

Walk with Ease with Robin & Phyllis



- December 6th at 6PM
- Through Downtown Jonesborough & Lincoln Park
- Meet at Senior Center parking lot
- No Fee
- Sign up at front desk

**Jonesborough Senior Center**
Your place to be "Active, Fit and Connected"
More Information :



423-753-4781



307 East Main Street
Jonesborough, TN 37659



jonesboroughtn.org

Newsletter for the week of November 25th, 2024

COME SCRAP WITH ME

Let's get those precious photos off the phone and preserve them in albums for future generations to enjoy. It's so rewarding in many ways!



Tuesday mornings 9-11am
Starting January 2025
Sign Up at Front Desk

**9 BALL POOL**

Congratulations to Lawrence Phillips, our November 9 Ball Tournament WINNER!!

The next 9 Ball Tournament is on Friday,
December 20th at 9am
Sign-up sheet is located in the
Recreation Room



Act(ion) Your Way into Managing Stress

How we think and act influences our stress level-positively or negatively. Gayle Hawley will facilitate discussion of reframing our thoughts and actions to positively influence our behaviors, communication with others, solve problems and manage our resources of time and money. Head into the holidays with a new attitude!

November 27th - 12:30 PM
Sign up at Front Desk

Come support our home teams in the

BRAIN OLYMPICS!

Join us in cheering on members of the Jonesborough Senior Center as they compete against other local Senior Centers in the Brain Olympics, hosted by Ryan Budds.



- Tuesday, December 17th
- 1pm start time
- In the Dining Hall

Be a Santa to a Senior

- If you took a tag from the tree in the foyer
 - Please Return Gifts (unwrapped) by December 6th, with the name tag on the outside of the packages
- Help seniors in need this holiday season by becoming a

SANTA TO A SENIOR.



Christmas at Lincoln Park

Kick off the Holiday Season and join us for the first Christmas at Lincoln Park! Experience the magic of Christmas as we light up 40 Christmas trees decorated by local businesses!

DECEMBER 6TH 6:00 PM

307 East Main Street, Jonesborough, TN

PROCEEDS BENEFIT SENIOR CENTER BENEVOLENCE FUND

- ★ PERFORMANCE BY JONESBOROUGH NOVELTY BAND
- ★ PICTURES WITH SANTA
- ★ FREE S'MORES STATION
- ★ COFFEE & HOT CHOCOLATE

Spread the Joy at Lincoln Park!



HAPPY
Thanksgiving