



The Leaf

Living Every Adventure Fully

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

Spotlighting the Nurse on Duty

NOD

Nurse on Duty

A nurse-managed wellness program for senior adults

LYNNE M. GRAVES, RN, BSN
is the Nurse on Duty

Nurse on Duty Services

DIRECT CLIENT SERVICES

Compile admission histories with baseline assessment data; Monitor weight, blood pressure, heart rate, and blood glucose level; Perform a general physical assessment of heart, lung, ear, nose, throat, skin, and joints; Perform a nutritional assessment for various medications. For example: Coumadin; Perform a finger stick to measure blood glucose level; Evaluate medication therapies and information on individual drugs; Teach individuals to manage chronic health problems; Counsel for life changes associated with aging; Refer individuals for services to assist in maintaining current levels of health and independence.

EDUCATIONAL & SCREENING SERVICES

Sponsors monthly health educational programs; Sponsors annual health fairs at the St. Clair Street Senior Center with community partners; Participates and coordinates community-wide health fairs in the Rutherford County area; Sponsor monthly health awareness series "Ask the Doctor," inviting local physicians to dialog with participants on health questions; Sponsor exercise and fitness programs: Exercise for Independence, Walk with Ease, Go4Life Program of nutrition & exercise; Sponsor diabetes program; Sponsor Blood Pressure Clinic with retired nurse volunteers on Mondays from 9:30 a.m. to 12:30 p.m.

GOALS OF THE PROGRAM

To promote health and wellness for seniors to maintain their highest level of functioning. To help seniors have access to information and screenings to support them in independent living.

Read page 2 of the newsletter for an IMPORTANT announcement!



Linda Burt,
Center Director

FROM THE DIRECTOR'S DESK

Happy summer and Happy 4th of July! July is the start of the new year for the Senior Center. This is when our new 2013-2014 budget is implemented. We have new programs that we will be offering this year and we are all very excited about them. We hope you will take every opportunity to be a part of all that the Senior Center has to offer to enhance your quality of life. This is our mission, to enhance your quality of life through educational, health and wellness, social, and volunteer opportunities. And, we want to be the Senior Center where you are Living Every Adventure Fully (LEAF).

Thank you to the many seniors that have completed this year's "pink" registration form. If you checked to receive the LEAF by mail or email, you should continue to receive the LEAF monthly. Be sure to read the entire LEAF so you will not miss important information and announcements. Have a wonderful summer season and 4th of July with friends and family.

"We need an America with the wisdom of experience. But we must not let America grow old in spirit" (Hubert H. Humphrey).

SPECIAL ANNOUNCEMENT

SIGN-UP DAY HAS DISAPPEARED!

We have heard your requests to make signing up for classes, trips, and events more accommodating. In an effort to be excellent in service we are doing away with "sign-up day". Beginning this month, you will now be able to sign up for classes, trips, and events as soon as you receive your monthly newsletter. You will no longer have to be at the Senior Center by 8:00 a.m. to sign up, and you will not have to wait until the first business day of the month. There are four ways to obtain your LEAF—mail, email, City website, or pick up a LEAF at the Senior Center. Additional opportunities for new trips, new classes, etc., will be posted as an "unadvertised special" at the Senior Center.

STARS

Succeeding Through Attitude Reflecting Service Excellence

Each month a city employee is honored with the STARTS award. This is about service excellence or excellent customer service. This should reflect an exemplary employee who reflects the following core values:

- Treat customers with respect—participants, potential participants, and staff
- Exceed standards that customers expect—more than just what they are paid to do
- Deliver value and quality service—quality that is consistently above and beyond expectations
- Provide convenience and one-stop shopping—follow through with service

Full-time or part-time employees are eligible to be recommended. Our customers are not only the ones who participate at the Senior Center, but also the staff. So, in making a recommendation, please consider consistent, quality service excellence—an exemplary employee. Forms are available in the display rack by the reception desk.

TELEPHONE SCAM

The Nashville Area Agency on Aging and Disability is warning of a new telephone scam that is targeting seniors, diabetics and persons with disabilities. The telephone call is a recording that claims someone has ordered a Personal Emergency Response System for them and they are calling to verify delivery information. The message then instructs the listener to press a button to speak to a customer service representative for verification purposes. The "representative" then asks for the listener's credit card and other personal information. If the listener already has a Personal Emergency Response System, they will offer to arrange to send a new one. Of course, they request the same personal information.

Please do not give ANY caller ANY personal identifying information including social security numbers, credit card or banking information.



THINGS TO KNOW

CLOWN SHOW & ICE CREAM

Bring your family and Grandchildren to this fun afternoon of clown antics and skits. The Clown Show is on Thursday, July 11th from 1:00-3:00 p.m. We'll have door prizes and ice-cream and cookies after the show. All of our clowns are volunteers and are senior citizens. Sign up is requested. Bump-a-nose!

Congratulations
to
**SARAH
BECKMAN,**
St. Clair Staff
Member, on her
1st place win in her
age division at the
United Way Fun
Run in May!



SENIOR CENTER DANCES *by Clara Courtney*

Get out your dancing shoes and head to the St. Clair Senior Center. Did you know that the Center has a dance once a month with a “live” band? Are you missing all the fun? Where could you go on a Friday or Saturday evening, spend time with your friends and be entertained for only five dollars? There are several different bands that play for us, come and pick your favorite. The bands play all types of dance music. If you like to waltz, there will be many to enjoy. Maybe you prefer to two-step, cha-cha, rumba, fox trot or just cuddle up as you glide around the floor. If you have lots of energy, then we'll see you on the floor for a “rock and roll” tune. If you prefer the Electric Slide, then get out there with the gang! Oh, you would rather line dance! There is a portion of the dance floor just for you. It is next to the main dance floor, so there is plenty of space for everyone. Don't have a partner, not to worry. We have the best mixers (not a drink!) in town. Whirl around the floor with some of the dancers you were watching and get a chance to possibly meet someone new.

You don't dance? Come and share the evening in friendship. Visit with your friends, listen to the great music of the band and watch the dance action. They play “oldies”; you just might hear one of your favorites. You can even request your special song. Then you can hum or sing-a-long with big band music. The next dance is Friday, July 19 at 6:30 p.m. at the Senior Center. The Snappy Pappy Band will be performing. They are great fun! Also, you can pick up a schedule of the dances for the coming months at the Center. You might want to watch for the upcoming Luau Dance, August 17th. There is always coffee, punch and goodies to snack on. Some of the special dances are cosponsored by MPRD. These dances are catered with delicious food. They'll be playing your song at the next dance, so be there!

Friday, JULY 19
Summertime Dance

Doors open at 6:30 p.m.
Light refreshments.
\$5 at the door.

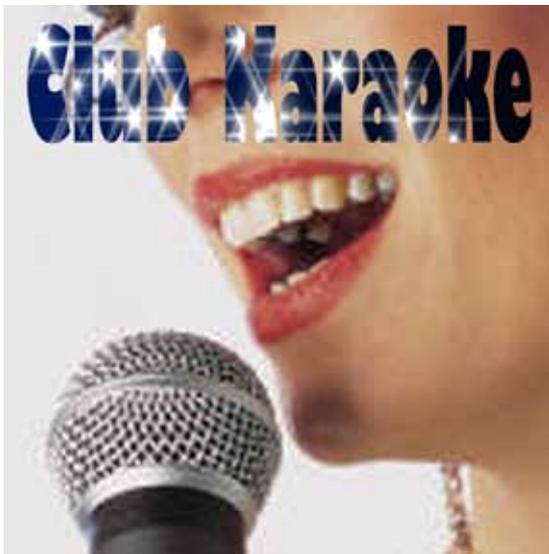
Join the St. Clair Classics for an evening of dancing to the music of
**HARRY STEPHENSON
& THE SNAPPY PAPPY BAND**
7:00-10:00 p.m.



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 August 27 and 28. 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 August 9.** Please make checks payable to St. Clair Street Senior Center. Park in the City garage for your 8:00 a.m. departure on August 27.

**SIGN UP NOW
for TUNICA TRIP
ON AUGUST 27 & 28**



You want it? We got it! Karaoke, as in **Club Karaoke**, right here in St Clair Senior Center.

Join us every **Wednesday**, when the center is open, from **1:00 to 4:00 p.m.** in the lower dinning room for lots of fun! The price is right, it's FREE.

