

*Located near Historic  
Downtown Jonesborough,  
Tennessee.*



Photo by Air One Media

## *Our Mission*

The Jonesborough Senior Center is designed to enhance the quality of life for older adults, supporting their independence and encouraging their involvement in the community.

## *Make connections*

Enjoy a wide variety of programs and activities that allow you to connect with other members and be involved in the community.



The Senior Center programs are designed to meet all the aspects of overall well-being, including financial, fitness, nutrition, emotional health, entertainment, outings and the center is committed to being a community focal point for providing excellent service to our members age 50 +.



Discover our exercise room, fitness equipment, recreation room & wellness resource center.

## *Active & Healthy Living*





With almost 30,000 square feet the center offers plenty of space for senior center members to take part in their program of choice.



## *Go places*



Our programming goal is to offer a wide variety of experiences and education that allows members to go places, learn new things and be active in a safe and social environment. Examples of trips: a day trip to the theatre, a train ride, shopping trip and to local attractions. The center also provides out of town and overnight trips to places like Savannah, Myrtle Beach and Williamsburg.

## *Find out more*

[JONESBOROUGHTN.ORG](http://JONESBOROUGHTN.ORG)



## **JONESBOROUGH SENIOR CENTER**



*Your place to be  
Active, Fit, Connected.*

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