



The Leaf

Living Every Adventure Fully

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

Ready, Set, Go!

Emergency Preparedness & Response

Wednesday, August 7 • 9:00 a.m.

Laverdia McCullough

Tennessee Commission on Aging and Disability

Nancy Van Camp

WSMV Meteorologist

Do you know how to stay safe in weather emergencies?

What are the essential items to have ready in case of an emergency?

Join us on August 7th at 9:00 a.m. to find out!

Please see page 9 for more information.

Are You Ready for August?

Senior Wellness Expo

Wednesday, August 21

8:00-11:00 a.m.



Featuring Local Health Professionals To Provide
Health Screenings & Assessments Including:

Hearing	Thyroid	Vision
Blood Pressure	Bone Density	Skin/Mole
Depression	Feet	Kidney
Balance	Teeth/Mouth	Clinical Breast Exam
Memory	Cognitive	Glaucoma

22-PANEL BLOOD TEST

by ST. THOMAS MOBILE UNIT

- DO NOT eat after midnight if you would like to have a fasting blood glucose level.
- Healthy snacks will be provided after your blood work is completed.

"SUPERFOODS WITH CAROL"

TAUGHT BY CAROL BURNETT, RN
"Superfoods" are superior sources of antioxidants and essential nutrients that we need but cannot make ourselves.

No sign up required.

Please see page 6 for more information.

All regular activities will be cancelled at the Center from 8:00-11:00 a.m. for the Senior Wellness Expo on August 21. The following rooms will be closed (activities cancelled) on Tuesday, August 20th starting at 1:00 p.m. for set-up of Expo: Large Dining Room, Lower Dining Room, Large Card Room and Multi-purpose Room. Thank you for your support in this matter.

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



FROM THE DIRECTOR'S DESK



Linda Burt,
Center Director

Have you noticed all the ambassadors we have in the community from the Senior Center? We have wonderful groups of people as well as individuals that go into the community and promote the Senior Center through visiting and providing activities in the local area and beyond. What is an ambassador? According to the Merriam-Webster Dictionary, an ambassador is an official representative or messenger. This is why we call them ambassadors because they go out into the community representing St. Clair Street Senior Center. The list of ambassadors is growing as we expand the reach of the Senior Center into the community. These are volunteers that give their time and talent to enhance the lives of the people in Murfreesboro and Rutherford County. The outreach of the ambassadors is not limited to age, culture, gender, socioeconomic status, or abilities. The Happy Clowns of St. Clair perform skits and magic tricks for all audiences. The

Wii Bowling League visits Community Care and shares bowling time with the residents. The knit and crochet group make blankets, scarves, helmet liners, and other projects sending these out as donations to hospitals, military, PAWS, and other areas. The quilters make beautiful quilts that are sold in the gift shop for the Senior Center, and make lap quilts for people in nursing homes and other places to help people in wheel chairs stay warm. The Singing Seniors love to sing and several times a year go to the TN Veterans Home, independent living, and assisted living facilities to bring cheer and encouragement. The Seniors Acting Up drama team are a group of volunteers that spend a lot of time in rehearsal to bring great entertainment at the Senior Center. The Community Care volunteers visit faithfully every week and bring encouragement to the residents of Community Care. Thank you, ambassadors for giving back to the community by being involved in service to the community.

SIGNING UP FOR CLASSES, TRIPS, AND EVENTS

Signing up for classes, trips, and events was much easier in July because of being able to call or come in and sign up without having to wait outside, long lines, and waiting for the first business day of the month. The comments have been positive and encouraging. We continually strive to make your experience at the Senior Center great. The St. Clair Street Senior Center Commission and Program Committee are very active in looking at the programs, and offer suggestions and ideas. We welcome your ideas, too.

Super Noggin

Lands at St. Clair Street Senior Center

Join us on either Monday, August 19 or Friday, August 23 at 10:00 a.m. for an introduction to this fabulous program, *"Why Should I Exercise My Brain?"* And beginning Friday, September 20 at 9:30 a.m. the Center will offer **Super Noggin**, a new brain fitness program for those who want to stay mentally sharp throughout life. A series of educational workshops will teach you about the lifestyle choices and activities you can do to maintain and even improve your brain health. Monthly meetings will help you stay motivated and connected with the Super Noggin group, and your personal Super Noggin Notebook will provide you with a year's worth of recommended exercises to keep your mind fit. You can also track your progress on a personal chart. Plus, the price is right: \$10 for the entire year-long program! Sign up at the front desk.





THINGS TO KNOW

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.

CALLING ALL 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.

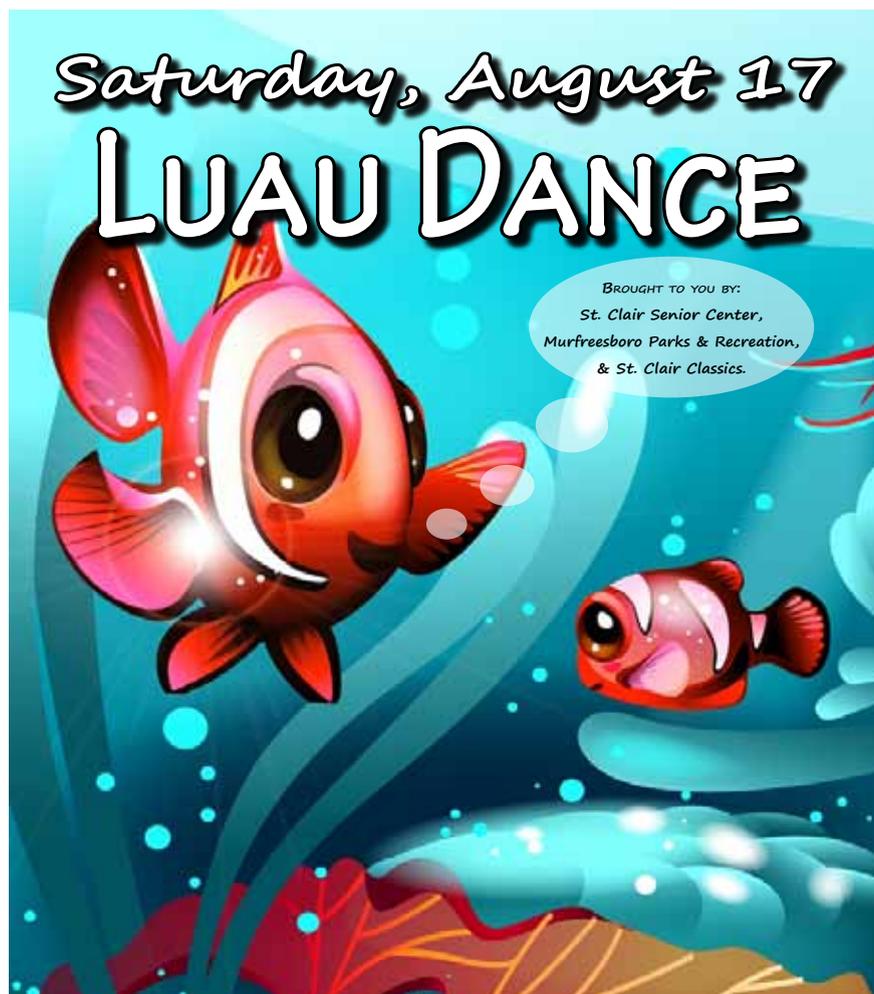
Tell the group your ideas and we'll vote for the most popular. Then we'll meet back on Wednesday, September 11, at 1:00 to finalize our travels for 2014. We'll also be offering one international trip or cruise!

Seats still available for TUNICA • AUGUST 27 & 28
Sign up and pay before August 9 at front desk.

Saturday, August 17

LUAU DANCE

BROUGHT TO YOU BY:
St. Clair Senior Center,
Murfreesboro Parks & Recreation,
& St. Clair Classics.



Join the St. Clair Classics for an evening of dancing to the music of

THE BILL SLEETER BAND

Doors open at 6:00 p.m. Hors d'oeuvres at 6:30 p.m. Dance from 7:00-10:00 p.m.

Admission is \$5 at the door for ages 60+.

SENIOR CENTER ART SHOW

ATTENTION ARTISTS! Sign up with Brenda Elliott no later than Friday, August 30th to participate in the SEPTEMBER 5 & 6 ART SHOW IN THE SENIOR CENTER. Display space is limited. Please, NO LAST MINUTE ENTRIES will be permitted. Set up takes place Wednesday September 4th at 1:00 p.m.

