



The Leaf

Living Every Adventure Fully

St. Clair Street Senior Center • 325 St. Clair Street, Murfreesboro, TN 37130



*Dear Harry,
Way to score the big touch-
down in the BIG game!
Best Wishes! Tom Class of '50*

*You are invited to a 50th
High School Reunion as*

Seniors Acting Up present



"REUNION AT MT. SANGUINE"

a play by Doug Stewart

May 10 • 5:00 p.m.

Dinner at 5:00 p.m. Show begins at 6:00 p.m.

May 11 • 1:00 p.m.

Refreshments served at intermission.

Tickets are \$5 each and are on sale now.

Seating is limited so be sure to get you ticket soon!

**Please see page 23 of the newsletter
for a description of the cast and & show.**

*Dear Harry,
Good Luck in the Future!
Hope you don't end up a car salesman.
Ha! Cobrin*

*Dear Harry,
Thanks for all the memories!
Football all the way!
See ya next year!
Sam*



This production was made possible by the ArtAge Senior Resource Center. www.seniorthatre.com or 800-858-4998.

Funded in part by the Greater Nashville Area Agency on Aging and Disability & The United Way.



Linda Burt,
Center Director

FROM THE DIRECTOR'S DESK

The statement is often made that “age is just a number”. This is true and most of the time I can believe that because I am truly young at heart, but when your child reaches the age of your “young at heart” age, then reality sets in. My daughter just had a birthday and I told her she caught up with me. She smiled. We have many “young at heart” participants of various ages at the Senior Center. Your enthusiasm and zest for life is encouraging and is exciting. This is why we have the slogan for the Senior Center—Living Every Adventure Fully. I like what Mae West said, “*You only live once, but if you do it right, once is enough.*”

Meet Your St. Clair Senior Center Commission Members

CANDY JOYCE, VICE-CHAIRPERSON

Mrs. Joyce was born in Nashville, TN. She came to MTSU, graduated in 1978, stayed in Murfreesboro and has held prestigious positions with Rutherford County Chamber of Commerce, Leadership Rutherford, and has served as Executive Director of Middle TN Association of REALTORS, and Executive Vice President of Middle TN Association of REALTORS since 1994. Mrs. Joyce serves on the strategic planning services for local associations, and Professional Standards Administrator, Mediator, and Trainer. She earned her Certified Association Executive (2004); REALTOR Certified Executive (1999); inducted into Almon Smith REALTOR Fellowship Society (2008). Mrs. Joyce has been a member of St. Clair Street since July 2008, and Vice-Chair since 2011.



Spring Dance
Friday, May 17
Music by the Marty Crum Band
Dance from 7:00-10:00 p.m.
Doors open at 6:30 p.m.
For ages 60 and over. Admission \$5 at the door.



THINGS TO DO

PHOTOGRAPHS

How long has it been since you had a professional picture made? Time just slips away and pictures are lasting memories. We have scheduled the week of May 6-10 from 9 a.m. to 11 a.m., for personal pictures to be made. An 8 x 10 photograph will only cost \$10 each. If you would like to have your picture made, please call 848-2550 to reserve a time for your appointment. The photographer will have a background screen that will compliment the picture.

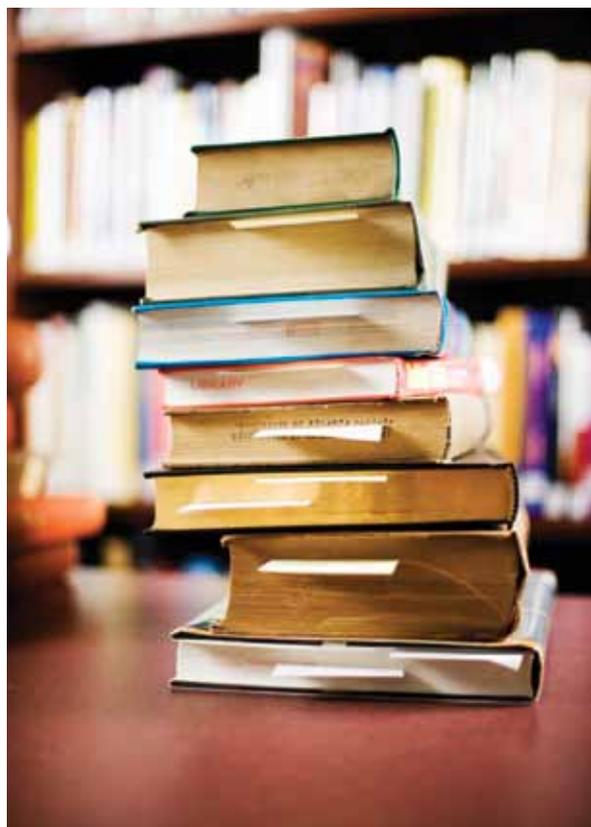
**If you are going to see
“The Lion King” PLEASE READ!
May 18**

- Be sure to eat lunch before you come to the Center.
- Sign in is 11:30 a. m.
- The trip departs at 12:00 noon.
- Watch the movie “*The Lion King*” before the outing and you will understand the performance better.
- Remember that we are eating supper at Hickory Falls **AFTER** the show.
- Snacks can be purchased at intermission.
- No food is allowed in the theatre; drinks are allowed.



TENNESSEE STATE ARCHIVES & LIBRARY TRIP PLANNED

The Genealogy class is taking a trip to the Tennessee State Archives and Library on Saturday June 8, 2013. We'll leave the senior center promptly at 12:00 noon. We'll return around 5:00 p.m. You must pay \$15 by June 4th to go on this outing. Professional Genealogist Sue Cooper is meeting the group and showing you the ropes. Bring a pencil and paper along with your research information. NO pens are allowed in the archives. Limit for this outing is 10. Eat before you go.



*Please READ ME! If you haven't read the Center's refund policy regarding trips and/or classes, please ask for one at the front desk. As well, please read the top of page 16 of this newsletter for information on signing up for classes/events/trips at the Center. If it's marked **NEW!** this month, first sign-up begins on May 1. Thanks!*



BAIRD'S TAPIR DEBUTS at NASHVILLE ZOO!
and we are going to see him on Monday, May 20.

We all know that the Grassmere Zoo in Nashville is the best around and it just got a little better with the addition of the cute little tapir baby born on January 12. Remember that there's lots of walking at the zoo, so be sure to wear comfortable shoes. Bring money for lunch at Norman Couser's Country Cooking. Thanks to **HEALTHSPRING** for sponsoring this free day at the zoo for seniors. The cost is \$5 for transportation and the bus leaves the center at 8:30 a.m. on May 20. Sign up begins May 1 for this wonderful trip!



International Folkfest Dancers from Turkey
Visit the Center in June

TUESDAY, JUNE 11

10:00-11:15 a.m.

**Donations collected at the door
will help support the
Folkloric Society
who brings you these dancers.**

Sign up begins May 1.

Limit 120.

Deadline 6/10

Featuring the folk dance troupe:

**KANDILLI ANATOLIAN HIGH SCHOOL FOR GIRLS
FROM THE NATION OF TURKEY**



Be sure to check out page 16-18 for all of our class, event and trip offerings!



THE SENIOR DISCONNECT: MILLIONS ARE LOSING BILLIONS IN BENEFITS

By Dee Brown, Care Director

According to the most recent census, there are more than 57 million adults aged 60+ living in the United States. Many of these adults are struggling to pay for basic necessities like food, health care, medicine, home energy and other costs.

In 2013, the Federal Poverty Level for an individual is \$11,490 a year, a little more than 9% of adults aged 60+ live below poverty level, and another 9.8% live below 150% of the Federal Poverty Level, earning less than \$17,235 per year. There are approximately 8.4 million seniors and disabled younger adults living in poverty and another 13.5 million living at risk of poverty. Federal and state government have many programs to assist with meeting the basic needs of adequate food, medical care, home energy and others to alleviate the burden on low-income individuals.

Many individuals and families are missing out on these benefits. The reasons are varied: lack of awareness about benefits, perceived complexity of applications, stigma associated with receiving state and federal benefits, and not understanding who may be eligible.

Two valuable resources exist to help remedy this problem: BenefitsCheckUp and the Eldercare Locator. BenefitsCheckUp is a service of the National Council on Aging and is the nation's most comprehensive web-based service offering information on benefits programs, specifically programs for people on Medicare with limited income and re-

sources. The Eldercare Locator is a public service of the U.S. Administration on Aging and connects seniors and caregivers with information about senior services. Millions of seniors, younger adults with disabilities and their families have utilized these tools to help find benefits, yet millions more could gain from these services. In 2011, BenefitsCheckUp screenings identified over \$1.2 billion in benefits that users may be eligible to receive, but are currently not getting. 71% of all BenefitsCheckUp users were missing out on benefits they were potentially eligible to receive; 1/3 of these were already enrolled in one benefit and eligible for, but not receiving another.

The core benefits that are underutilized are:

- Supplemental Nutrition Assistance Program, or SNAP
- Medicare, Medicaid and premium assistance
- Extra Help with Prescription Drug Costs
- Low Income Energy Assistance Program, or LIEAP
- Supplemental Security Income, or SSI

The qualification for most of these programs is income at or near the poverty guideline with little or no savings, but some program qualifications are more generous than others. To see if you or someone you know could be eligible for assistance programs you can go to www.benefitscheckup.org, or call Eldercare Locator at 1-800-677-1116. You can also contact Dee at St. Clair at 848-2550 for assistance with this process.

