



Health Related Education Classes & Events:



<u>Event:</u>	<u>Date(s)</u>	<u>Time</u>
<u>Stroke Education: By Quillen Rehab</u>	<u>May 9th</u>	<u>10am</u>
<u>Seminar on Prescription Drug Safety, Proper Disposal Procedures, & Current Trends: By The Drug Task Force</u>	<u>May 14th</u>	<u>10am</u>



Keep moving forward

We fall down, we get back up again.

Gayle Hawley will share examples of those who try, try, try again until they succeed. She will provide tips on overcoming obstacles, past attempts and persisting to win!

May 15, 2024, at 12:30pm

Please pre-register at the front desk.



Fitness Testing with Robin at the Spring Expo



- Wednesday, April 24th
- 9am – 12pm
- Sign up for a time at the Front Desk
- Exams last about 10 minutes

FREE MEDICARE EDUCATION SEMINAR

If you missed out on any previous presentations; you can seize the opportunity to attend on

Wednesday, May 8th;

From 9:30AM-11AM

Presented by Mid-South Financial Group.

Sign up at the Front Desk.

UNDERSTANDING

Medicare



Acrylic Painting Class with Judy O'Hara



- Friday April 26th Arts & Crafts Room 10am.
- Students need an 8x10 or slightly larger surface, colors: a light, medium and dark value of greens, a yellow, white, black, dark blue, grey, a medium brown and a couple of reds.
- The cost will be \$15, paid to the instructor
- Bring your regular painting supplies.
- **Sign up at Front Desk**

No Café Connection this week due to the Spring Expo/Health Fair

SPRING INTO HEALTH

Spring Expo & Health Fair
Wednesday, April 24th 2024

9:00am – 12:00pm

Jonesborough Senior Center
(423) 753-4781.

No Charge for Attendees. Open to the Public.

More than 40 vendors will be on hand at the Jonesborough Senior Center, with useful information, free giveaways, door prizes, interactive booths and so much more. Mark your calendar and plan to attend!