NEW SPANISH CLASS SET TO BEGIN

Now is the time! If you've ever wanted to learn a new language, Cynthia Borzick is starting a brand new beginning Spanish Class in September! Learn Spanish with your friends in a casual, intimate setting. Classes begin Tuesday, September 3 and cost \$20 per month. Help keep your brain healthy by learning a new language!

VINCE GILL and AMY GRANT CHRISTMAS CONCERT on December 19th

It's hard to think of Christmas at this time of year but here we go: Tickets to this concert would be a GREAT present from your family if they are looking for something special to get you. It's the Christmas event of the season! Amy Grant and Vince Gill will light the Schermerhorn with cheer and goodwill when they perform their beloved holiday show with the Nashville Symphony. Come celebrate with classic tunes, gospel hymns and a joyous night of great music! Tickets are \$78 with transportation \$12. See page 19 for more details. You may sign up now!



ADS ENJOYS SUMMERTIME!

The summer is slipping by so quickly here in the ADS. Dr. Bell and Randy have been growing a bumper crop of tomatoes and the perennials have flourished in our courtyard due to the abundance of rain. The butterfly bushes and the bee balm are spectacular. We have tried to enjoy the outdoors daily if the weather permits.

We celebrated Independence Day with classic all American hotdogs, french fries and slaw. Red, white and blue has been our theme as we played trivia games and Patriotic Jingo. We visited Miller's grocery, which serves a slice of pie along with a slice of nostalgic Americana. We have also been enjoying cornhole tournaments, horse shoes and bowling in the lower dining room. We started having "Fabulous Friday" ice cream parties once a month! Barbara McGuire and Sandye Seiffert enjoyed birthday celebrations, too!

Looking forward as we approach the later days of summer, our staff is planning a luau in August. We also are planning to participate in the Alzheimer's Walk. We encourage you to get involved in this worthy project. As science progresses to a better understanding of the human brain, research dollars and support to caregivers becomes even more important! We encourage our friends at the St. Clair Center to get involved! The Alzheimer's Walk is on September 7 and our own ADS Activity and Publicity Assistant, Laura Grissom, is in charge of the staff team.

We hope all of you enjoy your summer as we do!
Life is good at St. Clair Street Senior Center ADS!



Ruth Winborn, Reba Ellison & Dr. Bryan Bell.

Are you NEW to St. Clair Street Senior Center?

NEW MEMBER ORIENTATION is on Monday, September 16

The Center would love to welcome you. On the 3rd Monday of each month at 10:00 a.m. you are invited to learn more about our programs, activities, policies and procedures. You'll also receive information on services, trips and volunteer opportunities. Registration is appreciated but not required. We'll have refreshments and everyone in attendance will receive a surprise for attending.

VOLUNTEER NEWS FOR AUGUST

VOLUNTEERS, IT'S TIME TO UPDATE YOUR APPLICATION!

NEW FISCAL YEAR means NEW PAPERWORK! Please make sure to stop by and fill out a NEW VOLUNTEER APPLICATION so we keep all of our information up to date and of course, all of our wonderful FUNDING sources and governing agencies.....HAPPY, HAPPY, HAPPY!

VOLUNTEER TABLE

Please be advised that a table will be set up during the first week of each month in the reception area that will have all the upcoming Volunteer opportunities.

Please stop by, take a look and sign yourself up to assist at any of the listed events!

- **VOLUNTEER MEETING ON Tuesday, August 20 from 10:00-11:00 a.m.**
 Meeting regarding any new business for the Volunteers, Center news, etc.
 Meeting open to all Volunteers.



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



BECAUSE WE CARE

CARE DIRECTOR/SOCIAL SERVICES COORDINATOR

By Dee Brown, Care Director

One of the questions I have been asked over the years in my position at St. Clair Street Senior Center is: “What does a Care Director do?” It is the title that was given to my position years ago and I have often thought the title is a little confusing. When I first began working here this was a new position so there really was no blueprint. I was here to oversee the Nursing Home Visitation Program as well as the Telephone Reassurance Program and in general to assist seniors. I had worked in Social Services for many years and was familiar with resources in our area, but not specific to the senior population, so I had a lot to learn.

As individuals began coming to my office needing help with a variety of issues, I had to figure out ways to assist with all kinds of concerns, some were easy to figure out, and some needed research in order to deliver the best assistance. Over the years, there have been many interesting questions and some complex issues that were faced by seniors and sometimes their family members.

My hope and goal is to treat everyone with dignity and respect, to treat everyone’s problem with concern and com-

passion, to be a nonjudgemental listening ear, to be totally confidential and to find an answer to help with whatever problem an individual may be facing. I don’t always have an answer, but I will always try my best to find one.

There are many resources in our area that can be of great help and I try to stay current with what is available. I also try to be aware of benefits that seniors may qualify for and can help with application for various benefits such as Medicaid or the Low Income Energy Assistance Program. I regularly discuss Medicare, Medicare Advantage Plans and Medicare Part D Plans and help individuals understand and compare different options.

The bottom line is that you can come to my office and I will try to help you with whatever concern you have and if I can’t give you the help you need, I will try my best to find someone that can. One of the fun aspects of this position is that each day is a little different than the one before and I am constantly learning as I work to give you the best service I can. So don’t hesitate to come and see me if I can assist you, I am here for you!

TELEPHONE REASSURANCE PROGRAM

Our Telephone Reassurance Program has been ongoing for many years and is a program meant to reach out to elderly or homebound individuals that would benefit from daily telephone contact. It is an entirely volunteer program that matches the volunteer caller with a senior that has requested this assistance. Volunteers make a daily telephone call to check on the well-being and safety of the senior. We are currently looking for seniors that would benefit from this service as well as volunteer callers. Please contact Dee Brown to request this service. To volunteer as a caller, contact Susan Rollyson.

MEDICAL EQUIPMENT LENDING PROGRAM

Many of you may not be aware that we have a medical equipment lending program. Items are often donated to us that we keep in order to assist persons needing these items. There is no cost for the use of the equipment and only ask that it be returned when it is no longer needed. We usually have walkers, wheelchairs (not motorized), bedside commodes, bathtub seats and canes. Just give me a call if you would like to borrow any of the equipment we have available. We also welcome donations, but due to storage space restrictions, we can only take the above mentioned items that are in very good condition. If you have other equipment that we cannot accept, I can give you a contact that could possibly take whatever you have.

NURSING HOME VISITATION

We have an amazing group of dedicated volunteers that visit our “adopted” residents at Community Care of Rutherford County each week. We leave the center at 12:30 p.m. and return around 2:15 p.m. each Tuesday. (If the month has five Tuesdays, we do not go on 5th Tuesday.) Three of the weeks we have general visitation and one week each month we sponsor bingo for the residents. We would love for you to join us. You do not need a reservation, just be at the front entrance by 12:30 p.m. on Tuesday and join us as we travel together by van to Community Care of Rutherford County.

“Do what you can, with what you have, where you are.” Theodore Roosevelt



DON'T FORGET THE SENIOR WELLNESS EXPO IS AUGUST 21

Join us at our 2013 Senior Wellness Expo on August 21 from 8:00 to 11:00 a.m. We will have a variety of Health Professionals offering free health screenings and assessments including: hearing, thyroid, vision, blood pressure, bone density, skin/mole assessments, depression screening, feet screening, kidney, balance, teeth/mouth, clinical breast exam, memory, glaucoma and cognitive function.

The St. Thomas Mobile Unit will also be providing free 22-panel blood test. Please do not eat after midnight if you would like to have a fasting blood glucose level. This test is included in the 22-panel blood test. Healthy snacks will be provided after your blood work is completed. There will be a great class called **“Superfoods with Carol”**, taught by Carol Burnett, RN. **“Superfoods”** are superior sources of antioxidants 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.

We would like to sincerely thank the wonderful Community Health Providers for the great services they have graciously offered us.

