

Newsletter for the
week of
January 29th, 2024



Jonesborough Senior Center

Your place to be "Active, Fit and Connected"

Accredited by
National Institute of
Senior Centers



Senior Center Valentine's Dance

at the McKinney Center

Greeneville Community Swing Band to perform

- ❖ Friday, February 9th
from 6-9pm
- ❖ \$5.00 Entrance Fee
(refreshments to be
served) **sign up at
front desk required**
- ❖ Dance lessons with
Robin Beals 5-6pm for
additional \$5.00



Be Red Cross Ready! Preparedness Presentation

Severe weather and home fire are becoming more frequent and can be devastating. Build confidence by learning simple steps you can take now, to help prepare and protect your family. **Be Red Cross Ready** is a FREE preparedness education program for adults taught by certified presenters. The program is designed to help people understand, prepare and respond appropriately to disasters.

**January 29, 2024
10:00 a.m.**

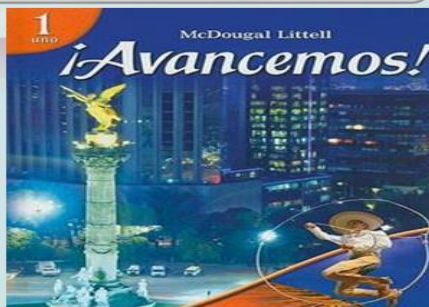


American Red Cross
Tennessee Region

Sign up at Front Desk



Starts March 24:
will meet on
Tuesdays and
Thursdays
Sign Up at Front
Desk



Learn Spanish at the
Senior Center! Join
Olga Quick for a
twelve-week
program. Textbooks
will be provided.
Students will
purchase their own
English/Spanish
Dictionaries.

VALENTINE'S PINK CLAY PAMPER SESSION

Show yourself some Love with our Valentine's Day Pamper Session!
Enjoy a Relaxing & Customized DIY Facial & Spa Grade Skin Treatment.



FEATURING OUR SPECIAL EDITION PINK CLAY MASK



Reset and de-stress with some floral-infused "me" time. Superstar ingredient **plumeria extract** is known to have **antioxidant properties** which help protect against free radicals on the skin. Remove the day away in a perfectly pink way, with this **mineral-rich clay** mask that leaves you with a **natural glow**. Truly make the moment your own as you take in dreamy notes of **dewy peony and tea blossom**. Steal time for yourself, and allow the luxe creaminess of this mask to cleanse and renew your skin while delighting your senses.

TUESDAY
FEBRUARY 6TH
2:00 PM



423-863-5756 ♥ Heather@DelphiBeauties.com

Heather Dunn

Mary Kay



PLEASE SIGN UP AT FRONT DESK

DEADLINE TO SIGN UP is Sunday, January 28th.

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

- Wednesday
- January 31st
- 11:30 am
- \$5
- Waffles
- Sausage Patties
- Fruit

