

The Leaf



May 2015

May is Older American's Month at St. Clair Senior Center



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is **"Get into the Act,"** to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can **"Get into the Act."** While St. Clair Street Senior Center provides education, physical fitness, health promotion, socialization and recreation to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Throughout the month, the Center will be conducting activities and providing tips on how to



access programs, resources and opportunities designed to maximize the independence of older adults in our community.

Here are ways St. Clair Street Senior Center participants take charge of their health, get engaged in the community and make a positive impact in the lives of others.

Engaged in the Community:

- In April of 2015 the **St. Clair Chicks** collected two carts full of snacks for the **Rutherford County ATLAS Program** from participants of the senior center. The ATLAS program provides snacks for low income children during the school day.
- Once a month, the **Happy Clowns of St. Clair** go to nursing homes, assisted livings and the local children's home.
- Center participants help serve **Meals on Wheels** and serve the congregate meals provided by MCHRA.
- Our **Singing Seniors** travel to local nursing homes and assisted living centers to give concerts several times a year.

Taking Charge of their Health:

- The **"Taking Charge of your Diabetes"** program provides tools for seniors with diabetes to take charge of their diabetes rather than the diabetes taking charge of them!
- The **"Nurse on Duty"** is available for daily assessments of health parameters like B/P and weight and information on disease processes and prevention, medication education, and topics to achieve optimal health with support and encouragement.
- There are hundreds of seniors at exercise classes here-all types, and levels with myriad musical choices!
- May 6 is the **"Move It or Lose It Workshop"**, where seniors can learn about good habits and exercises to increase their fitness.
- May 9, is the **Saturday Adventure**, hiking at **Radnor Lake State Park**. We're taking our adventure outside!

Making a Positive Impact in the Lives of Others:

- **Meals on Wheels** sends over 200 meals each day into the community. Meals are packed in the senior center.
- The **Adult Day Service** helps families deal with dementia by providing a fun and interesting program for our participants and giving their caregivers a break. Participants have a place which fosters a sense of belonging and families have time to do something meaningful while providing a safe environment for their loved one. This is a unique and much needed service to our community.
- With busy lives, it can be hard to find time to **volunteer**. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community and learn new skills. Volunteering can also help protect your mental and physical health.



Connie C. Riggsby
Center Director
Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

May is **Older American Month** and the theme is **“Get into the Act”**. The focus is on how older adults are taking charge of their health, getting engaged in their communities and making a positive impact in the lives of others. St. Clair has a deep history of providing older adults 60+ the opportunities through its programs that support education, physical fitness, health promotion and recreation to be healthier and to get engaged in the community. Programs in each

of these key areas can be found daily at St. Clair that can make a positive impact on our participants. We hope that each of our seniors find a way to **“Get into the Act”**.

I have seen many of our participants using our exit doors located in classrooms as entrances to the facility and I would ask that this practice stop. The center has two main entrances on the upper level, one to the main parking lot and the other toward Westbrook Towers that lead straight to the *myseniorcenter* scan-in sites. The lower ADS entrance is for ADS participants and their families. We do have plans in the future to create a lower entrance,

but until this can be constructed we have the two main entrance areas for our participants to use. I know many let fellow participants in through classroom doors as a courtesy and you may not be aware that you are setting up a scenario that places the center seniors and staff in danger. This habit presents an opportunity for unwanted guest to use your caring gesture to gain access to the property. We also notice that many participants who are entering through these doors never scan in as present for the day. This situation could be very dangerous in case we have a fire on site. In case of a fire the staff would conduct a fire procedure that would log evacuees and double check scan in documents to locate all participants present on that day. If someone never scanned in we would not have a record to try to locate that person. For the safety of our participants, staff and facility property I ask your help to stop this practice.

My May pick program is **“Right Start University”** presented on May 21st from 11:30 a.m. to 1:00 p.m. This program will present a panel of professionals who will discuss local resources that will help seniors to “age in place” successfully. Please tell your senior friends to stop by for a tour of the facility and help them to begin their adventure here at St. Clair Street Senior Center.

Your Director, Connie C. Riggsby

Farewell from Nurse on Duty, Brenda Pett

Staff, volunteers, & participants of St. Clair,

My personal life has become enriched with closer relationships with my wonderful parents. Although many juggle relationships and employment very well, it is best for me to resign from this employment. My last day will be April 24.

What a joy to know you! It has been an honor to work with, and for you, in my position as “Nurse on Duty”. It has always been sacred to me the trust one places in

health care professionals. To share a small part of your life journey has enriched mine. I have seen what is often attributed to healthy seniors: tenacity, perseverance, positive attitude, jokes, community, desire to learn and dance, an unselfish attention to others.

I will miss your hugs and kind words. Truly we loved one another. **Dr. Seuss: “Don’t cry because it’s over. Smile because it happened.”** I will remember you.

Love and Prayers, Brenda Pett RN BSN NOD

Don't Miss
This Show!

Did Daddy Bobb
Save the Home?
Did Harry Legg get
revenge?

“Oh, the Agony”

A Two-Act Melodrama presented by Seniors Acting Up!