LEGAL DOCUMENTS

by Attorney Marshall Snyder

Attorney Marshall Snyder will be available on Thursday, May 9th to prepare wills, power of attorney and advance directives at very reasonable prices. If you would like to make an appointment for this service or have questions, please contact Dee at 848-2550.

HANDYMAN SATURDAYS

During the summer months, our Handyman service will be available through the caring and generosity of the New Vision Baptist Church. Their volunteers will assist seniors with small chores such as gutter cleaning, window washing, yard work, etc. You need to contact Dee at 848-2550 to request this service. The months for service this year are April, June, August and October and services requests are handled on a first-come, first-served basis.

BE ON THE ALERT FOR SCAMS! Please be aware that Medicare beneficiaries all across the nation are being contacted by scammers. They claim to be from Medicare or Social Security in order to get access to your private information. In one such scam, individuals are told that they are among the first Americans selected to receive health insurance cards as part of the Affordable Care Act. There are no insurance cards associated with the Affordable Care Act! A similar scam that is all too familiar is one in which the person claiming to be a federal employee states that personal information is needed in order to send out a new Medicare card. New Medicare cards are not being mailed out! In 2012, 83,000 complaints were filed with the Federal Trade Commission about these "imposter scams." This number is up 12% from the previous year. Just imagine how many of these calls go unreported! You can report these calls by calling the Federal Trade Commission at 877-382-4357. Just keep in mind no matter what the person on the other end of the line may say; if they start asking for personal information, just hang up. No one from the federal government is ever going to call you and ask for any kind of personal information.

Recently another scam that has reached local residents is this: someone will call claiming to be from the federal government and tell that you have been selected to receive a grant of \$8,000. They say you have been selected because you do not have a criminal record or have never filed bankruptcy. Surprise...all they need is your saving or checking account information so they can deposit the check! The federal government will never ask you for your banking account information.



10 SIGNS IT MAY BE TIME TO FIRE YOUR DOCTOR

By Lynne M. Graves, RN

1. You have lost confidence in your doctor's ability. If you have serious doubt of a physician's competence, you should look for another one.
2. Your doctor is not on staff at a hospital and without admitting rights at any hospital your physician would not be allowed to look at your chart or be involved in your care.
3. Your doctor is not board certified in his or her area of specialty. Board certification is no guarantee that your doctor will practice high quality, cost-effective care but the physician has provided evidence that he or she has keep current with new developments in their specialty area.
4. The doctor does not value your input. You should be able to raise questions of concern and ask about things you have read or heard. If your doctor is condescending or makes you feel foolish, it's not a healthy partnership. Also, your doctor should encourage you and your family members to be involved when you have been diagnosed with a chronic illness.
5. The doctor keeps you in the dark about prescriptions. When you are prescribed with a new medication your doctor should explain why you need it and discuss potential side effects. Your physician should keep a legible, up-to-date record of all of your medications. If cost is an issue for you, he or she should be sensitive to that and use generics whenever possible.
6. The doctor doesn't coordinate well with other physicians. If you see multiple physicians, they should coordinate with each other. On the other hand your physician may be too quick to order diagnostic work by a specialist each time you mention a new symptom. Also, your doctor should not become angry or defensive if you request a second opinion.
7. The office is disorganized. Test results are difficult to obtain. Telephone calls are not returned promptly. It takes three phone calls to get a prescription refilled. Insurance forms are incorrect or late. Referral notes to consultants are unintelligible. It's hard to get an appointment. When you finally get one, you're always stuck in the waiting room for at least an hour and cooped up in the exam room for another 30 minutes before you see the doctor.
8. There are too many gatekeepers. Ancillary clinicians, such as a physician's assistant, nurse practitioner or covering physician are an important part of the healthcare team. But if you rarely see your own doctor that is a bad sign.
9. Your doctor is behind the times. Before you start a new course of study your doctor should say something like "the latest studies show" or "recent guidelines suggest." This is called evidence-based medicine. During a check-up your doctor should make sure you are receiving all age appropriate screening procedures such as colonoscopy or mammogram.
10. The doctor does not offer the amenities you need. Sanitary protocols, like whether doctors wash their hands or use alcohol gel before touching you or waiting room décor is relatively unimportant. But if you have a busy schedule, the location of the office and the availability of extended hours might matter. Another deal breaker for some folks is a physician who does not accept your insurance plan or charges more than the going rate. Some people like to be able to make an appointment online or log onto a secure web site to review electronic medical records. And a doctor who answers e-mail offers the ultimate access.

Reprinted from an article by Deborah Jacobs, Forbes staff.

TENNESSEE TECHNOLOGY CENTER FIELD TRIP IN MAY

Wednesday, May 8 at 9:00 a.m. Annual fee of \$5.00

NEW SERVICES: Shampoo & Set \$6.00 • Nails \$8.00 • Haircut \$6.00 • Non-medical foot care \$5.00

Bus Leaves Center at **9:30 a.m.** If you would like to travel on your own please call 898-8010 ext. 118 to schedule an appointment for another day other than the field trip. Registration required for field trip **ONLY** at the Nursing Station.



FOR A HEALTHY YOU!

NEUROPATHIC PAIN IN OLDER ADULTS

Neuropathic pain is a chronic type of pain that affects the nervous system. Age alone does not predispose you to nerve pain. It is other conditions that you may have that can increase your risk. The Journal of the American Geriatrics Society suggests that Diabetes, HIV/AIDS, cancer and certain chemotherapy agents, herpes zoster, multiple sclerosis and nutritional deficiencies such as B-12 deficiency can all cause neuropathic pain. Shingles is another condition that can cause nerve pain in older adults, which is why it is important to get vaccinated.

The symptoms of neuropathic pain include:

- Pins and needles
- An electric –shock -like feeling
- A stabbing pain, like a spike being driven into your hand or foot
- Pain that feels like you are walking on broken glass
- Burning pain
- Tingling and/or numbness

Unfortunately, there is no cure for nerve damage, so treatment involves managing the symptoms. Treatment makes the pain tolerable but it does not eliminate it. Medications used to treat depression and seizures are often prescribed for this type of pain. With nerve pain some people find it difficult to sleep, have trouble concentrating, become isolated, no longer take part in hobbies or other activities that they used to enjoy and can feel hopeless and depressed. Talk to your doctor about establishing a pain management program that can help stop your pain from ruining your life.

UPCOMING EVENTS FOR THE NOD PROGRAM

ASK THE DOCTOR with **Dr. Warren Clayton, Endocrinologist** will be on **Friday, May 3rd from 1:00-2:00 p.m.** Dr. Clayton will discuss diabetes, thyroid disease and other disorders pertaining to the endocrine system. Registration is required and healthy food will be served.

DIABETES & ME program presents **Quinn Raines, RN** owner of **Warm Springs Wellness Center** on **Thursday, May 9th from 1:00 – 2:00 p.m.** Her topic will be about digestive problems and constipation. Ms. Raines will also discuss digestive enzymes and how they enhance our digestion for a healthier life. Some of the other services provided at the Wellness Center include Acupuncture, Colon Hydrotherapy and Detoxifying Mud Therapy. Registration is required. Refreshments will be served.

COFFEE, TEA AND LYNNE will host **Cooking with Carol** instructor **Carol Burnett, RN** on **Wednesday, May 15th from 9:00 -10:30 a.m.** The topic will be “**Nutrition: Ways to Cook at Home and Prepare Healthy Meals.**” Carol will prepare some early morning gluten-free food for participants. Registration is required.

Snapshots
from
DR. MING WANG'S
Visit
in
MARCH





SUPPORT GROUPS AT ST. CLAIR

PARKINSON SUPPORT GROUP meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson’s disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact person is Dee Brown.

DIABETIC SUPPORT GROUP meets every fourth Thursday from 1:00–2:00 p.m. (excluding major holidays). This is a group for individuals who have diabetes, caregivers of diabetics and people who want to learn more about diabetes.

LABOR OF LOVE CAREGIVER SUPPORT GROUP meets on May 24 at 12:00 noon for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer’s, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 for more information. Please be sure to tell others who may benefit from this group.

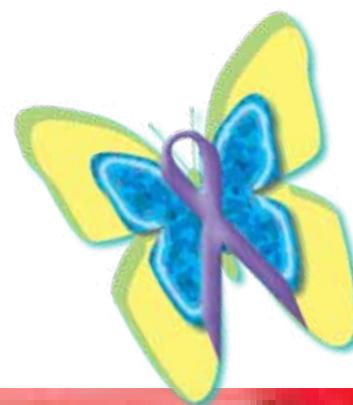
MENTAL HEALTH AMERICA PRESENTS

JUST THE FACTS: PREPARING ALZHEIMER’S CAREGIVERS

The four week class meets on Thursdays from 2:00-3:30 p.m.

beginning on Thursday, May 2 AT THE SENIOR CENTER. The class ends on May 23.

To register, please call Cindi Thomas, Caregiver Coordinator at 848-2550.



WHO IS THIS PERSON?

Let's see how well you know your fellow Senior Center Participants.

Is this . . .

1. Kenneth Peacock
2. Stan Long
3. PJ Heffernan
4. Robert Allen

Stop by the Nurse on Duty's office to see if you are right!

Below are some commonly used acronyms that may appear in the newsletter.

MPRD = Murfreesboro Parks & Recreation Department
SCSSC = St... Clair Street Senior Center
MCHRA = MidCumberland Human Resource Agency

ADS = Adult Day Service
NOD = Nurse on Duty
CCP = Cumberland Co. Playhouse



May is Older Americans Month 2013

By Cindi Thomas,

Caregiver Information Coordinator

When Older Americans Month was established in 1963, about a third of older Americans lived in poverty and there were few programs to meet their needs. In April of 1963, due to his concern for the elderly, President John F. Kennedy met with the National Council of Senior Citizens and designated May as “Senior Citizens Month” to call attention to the needs of the older generation.

