

# Newsletter: Week of March 30th, 2026

## **“Rockin’ with Robin” Friday, April 17<sup>th</sup>**

**Tusculum Linear Trail  
Lunch at either Mt View or  
Troyer’s**

**Bus leaves at 11AM  
Cost: \$8 (due at sign up)**

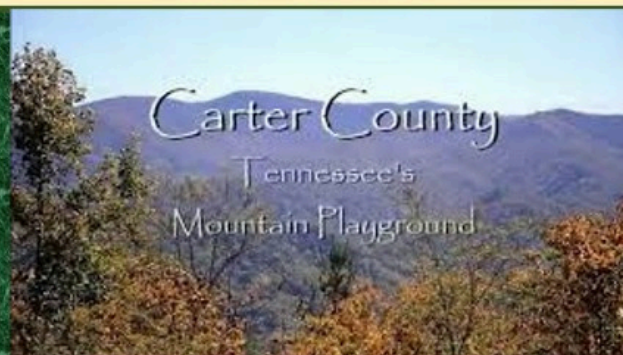
**Sign Up at Front Desk**



**“Rockin’ with Robin” is a walking group led by Robin Beals, that will consist of leisurely walks of around an hour in duration. With lunch to follow.**

## **“Jen’s Trails & Tales” Hiking Group for Beginners:**

**This hiking group is designed for beginners, and will be led by Jennifer Davis.**



- **The Patriot Trail – Carter Co.**
  - **Tuesday, April 21st**
  - **Walking/hiking about 1.5 miles**
    - **Bus leaves at 9am**
    - **Cost: \$6 Due at sign-up**
    - **Sign-up at the front desk.**



**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


## **Meditation with Lotus**


### **Benefits of Meditation...**


- Wednesdays
- Time: 1:30 PM at Lincoln Park
- Reduce stress and anxiety
- Improve focus and concentration
- Naturally Lower Blood Pressure and Supports Heart Health
- Enhances mood and emotional well-being
- Improve sleep quality
- **No sign up required**

# When "Home Sweet Home" Is a Burden, Not a Blessing

*Options for New Beginnings*

 Thursday, April 9

 10:00 AM

 Jonesborough Senior Center

Pre-registration required • Call (423) 753-4781 to register  
Senior Center members only

Sometimes, the home that once brought comfort can begin to feel overwhelming. If you or someone you love is facing decisions about housing, care, or downsizing, you don't have to walk this journey alone.

Join us for an encouraging, informative session designed to help you feel confident, supported, and prepared for the next chapter.

Donna Campbell, CSA®  
Certified Senior Advisor  
(423) 896-2748

Melissa Gray, GRI, AHWD, e-PRO®, SRES  
Senior Real Estate Specialist  
(423) 341-9664



# Café Connection



Lunch is Served at 11:30am  
Every Wednesday  
Meals are \$5

*Food is better when we eat together!*



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April 1<sup>st</sup>  
Sign up in Dining  
Room

APRIL FOOL'S DAY  
MYSTERY MEAL

## Bocce Ball at Lincoln Park Returns in April



Thursdays at 10am  
Meet at Lincoln Park  
No signup required  
APRIL-OCTOBER