If you like to sing and show off your talent we have hundreds of your favorite songs available on disc, all with words and backup music. Songs range from the forties to the current hits and all types from country, gospel, pop, rock-n-roll, ballads and love songs. If you like to sing in a group, we have that too, or you can just sit back, listen, and relax to the singing of many of your friends. No where can you get entertainment like the sounds that go on in **Club Karaoke**. So why not plan on visiting and have a good time with us and it could just be your next pleasure.

Still Accepting SOLDIER'S PHOTOS & LETTERS FOR VETERAN'S DAY PROJECT

Brenda is still collecting photos of our participants in uniform to use during the **SALUTE TO VETERAN'S CELEBRATION IN NOVEMBER**. Bring the original or a copy of it to Brenda Elliott and fill out an information sheet so we know information about the picture. **Do not** leave original photos or letters at the center. We will not be responsible for items left unattended. 8 x 10 or smaller please. Items accepted through September 1st.



Center participant Bob Allen auditioned for the Silver Stars in 2012.

Talent Search by **SILVER STARS**

The 6th annual Silver Stars by HealthSpring is coming to Nashville in October. Silver Stars is a show dedicated to showing off the talents of those ages 60+. If you sing, play an instrument, or dance they want to see you. Ten acts are picked through auditions. If you would like to audition, log onto www.hssilverstars.com to learn more about Silver Stars, see video clips of past performances, and to complete an online registration form. You can also register by calling 615-665-8772. Auditions take place August 17 & 18 from 12:00 noon-6:00 p.m. at the Red Rooster, 1530 Demonbreun Street in Nashville. The results show takes place at the Historic Ryman Auditorium on Sunday, October 20th at 4:00 p.m. The center does not provide transportation to this event.



BECAUSE WE CARE

READY, SET, GO! EMERGENCY PREPAREDNESS AND RESPONSE

By Dee Brown, Care Director

Tornados, floods, earthquakes, and fire: these words can and often do strike fear in the minds of people. Mankind has had such natural disasters since the beginning of time. We don't have to look very far to see the devastation that a flood or tornado can create. On our minds recently are the horrible tornados that went through Moore, Oklahoma and Oklahoma City. Not so far in the past we had the Nashville flood and the tornado that hit Murfreesboro on Good Friday. We know we have little control over Mother Nature, but we can gain a little sense of control by being as prepared as possible for events that are most likely to occur in our area. "An ounce of prevention is worth a pound of cure" is a good quote when thinking about safety and preparedness.

Do you know how to stay safe in weather emergencies? What are the essential items to have ready in case of an emergency? When you prepare, how long is it recommended you prepare for? All of these questions and more

will be answered at the preparedness workshop, **READY, SET, GO** on **Wednesday August 7th from 9:00-11:00 a.m.**

We are very pleased to present this preparedness workshop that will feature Laverdia McCullough, Aging Program Coordinator with the Tennessee Commission on Aging and Disability. She will talk about emergency readiness and how to prepare the things we may need in case of an emergency. We are also excited to have Nashville meteorologist, Nancy Van Camp with us to discuss how to prepare and respond to weather emergencies. These are two very knowledgeable individuals that will be presenting valuable information that could make a difference in your life.

We are going to have a lot of fun at this workshop, there will be door prizes and one lucky person will win a complete emergency kit! Please sign up to attend this event by August 2nd.



CAREGIVER EVENTS FOR JULY 2013

LUNCH & LEARN "Safety & Nutrition"

July 18 • 11:30 a.m.-1:00 p.m.

Guest Speaker: Gail Drye • Light Lunch will be provided.

Reservations are required before July 10.

LABOR OF LOVE SUPPORT GROUP

July 26 • 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.

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 July 26 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.



SUMMER WATER WORKOUTS *By Lynne M. Graves, RN*

Water workouts are especially great during the summer months. Exercising in water is a great way to keep cool during the hot days of summer. There are so many great benefits to exercising in the water. **Pool walking** is an aerobic exercise that helps with diabetes, arthritis, cardiovascular problems, back problems and osteoporosis. Proper form is important too. Walking the pool's perimeter is a must. You can hold onto the pool's side to balance yourself, if needed. Make certain that your feet are touching the bottom of the pool to reduce your chances of slipping. Aqua exercise shoes will lessen your chances of slipping or scraping your feet. To increase the number of calories you burn you can add hand weights, wrist floats, or weighted ankle floats to your pool walking routine. As you get more confident you can increase your pace and now your exercise has turned into a power walk. Walking the pool

backwards works different muscles and helps tone up other parts of your body. **Lower body exercise** includes doing some leg swings in the water. When doing leg swings you should always hold onto one side of the pool's wall. **Upper body exercise** can help if you have pain in your shoulders and arms. Yes, even your elbows, ankles, and toes will feel better by doing a water workout. You might be interested in taking a class or you can go on your own, though it is not recommended that you go in the water all alone. Make sure there is a certified Life Guard on duty. Another good idea is to find a friend and become pool buddies. Finally, if you have arthritis in your knees and hips aquatic therapy is a great way to ease the pain. Always before starting a new exercise check with your physician to be sure that it is appropriate for you.

HEPATITIS AWARENESS MONTH *By Lynne M. Graves, RN*

July is National Hepatitis Awareness month. Hepatitis occurs in all age groups. However, there is a growing number of adults over age sixty who present with complications of liver disease; mainly cirrhosis and hepatocellular carcinoma and it is usually found to be a result of a Hepatitis C virus (HCV) infection. These patients probably acquired the disease earlier in life with no symptoms. According to the 2004 Guidelines of the American Association for the Study of Liver disease, anyone that received a blood transfusion or blood products before July 1992 should be checked for HCV infection. Prior to this date, blood that was donated to blood banks across the nation was not checked for the HCV infection. During this past decade, our knowledge of this disease and its treatment has increased significantly. Some common symptoms would include: loss of appetite, fatigue, mild fever, muscle and joint aches, nausea, vomiting and stomach pain. Chronic infection of HCV is more

likely and may be more severe in the elder population. It is believed that physicians will be encountering increasing number of persons with liver disease in the years to come due to the large number of baby boomers that will be approaching retirement years. Therefore it is highly recommended that adults over age sixty get tested by their primary physician for HCV. There is no vaccination to prevent the Hepatitis C virus. However, treatment is available to prevent liver failure. There is antiviral therapy that must be assessed on an individual basis to determine if it is best for you. Also, Protease inhibitors or immunotherapy may be a possible treatment. Patients, who develop liver failure, can now undergo liver transplantation. Approach your primary physician with any questions you may have regarding more information on HCV and the treatments that are available today.

UPCOMING EVENTS FOR THE NOD PROGRAM

Nutrition “**What is on your Plate**” will be on **July 22** from 9:30-10:30 a.m. Each person will be given a book from the National Institute on Aging. Discussion will focus on smart food choices and healthy eating habits. Lynne Graves RN, BSN, will be the instructor. Registration is required and refreshments will be served.

DIABETES AND **Me** will have a special guest speaker, Dr. Jared Bramlett, DPM, on **July 25** to talk about “**Diabetes and Your Feet.**” This class will be from 1:00-2:00 p.m. His focus will be on nerve damage and how to prevent or manage wound care. Registration is required and a healthy snack will be served.



FOR A HEALTHY YOU!

HHealth Talk with Toni Miller, OT, will present a program on Arthritis, “PUTTING PAIN IN ITS PLACE” on July 24th from 11:00 a.m. - 12:00 noon. Registration is required and a healthy lunch will be provided.

Go4Life wellness and exercise program is every **Monday, Wednesday and Friday from 12:30 – 1:30 p.m.** Equipment that will be used include: 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. Classes are free.

SENIOR WELLNESS EXPO • August 21st from 8:00-11:00 a.m.

Physicians and health practitioners will be conducting free health screening and assessments. We have professionals from all areas of the health field including Podiatry, Physical Therapy, Audiology, Neuropsychology, and many more! Free health screenings and assessments will include hearing, vision, bone density, thyroid, blood pressure, memory, depression and glaucoma screenings, a foot assessment, and hearing tests. The MTMC Mobile Unit will also be providing free blood testing. There will be a great class called “**Superfoods with Carol**”, taught by Carol Burnett, RN. Carol will teach the benefits and uses of “superfoods”, which are superior sources of anti-oxidants and essential nutrients that we need but cannot make ourselves. Registration is not needed; each Community Health Provider will have an individual sign-up sheet on the day of the event. We will have volunteers to assist with the sign-up sheets to ensure that people are seen on a timely basis.

