

July 4th, 2022



JONESBOROUGH SENIOR CENTER

Accredited by 
National Institute of
Senior Centers

Your place to be “Active, Fit and Connected”

2022-2023 Membership dues are the following:

Jonesborough Town Resident: \$15.00

Washington County Resident: \$25.00

Residents Outside of Washington County: \$35.00

Dues may be paid either in person, or by mail, with cash or check (make checks payable to Jonesborough Senior Center); or with credit card (ONLINE ONLY) @ www.jonesboroughtn.org. **You may be eligible for FREE MEMBERSHIP. Check with the receptionist at the front desk if you have health insurance with any of the following: United Healthcare, Blue Cross/Blue Shield, or Humana**



RECIPE NAME

Meals for Me and You

INGREDIENTS

Jonesborough Senior Center
Thursday, July 14th
10:30am

PROCEDURE

Learn about how to cook healthy meals for 1, 2, or a few people! At this class, you will receive a free cookbook with recipes catered to small servings, as well as a demo of one of the recipes.



Real Life Solutions

U^{of}T^{ennessee} EXTENSION  COOPERATIVE EXTENSION

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
U^{of}T^{ennessee} Extension provides equal opportunities in programs and employment.

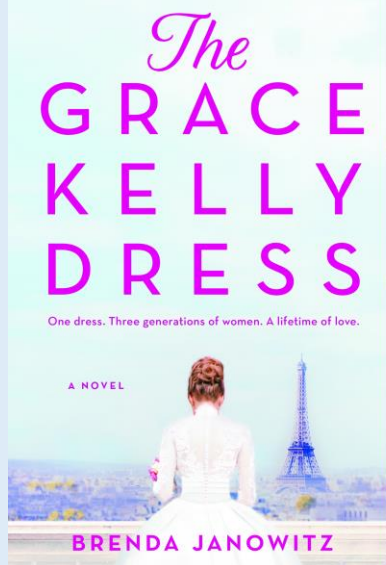
REMINDER:

The Jonesborough Senior Center
will be **CLOSED**
Monday, July 4th!! HAPPY
INDEPENDENCE DAY!!



Isaiah House 117 fundraiser: On Friday, July 15th from 10AM-12PM.

There will be a Lemonade Stand in the senior center parking lot. All proceeds will go to Isaiah House 117 In addition to this Isaiah 117 House will also be our Community Service Project for the month of July. “Due to space constraints at each location, **we can only accept items on the list below.**” ITEMS ACCEPTED: Monetary gifts, Walmart gift cards, Adult size male and female pajamas & clothes (**only new**) Teen size male and female pajamas & clothes (**only new**) Jeans in all sizes (**only new**) Underwear all sizes (**only new**) Socks all sizes (**only new**) **No used items please. ITEMS will be collected by the senior center throughout the month. No items will be collected at the lemonade stand, but be sure to buy some lemonade!**



Book Review Wednesday, July 20th
From 10AM-12PM in the classroom.



Judy R. DeBord

DeBord Consulting

Licensed Insurance Consultant
Serving your Medicare needs!

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

July Life Fit Schedule:

Mondays at 2pm

- **July 4th – CLOSED**
- **July 11th – CF/Tabata**
- **July 18th – Step**
- **July 25th – Pound/DA**

- **Monday 7/4/22: NO BINGO Center is Closed for Independence Day**
- **Tuesday & Thursday: Yogalates 3:00pm**
- **Tuesday & Friday: Bridge 10:00am-12:00pm**
- **Tuesday: Advanced Tai Chi 8:45am
Beginner Tai Chi 10:00am**
- **Tuesday: Pickleball 10am (At Stage Rd Park)**
- **Tuesday: Knit-Pickers 1:30pm-3:00pm**
- **Tuesday: Zumba 2:00pm**
- **Tuesday: Evening Yoga (\$5.00) 5:30pm-6:25pm**
- **Tuesday: Orientation of Fitness Equipment 6:30PM**
- **Wednesday & Friday: Scrabble 1:00pm-4:00pm**
- **Wednesday & Friday: SS Classic 9:00am
& SS Circuit 10:00am**
- **Wednesday: General Technology Assistance 11:00am-12:00pm**
- **Wednesday: Hand & Foot 12:00pm-4:45pm**
- **Wednesday: Fun Pump 2:00pm**
- **Wednesday: Chair Yoga at 3:00pm**
- **Thursday: Massage Therapy 9am-2pm**
- **1st Thursday of each month: Veteran's Meet & Greet 9:30am**
- **Thursday: Gentle Yoga 10:00am**
- **Thursday: Bridge 1:00pm-3:00pm**
- **Thursday: Novice Mt. Dulcimer 1:30pm-3:00pm**
- **Thursday: Kickboxing 2:00pm**
- **Thursday: Join the Jam 6:00pm**
- **Thursday: Line Dancing 1 (\$5.00) 4:30pm-5:45pm
Line Dancing 2 (\$5.00) 6:00pm-7:15pm**
- **Friday: Fun with Trivia 10:00am**
- **Friday: Rook 1:30pm-4:30pm**
- **Friday: Mt Dulcimer 2:00pm-4:00pm**