

## WANT TO MANAGE MONEY WITH CONFIDENCE? WE CAN HELP.

Expand your financial knowledge and start getting the most out of your money.

During each financial wellness event, a knowledgeable Regions Associate will provide tips and action-based advice. We'll answer your questions and assist you so you can make important financial decisions with confidence. It's all provided at no cost to you.

### Upcoming events to help you reach your financial goals:

Preparing a Personal Saving and Spending Plan

July 15th at 10:00am

Seminar will be held at the Jonesborough Senior Center, in the Classroom (spacing is limited, max of 24 attendees)

Sign up at the front desk of the Senior Center by July 11th at 423-753-4781

Presented by: Regions Bank Jonesborough TN Branch  
1460 E. Jackson Blvd



regions.com/nextstep

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# Jonesborough Senior Center

*Your place to be "Active, Fit and Connected"*

## More Information :



(423) 753-4781



307 East Main Street  
Jonesborough, TN 37659



jonesboroughtn.org

# Olde Towne Pharmacy



-Proudly serving our community since 1989

-Fast and friendly service

-Drive thru and curb side services

-A1c/Flu/Strep/Covid testing

-Vaccines/Glucose measurements/Blood Pressure checks  
and more!

Joshua Cloyd, PharmD

www.oldetownepharmacy.com

423-753-4446

# Newsletter for the week of July 14th, 2025

## BOOK CRAZIES Heaven and Earth Grocery Store by James McBride

THE MILLION-COPY BESTSELLER

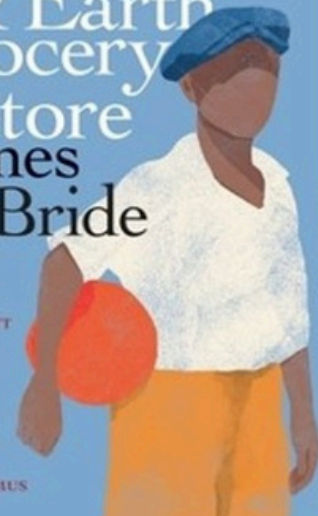
The  
& Earth  
Grocery  
Store  
James  
McBride

BARACK  
OBAMA's  
Book of the  
Year Pick

'His best book'  
ANN PATCHETT

'Epic . . .  
Glorious . . .  
Uplifting'  
OBSERVER

'I loved  
this book'  
BONNIE GARMUS



**Wednesday, July 16<sup>th</sup> at  
10AM in the Music Room**



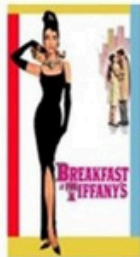


TUESDAY, JULY 22<sup>nd</sup> AT 1PM

JOIN US FOR A DAY AT THE BEAUTIFULLY RENOVATED JACKSON THEATRE.

WE WILL BE VIEWING A PRIVATE SCREENING OF THE FILM

"BREAKFAST AT TIFFANY'S"



COST IS \$20 PER PERSON, THIS INCLUDES CONCESSIONS (LARGE BOTTLE OF WATER, REGULAR POPCORN, AND COOKIE PACKET). PLEASE SIGN UP AT THE FRONT DESK.

PAYMENT DUE UPON SIGN UP.

DEADLINE TO SIGN UP IS TUESDAY, JULY 15<sup>th</sup>.



## General Technology Assistance: with Mitchell Calvin



- Need help with your phone, tablet or laptop??
- Tuesday: July 15<sup>th</sup> and July 29<sup>th</sup>  
2pm-3pm  
In the Music Room
- No Sign up required

## GYROKINESIS At Lincoln Park on the Amphitheatre Stage



On Wednesday's in July  
at 7:15AM

Cost: Donations to Instructor

## 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 16<sup>th</sup> Sign up  
in Dining Room
- Supreme Pizza Pasta
- Roll & Butter
- Spring Greens