Elizabethton Senior Center

November 2026 Newsletter

Elizabethton Senior Center

Brittany Shell
Director
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Elizabethton, TN 37643
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Hours
Mon - Thurs. 8am-3pm
Fri. 8am - 12pm
Sat. -Sun. Closed

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, November 19, 2026**

Friday: 9-10am - Just Keep Movin'- Cardio, Toning, & Strength Building FREE
10am - Let's Play Bingo! Friday,11/13 at 10am & Friday, 11/20 at 10am

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

THANK YOU OUR GENEROUS DONORS

A heartfelt thank-you to this month's donors: Attorney Joshua Hardin, Marybeth & Nathan Billings, Junior & Kathy Wilson, Robert Hardin, and Joanne Sarut. A Special thank you to everyone that donated candy for the Boys & Girls Club Trunk or Treat! Your generosity helps the Elizabethton Senior Center continue providing programs, services, and a welcoming place for our seniors to connect. We are grateful for your kindness and support!

THANK YOU YOGA FARM

Throughout November, Yoga Farm is collecting supplies and monetary donations for the Senior Center! We'll share our supply wish list and Amazon wish list on social media for anyone who would like to help. Supplies are one of our biggest expenses, making these gifts especially meaningful following the loss of county funding. We are grateful to Yoga Farm for thinking of us and supporting the seniors we serve!

COFFEE & CONNECTIONS

Join our BSW intern, Autumn, for a relaxing morning of coffee, pastries, fun icebreakers, conversation, and door prizes! This new monthly group encourages friendships, social connections, and opportunities to learn more about ourselves and others. Your participation also helps Autumn gain valuable social work experience as she learns about the needs of our seniors, explores community resources, and helps connect members with available services. Whether you're new or a familiar face, everyone is welcome! Come enjoy good company while supporting our future social worker! Wednesday, November 18 | 10am to 11am

LUNCH & LEARN WITH THE GREENS IN ERWIN

Join The Greens in Erwin, a skilled nursing facility, for a Lunch & Learn at the Senior Center. **Please sign up in advance to reserve your meal. If you sign up for this lunch, you do not need to sign up for congregate lunch that day.** Please Sign-up by Monday November 16th at the latest.

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, November 5, 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.

NOVEMBER MENU

11/2 Grilled Chicken Casserole; **11/3** Egg Patty w/ Sausage; **11/4** Meatloaf;
11/5 Chunky Chicken Vegetable Soup; **11/6** BBQ Pork Riblet;
11/9 Chicken Fried Steak; **11/10** Chili Dog;
11/11 Senior Center Closed - Veterans Day - No Meals
11/12 Soup Beans; **11/13** Chicken Spaghetti; **11/16** Salisbury Steak;
11/17 Spaghetti & Meatsauce; **11/18** Chicken Pot Pie;
11/19 Breaded Fish w/ Tarter Sauce; **11/20** Beefy Cabbage Soup;
11/23 Oven Fried Chicken; **11/24** Meatballs w/ Marinara & Cheese;
11/25 Turkey & Dressing;
11/26 Senior Center Closed - Happy Thanksgiving - No Meals Served;
11/27 Senior Center Closed - Holiday - No Meals Served;
11/30 Chicken Philly w/ Peppers & Onions;

NOVEMBER FUN FACT: **Did you know wild turkeys can fly? Unlike most domesticated turkeys, wild turkeys can fly short distances at speeds of up to 55 miles per hour!**

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, NOVEMBER 5 AT 9:00AM
THURSDAY. NOVEMBER 12 AT 9:00AM
THURSDAY, NOVEMBER 19 AT 9:00AM

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www. elizabethtonseniorcenter.org