

Elizabethton Senior Center

Brittany Shell
Director
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Elizabethton, TN 37643
Phone (423)543-4362

Hours
Mon - Thurs. 8am-3pm
Fri. 8am - 12pm
Sat. -Sun. Closed

BECOME A VOLUNTEER

If you would like to become a volunteer for Meals on Wheels, please call (423)543-4255.
If you are looking to volunteer at the center or would like to get involved, please give us a call at (423)543-4362 or come visit us!
We appreciate the dedication of all of our volunteers.

ANNUAL MEMBERSHIP DUES

$25.00/year 60 over.
$45.00/year 55-59

DAILY ACTIVITIES

Monday: 9-10am - Just Keep Movin' - Cardio, Toning, Strength Building - Group Led - FREE
12:15-1:15pm - Chair Yoga with Shirley Gomillian $3.00
1:30-2:30pm - Gentle Flow Yoga with Cindy Brugnoletti $3.00

Tuesday: 12:00pm - Line Dancing - Instructor Sharon Pilk - $3

Wednesday: 9-10am - Just Keep Movin' - Cardio, Toning, Strength Building FREE
12:15-1:15pm - Chair Yoga with Shirley Gomillian $3.00
1:30-2:30pm - Gentle Flow Yoga with Cindy Brugnoletti $3.00

Thursday: 3rd Thursday | 12:15pm - 1:15pm - Restorative Yoga with Cindy Brugnoletti $3
** This Month Restorative Yoga is on Thursday, October 15 at 12:15pm**

Friday: 9-10am - Just Keep Movin'- Cardio, Toning, & Strength Building FREE
10am - Let's Play Bingo! Friday,10/16 at 10am & Friday, 10/23 at 10am

THANK YOU OUR GENEROUS DONORS

We are grateful to The Coffee Company for selecting the Senior Center as its sponsored drink recipient. More than 200 drinks were sold, raising $250 for our Center! Special thanks also to Mary Fanslow, Luther & Beverly Mckeehan, Marybeth & Nathan Billings, Helen Brown, Kathy & Junior Wilson, Keith Tolley, and Sue Story for their generous donations. Your support means so much to us!

COMMUNITY SUPPORT MATTERS

The Senior Center is a nonprofit organization, and the loss of $26,500 in county funding continues to affect our budget. Community support can take many forms—not just donations! Attending or sharing our fundraisers, volunteering, telling others about our services, or connecting us with local businesses all make a difference. We do not expect our seniors to carry this burden. We simply want to keep everyone informed and thank you for helping us continue serving our community!

BRAIN HEALTH & POTATO BAR

Abundant Christian Living will present a Brain Health program followed by a potato bar lunch! P**lease sign up for the Brain Health program by noon on October 15 so enough food can be ordered.** If you sign up for this program, your potato bar lunch is included—you should not also sign up for the regular congregate meal that day.

🍬 HELP US FILL OUR TRUNK! 🎃

The Senior Center will be participating in the Boys & Girls Club Trunk or Treat! We will be handing out candy to club children and community children. If you would like to help, we are accepting candy donations until October 29th. Donations can be dropped off at the senior center with a staff member. Thank you for helping make Halloween special for our local children!

SENIORS & COMMUNITY COUNCIL

STREET SIGNS: Signs with reflective numbers for your home at a discount price of $5.00

ELDERCHECK: Forms are available at our center for those that would like to have a telephone call or visit each week from a county deputy to check on your well-being.

YELLOW DOT: For your car that provides necessary information in case of an emergency.

Meeting - Thursday, October 1, 2026 at 12:30pm

★★★ VETERAN'S CAFE ★★★

Elizabethton Senior Center is partnering with Caris Healthcare to offer a Veteran's Cafe. Our Veterans can find social support and great conversation! On The 2nd Thursday of every month, 1:00pm-2:00pm. Open to all Veterans in the community!
Please, Veterans Only.

We invite you to enjoy lunch with your friends here at the center! Congregate meals are served daily at 11:00 a.m. Please order 3 days in advance. Seniors' meals are available for those ages 60 and older. New participants who have not eaten congregate before will need to complete a brief application. Call our Nutrition Site Coordinator at (423)543-4255 to reserve your meal or ask questions.

OCTOBER MENU

10/1 Chicken & Dressing; **10/2** Chili Mac Casserole;
10/5 Salisbury Steak w/ Gravy; **10/6** BBQ Riblet Sandwich;
10/7 Egg Patty w/ Sausage; **10/8** Soup Beans w/ Cornbread;
10/9 No Meals Served, Senior Center Fundraiser;
10/12 Senior Center Closed - Holiday - No Meals Served;
10/13 Meatloaf; **10/14** Turkey Kielbasa; **10/15** Sheperd's Pie;
10/16 Minestrone Soup; **10/19** Country Style Steak;
10/20 Chicken Pot Pie; **10/21** Pizza Casserole;
10/22 Potato Soup w/ Cheese & Ham; **10/23** Sloppy Joe;
10/26 Breaded Chicken Tenders; **10/27** Spaghetti & Meatsauce;
10/28 Chili Dog; **10/29** Breaded Fish w/ Tarter Sauce;
10/30 Chili w/ Beans & Cheese

SEPTEMBER FUN FACT: 🎃 **October Fun Fact: Pumpkins are technically fruits—not vegetables—because they grow from flowers and contain seeds!**

UPCOMING TRIPS

Shipshewana, Indiana, Countryside Amish Adventure
6 Days, 5 Nights
Sunday-Friday
June 6 - June 11 of 2027
$825.00

Lancaster Show Trip & the Dutch Country
5 Days, 4 Nights
Monday - Friday
September 27 - October 1 of 2027
$800.00

Itineraries are available at the Senior Center.
For additional Information & Reservation call
Brenda Berry - (423)543-4476

Need Transportation to the Senior Center?

We partner with Net-Trans to get folks to and from our Senior Center in addition to Walmart Trips on Tuesdays. Give us a call at (423)543-4362 to coordinate!



GOLDEN HOURS GAME DAYS

THURSDAY'S 9:00AM - 11:00AM
JOIN US FOR GROUP LED GAME ACTIVITIES SUCH AS CARDS, CHESS, CHECKERS, TRIVIA, OR PUZZLES. GROUP CAN DECIDE WHICH GAMES THEY WANT TO PLAY!

GOLDEN HOURS ARE:
THURSDAY, OCTOBER 1 AT 9:00AM
THURSDAY. OCTOBER 8 AT 9:00AM
THURSDAY, OCTOBER 15 AT 9:00AM
THURSDAY, OCTOBER 22 AT 9:00AM
THURSDAY, OCTOBER 29 AT 9:00AM

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www. elizabethtonseniorcenter.org