Newsletter: Week of November 2nd, 2026

TN Department of Disability & Aging | SHIP State Health Insurance Assistance Program – Navigating Medicare | SMP Senior Medicare Patrol – Preventing Medicare Fraud

Open Enrollment Event

Jonesborough Senior Center
Date: Thursday, November 19th
Time: 9:00 a.m. – 2:00 p.m.

Call To Register: 423-753-4781

Medicare's Annual Enrollment Period is October 15 – December 7. This is the period each year when Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

Medicare Counselors from the Tennessee State Health Insurance Assistance Program (SHIP) will be on hand to assist with plan comparisons and answer questions. SHIP Medicare Counselors are not affiliated with any insurance or pharmaceutical company.

You MUST have your Medicare card and Medicare Advantage Card (if enrolled) and a list of the prescriptions including the dosages.

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- **Single Day Trip on Friday 11/20/26**
  Bus will depart at 8am
- **COST $20: due at SIGN-UP Antiques and Crafts Shopping/ with food vendors on site for lunch**
- **Cancellation Policy: Non-Refundable if no one fills your spot as tickets are pre-purchased.**
- **Your Ticket is good for the entire weekend should you wish to go back either Saturday or Sunday on your own**
- **Sign up at front desk $20 due at sign up Deadline to sign up is 11/13/26**

Jonesborough Senior Center
Your place to be "Active, Fit and Connected"

More Information :

jonesboroughtn.org

(423) 753-4781

307 East Main Street
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November's Lunch Bunch

Good Food ♥ Great Company ♥ Always a Good Time!

Uptown Cheesesteak Company in Kingsport!

Thursday, November 12th

Bus will leave at 10:30 a.m.

Transportation fee is $10 and does not include lunch.



Hope you can join us for a tasty day out!

Café Connection

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

Food is better when we eat together!

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November 4th

Sign up in Dining Room

- Apple French Toast Casserole
- Sausage Links
- Fruit

Veterans Appreciation Luncheon

11AM Friday, November 13, 2026.



RSVP is Required. Sign up at the front desk at 423-753-4781

Participants MUST be either a Veteran; the Spouse, or Widowed Spouse of a Veteran; or the Parent of a Deceased Veteran.

Membership at the senior center is not required.

Menu: Pork BBQ, buns, Coleslaw, Baked Beans, and Macaroni & Cheese
Let front desk know if you have dietary restrictions such as vegetarian only or need a gluten free meal.

CHRISTMAS ORNAMENT DECORATING

November 19th @10:00am

Seniors *Helping* Seniors

- No Fee
- Sign-Up required at front desk in order to provide supplies needed: 423-753-4781
- Deadline to sign up is Thursday, November 12th