Friday, May 1 & May 8 & Saturday, May 2

Tickets on sale
NOW!
\$5

Includes
Coffee
& Pie

LEARNING AT ST. CLAIR

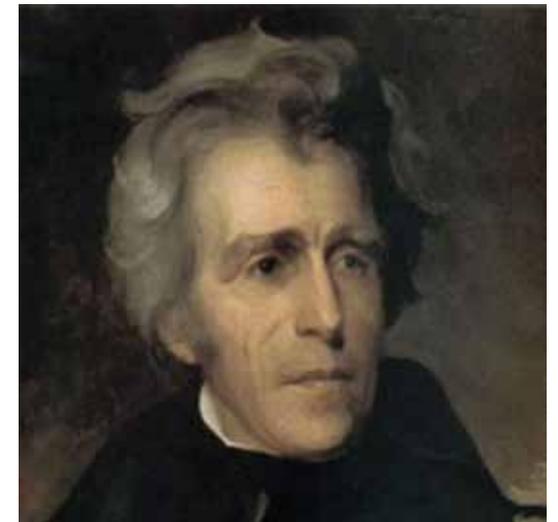
Traveling Classroom Comes to St. Clair

Four history lessons are scheduled to come to the senior center thanks to the Traveling Classroom offered by The Hermitage, home of President Andrew Jackson. The presentations are from 9:30-11:00 a.m. You don't have to travel anywhere exotic, just sign up, pay \$2 per presentation and come to the senior center to learn fascinating historical facts you didn't know before.

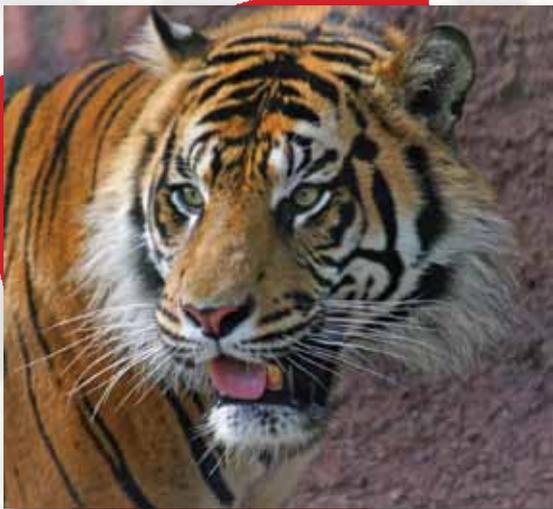
On **Friday, May 22nd** we'll start off with **"The Importance of Andrew Jack-**



son." There is plenty of debate about where Andrew Jackson ranks among the presidents and their impact on our nation, but there is plenty of evidence to suggest Jackson was one of our most important presidents. Examine the life and legacy of Andrew Jackson and how he still matters today. You may sign up for this class now. Watch future newsletters for topics of the next three presentations which take place on Friday, June 26, July 31 and August 28. Pay each month per presentation.



WILDLIFE ON WHEELS



The Nashville Zoo at Grassmere is visiting our Center! Did you ever wonder what it takes to be an animal trainer? Did you ever wonder how a zoo checks wild animals for health issues while awake in their cage? In this program, learn important animal training techniques and discover how they are used in daily animal care at the Zoo. The class takes place Friday, June 19th from 9:30-10:30 a.m. Registration is required which includes a \$2 fee. Sign up early, as space is limited to 40.

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

MPRD = Murfreesboro Parks & Recreation Department

SCSSC = St. Clair Street Senior Center

MCHRA = Mid-Cumberland Human Resource Agency

ADS = Adult Day Service

NOD = Nurse on Duty

CCP = Cumberland Co. Playhouse

ADULT DAY SERVICE



By Amanda Pullias
ADS Director
ADS Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

May is Older Americans Month and it brings to mind the seniors who may be homebound and relying on caregivers. The Adult Day Service is an excellent way to provide respite for the caregiver while providing a fun and stimulating place to go for the senior with mild to moderate dementia or who may benefit from a supportive, safe program. We make every day unique while providing the continuity that people enjoy: **a program of exercise, arts and music, socialization, reminiscence and memory exercise.** Fellowship and a sense of belonging can be a wonderful way to improve quality of life for people and at the St. Clair Street Adult Day Service we strive to offer a great experience for older Americans who qualify for our service.

The ADS staff was recently privileged to promote our services at the Bradley Academy Museum recruitment event by sharing information about our services. As America ages, there are many opportunities for young people to make careers in the field of aging and to volunteer. It was nice to share information and network with others in the community. We also participated in the excellent Caregiver Conference in April which was sponsored by the Alzheimer's Association. Thanks to our own Cindi Thomas for

helping to coordinate that event which benefited caregivers as well as our own staff.

