

AUGUST 2, 2021



JONESBOROUGH SENIOR CENTER

Accredited by 
National Institute of
Senior Centers

Your place to be “Active, Fit and Connected”



Do you love to drive? Are you a people person? MyRide Jonesborough is looking for navigators. MyRide offers rides to Jonesborough area seniors for medical reasons, grocery store and other essential trips that help keep our area seniors independent. For details, contact Susan Katko at 423-788-4770 or email susank@jonesboroughtn.org



Always wanted to try horseback riding? Join Mary Regen, Friday August 6th or Friday August 13th, for a trail ride at WF Stables, in Jonesborough. Both trips will accommodate up to seven participants. Cost is \$40.00 payable to “JBSC”. Transportation is provided. We will be leaving at 9:30am from the center.

Call 423-753-4781 to sign up for either date.

Please join Gayle Hawley, RN, Faith Community Nurse, Wednesday, August 4th, at 10am. She will have a special speaker, Jill Jones, RN, MHA and Sandi Wolever, RN, ACM with Ballad Health for Post COVID Care. They will be discussing the long-term concerns from COVID.

Bible study with Dava Lee Russell:

On Tuesday, September 7th, Dava Lee will return to lead a Bible study at 9:30am. The Bible study will meet each Tuesday for 8 weeks. The 8-week study will be based on I and II Thessalonians.

**When you can't find
the sunshine, be the
sunshine.**

unknown



Join Robin, Friday, August 20th, for Walk with Ease. The group will be traveling to Sycamore Shoals and will be leaving the center at 11am. Stopping for lunch on the way back. Call the front desk, at 423-753-4781, to reserve your spot.



TN Smokies vs Rocket City Trash Pandas, Wednesday, August 11th. Enjoy a buffet dinner in the “Yee-Haw at the Yard” area! COST is \$35.00; covers game ticket, buffet, and transportation. We will leave the senior center at 4:00pm as the buffet runs from 6pm-8pm, and the game starts at 7pm. Sign up is limited to 14 people, and is available now. Deadline to sign up is Tuesday, August 4th. Call 423-753-4781 to sign up!

- **Mon & Thur:** SS Splash, 8am
- **Mon & Fri:** Rook 1:30pm-4:30pm
- **Mon:** Bingo 12:30pm-1:30pm (also on 3rd Friday of each month)
- **Mon:** Stitch Therapy, 9:30am-2pm
- **Tue:** Bridge 10am-12pm
- **Tue:** Pickle Ball 10am
- **Tue:** Massage Therapy 10am-2pm
- **Tue:** Mah-jongg 1pm-3:30pm
- **Tue:** Knit-Pickers, 1:30pm-3pm
- **Wed:** Nursing Rounds, 10am
- **Wed:** Hand & Foot/Canasta 12pm-4:45pm
- **Every other Wednesday:** Fitness Equipment Orientation at 3:45pm
- **Thur:** Massage Therapy 9am-2pm
- **Thur:** Bridge 1pm-3pm
- **Thur:** Bible Study with Tony Smith 2:30pm
- **Thur:** Join the Jam, 6pm
- **Fri:** Fun with Trivia, 10am
- **Wed & Fri:** Scrabble (card room) 1pm-4pm
- **Fridays:** Mt. Dulcimer 2pm-4pm

Fitness Classes: In Person or Zoom

Mondays:

SS Classic: at 9am in person or via Zoom
880-1696-6086 Passcode: 608592

SS Circuit: at 10am in person or via Zoom
836-4353-7874 Passcode: 306383

Life Fit: at 2pm in person or via Zoom
845 8636 7397 Passcode: 464251

Gentle Yoga: at 3pm in person or via Zoom
812-2408-3398 Passcode: 301052

Tuesdays:

Advanced Tai Chi: at 8:45am in person or via Zoom 837 1007 2549 Passcode: 961018

Beginner Tai Chi: at 10am in person or via Zoom 843 9688 5862 Passcode: 978348

Zumba: at 2pm in person or via Zoom
818-3509-5571 Passcode: 396351

Yogalates: at 3pm in person or via Zoom
879-1333-7342 Passcode: 659483

Wednesdays:

SS Classic: at 9am in person or via Zoom
837-7291-4265 Passcode: 196490

SS Circuit: at 10am in person or via Zoom
841-8636-7337 Passcode: 039730

Fun Pump: at 2pm in person or via Zoom
857-7281-6374 Passcode: 899942

Chair Yoga: at 3pm in person or via Zoom
850-6050-2999 Passcode: 403967

Thursdays:

Advanced Tai Chi: at 8:45am in person or via Zoom 815 9393 2107 Passcode: 996073

Gentle Yoga: at 10am in person or via Zoom
868-8360-2384 Passcode: 893240

Kickboxing: at 2pm in person or via Zoom
838-8921-0978 Passcode: 181329

Yogalates: at 3pm in person or via Zoom
861-2684-2623 Passcode: 606765