TENNESSEE TECHNOLOGY CENTER FIELD TRIP

WEDNESDAY, JULY 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 **9:00 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.



WHO IS THIS PERSON?

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

Is this . . .

- A. Marjorie Kruger
- B. Doris Payne
- C. Mary C. Baer
- D. Betty Wilkins

Nostalgic Corner Picture from June Newsletter

Answer: Stanley Long



JUST THE FACTS

ADS APPRECIATES VOLUNTEERS!

We have several excellent dedicated volunteers who enrich our lives here in the Adult Day Service Program. Because of these volunteers our participants are able to have more variety and individual assistance beyond that which our paid staff can provide. Even as this article is being written, for instance, **Scott Daniel**, retired attorney at law, is playing classic recordings for our participants in a musical revue which he provides weekly. **Susan Turner**, retired licensed nurse has been assisting our participants today with puzzles and will help with meal set up and clean up. She also takes and records blood pressures. Both of these professionals have practiced for many years in Murfreesboro and now they are giving their time cheerfully and unselfishly to our aged participants.

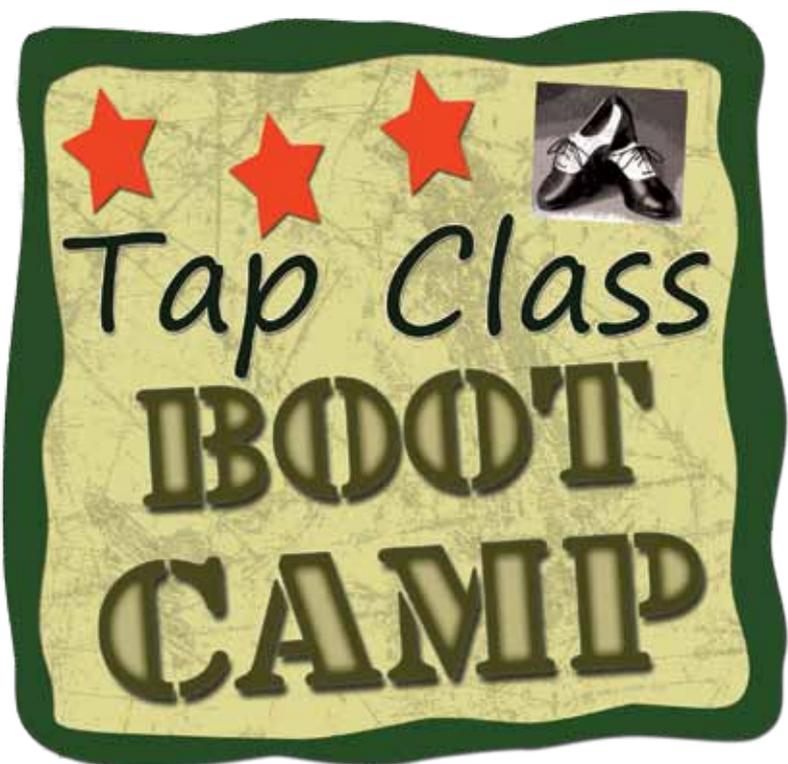
Diane Van Trease does a cooking class for our participants weekly, breaking down the task into manageable steps and then the group enjoys the tasty results of their lesson. Diane makes sure that each person succeeds at their task, giving them a sense of satisfaction. Nora Lyons, also a retired licensed nurse, who states "I am blessed in return by these people", waters plants, assists in meal set up /clean up and helps with the group art projects, puzzles and games. Sandye Seiffert also enthusiastically helps our participants with Karoake and the jam sessions.

Every week the Adult Day Service participants enjoy a beautiful performance by accomplished pianist, Larry Spangler. He also plays some sing-a-long songs which help our participants reminisce and remember lyrics to popular oldies such as "Smiles".

In June, the ADS had a salad "toss off", using volunteers and others to judge! We also began our "Fabulous Friday" ice cream social which we intend to carry on monthly. Some wonderful volunteer like Mrs. Nora will be scooping with a smile to help make that event possible. Thanks to volunteers like ours, life is great in the ADS!



Scott Daniel and Susan Turner



MAXIMIZE YOUR SKILLS!

Are you interested in "stepping up" your tap skills? Have you taken a few months (or years!) off, and would like a refresher? Or would you just like to perfect those steps you learned years ago?

Then **Tap Class BOOT CAMP** is the class for you! This month, in lieu of Beginner and Intermediate Tap Classes, we will offer one class that meets on Mondays from 10:30-11:35 a.m. The cost is \$15 for the month, and each class will feature a refresher on different tap steps, as well as putting them together in fun and lively combinations. It's a great opportunity to dance, learn and socialize!

This is a one-month only class taught by Michelle Palmer. We look forward to seeing you there!



CAREGIVING CONCERNS

2013 Walk to End Alzheimer's Rutherford County Walk Murfreesboro, TN

By Cindi Thomas,
Caregiver Information Coordinator

What a privilege and pleasure it is for me to take part in a community event as important as the **Memory Walk** to benefit Alzheimer's research. The **Walk to End Alzheimer's** provides an opportunity for the community to see the courage and beauty of people who are fighting a disease that has no cure with the hope that in the near future this disease will be treatable and curable. The Memory Walk also provides an occasion for the Alzheimer's Community, family, caregivers, those diagnosed with Alzheimer's, those who have lost a loved one to Alzheimer's and those who know that Alzheimer's can impact their lives at any time, to come together as a group to donate their time and money to raise funds for research to find a

cure for this degenerative neurological disease.

Another major part of the Alzheimer's Memory Walk is to honor caregivers, give them a pat on the back, share their stories and tribulations, show them they are not alone, and give them a shoulder to lean on. If you have the opportunity to support a walker or join a team yourselves, I encourage you to do so and receive the love in return.

The following is 2013 Alzheimer's Association facts and figures:

- Alzheimer's disease is the sixth leading cause of death in the United States.
- More than 5 million Americans are living with the disease.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- In 2012, 15.4 million caregivers provided more than 17.5 billion hours of unpaid care valued at \$216 billion.
- In 2013, Alzheimer's will cost the nation

\$203 billion.

This number is expected to rise to \$1.2 trillion by 2050.

I have personally been affected by this unforgiving disease, my grandmother was a victim, and I have worked with many victims as a nurse and caregiver for more than 20 years. Therefore it has become my passion and mission to help all that are impacted by this disease in any way that I can. I will wear my purple shirt proudly and continue to help in the fight!

The 2013 Memory Walk will be **Saturday, September 7th at 8:30 a.m. and begins at the Gateway Island and Trail (behind MTMC) here in Murfreesboro.**

Consider walking with us or forming your own team. Register at <http://www.alz.org>.

Cindi



May 2013 meeting at the Memory Cafe.

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, July 15 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 at 615-848-2550 or Tina O'Brien at Eldersfirst@dtc.com

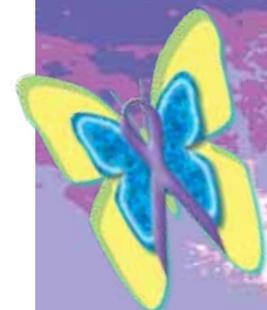
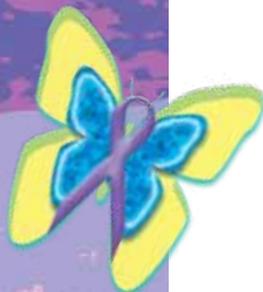
WALKING DOWN MEMORY LANE

Memory Walk Fundraiser

August 9 from 5:30 - 8:00 p.m.

\$5.00 at the Door

This will be a fun night of 40s & 50s music, comedy and reminiscing with the Eric Stephens Band, Singing Seniors & much, much more. Refreshments will be served.





How VOLUNTEERING BENEFITS You

Volunteering helps seniors maintain mental well-being.

- According to a recent study, seniors who volunteer in social programs not only maintain good brain function, but their brain function and cognitive ability may actually increase. In short, becoming a retired volunteer can actually make a senior citizen smarter!

Volunteering is rewarding.

