

Johnson County Senior Center



You've Got A Friend!

128 College Street
Mountain City, Tennessee 37683
(423) 727-8883 Fax – (423) 501-1002
www.johnsoncountyseniorcenter

WELCOME HANDBOOK

Dear New Resident:

The Johnson County Senior Center is pleased to welcome you to Johnson County. We invite you to join others in the community in our activities and programs offered at the senior center. This is a place to meet other seniors in the county, make new friends, learn new things, and have a real good time. There is always something going on that we think you will like. We hope you find your experiences at the center to be fulfilling and gratifying.

Want to get involved, be active, have fun, and make friends? This is just a few of the activities and events that we offer: exercise classes, quilting, knitting, sewing, billiards, games, recreational activities, and crafts. There are monthly trips out of town for shopping and scenery. We also offer chartered trips twice a year to explore the country.

Membership is free to residents 60 years of age or older. The Johnson County Senior Center is located at 128 College Street, Mountain City. The center is open Monday through Friday from 9:00-4:00. Look us up on Facebook Johnson County Senior Center or visit our website at www.johnsoncountyseniorcenter.com. If you have any questions, you may call us at 423-727-8883. Please stop by and turn in your membership application that is included in the handbook.

The center also offers resources and contacts if you have questions about “senior issues” such as Medicare, living wills, transportation, etc.

Again, welcome to Johnson County and thank you for your time and interest in making the center a success.

Sincerely,

Kathy Motsinger
Director Johnson County Senior Center

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Kathy Motsinger, Director

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.

MISSION STATEMENT: The mission of the Johnson County Senior Center is to empower and enhance the quality of life of people in our community as they age. This is the “go to” resource for help, information, education, wellness, fun, and friendship. We show compassion in meeting the needs of our population.

MOTTO: You’ve got a friend at the Johnson County Senior Center.

Interested in volunteering? We have openings! If you are interested in volunteering at our center, please come on in! We offer special incentives for our volunteers while your assistance makes an impact! We have several openings that would match your talents. Just ask!

CLASSES AND ACTIVITIES OFFERED

Arthritis Exercise – Instructor led low impact recreational exercise program that incorporates a brief educational component. Targets adults with arthritis of all activity levels.

Billiards – Any of various games played on a rectangular table with a designated number of small balls and a long stick called a cue.

Book Club – A group meeting to discuss a book or books that they have read.

Chicks with Sticks – Love to knit, crochet or sew? Join the group to make hats, blankets, socks, etc. for charities. No experience necessary – they will teach you!

Exercise Room – Room with individual exercise equipment – treadmills, Nu-step, Elliptical machine, weights, etc.

Line Dancing – A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows all facing either each other or in the same direction and executing the steps at the same time. Line dancers are not in physical contact with each other.

Loveable Ladies – Ladies and widows who find themselves single and want to socialize and make new friends through social events and just gathering to talk. All are loveable even without a man by our side.

Quilting Bee – Women work together to finish a quilt for a monetary donation to the senior center. No experience required – they will teach you how to quilt.

Senior Jam – Open for anyone interested in learning/playing music or singing.

Silver Sneakers – A health and fitness program designed for adults 65 and over. Included with many Medicare Plans.

Zumba – An exercise fitness program taught by a licensed instructor using four basic rhythms – salsa, reggaeton, merengue, and cumbia, and each basic rhythm has four core steps.

You can call the Senior Center at 423-727-8883 for more information about any of these activities.