Spring is welcome at the ADS. Fresh air and sunshine are important to our health and well being. ADS participants can be found in our patio courtyard playing games, talking about gardening or enjoying refreshments. The tomato beds have been made ready and now we wait and make plans on how to enjoy the beautiful tomatoes we will surely have. Looking forward to new adventures is important in life and we have plans for May. We will enjoy the General Jackson trip and walks on the grounds of the Senior Center. We will honor our mothers, including the women who attend the ADS program, for Mother's Day. We will celebrate the memory of our fallen men and women who have served this wonderful country and made freedom available to our citizens. A courtyard cookout is certainly in our future as that weekend approaches. We have room for more fun loving participants in our program. We love to share what we are all about. If you think someone you know could benefit from our wonderful program, please call Amanda Pullias at 615-848-2550. We want to share why Life is GOOD in the ADS!

ADS Celebrates OLDER AMERICANS MONTH

SNAPSHOTS!

ADS Participant
Johnnie Matlock & Tennessee
Titan Justin Hunter.



ADS Participant Lula Smith
enjoys the pool room.

CARE DIRECTOR NEWS

Legal Aid Society program featured in May

Monday, May 7 at 10:00 a.m.

Andrae Crismon, Managing Attorney and Mary McElroy, Legal Assistant for the Murfreesboro Legal Aid office will talk to us about how the Legal Aid Society assists those in our community. Learn the kinds of legal cases they take, other legal advice and assistance they can

give and information and resources they offer. Please join us for this presentation.

You may think you will never need the services of the Legal Aid Society, but knowing what they do may allow you to help someone else that does not know where to go for help, it's always good to know!



By Dee Brown
Care Director

Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.



Rutherford County Farmer's Market Shopping & Classes

Starting in June we will begin taking trips to the Rutherford County Farmer's Market for shopping and also to take advantage of some of the classes that are offered. All of the dates that we will go are on Fridays, and in June those dates are June 5 and June 19. On June 5th we will go to the market for shopping and then stay to attend the free workshop on "**Raised Bed Gardening.**" The workshops begin at 9:00 a.m. and are finished at approximately 11:00 a.m. On June 19th, we will go to the market only and will not stay for a class that day. The van will leave at 8:15 a.m. each day and you will need to sign up if you plan to go, but there is no fee for this trip. (On days we stay for the classes we will return to the center immediately following the end of the class and on the market only days we will return to the center at approximately 9:30 a.m. The Market accepts cash, credit, debit cards and SNAP cards (food stamps). This is

a great opportunity for those of you who would like to enjoy some of the summer's beautiful and locally grown produce and to take advantage of the educational classes offered by the UT Extension Service. Other dates and classes are as follows: **July 10**, market and class topic "**Compost and Soil Health**"; **July 17**, there will be no class, market only. **August 7** will be market and class topic, "**Five Senses Cooking Demonstration.**" Then on **August 21** we will go to shop only. Each month in the newsletter these dates will be advertised for the coming month, so keep watching. Please contact me, Dee Brown, for information about this program.

Become a SHIP Volunteer!

The Tennessee State Health Insurance Program (SHIP) is looking for volunteers to assist Medicare beneficiaries with understanding Medicare, comparing and understanding Medicare plans that are offered, assisting with problems with Medicare and detecting and reporting fraud. The State Health Insurance Program is a tremendous help to Medicare beneficiaries who are in need of assistance in understanding the choices they have and how Medicare works. This program needs volunteers in order to keep up with the demand for Medicare questions and assistance within the state. We are trying to recruit a few individuals that would be interested in taking a two day training class in order to do this important job. If we can get 2 or 3 more in-

terested persons we will be able to hold a training here at the St. Clair Street Senior Center and will not have to travel to

Nashville. If you are looking for a volunteer opportunity that can really make a difference and is truly appreciated by those you assist, this is a great opportunity for you. The training is free and as with any volunteer position you are under no obligation if you decide that this is not the place for you. You will be able to decide how much time you are able to give. Please give me, Dee Brown, a call for more information. I would love to hear from you!



GET INVOLVED



By Carol Ransom
Volunteer Coordinator
Hours: Monday-Friday
8:30 a.m.-1:30 p.m.

Volunteer Opportunities Abound at St. Clair

With our increase in programs we have more volunteer opportunities than ever before. Please call or come by my office and I can find the perfect opportunity for you.

Check in JUNE for New Participant & Volunteer Orientations!

The broadest, and maybe the most meaningful definition of volunteering: Doing more than you have to because you want to, in a cause you consider good. ~Ivan Scheie

Thanks to all who helped with the Volunteer Appreciation Lunch!

Don't Forget. . . Quarterly Volunteer Meeting • Friday, May 15 at 10:00 a.m.

Now Playing

“Oh, The Agony”

Friday May 1 and May 8 Saturday May 2

Tickets on sale now at the front desk. \$5 per show. May 1 & 8 shows begin at 6:00 p.m. with coffee and dessert and the show starts at 7:00 p.m. May 8 matinee begins with coffee and dessert at 12:00 n and the show will start at 1:00 p.m. Don't miss your chance to see our very own Seniors Acting Up! in this funny performance.

SUPPORT GROUPS AT ST. CLAIR

Alzheimer's Association Support Group “Share the Care” meets the second Friday of each month at 12:00 n. to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. Contact Cindi Thomas for more information at 615-848-2550 ext. 2506.

Grief Relief Support Group meets the third Friday of each month at 10:00 a.m. This support group is for those individuals that are in need of emotional and physical support in a safe and nonjudgemental environment. Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family, friends or coworkers.