Rutherford County EMS, Terri Cunningham; St. Thomas Mobile Unit, Kathy Ferrell; the Lion's Club; the Foot & Ankle Clinic of Tennessee, Dr. John Cauthon; Foot & Ankle Specialist of Middle Tennessee, Drs. Raymond and Meeghan Giles; Quality Mobile X-Ray Unit; Middle Tennessee Imaging Center, Tina Hosse; Tennessee Kidney Foundation, Teresa Davidson; Patti Thigpen, Doctor of Audiology, MT Ear, Nose & Throat Clinic, Dr. Michael Petroka, ENT, Daniella Kam, RN; Carol Burnett, RN; Baptist Sports Medicine, Sarah McCarthy; Trustpoint Hospital, Michelle Fowler; Murfreesboro Medical Clinic, Dr. Paul Foster; Dental Excellence; Dr. Rebecca Baskin; Dr. Charles E. Goodman, Jr. MD; Baptist Sports Medicine, Jennifer McLemore, PT; Eye Health Partners, Dr. Thomas Tritschler.

AVOIDING HEAT EXHAUSTION & HEAT STROKE



As summer temperatures climb, more and more people are vulnerable to heat exhaustion and heat stroke. It is very important that we take the necessary precautions to protect ourselves. First of all, drink plenty of water! Heat can quickly dehydrate you so make

sure to have plenty of water on hand, whether you're outdoors or not. Turn on the air conditioner when a fan is not sufficient or go to an air conditioned place such as the Senior Center, mall, library, or the movies, for example. Stay indoors during excessive heat, and when outside, avoid the sun as much as possible by wearing sunglasses and hats and using sunscreen that is at least SPF 30. Wearing lightweight, light-colored, and loose-fitting clothing helps too. Limit any strenuous activity and exercise. Take frequent breaks to cool down. If you exercise regularly, try it during the early morning or late

evenings. Take regular breaks when possible if you have to work outdoors. Take cool showers, baths, or sponge baths and avoid eating hot and heavy meals. Remember certain medications increase sensitivity to the sun, such as water pills, antibiotics, some antidepressants and non-steroidal anti-inflammatory drugs used to treat arthritis pain and inflammation. And finally, check on friends and family often to make sure they are taking precautions from the heat as well.

Heat exhaustion is a warning that your body cannot cool itself. Symptoms include thirst, dizziness, weakness, poor coordination, nausea, giddiness, and sweating. The skin feels cold and clammy and pulse can be normal or raised. This condition can turn into heatstroke, so if you do not feel better quickly, seek medical care right away.

Heat stroke is life threatening and requires emergency medical help. After calling 911, get the individual to a cool place. Signs of heat stroke include fainting, body temperature above 104° F, confusion, irritableness, staggering, dry, flushed skin, strong, rapid pulse or slow, weak pulse, not sweating, acting delirious or being in a coma.



FOR A HEALTHY YOU!

THE BENEFITS OF A VEGETARIAN DIET

Although many of us can't imagine a day without meat, others insist that a vegetarian lifestyle is the best way to enjoy food and stay healthy. If you're still undecided about getting into earth and animal-friendly menus, consider the benefits of adopting the lifestyle before making the final decision. Here's a look at just a few benefits of eating a vegetarian diet:

1. **Improved digestion.** Plant-based foods and fresh fruits are rich in fiber, improving the digestion and elimination process. High fiber diets have also been linked to preventing certain types of cancer. Fruits and veggies help to improve absorption of nutrients through the digestive tract, which helps improve the texture of skin and hair. It lowers cholesterol levels in the body and improves blood circulation.
2. **Lower risk of lung and colorectal cancer.** A diet filled with fruits, vegetables, and fiber can help reduce the risk of lung disease and related illnesses.
3. **Lowered risk of diabetes.** Steady blood sugar is easily achieved with a nutritious vegetarian diet, and blood sugar peaks and crashes are almost eliminated without the meat and carbohydrate combinations. A vegetarian diet may even help prevent Type 2 Diabetes since it includes complex carbohydrates and fiber that help the body manage insulin more efficiently.
4. **Chemical-free and hormone-free food.** Meat-based diets take in animal cells and fats, along with chemicals and by products used on the animals during processing. Fruits, vegetables, and soy products are never injected with growth hormones and other chemicals that may harm the human body.
5. **Increased energy.** With the body spending less time digesting animal protein, an energy boost is a nice side effect.
6. **Lower blood pressure.** Vegetarian diets can be naturally low in fat and sodium, helping reduce blood pressure and improve circulation instead.
7. **Low or no saturated fat.** Vegetarian menus typically use all-natural oils and cooking methods to enhance flavor. This is free of unhealthy saturated fat which can lead to a variety of heart problems and cardiovascular disease.
8. **Increased life span.** With the body in harmony and free of harmful toxins and chemical buildup, vegetarians may live longer than their fellow meat eaters. According to the Director for the Farmingham Heart Study, vegetarians can live up to 3-6 years longer than meat eaters.
9. **Appreciation for simple flavors.** After eliminating meat from the diet, it becomes much easier to differentiate flavors and get a real taste for fruits and vegetables. Palettes can become much more sensitive to different flavors, textures, and combinations.
10. **Lower risk of cancer.** With a diet rich in antioxidants, phytochemicals, and vitamins, vegetarians naturally lower their risk of cancer and other diseases. Meat eaters, especially those that indulge in fatty meats are at a much higher risk of cancer.

Information obtained at www.cancerschmancer.org/articles/17-benefits-being-vegetarian.



WHO IS THIS PERSON?

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

Is this . . .

- A. Evelyn Richardson
- C. Billie Smith

- B. Marjorie Hernandez
- D. Pat Evans

Nostalgic Corner Picture from July Newsletter
Answer: Mary Baer





DIABETES & ME SUPPORT GROUP *By Lynne M. Graves, RN*

Join our monthly support group put on by the Nurse on Duty.

This group meeting aims to help individuals manage their diabetes through education, positive reinforcement, and ongoing support. Every so often there will be a guest speaker joining us. Those affected with diabetes are encouraged to join as well as caregivers and family members. We will meet in the Conference Room on every 4th Thursday of the month from 1:00-2:00 p.m. (excluding holidays)



BLOOD PRESSURE CLINIC IN THE NOD OFFICE is every Monday from 9:30-11:30 a.m. Retired volunteer nurses and health care professionals assess blood pressures for any of our participants.

UPCOMING EVENTS FOR THE NOD PROGRAM

August 7 • ASK THE DOCTOR with **Dr. Michael Petraka**, Ear, Nose and Throat specialist from 11:30 a.m.–12:30 p.m. A Healthy lunch will be provided.

August 14 • TENNESSEE TECHNOLOGY TRIP • Please arrive by 9:00 a.m. to complete all paperwork. The bus leaves at 9:30 a.m. and the cost for nonmedical foot care is \$5. Other services are available as well at a reduced rate. Please register at the nursing station by phone or in person. If you would like to go on your own, please contact Star at 898-8010 ext.118 to schedule an appointment any day other than the trip date.

August 21 • SENIOR WELLNESS EXPO from 8:00-11:00 a.m. All are welcome who are age 60 and above. If you are not a registered participant please come in early to complete the forms. All screenings and assessments are free. You will be required to sign in at each station. See you there!

August 22 • DIABETES AND ME EDUCATION/SUPPORT GROUP (*see above*).

August 29 • HEALTH TALK with **Dr. Jared Bramlett, DPM**, will discuss and answer questions regarding foot care, wound care and how to prevent damage to our feet. He will be speaking from 1:00-2:00 p.m. Healthy refreshments will be served.

Go4LIFE is held every Monday, Wednesday and Friday from 12:30-1:30 p.m. This is a free wellness class held in the exercise room. The goals of this class are to work on strength, endurance, balance and flexibility. Please sign up at the Nursing Office.

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 August 30 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.



Ready Set Go!

By Cindi Thomas,

Caregiver Information Coordinator

You are invited August 7 to a free workshop for Emergency Preparedness at the Center with guest speakers, Nancy Van Camp, WSMV Channel 4 News Meteorologist and Laverdia McCullough, Emergency Management Coordinator Tennessee Commission on Aging. The objective and goal of this workshop is to guide each participant to be personally prepared with the supplies and knowledge necessary for themselves and their families to endure a crisis which may involve staying in-home or leaving home.

Ready – Be ready! Take personal responsibility and prepare long before the threat of severe weather or disaster.

Set – Situational awareness. Pack your emergency items. Stay aware of the latest news and information on the community threat from local media or public safety personnel.

Go – Act early! Follow your personal action plan.

SOME PERSPECTIVE

Planning for an emergency that might never happen may not seem like a priority. But it should be.

