## Alzheimer's<sup>®</sup> 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.
- <u>Pre-registration is required by 1/23</u>. Minimum of 5 and maximum of 10 participants
  - Sign up at front desk 423-753-4781

Your place to be "Active, Fit and Connected"

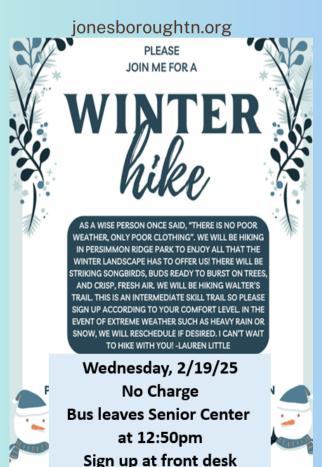
Jonesborough

### **More Information :**



307 East Main Street Jonesborough, TN 37659





# Newsletter for the week of January 27th, 2025



- February 14<sup>th</sup>, 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

# Hands On! DISCOVERY CENTER



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.

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

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

*<u>Hygiene items</u>*: Toothbrush, Toothpaste, Deodorant, Soap shampoo and conditioner.

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



# Acrylic Art with Judy O'Hara

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



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

Food is better when we eat together!



# January 29th



- Scrambled
  Eggs
- Bacon
- Tater Tots
- Fruit