

January 17, 2022



JONESBOROUGH SENIOR CENTER

Accredited by 
National Institute of
Senior Centers

Your place to be “Active, Fit and Connected”

Join us for Bridge in the New Year!

Bridge meets Tuesdays &
Fridays at 10am – 12pm

Come join our Bridge playing
members for a few games in
the card room!



DINING WITH DIABETES:

January 27th, at 1pm

Led by Elizabeth Renfro, M.S.

Part Three of this series, designed for people with diabetes and their support persons to learn tips for managing their diabetes and meal-planning ideas to better control their blood sugars. Practical information, a cooking demonstration and samples and recipes will be included. Pre-registration is required at the front desk 423-753-4781 and will be limited to 10 participants.

Diabetes Prevention Program:

Starts January 25th at 10am

Class will be led by
Elizabeth Renfro, M.S.

This program is for everyone who wants to learn more about adopting healthy eating habits and lifestyles and is not limited to those with diabetes.

Class fee of \$25 is to help with cost of the written materials and incentives/prizes.

Register at the front desk
423-753-4781.

Judy O’Hara Art Classes



Acrylic class: Thursdays at 3:30pm

Supplies needed: 9” x 12” canvas, acrylic paints, brushes, a water container, a Styrofoam plate or other surface to mix paint, and paper towels.

The cost is \$5 per session, and \$5 for pattern pack.

Watercolor Project:

Feb 4th 10am – 3:30pm

Supplies needed: watercolor paper, a few brushes, tape, spray bottle, palette, water container and paper towels. Colors: Leaf Green, Hookers Green Light, Cadmium Orange, Ultramarine Blue, Cadmium Red Deep, Windsor Violet, Mars Black, Burnt Sienna and Burnt Umber. You will also need a backboard for your painting (foam core board or cardboard and tape). The size will be approximately 11” x 18”. The cost is \$20.00 which includes an instruction packet. If needed, Judy has paints for an additional \$3.00.

Class sizes are limited to 10 people.

Sign up at the front desk: (423-743-4781). Payment goes directly to Judy O’Hara, the center is not collecting payments for this class.

Bowling!

**Join us Friday, Jan 28 for
bowling at Holiday Lanes.**

\$7 - Bus leaves JSC at 9:30am

Beginning January 13th:

**Line Dancing - Level 1: \$5.00
Thursdays 4:30pm-5:45pm**

Mixing classic and new line dances with a focus on basic steps, limited turns and slower-paced footwork. Dance categories will generally be at the “absolute beginner” and “beginner” levels. Thorough walk-throughs of steps provided prior to music.

**Line Dancing - Level 2: \$5.00
Thursdays 6:00pm-7:15pm:**

Builds on basic steps/turns by gradually adding more complex footwork and turns. Dance categories taught will generally be at the “beginner” and “improver” levels, with occasional easier “intermediate” dances. Thorough walk-throughs of steps provided prior to music.

Bible Study:

w/Dava Lee

**Returns next week, on Tuesday,
January 25th at 9:30am; running
through March 15th.**

This will be an 8-week study,
titled “Oils of the Old Testament”.

The study will include how significant the oils are in the life of Christ and how to understand how important they are in the Tabernacle as well. Dava Lee would like to begin if weather is good on January 25th.

Dava Lee did mention, the class will need to extend the end date if we have any snow days

- **Mon, Wed, Fri: SS Classic 9:00am & SS Circuit 10:00am**
- **Mon, Fri: Rook 1:30pm-4:30pm**
- **Mon: BINGO by Visiting Angels 12:30pm**
- **Tue: Bible Study with Dava Lee Russell 9:30am**
- **Tue & Thurs: Massage Therapy**
- **Tue & Thurs: Yogalates 3:00pm**
- **Tue & Fri: Bridge 10:00am-12:00pm**
- **Tuesdays: Advanced Tai Chi 8:45am**
- **Tuesdays: Beginner Tai Chi 10:00am**
- **Tuesdays: Mah-jongg (W. Pat.) 1:00pm-3:30pm**
- **Tuesdays: Mahjong (American) 1:00pm-3:30pm**
- **Tuesdays: Knit-Pickers 1:30pm-3:00pm**
- **Tuesdays: Zumba 2:00pm**
- **Tuesdays: Evening Yoga (\$5.00) 5:30pm-6:25pm**
- **Wed: General Technology Assistance 11am-12pm**
- **Wed & Fri: Scrabble 1:00pm-4:00pm**
- **Wednesdays: Hand & Foot/Canasta 12:00pm-4:45pm**
- **Wednesdays: Fun Pump 2:00pm**
- **Wednesdays: Chair Yoga at 3:00pm**
- **Wednesday: 1/26/22 Fitness Equipment Orientation at 3:45pm**
- **Thursdays: Gentle Yoga 10:00am**
- **Thursdays: Kickboxing 2:00pm**
- **Thursdays: Join the Jam 6:00pm**
- **Thursdays: Line Dancing Level 1 (\$5.00) 4:30-5:45pm**
- **Thursdays: Line Dancing Level 2 (\$5.00) 6:00-7:15pm**
- **Fridays: Fun with Trivia 10:00am**
- **Fridays: Mt. Dulcimer 2:00pm-4:00pm**