In 1980 President Jimmy Carter renamed May as “Older Americans Month,” and has become a tradition each year.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pays tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

This year’s Older Americans Month theme “Unleash the Power of Age!” emphasizes the important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society. Older Americans Month celebrations will acknowledge the value that older adults continue to bring to our communities by making an effort to applaud recent achievements of local elders and inviting them to share the activities they do to unleash the power of age.

Older Americans Month is a great opportunity to show opportunities for elders to

come together and share their experiences with one another, as well as with individuals of other generations. To learn more about activities and events for older adults locate a senior center nearest you. St. Clair Street Senior Center provides a place for socialization, health promotion and learning. But more than that, Senior Centers are a gateway to fun, friends and fulfillment! May is the perfect month to start an exercise program. It’s time to get outside and enjoy the warmer weather. In addition to exercise, did you know that volunteering can also improve your physical and mental health? Enjoy greater life satisfaction while staying connected with your community. The St. Clair Senior Center has many wonderful volunteer opportunities available. Your loved ones will cherish your accomplishments, which can also provide guidance for them in their own lives. Tell them of your life experiences. Often times these are the stories that will live on as your legacy. Share your knowledge and wisdom with them.



Spring is in the Air

As spring approaches, the young and old alike look forward to the warm weather and sense of a fresh new beginning that spring brings. Let’s take time to enjoy a new beginning together.

Spring is right around the corner and you’re not the only one who has cabin fever. If you’re a caregiver caring for an aging loved one, you know how depressing it can be when you’re trapped inside all winter. It’s important to take advantage of the warm weather and spend some quality time with your aging loved one.

Get involved with Gardening:

Your aging loved one may have enjoyed gardening in the past and now regrets not being able to tend to the garden because of age related issues. Find a way to keep your loved one involved in the process. A trip to the local nursery will allow them to participate in the selection of the plants and flowers that will be planted in their garden. Select plants that will grow tall so your loved one can tend to them easily when standing. An indoor herb garden may also be an alternative.

Check out the Springtime Scenery:

Take your loved one out for a drive or a walk. It’s the perfect time of year to enjoy the flowering trees and spring flowers. You might even consider picking flowers and making a flower arrangement together. Remember to stay hydrated and take breaks for water and rest if you’re going for a walk.

Take in the Fresh Air:

Sit outside and drink some iced tea, while reminiscing. This is a great idea if it’s difficult for your aging loved one to get in the car and go places. Even if you have to sit on the front porch, at least you have the ability to enjoy the fresh air together and soak in the sun. It’s important to remember sun screen if you’re sitting in direct sun.





BECAUSE WE CARE

LUNCH & LEARN

May 16 • 11:30 a.m.-1:00 p.m.

Dr. Ravi Singh will be our guest. Dr. Singh will present a program about depression and behavior. Sponsored by Trust Point Hospital. A light lunch will be provided. Reservations are required by May 6.

LABOR OF LOVE CAREGIVER SUPPORT GROUP

May 24 • 12:00 n -1:00 p.m.

The caregiver support group is for relatives of the elderly that have a chronic illness, dementia or Alzheimer's disease. A light lunch is provided. Please contact Cindi Thomas, Caregiver Information Coordinator, at 848-2550 if you plan on attending.



MEMORY CAFÉ IN MURFREESBORO

(Meets every third Monday of the month)

The Memory Café provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh, and experience friendship.

The Memory Café is scheduled for Monday, May 20th at **Through the Grapevine** restaurant, 630 Broadmor Blvd., Suite 190, from 1:00-2:00 p.m. Dessert, coffee, and iced tea will be served.

Please RSVP to Cindi Thomas at 848-2550 or Tina O'Brien via email: eldersfirst@dtccom.net

FALL TRIP TO LANCASTER, PA



FALL is a beautiful time of the year to take a trip to Lancaster, PA. The scheduled trip is October 28 through November 2. The cost is \$465 per person for double occupancy; \$615 for a single room. The trip includes motor-coach transportation, 5 nights lodging, 8 meals, a show called "Noah", guided tour of Lancaster including Amish country, visit Kitchen Kettle Village, Mennonite Information Center, Valley Museum and Village. Sign up begins **JUNE 3** on sign-up day. A \$75 deposit is required to sign up and the balance will be due in August.





REGULAR EVENTS

BINGO AT ST. CLAIR
 Bingo (*for fun*) is played on Tuesdays & Thursdays at 10:30 a.m. No registration required. Donations accepted. Check out the monthly calendar for bingo callers & schedule changes!

POOL AT THE CENTER
(not swimming, billiards!)
 The pool room is open whenever the Center is open for free play. Pool Tournaments are held monthly for women, men and coed & require sign up prior to participating. Sign up sheets are in the pool room on the information board. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

SATURDAYS AT ST. CLAIR
 Open from 12:30-3:30 p.m. (most Saturdays)
 While there are usually no structured activities the facility is available for: *Pickup card games like Canasta & Texas Hold'em, library, fitness room, walking trail & pool.* Occasionally special events & activities are planned on Saturdays. Check the monthly calendar & the class/event & trip section for those activities.

CANASTA & CHICKEN FOOT
 Games are played daily whenever players get together. Most days it's just a group of people getting together and playing. Some groups have been playing together for a long time. If you are interested in playing, just stop by and introduce yourself and inquire about joining the fun!

STAINED GLASS WITH FIONA
 Meets on Tuesdays & Thursdays at 9:00 a.m. and is instructed by Fiona Dowd. Class fee is \$30 (1 day a week) or \$60 (2 days a week) for the month and covers instruction & supplies. Stained Glass is an ongoing class. Newcomers welcome. Fee must be paid at the beginning of each month.

BALLROOM DANCE CLASS
Taught by Deborah Sullivan • Meets Tuesdays at 3:15 p.m.
 Please check the monthly calendar for changes in the schedule. The fee for the class is **\$15.00** per person per month. Partners encouraged.

“LOOMY” BIRDS & JEWELRY MAKING
with Marlane & MPRD
 Marlane is taking a break from Loomy Birds and Jewelry Making for the summer.

SENIORS ACTING UP!
 Meets Thursdays at 1:00 p.m. Always wanted to act? Seniors Acting Up! is the Center's drama group. After picking and planning the show, the group rehearses, builds sets and hones their performances. The shows are usually on Friday nights. If you are interested in joining please speak to Linda Burt, Center Director.

AFTERNOONS IN THE LOWER DINING ROOM

CORN HOLE on Mondays at 1:00 p.m.

What is cornhole? How do I play?
 Stop by on Monday and find out.

“OPEN PLAY” on Tuesdays at 1:00 p.m.

We all need a little “play” in our lives. It keeps us young in body, mind and spirit. The lower dining room is yours for the afternoon to play anything you want. Check out the Wii system, practice your cornhole tossing, or why not challenge your friends to a game of Ping Pong? Whatever you choose make it FUN!

“CLUB KARAOKE” on Wednesdays at 1:00 p.m.

Join in for singing fun or just come to watch!
 Bring your friends.

THE JAM SESSION on Thursdays at 1:00 p.m.

Do you play a musical instrument or enjoy just listening? Then make plans to join this group of talented musicians who get together and “jam.” Stop by to listen or to play.

WII BOWLING LEAGUE on Fridays at 1:00 p.m.

See Lisa Foster for more information.

CERAMICS WITH JO ANN
 Meets on Wednesdays at 1:00 p.m. The Ceramics class is taught by Jo Ann Shreve. Pieces vary in price and are paid for the day you begin them. All supplies are furnished.

SPANISH I & II
 Meets Tuesdays at 1:00 (II) & 2:15 (I) p.m. Classes taught by Cynthia Borzick. The classes are ongoing and the fee is \$20 each month you take the class.

ST. CLAIR SINGING SENIORS
 Meets Mondays at 1:30 p.m. Join our ensemble of vocally talented individuals who rehearse and then perform in the community and at the Center throughout the year. If you are interested in joining please speak to Linda Burt, Center Director.



MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Canasta & Chicken Foot is played at the Center on a regular basis.</p> <p>For Dance & Fitness classes and practice times, please see the Health & Fitness calendar on page 14.</p>	<p>COMING SOON! Saturday, June 29 JUNE DANCE Music by Debbi Bailes Trio \$5 at the door. Doors open at 6:30 p.m. For ages 60+. Dance from 7:00-10:00 p.m. Sponsored by SCSSC & the Classics.</p>	<p>1 DEADLINE 5/6 CRAFT CLASS DEADLINE 5/7 PIANO CLASS 8:00 a.m. Sign in for Sign-up Day Begins 9:00 a.m. Easy Bridge 9:30 a.m. Sign in for Sign-up Day Ends 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>6 DEADLINE 5/8 BOB ROSS CLASS DEADLINE 5/16 LUNCH & LEARN 9:30 a.m. Clowns to TN Veteran's Home 9:30 a.m. Roberson Bridge 10:00 a.m. Murfreesboro Duplicate Bridge 12:15 p.m. Sign Language 12:30 p.m. Corn Hole 1:00 p.m. Crafts with Marlane "Gallery Glass" 1:30 p.m. Singing Seniors</p>	<p>7 8:30 a.m. MOVING DAY! WITH MPRD 9:00 a.m. Stained Glass with Fiona 9:00 a.m. Pinochle 10:00 a.m. Beginning Piano for Pleasure 10:00 a.m. Quilting 12:30 p.m. Open Play 1:00 p.m. Knit & Crochet Group 1:00 p.m. Spanish 2 1:00 p.m. Crochet Group 2:00 p.m. Intermediate Line Dance 2:15 p.m. Spanish 1</p>	<p>8 DEADLINE 5/9 DIABETES & ME 8:45 a.m. Iris City Gardens Trip 9:00 a.m. Bob Ross Class "Floral" 9:00 a.m. Easy Bridge 9:30 a.m. Tennessee Technology Ctr. Field Trip 10:00 a.m. Program Committee Meeting 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>13 9:00 a.m. Co-ed Pool Tournament 9:00 a.m. St. Rose Bridge Club 9:30 a.m. Roberson Bridge 10:00 a.m. PUT PAIN IN ITS PLACE 10:00 a.m. FCE Better Living Club 10:00 a.m. Murfreesboro Duplicate Bridge 12:15 p.m. Sign Language 12:30 p.m. Corn Hole 1:30 p.m. Singing Seniors</p>	<p>14 9:00 a.m. Stained Glass with Fiona 9:00 a.m. Pinochle 9:30 a.m. Spring Fling on the General Jackson 10:00 a.m. Beginning Piano for Pleasure 10:00 a.m. Quilting 10:30 a.m. Bingo with Murfreesboro Funeral Home 12:30 p.m. Open Play 1:00 p.m. Seasoned Citizens 1:00 p.m. Knit & Crochet Group 1:00 p.m. Spanish 1:00 p.m. Crochet Group 2:15 p.m. Spanish 1</p>	<p>15 9:00 a.m. Coffee, Tea & Lynne "Nutrition" 9:00 a.m. Easy Bridge 9:30 a.m. Spring Fling on the General Jackson 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>20 8:30 a.m. Senior Day at the Nashville Zoo 9:00 a.m. Mixed Media Class with Karen 9:00 a.m. Ladies Pool Tournament 9:30 a.m. Roberson Bridge 10:00 a.m. Murfreesboro Duplicate Bridge 12:15 p.m. Sign Language 12:30 p.m. Corn Hole 1:30 p.m. Singing Seniors</p>	<p>21 8:30 a.m. Milky Way Farm Trip 9:00 a.m. Men's Pool Tournament 9:00 a.m. Stained Glass with Fiona 9:00 a.m. Pinochle 10:00 a.m. Beginning Piano for Pleasure 10:00 a.m. Quilting 10:30 a.m. Bingo with Creekside Assisted Living 12:30 p.m. Open Play 12:30 p.m. AARP Board Meeting 1:00 p.m. Knit & Crochet Group 1:00 p.m. Spanish 2 1:00 p.m. Crochet Group 2:00 p.m. AARP Chapter Meeting 2:00 p.m. Intermediate Line Dance 2:15 p.m. Spanish 1</p>	<p>22 8:00 a.m. Harrah's Trip Departs from City Hall Parking Garage: Lower Level 9:00 a.m. Easy Bridge 10:00 a.m. MYSTERY LUNCH TRIP! 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>27</p> 	<p>28 DEADLINE 5/30 CHICKS TO MONELL'S 9:00 a.m. Stained Glass with Fiona 9:00 a.m. Pinochle 10:00 a.m. New Volunteer Orientation 10:00 a.m. Beginning Piano for Pleasure 10:00 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Quilting 10:30 a.m. Bingo with Ethel 12:30 p.m. Open Play 1:00 p.m. Healthy Cooking with Carol 1:00 p.m. Seasoned Citizens 1:00 p.m. Knit & Crochet Group 1:00 p.m. Spanish 2 1:00 p.m. Crochet Group 2:15 p.m. Spanish 1</p>	<p>29 9:00 a.m. Bob Ross Class "The Rapids" 9:00 a.m. Easy Bridge 11:30 a.m. POOL PLAYERS POTLUCK 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann 4:30 p.m. Steve Martin & the Canyon Rangers at the Schermerhorn Symphony Center</p>



OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>2 9:00 a.m. LEGAL WORKSHOP WITH MARSHALL SNYDER 9:00 a.m. Stained Glass with Fiona 9:30 a.m. "Les Mis" Cumberland Co. Playhouse 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Ethel 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 2:00 p.m. JUST THE FACTS PREPARING ALZHEIMER'S CAREGIVERS</p>	<p>3 DEADLINE 5/8 IRIS CITY GARDEN TRIP DEADLINE 5/8 TN TECHNOLOGY CTR TRIP DEADLINE 5/9 BELLES TRIP DEADLINE 5/21 MILKY WAY FARM TRIP DEADLINE 5/22 HARRAH'S TRIP DEADLINE 6/13 SOUND OF MUSIC TRIP DEADLINE 6/20 CHAFFIN'S BARN TRIP DEADLINE 6/20 VINCE GILL AT THE RYMAN TRIP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Ask the Doctor "Endocrine System" 1:00 p.m. Wii Bowling League</p>	<p>4 8:00 a.m. Xtreme Adventure: Horseback Riding & Games at Cedars of Lebanon State Park 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers CANCELLED</p>
<p>9 DEADLINE 4/13 PUT PAIN IN ITS PLACE 8:45 a.m. Belles to Short Mountain Distillery 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Jim 12:30 p.m. Party Bridge 1:00 p.m. Diabetes & Me "Digestive Health" 1:00 p.m. Music Jam Session 2:00 p.m. JUST THE FACTS PREPARING ALZHEIMER'S CAREGIVERS</p>	<p>10 DEADLINE 5/15 COFFEE, TEA & LYNNE DEADLINE 5/18 GENEALOGY CLASS 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League 5:00 p.m. Seniors Acting Up present "Reunion at Mt. Sanguine" show starts at 6:00 p.m.</p>	<p>5 Happy Cinco De Mayo!</p>
<p>16 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Broadmore Assisted Living 11:30 a.m. Lunch & Learn "Depression" 12:30 p.m. Party Bridge 1:00 p.m. Sketching Class 1:00 p.m. Music Jam Session 2:00 p.m. JUST THE FACTS PREPARING ALZHEIMER'S CAREGIVERS</p>	<p>17 DEADLINE 5/22 MYSTERY LUNCH TRIP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n RCCOA Meeting with guest Judy Homan "Senior Issues" 1:00 p.m. Wii Bowling League</p>	<p>11 12:30 p.m. Center Open 1:00 p.m. Seniors Acting Up present "Reunion at Mt. Sanguine" 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>23 DEADLINE 5/28 VOLUNTEER ORIENTATION 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge 1:00 p.m. Diabetic Support Group 1:00 p.m. Sketching Class 1:00 p.m. Music Jam Session 2:00 p.m. JUST THE FACTS PREPARING ALZHEIMERS CAREGIVERS</p>	<p>24 DEADLINE 5/28 COOKING WITH CAROL DEADLINE 5/29 BOB ROSS CLASS DEADLINE 6/4 TN AQUARIUM TRIP 9:00 a.m. Morning Chat with an Officer "Are You Doing the Right Thing?" 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 1:00 p.m. Happy Clown Class 1:00 p.m. Wii Bowling League</p>	<p>12 Happy Mother's Day!</p>
<p>30 DEADLINE 6/6 BELLES TO TRACY CITY 9:00 a.m. Stained Glass CANCELLED 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:15 a.m. St. Clair Chicks to Monell's 10:30 a.m. Bingo with Jim 12:30 p.m. Party Bridge 1:00 p.m. Sketching Class 1:00 p.m. Music Jam Session</p>	<p>31 DEADLINE 6/14 QUILT SHOW TRIP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League</p>	<p>18 12:00 n "The Lion King" at TPAC 12:30 p.m. Center Open 1:00 p.m. Genealogy Class 1:00 p.m. Knit & Crochet Group 1:30 p.m. Parkinson's Support Group 7:30 p.m. Tennessee Walkers Red, White & Blue Dance</p>
		<p>19 Today is Peace Day!</p>
		<p>25 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Square Dance</p>
		<p>26 Today is Blueberry Cheesecake Day!</p>
		<p>Spades? Anyone? Anyone? The spades group that meets on Wednesdays at 1:00 p.m. is in need of some players. If you want to play stop by the card room. Want to learn how to play? The group will be giving lessons beginning in May and/or June.</p>



HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS
<p>GREENWAY 8:00 a.m. Walking Saints EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Intermediate Tap Dance 11:30 a.m.-12:30 p.m. Open Gym 12:30 p.m. Go4Life 1:30-4:15 p.m. Open Gym LOWER DINING ROOM 9:15 a.m. Yoga with Dot 10:30 a.m. Line Dance Practice/Delia NURSE STATION 9:30 a.m. Blood Pressure Clinic UPPER DINING ROOM 2:00 p.m. Line Dance Practice/Phyllis</p>	<p>EXERCISE ROOM 8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength 11:30 a.m.-4:15 p.m. Open Gym LOWER DINING ROOM 8:15 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia NURSE STATION 9:30 a.m. Walk with Ease UPPER DINING ROOM 1:00 p.m. Beg. Line Dance Practice/Phyllis (2nd & 4th Tuesdays only) 2:00 p.m. Intermediate Line Dance with Homer (1st, 3rd & 5th Tuesdays only) 3:15 p.m. Ballroom Dance Class</p>	<p>GREENWAY 8:00 a.m. Walking Saints EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Beginning Tap Dance 11:30 a.m.-12:30 p.m. Open Gym 12:30 p.m. Go4Life 1:30-4:15 p.m. Open Gym LOWER DINING ROOM 9:15 a.m. Yoga with Dot NURSE STATION 9:15 a.m. Walk with Ease</p>
THURSDAYS	FRIDAYS	PARTICIPANTS PLEASE READ!
<p>EXERCISE ROOM 8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength 11:30 a.m.-4:15 p.m. Open Gym LOWER DINING ROOM 8:15 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia NURSE STATION 9:30 a.m. Walk with Ease</p>	<p>EXERCISE ROOM 8:15 a.m. Exercise on Fridays 9:15 a.m.-12:30 p.m. Open Gym 12:30 p.m. Go4Life 1:30-4:15 p.m. Open Gym LOWER DINING ROOM 9:15 a.m. Yoga with Dot NURSE STATION 9:15 a.m. Walk with Ease UPPER DINING ROOM 2:00 p.m. Line Dance Practice/Rebecca</p> <p>Please see below or the class/event page for a description of the classes and any fees involved.</p>	<p>PARTICIPANTS PLEASE READ!</p> <p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</p> <p>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</p>

SENIOR FIT with MARK

Senior Fit with Mark, a personal trainer, emphasizes gentle aerobic work and hand weights. Join Mark for a great way to stay in shape!

