

September 2024



Johnson County
Senior Center

Newsletter

Events & Trips

- 9/2: Labor Day (Center CLOSED)
9/4: Veterans' Café (Center CLOSED)
9/5: Improv Club Picnic @ Cunningham Park 11:30am
9/6: Johnson City Walmart, Logan's Steakhouse, and Goodwill Trip \$5
9/6: Bingo w/Nela Pleasant for Mayor
9/6: JCHS First Home Ball Game - Wear Maroon & White!
9/9: Niagara Falls Meet & Greet @ 6pm
9/12: Art Circle w/Cristy 12:30pm
9/13: Hispanic Heritage Day - Loteria! (Bingo!)
9/18: Trip to the Arts Center & ice cream at the Waffle Bowl 12:30pm
(Free transportation)
9/19: Improv Club 2nd Picnic @ Cunningham Park 11:30am
9/20: The Golden Mile @ Ralph Stout Park 10:30am-12:30pm
(Center CLOSED)
9/23: Election Make-Up Day (Center CLOSED)
9/25: Bingo w/Gentiva
9/26: Loveable Ladies West Jefferson Trip: Ashe County Cheese & Ben Long Frescoes (FREE transportation)

Expansion Update:

We are excited to announce that Greer Co. LLC will begin work on our front expansion project Monday, September 16th. Thank you to everyone for supporting us in this wonderful project!

Golden Mile

Friday, September 20th

@ Ralph Stout Park
10:30am - 12:30pm

Shuttle Service
will be provided at
Ralph Stout Park

- 👉 Vendors
- 👉 Live Music
- 👉 Free Lunch
- 👉 Awards presented

Starting at Ralph Stout Park and venturing along the Goose Creek Trail, the Golden Mile encourages seniors to achieve more physically by setting a goal of walking one mile during the event.



WMCT Radio



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

"Mountain City Talks" w/Dan
September Radio Schedule:

- September 3: Thelma Lipford & Pat Heineman
September 10: Robert Chapel & Barbara Wilson
September 17: Kathy Motsinger-Eller & Bev McKinney
September 24: Veronica Burniston & Emma Garcia

Tune in Tuesdays @ 1:30pm



Carol's Salisbury Steak Bake



"I usually serve this with mashed potatoes and a side of green beans."
-Carol

Ingredients:

- 1 can Campbell's Golden Mushroom Soup
- 1 1/2 lbs. ground beef
- 1/2 cup fine dry bread crumbs (Carol uses oatmeal)
- 1 egg, slightly beaten
- 1/4 cup finely chopped onion
- Generous dash of salt and pepper

Instructions:

1. Mix thoroughly 1/4 cup of soup with the remaining ingredients and shape into 6 - 8 patties.
2. Place in shallow baking dish (13"x 9" x 2"). Bake at 350° F for 30 minutes. Spoon off fat.
3. Mix the rest of the soup with 1/3 cup water and pour over meat.
4. Bake for 10 minutes more. Makes 6-8 servings.

Submitted by Norma Carol Sutherland.

FREE

Blood Pressure & Glucose Checks

- Monday: Pam Steinke Friday: Danado Salterelli
Tuesday: Amy Henson
Wednesday: Rita Jennings 10am - Noon

*Checks performed by licensed nurses. Glucose checks available on Mondays and Fridays.

Happening this month:

Diamond Tours, Inc.
Niagara Falls &
Toronto Trip
September
22-28, 2024



Casa Loma in
Toronto, Canada



HORNBLOWER
NIAGARA
New York
CRUISES

**Coming
Soon**

October

3rd

**Pink out! for Breast
Cancer Awareness
& Senior Brain Games!**

4th

**Great Smoky
Mountains Railroad:
Train Ride along the
Tuckasegee River**



8th

**VACCINE CLINIC:
Flu, Covid, and RSU**

31st

**Harvest Party!
Wear your coziest
sweater or favorite
costume!**



Book of the Month

Forgiving Paris

by Karen Kingsbury



Join the book discussion
with Janette Eastridge on
Monday, September 30th
at noon.

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

Johnson County Senior Center

128 College Street
Mountain City, TN 37683
(423) 727-8883

COVID Update

According to the Centers of Disease Control and Prevention (CDC), COVID claimed the lives of approximately **282,836** U.S. adults age 65 and older in 2020, making up **81%** of the total COVID deaths that year.

Unfortunately, COVID is here to stay and, although, the more recent strains haven't been near as deadly as the first, we still must be diligent in our hygiene practices, cleaning, as well as personal knowledge of our bodies.

If you feel unwell, please do NOT come into the senior center.

Visit the local hospital or your regular family practitioner to get an official COVID test. With the current strain, a lot of people who have COVID are testing negative on the home tests.

The current COVID strain shows the following symptoms:

Fever	Body aches
Blocked or runny nose	Exhaustion
Sore throat	Diarrhea
Cough	Insomnia
Headache/migraine	Loss of appetite

If you're experiencing any of these symptoms and/or test positive for COVID, the CDC recommends for you to stay home and avoid contact with people for at **least 5 days.**

Focus on resting, drink plenty of water to avoid dehydration, open a window for fresh air if possible, and diligently practice proper hygiene (i.e. washing hands, etc.).

If symptoms continue or relapse within a few days, the CDC advises them to remain home until the worst symptoms subside.

Senior Center Shuttle Service

**Our Shuttle Chauffeurs are the BEST!
Please call the senior center if you need a shuttle ride
to the back handicap entrance.**

(423) 727-8883

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Meals on Wheels
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