- Giving to others can help combat depression, because giving makes us feel vibrant, important, and satisfied. Even if a senior is not depressed, becoming a senior volunteer is a rewarding experience that reduces stress and increases happiness. The Corporation for National Community Service notes that many health benefits associated with volunteering are a result of the sense of accomplishment a senior volunteer feels when helping others.

Volunteering adds years to seniors' lives.

- The Corporation for National Community Service also reports that seniors who provide social support for others through volunteering had lower mortality rates than those who did not! The same national service program notes that states with higher volunteer rates among seniors generally have lower mortality rates, indicating again that volunteering can improve physical, mental, and emotional well-being for seniors.

Senior volunteers can work around their own schedules.

- Even busy, active seniors can become volunteers. Most organizations offer flexible schedules, especially when it comes to valued senior volunteers.

Retrieved from: <http://www.seniorcorps.org>

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

**VOLUNTEER
EVENTS**

**FOR
YOU
TO DO!**

VOLUNTEER ORIENTATION on
Tuesday, July 16 from 10:00-11:00 a.m.

VOLUNTEER MEETING on
Tuesday, August 20 from 10:00-11:00 a.m.

VOLUNTEER OPEN HOUSE on
Tuesday, September 10 from 10:00-11:00 a.m.

St Clair Classics Open Meeting

St Clair Classics Committee helps staff organize monthly dances. The next meeting of St Clair Classics is August 6th from 1:00-2:00 p.m. We decided to make this meeting OPEN to anyone interested in our dances. The agenda: Setting dates for 2014, Band selection, Dance themes, Dance times, types of music, Friday vs. Saturday dances, daytime vs evening. We would love for you to assist in making YOUR dances what you desire. This meeting is open to anyone who wishes to attend. For more information, see Brenda Kiskis Elliott, Program Director.

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



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.

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.

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 Director.

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. **Please Note: Spanish II will not meet in July.**

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.

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.

"LOOMY" BIRDS & JEWELRY MAKING with Marlane & MPRD

Marlane is taking a break from Loomy Birds and Jewelry Making for the summer.

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!

"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.



JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:30 p.m. Singing Seniors</p>	<p>2</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Boulevard Terrace</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>3 DEADLINE 7/8 BEGINNING COMPUTER CLASSES</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Easy Bridge</p> <p>12:00 p.m. Art Club</p> <p>12:30 p.m. Patriotic Party</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p>
<p>8 DEADLINE 7/10 BOB ROSS CLASSES DEADLINE 7/10 LOVELESS CAFE TRIP DEADLINE 7/15 DECOUPAGE FLOWER POT CLASS</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. FCE Better Living Club</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Happy Clown Rehearsals</p> <p>1:30 p.m. Singing Seniors</p> <p>1:30 p.m. Beginning Computer Class</p>	<p>9 DEADLINE 7/11 DIABETES & ME</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Piano 2</p> <p>10:30 a.m. Bingo with Murfreesboro Funeral Home</p> <p>11:00 a.m. Piano 3</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Seasoned Citizens</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>10 DEADLINE 7/12 MYSTERY LUNCH TRIP DEADLINE 7/16 NEW VOLUNTEER ORIENTATION</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Bob Ross Class "Golden Glow"</p> <p>9:00 a.m. Easy Bridge</p> <p>10:00 a.m. Program Committee Meeting</p> <p>10:30 a.m. LOVELESS CAFE TRIP</p> <p>12:00 p.m. Art Club CANCELLED</p> <p>1:00 p.m. Bob Ross Class with Grandkids "Golden Glow"</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>15 DEADLINE 7/17 TN TECH CTR FIELD TRIP DEADLINE 7/17 GREEN HILLS MALL TRIP</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>10:30 a.m. Decoupage Flower Pot Craft Class</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:30 p.m. Beginning Computer Class</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p>	<p>16</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>9:00 a.m. Piano 1</p> <p>9:30 a.m. CHICKS TO GOSSET HOUSE & SUMNER CREST</p> <p>10:00 a.m. New Volunteer Orientation</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Piano 2</p> <p>10:30 a.m. Bingo with Creekside Assisted Living</p> <p>11:00 a.m. Piano 3</p> <p>12:30 p.m. AARP Board Meeting</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. Crochet Group</p> <p>2:00 p.m. AARP Meeting</p> <p>2:15 p.m. Spanish 1</p>	<p>17 DEADLINE 7/19 NASHVILLE FARMERS' MKT</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Easy Bridge</p> <p>9:00 a.m. TENNESSEE TECHNOLOGY CTR FIELD TRIP</p> <p>9:30 a.m. GREEN HILLS MALL & TRADER JOES</p> <p>12:00 p.m. Art Club</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>22 DEADLINE 7/24 EMIL'S BISTRO TRIP DEADLINE 7/25 BELLES TRIP</p> <p>8:30 a.m. Center Commission Meeting</p> <p>8:30 a.m. STONEHAUS WINERY & OUTLET MALL</p> <p>9:30 a.m. Roberson Bridge</p> <p>9:30 a.m. What's On Your Plate?</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Crafts with Marlane</p> <p>1:30 p.m. Beginning Computer Class</p>	<p>23</p> <p>8:00 a.m. HARRAH'S TRIP departs from City Hall Parking Garage</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Piano 2</p> <p>10:30 a.m. Bingo with Jim</p> <p>11:00 a.m. Piano 3</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Healthy Cooking with Carol</p> <p>1:00 p.m. Seasoned Citizens</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>24 DEADLINE 7/26 OPRY MILLS TRIP</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Bob Ross Class "Watch the Sun Fade"</p> <p>9:00 a.m. Easy Bridge</p> <p>10:00 a.m. EMIL'S BISTRO & RUSSELL STOVER</p> <p>11:00 a.m. Health Talk "Arthritis"</p> <p>12:00 p.m. Art Club</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>29</p> <p>9:00 a.m. Mixed Media Art Class</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Open Play in Lower Dining Room</p>	<p>30</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Piano 2</p> <p>10:30 a.m. COUNTRY MUSIC HALL OF FAME</p> <p>10:30 a.m. Bingo with Sue</p> <p>11:00 a.m. Piano 3</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>31 DEADLINE 8/6 PORTRAIT WITH LIZ CLASS</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Easy Bridge</p> <p>9:00 a.m. Morning Chat with an Officer "MPD Questions & Answers"</p> <p>12:00 p.m. Art Club</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p>



OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>4</p> <p>Center Closed for the 4th of July Happy Independence Day!</p>	<p>5 DEADLINE 7/11 AFTERNOON WITH THE CLOWNS</p> <p>DEADLINE 7/23 HARRAH'S TRIP</p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p>	<p>6</p> <p>12:30 p.m. Center Open</p> <p>7:30 p.m. Tennessee Walkers Square Dance</p> <p>7</p> <p>Today is National Chocolate Day! Chocolate is a vegetable? It comes from the Cacao tree found in rainforests.</p>
<p>11 DEADLINE 7/16 CHICKS TRIP</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>10:00 a.m. Knit & Crochet Group</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Ethel</p> <p>12:30 p.m. Party Bridge</p> <p>1:00 p.m. AFTERNOON WITH THE CLOWNS</p> <p>1:00 p.m. Music Jam Session</p>	<p>12 DEADLINE 7/18 LUNCH & LEARN</p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. MYSTERY LUNCH TRIP</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p>	<p>13</p> <p>12:30 p.m. Center Open</p> <p>7:30 p.m. Tennessee Walkers CANCELLED</p> <p>14</p> <p>Today is Bastille Day known as La Fête Nationale in France.</p>
<p>18 DEADLINE 7/20 XTREME ADVENTURE</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Intermediate Computer Class</p> <p>10:00 a.m. Knit & Crochet Group</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Broadmore Assisted Living</p> <p>11:30 a.m. Lunch & Learn "Safety & Nutrition"</p> <p>12:30 p.m. Party Bridge</p> <p>1:00 p.m. Music Jam Session</p>	<p>19 DEADLINE 7/22 WHAT'S ON YOUR PLATE DEADLINE 7/22 STONEHAUS WINERY TRIP DEADLINE 7/23 HEALTHY COOKING WITH CAROL DEADLINE 7/25 DIABETES & ME SUPPORT GROUP DEADLINE 7/30 COUNTRY MUSIC HALL OF FAME</p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. NASHVILLE FARMERS' MARKET TRIP</p> <p>12:00 noon RCCOA Meeting</p> <p>7:00 p.m. Summertime Dance with music by the Snappy Pappy Band <i>Doors open at 6:30 p.m. \$5 at the door. For ages 60+.</i></p>	<p>20</p> <p>8:00 a.m. XTREME ADVENTURE AT PERCY WARNER PARK</p> <p>12:30 p.m. Center Open</p> <p>1:30 p.m. Parkinson Support Group</p> <p>7:30 p.m. Tennessee Walkers Square Dance</p> <p>21</p> <p>1865 - In the market square of Springfield, Missouri, Wild Bill Hickok shoots and kills Davis Tutt in what is regarded as the first western showdown.</p>
<p>25</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:45 a.m. CHAFFIN'S BARN "ALL FOR A SONG"</p> <p>10:00 a.m. Knit & Crochet Group</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. BELLES TO BELL BUCKLE</p> <p>10:30 a.m. Bingo with AT Home Health Care</p> <p>12:30 p.m. Party Bridge</p> <p>1:00 p.m. Diabetes & Me "Diabetes & Footcare"</p> <p>1:00 p.m. Music Jam Session</p>	<p>26</p> <p>9:00 a.m. Pinochle</p> <p>9:30 a.m. OPRY MILLS SHOPPING TRIP</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:00 noon Labor of Love Caregiver Support Group</p> <p>1:00 p.m. Happy Clown Class</p>	<p>27</p> <p>12:30 p.m. Center Open</p> <p>7:30 p.m. Tennessee Walkers Square Dance</p> <p>28</p> <p>Oh wow, it's Hamburger Day!</p> <p>On July 28, 1900 the hamburger was created by Louis Lassing in Connecticut.</p>
<p>Interested in Rook®? Want to bring the game back to the Center on a regular basis after an absence? If you are interested in playing Rook®, 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>Spades? Anyone? Anyone?</p> <p>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>COMING SOON!</p> <p>Saturday, AUGUST 17</p> <p>LUAU DANCE</p> <p>Music by Bill Sleeter Trio</p> <p>\$5 at the door. Doors open at 6:00 p.m. Refreshments at 6:30 p.m. For ages 60+. Dance from 7:00-10:00 p.m. Sponsored by SCSSC, MPRD & the Classics.</p> <p>Canasta & Chicken Foot games are played at the Center on a regular basis. For Dance & Fitness classes and practice times, please see the Health & Fitness calendar on page 14.</p>



HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS
<p>GREENWAY 7:00 a.m. Walking Saints EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. TAP CLASS BOOT CAMP 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 UPPER DINING ROOM 1:00 p.m. Beg. Line Dance Practice/Phyllis CANCELLED (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 7:00 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 resumes in August 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 \$5 fee due for INTERMEDIATE LINE DANCE Class for July, August and September.</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</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 UPPER DINING ROOM 2:00 p.m. Line Dance Practice/Rebecca 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 (AUGUST)
- Intermediate Line Dance - \$5/quarter

WALKING SAINTS

The Walking Saints meet at 7:00 a.m. at the Greenway to walk on Monday (Old Fort) and Wednesday (Cason Lane) mornings.

**CLASSES & EVENTS**

The following list contains classes and events with **NO FEES** you may make a reservation for them by calling 848-2550 or in person at the reception desk.

WEDNESDAYS BEGINS JULY 3 8:30-11:00 a.m.	SHERIFF'S CITIZEN ACADEMY <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 7/3, 10, 17, 24, 31, 8/7, 14 and 21.</i>	Minimum of 20 Sign Up NOW!
WEDNESDAY JULY 3 12:30-2:00 p.m.	PATRIOTIC PARTY <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>	Limit 120 Deadline 7/1
THURSDAY JULY 11 1:00-2:00 p.m.	CANCELLED <small>DIABETES & ME</small>	Limit 40 Deadline 7/9
THURSDAY JULY 11 1:00-3:00 p.m.	AFTERNOON WITH THE CLOWNS <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 the end of the show.</i>	Limit 120 Deadline 7/5
TUESDAY JULY 16 10:00-11:00 a.m.	NEW VOLUNTEER ORIENTATION <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 Limit Deadline 7/10
THURSDAY JULY 18 11:30 a.m.-1:00 p.m.	LUNCH & LEARN "SAFETY & NUTRITION" <i>with guest speaker, Gail Drye. Light lunch and dessert served.</i>	Limit 50 Deadline 7/12
MONDAY JULY 22 9:30-10:30 a.m.	"WHAT'S ON YOUR PLATE?" <i>This class is based on the recommendations for older adults in the Dietary Guidelines for Americans. We will introduce you to making good food choices a part of your daily life.</i>	Limit 40 Deadline 7/19
MONDAY JULY 22 1:00-4:00 p.m.	CRAFTS WITH MARLANE: JEWELRY FROM GLASS SQUARES, NAIL POLISH & PAPER <i>Please bring several bottles of nail polish that you may have at home. Summer time crafting FUN! Cosponsored by MPRD & SCSSC.</i>	Limit 15 No Deadline
TUESDAY JULY 23 1:00-2:30 p.m.	HEALTHY COOKING WITH CAROL <i>Carol's here with healthy recipes and nutrition tips!</i>	Limit 30 Deadline 7/19
WEDNESDAY JULY 24 11:00 a.m.-12:00 n	HEALTH TALK: ARTHRITIS <i>Toni Miller is an occupational therapist who helps patients develop, recover and improve skills needed for daily living and working. Toni will be speaking on Arthritis, the types, symptoms and ways to manage pain.</i>	Limit 40 No Deadline
THURSDAY JULY 25 1:00-2:00 p.m.	DIABETES & ME! : DIABETES & FOOTCARE <i>Learn how to prevent and care for foot issues that diabetes can cause. Foot problems most often happen when there is nerve damage which can result in loss of feeling in your feet and possible amputations.</i>	Limit 40 Deadline 7/19
WEDNESDAY JULY 31 9:00-10:15 a.m.	MORNING CHAT WITH AN OFFICER "CURRENT SCAMS" <i>Chief Glenn Chrisman answers your questions about the Murfreesboro Police Department and looks to the future of the department.</i>	Limit 50 No Deadline
MONDAY AUGUST 5 1:00-4:00 p.m.	CRAFTS WITH MARLANE <i>Summer time crafting FUN! Cosponsored by MPRD & SCSSC.</i>	Limit 15 No Deadline
TUESDAY AUGUST 6 1:00-2:00 p.m.	ST. CLAIR CLASSICS DANCE COMMITTEE OPEN MEETING <i>Plan to attend the meeting and offer your input on the dances held at the Center.</i>	Limit 20 No Deadline
WEDNESDAY AUGUST 7 9:00-11:00 a.m.	READY, SET, GO! EMERGENCY PREPAREDNESS <i>with special guest speakers, Nancy VanCamp, meteorologist, WSMV, Channel 4 and Laverdia McCullough, Aging Program Coordinator, Tennessee Commission on Aging and Disability.</i>	Limit 75 Deadline 8/2
THURSDAY AUGUST 8 1:00-4:00 p.m.	CANASTA TOURNAMENT WITH MPRD <i>Get your game face on and join us. Prizes at the end of the day. Refreshments served.</i>	Limit 48 No Deadline



MORE CLASSES & EVENTS

The following list contains classes and events with **NO FEES** you may make a reservation for them by calling 848-2550 or in person at the reception desk.

THURSDAY AUGUST 15 11:30 a.m.-1:00 p.m.	LUNCH & LEARN "MEDICARE & MEDICAID" <i>with guest speaker, Rose Cooper. Light lunch will be served.</i>	<i>Limit 50 Deadline 8/7</i>
THURSDAY AUGUST 15 1:00-4:00 p.m.	BRIDGE TOURNAMENT WITH MPRD <i>Grab your partner and get ready! Prizes at the end of the day. Refreshments served.</i>	<i>Limit 48 No Deadline</i>

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Thanks!