No matter where you live, you and your home are part of a larger community. It might be the neighborhood where you've lived for decades. Or maybe you've recently moved to a retirement community. Either way, your community is already working on emergency planning – that's the good news. But it's also counting on individuals like you to take responsibility for being prepared at a personal level.

EMERGENCY PREPAREDNESS:

WHY SHOULD WE PREPARE?

1. Being prepared can reduce fear, anxiety, and losses that accompany disasters.
2. Communities, families, and individuals should know what to do in the event of a fire and where to seek shelter during a tornado. They should be ready to evacuate their homes and take refuge in public shelters and know how to care for their basic medical needs.
3. Disasters are events that cause disruption in your life and hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property. This includes but is not limited to tornadoes, thunderstorms and floods. People also can reduce the impact of disasters (flood proofing, elevating a home, and securing items that could shake loose in an earthquake or weather event) and sometimes avoid the danger completely.
4. If a disaster occurs in your community, local government and disaster-relief organizations

will try to help you, but you need to be ready as well. Local community responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

5. You should know how to respond to severe weather or disaster that could occur in your area.
6. You should also be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water, and sanitation.

WEATHER: FACT OR FICTION?

MYTH: Lightning only occurs when it is raining.

The truth is: Lightning often occurs on its own, apart from heavy rain—even up to 10 miles away from where skies may appear clear. In the United States alone, lightning kills approximately 90 people each year. “To play it safe, always use the 30-second rule: if you count 30 seconds or less between a lightning bolt and a thunderclap, seek shelter.”

MYTH: The rubber soles of shoes or rubber tires on a car will protect you from being struck by lightning.

Fact: Rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.

MYTH: People struck by lightning carry an electrical charge and should not be touched.

Fact: Lightning-strike victims carry no electrical charge and should be attended to immediately. Contact your local American Red Cross chapter for information on CPR and first aid classes.

MYTH: “Heat lightning” occurs after very hot summer days and poses no threat.

Fact: What is referred to as “heat lightning” is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction.

MYTH: Lightning never strikes the same place twice.

The truth is: Lightning very well may strike the same place more than once. A strike to any location does nothing to change the electrical activity in the storm above, which will produce another strike as soon as it recharges. The previously hit location is just as likely to receive a charge as any other spot.”

MYTH: Tornadoes never hit big cities.

The truth is: In recorded history, more than 100 tornadoes have struck downtown areas of large cities. No place is safe from tornadoes—they can occur in big cities as well as in the open country-

side.

MYTH: You can outrun a tornado in the car.

The truth is:

Professional storm chasers who study

tornado patterns are frequently seen ‘outrunning funnel clouds.’ The average driver should never attempt to do this. Tornadoes can change directions on a dime and you don’t know what the road ahead of you will look like. The safest thing to do is stop the car and seek shelter. Better yet, stay off of the road when severe tornadoes are predicted.

MYTH “Red sky at morning, sailors take warning. “Red sky at night, sailors’ delight.”

Fact: This is a common saying amongst boating enthusiasts and fisherman that has been passed on for generations. A red sky in the morning implies the rising sun in the east is shining on clouds to the west, indicating a potential storm system. Whereas a red sky at night suggests the setting sun is shining on clouds to the east and conditions to the west are clear because the sun can be seen setting.

MYTH: “Ring around the moon? Rain real soon.”

Fact: Here’s how: The halo that appears around the sun or moon is actually a thin layer of cirrus clouds made of ice crystals reflecting off the moon’s light. These thin cirrus clouds are the first to move in with an approaching storm system.

“Rain or snow will not always follow, but there is a higher chance of it after a halo is seen, and the brighter the circle, the greater the probability.”

FACTS about Tornadoes & Environmental Clues

- Dark, often greenish sky.
- Wall cloud.
- Large hail.
- Loud roar, similar to a freight train.
- Some tornadoes appear as a visible funnel extending only partially to the ground.
- Some tornadoes are clearly visible while others are obscured by rain or nearby low-hanging clouds.

Chances are your personal emergency planning will never be put to a test. But keep in mind that emergencies and the disruptions they cause can come in many levels of intensity. You may never need your flashlight, portable radio and extra batteries because of a powerful earthquake; but, you’ll be glad you have them the next time a wind-storm knocks out power to your area.

Hope to see you there!

Please register at the front desk.

Cindi





IT'S GOOD TO KNOW



CAREGIVER EVENTS FOR AUGUST 2013

LUNCH & LEARN

“Medicare vs. Medicaid- Protecting Assets”

August 15 • 11:30 a.m.-1:00 p.m.

Guest Speaker: Rose Cooper • Light Lunch will be provided.

Reservations are required before August 9.

LABOR OF LOVE SUPPORT GROUP

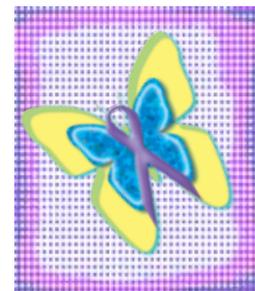
August 30 • 12:00 noon-1:00 p.m.

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, August 19** 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.*



 **Walking Down Memory Lane** 

Alzheimer’s Memory Walk Fundraiser

AUGUST 9 • 5:30-8:00 p.m. • \$5 at the door

Do you remember the soda shops, poodle skirts and hot rods?
Come spend some time reliving the good ole days!

This will be a fun night of 40s & 50s music, comedy and reminiscing with music of that era by the **St. Clair Singing Seniors** & more.

Refreshments will be served.

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.

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 Director.

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 (I) & 2:15 (II) p.m. Classes taught by Cynthia Borzick. The classes are ongoing and the fee is \$20 each month you take the class. New Beginning Class will be starting in September. See page 16 for more information.

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.



AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<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>	<p>Spades? Anyone? Anyone? 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! Friday, September 20 SOCK HOP Music by Snappy Pappy Band \$5 at the door. Doors open at 6:30 p.m. For ages 60+. Dance from 7:00-10:00 p.m.</p>
<p>5 DEADLINE 8/7 ASK THE DOCTOR</p> <p>9:30 a.m. COOL SPRINGS TRIP</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>1:00 p.m. Craft with Marlane</p> <p>1:30 p.m. Singing Seniors</p> <p>1:30 p.m. Beginning Computer Class</p>	<p>6</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. Introduction to the Internet</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano 1</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>10:00 a.m. Quilting 10:00 a.m. Piano 2</p> <p>10:30 a.m. Bingo with Boulevard Terrace</p> <p>10:30 a.m. CLOWNS TO GOOD SHEPHERD HOME</p> <p>11:00 a.m. Piano 3 12:30 p.m. CCRC Visitation</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Spanish 2 1:00 Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>1:00 p.m. ST. CLAIR CLASSICS OPEN MEETING</p> <p>2:15 p.m. Spanish 1</p>	<p>7 DEADLINE 8/15 LUNCH & LEARN</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. READY, SET, GO! Emergency Preparedness</p> <p>9:00 a.m. Easy Bridge</p> <p>11:30 a.m. Ask the Doctor: Ear, Nose & Throat</p> <p>12:00 n Art Club</p> <p>1:00 p.m. Cape Cod Trip Takers Meeting</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>12 DEADLINE 8/19 FRIST CENTER DEADLINE 8/20 GOVERNOR'S MANSION</p> <p>9:00 a.m. Co-ed Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. CLOWNS TO ADAMS PLACE</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>1:30 p.m. Singing Seniors</p> <p>1:30 p.m. Beginning Computer Class</p>	<p>13</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. Introduction to the Internet</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano 1</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>10:00 a.m. Quilting 10:00 a.m. Piano 2</p> <p>10:15 a.m. CHICKS TO MUSEUM & PATCH MANOR</p> <p>10:30 a.m. Bingo with Murfreesboro Funeral Home</p> <p>11:00 a.m. Piano 3 12:30 p.m. CCRC Visitation</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. Spanish 2 1:00 Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>14</p> <p>8:30 a.m. Sheriff's Citizen Academy</p> <p>9:00 a.m. Bob Ross "Winter Mountains"</p> <p>9:00 a.m. Easy Bridge</p> <p>9:30 a.m. Tennessee Technology Ctr. Field Trip</p> <p>10:00 a.m. Center Program Committee Meeting</p> <p>12:00 n Art Club</p> <p>1:00 p.m. Trip Takers Meeting for 2014</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>19</p> <p>Come and enjoy "Music After Lunch" with MIXED COMPANY Today at 12:30 p.m. in the upper dining room</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>9:30 a.m. FRIST CENTER FOR THE ARTS</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. "Why Should I Exercise My Brain?"</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>1:30 p.m. Beginning Computer Class</p>	<p>20 DEADLINE 8/24 XTREME ADVENTURE</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. GOVENOR'S MANSION TOUR</p> <p>9:00 a.m. Introduction to the Internet</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano 1</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>10:00 a.m. Volunteer Meeting</p> <p>10:00 a.m. Quilting 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 12:30 p.m. CCRC Visitation</p> <p>12:30 p.m. Open Play in Lower Dining Room</p> <p>1:00 p.m. Spanish 2 1:00 Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:00 p.m. AARP Chapter Meeting</p> <p>2:15 p.m. Spanish 1</p>	<p>21 DEADLINE 8/23 NASHVILLE FARMER'S MKT</p> <p>ALL CENTER ACTIVITIES ARE CANCELLED from 8:00 A.M.-12:00 noon.</p> <p>8:00 a.m. WELLNESS EXPO</p> <p>12:00 n Art Club CANCELLED</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Beginning Computer Class</p>
<p>26 DEADLINE 8/29 HEALTH TALK</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:00 a.m. Mixed Media Class with Karen</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>27 8:00 a.m. Depart for Tunica from City Hall Parking Garage</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Quilting 10:00 a.m. Piano 2</p> <p>10:30 a.m. Bingo with NHC</p> <p>11:00 a.m. Piano 3 12:30 p.m. CCRC Visitation</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. Spanish 2 1:00 Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p>	<p>28 DEADLINE 8/30 WHOLE FOODS TRIP</p> <p>9:00 a.m. Bob Ross "Birch Trees"</p> <p>9:00 a.m. Easy Bridge</p> <p>12:00 n Art Club</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>TUNICA TRIP RETURNS TODAY</p>



OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>1 DEADLINE 8/5 COOL SPRINGS TRIP 9:00 a.m. Stained Glass Class <u>CANCELLED</u> 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Jim 12:30 p.m. Party Bridge 1:00 p.m. Happy Clown Rehearsal 1:00 p.m. Music Jam Session</p>	<p>2 DEADLINE 8/6 INTRO TO INTERNET CLASS DEADLINE 8/7 READY, SET, GO! DEADLINE 8/13 CHICKS TRIP DEADLINE 8/15 JOHNNY CASH MUSEUM 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge</p>	<p>3 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers <u>CANCELLED</u></p>
<p>8 DEADLINE 9/12 CHICAGO AT SCHERMERHORN 9:00 a.m. Introduction to the Internet 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge 1:00 p.m. Canasta Tournament with MPRD 1:00 p.m. Music Jam Session</p>	<p>9 DEADLINE 8/22 KING & I DEADLINE 8/27 TUNICA TRIP DEADLINE 9/26 CHAFFIN'S BARN 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 5:30 p.m. <i>Walking Down Memory Lane</i> <i>a fund-raiser to benefit Alzheimer's Research</i></p>	<p>4 Today is National Friendship Day! Everyone be nice to your friends. . . maybe make some new ones!</p> <p>10 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>15 9:00 a.m. Introduction to the Internet 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:15 a.m. JOHNNY CASH MUSEUM 10:30 a.m. Bingo with Broadmore Assisted Living 11:30 a.m. Lunch & Learn "Medicare/Medicaid" 12:30 p.m. Party Bridge 1:00 p.m. Bridge Tournament with MPRD 1:00 p.m. Music Jam Session</p>	<p>16 DEADLINE 8/19 "WHY SHOULD I EXERCISE MY BRAIN?" DEADLINE 8/22 DIABETES & ME SUPPORT GROUP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n RCCOA Meeting 2:00 p.m. Luau Set-up</p>	<p>17 Just a reminder. . . Auditions for the Silver Stars Talent search are today from 12:00 n-6:00 p.m. at the Red Rooster in Nashville, TN. 12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group Meeting 7:00 p.m. LUAU DANCE music by Bill Sleeter Trio \$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. 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>22 DEADLINE 8/23 "WHY SHOULD I EXERCISE MY BRAIN?" 9:00 a.m. Introduction to the Internet 9:00 a.m. Stained Glass with Fiona 9:30 a.m. "King & I" at Cumberland Co. PH 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with AT HOME Health Care 11:30 a.m. Belles Potluck 12:30 p.m. Party Bridge 1:00 p.m. Diabetes & Me Support Group 1:00 p.m. Music Jam Session</p>	<p>23 DEADLINE 8/27 HEALTHY COOKING WITH CAROL DEADLINE 10/7 DON WILLIAMS CONCERT DEADLINE 10/10 CHAFFIN'S BARN 9:00 a.m. Pinochle 10:00 a.m. NASHVILLE FARMER'S MARKET 10:00 a.m. "Why Should I Exercise My Brain?" 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Happy Clown Class 1:00 p.m. Wii™ Bowling Fall League Meeting</p>	<p>18 I wish I might I wish I may Wish you a happy "BAD POETRY DAY!"</p> <p>24 8:00 a.m. XTREME ADVENTURE TO ROCK CITY 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>29 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit & Crochet Group 10:30 a.m. Bingo with Ethel 12:00 n Health Talk with Dr. Bramlett, DPM 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session</p>	<p>30 DEADLINE SEPTEMBER INTERMEDIATE COMPUTER CLASS 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 11:00 a.m. WHOLE FOODS COOKING CLASS TRIP 12:00 n Labor of Love Caregiver Support Group</p>	<p>25 On this day in 1944 Paris is liberated, after more than four years of Nazi occupation, by the French 2nd Armored Division and the U.S. 4th Infantry Division.</p> <p>31 <i>Cape Cod trip departs from the City Hall parking garage at 8:00 a.m.</i> 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers <u>CANCELLED</u></p> <p>NO Genealogy Class in August.</p>



HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS
<p>GREENWAY 7:00 a.m. Walking Saints: Old Fort Park Trailhead EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Intermediate Tap Dance Class 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 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: Thompson Ln Trailhead EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Beginning Tap Dance Class 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</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 Please see below or the class/event page for a description of the classes and any fees involved.</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 (Thompson 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.

MONDAY AUGUST 5 1:00-4:00 p.m.	CRAFTS WITH MARLANE "CAN WIND CHIMES" <i>Bring several sizes of empty, clean cans to the class. Summer time crafting FUN! Sponsored by MPRD & hosted by 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 Van Camp, meteorologist, WSMV, Channel 4 and Laverdia McCullough, Aging Program Coordinator, Tennessee Commission on Aging and Disability.</i>	Limit 75 Deadline 8/2
WEDNESDAY AUGUST 7 11:30 a.m.-12:30 p.m.	ASK THE DOCTOR: DR. MICHAEL PETROKA <i>Dr. Petroka will discuss hearing loss, nose and throat disorders as well as answer your questions.</i>	Limit 50 Deadline 8/5
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
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>	Limit 50 Deadline 8/7
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>	Limit 48 No Deadline
MONDAY AUGUST 19 10:00 a.m.	WHY SHOULD I EXERCISE MY BRAIN? <i>So you exercise to keep your body healthy and fit. But is your BRAIN fit? Come and see how all of us can keep our brain fit and healthy in this introduction class to Super Noggin!</i>	Limit 50 Deadline 8/16
THURSDAY AUGUST 22 1:00-2:00 p.m.	DIABETES & ME! SUPPORT GROUP <i>Held monthly for individuals to be able to share any issues and concerns as they support each other. Also for caregivers and those who may have a family history of diabetes and would like to learn more.</i>	Limit 20 Deadline 8/16
FRIDAY AUGUST 23 10:00 a.m.	WHY SHOULD I EXERCISE MY BRAIN? <i>Yes, brain health is important! We don't want anyone to miss the awesome opportunity to learn how to delay brain aging and perhaps prevent dementia. If you can't attend the 8-19 session, this encore presentation is just for you.</i>	Limit 50 Deadline 8/22
TUESDAY AUGUST 27 1:00-2:30 p.m.	HEALTHY COOKING WITH CAROL <i>Carol's here with healthy recipes and nutrition tips!</i>	Limit 30 Deadline 8/23
THURSDAY AUGUST 29 12:00 n-1:00 p.m.	HEALTH TALK: FOOT CARE WITH DR. BRAMLETT <i>Dr. Bramlett, DPM will speak about foot problems due to nerve damage. We'll learn how to prevent problems and how to care for them to prevent issues caused by diabetes.</i>	Limit 50 Deadline 8/26
TUESDAY SEPTEMBER 10 10:00-11:00 a.m.	VOLUNTEER OPEN HOUSE <i>A quarterly meeting for anyone interested in volunteering at St. Clair Senior Center. We will discuss volunteer opportunities and tour the facility. Participants will have the opportunity to complete a volunteer application.</i>	No Limit Deadline 9/4
TUESDAY SEPTEMBER 10 5:30-9:30 p.m.	BYO SALAD & FIXIN'S & GAME NIGHT WITH MPRD <i>Salad buffet and supper and then. . . Let the games begin!</i>	No Limit No Deadline
SATURDAY SEPTEMBER 14 9:30 a.m.-12:30 p.m.	GRANDPARENT & GRANDCHILD CELEBRATION <i>Join us for an intergenerational day of fun and games and making memories! Featuring a magic show and much more!</i>	Limit 100 Deadline 9/12
MONDAY SEPTEMBER 16 10:00 a.m.	NEW PARTICIPANT ORIENTATION <i>Welcome to our new participants! Join us to learn more about the Center: programs, activities, trips, policies, services, volunteer opportunities and procedures.</i>	Limit 50 No Deadline

