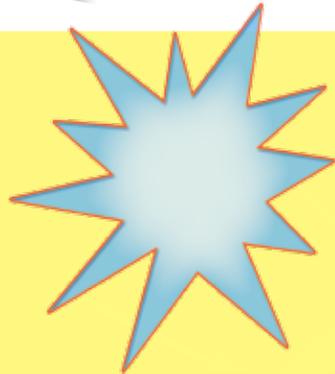




# The Leaf

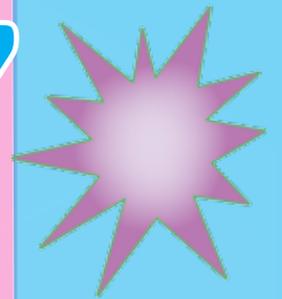
*Living Every Adventure Fully*

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



# June 27

at 1:00 p.m.



# Welcome

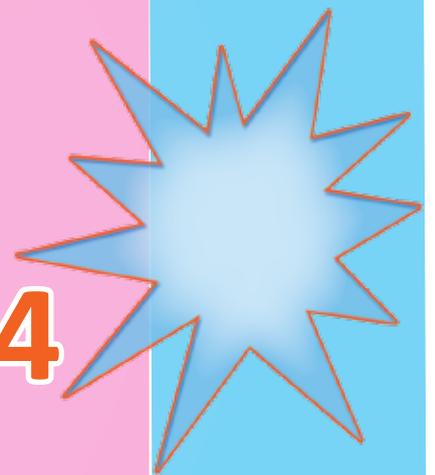
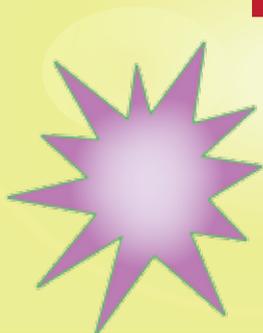
# B a c k

Every year participants of the St. Clair Street Senior Center must complete and sign a new "Participant Information Form." This year the new forms are PINK and are inserted in your newsletter. Please complete the form and bring it back to us at the fun "WELCOME BACK PARTY" on June 27 at 1:00 p.m. It will be an afternoon of entertainment, snacks and a time to reconnect with your friends here at the St. Clair Street Senior Center. We can't wait to see all of you!

No registration is required!

# k Party

# 2013-2014





# CENTER HAPPENINGS

## FROM THE DIRECTOR'S DESK



Linda Burt,  
Center Director

Are you ready for that great summertime weather? The Program Directors are planning some great summertime events and trips. In the summer months when school is out we always enjoy our intergenerational programs. This is a great time for grandchildren and grandparents to enjoy doing projects together—ceramics, Bob Ross painting, ice cream party, clowns, and many more.

Have you noticed the new storage shed? We are clearing out to have more space in rooms for activities. The rooms have been used to store chairs, stage props, and other necessary items. This is a nice addition to the Senior Center.

The theme this year for the Tennessee Federation for Aging is “10,000 a Day, Never Too Old to Play”. This means that 10,000 a day are turning 65 years old and this will happen for 19 more years. We not only want to add years to your life, but life to your years. We design our programs so you are living every adventure fully (LEAF) at St. Clair Street Senior Center. Be sure and join us for our **WELCOME BACK PARTY!**

*The most useless day is that in which we have not laughed—Charles Field.*



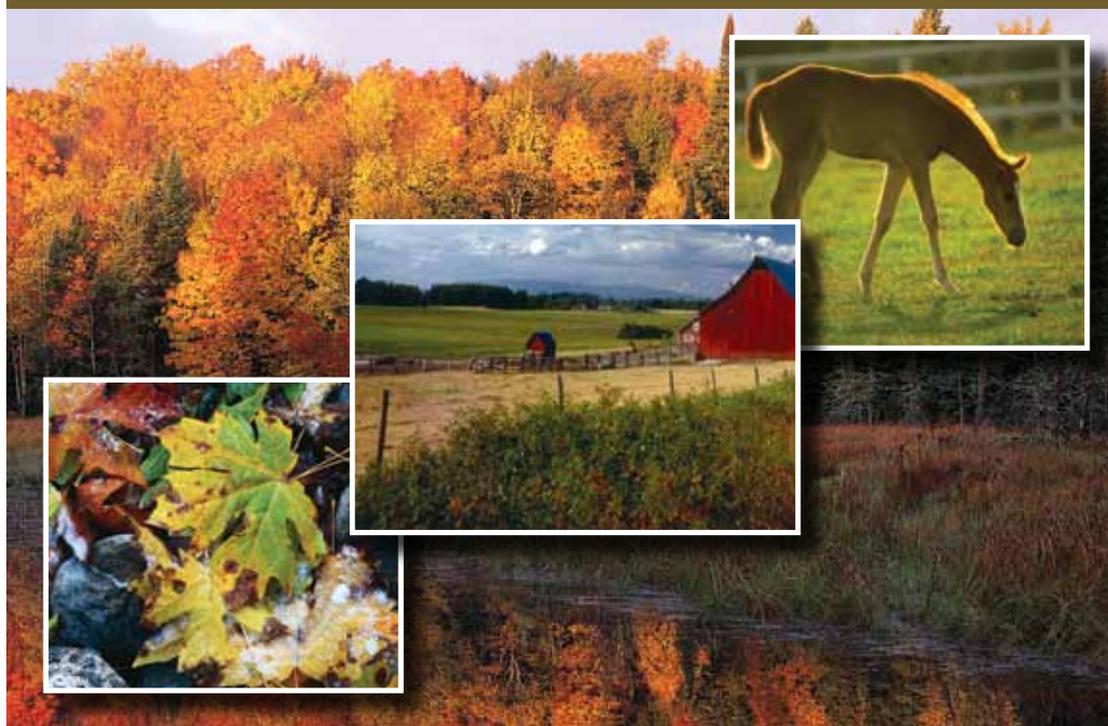
### **SAVE YOUR TOPS! Tabs from soda cans & pop-top vegetable cans are needed**

The Senior Center will be collecting the tabs from soda cans and pop-top vegetable cans for the Ronald McDonald House during June, July, and August. A large container is located by the reception desk to collect all the tabs you care to bring. The Ronald McDonald house provides space for families to stay while a child is in the hospital.

Ronald McDonald Houses collect pop tabs instead of entire aluminum cans because it's more hygienic to store tabs than cans, and collection and storage is easier. The Ronald McDonald House program provides a “home-away-from-home” for families so they can stay close by their hospitalized child at little or no cost. Our Houses are built on the simple idea that nothing else should matter when a family is focused on healing their child – not where they can afford to stay, where they will get their next meal or where they will lay their head at night to rest. This is a good summer project for you and your grandchildren. You will be surprised how fast the tabs will accumulate.



## FALL TRIP TO LANCASTER, PA



### SIGN UP FOR

### LANCASTER, PA TRIP BEGINS JUNE 3

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.



# THINGS TO DO

## INTERNATIONAL FOLKFEST DANCERS from TURKEY

**SEATS STILL AVAILABLE! 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. **Limit 120. Sign up NOW! Deadline 6/10**

**Featuring the folk dance troupe:**  
**KANDILLI ANATOLIAN HIGH SCHOOL FOR GIRLS**  
**From the Nation of Turkey**



## LET'S TALK CHICKEN

*On Friday, June 14<sup>th</sup>*

Did you know that Murfreesboro is now allowing residents to have chickens within the city limits? If you want to learn more about this new ordinance that has a quirky twist, join Brenda on June 14<sup>th</sup> at 1:30 p.m. We'll also talk about basic chicken needs, chicken language, feed, coop design and which breed is best for you. Brenda is teaching the class and will (hopefully) have chicks that she hatched in her incubator at home. Her chicks are due to hatch the last week of May. Brenda says she is not a chicken expert, however she has learned some things along the way so . . . *let's talk chicken.*



## MARK YOUR CALENDARS

**Tuesday, June 18, 2013 10:00-11:00 a.m.**

Please make sure to sign up for the Volunteer Open House and bring a friend that might be interested in Volunteering at St. Clair Street Senior Center. *Refreshments will be served.*

**Some Volunteer opportunities include:**

**Coffee Barista • Concierge**

**DAY TRIP ESCORTS • LONG TRIP ESCORTS**

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

# FOR



**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 June 3.*

*Thanks!*



# ADVENTURES FOR ALL

Are you ready to relax, roll and play? You will enjoy your trip to Tunica, MS for an overnight stay at the Fitzgerald with lots of extras on June 25 & 26. The one night accommodation 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. **The deadline is June 7.** Please make checks payable to St. Clair Street Senior Center. Park in the City garage for your 8:00 a.m. departure on June 25.

**SEATS STILL AVAILABLE!  
for TUNICA TRIP  
JUNE 25 & 26  
SIGN UP NOW!**

## HARRAH'S TRIP PLANNED FOR JULY 23

All the excitement you can stand in one day! Enjoy a fun day in Metropolis, Illinois at Harrah's Casino on July 23. Relax in a comfortable motorcoach ride and plan to have a great time with your friends at Harrah's Casino. The cost is \$5. Please make checks payable to St. Clair Street Senior Center. The trip leaves the City Hall Parking Garage (lower level) at 8:00 a.m. sharp on July 23. Don't be late. You may start signing up for Harrah's today. Please see the receptionist to sign-up NOW! Literally . . . today. You don't have to wait for sign-up day. We are not kidding. Seriously, you can sign up for Harrah's today! Just come by the Senior Center, stop at the front desk and pay your \$5. It's really that easy!

