

Newsletter: Week of April 27th, 2026

Veterans Meet & Greet

1st Thursday of each month.
Snacks provided by Dillow-Taylor & Coffee provided by the Senior Center.
Next Meeting is scheduled for: May 7th at 9:30am in the Classroom



Treat Yourself to a
RELAXING FACIAL!
ONLY \$50

Tri-Cities Permanent Cosmetics & Aesthetics

*Rejuvenate Your Skin & Unwind
with a Luxurious Facial!*

SPECIAL PRICING FOR SENIOR CENTER MEMBERS!

Book your appointment by calling
423-753-4781

Brow Waxing \$10

Pay Aesthithician in person. Each Wednesday at the Jonesborough Senior Center with Mona Woods.

Researching Family History *Finding Your Roots*

April 30, 2026 at 10:00 a.m.
Jonesborough Senior Center

Do you, your children, or grandchildren want to learn more about your Ancestors and Family History?

Do you need assistance starting your family tree research? Have you been looking into your family history but encountered the dreaded "brick wall" with one of your ancestors? Do you have a specific event or time period within your tree that you'd like to learn more about?

Join us to learn about
FREE resources to assist in your family history research!

Local non-profits offering free resources

How to get free in-person assistance with genealogy research

Local agencies offering free record access

Accessing online resources for free

No Fee. Sign up at the front desk 423-753-4781



Jonesborough Senior Center

Your place to be "Active, Fit and Connected"

More Information :

jonesboroughtn.org

(423) 753-4781



307 East Main Street
Jonesborough, TN 37659

Advanced Hiking Group

"RED LINER'S"

Thursday, May 7th
Bus leaves at 9AM

Destination: BEAUTY SPOT
(4.6 miles round trip hike)

Cost: \$8 due at sign-up.

(Bring a packed lunch, and a walking stick or poles if you need them)

Sign up at the front desk.

(NOTE: Moderate hike with rough terrain. Please do not sign up for any Red Liner's hike, if you are not an Advanced Level Hiker)

Back to Basics.

Cooking 101

with Tracy and Jen

Tuesday 5/12/26 at 9:30AM

- **Build Kitchen confidence**
- **Learn essential kitchen knife skills**
 - **Safe veggie prep**
- **Tips on what foods freeze well**
- **End result of meal prep will be Homemade Vegetable Soup**
 - **Cost is \$15**
- **Deadline to sign up Monday 5/5/26**
Limited class size of 12
Sign up at the front desk



Café Connection

Lunch is Served at 11:30am
Every Wednesday
Meals are \$5

Food is better when we eat together!

 **Jonesborough Senior Center**
Your place to be "Active, Fit and Connected"



April 29th Sign up in Dining Room

- **Baked Potato with the Works**
- **Spring Greens**
- **Fruit**



For people who recently lost a loved one:

GriefShare is a safe, welcoming place where people understand the difficult emotions of grief. Over 13 weeks, you'll find relief and comfort as you learn what to expect in the days ahead and how to navigate your personal grief process.

Topics include how to manage grief-related emotions, how to cope with the changes in your life and relationships; how to recognize what's normal in grief; and what to do if you feel stuck or hopeless.

At a weekly GriefShare meeting, you will view a video featuring respected counselors, teachers, and healthcare professionals on grief-related topics. After that is a small-group discussion for sharing, support, and personal application of what you learned on the video.

Please join us:

Tuesdays 2-4 pm in the Classroom at the Jonesborough Senior Center

Open to non-members

May 5-July 28, 2026

To register or for more information

<https://find.griefshare.org/groups/291697>