

February 2025



Johnson County Senior Center 

128 College Street

(423) 727-8883



Expansion progress – it's coming together fast!

Estimated Completion:
April 2025



*2024 King & Queen
Valentine's Day
2024*

Events & Trips

- 2/3: Feed the Birds Day
- 2/4: World Cancer Day
- 2/5: Veterans' Café 11am (Center is CLOSED to the public)
- 2/6: Abingdon Walmart & Cracker Barrel Trip @ 10:30am **\$5**
- 2/7: Superbowl Party 11am - Noon & Bingo w/Mtn City Care Center
- 2/11: Make a Friend Day
- 2/14: Valentine's Banquet & Bingo w/Eric Garland & desserts
with Silver Angels 11am - 1pm **\$10**
- 2/17: President's Day (Center is CLOSED)
- 2/17-2/21: Random Acts of Kindness Week
- 2/21: Love Your Heart Day w/Ballad Health & Dr. Hartsoe 11am-1pm
- 2/27: National Chili Day Fundraiser! 11am - 1pm & Bingo w/Gentiva **\$10**

Wear your favorite team's colors!

Blood Pressure & Glucose Checks

MONDAY: Pam

TUESDAY: Amy

WEDNESDAY: Rita **10am-Noon**

FRIDAY: Danado

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

INCLEMENT WEATHER:

When the Johnson County Schools are closed due to "inclement weather" – the senior center is **CLOSED too!**

*When in doubt, check our Facebook page, tune in to WMCT for updates, or visit wjhl.com/weather/closings for school closings.

Love Your Heart Month

Did you know heart disease is the leading cause of death worldwide?

Tragically, most cardiovascular diseases are preventable with the application of a healthy diet and regular exercise.

Love Your Heart Month was established by President Lyndon B. Johnson in December 1963. It's goal is to bring awareness to cardiovascular disease and inform the public about the power of a healthy lifestyle in improving one's heart health.

*To learn more about heart healthy tips, visit www.heart.org and select the Health Topics section and choose a health ailment to learn more.

Beware of SNAP Phone Call Scam

Recently, SNAP recipients have received calls from individuals pretending to be DHS caseworkers to steal information.

DO NOT give out personal information via phone. When in doubt, please call the DHS Family Assistance Center at 1-866-311-4287.

If you've given your information to a scammer, please report it immediately to DHS.

Valentine's Banquet
Friday, February 14th \$10
11am-1pm

Menu

- ♥ Ham
- ♥ Roasted Potatoes
- ♥ Fruit Salad
- ♥ Drink
- ♥ Vegetable Casserole
- ♥ Dinner Roll
- ♥ Dessert

Dress your best and join us for a wonderful meal, fun activities, great music, a special game of Bingo, and so much more!



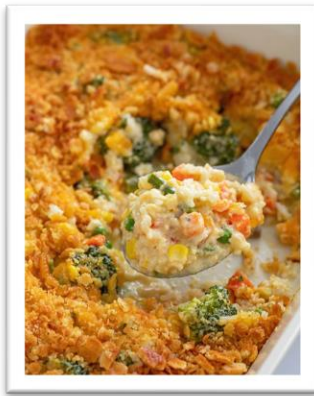
Kathy's Veggie Casserole

INGREDIENTS:

- 32oz bag of frozen vegetables
- 1 can of cream of chicken soup
- mushrooms, chopped
- 1 bag of cheddar cheese
- onions, chopped
- 2TB butter
- Ritz Crackers

INSTRUCTIONS:

1. Mix vegetables, cream of chicken, mushrooms, onions, and cheddar cheese in casserole dish.
2. Melt butter and mix with crumbled Ritz crackers. Sprinkle cracker mix over casserole.
3. Bake at 350° for 45-50 minutes.



Veteran of the Month

A Purple Heart recipient, John Borst served in the Marine Corps 5th Platoon 3rd Force Reconnaissance Company from December 1965 to May 1967.

John enjoys attending the center's monthly Veterans' Café & we are happy to have him with us!

Thank you for your service!



John Borst

Join us for this year's trips to...

Chicago



The "Windy City"

April 28 - May 3 \$835

The Biltmore



"America's Largest Home"

November 11-13 \$569

If interested in signing up, please speak to our director Kathy at (423)727-8883.

National CHILI

Day Fundraiser! \$10

February 27, 2025

11AM - 1PM

"ALL YOU CAN EAT CHILI"

Come out & join us for our Chili Fundraiser!

100% of the funds will go toward:

- Purchasing additional tables & chairs
- Replacing the current flooring
- Purchasing computers for the computer lab



WMCT Radio



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

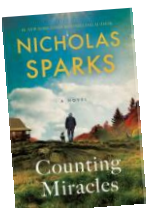
February 4th: Amelia Saltarelli

February 11th: Quilting Bees

February 18th: Pam Steinke

February 25th: Sandy Clouse

Tune in Tuesdays @ 1:30pm!



Book of the Month

Counting Miracles

by Nicholas Sparks

Join the book discussion with Janette Eastridge on Monday, February 24th at noon in the library/conference room.

Contact Us

Kathy Motsinger-Eller, Director
kmotsinger@jocoed.net

Veronica Burniston, Administrative Assistant
jcsc.assistant@johnsoncountyttn.gov

Sharlynn Thomsen, MyRide Johnson County
myride@johnsoncountyttn.gov

Steve Miller, Full-time Van Driver
jcsc.transportation@johnsoncountyttn.gov

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

Rose Rasmussen, Options Counselor
rrasmussen@ftaad.org

**Meals on Wheels
(866) 836-6678**

**Legal Aid
(800) 821-1312**

**Net Trans
(423) 461-8200**

**MyRide Johnson County
(423) 460-6012**

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

**Need a ride to the center?
Give us a call.**