**Music by Debbi Bailes Trio**

**Dance!**

**Dance!**

**Saturday, June 29**

**7:00-10:00 p.m.**

**\$5 at the door**

**Doors open at 6:30 p.m.**

**Summer Solstice Dance**

**Brought to you by the St. Clair Classics and the St. Clair Senior Center**

**Dance!**



## LEGAL AID SOCIETY OF MIDDLE TENNESSEE VISITS CENTER

By Dee Brown, Care Director

The Legal Aid Society of Middle Tennessee and the Cumberland was established in 1968 as Legal Services of Nashville by 8 local attorneys. Since that time it has expanded to offer services in 48 counties in Tennessee.

America was founded on the concept of equal justice for all, but sometimes there is a gap in the system for persons that cannot afford legal representation. Legal Aid Society's mission is to defend the legal rights of low income and vulnerable individuals and families and to assist them in obtaining the basic necessities of life.

Throughout the 48 counties served in middle Tennessee; individual representation is provided free of charge to over 7,000 individuals each year. The cases that are accepted are civil legal problems critical to low income people dealing with housing issues, protecting victims of domestic violence, assisting with access to health care, education for disabled children, Medicare and Medicaid to name a few. Only civil cases can be represented, crimi-

nal cases are not accepted and are referred to the Public Defender's office.

In addition to legal representation, Legal Aid Society is dedicated to educating the public regarding legal rights and representatives are extremely knowledgeable about state and federal assistance programs that are available to assist low income individuals.

On **Thursday, June 13<sup>th</sup> at 10:30 a.m.**, Managing Attorney, Andrae Crismon and Legal Assistant, Mary McElroy with the Murfreesboro Legal Aid office will be here to offer information about the services available in Rutherford and Cannon counties that are covered by the Murfreesboro office. They will also be bringing Advance Directive forms and other informative booklets and brochures that may be helpful to you or someone you may know. We are very lucky to have their office practically in our backyard, and would encourage everyone to come out to hear the great information they will be presenting.

## TO "MAKE-A-DIFFERENCE DAY" A SPECIAL THANK YOU!

The Middle Tennessee Association of Realtors will no longer be assisting us with the annual **Make-A-Difference Day** in October. For the past 17 years this group has served seniors in our community by organizing volunteers on a specific Saturday in October to do chores and deliver lunches. They have touched the lives of hundreds of seniors and we cannot thank them enough for all of the assistance they have provided through the years and extend to them a heartfelt **THANK YOU!**

## HANDYMAN SATURDAYS THROUGHOUT THE SUMMER

Handyman Saturdays will continue through the summer with services being offered in June, August and October. These services are offered by a volunteer program with the New Vision Baptist Church. This is a great group of people dedicated to their mission to assist the senior community. The chores they are available to do are generally non-skilled services like window washing, cleaning gutters, yard work, etc. **To request service you must contact Dee Brown at 848-2550.** Service requests are taken on a *first-come, first-served basis*.

## 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 Dee Brown for more information.

**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 June 28 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.



## MUSCLE WEAKNESS

Do you have muscle weakness? Do you feel that you are not as strong as you once were? Lately, it may seem as though it's been getting harder to do just the basics, like getting out of a chair. Do you walk or have some form of exercise throughout your week and still have muscle weakness? Could this be a medical problem making you weak? Today, I would like to tell you to not ignore muscle weakness. Rapid or sudden muscle weakness can signal a stroke or other serious problems requiring immediate attention. More gradual loss of strength can contribute to many health problems, including increased risk of fall, decreased bone strength and weight gain. Sleep problems, depression, chronic heart, lung or kidney problems, or poor nutrition and being sick are among many causes of generalized fatigue that can make you feel unenergetic and weak. Your muscle use may be limited by having chest pain or shortness of breath related to a heart condition or a sickness such as pneumonia or other lung disease. Arthritis in one

By Lynne M. Graves, RN

or more joints or pain-causing conditions such as fibromyalgia can make you feel weak because it's painful to move. These problems are not "true" muscle disease in the sense that your muscles still function normally, even though activity is limited.

Muscle movements start as a signal from the brain, which travels down the spinal cord, along a nerve pathway and through areas connecting the nerve and muscle until it reaches muscle tissue, signaling it to contract. Any disruption in this process can result in muscle weakness. Your medical history is critical to learning if any diseases or drugs may be contributing to muscle weakness in your body. The most common cause of muscle weakness is due to the lack of exercise or short periods of inactivity such as a hospital stay. It may take some effort but these two causes of muscle weakness can be overcome with physical therapy and gradually becoming more active in your daily schedule.

## STAYING INDEPENDENT: THE ULTIMATE GOAL OF SUCCESSFUL AGING

By Lynne M. Graves, RN

Surveys suggest that about 90% of older adults want to live independently for as long as possible. But "aging in place," remaining in your current residence, requires adapting to the changes that come with aging. The keys to aging in place are maintaining good cognitive and physical function, disease prevention and good management of any existing medical conditions.

- **Cognitive:** When it comes to keeping your brain working at maximum capacity, diet does matter. Eat a diet full of fruits, vegetables, whole grains and legumes. Eat healthy fats from olive oil and fatty fish and avoid saturated fats found in red meats, full-fat dairy products and butter. Limit your intake of sugar, and sweetened foods and beverages. Consume alcohol in moderation. Some data show an association between moderate alcohol intake and a lower risk of cognitive decline. Alcohol within two or three hours of bedtime can disrupt your sleep.
- **Physical:** To preserve mobility, walking is probably the best thing you can do. Walk for 30 minutes each day or almost every day. Try an aerobic exercise. Do resistance exercises two or three times a week using hand weights, resistance bands or weight machines. Work on balance and flexibility to prevent falls and fractures.
- **Disease prevention:** It is important to take action to pre-

vent health problems that can hinder your ability to live on your own. Stop smoking if you smoke, lose weight if you are overweight and keep your blood pressure under control. All these will help reduce the risk of heart and vascular disease. If you reduce the risk of heart disease, you are also reducing the risk of brain disease.

- **Good medical treatment:** If you have a chronic medical condition, it's important to manage it. Take all medications as prescribed and if you experience problems and side effects contact your doctor to discuss alternatives. Make all of your medical appointments and undergo all screening tests. At least once every two years check your hearing and vision. If left untreated vision and hearing impairments can contribute to difficulties with activities of daily living.
- **When you need help:** In order to remain independent it is alright to ask for help. Get help to change a bulb that requires a ladder or when you need to lift something that is too heavy. Why take the risk? Family and friends are great resources when you just need a helping hand. Keep an open mind if you are willing to accept help when you need it, you are more likely to achieve the goal of staying in your home.



# FOR A HEALTHY YOU!

## GO 4 LIFE CONTINUES THIS SUMMER

### GO4LIFE EXERCISE PROGRAM

Monday, Wednesday and Friday  
12:30 – 1:30 p.m. in the Exercise room

Equipment that will be used:

Chairs, dumbbells, resistance bands and weight balls.

Exercise class will focus on balance, endurance, strength and flexibility. Exercises will include stretching and working on the core, the abdomen, and leg and arm exercises. Please sign up at the front desk. See Lynne Graves, RN, in the Nurse on Duty Office if you have any questions.



Before you begin **ANY** exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.

## UPCOMING EVENTS FOR THE NOD PROGRAM



**D**IABETES AND Me will have a special guest speaker on **June 13** to talk about “**A Day in the Life of a Diabetic.**” This class will be from 1:00-2:00 p.m. Learn about medications and their side effects, also includes meal planning advice. Registration is required and a healthy snack will be served.

“**WHAT’S ON YOUR PLATE**” a monthly nutrition class on how to make life style changes as a part of your daily schedule. This class will be held on Monday, June 24 and July 22 from 9:30-10:30 a.m. A book will be given to each participant and registration is required.

**UPCOMING EVENTS THIS SUMMER INCLUDE:** Dr. Edward D. Rhim Cardiologist. He will speak on “**Giving Heart Patients A New Lease on Life.**” Other topics this summer will include “The importance of staying hydrated not only during the summer but throughout the year.”

## IT’S TIME TO WEAR SANDALS!

so be sure to sign up for the

### TENNESSEE TECHNOLOGY CENTER FIELD TRIP

WEDNESDAY, JUNE 12 AT 9:00 A.M.

**Non-medical foot care \$5.00 and many more services!**

Annual Fee of \$5 paid on your first visit.

Please come early to sign up for the trip or you can come to the nursing station for more information. 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 a day other than the field trip.





# JUST THE FACTS



## CAREGIVER EVENTS FOR JUNE 2013

### LUNCH & LEARN “5 Wishes/ Advance Directives”

June 20 • 11:30 a.m.-1:00 p.m.

Light Lunch will be provided.

Reservations are required before June 7.