More fun on the next page!

DID YOU KNOW? Participants should arrive **30** minutes before a trip departs to check-in, scan into My Senior Center and pick up a name tag. If you need to make a payment, please arrive **45** minutes prior to the trip's departure time. Thanks!



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.

MONDAY SEPTEMBER 16 1:00-4:00 p.m.	CRAFTS WITH MARLANE/MPRD <i>Summer time crafting FUN! Cosponsored by MPRD & SCSSC.</i>	<i>Limit 15</i> <i>No Deadline</i>
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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!

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</i> <i>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</i> Deadline 7/31
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</i> <i>Deadline 8/2</i>
WEDNESDAY AUGUST 14 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS MIXED MEDIA "WINTER MOUNTAINS" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12</i> <i>Deadline 8/12</i>
MONDAY AUGUST 26 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. See sample of art in craft room.</i>	CLASS FEE \$15 <i>Limit 15</i> <i>No Deadline</i>
WEDNESDAY AUGUST 28 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "BIRCH TREES" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12</i> <i>No Deadline</i>
TUESDAYS & THURSDAYS BEGINS SEPTEMBER 3 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 9/3, 5, 10, 12, 17 & 19.</i>	CLASS FEE \$20 <i>Limit 12</i> <i>Deadline 8/30</i>
TUESDAYS BEGINS SEPTEMBER 3 1:00-2:15 p.m.	SPANISH 1 CLASS <i>This is your chance to learn Spanish! Instructor, Cynthia Borzick makes learning fun in this interesting class. Learn Spanish with your friends and keep your brain working. The Spanish class is only open to new students once a year, so this is your chance. Make the most of it! Please note that this class is ongoing and meets every Tuesday. The cost is \$20 per month that you are enrolled in the class.</i>	CLASS FEE \$20 <i>No Limit</i> <i>Deadline 9/10</i>
MONDAYS & WEDNESDAYS BEGINS SEPTEMBER 9 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 9/9, 11, 16, 18, 23 & 25.</i>	CLASS FEE \$20 <i>Limit 12</i> <i>Deadline 9/5</i>
WEDNESDAY SEPTEMBER 11 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "A WEeping TREE" <i>Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.</i>	CLASS FEE \$20 <i>Limit 12</i> <i>No Deadline</i>
SATURDAY SEPTEMBER 14 1:00-3:00 p.m.	GENEALOGY CLASS: SEPTEMBER <i>Let's get back into our family roots! The Center's computers are updated so we can use online free searches. We will also discuss class topic options for the upcoming Fall.</i>	CLASS FEE \$15 <i>Limit 15</i> <i>Deadline 9/12</i>
FRIDAY SEPTEMBER 20 9:30-11:00 a.m.	SUPER NOGGIN #1 "10 STEPS TO BRAIN FITNESS" <i>The first of our 12 month brain health program. There is so much to learn and so many opportunities to have fun as we study how to keep our brain healthy and active! Join us on our journey to wholeness! Your \$10 includes all workshops, all Super Noggin celebrations and your personal Super Noggin Notebook to track your progress to brain health.</i>	CLASS FEE \$10 <i>Limit 50</i> <i>Deadline 9/19</i>

Let's hit the road and see Tennessee! Trips start on page 17.

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

**TRIPS START HERE**

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!

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 ARROWHEADS 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>This trip is filled. A wait list is available.</i> <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 8/12
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
FRIDAY AUGUST 23 10:00 a.m. 2:30 p.m.	NASHVILLE FARMERS' MARKET <i>Bring plenty of money to shop and eat in Nashville's wonderful farmer's market. The fruits and veggies are in season ya'll!</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 8/21
SATURDAY AUGUST 24 8:00 a.m. 4:30 p.m.	XTREME ADVENTURE: INCLINE RAILWAY & ROCK CITY <i>Ride "America's Most Amazing Mile," the Incline Railway, straight up Lookout Mountain (near Chattanooga)! Meet our bus at the top to go to Rock City. After visiting Rock City, it's back to the top of the incline for the ride down. Bring \$35 for admission and money for lunch at Rock City and shopping you may want to do.</i>	BRING \$ TRANSPORTATION \$12 Limit 19 Deadline 8/20
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
FRIDAY AUGUST 30 11:00 a.m. 3:00 p.m.	COOKING CLASS & SHOPPING AT WHOLE FOODS MARKET, COOL SPRINGS <i>Eat lunch (on your own) while watching a free cooking class. Next, shop the store for some yummy healthy foods. Intern Christina Wilbert coordinated and will escort this trip.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 8/28
THURSDAY SEPTEMBER 12 4:00 p.m. 10:00 p.m.	CHICAGO® AT THE SCHERMERHORN SYMPHONY CENTER <i>This trip is filled. A wait list is available.</i> <i>One of the longest-running groups in rock history joins the Nashville Symphony! Bring money to eat on site or eat before you go.</i>	ADMISSION \$54 TRANSPORTATION \$12 Limit 19 Deadline 8/8
WEDNESDAY SEPTEMBER 18 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.</i>	BRING \$ TRANSPORTATION \$8 Limit 29 Deadline 9/13

More trips on the next page!



THE END OF THE ROAD

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

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
TUESDAY SEPTEMBER 24 8:00 a.m. 7:00 p.m.	HARRAH'S CASINO, METROPOLIS, IN <i>All the excitement you can stand in one day! Enjoy a fun day in Metropolis, IL at Harrah's Casino. Relax in a comfortable motorcoach ride and plan to have fun. Please remember to park in the City Hall parking garage lower level on the day of your departure. The bus leaves promptly at 8:00 a.m. Be there at 7:30 a.m.</i>	ADMISSION \$5 TRANSPORTATION INC. Min: 30 Max: 52 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 follow up 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
WEDNESDAY OCTOBER 2 9:30 a.m. 6:00 p.m.	SUTTON GENERAL STORE & HOMESTEAD IN GRANVILLE, TN <i>Admission includes lunch, Sutton General Store, saloon, ice cream museum, the Sutton Home, Antique Car & Transportation Museum, 1950s service station, blacksmith, grist mill, weave shops, agriculture museum and Pioneer Village. You will have dessert before heading back to Murfreesboro. Bring money to shop.</i>	ADMISSION \$22 TRANSPORTATION \$10 Limit 19 Deadline 9/20
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 baritone 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 Past Perfect Restaurant.</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
THURSDAY OCTOBER 17 9:30 a.m. 7:30 p.m.	"RAGTIME" AT CUMBERLAND CO. PLAYHOUSE, CROSSVILLE, TN <i>RAGTIME intertwines the stories of three extraordinary families, as they confront what it means to live in America. Featuring a Tony-winning score that is as diverse as the melting pot of America itself. Price includes lunch at Cumberland Mountain State Park.</i>	ADMISSION \$39 TRANSPORTATION \$12 Limit 19 Deadline 10/4
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
FRIDAY OCTOBER 25 4:45 p.m. 10:30 p.m.	"LITTLE WOMEN" AT KEETON, THEATRE, NASHVILLE, TN <i>Supper is included in the admission fee. Based on Louisa May Alcott's own family experiences (and novel), LITTLE WOMEN, follows the adventures of Jo, Meg, Beth and Amy March as they grow up in Civil War America.</i>	ADMISSION \$25 TRANSPORTATION \$8 Limit 19 Deadline 10/11
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
THURSDAY DECEMBER 19 3:30 p.m. 10:30 p.m.	VINCE GILL & AMY GRANT AT THE SCHERMERHORN <i>This would be a GREAT present from your family if they are looking for something special to get you. The Christmas event of the season! Amy Grant and Vince Gill will light the Schermerhorn with cheer and goodwill when they perform their beloved holiday show with the Nashville Symphony. Come celebrate with classic tunes, gospel hymns and a joyous night of great music! Bring money for supper at Puckett's Grocery in Nashville before the show.</i>	ADMISSION \$78 TRANSPORTATION \$12 Limit 19 Deadline 11/8

