointments, shopping, banking and other pertinent appointments.

The Following requirements are:

- You must be a member of the Slater Center
- Must live in the city limits of Bristol, Tennessee



**MEALS ON WHEELS  
AMERICA**



Monday-Friday  
11:30-12:30

The City of Bristol, in partnership with FTHR offers a daily adult lunch program at the Slater Center

Call Mike Ratliff @ 423-764-4036  
For more information

Contact Frank Perry at 423-646-5216  
to schedule Transportation services



## THE NATURE CENTER At Steele Creek Park

Wednesday, 01 January, 8:00 am

**First Birds!** Get your New Year started off right with a birdwatching blitz. Meet Don at the golf course parking lot where we'll caravan to some local birding hotspots. Don't forget your binoculars!

Friday, 03 January, 10:00 am

**First Friday of the Year Hike:** Meet Dani at the Nature Center for a strenuous hike through the park, getting those resolutions started the right way with some beautiful winter scenery! Bring water and a snack for this hike.

Saturday, 18 January, 2:00pm

**Basic Terrarium and Aquarium Keeping:** Interested in keeping a terrarium or aquarium? Want to learn how to better take care of one you already have? Meet Lance at the nature center for an engaging discussion on terrarium and aquarium keeping as a hobby and learn from the animals at the Nature Center with a special "behind-the-scenes" tour!

Friday, 31 January, 4:00 pm

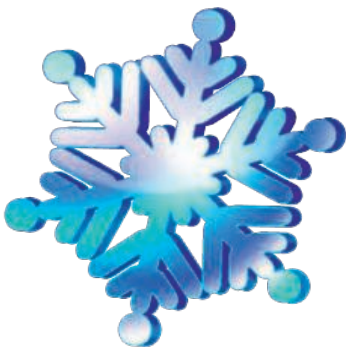
**Groundhog Walk & Talk:** Get ready for Groundhog Day by meeting Don at the Nature Center for a fun walk about not just these fascinating animals, but also the cosmic importance of this seemingly silly holiday!

Friday, 14 February, 3:30 pm

**Valentine's Day Hike:** Celebrate love by bringing your loved ones for a fun hike to warm yourselves up in the chilly weather! Meet Dani at the Nature Center for this hike, with some hot chocolate to be provided afterwards.

### **Saturday 14 March, 2020 – TREE KEEPERS WORKSHOP**

The Department of Parks and Recreation will be hosting Tree Keepers in the Nature Center during the day. This will be an in-depth event focusing on practical tips for planting and maintaining your home and garden trees. Sign up at [bristoltn.recdesk.com](http://bristoltn.recdesk.com)!



For more information on Nature Center activities,  
call 423.989.5616 or email [jstout@bristoltn.org](mailto:jstout@bristoltn.org)



## Parks and Recreation Commission

The City of Bristol, Tennessee Parks and Recreation Department manages athletic and community programming activities as well as maintaining park facilities located within the City of Bristol. The City Council appoints residents to the Parks and Recreation Commission. This volunteer Commission acts as an advisory board to the Department and City Council. The Commission helps to establish rules, regulations, functions, goals, policies and procedures for the performance of its duties and for the use, operation and conduct of all facilities and programs.

### **Current Commission Members are:**

David Akard III  
 Susie Chandler  
 Bennett Cowan  
 Clyde Downs  
 Justin Hutchison  
 Curt Rutherford  
 Ronda Tittle  
 Kate White  
 Sherry Willinger  
 Caden Myers-Student Rep  
 Lance Tudor-Student Rep  
 Lea Powers-Council Member



### *Slater Community Center Hours:*

Monday - Thursday 7:30am-8:00pm  
 Friday - 7:30am-5pm

Closed - Saturday & Sunday



### ***City of Bristol, Tennessee Elected Officials:***

**Margaret Feierabend-Mayor**  
**Mahlon Luttrell-Vice Mayor**  
**Chad Keen- Councilman**  
**Vince Turner-Councilman**  
**Lea Powers-Councilwoman**



For more information on all of these events contact the  
 Bristol Tennessee Parks & Recreation Department at 423-764-4023  
 or Angie Rutherford @ [arutherford@bristoltn.org](mailto:arutherford@bristoltn.org)