Parkinson Support Group meets 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 at 848-2550 ext. 2504 for more information.

Labor of Love Caregiver Support Group meets the fourth Friday of the month at 12:00 n. Lunch will be provided. The Caregivers Support Group is for relatives caring for the elderly with chronic illness & Alzheimer's disease. Please be sure to tell others who may benefit from this group.

CAREGIVING CONCERNS

Unraveling the Home Care Myths

by Cindi Thomas, Caregiver Coordinator

Despite health problems, you or your loved one would like to stay at home. He/she may not have a financial plan. Someone may mention the beautiful assisted living facility (ALF) not too far from the house and the conversation may end. But the home of 40 years is too big to clean and hard to maintain. You may not have the daily help you'll need. Or perhaps cooking doesn't interest you anymore and even getting out the house, for that matter. Discuss hiring extra help.

The simple fact is that, "Nearly 90 percent of seniors want to stay in their own homes as they age, often referred to as "aging in place" (AARP). Whereas some seniors seem skeptical of home health care. Perhaps your loved ones are too. That may be because there are a few misconceptions that often surround care for the elderly at home. Check the mistaken beliefs out before you just assume about home care.

HOME CARE MYTH BUSTERS

Myth No. 1 Home care is only for the very ill.

It's true that seniors at home who are very ill or recovering from a serious operation may seek the services of a home health aide. But home care actually covers two different types of care:

Home health care provided by licensed medical professionals, for which you need a prescription, can cover a wide range of medical and therapeutic services. Home health care may be needed for post-operative rehabilitation, skilled assessments and teaching, occupational and speech therapy, wound care, mobility training, pain management or IV therapy/injections.

Then there's non-medical home care, such as personal care, homemaker or companionship services provided by professional caregivers. Non-medical home care often revolves around the activities of daily living (ADLs) such as eating, dressing and bathing. Or the instrumental ADLs such as driving, shopping and doing housework. Sometimes an older adult may benefit from both types of home care services.

Myth No. 2 Home care costs too much.

Some families seem intimidated by the costs of home care. In reality, home care is one of the most affordable options, partly because of the flexibility of an hourly service. Family caregiver's usually employ a non-medical agency between 4-8 hours a week just to be able to complete errands and have personal time for respite to recharge. According to Genworth's 2011 Cost of Care survey, home health care costs held steady in the past year at \$18 an hour for homemaker services and \$19 an hour for home health aide services. If your loved one just needs a few hours of non-medical and companionship service each week such as meal preparation, light housekeeping, medication reminders and shopping, non-medical home care can be ideal. While home care is still primarily private pay, more long-term care policies are covering this service.

In contrast, the recent Genworth study reported that the cost of a private room in a nursing home jumped 3.4 in the past year to an annual total of \$77,745, while the cost of Assisted Living Facilities increased 2.4 percent to \$39,135 annually.

Myth No. 3 I have no say about who comes into my home.

Reputable caregiving companies will try to match caregivers with seniors of similar interests. For instance, match caregivers that share the same hobbies and histories as their clients. You should make sure that a company's caregivers are screened, trained, bonded and insured. The agency should conduct background and reference checks of their caregivers, and offer flexibility in setting up a schedule. Credible companies will also offer back-up and replacement caregivers.

Myth No. 4 Home care will take away my independence.

Unfortunately, it can be difficult to convince some seniors that the opposite is true. However, the elderly who stay home alone as they age run the risk of falls and other problems. Among those age 65 and older, falls are the leading cause of injury death, according to the Centers for Disease Control (CDC). They also are the most common cause of nonfatal injuries and hospital admissions for trauma, the CDC reports. A professional caregiver can serve as a second set of eyes and ears to help keep seniors safer at home. A caregiver also can transport seniors to special events or even just the grocery store, which can help decrease isolation.

Myth No. 5 All caregiving services are the same.

"Let the buyer beware" has never been truer than with home care. Not all caregivers or caregiving companies are the same. Caregivers can be grouped into three different categories including agency employee, independent contractor with a registry and independent caregivers. Most agencies hire caregivers who are screened, trained, bonded and insured. The agency pays the caregivers and handles all taxes and other employment obligations such as worker's compensation, liability coverage and performance issues.

An independent contractor with a registry is recruited, screened and referred to the senior by the registry. The older adult becomes the employer and is responsible for all employment responsibilities such as hiring, scheduling, handling any performance issues, and paying federal and state payroll taxes. The older adult assumes the risk as the employer. It's unlikely these caregivers are receiving any support, training and continuing education.

Finally, independent contractors, otherwise referred to as the "gray market," are responsible for marketing themselves. The consumer must assume the responsibility for criminal and background checks. The independent contractor will also not be covered by workers' compensation, liability and bond insurance.

I would like to invite you to this month's Lunch and Learn, Thursday May 21st at 11:30 a.m. We will have HealthCare providers, financial planning advisors and other resources all in one place so you may ask learn more and ask questions.

Happy Older American Month, Cindi



By Cindi Thomas,
Caregiver Information
Coordinator
Hours: Monday-Friday
9:30 a.m.-1:30 p.m.



