

Newsletter for the
week of

Dec. 4th, 2023



**Jonesborough
Senior Center**

Your place to be "Active, Fit and Connected"

Accredited by 
National Institute of
Senior Centers



Vietnam Veterans
of America



JC/WC Veterans
Memorial Foundation

**Veterans Meet & Greet
1st Thursday each month
at 9:30am in the
classroom.
Next Meeting is
scheduled for
December 7th**



Army Survivor Outreach



Judy R. DeBord

DeBord Consulting

Licensed Insurance Consultant
Serving your Medicare needs!

Call: **423.677.2356** or
judyrdbord@yahoo.com



Walk With Ease

- Downtown Jonesborough
- December 8th
- Walk begins at 6 PM
- Meet in Senior Center Parking Lot
- Sign Up at Front Desk

"History Moments"



**Next meeting Dec. 11th
at 10:00 am**

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- **Topic: Jessie Ackermann:
The World Through a
Woman's Eyes**
 - **Sign up at Front Desk**



- ❖PARTNER DANCING
- ❖Tuesdays 6-7:45pm
- ❖No Fee

Wesley Wilson will DJ music for all genres of dancing; including ballroom and free style. "Singles, who like music and/or dancing, are urged to come check it out, you might even meet a dance partner here." You may enter and leave at will, so feel welcome to drop-in at any time during Partner Dancing. Come, relax, enjoy, and simply have fun.

Help Needed!



Volunteer delivery drivers NEEDED for Telford Route.

**Contact Nutrition Coordinator,
Amy Caple, at 423-753-1080.**

DEADLINE TO SIGN UP is Sunday, December 3rd.



Wednesday

- December 6th
- 11:30 am
- \$5
- Breakfast Burrito
- Tater Tots
- Fruit



Sign up in person or leave a voice mail at 423-753-1080