YOGA WITH DOT

The fee is \$10 per month payable when you join the class or within the first week of the month if you are a regular. Mats are provided, but feel free to bring your own. Dress in comfortable clothes that you can move around in. Please feel free to stop in and talk to instructor, Dot Balliet, regarding the level of fitness required to join this class.

ZUMBA® GOLD

Join the fitness revolution! Zumba offers a safe and effective total body workout for seniors with any ability level and all the while maintaining a party atmosphere that is different, fun and easy to follow. Dance to the music and move to the rhythms of salsa, merengue, tango, rumba and the cha-cha. Be sure to wear comfortable clothing. The fee is \$20 per month.

ZUMBA® GOLD TONING

Zumba® Gold Toning offers the best of both worlds — the exhilarating experience of a Zumba® class with the benefits of safe-and-effective strength training. It's an easy-to-follow,

health-boosting dance-fitness program. This class moves at a slower pace than a regular Zumba® class. Through lightweight resistance training and fun music, Zumba® Gold Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. Classes are \$20 per month. **ZUMBA® DISCOUNT!** A discount is given those who take both Zumba Toning and Zumba Gold during a month. The discounted price is \$35 (versus \$20 per class). To take advantage of this price, the student must sign up for both at the same time.

EXERCISE with MARJORIE/MPRD

CORE STRENGTH: You may be wondering what exactly is core strength and why should you worry about it? One reason is that all of our movements are powered by the torso—the abs and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more. The torso is the body's center of power, so the stronger you are in that area, the easier your life will be.

SENIOR STRENGTH: This 40-minute class consists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and sitting positions.

DANCERCISE: Get up & get moving! This class combines easy-to-follow movements with high-energy music to give you a fun, heart-healthy experience. Marjorie's fitness classes are geared toward improving and maintaining senior fitness. Marjorie Miller comes to us from Sports*Com with MPRD. Her classes are free and there is no registration to attend.

LET'S DANCE!

All the dance classes and dance practices at the Center are listed in the calendar above. There is no cost to participate in the line dance practices. Please note: those "practices" may be cancelled from time to time and the changes will not be listed on the calendar. Classes that require a fee to participate are:

- Intermediate Tap Class - \$15/month
- Ballroom Dance Class - \$15/month
- Beginning Tap Class - \$15/month
- Intermediate Line Dance - \$5/quarter

WALKING SAINTS

The Walking Saints meet at 8:00 a.m. at the Greenway to walk on Monday (Old Fort) and Wednesday (Cason Lane) mornings.



CLASSES & EVENTS

SIGN-UP DAY INFORMATION Sign-up day is on the first business day of the month. Sign in for sign-up day begins at 8:00 a.m. and the last chance to sign in is at 9:30 a.m. Participants who want the best chance of securing a reservation for a **NEW!** Trip/activity/class should make plans to attend. The Center feels this is the fairest way to ensure that everyone gets a chance at signing up for the activity he/she may want.

Sign up is handled on a first-come/first-serve basis. When you enter, you will put your name on the list as names will be called in that order. Not all activities fill up during sign-up day and you will then be able to sign up at the reception desk. If the trip/activity that you want fills up, be sure to put your name on the wait list. We will call from the wait list to fill vacancies due to cancellations.

Sign-up day is **WEDNESDAY, MAY 1**

Wednesdays & Fridays Begins MAY 1 9:15-10:15 a.m.	WALK WITH EASE Gentle walking class to get your body moving. Meets on Wednesdays and Fridays in May (5/1, 3, 8, 10, 15, 17, 22, 24, 29 & 31.)	NO FEE Limit 10 No Deadline
THURSDAY MAY 2 9:00-10:30 a.m.	LEGAL WORKSHOP Attorney Marshall Snyder will speak to us about wills, advance directives and power of attorney documents. This workshop is offered each year and is a great opportunity to get helpful information.	NO FEE Limit 75 No Deadline
Tuesdays & Thursdays Begins MAY 2 9:30-10:30 a.m.	WALK WITH EASE Class meets for a 60-90 minute session. Nurse Lynne Graves instructs the class on the benefits of walking. Stretching and walking will be inside the Center and outside when weather permits. Meets on Tuesdays and Thursdays in May (5/2, 7, 9, 14, 16, 21, 23, 28, & 30.)	NO FEE Limit 10 No Deadline
FRIDAY MAY 3 1:00-2:00 p.m.	ASK THE DOCTOR "DIABETES & THYROID DISEASE" Dr. Warren Clayton is an endocrinologist. He will speak about diabetes, thyroid disease, the glands of the endocrine system and how they affect our bodies.	NO FEE Limit 50 Deadline 5/3
MONDAY MAY 6 1:00-4:00 p.m.	CRAFTS WITH MARLANE "GALLERY GLASS" Please bring a frame with glass. Cosponsored by MPRD & SCSSC.	NO FEE Limit 15 Deadline 5/1
TUESDAY MAY 7 9:00 a.m.-1:00 p.m.	MOVING DAY! Rev up your brain and body! Everyone who signs up will get lunch from MCHRA. Door prizes. Cosponsored by SCSSC, MPRD & MCHRA.	NO FEE Limit 100 No Deadline
TUESDAYS IN MAY & JUNE BEGINS MAY 7 10:00-11:00 a.m.	BEGINNING 1 PIANO FOR PLEASURE Learn to play the piano the fun way with instructor Jane McNulty. Classes are 5/7, 14, 21, 28, 6/4, 11, 18 & 25.	CLASS FEE \$100 Minimum of 6 Deadline 5/1
WEDNESDAY MAY 8 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "FLORAL" Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.	CLASS FEE \$20 Limit 12 Deadline 5/6
THURSDAY MAY 9 1:00-2:00 p.m.	NEW! DIABETES & ME "OPTIMAL DIGESTIVE HEALTH" Quinn Raines, RN, will speak on optimal digestive health and how to prevent constipation. Information will be given about acupuncture, colon hydrotherapy and other services at the Wellness Center.	NO FEE Limit 50 Deadline 5/8
MONDAY MAY 13 10:00-11:30 a.m.	PUT PAIN IN ITS PLACE "Put Pain in its Place" is a 10-minute class about arthritis pain management. CANCELLED	NO FEE Limit 25 Deadline 5/9
WEDNESDAY MAY 15 9:00-10:30 a.m.	NEW! COFFEE, TEA & LYNNE "NUTRITION & HEALTHY EATING" Discussion on nutrition and the importance of healthy eating. Carol Burnett will do a cooking demonstration on gluten-free meals.	NO FEE Limit 25 Deadline 5/10
THURSDAY MAY 16 11:30 a.m.-1:00 p.m.	NEW! LUNCH & LEARN "DEPRESSION" With guest speaker, Ravi Singh. Lunch provided by Trust Point Hospital.	NO FEE Limit 50 Deadline 5/6
THURSDAYS BEGINS MAY 16 1:00-2:30 p.m.	NEW! SKETCHING CLASS WITH BILL BICKFORD This 5-week class is for beginners or anyone who wants to improve their sketching skills. Please plan to attend all 5 classes. If you took the class in March, you cannot sign up for this class.	NO FEE Limit 12 Deadline 5/14
SATURDAY MAY 18 1:00-3:00 p.m.	GENEALOGY CLASS Fee and sign up must be completed before the first day of class. Students will learn how to conduct research at www.familysearch.org , the LDS web site, and other sites.	CLASS FEE \$15 Limit 12 Deadline 5/17
MONDAY MAY 20 9:00 a.m.-2:00 p.m.	NEW! MIXED MEDIA ART CLASS WITH KAREN BRACKMAN Pen and ink over colored gesso canvas. Bring a small canvas covered in colored gesso, small brushes and gel pens.	CLASS FEE \$15 Limit 15 No Deadline



MORE CLASSES

Sign up day is **Wednesday, May 1**. All of the following events require pre-registration either on sign up day or at the front desk prior to the event. Please note deadlines, participant limits and any costs involved. If you sign up for an activity but cannot attend, **please call to cancel your reservations** so we may call someone from the wait list.