Please read regarding the Chicago® Trip on September 12: I just wanted to give a heads up! We have supper reservations at Past Perfect Restaurant in Nashville before our Schermerhorn trip to see Chicago on September 12, 2013. The restaurant and Café in Schermerhorn are temporarily closed. Bring money for your supper at Past Perfect, approximately \$15. PLEASE check in at the reception desk NO LATER than 3:30 p.m. that day. We will leave as soon as everyone has checked in. Earlier is better when going to Nashville in the evening.

Thanks! Brenda K. Elliott, Program Director



FALL IS GETTING BUSY

NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month!

Celebrate this month by participating in the following theme weeks. . .

WEEK 1 is **BRING A FRIEND WEEK** • September 3-6

- Introduce a friend to the Senior Center during “Bring a Friend Week.” Be sure to come to the Art Show on the 5th and 6th. Bring a friend to the Memory Walk September 7th at Gateway Island.

WEEK 2 is **GRANDPARENTS WEEK** • September 9-14

- BRING YOUR GRANDCHILDREN to our grandparent/grandchild celebration on Saturday, September 14th from 9:30 a.m.-12:30 p.m. (See article below.) Sign up is requested for planning purposes. Bring photos of your grandchildren in to the center all week and show them off.

WEEK 3 is **TRY SOMETHING NEW WEEK** • September 16-21

- Try something you have never done this week. Attend an exercise class or line dance class! September 20th is a *Sock Hop* with the Snappy Pappy Band from 7:00-10:00 p.m. Take a dive back into time and dance or listen to favorite tunes. Or how about trying a NEW program . . . “**Super Noggin.**” See the article on page 2 for more information. .

WEEK 4 is **SMILE & INTRODUCE YOURSELF WEEK** • September 23-28

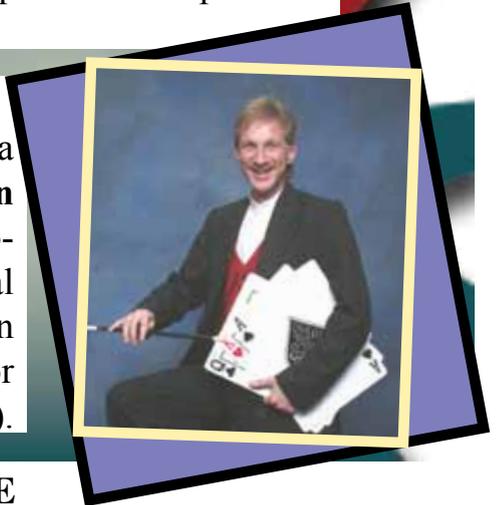
- Smile and then say “Hi, I am _____” to someone you do not know in the center. **MANY** new participants join every day. Also, don’t forget our grandparent/grandchild pool tournament on September 28th. Stop in and introduce yourself!

WEEK 5 is **WEAR A HAT DAY** • September 30

- Since we all wear many hats in life, wear a hat of your choice to the senior center on Monday, September 30th. Remember that your many contributions to this world are priceless. Be proud of your life and what you have accomplished.

GRANDPARENT/GRANDCHILD CELEBRATION

Bring your grandchildren or adopt one for the day. What is more fun than building a memory with your grandchildren! We are having an **Intergenerational Celebration** on Saturday, September 14 from 9:30 a.m.-12:30 p.m. This Intergenerational program by SCSSC and MPRD includes a magic show, balloons, face painting, carnival games, prizes, Murfreesboro Police Department exhibit and much, much more! Fun will be had by all no matter what your age! Doors open at 9:15. Be sure to sign up for programming purposes (so you will have a spot to sit during the magic show portion).



FYI! TRAFFIC CHALLENGE

In the near future construction will begin on Memorial/Old Fort Parkway and Broad Street interchange. The finished product will be wonderful, but while construction goes on getting to the Center could be a challenge. We encourage you to seek out alternate routes to the senior center without traveling on Broad, Memorial and Old Fort Parkway. If you figure out your route now, it will be easier than when construction is going on. Take the Challenge! Get to know the roads around the city and find a new route to the senior center.





NEWS FOR YOU!

Are you ready for some “pin action?” The fall Wii™ Bowling League will be starting soon! Mark your calendar for our startup meeting scheduled for Friday, August 23. We will be meeting at 1:00 p.m. in the downstairs area where the TV’s are. Information will be available regarding the fall league which will officially start on Friday, September 6. We will bowl each Friday from 1:00 p.m. until approximately 3:00 p.m. The league continues for 12 weeks, then we will have our banquet and trophy presentations.

PIN ACTION

By Clara Courtney

We have lots of fun, friendship, snacks and great bowling. If you do not know how to bowl on the Wii™, don’t let that deter you. We are happy to teach you (everyone can do it). Some of our beginners turned out to be our best bowlers. We are looking for more 300 games this season and lots of competition for first place. Bobbie does a super job of calculating the handicaps and team standings.

We want to meet with you all on August 23rd. If you cannot be there and want to join our Wii™ Bowling League, please call Bobbie Cunningham at 907-9761. She will need your information to set up the teams and handicaps for the season. We want to be ready to roll that bowling ball on September 6th!

Look for the Wii™ Bowling League announcement posters throughout the center. They will remind you of the upcoming meeting. We had a great spring league and hope you will be part of the fun and competition for the fall league. **SEE YOU ALL ON AUGUST 23rd!**

MARK YOUR CALENDAR! ART SHOW & ARTISTS’ RECEPTION

If you have never visited our Center Art Show before, you are in for a treat! This year you can “Meet the Artists” from 9:00-11:00 a.m. on Thursday September 5th. This is your chance to see the great minds behind the beautiful work on display. The **ART SHOW** will run Thursday and Friday, September 5-6 from 9:00 a.m. until 3:00 p.m. each day. See ya there!

GENEALOGY CLASS RESUMES

Genealogy Class begins again on Saturday, September 14. The class runs from 1:00-3:00 p.m. Sue Cooper, Professional Genealogist, is the instructor. The class is \$15 a month. Deadline to sign up is September 12th. There is no greater treasure you can give your family than your own family history and personal story. Meet with our Genealogy Class once a month to do research and get ideas for your family search. There are several reasons to do family research: to satisfy curiosity, to provide children with a sense of who their ancestors are and where they came from, to preserve family culture, compile family medical history, qualify for a lineage or heritage society, assemble and to publish a family history book and discover unknown facts and stories about your family. Get started on your own family history. Join us in September! The deadline to sign up for this class is September 13.



Leonard Johnson (right) during his service.

HALL OF HEROES for our VETERANS

During the *Salute to Veterans* celebration on November 8 we are transforming the Multipurpose Room into a **HALL OF HEROES** to honor our Veterans. The **HALL OF HEROES** will be available for all to view from 8:00-11:15 a.m. on Friday, November 8th. If you would like to display your (or your spouse’s) service medals, flag, photo, memorabilia, etc. in the **HALL OF HEROES**, make a reservation with Brenda Kiskis Elliott for a table. Room Monitors are also needed to watch over the items while on display. Space is limited. **Deadline to reserve a space is October 16.**



FUN TIMES AT ST. CLAIR

COMING THIS FALL

TO THE STAGE AT ST. CLAIR SENIOR CENTER

The Pie Ladies

A Play Written by Sherry Piros
Directed by Pat Merz

OCTOBER 25
NOVEMBER 1
6:00-8:00 p.m.

