

Newsletter for  
the week of  
April 15<sup>th</sup>, 2024



# Jonesborough Senior Center

Your place to be "Active, Fit and Connected"

Accredited by   
National Institute of  
Senior Centers



**Next Bowling & Lunch  
outing is  
Friday,  
April 26th , 2024**



- **COST: \$7 if you bowl; whether you drive or ride the bus.**
- **The bus leaves the senior center at 9:30am**
- **Cost covers 3 games at Holiday Lanes in Johnson City.**
- **The group will choose a lunch location during bowling**

## Olde Towne Pharmacy

- Proudly serving our community since 1989
- Fast and friendly service
- Drive thru and curb side services
- A1c/Flu/Strep/Covid testing
- Vaccines/Glucose measurements/Blood Pressure checks and more!

**Joshua Cloyd, PharmD**

[www.oldetownepharmacy.com](http://www.oldetownepharmacy.com)

**423-753-4446**

102 W. Jackson Blvd, Jonesborough TN 37659

## Massage Therapy



***Each Tuesday***

***\$30.00 half hour***

***\$60.00 one hour***

***\*\*\$85.00 for 90 minutes\*\****

**To schedule or cancel appointments,  
call the front desk at 423-753-4781.**

***Cancellations:*** Fees are due in full,  
unless you give at least 48 hours-notice  
of cancellation. ***Simply leave a voice  
mail if you are cancelling over the  
weekend.***

### MyRide TN



MyRide is a volunteer transportation program providing door-to-door rides for seniors for medical appointments, shopping, etc.

#### **DRIVERS NEEDED!!**

If you are interested in volunteering to drive once a month, contact Susan Katko in the Wellness Center 423-788-4770



## Understanding GERD: Symptoms, Causes, and Effective Management Strategies

April 18, 2024, from 1-2 PM



This lecture will provide a comprehensive overview of Gastroesophageal Reflux Disease (GERD), covering its symptoms, causes, and various management strategies.

Presented by  
Dr. Johnathan Hicks

Please pre-register at the front desk.

- April 19<sup>th</sup>, 10am
- Class will be at Lincoln Park
- \$15 paid to instructor
- **Sign up at Front Desk**
- Bring Arches #140 paper stretched and attached to board, 8x10 size.
- Bring colors of your choice be sure to bring Raw Sienna color and masking fluid, paper towels, brushes, a pencil, water container, and a palette for mixing paint.

# Art in the Park



**DEADLINE TO SIGN UP is SUNDAY, APRIL 14<sup>th</sup>.**

**Sign up in person or by calling 423-753-1080 and leave a voice mail.**

- Wednesday
- April 17<sup>th</sup>
- 11:30 am
- \$5
- Supreme Pizza
- Pasta
- Garlic Bread
- Salad

