-No Bake Pumpkin Lush-

Ingredients

submitted by Timbra Wright

-1 1/3 cup crushed gingersnap cookies, vanilla wafers, or graham crackers
-5 tbsp unsalted butter
-3.4oz package pumpkin spice pudding mix (butterscotch can be substitute) Do Not use the whole package
-1 1/2 cups milk
-6oz softened cream cheese
-1/2 cup powdered sugar
-1/4 cup pure pumpkin puree
-1/2 teaspoon pure vanilla extract
-1/2 pumpkin spice
-1 cup whipped topping
-8 more oz of whipped topping
Chopped pecans & cookie crumble for garnish (if desired)

Instructions

Crust Layer

1.Line an 8x8 baking pan with parchment paper. It will allow for easy removal
2. In a small mixing bowl, melt the butter & the 1 1/3 cup crushed cookie crumbs. Mix until well combined
3. Pour crumb mixture into the bottom of the pan & pat down so that the crumbs are spread evenly throughout the pan
4. Place into freezer for a minimum of 30 minutes to harden.

Pudding Layer

1. In a medium mixing bowl, combine the pudding mix * milk called for in the directions, whisk until well combined.
2. Refrigerate for a minimum of 10 minutes. The longer, the better

Pumpkin Cream Cheese Layer

1.In a mixing bowl, beat the cream cheese until smooth
2.Add the confectioners sugar, pumpkin puree, vanilla, & pumpkin spice. Mix until well combined. With a rubber spatula, fold in one cup of the shipped cream topping until completely combined

Assemble

1.Place dollops of the pumpkin cream cheese on top of the frozen cookie crust & spread evenly to all sides of the pan
2.Place dollops of the pudding on top of the cream cheese layer and spread evenly to all sides of the pan
3.Cover completely and evenly with remaining whipped topping
4.Place into refrigerator for a minimum of four hours (overnight is best) or into the freezer for an hour and a half .
Slice and serve

November is

Diabetes Awareness Month

Raising Awareness for a healthier lifestyle

Thursday November 5th at 12pm

Facts & Trivia

Blood Glucose Checks with a Licensed Nurse

-Computer Lab-

Now available to Center Members to access the internet, check email, complete online forms, research topics & build their technology skills. Stay tuned for upcoming and classes and one-on-one assistance!

-Bible Study-

Tuesdays at 9am

11/10 Ray Branch
11/17 Steven Spencer
11/24 Rick Thompson

Betsy Collins
Options Counselor

Meet our Newest Staff Members

Johnson County Senior Center
You've got a friend here!

Timbra Wright
Administrative Assistant

-Contact the Center-

(423)727-8883

Kathy Motsinger-Eller/Director
kmotsinger@jocoed.net

Timbra Wright/Administrative Assistant
jcsc.assistant@johnsoncountytn.gov

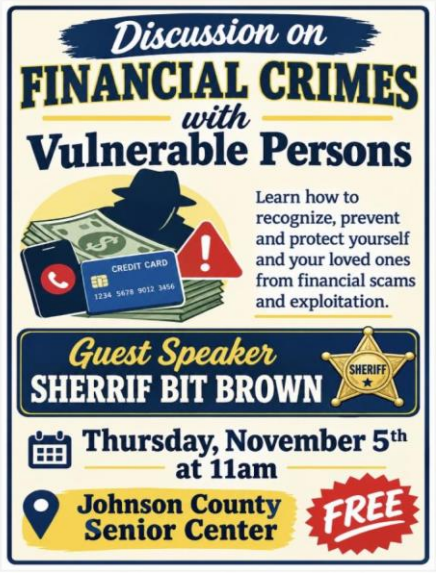
Trish Eastridge/FHTRA Meal-Site Coordinator
fthra.mealsitecoordinator@johnsoncountytn.gov

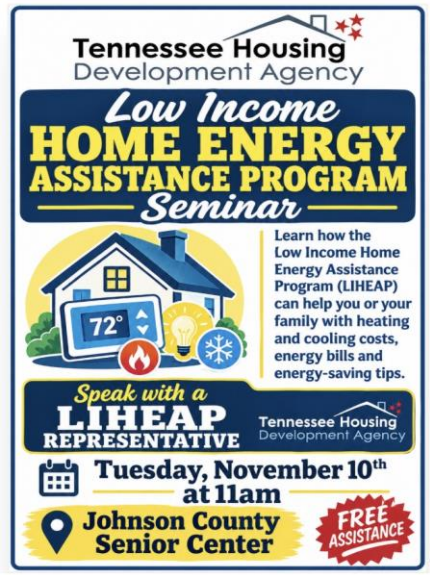
MYRIDE JOCO (423)460-6012

Legal Aid (800)821-1312

Meals on Wheels (866)836-6678

Net Trans (423)461-8200





November 2026 Newsletter

Johnson County Senior Center

128 College St. Mountain City, TN 37683 I (423)727-8883

The Thankful Edition

-Blood Pressure & Glucose Checks-
10am-Noon

Monday: Amy Henson
Tuesday: Carla Howard
Wednesday: JoAnn Whitesell
Thursday: Rita Jennings
Friday: Donado Saltarelli

