



MARCH 2026

Newsletter

Johnson County Senior Center 

128 College Street

(423) 727-8883

EVENTS & TRIPS

3/4: Center Closed to Public for Veterans' Café

3/5: Walmart, Valley Forge Auction & Pizza Inn Trip 9:30 am **\$5**

3/6: Celebrating "Seasoned with Love" the Senior Center's Cookbook—bring your copy for contributors to sign & let us know what recipes you've already tried at home!

3/11: Bingo sponsored by Ballad Rural Health 

3/12: Fine Dining with Friends Dinner Trip (TBA) 4:30 pm **\$5**

3/13: National Plant a Flower Day! Trip to JCHS Greenhouse following lunch

3/17: St. Patrick's Day Celebration—music by Randy Dandurand & Bingo w/ Mtn. City Care Center and Caris Health 

3/19: Let's Laugh Day! Sharing jokes and laughs at lunch

3/20: Celebrating First Day of Spring—music by Steve Dunfee & Team Trivia

Senior Center New Orleans Trip 3/23-3/28

3/25: Bingo sponsored by Gentiva Hospice 

3/27: Friday Movie Matinee! Showing "The Straight Story"—biographical road drama film directed by David Lynch, based on the true story of Alvin Straight's 1994 journey across Iowa and Wisconsin on a lawn mower.

3/30: Book Club at noon—discussing February and March books

3/31: National Crayon Day! Let's Bring Color into the World

UPCOMING EVENTS:

Easter Party
Thursday, April 2nd

Special Music with Laurel Creek Boys!



save the date for
2026 SENIORS PROM!

FRIDAY, May 29th at 6PM
@ FREEDOM MOUNTAIN MINISTRIES

BLOOD PRESSURE & GLUCOSE CHECKS

MONDAY: Amy Henson

TUESDAY: ETSU students 3/24

WEDNESDAY: Rita Jennings

THURSDAY: Jo Ann Whitesell

FRIDAY: Danado Saltarelli

**Glucose checks available Wednesday & Friday 10am-noon*

**All checks are performed by licensed nurses.*

10am to
noon



WMCT Radio Schedule



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

3/3: Kathy—Senior Center Upcoming Events

3/10: Sharlynn—MyRide & Trips

3/17: Katie—Celebrating Spring!

3/24 ETSU Students—Together We Achieve More

3/31: Terry—Transportation Services

Tune in to WMCT Tuesdays @ 11am!

March is
National
Reading
Month!



Try our book club!
Or ask about our Reading Buddy
volunteer program with
Johnson County Schools!

Veteran of the Month:

Neil Holder



Neil was drafted into the U.S. Army in 1963. He completed basic training in South Carolina, trained in Virginia, and served 15 months in Germany.

After his service, Neil returned to Lowe's, where he worked for 22 years. He has always had a giving heart, volunteering at his daughter's school when she was young and now delivering for Meals on Wheels – something he truly enjoys. A firm believer in hard work and caring for family, Neil has also enjoyed golf and traveling over the years.

The Johnson County Senior Center is proud to recognize Neil for his service and his continued dedication to others.

→ Great Resource for Seniors!

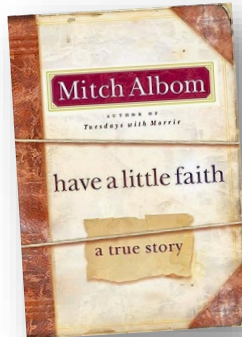
Tennessee Community Compass is a free online tool designed to help families find trusted local resources for various needs, such as food, housing, and health education. It allows users to search for over 1,500 services across Tennessee by entering their ZIP code, making it easier to access support without the hassle of searching multiple websites or making phone calls.



Visit <https://communitycompass.tn.gov/>

Book of the Month:

Have a Little Faith,
by Mitch Albom



...a poignant exploration of faith, purpose, and the human spirit, centered around the author's conversations with a rabbi and a pastor.

In *Have a Little Faith*, Mitch Albom offers a beautifully written story of a remarkable eight-year journey between worlds—two men, two faiths, two communities—that will inspire readers everywhere. Albom's first nonfiction book since *Tuesdays with Morrie*, *Have a Little Faith* begins with an unusual request: an eighty-two-year-old rabbi from Albom's old hometown asks him to deliver his eulogy.

CONTACT US:

Kathy Motsinger-Eller, Director
kmotsinger@jcooed.net

MyRide Johnson County
(423) 460-6012

Katie Stout, Admin. Assistant
jcsc.assistant@johnsoncountytyn.gov

Legal Aid
(800) 821-1312

Sharlynn Thomsen, MyRide Coordinator
myride@johnsoncountytyn.gov

Meals on Wheels
(866) 836-6678

Trish Eastridge, FTHRA Mealsite Coordinator
ftthra.mealsitecoordinator@johnsoncountytyn.gov

Net Trans
(423) 461-8200

Save the date for National Let's Laugh Day, March 19th! Bring your appetite and sense of humor—we're telling jokes all through lunch.

Laughter has several positive effects on health, including:

Boosting Mood! Laughter triggers the release of endorphins, the body's natural feel-good chemicals, which can improve mood and reduce stress.

Strengthening Relationships! Sharing laughter can enhance social bonds and improve relationships with others.

Reducing Stress! Laughter lowers levels of the stress hormone cortisol, helping to alleviate tension and anxiety.

Improving Immune Function! Some studies suggest that laughter may boost the immune system, making it easier for the body to fight off illness.

DAD JOKES—TAKE ONE AS NEEDED:

Why do bees have sticky hair?
Because they use honeycombs

What did the pirate say when he turned 80?
Aye matey!

What do you call a magic dog?
A labracadabrador

What is an astronaut's favorite part of a computer?
The space bar

Where does the sheep get his hair cut?
At the baa-baa shop

What do you call a pony with a cough?
A little horse

What sits at the bottom of the sea and twitches?
A nervous wreck

Why did the frog take the bus to work today?
His car got toad away.

What do you call an alligator in a vest?
An investigator

What does a sea snake do?
Gets jalapeno business

What do you call an apology written in dots and dashes?
Re-morse code

What's the best thing about Switzerland?
I don't know, but the flag is a big plus.

Did you hear about the two people who stole a calendar?
They each got six months.