Today, give a
stranger one of
your smiles. It
might be the only
sunshine he sees
all day.

~Quoted in
P.S. I Love You,
compiled by
H. Jackson Brown, Jr.

Caregiver Programs in May 2015

ALZHEIMER'S ASSOCIATION

SUPPORT GROUP

"Share the Care"

Friday, May 8 at 12:00 noon

Provides emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. Light meal is served. Meets the second Friday of each month.

Memory Café Murfreesboro

at Through the Grapevine

Monday, May 18 • 2:00-3:00 p.m.

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. Dessert, coffee, and iced tea will be served. For information call Cindi Thomas at 615-848-2550, ext. 2506.

Meets 3rd Monday of the month.

Labor of Love Support Group at St. Clair Street Center

Friday, May 22 • 12:00-1:00 p.m. Lunch will be provided.

The Labor of Love Caregivers Support Group is for relatives caring for the elderly with chronic illness & Alzheimer's disease. Meets the fourth Friday each month.

GRIEF RELIEF SUPPORT GROUP

Friday, May 15 • 10:00-11:30 a.m.

This support group is for those individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.

Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family friend, coworker.

Meets the 3rd Friday of each month.

THE CAREGIVER RESOURCE & INFORMATION CENTER @ ST. CLAIR

Cosponsored by the

Alzheimer's Association of Middle Tennessee

Providing the following services:

- Walk-in consultation or call-in help lines.
- Educational resources are available. Including literature, books, and videos on conditions caregivers face, such as Alzheimer's.

Contact Cindi Thomas for information.

A Special Lunch & Learn for May

Thursday, May 21 • 11:30 a.m.-1:00 p.m.

brought to you by the RCCOA & featuring

A Panel of Local Experts on Aging

- Find out what health care & life-styles services are available in Murfreesboro.
- Leave the seminar better prepared to make decisions.
- Help your family by making plans for your future.
- The more you are informed, the better you will be prepared for these aging choices.

Light Lunch will be served. Sign up now as seating is limited.

RIGHT START UNIVERSITY

Healthy Habits

by Brenda Pett, SCSSC Nurse on Duty

May is Healthy Aging Month/Older American's Month! We celebrate **YOU** here at St. Clair Street Senior Center. I had debated using this list of 13 healthy habits, as I prefer focusing on 3 that you will implement, or even 1 change at a time. However, each of these is particular and each of these will help you age well. Enjoy the read; enjoy the choice to change!!

(Credits to WebMD Melinda Ratini, DO,MS)

1. **Protect Your DNA:** As we age, the ends of our chromosomes become shorter. This makes us more vulnerable to disease. Diet and exercise may slow aging at this cellular level.
2. **Make Friends:** Multiple studies document social relationships to longevity. Choose your friends wisely-their habits influence you whether for good or bad i.e. healthy weight or obesity, smoking, diet and exercise choices.
3. **Take a Nap:** Naps help your heart by keeping stress hormones down.
4. **Enjoy a Mediterranean Diet:** High in vegetables, fruits, whole grains, olive oil and fish, it significantly lowers the risk of diabetes and heart disease.
5. **Eat like an Okinawan:** These Japanese residents had the longest life expectancy which was related to their high vegetable/low calorie intake. (Try reducing your meal to 80%.)
6. **Get Married!:** The social and economic support in a marriage lowers mortality rates. (I decided to include this in our list to see how many of you will read my article and comment!)
7. **LOSE WEIGHT!** Slimming down protects against diabetes, heart disease and multiple other health maladies.



Eat more fiber and exercise regularly to lose the worst weight carried in the abdominal area.

8. **Keep Moving!** Exercise reduces the risk of obesity, heart disease, diabetes, some cancer, depression AND it increases mental alertness. Sometimes a walk is as good as an anti-depressant, anti-anxiety, or even a shot of insulin. (Always check with your doctor first.)
 9. **Attend to Your Spirit:** People who attend religious meetings regularly have been documented to have improved immune systems. It is unsure if it is the social network that is the key element. However, prayer and meditation are also known to increase health outcomes by reducing stress.
 10. **Forgive:** Chronic anger is linked to decreased lung function, heart disease, stroke, and other ailments. Forgiveness reduces anxiety, lowers blood pressure, and helps you breathe easier.
 11. **Sleep is a Priority:** Getting enough good quality sleep lowers the risk of obesity, diabetes, heart disease, and mood disorders.
 12. **Manage Stress:** Reducing or controlling stress can prevent, even reverse, heart disease. Yoga, meditation, deep breathing all can make a difference even if just a few minutes a day.
 13. **Maintain/Develop Purpose:** Hobbies, activities, and interest that give significance and meaning to living, contribute to longevity AND reduce risk of Alzheimer's disease.
- “Repetition is the mother of learning.” I sure appreciate our participants at St. Clair Street Senior Center. I admire your tenacity, your perseverance. You can do it!! Here is another encouragement for you each to aspire and achieve greatest vitality.