Glucose checks are every Friday
All checks are provided by Licensed Nurses

Grateful

Listen L I V E
WMCT Radio
Tuesdays at 11am

11/10 Timbra Center Activities
11/17 Steve Transportation
11/24 Kathy Thanksgiving Outreach

-Events & Trips-

11/3 Election Day/**Facility Closed**
11/4 Veteran's Thanksgiving /Special Music by Larry Barry & Friends, & BINGO sponsored by Mountain City Funeral Home, for our Veteran's and their families 11am
Normal Center operations suspended this day
11/4 Just Us Ladies Bible Study w/ Monica Lumley 1pm
11/5 Brain Olympics at the Jonesborough Senior Center 11:30am
11/6 Financial Crimes with Vulnerable Persons/Guest Speaker Sherrif "Bit" Brown 11am
11/6 Team Trivia at 12pm Noon
11/10 LiHeap (Low Income Home Energy Assistance Program) 11am
11/11 Veteran's Day/**Facility Closed**
11/12 ETSU Bridging Bites
11/12 Day Trip to Walmart/Ollie's/& Mike's Inland Seafood 10am/$5
11/13 Front Porch Pickers 11am
11/13 Movie & Popcorn Day "Coat of Many Colors" (The early story of Dolly Parton) 12:30pm
11/18 Just Us Ladies Bible Study w/ Monica Lumley 1pm
11/18 BINGO Sponsored by BALLAD HEALTH 12PM
11/20 BINGO sponsored by GENTIVA HEALTH 12PM
11/21 United Way Celebrity Bagging Event at Food City of Elizabethton, TN 4-5pm
11/23 Friends-Giving 11am/BINGO sponsored by Mountain City Care Center
11/25 Thanksgiving Break /**Facility Closed**
11/26 Drive Thru Meal 11:30am-12:30pm sponsored by Danny Herman Trucking Outreach Must Call to Reserve your meals (423)727-9061/Thanksgiving Day
11/27 Thanksgiving Break/**Facility Closed**

-November Book Club-

Monday, November 30th 12pm Noon

"A Christmas Vanishing"
-written by Anne Perry-

Charlotte Pitt's clever grandmother investigates the sudden disappearance of her dear friend in this chilling holiday "whodunit". Mariah Ellison, Charlotte's grandmother, accepts her long-time friend, Sadie's gracious invitation to spend Christmas with her and her husband, Barton, in their picturesque village. But upon arrival Mariah discovers that Sadie has vanished without a trace, and Barton rudely rescinds the invitation. Once Mariah finds another acquaintance to stay with during the holiday season, she begins investigating Saide's disappearance.

-The Book Club will not meet in December-
2027 Reading Book List coming soon!

Blessed

"Happy Feet" Walking Club
Tuesday, November 10th
Leave at 10:30am
Lunch at Damascus Diner
(Rain Date: Nov 17th)

Johnson County Senior Center

Danny Herman Trucking

Thanksgiving MEAL OUTREACH Drive Thru

Thursday, November 26th

11:30 AM - 12:30 PM

Good Food for Our Community

The Center will be **CLOSED** for Thanksgiving Break

Wednesday, November 25th and Friday, November 27th

You must preregister with DHT to reserve your meals

(423) 727-9061

J.U.S.T. U.S.

Jesus Using Sisters to Uplift Souls

Ladies-Only Bible Study

with author Monica Lumley

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight." PROVERBS 3:5-6

Wednesday, November 18th at 1pm

Johnson County Senior Center

Each attendee will receive a FREE BOOK courtesy of Amelia Saltarelli.

Coffee Faith Sisters Together

HOLY BIBLE

Based on Proverbs 3:5-6

Monica's devotional encourages readers to examine the thoughts and emotion that disrupt inner peace. Through scripture, reflection, and personal questions, this offers guidance for developing a deeper relationship with God and finding healing from within.

JOHNSON COUNTY Senior Center

BINGO

Join us for a Fun Day of Bingo!

Wednesday November 4th Sponsored by Mountain City Funeral Home

Wednesday November 18th Sponsored by Ballad Health™

Friday November 20th Sponsored by gentiva Hospice

Good Friends Great Bingo!

VETERAN'S Thanksgiving

JOHNSON COUNTY SENIOR CENTER

WITH SPECIAL MUSIC BY Larry Barry & Friends

BINGO

SPONSORED BY

Mountain City Funeral Home

Wednesday November 4th

11am

Center closed for regular operations this day.