### LABOR OF LOVE SUPPORT GROUP

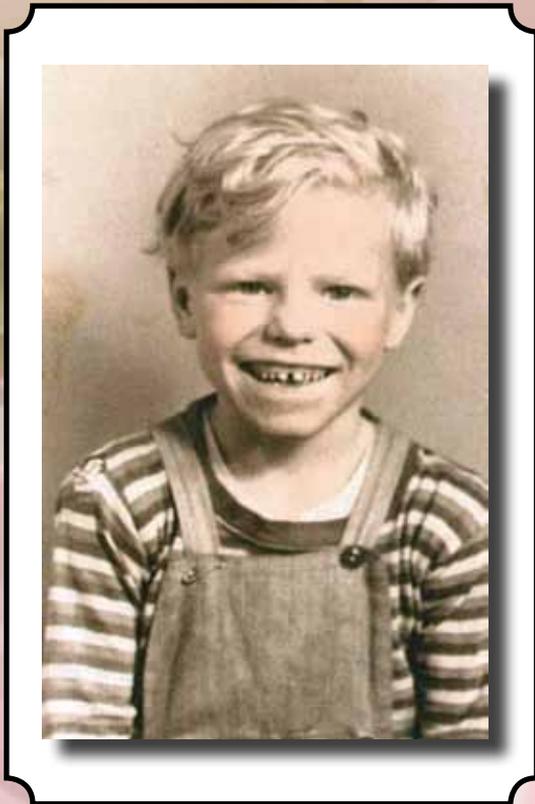
June 28 • 12:00 noon-1:00 p.m.

The caregivers Support Group is for relatives of the elderly that have chronic illness or Alzheimer’s disease. Light lunch provided.

## MEMORY CAFÉ IN MURFREESBORO

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, June 17 at Through the Grapevine restaurant from 2:00-3:00 p.m. Dessert, coffee, and iced tea will be served. The restaurant is located at 630 Broadmor Blvd., Suite 190.

*Please RSVP to Cindi Thomas – 615-848-2550 or Tina O’Brien – Eldersfirst@dtc.com*



## WHO IS THIS PERSON?

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

Is this . . . .

1. Benny Todd
2. Bill Zuiches
3. Stanley Long
4. John Gellerman

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



## Help for You to Use

By Cindi Thomas,

Caregiver Information Coordinator

*This month I thought I might explain what my office can offer to help and support you.*



**The Caregiver Resource Center** is a partnership between the St. Clair Street Senior Center and the Alzheimer's Association located

at the St. Clair Street Senior Center, 325 St. Clair Street in Murfreesboro. The office is open Monday through Friday from 9:30 a.m. to 1:30 p.m. The phone number is 848-2550. This is a good place to check for information about conferences and training programs related to caregiving and Alzheimer's and other dementias. An Information Coordinator is responsible for assessing needs and providing information on resources specific to aging, health and related issues available to meet those needs targeted toward maintaining the highest level of independence possible for elderly individuals and support for their caregivers. The following are a few types of public organizations that are available:

**Greater Nashville Regional Council Area Agency on Aging and Disability:** *Serving Cheatham, Davidson, Dickson, Houston, Humphreys, Montgomery, Robertson, Rutherford, Stewart, Sumner, Trousdale, Williamson and Wilson Counties.*

- When you need information about home and community-based services for older adults or adults with disabilities call 225-1010. The Council on Aging publishes a Directory of Services for Seniors in the area that is updated every other year and may be obtained at St. Clair Street Senior Center Social Services Department.

**United Way of Rutherford and Cannon Counties** at 615 Memorial Boulevard, Murfreesboro, TN 37129, (615) 893-7303.

- Provides free and confidential information and referral service 24 hours a day, seven days a week; serves Rutherford and Cannon Counties.

**UNITED WAY 2-1-1** at 201 23<sup>rd</sup> Avenue North, Nashville, TN 37203, (615) 269-4357.

- 211 is a free phone number to call to get information about social services help. This agency is sponsored by the United Way and maintains a current list of services available in Rutherford and other Middle Tennessee counties.

**Community Helpers** at 1453 B Hope Way Murfreesboro, TN 37129, (615) 898-0617.

- Emergency assistance with rent, utilities, medicine, wood, kerosene, and emergency tooth extractions.

**The Salvation Army** at 1137 West Main St. Murfreesboro, TN 37133-0791, (615) 895-7071.

- The Salvation Army provides aid to persons in need in Rutherford County including shelter, food, hygiene items, clothing (as donations allow), disaster relief, and other emergency assistance as funds permit. Special assistance is provided during Thanksgiving, Christmas, and Back-to-School for individuals and families in need. The Salvation Army also conducts weekly youth character building programs to teach children essential core values; serves Rutherford and Cannon Counties.

**Rutherford County Food Bank** at 211 Bridge Avenue Murfreesboro, TN 37129, (615) 895-1148

- Relieves hunger in south Rutherford County by serving persons who are temporarily unable to provide for themselves; serves Rutherford County.

**Smyrna-La Vergne Food Bank** at 130 Richardson Road Smyrna, TN 37167, (615) 355-0697.

- Provides emergency food to people in the northern part of Rutherford County, specifically households.

**Mid-Cumberland Human Resource Agency - Meals on Wheels Program** at 325 St. Clair Street Murfreesboro, TN 37130 Murfreesboro: (615) 895-1870 Smyrna: (615) 459-2227.

- Provides hot, nutritional meals to the elderly in Rutherford County as a means of assisting persons age 60 years and older in maintaining their dignity, health, and independence.

**Tennessee Department of Human Services** at 1711B Old Fort Parkway Murfreesboro, TN 37129-3338, (615) 848-5153.

- Services: Food Stamps; Families First, Medicaid and TennCare.

**Mid-Cumberland Community Action Agency** at 720 Old Salem Road, Murfreesboro, TN 37130, **Crisis line:** (615) 890-2302 Phone: (615) 893-8938 or (615) 895-3093.

- Services include low-income home energy assistance; assistance for people who do not have prescriptions.

### TYPES OF SERVICES

**Respite Care** enables the primary caregiver to have occasional time for rest and relaxation so necessary for his or her health and welfare by providing a time limited safe and therapeutic environment and the care needed by the person with dementia.

**Hospice Services** Hospice is not a place. It is a concept of care focused upon the comfort and dignity of the patient and providing services to support the patient and family, emotionally and spiritually. It can be provided at home, in an assisted living facility, in a nursing home, or a unit within a hospital or a separate facility. Patients referred for hospice care usually have a life expectancy of six months or less but may stay longer after a re-evaluation. Dementia

patients are screened based on functional abilities. Hospice does not prolong life nor hasten death. The goal of hospice is to improve the quality of life.

**Palliative care** is an area of healthcare that focuses on relieving and preventing the suffering of patients. Unlike hospice care, palliative medicine is appropriate for patients in all disease stages.

**Nursing Homes** are privately operated establishments providing maintenance and personal or nursing care for persons (as the aged or the chronically ill) who are unable to care for themselves properly.

**Assisted Living Facilities** State Law requires that all persons living in an assisted living facility be able to exit the building by themselves within thirteen minutes. The atmosphere is home-like with a common dining room and recreation facilities. The bedrooms are usually personalized with the resident's personal furniture and belongings. Laundry service is provided. Based on the needs of the resident several levels of assisted care are provided; one example is medication monitoring or delivery.

**Adult Day Care** is available from one half day to seven full days a week in two types of facilities. Adult day care centers have a strong focus on socialization and recreation activities. Many assisted living facilities provide services on a daily basis to those who live at home.

**Non Medical Care and Services** focus on helping seniors to remain safe and healthy in their own homes; with the daily activities and socialization they need to engage in, such as bathing, shopping and transportation.

**Support Groups** are free and open to any caregiver in our community. They offer education, information about resources and strategies, and the support of others who are on the same journey who may have hints that will help you and will certainly have an understanding and appreciation for the challenges you face.

**Elder Law Attorneys:** According to the National Association of Elder Law Attorneys, [www.naela.org](http://www.naela.org), "Elder Law" is the legal practice of counseling and representing older persons and their representatives about the legal aspects of health and long-term care planning, medical insurance; provides food items to eligible people and families.



*From one caregiver to another, come by and see me, you will always be welcome.*  
Cindi



## CLOWN SHOW & ICE CREAM

Clowns are so much fun! Bring your grandchildren and children on Thursday July 11<sup>th</sup> from 1:00 until 3:00 p.m. for a funny Clown Show and Ice Cream. Our clowns are registered with Clowns of America International as Happy Clowns of St. Clair, Clown Alley 402. They make monthly trips into the community and perform at different venues. In July, they are performing in the senior center. You'll enjoy their quick wit and entertaining spirit. Be sure to make a reservation by July 5<sup>th</sup>. See you there!

### HOW WELL DO YOU KNOW OUR CLOWNS?

*How many clown names can you find in the paragraph below?*

“When JoJo entered the race she was such a ding-a-ling. She was always with a stuffed Pooh Bear and his friend Tibbar. Her freckles shone as a rainbow was in the sky. She traveled with her little pup Fifi. With Patches on her clothes and squeaky shoes she felt kind of bashful. She's such a 'Hillbilly Bill' singing to Bo Diddley! Along the way an Al-E-Kat smelled a Flower. It reminded JoJo of her old cat Sundrop. What a cracker jack to be out in the sunshine that way. She almost fell off her scooter! Maybe I should lure her back inside with candy and sweet stuff. Suddenly JoJo realized she was a Runner Up. Her prize was a book about Pokey-Hanis. After she ran the race she felt a sigh of relief. Even though she was from Chicago, JoJo asked Babbi Bell to make her some southern Tea.”





# 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, the 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. New-comers 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 Lisa Foster, Program Coordinator.

**AFTERNOONS IN THE LOWER DINING ROOM**  
**“OPEN PLAY” on**  
**Mondays & 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!

