

Alzheimer's Tennessee

Presents the Savvy Caregiver®

Program:

- Class is from Feb. 6th-March 13th
 - 1:00P-3:00P
 - 6 consecutive weeks
- Designed for family caregivers caring for someone with Alzheimer's or related illness.
- This program helps family caregivers acquire and strengthen their knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their caregiving role.
- **You must be a current family caregiver.**
- **Pre-registration is required by 1/23.**
Minimum of 5 and maximum of 10 participants
 - **Sign up at front desk**
423-753-4781



More Information :



307 East Main Street
Jonesborough, TN 37659



jonesboroughtn.org

PLEASE JOIN ME FOR A

WINTER hike

AS A WISE PERSON ONCE SAID, "THERE IS NO POOR WEATHER, ONLY POOR CLOTHING". WE WILL BE HIKING IN PERSIMMON RIDGE PARK TO ENJOY ALL THAT THE WINTER LANDSCAPE HAS TO OFFER US! THERE WILL BE STRIKING SONGBIRDS, BUDS READY TO BURST ON TREES, AND CRISP, FRESH AIR. WE WILL BE HIKING WALTER'S TRAIL. THIS IS AN INTERMEDIATE SKILL TRAIL SO PLEASE SIGN UP ACCORDING TO YOUR COMFORT LEVEL. IN THE EVENT OF EXTREME WEATHER SUCH AS HEAVY RAIN OR SNOW, WE WILL RESCHEDULE IF DESIRED. I CAN'T WAIT TO HIKE WITH YOU! -LAUREN LITTLE

Wednesday, 2/19/25
No Charge
Bus leaves Senior Center at 12:50pm
Sign up at front desk

Newsletter for the week of January 27th, 2025

Senior Center Valentine's Dance

- February 14th, 2025
- Featuring: The Greeneville Community Swing Band
- At the McKinney Center
- \$7 per person (open to non-members as well)
- Chef-prepared refreshments provided by Dominion Senior Living
- Sign up at the front desk of senior center
- Deadline to sign up 2/11/25 (for head count for refreshments)
- Limited number of tickets will be sold the night of the Dance at the door





Thursday, 2/20/25
\$12 per person
Bus leaves Senior Center at 9:30am
1 1/2 hours long TOUR
Includes a tour of the Paleo exhibit hall, introduction to the lab and archaeology specimens on display, a backstage/behind-the-scenes tour, and a micro-fossil picking activity from an Ice Age marine site in Aurora, NC.
Sign up at front desk

The February Community Service Project for the Jonesborough Senior Center will be for the "Fit for Success" Program

Washington County Schools; Food, Shoes, and Clothing Fund.

"Fit for Success" is an integral assistance program offered through the Coordinated School Health Office.

This program provides free shoes, school lunches, clothing, and free food to the needy students in the area.

Items can be dropped off at the Jonesborough Senior Center during regular operating business hours.

Specific Preferred Items: NEW packs of underwear, socks, gloves, toboggans, leggings (all sizes). These items are for both elementary and high school aged students.

Monetary donations: (if you wish to write a check please make the check out to Washington County Schools and specify "Fit for Success" on the memo line:).

Hygiene items: Toothbrush, Toothpaste, Deodorant, Soap shampoo and conditioner.

ALL ITEMS SHOULD BE NEWLY PURCHASED AND UNOPENED. Thank you so much for helping!!



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

Food is better when we eat together!



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

January 29th



- Scrambled Eggs
- Bacon
- Tater Tots
- Fruit



Acrylic Art with Judy O'Hara

- Tuesday, Feb. 25th
- 5pm – 7pm
- \$15 paid to Instructor
- Sign up at Front Desk