Love, Brenda Pett



By Brenda Pett, RN, BSN
Nurse on Duty
Hours: Monday-Friday
9:15 a.m.-2:15 p.m.

Blood Pressure Clinic

The **BLOOD PRESSURE CLINIC** continues each **Monday** from **9:30-11:30 a.m.** Walk-ins are welcome. Special thanks to our retired health providers. Blood pressure is a primary indicator of good health. Know your numbers (B/P, resting heart rate, weight, cholesterol, etc.) to maximize health.

PREVENTATIVE CARE BINGO!

Friday, May 8 from 9:30-11:15 a.m.

Another special event never here before, **“Preventative Care Bingo”!** Lipscomb University has pharmacy students who want to do a presentation on ‘Preventative Care’ and decided to put it into a game for your enjoyment! They will provide the prizes as well. This will be held Friday, May 8 from 9:30-11:15 a.m. You **MUST** sign up for this ahead of time, by Monday May 4, so they can prepare Bingo game cards. What a fun way to learn on a Friday morning! See you there!

.....
Health is a state
of complete
physical, mental
and social well-
being, and not
merely the ab-
sence of disease
or infirmity.
~World Health
Organization,
1948
.....

LIVING WELL WITH CHRONIC CONDITIONS will again be presented here at SCSSC! Lesson 1 begins May 13 and meets every Wednesday, 9:30-11:30 a.m. through June 17. You must sign up for this class by Friday, May 8. **Living Well with Chronic Conditions** (the Chronic Disease Self-Management Program) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about. Misty Layne-Watkins with the Rutherford County Extension/Rutherford County Health Department will lead this presentation.

Ask the Doctor “National Health & Fitness Day”

Wednesday, May 27 from 12:50-2:00 p.m.

This day is “National Health & Fitness Day” and we will welcome Dr. Jeremy Gonsowski from Chiropractice Health &

Take a Break with NOD

“Health Benefits of Massage”

Friday, May 1 from 9:40-11:15 a.m.

This is a special time slot for a special presentation! You will need to sign up soon after reading this LEAF as it is the 1st day of the month. You must sign up by Wednesday, April 29. Landmark Homes is presenting “Health Benefits of Massage” and brunch. The time is 9:40-11:15 a.m. This class is limited to 50 participants. Sign up now as this will be a popular program.

**Tennessee Technology Center
Field Trip**

The **Tennessee Technology Center Field Trip** for nonmedical foot care continues on the second Wednesday of each month. In May we go on **Wednesday, May 13**. First time annual fee is \$5. Transportation is free. Regular fees are: shampoo/set \$6, hair cut \$6, nails \$6. We will leave the Center at 9:30 a.m., be here at 9:00 a.m. for paperwork. If you desire to travel on your own, or want an appointment on a different day, call 898-8010 ext. 118. Please sign up at the reception desk by Monday, May 11. Limit 10.

Rehabilitation of Murfreesboro. Dr. Gonsowski will speak at 12:50 p.m. and his office is providing snacks. Be sure to sign up by Friday, May 22.

**JUNE Brings 2 Special NOD Events to St. Clair
Cardiovascular Disease with Dr. Gresham
Monday, June 1 at 10:00 a.m.**

In June the NOD is hosting two events that mandate early attention. On Monday, June 1, Dr. Tina Gresham has rescheduled her presentation on Cardiovascular Disease. It will be from 10:00-11:00 a.m. This is different from our usual time slot since the ice storm in February cancelled her prior commitment. Please sign up by Thursday, May 28.

Ask the Doctor “Men’s Health Issues”

on Monday, June 15, from 9:30-11:00 a.m. Brenda Elliott will cohost a special brunch “Ask the Doctor.” It is for **MEN ONLY**. Dr. Adam Allie from MMC will speak on “Men’s Health.” Please sign up by June 1. The limit is 55.

REGULAR EVENTS

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. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

SPANISH 1 & 2

The fee for Spanish class is \$20 for May. Meets Tuesdays at 1:00 (1) & 2:15 (2) p.m. Classes taught by Cynthia Borzick. The classes are ongoing. Please see Cynthia before class starts for more information.

CERAMICS WITH JO ANN

Meets on Wednesdays at 1:00 p.m. Instructed by Jo Ann Shreve. Pieces vary in price and are paid for the day you **begin** them. All supplies are furnished.

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. If you are interested in joining please speak to Lisa Foster, Program Director.

ST. CLAIR SINGING SENIORS

Meets Mondays at 1:00 p.m. Under the direction of Charlie Parker, our ensemble of vocally talented individuals rehearse and then perform in the community and at the Center throughout the year. If you are interested in joining please speak to Lisa Foster, Program Director.

PINOCHLE, CANASTA, CHICKEN FOOT & PUZZLES

Pinochle meets on Tuesdays & Fridays at 9:00 a.m., the others meet almost every day, all the time. Usually it's just a group of people getting together and playing. If you are interested, stop by and introduce yourself and ask about joining the fun!