Presented by

ST. CLAIR
SENIORS
ACTING UP



The St. Clair Street Senior Center's theatre group, **SENIORS ACTING UP**, met Thursday, July 11 for the first reading of "PIE LADIES," a play by Sherry Piros. The group meets each Thursday at 1:00 p.m. for rehearsal prior to the show opening on October 25. Did you know that the last Seniors Acting Up play, "Reunion at Mount Sanguine" held in May was attended by more than two hundred people? Anyone who is interested in working with the group is more than welcome to join us! Please see Lisa Foster for more information.

POOL ROOM NEWS!

LADIES' POOL
TOURNEY
6-17-13

- 1st Bettye Haynes
- 2nd Teresa Rains
- 3rd Flo Scantland

CO-ED POOL
TOURNEY
6-10-13

- 1st Sally Read/Charlie Partin
- 2nd Lora York/Phillip Clinton
- 3rd Aki Dean/Glyndon Merritt

MEN'S POOL
TOURNEY
6-18-13

- 1st Tom Michal
- 2nd Jerry Parker
- 3rd Laird Weishahn



Colorado & the Rockies • May 2013

On Saturday, May 18, we left for a nine-day, eight-night trip with 47 passengers on the bus. We planned our stops to get to the Gateway Arch in St. Louis, MO at about 3:30 p.m. We enjoyed the museum and headed for dinner and night's stay in St. Louis.

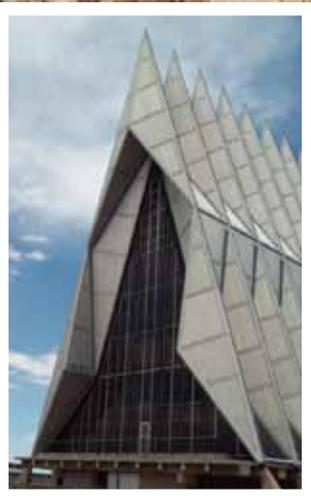
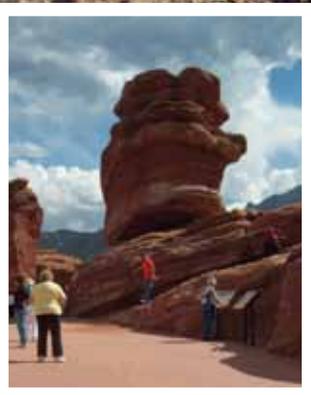
On Sunday morning, we had devotion before breakfast and left for the Kansas Museum of History in Topeka, KS. Afterwards we had dinner and settled in for a stay in Salina, KS. On Monday we left for Colorado Springs, CO. Upon arrival, we ate at Applebee's before heading to our wonderful accommodations. We all unpacked and settled in for our four-night stay.

Tuesday morning we went to Manitou Springs where we all drank from the Fountain of Youth. A step-on guide was there to show us around the quaint little town that rests at the foot of Pike's Peak, which was still covered in snow. We had several different places to choose for lunch. Afterwards, we left for the "Gardens of the Gods." At the visitor's center, we watched a movie, "How Did Those Red Rocks Get There?" After the movie we went on a tour of the rocks with a step-on guide. It was truly a sight to see! We left for dinner at the Black Eyed Pea Restaurant where I had black-eyed peas!

Wednesday morning we left for a guided tour of Colorado Springs. We ended up at Olympic Training Center where we even got to see some of the athletes in training. We went to the Olympic Hall of Fame Rotunda and many of the different places there. We were in view of Pike's Peak and wow what a view it was!

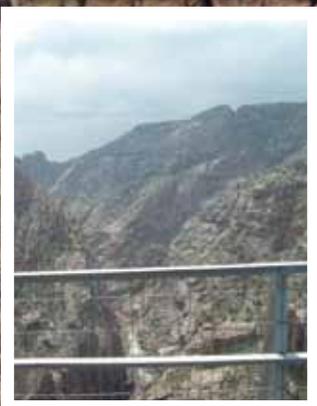
We headed for the Air Force Academy where we stopped at the beautiful chapel for a tour. After that our guided tour ended and we headed to the Black Bear Diner. No, we didn't have black bear. I don't think.

Thursday morning we headed to the Royal Gorge. . . this is a place where looking down is more breath-taking than looking up. When walking across the bridge you can see forever down below to the Arkansas River and then a small railroad track. From the bridge, they look like toys. It was hard to leave here, but we had places to go and things to see.





More of the trip to Colorado ...



We went to the Doubletree Hotel where we had a lovely dinner and entertainment. It was a great night that we all enjoyed with other Diamond Tour travelers.

We packed our luggage and left for home. On the way, we stopped at the Prairie Museum in Colby, KS. After the museum, we left for Hayes, KS, and had a great meal at the Golden Corral. We stopped briefly at the Harry S. Truman Presidential Library. We could only stay for 1 1/2 hours, but most of us could have stayed 3 or 4 hours. On the way home, we spent the night in St. Charles, MO then started the final leg home on Sunday.

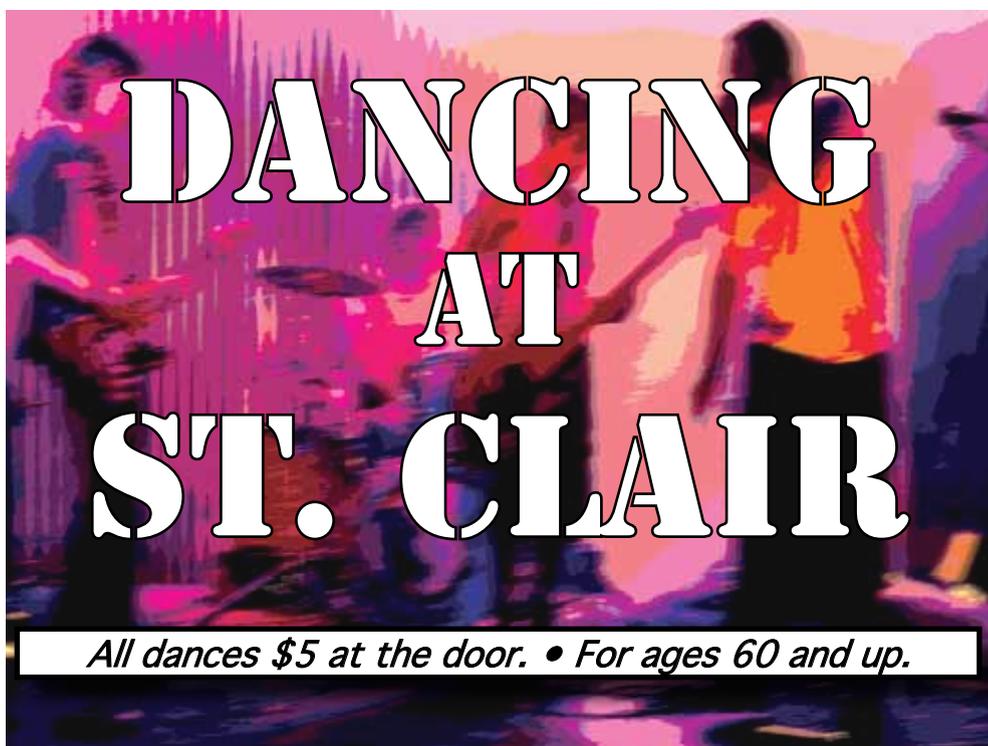
I know Elsie and I had a great time, but, as always, Murfreesboro looks good when we are coming home. Thanks to a great group and especially for all the fun we had. Soon we will start getting ready for Cape Cod and another great trip!

Clark & Elsie Gannon, Trip Escorts



DID YOU KNOW? A suggestion box is located at the reception desk. Please feel free to drop us a line anytime. Use it for suggestions on trips that you would like to take. Any complaints around the Center. Anything you can think of that you want us to know. Drop it in!

ST. CLAIR DANCING



**DANCING
AT
ST. CLAIR**

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

FRIDAY, 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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AUGUST 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/seniorcenter

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 JUNE 2013

Bingo	\$ 88.59
Quilting	\$ 225.00
Popcorn	\$ 13.69
Coffee	\$ 132.57
Exercise Room	\$ 20.00

Donations: Pyong Cahill, Sam Carmickle, RJ Hadle, Judy Sanders, Seasoned Citizens, Marshall Snyder.

John Gellerman *in memory of*
NICK CORSO.

Eve Ederle *in memory of*
RICH EDERLE.

Jack Sweeny *in memory of*
NANCY SCHWARTZ
(daughter of Barbara Schwartz).

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)