THURSDAY MAY 23 1:00-2:00 p.m.	NEW! DIABETES & ME! SUPPORT GROUP <i>Open to all who want to learn more about diabetes.</i>	NO FEE Limit 40 No Deadline
FRIDAY MAY 24 9:00-10:15 a.m.	NEW! MORNING CHAT WITH AN OFFICER "ARE YOU SURE YOU ARE DOING THE RIGHT THING" <i>Being aware of your surroundings in everyday life - at home, vacation or shopping. Refreshments provided by Adams Place.</i>	NO FEE Limit 50 No Deadline
TUESDAY MAY 28 10:00-11:00 a.m.	NEW! VOLUNTEER ORIENTATION <i>A quarterly meeting for anyone interested in volunteering at the Center. We will discuss volunteer opportunities and tour facility. Participants will have the opportunity to complete an application.</i>	NO FEE No Limit Deadline 5/23
TUESDAY MAY 28 1:00-2:00 p.m.	NEW! HEALTHY COOKING WITH CAROL <i>Carol's here with healthy recipes and nutrition tips!</i>	NO FEE Limit 30 Deadline 5/24
WEDNESDAY MAY 29 9:00-11:00 a.m.	NEW! BOB ROSS PAINTING CLASS "THE RAPIDS" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 5/24
MONDAYS & WEDNESDAYS BEGINS JUNE 3 1:30-3:30 p.m.	NEW! BEGINNING COMPUTER CLASS <i>Start learning about computers or refresh your basic knowledge! This class is where you begin! Terry Zumbro will teach you the basics for 6 lessons. Then move on to our intermediate class! Class meets on 6/3, 5, 10, 12, 17 & 19.</i>	CLASS FEE \$20 Limit 12 Deadline 6/3
SATURDAY JUNE 8 12:00 n-5:00 p.m.	NEW! GENEALOGY CLASS TRIP TO NASHVILLE <i>Eat lunch before Class! Visit the Tennessee State Archives and Library in Nashville. Sue Cooper, professional genealogist, will show you the ropes! Bring pencils and your materials.</i>	CLASS FEE \$15 Limit 10 Deadline 6/4
MONDAY JUNE 10 1:00-4:00 p.m.	NEW! CRAFTS WITH GRANDKIDS & MARLANE <i>Come and bring your grandkids too. See what Marlane has up her sleeve. Cosponsored by MPRD & SCSSC.</i>	NO FEE Limit 15 total No Deadline
TUESDAY JUNE 11 10:00-11:15 a.m.	NEW! INTERNATIONAL FOLKFEST DANCERS FROM TURKEY <i>Donations collected at the door to help support the Folkloric Society who brings you these dancers.</i>	DONATIONS AT THE DOOR Limit 120 Deadline 6/10
WEDNESDAY JUNE 12 9:00-11:00 a.m.	NEW! BOB ROSS PAINTING CLASS "SUNSET AT DUSK" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 6/10
WEDNESDAY & FRIDAY JUNE 12 & 14 9:30-11:30 a.m.	NEW! CERAMICS WITH THE GRANDKIDS <i>Begin your project on June 12 and return on June 14 for part 2. The cost is \$5 per grandchild for the ceramic piece which is a surprise!</i>	CLASS FEE \$5 Limit 12 grandkids Deadline 6/5
MONDAY JUNE 17 10:30 a.m.-12:30 p.m.	NEW! DECOUPAGE GOURD BIRD HOUSE CRAFT CLASS <i>Transform an ordinary gourd into a beautiful birdhouse art suitable for indoor or outdoor use. Beginners welcome. All supplies provided.</i>	CLASS FEE \$15 Limit 12 Deadline 6/10
SATURDAY JUNE 22 5:30-9:30 p.m.	NEW! COOKOUT & CARD PARTY WITH MPRD <i>Join Marlane and MPRD for hamburgers and hot dogs. Bring a favorite side salad or dessert to serve 10. Eat and then enjoy your favorite games.</i>	BRING FOOD Limit 100 No Deadline

Please note that information regarding the trips begins on the next page. Sign-up day is WEDNESDAY, MAY 1 for any trip/activity that is listed as NEW in this newsletter. All of the trips require pre-registration and payment either on sign-up day or at the front desk prior to the trip/deadline (if not filled). Please note deadlines, participant limits and any cost involved. Those trips which were advertised in a previous newsletter may be sold out so get your name on the wait list in case of a cancellation.

If you haven't read the Center's refund policy regarding trips and/or classes, please ask for one at the front desk.

**TRIPS START HERE**

Please see page 16 of the newsletter for more information on signing up for trips.

THURSDAY MAY 2 9:30 a.m. 7:30 p.m.	"LES MISERABLES" AT CUMBERLAND CO. PLAYHOUSE <i>The deadline has passed for this trip. A wait list is available. Price includes lunch at Cumberland State Park before the show. Les Miserables is an epic tale of revolution, passion, and the redemptive power of love. Music by Claude-Michel Schonberg. Lyrics by Alain Boublil and Jean-Marc Natel.</i>	ADMISSION \$40 TRANSPORTATION \$13 Limit 20 Deadline 4/19
SATURDAY MAY 4 8:00 a.m. 2:00 p.m.	XTREME ADVENTURE HORSEBACK RIDING & GAMES, CEDARS OF LEBANON <i>The deadline has passed for this trip. A wait list is available. Bring \$20 for horseback riding payable at the stables. Enjoy riding, games and a picnic lunch. Box lunches provided by the Center. Great springtime fun!</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 4/25
WEDNESDAY MAY 8 8:45 a.m. 4:00 p.m.	IRIS CITY GARDENS, PRIMM SPRINGS, TN <i>Along with the gorgeous irises, the gardens have day lilies, peonies and other perennials to gaze on and to purchase. Bring money to order plants and to eat and shop in Leiper's Fork.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 5/3
THURSDAY MAY 9 8:45 a.m. 2:15 p.m.	BELLES TO SHORT MOUNTAIN DISTILLERY <i>Belles of St. Clair see how Tennessee's premier moonshine is made...legally! Then enjoy a delicious lunch at the beautiful Adams House Bed and Breakfast (\$17 on your own, includes everything)</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 5/3
TUESDAY MAY 14 9:30 a.m. 3:30 p.m.	SPRING FLING ON THE GENERAL JACKSON <i>The deadline for this trip was 2/15. A wait list is available. Check in by 8:30 a.m. the day of the trip.</i>	ADMISSION \$35 TRANS. INCLUDED Limit 46 Deadline 2/15
WEDNESDAY MAY 15 9:30 a.m. 3:30 p.m.	SPRING FLING ON THE GENERAL JACKSON <i>The deadline for this trip was 2/15. A wait list is available. Check in by 8:30 a.m. the day of the trip.</i>	ADMISSION \$35 TRANS. INCLUDED Limit 19 Deadline 2/15
SATURDAY MAY 18 12:00 n 6:30 p.m.	"THE LION KING" AT TPAC <i>The deadline for this trip was 2/8. A wait list is available. Eat before you go. Snacks can be purchased at intermission. Only drinks can be taken into the theatre. We'll stop for supper at Hickory Falls on the way home.</i>	ADMISSION \$66 TRANSPORTATION \$12 Limit 19 Deadline 2/8
MONDAY MAY 20 8:30 a.m. 3:00 p.m.	NEW! SENIOR DAY AT THE NASHVILLE ZOO <i>This is the best zoo around, hands down! The zoo requires a lot of walking so be sure to wear comfortable shoes. New this year is a baby Baird's Tapir born on January 12. Bring money for lunch at Norman Couser's Country Cooking. HealthSpring sponsors this free day for seniors.</i>	BRING \$ TRANSPORTATION \$5 Limit 19 No Deadline
TUESDAY MAY 21 8:30 a.m. 5:00 p.m.	MILKY WAY FARM <i>Milky Way Farms found its beginning in a nickel candy bar, and we imagine that you've had one. It was Frank Mars, the founder of Mars Candy who built these farms. Price includes tour, step-on guide and lunch. Tour the beautiful home and barn and enjoy a boxed lunch at the historic venue. Also includes a tour of Giles County with a step-on guide with stops at Reeves Drug Store and Flat Rock Cheese. This is a trip that you don't want to miss!</i>	ADMISSION \$22 TRANSPORTATION \$10 Limit 18 Deadline 5/3
WEDNESDAY MAY 22 8:00 a.m. 7:00 p.m.	HARRAH'S CASINO, METROPOLIS, IL <i>Sign up for a fun day with friends.</i>	ADMISSION \$5 TRANSPORTATION Inc. Limit 52 Deadline 5/3
WEDNESDAY MAY 22 10:00 a.m. 2:00 p.m.	NEW! MYSTERY LUNCH IN MAY <i>If I tell you it's in Nashville. . . well, that's not much of a hint, is it?</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 5/17
WEDNESDAY MAY 29 4:30 p.m. 10:30 p.m.	STEVE MARTIN & STEEP CANYON RANGERS AT THE SCHERMERHORN <i>The deadline for this trip was 4/12. A wait list is available. An unforgettable night of music and comedy at the Schermerhorn! Supper at the Café in Schermerhorn (approx.. \$12) OR \$38 Elegant Arpeggio dinner. Let us know if you want reservations at Arpeggio (menu available from Brenda Elliott).</i>	ADMISSION \$69 TRANSPORTATION \$9 Limit 19 Deadline 4/12
THURSDAY MAY 30 10:15 a.m. 1:00 p.m.	NEW! CHICKS TO MONELL'S <i>This trip is open to St. Clair Chicks. Bring approximately \$14 for lunch.</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 5/28

More trips on the next page!



TRAVELING PLACES

Please see page 16 of the newsletter for more information on signing up for trips.