**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.

**“CLUB KARAOKE” on Wednesdays at 1:00 p.m.**  
 Join in for singing fun or just come to watch!  
 Bring your friends.

**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.

**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.

**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.

**WII BOWLING LEAGUE on Fridays at 1:00 p.m.**  
 See Lisa Foster for more information.



# JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p><b>Interested in Rook®?</b> Want to bring the game back to the Center on a regular basis after an absence? If you are interested in playing <b>Rook®</b>, stop by the card room on Thursdays at 1:00 p.m. If enough people show up to play then let the game begin!</p>	<p><b>Spades? Anyone? Anyone?</b> The spades group that meets on Wednesdays at 1:00 p.m. is in need of some players. Newcomers are welcome! Want to learn how to play? The group will be giving lessons beginning in June.</p>	<p><b>Consider this a reminder!</b> Make sure you complete the new PINK registration form for the new year 2013-2014 and return it to the Center and plan to join us at the Welcome Back party on June 27 at 1:00 p.m.</p>
<p><b>3 DEADLINE TODAY'S BEGINNING COMPUTER CLASS</b> 8:00 a.m. Sign in for Sign-up Day Begins 8:30 a.m. Senior Center Commission Meeting 9:30 a.m. Roberson Bridge 9:30 a.m. Sign in for Sign-up Day Ends 10:00 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Open Play Lower Dining Room 1:30 p.m. Singing Seniors 1:30 p.m. Beginning Computer Class</p>	<p><b>4 DEADLINE 6/8 GENEALOGY CLASS TRIP</b> 7:30 a.m. TENNESSEE AQUARIUM TRIP 9:00 a.m. Piano 1 9:00 a.m. Pinochle 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Piano 2 10:00 a.m. Quilting 10:30 a.m. Bingo with Boulevard Terrace 11:00 a.m. Piano 3 12:30 p.m. Open Play Lower Dining Room 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 2 1:00 p.m. Knit &amp; Crochet Group 1:00 p.m. Crochet Group 2:00 p.m. Intermediate Line Dance Class 2:15 p.m. Spanish 1</p>	<p><b>5 DEADLINE 6/12 &amp; 14 CERAMICS with GRANDKIDS</b> <b>DEADLINE 6/18 VOLUNTEER OPEN HOUSE</b> <b>DEADLINE 6/26 GEORGE DICKEL TRIP</b> 9:00 a.m. Easy Bridge 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann 1:30 p.m. Beginning Computer Class</p>
<p><b>10 DEADLINE 6/11 FOLKFEST DANCERS</b> <b>DEADLINE 6/12 BOB ROSS CLASS</b> <b>DEADLINE 6/17 BIRDHOUSE CLASS</b> 9:00 a.m. Coed Pool Tournament 9:30 a.m. Roberson Bridge 10:00 a.m. NASHVILLE FARMER'S MARKET 10:00 a.m. FCE Better Living Club 10:00 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Open Play Lower Dining Room 1:00 p.m. Crafts with Grandkids &amp; Marlane/MPRD 1:30 p.m. Singing Seniors 1:30 p.m. Beginning Computer Class</p>	<p><b>11 BINGO IS CANCELLED TODAY</b> 9:00 a.m. Piano 1 9:00 a.m. Pinochle 9:00 a.m. Stained Glass with Fiona 10:00 a.m. FOLKFEST DANCERS FROM TURKEY 10:00 a.m. Piano 2 10:00 a.m. Quilting 11:00 a.m. Piano 3 12:30 p.m. Open Play Lower Dining Room 12:30 p.m. CCRC Visitation 1:00 p.m. Seasoned Citizens 1:00 p.m. Spanish 2 1:00 p.m. Knit &amp; Crochet Group 1:00 p.m. Crochet Group 2:15 p.m. Spanish 1</p>	<p><b>12</b> 9:00 a.m. Bob Ross Class "Sunset at Dusk" 9:00 a.m. Easy Bridge 9:30 a.m. Tennessee Technology Center Field Trip 9:30 a.m. Ceramics with Grandkids Part 1 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 1:30 p.m. Beginning Computer Class</p>
<p><b>17</b> 9:00 a.m. Ladies' Pool Tournament 9:30 a.m. Roberson Bridge 10:00 a.m. JUNE MYSTERY LUNCH 10:00 a.m. Murfreesboro Duplicate Bridge 10:30 a.m. DECOUPAGE BIRD HOUSE CLASS 12:30 p.m. Open Play Lower Dining Room 1:30 p.m. Singing Seniors 1:30 p.m. Beginning Computer Class 2:00 p.m. Memory Cafe at Through the Grapevine</p>	<p><b>18</b> 9:00 a.m. GOVERNOR'S MANSION TRIP 9:00 a.m. Piano 1 9:00 a.m. Pinochle 9:00 a.m. Men's Pool Tournament 9:00 a.m. Stained Glass with Fiona 10:00 a.m. VOLUNTEER OPEN HOUSE 10:00 a.m. Piano 2 10:00 a.m. Quilting 10:30 a.m. Bingo with Creekside Assisted Living 11:00 a.m. Piano 3 12:30 p.m. AARP Board Meeting 12:30 p.m. Open Play Lower Dining Room 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 2 1:00 p.m. Knit &amp; Crochet Group 1:00 p.m. Crochet Group 2:00 p.m. AARP Meeting 2:00 p.m. Intermediate Line Dance Class 2:15 p.m. Spanish 1</p>	<p><b>19</b> 9:00 a.m. Easy Bridge 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann 1:30 p.m. Beginning Computer Class</p>
<p><b>24 DEADLINE 6/26 BOB ROSS CLASS</b> <b>DEADLINE 7/10 LOVELESS CAFE TRIP</b> 8:30 a.m. Senior Center Commission Meeting 9:00 a.m. Mixed Media Art Class with Karen 9:30 a.m. "What is on Your Plate?" 9:30 a.m. Roberson Bridge 10:00 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Open Play Lower Dining Room 1:30 p.m. Singing Seniors</p>	<p><b>25 FULL PAYMENT DUE FOR CAPE COD TRIP</b> 8:00 a.m. TUNICA TRIP departs from City Hall Parking Garage Lower Level 9:00 a.m. Piano 1 9:00 a.m. Pinochle 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Piano 2 10:00 a.m. Quilting 10:30 a.m. Bingo with Jim 11:00 a.m. Piano 3 12:30 p.m. Open Play Lower Dining Room 12:30 p.m. CCRC Visitation 1:00 p.m. Healthy Cooking with Carol 1:00 p.m. Seasoned Citizens 1:00 p.m. Spanish 2 1:00 p.m. Knit &amp; Crochet Group 1:00 p.m. Crochet Group 2:15 p.m. Spanish 1</p>	<p><b>26</b> 8:45 a.m. GEORGE DICKEL DISTILLERY TRIP 9:00 a.m. Bob Ross Class "Birch Trees" 9:00 a.m. Easy Bridge 12:00 n Art Club 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Happy Clown Rehearsal 1:00 p.m. Ceramics with Jo Ann</p>



# OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p><b>COMING SOON!</b></p> <p><b>Saturday, JULY 19</b></p> <p><b>SUMMERTIME DANCE</b></p> <p><b>Music by The Snappy Pappy Band</b></p> <p>\$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 &amp; the Classics.</p>	<p>Canasta &amp; Chicken Foot is played at the Center on a regular basis.</p> <p>For Dance &amp; Fitness classes and practice times, please see the Health &amp; Fitness calendar on page 14.</p>	<p><b>1</b></p> <p>12:30 p.m. Center Open</p> <p>7:30 p.m. Tennessee Walkers Square Dance</p> <p><b>2</b></p> <p>Today is National Rocky Road Day!</p>
<p><b>6</b> DEADLINE 6/10 FARMER'S MARKET TRIP DEADLINE 7/25 CHAFFIN'S BARN TRIP</p> <p>9:00 a.m. Stained Glass with Fiona 10:00 a.m. BELLES TO TRACY CITY 10:00 a.m. Knit &amp; Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge 1:00 p.m. Sketching Class 1:00 p.m. Music Jam Session</p>	<p><b>7</b> DEADLINE 6/20 LUNCH &amp; LEARN</p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p>	<p><b>8</b></p> <p>12:00 n GENEALOGY CLASS TRIP TO NASHVILLE 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Luau Dance in the Upper Dining Room</p> <p><b>9</b></p> <p>On this day in 1958 the song, <b>"Purple People Eater,"</b> topped the charts.</p>
<p><b>13</b> DEADLINE 6/17 MYSTERY LUNCH DEADLINE 6/18 GOVERNOR'S MANSION TRIP</p> <p>9:00 a.m. Stained Glass with Fiona 10:00 a.m. Knit &amp; Crochet Group 10:00 a.m. Quilting 10:30 a.m. "LEGAL ASSISTANCE &amp; INFORMATION" BY THE LEGAL AID SOCIETY OF MIDDLE TENNESSEE 10:30 a.m. Bingo with Ethel 12:30 p.m. Party Bridge 1:00 p.m. Diabetes &amp; Me "A Day in the Life of a Diabetic" 1:00 p.m. St. Clair Chicks Cookout 1:00 p.m. Sketching Class 1:00 p.m. Music Jam Session 4:45 p.m. THE SOUND OF MUSIC AT KEETON</p>	<p><b>14</b></p> <p>8:00 a.m. QUILT SHOW IN CROSSVILLE</p> <p>9:00 a.m. Pinochle</p> <p>9:30 a.m. Ceramics with Grandkids Part 2</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>1:30 p.m. Let's Talk Chicken</p>	<p><b>15</b></p> <p>8:00 a.m. XTREME ADVENTURE: HORSEBACK RIDING &amp; GAMES</p> <p>12:30 p.m. Center Open 1:30 p.m. Parkinson's Support Group 7:30 p.m. Tennessee Walkers Square Dance</p> <p><b>16</b></p> <p style="text-align: center;"><b>Happy Father's Day!</b></p>
<p><b>20</b></p> <p>9:00 a.m. Stained Glass with Fiona 9:45 a.m. "WHO'S UNDER WHERE?" CHAFFIN'S BARN 10:00 a.m. Knit &amp; Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with Broadmore Assisted Living 11:30 a.m. Lunch &amp; Learn "5 Wishes: Hospice &amp; Advanced Directives" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 4:15 p.m. VINCE GILL BLUEGRASS at the RYMAN</p>	<p><b>21</b> DEADLINE 6/25 HEALTHY COOKING with CAROL</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Morning Chat with an Officer "Scams Update"</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:00 noon RCCOA Board Meeting</p>	<p><b>22</b></p> <p>12:30 p.m. Center Open</p> <p>5:30 p.m. COOKOUT &amp; CARD PARTY WITH MPRD</p> <p>7:30 p.m. Tennessee Walkers Square Dance</p> <p><b>23</b></p> <p>Today's full moon will be the closest to the earth for all of 2013.</p>
<p><b>27</b></p> <p>9:00 a.m. Stained Glass with Fiona 10:00 a.m. Knit &amp; Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with AT HOME Health Care 12:30 p.m. Party Bridge 1:00 p.m. WELCOME BACK PARTY 1:00 p.m. Diabetes &amp; Me Support Group 1:00 p.m. Music Jam Session CANCELLED</p>	<p><b>28</b></p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:00 n Labor of Love Caregiver Support Group</p> <p>1:00 p.m. Happy Clown Class</p> <p>1:45 p.m. HAPPY CLOWNS TO CANNON CO.</p>	<p><b>29</b></p> <p>12:30 p.m. Center Open 7:00 p.m. <b>Summer Solstice Dance</b> Music by Debbi Bailes Trio \$5 at the door. Doors open at 6:30 p.m. For ages 60+. 7:30 p.m. Tennessee Walkers CANCELLED</p> <p><b>30</b></p> <p>On this day in 1864, President Abraham Lincoln granted Yosemite Valley to the state of California for public, resort &amp; recreational use.</p>



