Johnson County Senior Center

128 College Street
Mountain City, TN 37683

September 2021

Vision Statement: The Johnson County Senior Center is a place where everyone ages with dignity and purpose, maintaining a zest for life, where we encourage and enable older adults to live independently.

Director: Kathy Motsinger

Happy Labor Day!
We will be closed
Friday, Sept 3rd &
Monday, Sept 6th

Hours of Operation:
Monday-Tuesday
Thursday-Friday
9am-4pm
Closed on Wednesday
(No appointments necessary!)

Heatherly with Ballad Health presents:
Sept 7th at 11am – Home Safety
Sept 13th at 11am – Physical Therapy
Sept 20th at 11am– Medication Safety
Sept 27th at 11 am – Physical Therapy

Stay Up-To-Date with Johnson County Senior Center

- The Tomahawk
- WMCT daily announcements & Tuesdays @ 1:30
- Johnson County Senior Center Facebook page
- www.johnsoncountyseniorcenter.com

UPCOMING EVENTS!!

- "Hoedown" skit – Oct 1st (Free Lunch)
- Trip to Lancaster, PA – Oct 4th – 8th
- Flu Clinic with Adams Pharmacy – Oct 20th
- Trip to Mabry Mill in VA – Oct 21st
- Veterans' Café – Oct 27th
- Big Bingo Day – Oct 28th
- Health Fair – Nov 9th 8:30am-11am

Special September Dates:

- "Shady Valley Day" – Sept 1st
- Walmart/Cracker Barrel – Sept 2nd
- Long Journey Home – Sept 3rd – 5th
- Senior Center Closed – Sept 3rd & 6th for Labor Day Holiday
- Volunteer Appreciation Day – Sept 9th
- Senior Center closed for World Suicide Awareness Day for training – Sept 10th
- Nat'l Coloring Day – Sept 14th
- Hometown Hero's Event – Sept 16th
- Loveable Ladies – trip to Coffee Shop & storytelling – Sept 16th
- Mountain Electric Health Fair – Sept 18th 10am-12Noon
- Trade Days – Sept 18th & 19th
- "Country Roads" at Wohlfahrt House in Wytheville, VA – Sept 22nd
- Big Bingo Day – Sept 23rd
- World Heart Day – Sept 27th
- Veteran's Café – Sept 29th

Shimmy and Shake with Joey Beth Souder at ZUMBA Gold class every Thursday at 3:00pm. Class is a $3.00 Donation.

Big Bingo Day!!
September 23rd at 12 Noon
sponsored by Avalon Hospice

A basic Guide to Music Reading Class:
Sept. 10th,17th,24th,29th at 2pm FREE
As you gain an understanding of music basics, it may lead to you joining a choir, learning to play an instrument or become a more confident singer. We would love to see you!

Hot, pre-packaged meals will be available daily 11 a.m.-noon Monday through Friday, except Wednesday. Check out the September calendar and menu! Come get a meal, and fellowship with others inside or outside at our new picnic tables or on our veranda!

New Line Dancing Class for Beginners:
Mondays at 2:30 with Instructor Linda Gee! It consists of patterned foot movements that are usually performed to a number of counts per sequence, and then the sequence is repeated.

VOLUNTEER SPOTLIGHT:

Mr. Dan Gill

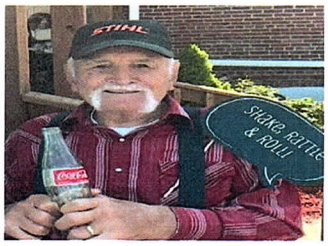
Dan is an astounding volunteer we are so fortunate to have at the Senior Center! He has been volunteering with our MyRide Program since 11/6/20. He has completed 234 Rides, Driven 2,724 miles and volunteered 145:30 hours! WOW! Dan also has taken time to serve as a Chairman Member of the First United Methodist Church. I'm sure you've heard his broadcaster voice as he was House Manager at Heritage Hall for 11 years. He was the BEST! Dan has been married for 59 years with 3 children and 7 grandchildren. He moved to Mountain City 2001 and we are so thankful he did! Thank you, Dan, for sharing your time and giving a special "MyRide" to those who need a little extra help at times. We appreciate you!

"Shady Valley Day"

Wednesday, September 1st from 11:00am – 1:00 pm
Join us for lunch, live music, door prizes, fun games & activities!
Lunch provided by "Friends of the Shady Rock School"
(Soup beans, cornbread, slaw, potato salad, dessert & drink)

VETERAN'S CAFÉ

at 10:30 am
(The last Wednesday of each month)
Congratulations to our September Veteran of the Month
Mr. Doran Swift!