TUESDAYS & THURSDAYS BEGINS JULY 2 9:00-11:00 a.m.	INTERMEDIATE COMPUTER CLASS <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. Instructed by Phil Lantz. Class meets on 7/2, 9, 11, 16, 18 & 23.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 7/1</i>
MONDAYS & WEDNESDAYS BEGINS JULY 8 1:30-3:30 p.m.	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 7/8, 10, 15, 17, 22 & 24.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 7/3</i>
WEDNESDAY JULY 10 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "GOLDEN GLOW" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 7/8</i>
WEDNESDAY JULY 10 1:00-3:00 p.m.	BOB ROSS PAINTING CLASS WITH GRANDKIDS "GOLDEN GLOW" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 7/8</i>
MONDAY JULY 15 10:30 a.m.-12:30 p.m.	DECOUPAGE FLOWER POT <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 <i>Limit 15 Deadline 7/8</i>
WEDNESDAY JULY 24 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "WATCH THE SUN FADE" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 7/22</i>
MONDAY JULY 29 9:00 a.m.-2:00 p.m.	MIXED MEDIA ART CLASS WITH KAREN BRACKMAN <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 <i>Limit 15 No Deadline</i>
MONDAYS & WEDNESDAYS BEGINS AUGUST 5 1:30-3:30 p.m.	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 8/5, 7, 12, 14, 19 & 21.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 8/2</i>
TUESDAYS BEGINS AUGUST 6 8:30-11:30 a.m.	PORTRAIT CLASS WITH LIZ FARAR: Class meets on 8/6, 13, 20, 27, 9/10 & 17. <i>Bring in head and shoulder picture of one person you want to use in your portrait. Deadline to bring in picture is July 31. The finished painting will be 16 x 20. All supplies provided. No class on 9/3.</i>	CLASS FEE \$150 <i>Limit 8 Deadline 7/31</i>
TUESDAYS & THURSDAYS BEGINS AUGUST 6 9:00-11:00 a.m.	INTRODUCTION TO THE INTERNET CLASS <i>Learn the best way to explore the world wide web in this advanced class. You must have taken our Intermediate computer class before taking this class. Instructed by Phil Lantz. Class meets on 8/6, 8, 13, 15, 20 & 22.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 8/2</i>
WEDNESDAY AUGUST 14 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "MIXED MEDIA" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12 Deadline 8/12</i>

UPCOMING TRIP TO SCHERMERHORN SYMPHONY CENTER

DON WILLIAMS is playing at the Schermerhorn on **Monday, October 7**. **DON WILLIAMS** is a living legend, the gentle giant of country music, and he is bringing his laid-back baritone voice to the Schermerhorn for this special performance. Please see page 18 for specific details on this trip. The Schermerhorn offers the *Arpeggio Restaurant* as a dinner choice (\$38 per person - please let us know that you want a reservation at the time you sign up for this trip) or you can eat in the Schermerhorn Cafe. Also a nearby hotel has a grill inside that anyone can walk to. You may sign up **NOW** for this trip.

**TRIPS START HERE**

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now!

WEDNESDAY JULY 10 10:30 a.m. 3:00 p.m.	LOVELESS CAFÉ & BARN <i>Eat at Loveless Cafe and shop the fun shops on site: Hams & Jams Market, pottery store, pet store and antique store. Bus 1 limit: 19. Bus 2 limit: 10.</i>	BRING \$ TRANSPORTATION \$8 Limit 29 Deadline 7/8
FRIDAY JULY 12 10:00 a.m. 2:00 p.m.	MYSTERY LUNCH IN JULY <i>Hmm. . . Some of us have been here and decided that it was great! You should go!</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/10
TUESDAY JULY 16 9:30 a.m. 4:30 p.m.	CHICKS TO GOSSETT HOUSE & SUMNER CREST WINERY <i>This is a trip for the St. Clair Chicks. Be sure to sign up so we know you are going.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/11
WEDNESDAY JULY 17 9:30 a.m.	SHOPPING AT GREEN HILLS MALL & TRADER JOES <i>Shopping galore! Upscale Mall at Green Hills and the chic Trader Joe's together in one trip. Can't get any better than this! Eat lunch on your own at either stop. Bring plenty of \$\$ for shopping.</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 7/15
FRIDAY JULY 19 10:00 a.m. 2:30 p.m.	NASHVILLE FARMERS' MARKET <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>	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 7/17
SATURDAY JULY 20 8:00 a.m. 4:00 p.m.	XTREME ADVENTURE AT PERCY WARNER PARK <i>The Mossy Ridge Trail is challenging! Rated Moderate, this is a 4.5 mile trail that has some major hills. Xtreme Adventurers will love it! Bring water and plenty of energy snacks for the hike!!! Be sure and wear appropriate shoes/hiking boots. Lunch afterward at the Loveless Café (\$12-\$18 on your own), where there will be a wait since it's Saturday. After lunch you can browse the Loveless shops, or come on back to the Boro and soak your footsies!</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/18
MONDAY JULY 22 8:30 a.m. 4:30 p.m.	VANITY FAIR OUTLET & STONEHAUS WINERY, CROSSVILLE, TN <i>Shop at Vanity Fair Outlet, Eat lunch at Genesis Italian Grill and then visit Stonehaus Winery before heading home. What a nice way to spend a summer afternoon!</i>	BRING \$ TRANSPORTATION \$12 Limit 19 Deadline 7/19
TUESDAY JULY 23 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 52/30 min Deadline 7/5
WEDNESDAY JULY 24 10:00 a.m. 2:00 p.m.	EMIL'S BISTRO & MARKET <i>Emil's Bistro & Marketplace - casual, fun and sophisticated dining without intimidation! Our new Bistro menu offers customers a great variety from light and casual to more substantial and sophisticated! Bring money for lunch. We'll stop at Russell Stover for ice-cream/shopping after lunch.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/22
THURSDAY JULY 25 9:45 a.m. 3:30 p.m.	"ALL FOR A SONG" AT CHAFFIN'S BARN THEATRE <i>The deadline has passed for this trip. A wait list is available. Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.</i>	ADMISSION \$19 OR \$27 TRANSPORTATION \$8 Limit 20 Deadline 6/6
THURSDAY JULY 25 10:30 a.m. 2:30 p.m.	BELLES TO BELL BUCKLE <i>Attention Belles of St. Clair! Let's go eat at the Bell Buckle Café (up to \$20 on your own) and browse the quaint shops of this old railroad town. Bring money to eat and shop.</i>	BRING \$ TRANSPORTATION \$8 Limit 12 Deadline 7/22
FRIDAY JULY 26 9:30 a.m. 3:00 p.m.	SHOPPING AT OPRY MILLS <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>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 7/24

More trips on the next page!



TRAVELING PLACES

Please see page 17 of the newsletter for more information on signing up for trips.