# HEALTH & FITNESS

## FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS
<p><b>GREENWAY</b>  <b>8:00 a.m.</b> Walking Saints  <b>EXERCISE ROOM</b>  <b>8:15 a.m.</b> Fit with Mark  <b>9:15 a.m.</b> Zumba® Gold  <b>10:30 a.m.</b> Intermediate Tap Dance  <b>11:30 a.m.-12:30 p.m.</b> Open Gym  <b>12:30 p.m.</b> Go4Life  <b>1:30-4:15 p.m.</b> Open Gym  <b>LOWER DINING ROOM</b>  <b>9:15 a.m.</b> Yoga with Dot  <b>10:30 a.m.</b> Line Dance Practice/Delia  <b>NURSE STATION</b>  <b>9:30 a.m.</b> Blood Pressure Clinic  <b>UPPER DINING ROOM</b>  <b>2:00 p.m.</b> Line Dance Practice/Phyllis</p>	<p><b>EXERCISE ROOM</b>  <b>8:30 a.m.</b> Core Strength  <b>8:45 a.m.</b> Senior Strength  <b>9:30 a.m.</b> Dancercise  <b>10:25 a.m.</b> Core Strength  <b>10:40 a.m.</b> Senior Strength  <b>11:30 a.m.-4:15 p.m.</b> Open Gym    <b>LOWER DINING ROOM</b>  <b>8:15 a.m.</b> Zumba® Gold Toning  <b>9:30 a.m.</b> Line Dance Practice/Delia    <b>UPPER DINING ROOM</b>  <b>1:00 p.m.</b> Beg. Line Dance Practice/Phyllis  <b>CANCELLED IN JUNE</b> (2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays only)  <b>2:00 p.m.</b> Intermediate Line Dance  with Homer (1<sup>st</sup>, 3<sup>rd</sup> &amp; 5<sup>th</sup> Tuesdays only)  <b>3:15 p.m.</b> Ballroom Dance Class</p>	<p><b>GREENWAY</b>  <b>8:00 a.m.</b> Walking Saints  <b>EXERCISE ROOM</b>  <b>8:15 a.m.</b> Fit with Mark  <b>9:15 a.m.</b> Zumba® Gold  <b>10:30 a.m.</b> Beginning Tap Dance  <b>11:30 a.m.-12:30 p.m.</b> Open Gym  <b>12:30 p.m.</b> Go4Life  <b>1:30-4:15 p.m.</b> Open Gym    <b>LOWER DINING ROOM</b>  <b>9:15 a.m.</b> Yoga with Dot</p>
THURSDAYS	FRIDAYS	PARTICIPANTS PLEASE READ!
<p><b>EXERCISE ROOM</b>  <b>8:30 a.m.</b> Core Strength  <b>8:45 a.m.</b> Senior Strength  <b>9:30 a.m.</b> Dancercise  <b>10:25 a.m.</b> Core Strength  <b>10:40 a.m.</b> Senior Strength  <b>11:30 a.m.-4:15 p.m.</b> Open Gym  <b>LOWER DINING ROOM</b>  <b>8:15 a.m.</b> Zumba® Gold Toning  <b>9:30 a.m.</b> Line Dance Practice/Delia</p>	<p><b>EXERCISE ROOM</b>  <b>8:15 a.m.</b> Exercise on Fridays  <b>9:15 a.m.-12:30 p.m.</b> Open Gym  <b>12:30 p.m.</b> Go4Life  <b>1:30-4:15 p.m.</b> Open Gym    <b>LOWER DINING ROOM</b>  <b>9:15 a.m.</b> Yoga with Dot    <b>UPPER DINING ROOM</b>  <b>2:00 p.m.</b> Line Dance Practice/Rebecca    Please see below or the class/event page  for a description of the classes  and any fees involved.</p>	<p><b>PARTICIPANTS PLEASE READ!</b></p> <p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin <b>ANY</b> 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 **MONDAY, JUNE 3**

MONDAYS & WEDNESDAYS <b>BEGINS JUNE 3</b> 1:30-3:30 p.m.	<b>BEGINNING COMPUTER CLASS</b> <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 &amp; 19.</i>	CLASS FEE \$20 Limit 12 Deadline 6/3
SATURDAY <b>JUNE 8</b> 12:00 n-5:00 p.m.	<b>GENEALOGY CLASS TRIP TO NASHVILLE</b> <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 <b>JUNE 10</b> 1:00-4:00 p.m.	<b>CRAFTS WITH GRANDKIDS &amp; MARLANE</b> <i>Come and bring your grandkids too. See what Marlane has up her sleeve. Cosponsored by MPRD &amp; SCSSC.</i>	NO FEE Limit 15 total No Deadline
TUESDAY <b>JUNE 11</b> 10:00-11:15 a.m.	<b>INTERNATIONAL FOLKFEST DANCERS FROM TURKEY</b> <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 <b>JUNE 12</b> 9:00-11:00 a.m.	<b>BOB ROSS PAINTING CLASS "SUNSET AT DUSK"</b> <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 6/10
WEDNESDAY & FRIDAY <b>JUNE 12 &amp; 14</b> 9:30-11:30 a.m.	<b>CERAMICS WITH THE GRANDKIDS</b> <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
THURSDAY <b>JUNE 13</b> 10:30-11:30 a.m.	<b>NEW! LEGAL ASSISTANCE &amp; INFORMATION</b> <i>Legal Aid Society of Middle Tennessee will present information about the services they can provide and most cases they can represent. Good information for everyone!</i>	NO FEE Limit 50 No Deadline
THURSDAY <b>JUNE 13</b> 1:00 p.m.	<b>NEW! ST. CLAIR CHICKS COOKOUT</b> <i>Pick up directions at the front desk to your fellow Chick's home that serves as host for this "gathering of chicks." Enjoy hot dogs off the grill and munchies. Bring a covered dish to share and utensils.</i>	FOOD ITEM Limited to Chicks No Deadline
FRIDAY <b>JUNE 14</b> 1:30 p.m.	<b>NEW! LET'S TALK CHICKEN</b> <i>Murfreesboro is now allowing residents to have chickens on their property. Want to learn more about this new rule and some chicken caring basics?</i>	NO FEE Limit 30 No Deadline
MONDAY <b>JUNE 17</b> 10:30 a.m.-12:30 p.m.	<b>DECOUPAGE GOURD BIRD HOUSE CRAFT CLASS</b> <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
TUESDAY <b>JUNE 18</b> 10:00-11:00 a.m.	<b>NEW! VOLUNTEER OPEN HOUSE</b> <i>A quarterly meeting for anyone interested in volunteering at St. Clair. We will discuss center volunteer opportunities and tour the facility. Participants will have the opportunity to complete an application.</i>	NO FEE Limit 50 Deadline 6/13
THURSDAY <b>JUNE 20</b> 11:30 a.m.-1:00 p.m.	<b>NEW! LUNCH &amp; LEARN "5 WISHES"</b> <i>Special presentation: 5 Wishes: Hospice and Advance Directive. Lunch provided by Gentiva.</i>	NO FEE Limit 50 Deadline 6/7
FRIDAY <b>JUNE 21</b> 9:00-10:15 a.m.	<b>NEW! MORNING CHAT WITH AN OFFICER "CURRENT SCAMS"</b> <i>Scams . . . scams . . . they are everywhere! Get the current information on scams that are happening now and scams that are targeting the older population. Refreshments provided by Adams Place.</i>	NO FEE Limit 50 No Deadline
SATURDAY <b>JUNE 22</b> 5:30-9:30 p.m.	<b>COOKOUT &amp; CARD PARTY WITH MPRD</b> <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
MONDAY <b>JUNE 24</b> 9:00 a.m.-2:00 p.m.	<b>NEW! MIXED MEDIA ART CLASS WITH KAREN BRACKMAN</b> <i>Watercolor, pen and ink on canvas. Bring a canvas (no bigger than 11x14), small pointed brushes, transparent water color palette and gel pens.</i>	CLASS FEE \$15 Limit 15 No Deadline



## MORE CLASSES

Sign up day is **Monday, June 3**. 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.

