

July



News Notes

Walking

Monday-Friday 8:00-10:00 am
Armstrong Recreation Center
Don't forget to sign in!!

LUNCH PROGRAM

Monday, Wednesday, Friday, 11:15 am
Reservations required in advance
Cost: \$3-Members \$4-Guests

JSC IS LOOKING FOR DRIVERS!!!
IF INTERESTED, PLEASE CONTACT
STAFF
THANK YOU!!



**IT IS TIME TO RENEW
YOUR MEMBERSHIP!!
\$30.00**

**DUE TO THE RISING COSTS OF
GROCERIES AND PAPER
PRODUCTS LUNCH WILL
INCREASE TO \$4.00 AUGUST
1ST**

**MONDAY, JULY 31ST
1:00 P.M.**

FREE!!!

**HANDS-ONLY CPR
CLASS**

Sign up at the desk!!



TECHNOLOGY CLASSES

J-TOWN SENIOR CITIZEN'S CENTER



WHEN: Tuesdays at 12:45pm

My name is Chandler, and I'm here to help! Starting January 3rd I will be teaching hour long classes here at the senior center.

WHERE: <room name>

My name is Chandler, and I'm here to help the 1st and 3rd Tuesday of each month at 1:00 P.M. I will be teaching hour long classes here at the Senior Center in the dining room.

During the first half hour, I'll be discussing a tech-related topic. The rest of the time, I'll give you the chance to ask questions.

Free, tips accepted

JEFFERSONTOWN SENIOR CITIZENS

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267-9112

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