

Newsletter for  
the week of  
April 29<sup>th</sup>, 2024



Jonesborough  
Senior Center

Your place to be "Active, Fit and Connected"

Accredited by   
National Institute of  
Senior Centers

## STROKE EDUCATION SEMINAR: THURSDAY MAY 9<sup>TH</sup> AT 10AM.



**F.A.S.T. is how we come  
together to end stroke\***  
Learn the stroke warnings signs

# F.A.S.T.

Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911
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**Quillen Rehabilitation Hospital**

a joint venture of **Ballad Health** and **Encompass Health**

Quillen Rehabilitation Hospital is now offering stroke education to community center seniors!  
**Our members are encouraged to attend to learn about ways to reduce risk for stroke. Sign up at the front desk please.**



## Walk with Ease with Robin & Phyllis

- **Tweetsie Trail**
- **Friday, May 10th**
- **Lunch at Coffee Company**
- **Bus Departs at 11AM**
- **\$6 Transportation Fee**
- **Sign Up at Front Desk**



## LOCAL DRUG TRENDS BASIC DRUG AWARENESS

May 14<sup>th</sup> at 10:00am

Recognizing common local drugs  
Signs of abuse  
Prescription drug abuse  
Impact of drug abuse on the community

**Sign up at Front Desk**

Presented by the First Judicial District Drug Task Force  
Matthew Keller, Director

# 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



Vietnam Veterans of America

**Veterans Meet & Greet  
1st Thursday each month  
at 9:30am. Doughnuts  
provided by Dillow-Taylor &  
Coffee provided by the  
Senior Center.**

**Next Meeting is scheduled  
for**

**May 2nd! In the Arts &  
Crafts Room**



JC/WC Veterans Memorial Foundation



Army Survivor Outreach

**DEADLINE TO SIGN UP is SUNDAY, APRIL 29<sup>th</sup>.**

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

- Wednesday
- May 1st
- 11:30 am
- \$5
- Mary's Pasta
- Meatball Stew
- Roll
- Salad



**Café Connection**

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

*Food is better when we eat together!*

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