TUESDAY JUNE 4 7:30 a.m. 5:30 p.m.	TENNESSEE AQUARIUM, CHATTANOOGA, TN Check out the abundance of aquatic life on display in one of the country's premier aquariums. Bring money for lunch on your own and a stop at Russell Stover on the way home. Return time is approximate.	ADMISSION \$23 TRANSPORTATION \$12 Limit 19 Deadline 5/24
THURSDAY JUNE 6 10:00 a.m. 3:30 p.m.	NEW! BELLES TO TRACY CITY Calling all Belles! Come and eat a luscious lunch at Tea on the Mountain in Tracy City. (Bring \$17-\$27) Bring extra money to shop (or snack) at the Dutch Main Bakery after lunch. These places are extra special so make plans to attend.	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 5/30
MONDAY JUNE 10 10:00 a.m. 2:30 p.m.	NEW! NASHVILLE FARMERS' MARKET Fresh vegetables, homemade jams and baked goods, international markets. . . the list goes on and on! Bring money to shop and to eat at Nashville's wonderful Farmers' Market.	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 6/6
WEDNESDAY JUNE 12 8:45 a.m. 3:00 p.m.	NEW! GEORGE DICKEL DISTILLERY, NORMANDY, TN Join us as we travel to the tranquil Cascade Hollow, where some of Tennessee's finest whiskey is made. Take a tour of the Dickel distillery followed by lunch at the Oak Restaurant in Manchester (\$10-\$15 on your own). Be sure to bring money to shop at the distillery gift shop.	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 6/5
THURSDAY JUNE 13 4:45 p.m. 10:30 p.m.	"THE SOUND OF MUSIC" KEETON THEATRE, NASHVILLE, TN A classic show sure to please all. Price includes dinner.	ADMISSION \$25 TRANSPORTATION \$6 Limit 19 Deadline 5/3
FRIDAY JUNE 14 8:00 a.m. 4:00 p.m.	NEW! QUILT SHOW IN CROSSVILLE, TN See over 200 quilts, a bed turning and door prizes. There is also a tractor show on site. Eat lunch at Cumberland Mountain State Park at 12:45 p.m. (this is the \$16 you are paying now). Bring \$5 for admission into the quilt show.	ADMISSION \$16 TRANSPORTATION \$10 Limit 19 Deadline 5/31
TUESDAY JUNE 18 9:00 a.m. 2:00 p.m.	NEW! GOVERNOR'S MANSION TOUR Tour the beautiful Governor's Mansion. You must bring a photo ID with you to enter. After the tour, we'll eat at Sylvan Park (bring money).	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 6/13
THURSDAY JUNE 20 9:45 a.m. 3:30 p.m.	"WHO'S UNDER WHERE?" AT CHAFFIN'S BARN THEATRE Put together a private showing of "Passion Fashion Wear", a famous Italian designer and two jealous husbands and what do you have? Hilarity!! Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 5/3
THURSDAY JUNE 20 4:15 p.m. 11:00 p.m.	VINCE GILL "BLUEGRASS AT THE RYMAN" This trip has a wait list. Come and enjoy the strains of Bluegrass sung by one of the finest, Vince Gill, at the Mother Church of Country Music...The legendary Ryman Auditorium. Bring a pillow to sit on if you like. And bring money to eat supper at a restaurant (to be determined) on the way.	ADMISSION \$25 TRANSPORTATION \$8 Limit 19 Deadline 5/3
FRIDAY JUNE 21 9:30 a.m. 7:30 p.m.	"9 TO 5" AT CUMBERLAND CO. PLAYHOUSE "9 to 5" Three female coworkers plot to get even with the sexist, egotistical bigot they call their boss. A hilarious story of friendship and revenge in the '70s Rolodex era. Music and Lyrics by Dolly Parton. Price includes lunch at Cumberland Mountain State Park.	ADMISSION \$40 TRANSPORTATION \$13 Limit 19 Deadline 6/7
THURSDAY JULY 25 9:45 a.m. 3:30 p.m.	"ALL FOR A SONG" AT CHAFFIN'S BARN THEATRE Songwriter Bill Falich's struggles and frustrations are told through Frank Sinatra, Dean Martin and Sammy Davis Jr.'s experiences, and in turn, their stories are told through his. Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 6/6

TUNICA TRIP PLANNED FOR JUNE 25 & 26

Sign up begins on May 1.

Are you ready to relax, roll and play? You will enjoy your trip to Tunica, MS for an over-night stay at the Fitzgerald with lots of extras on June 25 & 26. The one night accom-

modation at the Fitzgerald is \$68 per person based on double occupancy; single is \$89. Included in the package is \$5/coin and buffet from Harrah's; \$20/coin and breakfast from Fitz; lunch at Sam's Town. So relax in a comfortable motor-coach and plan to have fun on this adventure. Sign up with total payment begins May 1 at "Sign-Up Day." The deadline is June 7. Please make checks payable to St. Clair Street Senior Center. Park in the City garage on the day of departure.



FUN THINGS TO DO

The St. Clair Senior Center Spring Bowling League is in full swing! We are enjoying great competition and friendly fun. Some of us have improved our average and a few of us are still trying to get more strikes. So far our resident “high bowler” Ron Capps has had two 300 (perfect) games, a 299, a 290, a 289, and two 279 games. What a record! We all want Ron on our team. Don’t worry, we all have a chance to win due to the handicap that equalizes the opportunity to win, thank goodness!

Other up and coming bowlers by score: Clara Courtney and Wanda Tipton with high games of 279, Reather Arnold had a 278, Wanda Tipton and George Cunningham both had 277, and Sandy Wilson with a 268. There were many more of us who bowled games in the high 200s. We are proud of all of our group and we all strive to improve weekly.

After three weeks of bowling the team of Rick Clayton (captain), Margie Kruger, and Sandy Wilson are holding down first place. There are three teams tied for second place. So, in the next few weeks anything goes! The race is on and the competition is fierce. Who will be in the lead next?

We invite you all to come and cheer on the teams, enjoy our friendship and our coffee and snacks. If you are interested in joining the fun and games, let Bobbie Cunningham have your contact information. We are full for the Spring League, but we will be expanding the network of teams for the Fall League. We can teach you to bowl on the Wii, it’s easy and fun. We will be looking for you. ‘Til next time, “*happy pin action!*”

PIN ACTION

By Clara Courtney



All dances \$5 at the door. • For ages 60 and up.

SATURDAY, JUNE 29
from 7:00-10:00 p.m.
June DANCE
with Debbi Bailes Trio

FRIDAY, JULY 19
from 7:00-10:00 p.m.
Summertime DANCE
with Snappy Pappy Band

SATURDAY, AUGUST 17
from 6:30-10:00 p.m.
Luau DANCE
with Bill Sleeter Trio
Doors open at 6:00 p.m.
Refreshments at 6:30 p.m. Dance at 7:00 p.m.
Cosponsored by St. Clair Classics, Murfreesboro
Parks & Recreation and St. Clair Senior Center.



NEWS FOR YOU!

VOLUNTEER NEWS!



Upcoming Volunteer Events

- Tuesday, May 28 - **NEW! VOLUNTEER ORIENTATION** from 10:00-11:00 a.m.
- Tuesday, June 11 - **VOLUNTEER OPEN HOUSE** from 10:00-11:00 a.m.
- Tuesday, July 16 - **NEW! VOLUNTEER ORIENTATION** from 10:00-11:00 a.m.

Volunteer Opportunities

- Are you a **Coffee Barista**? Do you consider yourself a **“PEOPLE PERSON?”** Well, we have the perfect opportunity for you! With our new **Coffee Cafe** in the works, we are in need of volunteers to man our cafe.
- **How about hospitality? Do you have a smiling face?** We are also looking for the perfect person be a **concierge** to our patrons each day!

If you are interested in either of the above positions, please stop by and see Susan Rollyson, Volunteer Coordinator or call her at 615-848-2550 extension 116.

Introductions Please!

We have a new volunteer coordinator! Please stop by the Volunteer office and say hello to our new Volunteer Coordinator, Susan Rollyson. Her office hours are Tuesday through Thursday from 8:30 a.m.-1:30 p.m.

Ms. Rollyson comes to St. Clair Street Senior Center from Metro Nashville Government, where she was the Head Start Education & Training Coordinator. She will be completing her graduate degree at Middle Tennessee State University in May 2013 with a Masters in Education.



Pool Room News!

LADIES' POOL
TOURNEY
3-18-13
1st Aki Dean
2nd Flo Scantland
3rd Gloria Denney

CO-ED POOL
TOURNEY
3-11-13
1st Lue Lambson/Laird Weishahn
2nd Aki Dean/Larry Thrasher
3rd Linda Sellars/Phil Stilwell

MEN'S POOL
TOURNEY
3-19-13
1st Elvis Frazier
2nd Jerry Parker
3rd Willis Franklin



IT'S GOOD 4 YOU!

Self-Defense Class for Women: RAD Class

By Viann Clements, class member

The St. Clair Senior Center hosted a very special class of graduates. The members of the Murfreesboro Police Department (MPD) taught a **RAD** class for personal protection to ladies who were in their 60s and 70s. This age group is targeted by criminals because they seem defenseless. The ladies held their own with this excellent program oriented to situational awareness and strong physical defense.



Back row (L to R): Wanda Calhoun, Betty Waldron, Annette Mehta, Phyllis Petty, Viann Clements, and Anna Grupke
Front row (L to R): Officers Jason Lowder, Marja Atchley, Amy Norville, and Tim Jensen



Members of the class striking some fierce poses!



