

April 2025

Newsletter

Johnson County Senior Center
128 College Street
Mountain City, TN 37683
(423) 727-8883

Events & Trips

- 4/2: Veterans' Café 11am (Center CLOSED)
- 4/3: Bingo w/Edward Jones
- 4/8: Love Your Heart Day w/Ballad Health & Bingo 11am-1pm
- 4/9: JCHS Greenhouse Trip 12:30pm
- 4/10: Elizabethton Walmart, Valley Forge Auction, and Pizza Inn Trip **\$5**
- 4/11: Legal Aid w/Matt Sharp at 11am & Bingo w/Senior Center
- 4/15: Margo with Blind Services 10:30am-12:30pm & Quilter's Project with 4-H 3:30-4:30pm
- 4/17: Easter Party & Bingo w/Mtn. City Care Center, Black Out Prizes sponsored by Paul Brian 11am-12:30pm
- 4/18-4/21: Easter Break (Center CLOSED)
- 4/23: Bingo w/Gentiva Hospice
- 4/24: Storytelling: "What was your first job & how did you get it?"
- 4/25: Loveable Ladies' Trip to West Jefferson: Ashe County Cheese, Fresco Paintings & lunch – Free transportation
- 4/28-5/2: Floor Installation (Center CLOSED)



Easter Party 2024!

Calling all Cooks!

We are currently collecting beloved recipes for a senior center cook book!

Please submit your recipes to Kathy by **Thursday, April 17th**

LOVE YOUR

with Ballad Health



Tuesday, April 8th 11AM - 1PM

Come out & meet Dr. Hartsoe and Ballad medical staff, learn about cardiovascular health, and enjoy a fun game of Bingo sponsored by Ballad!

Need a ride to the center?

Give us a call.

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Blood Pressure & Glucose Checks (W&F)

MONDAY: Dinah

10am - Noon

TUESDAY: Amy

Thank you, Pam, for everything. We will dearly miss you!

WEDNESDAY: Rita

Welcome, Dinah, we are grateful to have you on our team!

FRIDAY: Danado

*Coming soon – Thursdays with JoAnn Whitesell!

*Checks performed by licensed nurses. Glucose checks available MTWF.

New Class!

Cardio Drumming Fitness
w/Estrella



Fridays 10:50-11:30am

\$5

a class

Please see Estrella to sign up!

Carol's Lime Jello Salad



INGREDIENTS:

1pkg. (3oz) lime Jello
16 large marshmallows
8oz cream cheese, softened

20oz can crushed pineapple with juice
1 Tb mayonnaise
1 Tb evaporated milk

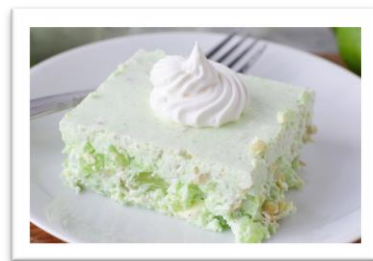
2-3 bananas, diced
½ cup chopped nuts (optional)
½ cup shredded coconut (optional)

INSTRUCTIONS:

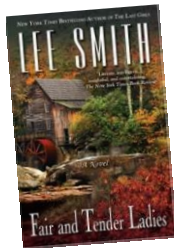
1. Dissolve lime Jello, ¾ cup of hot water, and 16 large marshmallows over heat. Remove from heat once dissolved.
2. In a large bowl, mix cream cheese, crushed pineapple with juice, mayonnaise, evaporated milk, bananas, chopped nuts, and shredded coconut.
3. Add lime Jello mixture to pineapple mixture. Mix well with mixer and chill until firm.

Note: You can substitute strawberry Jello instead of lime Jello & diced strawberries instead of diced bananas.

Submitted by Carol Sutherland



Book Club



Fair and Tender Ladies

Lee Smith

Join the book discussion with Janette Eastridge on
Tuesday, April 22nd at noon in the library/conference room.

WMCT Radio

Thanks to our local WMCT Radio, the senior center has a free slot every Tuesday!

April 1: Sharlynn Thomsen

April 8: Steve Miller

April 15: Ray Branch

April 22: Linda Brooks & Debbie Hampton

April 29: Veronica Burniston

**Tune in to WMCT
Tuesdays @ 11am!**

Veteran of the Month



Jeff Roark

Jeff served in the U.S. Army at Fort Bragg for 4 ½ years, later serving an additional 6 years in the National Guard.

After moving from Florida to Mountain City, Jeff couldn't wait to join the senior center. He joined immediately after turning 60.

Jeff enjoys playing cards and games with the senior center gamers in the afternoons and helps deliver Blessing Bags to our homebound seniors.

Jeff loves serving his country & community, and we are blessed to have him with us at the center.

Thank you, Jeff, for your heartfelt service to others.

Be sure to wear your Sunday best!

Easter Party

Special music with The Playwrights!

THURSDAY, APRIL 17TH

11am-1pm

Contact Us:

Kathy Motsinger-Eller, Director
kmotsinger@jocoed.net

Veronica Burniston, Admin. Assistant
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Sharlynn Thomsen, MyRide Coordinator
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Rose Rasmussen, Options Counselor
rrasmussen@ftaaad.org

Trish Eastridge, FTHRA Meal Coordinator
fthra.mealsitecoordinator@johnsoncountyttn.gov

MyRide Johnson County
(423)460-6012

Legal Aid
(800)821-1312

Meals on Wheels
(866)836-6678

Net Trans
(423)461-8200



APPALACHIAN HERITAGE: QUILTING

Join us for this month's Appalachian Heritage meeting where you will learn how to hand quilt!

April 15th 3:30-4:30 at the Johnson County Senior Center

Space is limited, call 423-727-8161 to register!