TUESDAY JULY 30 10:30 a.m. 4:15 p.m.	COUNTRY MUSIC HALL OF FAME <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.</i>	ADMISSION \$18.50 TRANSPORTATION \$8.50 Limit 19 Deadline 7/19
MONDAY AUGUST 5 9:30 a.m. 3:00 p.m.	COOL SPRINGS GALLERIA <i>Escape the heat and enjoy a relaxing day at the Cool Springs Galleria. There will be shopping, socializing, and most of all...eating! If you would like to escort this trip see Brenda Elliott before signing up.</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 8/1
TUESDAY AUGUST 13 10:15 a.m. 3:00 p.m.	CHICKS TO AROWHEADS AEROSPACE MUSEUM <i>St. Clair Chicks trip: Eat at Ms. Audrey's Tea Room at Patch Manor (\$11 on your own) then head to the museum. The Museum spans time from before five native American tribes traversed the area through the opening of AEDC. We'll stop at Russell Stover before heading home.</i>	ADMISSION \$5 TRANSPORTATION \$8 Limit 19 Deadline 8/2
THURSDAY AUGUST 15 10:15 a.m. 3:45 p.m.	JOHNNY CASH MUSEUM <i>Johnny Cash. The man. The legend. Enjoy lunch on your own at the Copper Kettle (\$10-15). Then step into Johnny Cash's world at this incredible newly opened museum honoring The Man in Black. Gift shop on site.</i>	ADMISSION \$10 TRANSPORTATION \$8 Limit 19 Deadline 8/2
MONDAY AUGUST 19 9:30 a.m. 3:00 p.m.	FRIST CENTER FOR THE ARTS, NASHVILLE, TN <i>Sensuous Steel: Art Deco Automobiles: This incredible one-of-a-kind exhibition features spectacular automobiles and motorcycles from the 1930s and '40s that thrill the eyes and spirit. This exhibit is NOT TO BE MISSED. Vik Muniz: Garbage Matters: Mr. Muniz is celebrated for his photographs of everyday materials, which have been arranged to reveal delightfully unexpected images, especially when viewed from a distance. Lunch is on your own (\$10-12) at the Frist Café. Bring \$5 for admission at the door.</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 8/12
TUESDAY AUGUST 20 9:00 a.m. 2:00 p.m.	GOVERNOR'S MANSION TOUR <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).</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 8/13
THURSDAY AUGUST 22 9:30 a.m. 7:30 p.m.	"THE KING AND I" AT CUMBERLAND CO. PLAYHOUSE <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>	ADMISSION \$38 TRANSPORTATION \$13 Limit 19 Deadline 8/9
TUES & WED 8/27 & 28 8:00 a.m. 7:00 p.m.	TUNICA, MISSISSIPPI AT THE FITZGERALD CASINO <i>An overnight stay at the Fitzgerald with lots of extras. 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. Park in the City garage for your 8:00 a.m. departure on 8/27. Name, address, phone number and date of birth required at time of sign up.</i>	SINGLE \$89 DOUBLE \$68 Limit 52 Deadline 8/9
THURSDAY SEPTEMBER 12 4:00 p.m. 10:00 p.m.	CHICAGO® AT THE SCHERMERHORN SYMPHONY CENTER <i>One of the longest-running groups in rock history joins the Nashville Symphony! 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>	ADMISSION \$54 TRANSPORTATION \$12 Limit 19 Deadline 8/8
THURSDAY SEPTEMBER 19 9:30 a.m. 7:30 p.m.	"TO KILL A MOCKINGBIRD" AT CUMBERLAND CO. PLAYHOUSE <i>Jem and Scout Finch's father has been appointed to defend a black man framed for a crime he did not commit. This timeless classic has inspired us for more than 50 years. Price includes lunch buffet at Cumberland Mountain State Park before the show.</i>	ADMISSION \$36 TRANSPORTATION \$12 Limit 20 Deadline 9/6
THURSDAY SEPTEMBER 26 9:45 a.m. 3:30 p.m.	"SOUTHERN FRIED NUPTIALS" AT CHAFFIN'S BARN THEATRE <i>This is the hilarious followup to one of your favorites, "Southern Fried Funeral." Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.</i>	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 8/9
MONDAY OCTOBER 7 4:30 p.m. 10:30 p.m.	DON WILLIAMS AT THE SCHERMERHORN SYMPHONY CENTER <i>The gentle giant of country music brings his laid-back bariton voice to the Schermerhorn for a night of incredible songs and unforgettable memories! This Country Music Hall of Famer will tap into his hit-studded career, which includes enduring classics like "Tulsa Time," "I Believe in You," "Good Ole Boys Like Me," and "Amanda." Supper at Café in Schermerhorn.</i>	ADMISSION \$45 TRANSPORTATION \$8 Limit 19 Deadline 8/23
THURSDAY OCTOBER 10 9:45 a.m. 3:30 p.m.	"SENIORS OF THE SAHARA" AT CHAFFIN'S BARN THEATRE <i>Sylvia Goldberg, a respectable retired New Jersey schoolteacher goes to Israel and unknowingly brings back an ancient relic teapot with a geriatric genie, "Eugene." Laughter rolls as Sylvia tries to keep the genie a secret from her best friends and his former master! Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.</i>	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 8/23

More trips on the next page!



TRIPS STOP HERE!

Please see page 17 of the newsletter for more information on signing up for trips.

MONDAY OCTOBER 21 7:00 a.m. 4:30 p.m.	BELLES OF ST. CLAIR TO THE SOUTHERN BELLE RIVERBOAT <i>This trip is for the Belles of St. Clair. Enjoy the beautiful fall colors of the Tennessee River Gorge on the Southern Belle. Full lunch buffet included. Bring money to stop at Russell Stover for ice cream and shopping on the way back.</i>	ADMISSION \$31 TRANSPORTATION \$12 Limit 19 Deadline 9/6
TUESDAY OCTOBER 29 7:00 a.m. 4:30 p.m.	SOUTHERN BELLE RIVERBOAT <i>Enjoy the beautiful fall colors of the Tennessee River Gorge on the Southern Belle. Full lunch buffet included. Bring money to stop at Russell Stover for ice cream and shopping on the way back.</i>	ADMISSION \$31 TRANSPORTATION \$12 Limit 19 Deadline 9/6
WEDNESDAY NOVEMBER 6 7:00 a.m. 4:30 p.m.	SOUTHERN BELLE RIVERBOAT <i>Enjoy the beautiful fall colors of the Tennessee River Gorge on the Southern Belle. Full lunch buffet included. Bring money to stop at Russell Stover for ice cream and shopping on the way back.</i>	ADMISSION \$31 TRANSPORTATION \$12 Limit 19 Deadline 9/6

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

ST. CLAIR STREET SENIOR CENTER PRESENTS THE
PIGEON FORGE & SMOKY MOUNTAINS SHOW TRIP
 November 18-20 (Monday through Wednesday)

During your escorted trip, you'll see several wonderful shows beginning with the hysterical Comedy Barn Variety Show. You'll be shopping at the Historic Old Mill and the Old Mill Square which is full of unique shops. You'll also enjoy free time in Gatlinburg. *Flyer with more information is available at the Senior Center.*

Signup now for this wonderful trip. The \$255 total includes transportation, lodging, 4 meals, two evening shows, two morning shows, free time in Historic Downtown Gatlinburg and more! The \$75 deposit is due at registration. The deadline for all deposits is July 12 with the balance due by September 11. Trips checks (no cash) payable to Diamond Tours. Insurance checks payable to Travel Confident. Name, address, phone number, date of birth and email address required at time of registration.

Doesn't Sarah Beckman make the cutest Name Tags for our trips?

After you check in at the front desk to go on a trip, you get a cute customized name tag for that particular trip. The name tags serve several purposes. For one, they let you learn the first name of each person on the bus. You may not be aware of another purpose. As escort, I can tell you that figuring out who belongs to my group when going to a large senior-filled event like Senior Day at the Zoo or Senior Day on the General Jackson...everyone begins to look alike! The name tags tell me who belongs to my group.

The tags helped me tremendously when we went to the restaurant after Senior Day at the Zoo this May. After we ordered our food, the building started to fill with smoke. I was able to identify and evacuate my group (2 buses) easily without questioning who belonged to me! When we were outside with all of the other seniors who had been to the zoo, I did a quick scan for our name tags to be sure everyone in our group was away from the building and accounted for. If you have a custom-made nametag you are welcome to wear it however, you are also asked to wear the nametags that Sarah makes for you as well. Thanks Sarah!

Brenda Elliott

ATTENTION TRIP TAKERS!

The Trip Taker planning meeting for 2014 is going to be **Wednesday, August 14 at 1:00 p.m.** Put on your thinking caps so you can tell us where in the country you want to go! Florida? The Grand Canyon? Boston? New York? Perhaps you want to venture up to Montreal and Quebec. This is your opportunity to tell us your ideas and we'll vote for the most popular. We'll meet back on **Wednesday, September 11, at 1:00 p.m.** to finalize our travels for 2014. We'll also be offering one international trip or cruise!



NEWS FOR YOU!

The Spring Wii Bowling League at the Center has ended for the summer. We will miss all our special friends and good times. We will be meeting again in September for our 2013 Fall Wii Bowling League. So mark your calendar!!

The season ended with our banquet held at Logan’s Roadhouse. The decorating committee did an excellent job of setting it all up. We had a good turnout and celebrated with friendship, good food, prizes and trophies. We surprised ourselves with all the great bowling throughout the spring league. Many of us started with low averages and really improved as the season progressed. Bobbie Cunningham gave us some interesting statistics. As a group, we had 36 games of 240 or better, 40 games at 250 or better and 35 scores of 275 or better. Way to go gang! Then to top it off, we had 14 games of 300 (perfect score!).

PIN ACTION

By Clara Courtney



All this led to the presentation of the trophies. The first place team was: Ron Capps (captain), Pat Barrett, and Diann Van Trease. The second place team was: Glenda Restivo (captain), Marcella Allen, and George Cunningham. High game was awarded to Ron Capps for his 300 scores (he had 11 of them) and Reather Arnold (she bowled 3 consecutive 300 games). Bet even the professionals can’t top that! Pat Barrett received the “Most Improved”. Her average improved 26 points. Good work!

