



NEWS RELEASE

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Celebrate National Senior Center Month with St. Clair Street Senior Center

MURFREESBORO, Tenn. – As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work, and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. This September, St. Clair Street Senior Center invites the community to learn more about its programs and services during National Senior Center Month.

Join the Senior Center for our Yoga, Art, Drama, Go4Life, and Zumba as we celebrate this year's theme St. Clair Street Senior Center: Experts at Living Well. A host of activities has been planned, from healthy foods samples and tips to music, as well as a Mystery Reception that will be held on Monday September 15th from 1:00 – 3:00 p.m. in our large dining room. The event will show off the talents that our wonderful staff have to offer our center.

The center will also hold Active Aging Week demonstrations the week of September 21-27, featuring Drum Circle, Tai Chi, St. Clair Walkers and an Art Show.

“Today’s senior centers are evolving to reflect a new view of aging that empowers the people they serve,” said James Firman, president and CEO of the National Council on Aging. “They’re connecting older adults with meaningful career and volunteer opportunities and increasing their access to valuable benefits and resources to stay healthy and independent.”

St. Clair Street Senior Center was established under the City of Murfreesboro in 1980 and provides benefits, counseling, volunteer placement, health screenings, and congregate meals site for MCHRA. The center also offers innovative activities and programming, such as Zumba Gold, Yoga with Dot, Fitness with Mark, Stain Glass Class, Nurse on Duty, Go4Life, Senior Learning Network and monthly health and education seminars.

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“The people coming into our center have deep ties to the community and are excited about sharing their diverse skills and talents,” said Connie Rigsby, director of St. Clair Street Senior Center. “Our goal is to provide the tools, resources, and opportunities to help them manage their health and finances and find new ways to contribute to the community and stay independent.”

To learn more about St. Clair Street Senior Center, visit www.cityofmurfreesborotn.gov/seniorcenter or call 615-848-2550. The St. Clair Street Senior Center is located at 325 St. Clair Street, Murfreesboro, TN 37130. The active center is open to seniors 60+ M-F 8:00 a.m.-4:30 p.m. and Sat. 12:30 p.m. - 3:30 p.m. A full tour of the facility can be arrange anytime during business hours.

For City News online, visit www.Murfreesborotn.gov.

Attached Photo caption

Senior Center.jpg

Senior Photo in no order: John Bailey, Pyong Cahill, Rick Clayton, Cornelia Cooper, Marshall Fisher, James, Gannon, Thelma Gonder, David Heiar, Carol Jennings, Leonard Johnson, Marjorie Kruger, Mildred Lambert, Carolyn Sneed Lester, Maureen Mackey, Joann Mandeville, Ruth McElroy, Agnes McGill, Lee Morkin, Chairlie Parker, David Reynolds, Tom Robeson, Joan Scheerer, Brenda Sweeney, Louis Tegarden, Wanda Tipton and Laird Weishahn.

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