



March 2023



Johnson County Senior Center 

128 College Street | 727-8883

Welcome March

Harboring the much anticipated first chapter of spring, March is a month of brilliant contrasts. We bundle tight in our winter coats, scraping frost from our windshields all the while marveling at the resilience of the coming wildflowers and the morning song of the robins perched high in the treetops.

For each of us, March is an annual doorway we walk through either with our heads held high, eyes forward, hearts brimming with anticipation, or with our eyes downcast, hearts and minds weighed down by great burdens we hold tight to - afraid of letting go.

So how will you choose to walk through March's doorway?

Let us be like the robins, rejoicing and singing, welcoming spring back to the mountains and anticipating the many good things to come.

Events & Trips

- 3/1: Real Talk: Cancer Support Group's first meeting 1pm.
- 3/2: ABC Drama Class 2:30-3:30pm
- 3/7: Legal Aid @ 11am
- 3/8: Bingo with Avalon Hospice
- 3/9: Walmart & Valley Forge Auction trip **Cost: \$5** 9:30am
- 3/9: ABC Drama Class 2:30-3:30pm
- 3/13: Easter Cards w/Lynda @ 12:30pm
- 3/15: Real Talk: Cancer Support Group @ 1pm.
- 3/15: Coffee & Conversation: Alzheimer's Caregiver's Support Group 2:30pm
- 3/16: ABC Drama Class 2:30-3:30pm
- 3/17: St. Patrick's Day Party & Bingo w/SmileOn
- 3/23: ABC Drama Class 2:30-3:30pm
- 3/29: Vet Café @ 10:30
- 3/29: Loveable Ladies' Trip **Cost: \$5**
- 3/30: Storytelling with Johnson County Historian Ginny Johnson-Manuel
- 3/31: Bingo & special music with Hillbilly Strings (Clem & Friends)

Monitoring Update:

**On February 9, 2023,
the Senior Center
had a monitoring
visit with FTAAAD.**

**We are proud to
announce the
Johnson County
Senior Center had**

NO findings!



**Two new
exercise classes:**

**Crossfit
for Seniors**



**Tai Chi
w/Chris Lang**

Volunteer of the Month



Lynda Sutherland

Volunteering with the Senior Center for the last few years, Lynda leads a Cardmaking Class the last Monday of every month. She has spent countless hours making beautiful homemade cards for the Center's homebound and shut-ins. She shares her love for card making with countless members, and her time at the Center is greatly appreciated.

Veteran of the Month

Serving three years in the U.S. Army, Ken and his wife Sandy have been married for fifty years. Known as "Santa" Clouse because of his "extra sweet" nature and tendency to "secretly treat folks to ice cream," Ken has been an asset to our Veterans' Cafes. We count ourselves truly blessed to have him at our Senior Center! Thank you for your service!

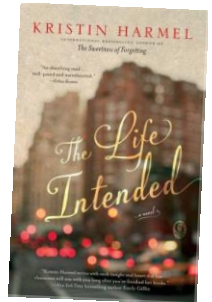


Ken Clouse

Book of the Month

The Life Intended

by
Kristin Harmel



Join the book discussion
Monday, March 27th at noon.

Reminder:

The Senior Center will be CLOSED when there is inclement weather.

Remember, if Johnson County Schools are closed so are we!

Spring is in the air

It's almost time to enjoy the veranda again!

Staff Information:

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Johnson County Senior Center
www.johnsoncountyseniorcenter.com

Previous St. Patrick's Day Celebrations & food deliveries