Be sure to vote for your favorite veteran for our "Veteran of the Month Award" sponsored by
Johnson County Bank!

Beep Beep

WILLIE'S FAVORTITE FROSTED BROWNIES

(Submitted by: Mrs. Naomi Hammons)

1 stick butter
1 cup water
½ cup oil
¼ cup cocoa
*Bring these ingredients to a boil and add –
2 cups self-rising flour
2 cups sugar
*Mix well and add –
½ cup buttermilk
1 tsp soda
*Mix well and add -
2 beaten eggs
1 tsp vanilla
*Pour in sheet cake pan (greased) and bake @ 350 degrees for 25 minutes. (Can add pecans, optional)

- Frosting -

1 stick butter ¼ cup cocoa 1 tsp vanilla 1/3 cup buttermilk
Boil these ingredients and add –
1 box powdered sugar
Pour over warm cake and enjoy!

If you need a ride to the Senior Center, please call 727-8883 and Tonya will get you on a route! Fee is $3.00 to and from the Senior Center.

Important Contact Information

Johnson County Senior Center	423-727-8883
COVID-19 Vaccination Information	877-857-2945
Johnson County Health Department	423-727-9731
Johnson County MyRIDE	423-460-6012
Meals on Wheels	866-836-6678
Legal Aid of East Tennessee	423-928-8311
NET Trans of Elizabethton	423-461-8233

MyRide TN

MyRide Coordinator, Danae Watson

MEALS on WHEELS AMERICA
TOGETHER, WE CAN DELIVER.

Nutrient Coordinator, Trish Eastridge

Johnson County Senior Center Receives the Arts Build Communities (ABC) grant

According to the Tennessee Arts Commission the ABC grant program is "designed to provide support for arts projects that broaden access to arts experiences, address community quality of life issues through the arts, or enhance the sustainability of asset-based cultural enterprises."

Furthermore, ABC funds may be used to:

- ☐ *Offer training for experienced or emerging artists to develop entrepreneurial skills*
- ☐ *Undertake cultural arts initiatives that enhance a community's identity*
- ☐ *Provide innovative art experiences*
- ☐ *Offer programs designed for positive change in community social issues*
- ☐ *Strengthening social network via community engagement*

The Senior Center will implement the ABC grant by providing monthly arts classes on site to individuals of any age in Johnson County.

During the first class on **Friday, 9/10/21, from 2:00- 3:00 PM** a rudimentary music class will be taught by Sherry Tester.

Mrs. Tester stated that the participants will be able to learn skills such as a basic guide to music reading.

All classes will be provided at no cost to you!

September- Music
October- Theater
November- Crafts
December- No Class
January- Photography
February- Creative Writing And Storytelling
March- Basket Weaving
April- Dancing
May- Wood Carving

If interested in one or more class, additional information will be coming each month. Please check the Tomahawk, WMCT radio station, Johnson County Senior Center Facebook page, or www.johnsoncountyseniorcenter.com.

FIRST TENNESSEE DEVELOPMENT DISTRICT

TENNESSEE ARTS COMMISSION
Cultivate. Create. Participate.

Johnson County Senior Center

Fall Prevention Month: September
Sponsored by Ballad Health

9/7 – Tuesday: Home Safety, Fall Hazards & Solutions, Safe Clothing, Moving Safely, and Safety Alarm Systems.

9/17 – Friday: Balance & Strength Exercises, How to Get Up After a Fall and Using a Cane and Walker the Correct Way.

9/20 – Monday: Medication Management, Bone Health, And Sleeping Better.

9/27 – Monday: Eye Diseases that can cause falls. Community Safety. How to keep yourself safe while out in the community.

*Be sure to mark your calendars

MyRide Johnson County is a transportation program for seniors 60 years plus who are transported by volunteers in their personal vehicles (inside Johnson County). The number of volunteers greatly influences the number of older adults that can be served!

Volunteering is at your convenience. To sign up or questions call 423-460-6012

VOLUNTEERS ARE THE HEART OF OUR PROGRAM!

WHY VOLUNTEER?
*To Help Others
*To Do Something Meaningful
*To Give Back

Volunteer drivers need to be 21 years old and older, with a valid driver's license, clean driving record, proof of insurance and pass a background check.

MyRide TN
JOHNSON COUNTY