

Newsletter: Week of March 16th, 2026

Card Making with Donna Beckett



Save the date:

Wednesday, March 25th.

Class starts at 10:45am.

COST is \$10 to be paid to the instructor the day of class.

You will make 4 different cards.

**Deadline to sign up is
March 18th.**



Funshine:

“Buckets of Fun”

- ❖ Thursday, March 19th at 9AM
- ❖ Cost: \$5
- ❖ Sign-Up required at front desk
- ❖ Cost is Due at sign up
- ❖ Deadline to sign up is Thursday, March 12th.
- ❖ Space is limited to 12 participants



Jonesborough
Senior Center

Your place to be “Active, Fit and Connected”

More Information :

jonesboroughtn.org

(423) 753-4781



307 East Main Street
Jonesborough, TN 37659



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LISTENING DAY

3/19/2026



9:00 AM - 12:00 PM
JONESBOROUGH SENIOR CENTER
CALL 423.753.0562 TO RESERVE A 30 MIN TIME SLOT. WE ARE LOOKING FOR STORIES FROM FARMERS, PEOPLE WHO GREW UP ON A FARM, TEACHERS, AND VETERANS.

Will be located in the Music Room of the Senior Center

Coin Club with Terry Garner



Next Meeting is Tuesday, March 24th

Meets Monthly on the 4th Tuesday of each month:
NEW MEETING TIME

***At 3:30pm in the Music Room**

Conditions Associated with Excessive Pronation

- Subluxations
- Plantar Fasciitis
- Stress Fractures
- Hip Pain
- Knee Pain
- Shin Splints
- Functional Short Leg
- Low Back Pain
- And more...



• **Wednesday, April 8th at 10am**

- Dr. Sloane DeLuke Eusebio (licensed Chiropractor) will discuss foot and ankle structure, and how problems with balance and stability in the foot and ankle can lead to a cascade of pain and dysfunction throughout the leg, even into the low back and neck.
- Participants will receive a free digital foot scan; to check for excessive pronation, fallen arches, and left to right imbalance. Some simple foot and ankle rehabilitation techniques will also be presented.

Sign Up at front desk 423-753-4781
Deadline to sign up is 4/6/26



Café Connection



Lunch is Served at 11:30am
Every Wednesday

Meals are \$5

Food is better when we eat together!



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March 18th

Sign up in Dining Room

- Sloppy Joes
- Tater Tots
- Green Vegetable