MONDAY <b>JUNE 24</b> 9:30-10:30 a.m.	<b>NEW! "WHAT'S ON YOUR PLATE?"</b> <i>Learn how to make lifestyle changes and wise food choices as a part of your daily life. A book will be given to all who participate.</i>	NO FEE Limit 40 No Deadline
TUESDAY <b>JUNE 25</b> 1:00-2:30 p.m.	<b>NEW! HEALTHY COOKING WITH CAROL</b> <i>Carol's here with healthy recipes and nutrition tips!</i>	NO FEE Limit 30 Deadline 6/21
WEDNESDAY <b>JUNE 26</b> 9:00-11:00 a.m.	<b>NEW! BOB ROSS PAINTING CLASS "WILDERNESS MOUNTAIN"</b> <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 6/24
THURSDAY <b>JUNE 27</b> 1:00-2:00 p.m.	<b>NEW! DIABETES &amp; ME! SUPPORT GROUP</b> <i>This is a support group for people with diabetes, caregivers of those with diabetes and anyone who would like to learn more about diabetes.</i>	NO FEE Limit 40 No Deadline
TUESDAYS & THURSDAYS <b>BEGINS JULY 2</b> 9:00-11:00 a.m.	<b>NEW! INTERMEDIATE COMPUTER CLASS</b> <i>Continue your computer education. This is NOT a basic class. You must have some experience with computers or have completed our Beginning Computer Class. Class meets on 7/2, 9, 11, 16, 18 &amp; 23.</i>	CLASS FEE \$20 Limit 12 Deadline 7/1
WEDNESDAY <b>JULY 3</b> 12:30-2:00 p.m.	<b>NEW! PATRIOTIC PARTY</b> <i>Join us as we celebrate our nation's independence. The Singing Seniors will be entertaining with patriotic songs and we'll be eating plenty of watermelon.</i>	NO FEE Limit 120 Deadline 7/1
MONDAYS & WEDNESDAYS <b>BEGINS JULY 8</b> 1:30-3:30 p.m.	<b>NEW! BEGINNING COMPUTER CLASS</b> <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 7/8, 10, 15, 17, 22 &amp; 24.</i>	CLASS FEE \$20 Limit 12 Deadline 7/3
WEDNESDAY <b>JULY 10</b> 9:00-11:00 a.m.	<b>NEW! BOB ROSS PAINTING CLASS "GOLDEN GLOW"</b> <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 7/8
WEDNESDAY <b>JULY 10</b> 1:00-3:00 p.m.	<b>NEW! BOB ROSS PAINTING CLASS WITH GRANDKIDS "GOLDEN GLOW"</b> <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 Limit 12 Deadline 7/8
THURSDAY <b>JULY 11</b> 1:00-3:00 p.m.	<b>NEW! AFTERNOON WITH THE CLOWNS</b> <i>The clowns are so much fun! This is an intergenerational program. Bring your grandkids and family. Ice cream and cookies will be served at intermission.</i>	NO FEE Limit 120 Deadline 7/5
MONDAY <b>JULY 15</b> 10:30 a.m.-12:30 p.m.	<b>NEW! DECOUPAGE FLOWER POT</b> <i>Transform an ordinary 8" clay pot into a beautiful piece of art suitable for indoor or outdoor use. Beginners welcome. All supplies provided. Taught by Elaine McKee.</i>	CLASS FEE \$15 Limit 15 Deadline 7/8
TUESDAY <b>JULY 16</b> 10:00-11:00 a.m.	<b>NEW! NEW VOLUNTEER ORIENTATION</b> <i>A quarterly meeting for all new volunteers that have completed an application and background check cleared. We will review the volunteer handbook, train to scan as a volunteer and answer questions.</i>	NO FEE No Limit Deadline 7/10
MONDAY <b>JULY 22</b> 1:00-4:00 p.m.	<b>NEW! CRAFTS WITH MARLANE</b> <i>Summer time crafting FUN! Cosponsored by MPRD &amp; SCSSC.</i>	NO FEE Limit 15 No Deadline
WEDNESDAYS <b>BEGINS AUGUST 28</b> 8:30-11:00 a.m.	<b>NEW! SHERIFF'S CITIZEN ACADEMY</b> <i>Plan to attend and learn all about the Rutherford County Sheriff Department in this all new, interactive Citizen's Academy. Ride in the "wagon", investigate a crime scene and much more! Signing up for this class is a commitment for seven weeks of classes. Class meets on 8/28, 9/4, 11, 18, 25, 10/2, 9 &amp; 16.</i>	NO FEE Minimum of 20 Deadline 8/16

**PLEASE READ!** TRIP INFORMATION begins on the next page. Sign-up day is **MONDAY, JUNE 3** 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.

**TRIPS START HERE**

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

<b>TUESDAY</b> <b>JUNE 4</b> 7:30 a.m. 5:30 p.m.	<b>TENNESSEE AQUARIUM, CHATTANOOGA, TN</b> <i>The deadline has passed for this trip. A wait list is available.</i> 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
<b>THURSDAY</b> <b>JUNE 6</b> 10:00 a.m. 3:30 p.m.	<b>BELLES TO TRACY CITY</b> <i>The deadline has passed for this trip. A wait list is available.</i> 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
<b>MONDAY</b> <b>JUNE 10</b> 10:00 a.m. 2:30 p.m.	<b>NASHVILLE FARMERS' MARKET</b> 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
<b>THURSDAY</b> <b>JUNE 13</b> 4:45 p.m. 10:30 p.m.	<b>"THE SOUND OF MUSIC" KEETON THEATRE, NASHVILLE, TN</b> <i>The deadline has passed for this trip. A wait list is available.</i> A classic show sure to please all. Price includes dinner.	ADMISSION \$25 TRANSPORTATION \$6 Limit 19 Deadline 5/3
<b>FRIDAY</b> <b>JUNE 14</b> 8:00 a.m. 4:00 p.m.	<b>QUILT SHOW IN CROSSVILLE, TN</b> <i>The deadline has passed for this trip. A wait list is available.</i> 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). <b>Bring \$5 for admission into the quilt show.</b>	ADMISSION \$16 TRANSPORTATION \$10 Limit 19 Deadline 5/31
<b>SATURDAY</b> <b>JUNE 15</b> 8:00 a.m. 2:00 p.m.	<b>XTREME ADVENTURE HORSEBACK RIDING &amp; GAMES, CEDARS OF LEBANON</b> Bring \$20 for horseback riding payable at the stables. Enjoy riding and games. Bring your own snacks. After enjoying Cedars of Lebanon park you'll hve lunch in Lebanon at the Sunset Family Restaurant (\$10-\$15 on your own).	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 6/12
<b>MONDAY</b> <b>JUNE 17</b> 10:00 a.m. 2:00 p.m.	<b>NEW! MYSTERY LUNCH IN JUNE</b> Where is Lisa sending us now? Wherever it is, it'll be yummy!	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 6/13
<b>TUESDAY</b> <b>JUNE 18</b> 9:00 a.m. 2:00 p.m.	<b>GOVERNOR'S MANSION TOUR</b> <i>This trip is full. A wait list is available.</i> 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
<b>THURSDAY</b> <b>JUNE 20</b> 9:45 a.m. 3:30 p.m.	<b>"WHO'S UNDER WHERE?" AT CHAFFIN'S BARN THEATRE</b> <i>The deadline has passed for this trip. A wait list is available.</i> 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
<b>THURSDAY</b> <b>JUNE 20</b> 4:15 p.m. 11:00 p.m.	<b>VINCE GILL "BLUEGRASS AT THE RYMAN"</b> <i>The deadline has passed for this trip. A wait list is available.</i> Bring money to eat supper at a restaurant (to be determined) on the way.	ADMISSION \$25 TRANSPORTATION \$8 Limit 19 Deadline 5/3
<b>WEDNESDAY</b> <b>**JUNE 26</b> 8:45 a.m. 3:00 p.m.	<b>** DATE CHANGE ** GEORGE DICKEL DISTILLERY, NORMANDY, TN</b> 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
<b>WEDNESDAY</b> <b>JULY 10</b> 10:30 a.m. 3:00 p.m.	<b>NEW! LOVELESS CAFÉ &amp; BARN</b> Eat at Loveless Cafe and shop the fun shops on site: Hams & Jams Market, pottery store, pet store and antique store.	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 6/24
<b>FRIDAY</b> <b>JULY 12</b> 10:00 a.m. 2:00 p.m.	<b>NEW! MYSTERY LUNCH IN JULY</b> Hmm. . . Some of us have been here and decided that it was great! You should go!	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/10

More trips on the next page!



