

Our May Community Service Project will focus on “The River Women’s Ministry”



The River is blessed to receive many in-kind donations throughout the year. Here are a few lists to help donors understand what items we always need, what items we don't accept, and our wish list. Thank **YOU** for helping to keep The River flowing for all women and children in need in our community. For more information, contact us at 423-926-8111 or theriverministryforwomen@yahoo.com.

ALWAYS NEED	DON'T ACCEPT	WISH LIST
Laundry Detergent Pods Garbage Bags (tall) Fabric Softener Sheets Paper Towels Toilet Paper Lysol Wipes and Spray Toilet Bowl Cleaner All-Purpose Cleaners Windex Bleach Tampons & Pads Diapers (4, 5, 6 & Pull-Ups) Baby Wipes (56 count) Cards/Stationary Craft Supplies Heavy 2.5 Gallon Bags Q-Tips/Cotton Balls	Powder Laundry Detergent Liquid Fabric Softener Clothing Shoes Coats Used Products Medicines & Vitamins Household Items Magazines Toys Used Makeup Car Seats Blankets Adult Diapers Old or Polyester Fabric Canned Foods Soft Drinks	Buttons (especially older ones) Stamps White Copy Paper Reams HP 950 Black Ink Cartridge HP 951 Color Ink Cartridge Amazon Gift Cards Utility Cart on Wheels 2-Shelf Wall Unit Each year The River has to raise its budget of around \$110,00. Please consider helping with a monetary donation. Checks can be made to "The River" and mailed to: The River 125 West Main Street Johnson City, TN 37604 Or donate online at our website at theriverministryforwomen@yahoo.com





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

**Newsletter
for the week of
May 12th, 2025**

**Lincoln Park Vegetable
Garden Walk
May 21st at 10AM**



Join UT Extension Washington County Agriculture Agent, Adam Watson, for a stroll through the vegetable garden where you'll scout for pests and learn about timely topics in the garden. Questions from participants are highly encouraged!
Meet at LincolnPark Garden
Sign Up at the front desk at
423-753-4781

Mid South

Financial Group

BRIAN D. COGGINS
Licensed Insurance Agent
Medicare : Life : Annuities

268 Christian Church Rd Ste 5
Johnson City, TN 37615

(423) 913-2691 office
(423) 737-4558 cell
coggins1brian@gmail.com

Preserving Your Future Today

Chess Group
❖ **Starting June 4th Chess moves to Wednesdays**
❖ **At 2PM**
❖ **Dining Room**

We regret to Announce that
PARTNER DANCING with Wesley
Wilson will not be continuing.



Wesley wanted to express that
“Sadly, personal matters require
me to give up Partner Dancing.”
It has been such a pleasure for him.
He also says, “**THANK YOU** and
CARRY ON !”

The Senior Center staff would like
to **THANK** Wesley Wilson for his
many years of service; bringing joy
to our members and for having
such amazing drive, passion and
commitment to share his **LOVE** of
Dancing! We will miss you
Wesley!!!



Report your steps to the front desk (423-
753-4781)

The staff will move your push pin on the
map, when you have the steps needed to
reach each specified city.

FREE MEDICARE EDUCATION SEMINAR

Thursday, May 29th
From 9:30-11AM
Presented by Mid-South
Financial Group.
Sign up at the Front
Desk.



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Preserving Your Future Today

Café Connection



Lunch is Served at 11:30am
Every Wednesday

Meals are \$5

Food is better when we eat together!



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- **May 14th Sign up**
in Dining Room
- Biscuit & Gravy
Casserole
- Spring Greens
- Fruit