RAD is usually offered at the Police Department, to women from 15 years old and up. This is the first class at the Senior Center. The **RAD** stands for Rape, Aggression, Defense and the defense begins with common sense and ends with kicks, strikes and escape from predators who victimize women. The class is taught by Officer Amy Norville, with help from Officers Tim, Marja, Jason and others who allowed the ladies to practice the moves that could save their lives. The group is very grateful for the chance to learn how to protect themselves. Further information about RAD can be found online at the Murfreesboro website www.murfreesborotn.gov, or by calling the Murfreesboro Police Department at 849-2670.



ADULT DAY SERVICE PROVIDES A “CONTINUUM OF CARE”

All of us wish to maintain independence and dignity as we age. However, our physical bodies, our mental functioning and our resources may change in ways that require us to seek solutions to remain independent with dignity. Have you heard the phrase “Continuum of Care” when talking about services to seniors? Well, in a nutshell, this phrase refers to a range of services which help a person throughout various stages of aging and independence. A person may move in and out of these services as appropriate for his/her needs.

Full Continuum of Care in a health care setting includes: Independent Living, Assisted Living, Skilled Nursing Care, Alzheimer’s Care, and Rehabilitation. However there are excellent services outside the health care settings which promote independence and allow us to stay in our home settings. One of those excellent services is our own Adult Day Service in the St. Clair Center. Caring for a loved one who is at risk when left alone can be very trying and stressful if the caregiver does not have regular breaks to pursue their own interests. In addition, some caregivers are working full time and cannot leave their loved one alone. Adult Day Service is an excellent resource for these situations. A safe, dignified and compassionate environment offers variety and socialization for the participants while the caregiver is doing other things. It also helps the participant to maintain life skills at the highest level possible.

A typical day in Adult Day Service might include a morning social as people arrive, a therapeutic exercise group, puzzles or word games, music programs, a craft and holiday or seasonal activity. Occasionally an outing to a local restaurant or a trip like the General Jackson outing in May is a way to enhance the lives of the participants. We offer services for just a couple of hours a day once a week up to full time five days a week! If you know someone who would benefit from the Adult Day Service, please let them know we would love to have them visit us and find out what we are all about.

Recent ADS events included a mystery lunch. Amanda made pot roast, mashed potatoes and spicy hot fruit compote with ice cream. We have also been entertained by musician, Gary Pailer, who sang group favorites with his guitar and ukulele. Dr. and Mrs. Bryan Bell donated tomato plants for our patio planting boxes. We are going to enjoy late spring days watching our plants grow in anticipation of juicy ripe tomatoes at our lunch table! Life is good in the ADS!

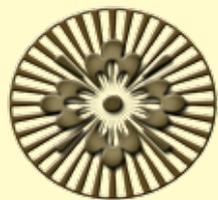
STILL LOOKING FOR OLD PHOTOS & LOVE LETTERS

SOLDIER’S PHOTOS WANTED

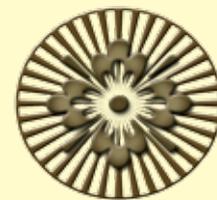
Brenda is also collecting photos of our participants in uniform to use during our **Salute to Veteran’s Celebration**. Bring in your original photo or a copy. Be sure to pick up an information sheet at the front desk so we know information about the picture. You can call Brenda 848-2550 to make an appointment to have your picture copied. **Do not** leave original photos at the center. We cannot be responsible for photos left unattended. The photo cannot be larger than 8 x 10. Photos are being accepted now.

LOVE LETTERS

Written letters were common place when a soldier was serving away from his or her loved ones. If you have a letter from a soldier hidden away somewhere and would like to share it with us bring the original or a copy of it to Brenda Elliott. We will use submissions during our **November Salute to Veterans Celebration**. Call Brenda 848-2550 to set up an appointment to have your letter copied. **Do not** leave the original letters at the center if Brenda is not available. The Center cannot be responsible for original letters that are left at the Center. Letters will be accepted until September 1st.



SENIORS ACTING UP present **“Reunion at Mt. Sanguine”**
COME SEE THE SHOW!



May 10 at 5:00 p.m. & May 11 at 1:00 p.m. Tickets on sale **NOW!**

You are invited to the 50th reunion

It's a **“Reunion at Mt Sanguine”** High School, a play presented by **Seniors Acting Up**, the St. Clair Drama Group. The performances will be May 10 and May 11 here at the Center. Tickets are \$5 each with the Friday night's show including a meal. Dinner on Friday will start at 5:00 p.m. and the show at 6:00 p.m. Saturday's show will start at 1:00 p.m. and will include refreshments at intermission.

The play is a warm and humorous script of a 50th high school reunion. It has a colorful group of characters (*many of which you will remember from your own high school days*) who bring with them much of their past school days and some of their future. The play, a winner in the Oklahoma Community Theatre Association was written by Doug Stewart. Doug is a board member of Senior Theatre USA, and an Honorary Board Member of the Santa Fe (New Mexico) Playhouse. Directing is our own **Pat Merz**. Pat has many years of theater involvement. She and Assistant Director, **Karen Frye** have worked diligently to give you an enjoyable show.

The setting is a small Midwestern farm town's old hotel lounge area. It's adjacent to the ballroom where the big event is being held. You can hear the sounds of big band music echoing through the room on this warm evening. Some of the graduating class of 1950 have gathered to visit with old class mates in the lounge to catch up and a variety of other reasons. Harry Aikens (**Forrest Ward**) is a retired car dealer who wants to relive his days as a star quarterback. Arguably the best high school quarterback in Mt. Sanguine history, he had one great moment of athletic glory. A very successful local businessman, we discover that he has become somewhat overly fond of alcohol, to the agony of his wife, Edith. Edith Aikens (**Jo'an Bloodworth**) Harry's wife, a former high school cheerleader is a long-suffering home-maker, wife, and mother. She has seldom traveled beyond Mt. Sanguine County, except for occasional shopping trips to Chicago and to new car introductions around the country with Harry. She is not above using soap-opera situations to enliven her farm town existence. Then there is Calvin Atwood, (**Charlie Parker**) class nerd, now very much into computers. He is sadly lacking in social and interpersonal skills, being quite shy, except when his obsession takes over. It becomes apparent through his sardonic speech and ultimate behaviors that his sole purpose in attending the reunion is retribution - the settling of an old score with some of his high school classmates. Other than when engaged in that all-consuming mission, he is largely a hair-combing nervous bystander. Phyllis Baxter (**Sharon Gerdik**) is a retired Mt. Sanugine county employee and although socially very outgoing, she knows little to talk about beyond her own family, the center of her life and social contacts. Her ego is propped up by the importance, real or imagined, of her family and their accomplishments. Locally she has had few serious bragging competitors, until the reunion. Tom Baxter (**Pete Gerdik**) is Phyllis's husband, a retired tax accountant and now a gentleman farmer. He is socially dominated by Phyllis when they are together, but becomes somewhat more outgoing when they are apart. Even then

Want to know what happens? Well, for that you have to come to the show my friend!

Tickets are on sale at the front desk. Buy yours now before they sell out!



MAY 2013

ST. CLAIR STREET SENIOR CENTER

*325 St. Clair Street
Murfreesboro, TN 37130
848-2550*

Hours of Operation: Monday - Friday

8:00 a.m. - 4:30 p.m.

Saturday from 12:30-3:30 p.m.

*Visit us on the web at
www.murfreesborotn.gov
then click on City Departments.*

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator

Call 895-1870 for lunch reservations

Lunch served Monday-Friday @ 11:30 a.m.
(unless otherwise noted).

MCHRA TRANSPORTATION

615-890-2677



United Way
of Rutherford &
Cannon Counties

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Nashville, TN
Permit No. 781

TO WRAP THINGS UP

DONATIONS for MARCH 2013	
Bingo	\$ 101.33
Quilting	\$ 100.00
Pool Room	\$ 122.07
Popcorn	\$ 22.44
Coffee	\$ 71.68
Exercise	\$ 19.00
AARP Tax Aide Program	\$531.00

Donations: Larry Adams, Alfred Ambrose, Bobbie Banks, Peggy Birdsey, Boulevard Terrace, Broadmore Assisted Living, Juanita Burks, Rebecca Couch, Creekside Assisted Living, Marjorie Cushman, Aki Dean, Gene Dixon, Joe Freeman, Lola Gaither, Ron Good, RJ Hadle, Raymond Harrell, Annie Holland, Lila Jordan, Elly Kurniawan, Murfreesboro Funeral Home, Seasoned Citizens, State Farm, John Thomas, Daphne Updike.

Katherine Monte Bell & Barbara Schwartz
in memory of BEA WHITE.
Joan Sanford *in memory of ELLIE DIESBURG*
Linda Burt *in memory of TOM LANCASTER*

ST. CLAIR STREET SENIOR CENTER STAFF

Center Director: Linda G. Burt, **Department Coordinator:** Diane Smith, **Custodial Support:** John Carson & T. J. Key, **Administrative Secretary:** Kim Harding Todd, **Secretary/Receptionist:** Sarah Beckman, **Care Director:** Dee Brown, **Program Directors:** Brenda Kiskis Elliott & Lisa S. Foster, **Adult Day Service Director:** Amanda Pullias, **Adult Day Services Activity Assistant:** Randy Huffman, **Caregiver Information Coordinator:** Cindi Thomas, **Nurse on Duty:** Lynne Graves, **Nurse on Duty Assistant:** Laura Grissom, **After Hours Opener:** Wanda Calhoun, **Volunteer Coordinator:** Susan Rollyson, **Van/Bus Drivers:** Rusty Barrett, Pete Gerdik, & James Pitchford.

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)