# TRAVELING PLACES

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

<b>TUESDAY</b> <b>JULY 16</b> 9:30 a.m. 4:30 p.m.	<p style="text-align: center;"><b>NEW! CHICKS TO GOSSETT HOUSE &amp; SUMNER CREST WINERY</b></p> <p style="text-align: center;"><i>This is a trip for the St. Clair Chicks. Be sure to sign up so we know you are going.</i></p>	BRING \$ TRANSPORTATION <b>\$8</b> Limit 19 Deadline <b>7/11</b>
<b>FRIDAY</b> <b>JULY 19</b> 10:00 a.m. 2:30 p.m.	<p style="text-align: center;"><b>NEW! NASHVILLE FARMERS' MARKET</b></p> <p style="text-align: center;"><i>The great vegetables of the summer are coming in. Enjoy lunch at one of the cafes on site. Then shop for fruit, veggies and more!</i></p>	BRING \$ TRANSPORTATION <b>\$5</b> Limit 19 Deadline <b>7/17</b>
<b>TUESDAY</b> <b>JULY 23</b> 8:00 a.m. 7:00 p.m.	<p style="text-align: center;"><b>NEW! HARRAH'S CASINO, METROPOLIS, IL</b></p> <p style="text-align: center;"><i>Sign up for a fun day with friends.</i></p>	ADMISSION \$5 TRANSPORTATION <b>Inc.</b> Limit 52/30 min Deadline <b>7/5</b>
<b>THURSDAY</b> <b>JULY 25</b> 9:45 a.m. 3:30 p.m.	<p style="text-align: center;"><b>"ALL FOR A SONG" AT CHAFFIN'S BARN THEATRE</b></p> <p style="text-align: center;"><i>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.</i></p>	ADMISSION \$19 OR 27 TRANSPORTATION <b>\$8</b> Limit 20 Deadline <b>6/6</b>
<b>FRIDAY</b> <b>JULY 26</b> 9:30 a.m. 3:00 p.m.	<p style="text-align: center;"><b>NEW! SHOPPING AT OPRY MILLS</b></p> <p style="text-align: center;"><i>Let's go shopping at Tennessee's largest outlet, value retail, shopping, dining and entertainment mall. Dozens of shops to explore and many places to eat on your own.</i></p>	BRING \$ TRANSPORTATION <b>\$8</b> Limit 19 Deadline <b>7/24</b>
<b>TUESDAY</b> <b>JULY 30</b> 10:30 a.m. 4:15 p.m.	<p style="text-align: center;"><b>NEW! COUNTRY MUSIC HALL OF FAME</b></p> <p style="text-align: center;"><i>Eat lunch at Two-Twenty-Two Grill (on your own) followed by a tour of the great museum. It features three floors of country music memorabilia on display: 23,000 moving images from 1920 to the present, 600 instruments and 800 stage costumes. You can sit and listen along the tour. They even have the gold-plated Cadillac that belonged to Elvis. Don't forget to shop the gift shop!</i></p>	ADMISSION \$18.50 TRANSPORTATION <b>\$8.50</b> Limit 19 Deadline <b>7/19</b>
<b>THURSDAY</b> <b>AUGUST 22</b> 9:30 a.m. 7:30 p.m.	<p style="text-align: center;"><b>NEW! "THE KING AND I" AT CUMBERLAND CO. PLAYHOUSE</b></p> <p style="text-align: center;"><i>It's Siam, 1862 and an English widow has been summoned by the King to serve as tutor to his children. Anna and the King grow to understand and eventually respect one another in a truly unique love story. Price includes lunch at Cumberland Mountain State Park.</i></p>	ADMISSION \$38 TRANSPORTATION <b>\$13</b> Limit 19 Deadline <b>8/9</b>
<b>THURSDAY</b> <b>SEPTEMBER 12</b> 4:00 p.m. 10:00 p.m.	<p style="text-align: center;"><b>NEW! CHICAGO® AT THE SCHERMERHORN SYMPHONY CENTER</b></p> <p style="text-align: center;"><i>It'll be an epic night packed with hits when one of the longest-running groups in rock history joins the Nashville Symphony! Beginning with 1970's "Make Me Smile," Chicago® has enjoyed an incredible string of 21 top 20 singles, including "Saturday in the Park," "If You Leave Me Now" and "You're the Inspiration." They're the first American band to chart Top 40 albums in five consecutive decades and Billboard magazines highest charting American band of all time. Surely a night to remember! Bring money to eat on site or eat before you go.</i></p>	ADMISSION \$54 TRANSPORTATION <b>\$12</b> Limit 19 Deadline <b>8/8</b>

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

## IMPROVING SIGN-UP DAY!

Sign-up day will be a little different in June. In an effort to improve the efficiency and limit any delays, we are trying some new methods for sign-up day. The rules of sign-up day are still the same, but the way things are routed will be a little different. So we ask that everyone be a little patient as we try something new. Make sure you bring your *myseniorcenter*<sup>TM</sup> scan card that morning.



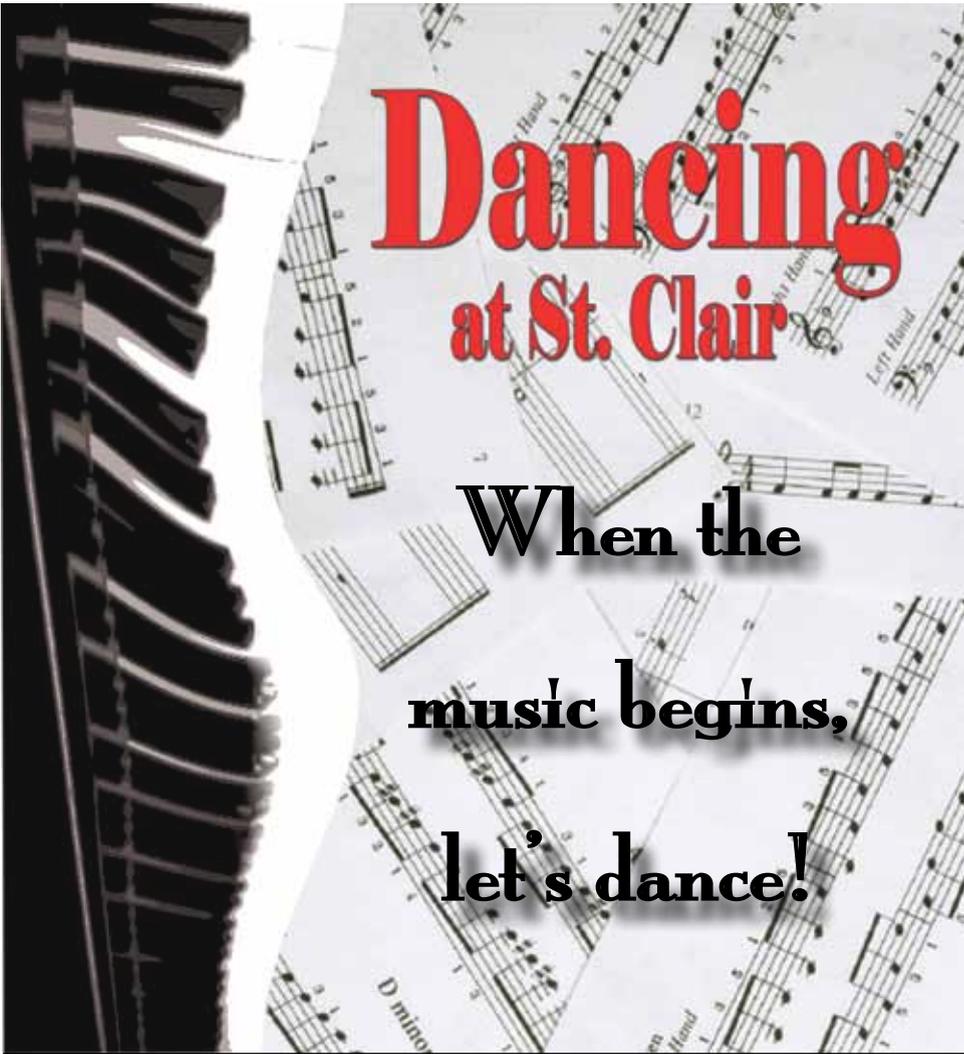


# WE HAVE MUSIC!

This  
Year  
Think  
**PINK!**

### REGISTRATION FORMS GO PINK FOR 2013-2014!

The color this year is PINK. Each year ALL participants of St. Clair Street Senior Center **must** complete a new, updated registration form. The beginning of our new fiscal year is July. In our **WELCOME BACK PARTY** you have the opportunity to drop off the completed new pink form and enjoy some great entertainment, dancing, and refreshments. We cannot overstate the **importance** of you completing the registration form. The form has been revised to make it easier for you to complete. We only ask for information that is vital to the program and funding sources. The information is confidential and will not be shared to identify you as a participant, but the information is needed as a group so that we can indicate the number of people that participate at the Center and the various information such as age, gender, ethnicity, above/below poverty level, lives alone, married, and if you live in Rutherford County or the City of Murfreesboro, and other counties. Be sure and read the waiver on the back of the registration form, and sign the registration form. Thank you for your cooperation in completing the registration form early and indicate if you want to receive the monthly newsletter—the LEAF—by mail or email. This is your best connection with all the programs, events, trips, and classes of St. Clair Street Senior Center.