Each season we give a plaque (The Gerline Patton Award) to the participant who exemplifies the characteristics that we admire most. Edna LeDoux was the recipient of this award for our spring league. She shows up every week, even when her knees don’t want to. She always has a smile and a kind word for everyone and she really, really wants her team to win!



You all can practice Wii bowling all summer and be at the top of your game for the fall league. Watch the August newsletter for the announcement of our startup meeting. We want YOU there. We have room for additional bowlers (or subs) for our September league. We will be bowling for 12 weeks and be done before the holiday season. If you have further questions or want more information, you can call Bobbie at 907-9761 or just ask any of us (look for the Wii shirts). When the “pin action” starts, will you be there?



DID YOU KNOW? In 2008 26% of adults over 50 played video games and the number is rising. A study by the American College of Sports Medicine of participants ranging from age 66-78 found that playing Wii™ bowling for 30 minutes could burn as much as 176 calories.

Information obtained at <http://stephaniehenkel.hubpages.com/hub/Wii-Games-A-New-trend-for-Seniors>



WINNERS ALL THE WAY

Senior Participant Hikes the Appalachian Trail



Winnie and her friend, Larry Spangler, who drove her to Georgia and back from the Smokies.

Winnie Hardy, one of our St. Clair Senior Center participants, has long been planning to go on an adventure - to hike the Appalachian Trail. The Appalachian Trail is one continuous trail, 2180 miles long, beginning at Springer Mountain, Georgia, and ending at Mt. Katahdin, in Northern Maine. Winnie Hardy has been hiking and camping for many years, and hopes to hike the entire length, one section at a time. Winnie prefers to hike alone, as that frees her to hike as fast and far as she wants, and to camp where she wishes. She has, however, taken along one favorite hiking companion, Winnie the Pooh, attached to her belt.

Winnie gets great satisfaction in communing with nature. She has thoroughly enjoyed hiking her first section, 240 miles, from Springer Mountain, Georgia, through part of North Carolina and through the length of the Smoky Mountains. Winnie is planning to return to the trail in one or two months to continue her hike through the rest of Tennessee and into Virginia.



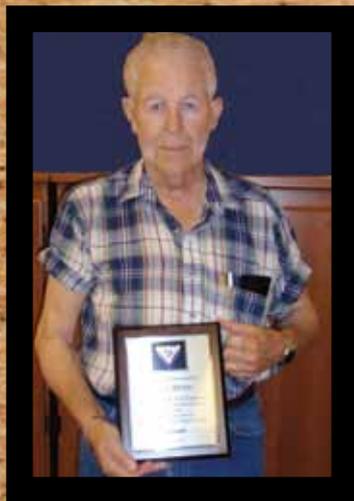
Starting the trail with a 30 pound backpack.



On the left: Winnie on the trail in North Carolina about halfway through her first section hike.
On the right: Winnie and her hiking friend, Winnie the Pooh.



POOL ROOM NEWS!



CONGRATULATIONS to **CARL REED** (pictured left) who was honored for his dedication to the pool room.

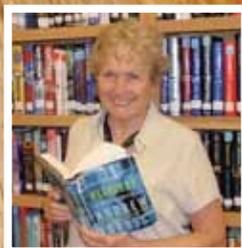
LADIES' POOL TOURNEY
5-20-13
1st Mary Smith
2nd Aki Dean
3rd Gloria Denney

CO-ED POOL TOURNEY
5-13-13
1st Mary Smith/Ray Freeman
2nd Teresa Rains/Larry Thrasher
3rd Aki Dean/Phil Stilwell

MEN'S POOL TOURNEY
5-21-13
1st Laird Weishahn
2nd Tommy Michal
3rd Jerry Parker



by Cornelia Cooper, Volunteer Librarian



I. NEW FEATURES

On the eve of my two year anniversary at the St. Clair Library, I would like to present a state of the library report. Over the last two years, the library has experienced tremendous growth and a very high volume of use. In an effort to better serve you, we have put in place several new features as well as keeping many of the innovations of Adeline Frizzell (former Librarian).

- We have added a “**New Book Section**” for easier identification of the new items added to the collection.
- We have added **Seasonal Book Displays** in the hall to attract those people who seldom visit the library.
- We have added new decor to make the library attractive and inviting.
- We have enlarged and highlighted the “**Large Print Section**” (in as much as it is the most used section in the library).
- We follow a varied schedule of time in the library (our goal is three days a week) so that you might have access for personal contact, questions or just conversation.
- We have put in place an “in house system” of tracking library usage. This system will help us to know what materials to keep and what to donate, all in an effort to better utilize space and give you the latest and newest materials available.

II. DONATION POLICY

In reference to better serving you and a better use of shelf space, we must make some adjustments to our donation policy. We have experienced tremendous growth and generosity of donations to the library, so much so, we are running out of shelf space. The lack of shelf space makes it necessary to revisit our donation policy:

- Copyright date for book donations is **2008** to the present date.
- Copyright date for magazine donations should be the **current year**.
- Quantity of donations of magazines - A reasonable quantity of magazine donations is great, but we do not have space for fifty copies of a favorite magazine.
- Quality of donations (books and magazines) - We would prefer good to great quality donations. Please no old, faded, yellowing or tattered books or magazines.
- Taste appropriate - General good taste should be observed with all donations (books and magazines).
- Age appropriateness - Please remember we are sixty and up, therefore, please donate children’s materials to your grandchild’s school or library.

III. THANKS TO ALL

Last, but by no means least, I would like to thank everyone for two great years at St. Clair Street Senior Center. It is really a joy volunteering in the library. I look forward to coming to the Center and the volunteer experience has enhanced my retirement.

One last thing, I would like to thank everyone for their support and donations to the library, however, I would especially like to thank the family who donate the large print book collection to the library each fall (what a blessing). Additionally, we would like to acknowledge the family who donate the large western paperback collection each year. We are extremely pleased to get two such needed donations each year! Thank you!



ST. CLAIR DANCING

Line Dance Ambassadors for the Center



The Line Dancers of St. Clair Street Senior Center recently joined forces with dancers from the First United Methodist Church and paid a visit to the residents of Community Care of Rutherford County on May 10th. The class instructors are Dee Robeson, Judy Fairbanks, and Jerry and Rhonda Morton.



All of those participating put on a great show for the residents of Community Care. One of the residents even got up and danced with the group. Many thanks go out to all who helped!



The group has been invited back and plan to make other ambassadorial trips in the future.

**Dancing at
St. Clair**

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

SATURDAY, SEPTEMBER 20

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

Sock Hop! with Snappy Pappy Band

SATURDAY, OCTOBER 5

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

Country Dance with Nashtones

SATURDAY, OCTOBER 19

from 1:00-4:00 p.m.

**Daytime Halloween Dance
with Bill Sleeter Trio** (Costumes Optional)



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JULY 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



TO WRAP THINGS UP

DONATIONS for MAY 2013

Bingo	\$ 92.29
Quilting	\$ 400.00
Popcorn	\$ 8.10
Coffee	\$ 189.35
Exercise Room	\$ 20.00
Library	\$ 2.00

Donations: Dolores Castle, Pat Far-
 rer, Shirley LaRoche, Martha Richard-
 son, Seasoned Citizens, St. Rose Bridge
 Group, Ann Stevens, Peggy Warren.

Jo Freeman *in memory of*
PAUL HEIN.

Barbara Schwartz *in memory of*
LYNNE GRAVE'S MOTHER.

ST. CLAIR STREET SENIOR CENTER STAFF

Center Director: Linda G. Burt, **Department Coordinator:** Di-
 ane Smith, **Custodial Support:** John Carson & T. J. Key, **Admin-
 istrative Secretary:** Kim Harding Todd, **Secretary/Receptionist:**
 Sarah Beckman, **Care Director:** Dee Brown, **Program Directors:**
 Brenda Kiskis Elliott & Lisa S. Foster, **Adult Day Service Direc-
 tor:** Amanda Pullias, **Adult Day Services Activity Assistants:** Lau-
 ra Grissom, Randy Huffman, **Caregiver Information Coordina-
 tor:** 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 sub-
 jected to discrimination under any program or activity receiving federal fi-
 nancial assistance. (Title VI of the Civil Rights Act of 1964)*