

September 20, 2021



# JONESBOROUGH SENIOR CENTER

Accredited by   
National Institute of  
Senior Centers

*Your place to be “Active, Fit and Connected”*

## “Autumn Outing”

(located in the senior center parking lot:  
open to the general public)

Friday, Sept. 24<sup>th</sup>

from 11am-4pm

Door prizes will be awarded.

The Jonesborough Novelty Band will be providing music throughout the day (with a tent adjacent to portico with seating for audience members).

There will be Fitness Testing available from 11am-3:50pm: with 10minute sessions per person (must sign up for a slot) \*call 423-753-4781 to sign up\*

Games on hand throughout the day are: Horseshoes, Ring Toss, Checkers and Tic Tac Toe (both oversized for outdoor usage), Cornhole, Croquet.

### Times for scheduled events with Robin Beals:

11:30am Walk with Ease; downtown Jonesborough (depart from and return to the center)

1pm a Memory Game Competition

1:45pm A Standing Pool Noodle Game

2:30pm Hula-Hoop Lasso Challenge

3:15pm Cups & Balloons Challenge

*Southern Cross Food Truck* will be on site, from 11am-2pm, with dining available on the patio (umbrellas to be provided).



**HIKING/ADVENTURE:** Cost \$75.00  
(bring cash for a tip for the guides if you can, and are willing to do so)

Date of trek: Thursday, Sept 30th

Departure Time: **UPDATED: 10:45am**  
**from the senior center (to allow time for lunch at trail head before the hike)**

Time of trek: 12-2 pm

NOTE from The Wandering Llamas LLC: “If late, we wait 10 min from the start time, and then leave without you. There are NO refunds.”

Type of Trek: 2-Hr trek \*\* (crosses shallow creek; water 4”-6” in depth, bring change of socks and shoes)

Trail choice: Hobbit Creek Trail- 2415 Horse Creek Park Rd, Chuckey, TN

What to bring: **Sack Lunch (to eat prior to hitting the trail); Water/drinks as they provide ice and coolers. We do not stop to eat on this hike.**

Snacks for llamas: Graham crackers, oatmeal cookies, animal crackers, soft bread. Please do NOT feed them anything else not listed!

There will be  
**NO MASSAGE THERAPY**  
on **Thursday, September 30<sup>th</sup>**.

## Estate Planning Seminar

Tuesday, September 28<sup>th</sup>, at 10AM

In the Arts & Crafts Room

**(for members of the Jonesborough Senior Center only)**

This seminar will be a basic estate planning presentation and will be open to questions from the attendees.

Focus of the seminar will be on “Living Trusts”: and will include topics such as, “can/should you use an IRA to pay off a home mortgage?” Other topics will be class driven based on questions presented by participants.

**If you plan on attending, please sign up with the front desk at 423-753-4781 so we have an idea of the number of participants to anticipate.**

Presented by: Bryan J. Henderson

Investment Advisor Representative

CrossBridge Wealth Management, LLC\*

\*Securities and Investment Advisory Services offered through Woodbury Financial Services, Inc., Member FINRA, SIPC and Registered Investment Adviser. Crossbridge Wealth Management, LLC and Woodbury Financial Services, Inc., are not affiliated entities.

## STORY COLLECTING:

Sharing stories is a large part of our culture, especially in Jonesborough. *The Story Circles will be a group activity. Social Distancing will be followed.*

**September 22, 2021 10-11:30AM Story Circle 1 Growing Up in the 1950s**

**October 6, 2021 10-11:30AM Story Circle 2 Growing Up in the 1960s**

**October 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and November 3<sup>rd</sup>, 10<sup>th</sup>, and 17<sup>th</sup> 10:00AM-11:30AM Individual Interviews (30minute slots per person).**

Individual interviews will be in 30-minute slots. The Individual interviews may include your story of a favorite holiday or tradition, a “mountain top” experience, or a moment you will never forget.

Please sign up with Gayle at [gayleh@jonesboroughtn.org](mailto:gayleh@jonesboroughtn.org) or call the front desk at (423) 753-4781.



Counting sheep not working? Dr. Mohammad Darweesh will speak on “How to Improve Sleep” on Wed., September 29<sup>th</sup>, at 10 am. Sign up at the front desk 423-753-4781.



## Line Dancing:

**Instructed by Sue Ayers: (\$5.00 per class)**

**Starts Weekly on Thursday, Oct. 7<sup>th</sup>: 6:30p-7:30p:** Sue has over 20 years of organized dancing experience (both jazzercise and line dancing) and has taught line dancing for almost 2 years. She has choreographed and published 12 line dances. In addition to her line dance teaching experience, Sue taught adults of all ages for almost 30 years as a university faculty member, including several years at the University of Tennessee in Knoxville, before retiring in 2018 from full-time employment. She has truly enjoyed applying her teaching experience to her passion of line dancing and looks forward to sharing that passion and joy with line dance students here at the Center.