

Newsletter: Week of July 13th, 2026

Live in Control

Managing Diabetes Together

Weekly Meetings 9 am - 11:30 am
starting Tuesday, July 28th

Jonesborough Senior Center
(Arts & Crafts Room)



Week 1 - Tuesday, July 28th at 9 am
Steps to Control Diabetes

Week 2 - Tuesday, August 4th at 9 am
Safe Blood Glucose Levels

Week 3 - Tuesday, August 11th at 9 am
A Healthy Eating Plan

Week 4 - Tuesday, August 18th at 9 am
Power to Control

Call (423) 975-2280 for more information.



Washington County
Health Department



Dept. of Health, Authorization # NA3N96-1,
electronic only, May 20, 2026. This public
document was promulgated at a cost of
\$Electronic per copy.

❖ Sign-Up required at front
desk 423-753-4781

❖ Limit of 15 participants

GYROKINESIS At Lincoln Park on the Amphitheatre Stage



*On Wednesday's in July
at 7:15AM*

Cost: Donations to Instructor

No sign-up required

**Gyrokinesis® is an exercise system that moves
the body through all three dimensions.**

**With the use of breath, students build
coordination and flexibility to create a global
sense of well-being.**

**Each class of Gyrokinesis® will leave you
feeling light and better aligned.**

**Students need to come to class with
comfortable clothing and a yoga mat.**



More Information :

jonesboroughtn.org

(423) 753-4781



307 East Main Street
Jonesborough, TN 37659



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- Medication Reconciliation

July Lunch Bunch...

Suba's Restaurant Mountain City, TN

Due to the popularity of this trip, we're offering **two dates** so more members can enjoy the famous Suba's Restaurant in Mountain City!



- Thursday, July 16th Or... Wednesday, July 22nd
- Bus Departs at 9:30 A.M.
- \$15 Transportation Fee (Does not include cost of meal.)
- Sign up at Front Desk

Café Connection



Lunch is Served at 11:30am
Every Wednesday

Meals are \$5

Food is better when we eat together!



Jonesborough
Senior Center
Your place to be "Active, Fit and Connected"



July 15th Sign up in Dining Room

- Turkey & Swiss Sandwich
- Italian Pasta Salad
- Fruit

TALES OF OUR 250TH

A JONESBOROUGH HISTORY VARIETY SHOW

TENNESSEE 250
HONOR & REMEMBRANCE

★ CELEBRATING AMERICA'S 250TH ★

PRESENTED BY THE JACKSON THEATRE & THE ACKINNEY CENTER

DATE	PERFORMANCE
JUNE 25	HISTORIC PRESERVATION: 7PM Historic preservation in Jonesborough and a presentation by Dr. William Kennedy and a performance by The Oyster Runners
JULY 23	FORGING A NEW NATION: 7PM Revolutionary War history featuring an account from Captain David Smith, a performance by the Watauga Valley High School and a performance by the Watauga Valley High School
AUGUST 20	THE ROAD TO FREEDOM: 7PM African American history in Jonesborough with a special performance of the original play "The Road to Freedom" presented by the Heritage Alliance MAIN STUDENT PERFORMANCE
SEPTEMBER 24	THE LOST STATE OF FRANKLIN: 7PM A presentation by Dr. William Kennedy from MTN and the stories behind the Battle of the State of Franklin with Tyeen Hayes from "The State of Franklin"
OCTOBER 22	A HOUSE DIVIDED: 7PM Civil War history in Northeast TN with Dr. Tyeen Hayes from MTN and a performance by the 1st Regiment Strong Arm MAIN STUDENT PERFORMANCE

STUDENT PERFORMANCES
AUGUST 30 AND OCTOBER 22 AT 10AM
\$5 TICKET - INCLUDES POPOVER/SHADE PARK
ASK ABOUT OUR SCHOOL GROUP INFORMATION!

TICKETS
PAY WHAT YOU CAN
RESERVE YOUR SEAT AT
THEJACKSONTHEATRE.COM

HISTORIC JONESBOROUGH ARTS FOUNDATION
ALL SHOWS TAKE PLACE AT THE JACKSON THEATRE
121 W. MAIN STREET
JONESBOROUGH, TN 37603

THIS PROGRAMMING IS SUPPORTED IN PART BY THE TENNESSEE COMMISSION FOR THE UNITED STATES BICENTENNIAL, WITH ADDITIONAL SUPPORT FROM THE HISTORIC JONESBOROUGH ARTS FOUNDATION.

General Technology Assistance: with Mitchell Calvin

- Need help with your phone, tablet or laptop??
- **Will meet in July on the 7th and again on the 21st from 2pm-3pm In the Classroom**
- No Sign up required