**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.

**FRIDAY, SEPTEMBER 20**  
from 7:00-10:00 p.m.  
**Sock Hop! Dance**  
**with Snappy Pappy Band**

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



# NEWS FOR YOU!

Pin action is rolling along! The Wii Bowling League competition is stronger than ever. After our second month of bowling we have two teams tied for first place. The team with Ron Capps (captain), Pat Barrett, and Diann Van Trease is tied with the team with Glenda Restivo (captain), Marcella Allen, and George Cunningham. Way to go! Wonder who will continue to sit in first place. Second place is occupied by Rick Clayton (captain), Margie Kruger, and Sally Read. There is room for improvement for everyone. Let's find out who is really the champ after the final month of bowling (which is coming up soon).

## PIN ACTION

*By Clara Courtney*

As usual, our top bowler is Ron Capps. This month he has three 300 (perfect) games, a 299, a 287 and five 279s. Who can top that! We still had many players with great bowling scores. Rick Clayton bowled a 298, he missed a perfect game by only 2 pins. Nice game! The following each rolled a high game of 279: Reather Arnold, James Gannon, Lorraine Hall, and Glenda Restivo. Margie Kruger and Jo'An Bloodworth each bowled a 276. We all strive to improve each week and it is great to see so many high scores. It is fun, competitive and we enjoy our good friendships each week that we get together to try to make that perfect game while helping our team to win.

**Where are you?** Come and watch us, or root for your favorite bowler or team. See how easy it is to learn to Wii bowl and plan to join us for the Fall League. We will be expanding our teams and there will be room for you. We will be happy to teach you to Wii bowl and who knows, you may be on the next winning team. We are all winners with the good times and wonderful friends that develop with teamwork. There is competition, snacks, coffee and plenty of team spirit. Come join us! Til next time, *"happy pin action!"*

## STILL ACCEPTING PHOTOS & LOVE LETTERS

### SOLDIER'S PHOTOS & LETTERS WANTED

Brenda is collecting photos of our participants in uniform to use during the SALUTE TO VETERAN'S CELEBRATION IN NOVEMBER. Written letters were common place when a soldier was serving away from his or her loved ones. If you have a letter or a photo 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. 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 or letters at the center. We cannot be responsible for photos or letters left unattended. The photo cannot be larger than 8 x 10. Photos and letters are being accepted now through September 1<sup>st</sup>.

## MONTHLY POOL TOURNAMENT WINNERS

LADIES' POOL  
TOURNEY  
4-15-13  
1<sup>st</sup> Aki Dean  
2<sup>nd</sup> Lora York  
3<sup>rd</sup> Mary Smith

CO-ED POOL  
TOURNEY  
4-8-13  
1<sup>st</sup> Lora York/Larry Thrasher  
2<sup>nd</sup> Mary Smith/Phil Stilwell  
3<sup>rd</sup> Gloria Denney/Ray Freeman

MEN'S POOL  
TOURNEY  
4-16-13  
1<sup>st</sup> Ed Pater  
2<sup>nd</sup> Gary Bell  
3<sup>rd</sup> Larry Thrasher



## FROM ZUMBA TO JAMMIN'

### Zumba Celebrates Cinco de Mayo in Style



*By Michelle Palmer, Zumba Instructor*

The Zumba Gold and Zumba Toning classes work hard, and they play hard! This year Cinco de Mayo fell on a Sunday, so the Zumba classes celebrated their “Seis de Mayo” (6<sup>th</sup> of May) party on Monday. The ladies danced to spicy Latin songs that worked their bodies from head to toe, including salsas, merengues, and even a challenging cha cha, and then it was time to really party!

Class members enjoyed a variety of Mexican and international treats... but the best part was enjoying each other’s company! Zumba Gold meets Monday and Wednesday at 9:15, and Zumba Toning meets on Tuesday and Thursday morning at 8:20. Come join them! \$20 per class or \$35 for both.



## JAM SESSIONS AT ST. CLAIR



Do you play the guitar, fiddle, banjo, or maybe an old washboard? There is a place where you can have fun and share your musical talent. Where have you been? The “Jammers” are looking for you! Bring your musical equipment and add to the entertainment. The audience will enjoy hearing you play and they just might sing-along. The Music Jam Session gets together each Thursday afternoon at 1:00 p.m. to make some great country music. The “Jammers” play many of the oldies and, sometimes you might hear an old gospel song. You could hum or sing along with a George Jones, Vince Gill, Jim Reeves or Don Williams song or maybe one of your favorite country singers. There are snacks and coffee on the counter. We have great entertainment, lots of fun and often a few surprises. If you need more information or just a little encouragement, look for James Gannon at the Center, he will give you all the details. See you next Thursday, we’ll save ya a seat!



### ADULT DAY SERVICE WARMING UP THIS SUMMER!

May has been a great month for participants and volunteers in the ADS. On the Friday before Mother's Day, several of the ladies enjoyed lotion hand massages and manicures, fresh baked cookies and lemonade, then watched the classic film, "*Casablanca*". Several participants were able to enjoy an outing on the General Jackson. Finally to usher in the beginning of summer, we enjoyed grilled burgers and hotdogs.

The patio trips have been a refreshing change from the cold winter. Tomato plants are growing nicely and the participants have been getting healthy doses of sunlight. Did you know that sun in moderation, of course, has health benefits? According to WIKIPEDIA, the sun helps the body absorb vitamin D3 and actually is the greatest source of Vitamin D producing Ultraviolet B radiation. This UVB radiation had been associated with positive health effects-even inhibiting the growth of some cancers. Sunlight also helps to decrease the risk of seasonal depressive disorder. Studies have shown that Vitamin D deficiency is widespread in the US. Even so, one should use good judgment about sun exposure to avoid cataracts and skin cancer! If one has certain conditions such as multiple sclerosis or is taking medications which have side effects, great care should be taken to follow the doctor's orders! Overall, a balance of sunlight and sun protection is recommended for good health. A few minutes of sunlight each day, unless your physician or pharmacist recommends otherwise, is good for you! For longer exposure, one should wear sunglasses, use sunscreen, drink plenty of fluids-and avoid sunburn always!



ADS participants and staff enjoying the sun on the patio.

The ADS participants intend to have plenty of balanced sun opportunities this summer. We wish the same for all our friends. Take care to have some fun in the sun and use good judgment about protecting yourselves from overexposure. And we wish a happy Father's Day to all!

*"Fatherhood is pretending the present you love most is soap-on-a-rope."* Bill Cosby

## Snapshots from April's VOLUNTEER LUNCHEON

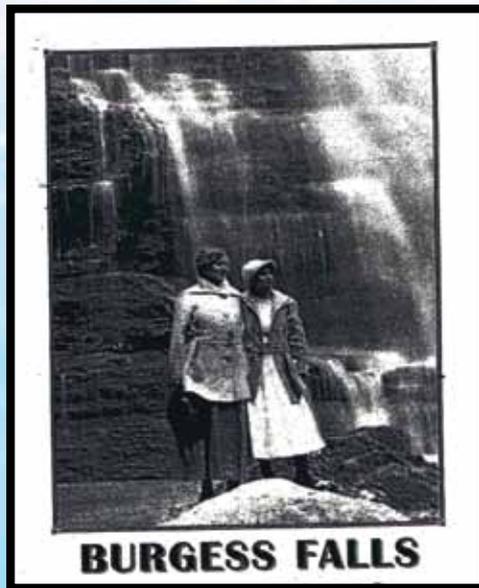


*It was a great day!  
Special thanks to all who  
helped make it possible.*

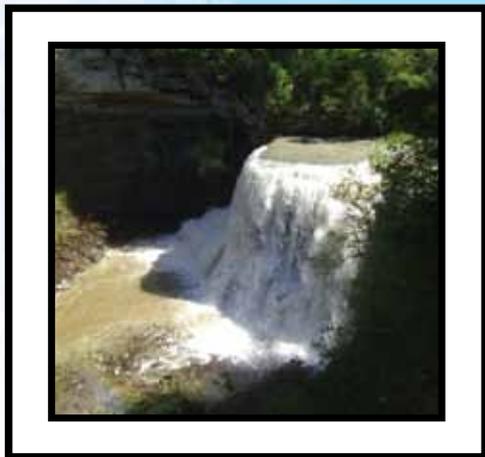


# THE LAST PAGE

## Xtreme Adventurers Hike to Burgess Falls



Visitors to Burgess Falls State Natural Area enjoy spectacular natural beauty. In addition, the area has an interesting cultural background. The falling water has played a central role in the nearby logging and farming community by powering a grist mill and a sawmill. The City of Cookeville took advantage of the power of water since the 1920s by using it to power turbines for electricity.



In case you were wondering, clown names are:  
Al-E-Kat, Babbi Belle, Bashful, Bo Diddley, Cracker Jack, Ding-a-Ling, Fifi, Flower, Freckles, Hillbilly Bill, JoJo, Patches, Pokey Hanis, Rainbow, Runner Up, Scooter, Squeeky, Sundrop, Sunshine, Sweet Stuff and Tibbar.



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**JUNE 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

**TO WRAP THINGS UP**

**DONATIONS for APRIL 2013**

Bingo	\$ 89.43
Quilting	\$ 00.00
Popcorn	\$ 36.08
Coffee	\$ 95.66
AARP Tax Aide Program	\$ 91.00

**Donations:** Pyong Cahill, Chuy's Tex Mex, Karen Luther, Maria Mastrianni, Seasoned Citizens, St. Rose Bridge Group.

Barbara Schwartz *in memory of*  
**PAUL HEIN.**

**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 Assistants:** Laura Grissom, Randy Huffman, **Caregiver Information Coordinator:** Cindi Thomas, **Nurse on Duty:** Lynne Graves, **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)*