STAINED GLASS WITH FIONA

Meets on Tuesdays & Thursdays at 9:00 a.m. and is instructed by Fiona Dowd. April class fee is **\$30 (1 day a week) or \$60 (2 days a week) for the month.** Beginning supplies are provided. Advanced projects may require additional purchases as requested by the instructor. Stained Glass is an ongoing class. Fee must be paid at the beginning of each month. **New students are welcome at the beginning of each month.**

PIANO FOR PLEASURE CLASS: LEVELS 1 & 2

Taught by Jane McNulty • Meets Tuesdays at 9:00 & 11:00 a.m. depending on level. This is an ongoing class for as long as you are interested in taking it. The fee for May is **\$50 per person.**

"CLUB KARAOKE" on Wednesdays at 1:00 p.m.

Join us in the lower dining room for singing 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 in the lower dining room and "jam." Stop by to listen or to play.

WII BOWLING LEAGUE meets on *Fridays at 12:30 p.m. in the lower dining room.*



Happy Clowns of St. Clair Alley 402

- **Friday, May 15 Clowns to to MTCS's School End Party called "The Cougar Den." Rehearsal is April 24.**
- **This is a drive on your own gig.**
- **Friday, May 29, 1:00 p.m. Clown Meeting/Class and 2:00 p.m. Rehearsal**
- **Anyone interested in becoming one of our Happy Clowns is welcome to come to the May 29th meeting!**

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.

BINGO AT ST. CLAIR

Bingo (*for fun*) is played on **Tuesdays & Thursdays at 10:30 a.m.**

TUESDAY	5/5	Bingo with Senior Helpers
THURSDAY	5/7	Bingo with Murfreesboro Funeral Home
TUESDAY	5/12	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	5/14	Bingo with Right at Home
TUESDAY	5/19	Bingo with Creekside Assisted Living
THURSDAY	5/21	Bingo with Broadmore Senior Living
TUESDAY	5/26	Bingo with Willowbrook Home Health & Hospice
THURSDAY	5/28	Bingo with At Home Health Care

MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>For a listing & brief description of Activities that happen on a regular Routine at the Center, check out the Regular Events on page 11.</p> <p>"Give me odorous at sunrise a garden of beautiful flowers where I can walk undisturbed." ~Walt Whitman</p>	<p>Rooms assignments may change daily, be sure to check the Room Assignment Poster on the bulletin board behind the reception desk for any changes.</p> <p>Line Dance evenings will be back in June. Friday, June 5 from 6:00-9:00 p.m. Join Judy Fairbanks, host, for a FUN evening of line dancing.</p>	<p>COMING IN JUNE</p> <p>DANCE • SATURDAY, JUNE 6</p> <p>Doors Open at 6:30 p.m.</p> <p>Dance at 7:00 p.m. to music by Debbi Bailes Band</p> <p>\$5 at the door. P. S. It's National YoYo Day!</p>
<p>4 DEADLINE 5/5 STAR GAZING SEMINAR</p> <p>DEADLINE 5/8 PREVENTATIVE CARE BINGO</p> <p>9:30 a.m. Robeson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>1:00 p.m. St. Clair Singing Seniors</p> <p>1:00 p.m. Crafts with MPRD "Alcohol Ink"</p>	<p>5</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting 11:00 a.m. Piano 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Knit Group 1:00 p.m. Spanish 1</p> <p>1:00 p.m. Crochet Group</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing Class</p> <p>1:00 p.m. "SCIENCECAST STAR GAZING" presented by the Senior Learning Network</p> <p>2:15 p.m. Spanish 2</p>	<p>6</p> <p>9:00 a.m. "MOVE IT OR LOSE IT" WORKSHOP</p> <p>9:00 a.m. Beginning Bridge</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>2:00 p.m. Beginning Line Dance</p>
<p>11 DEADLINE 5/13 KAYAKING TRIP</p> <p>DEADLINE 5/13 TN TECHNOLOGY CTR TRIP</p> <p>9:00 a.m. St. Rose Bridge</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:30 a.m. Senior Day on the General Jackson</p> <p>9:30 a.m. Robeson Bridge</p> <p>10:00 a.m. In the Garden with Jack "Native Plants vs Exotic Invasive Plants"</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. FCE Better Living Club</p> <p>1:00 p.m. St. Clair Singing Seniors</p> <p>2:00 p.m. GETTING TO KNOW YOUR IPAD PART 1</p>	<p>12 DEADLINE 5/13 PAINTING WITH LIZ</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting 11:00 a.m. Piano 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Knit Group 1:00 p.m. Spanish 1</p> <p>1:00 p.m. Crochet Group</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>13</p> <p>8:30 a.m. Kayaking the Stones River</p> <p>9:00 a.m. Tennessee Technology Ctr Field Trip</p> <p>9:00 a.m. Beginning Bridge</p> <p>9:00 a.m. RCOA Board Meeting</p> <p>9:00 a.m. Painting with Liz "Bushy Land"</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>9:30 a.m. "ONE FUN PARTY" featuring <i>Chocolate Chips & Frogs</i></p> <p>10:00 a.m. Program Committee Meeting</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>2:00 p.m. Beginning Line Dance</p>
<p>18</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>9:00 a.m. Morning Chat with an Officer "Canine Officers"</p> <p>9:30 a.m. Robeson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>10:30 a.m. Lunch & WTVF Tour</p> <p>1:00 p.m. St. Clair Singing Seniors</p> <p>1:00 p.m. "WHO REALLY KILLED KENNEDY?" presented by the Senior Learning Network</p> <p>2:00 p.m. HOMEMADE: Natural Cleaning Products</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p> <p>2:00 p.m. GETTING TO KNOW YOUR IPAD PART 2</p>	<p>19 DEADLINE 5/20 PAINTING WITH LIZ</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting 11:00 a.m. Piano 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Knit Group 1:00 p.m. Spanish 1</p> <p>1:00 p.m. Crochet Group</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing Class</p> <p>1:00 p.m. "Telemedicine for Seniors" presented by the Senior Learning Network</p> <p>2:15 p.m. Spanish 2</p>	<p>20</p> <p>9:00 a.m. Beginning Bridge</p> <p>9:00 a.m. Painting with Liz "Fall Forest at Night"</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>2:00 p.m. USES FOR ESSENTIAL OILS CLASS</p> <p>2:00 p.m. Beginning Line Dance</p>
<p>25</p> <p>Center is Closed</p> <p>Happy Memorial Day!</p>	<p>26</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>9:00 a.m. Piano 1</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting 11:00 a.m. Piano 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Knit Group 1:00 p.m. Spanish 1</p> <p>1:00 p.m. Crochet Group</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>27</p> <p>8:15 a.m. Pulaski & Giles County Tour</p> <p>9:00 a.m. Beginning Bridge</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>12:00 n Senior Artists</p> <p>12:50 p.m. Ask the Doctor "National Health & Fitness Day"</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>2:00 p.m. Beginning Line Dance</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p> <p>Coming June 12 at 1:00 p.m. 1960s Dance Party with EJ Rider Band</p>	<p>1 DEADLINE 5/4 CRAFTS WITH MPRD DEADLINE 5/27 PULASKI & GILES CO TOUR 9:00 a.m. Pinochle 9:00 a.m. Southern Women's Show 9:40 a.m. Take a Break with NOD "Health Benefits of Massage" 10:00 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Wii Bowling 7:00 p.m. Seniors Acting Up present "OH, THE AGONY" <i>Coffee & Dessert at 6:00 p.m. Tickets \$5</i></p>	<p>2 9:30 a.m. Nashville Boogie Weekend Car Show 12:30 p.m. Center Open 1:00 p.m. Seniors Acting Up present "OH, THE AGONY" <i>Coffee & Dessert at 12:00 n Tickets \$5</i></p> <p>3 On this day in 1986 Bill Shoemaker Wins Kentucky Derby and becomes the oldest person at 54 to win the famous Kentucky Derby on Ferdinand.</p>
<p>7 DEADLINE 5/9 SATURDAY ADVENTURE 9:00 a.m. Stained Glass Class with Fiona 10:00 a.m. Quilters 10:00 a.m. HOW LEGAL SERVICES CAN HELP 10:00 a.m. Knit Group 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>8 DEADLINE 5/9 GENEALOGY CLASS DEADLINE 5/11 GETTING TO KNOW YOUR IPAD DEADLINE 5/13 LIVING WELL with CHRONIC CONDITIONS DEADLINE 5/13 ONE FUN PARTY DEADLINE 5/18 LUNCH & WTVF 9:00 a.m. AARP Board Meeting 9:00 a.m. Pinochle 9:30 a.m. PREVENTATIVE CARE BINGO with <i>Lipscomb University Pharmacy Students</i> 10:00 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Chapter 4599 Meeting 12:00 n Share the Care Alzheimer's Support Group 12:30 p.m. Wii Bowling 7:00 Seniors Acting Up present "OH, THE AGONY" <i>Coffee & Dessert at 6:00 p.m. Tickets \$5</i></p>	<p>9 8:00 a.m. Saturday Adventure: Radnor Lake 12:30 p.m. Center Open 1:00 p.m. Line Dance Saturday Afternoon 1:00 p.m. Genealogy Class</p> <p>10 Happy Mother's Day Mother, the ribbons of your love are woven around my heart. ~Author Unknown</p>
<p>14 DEADLINE 5/18 HOMEMADE CLASS 9:00 a.m. Stained Glass Class with Fiona 9:30 a.m. "Singing in the Rain" at Cumberland County Playhouse 10:00 a.m. Quilters 10:00 a.m. Knit Group 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 1:00 p.m. Chicks Game Day</p>	<p>15 DEADLINE 5/18 SENIOR LEARNING NETWORK 9:00 a.m. Pinochle 9:30 a.m. Clowns to Cougar Den (carpool) 10:00 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 10:00 a.m. Quarterly Volunteer Meeting 12:00 n RCCOA Meeting 12:30 p.m. Wii Bowling Sock Hop Dance • Friday, May 15 Doors Open at 6:00 p.m. Food at 6:30 p.m. Dance at 7:00 p.m. to music by Snappy Pappy Cosponsored by MPRD & SCSSC</p>	<p>16 1:30 p.m. Parkinson Support Group 12:30 p.m. Center Open</p> <p>17 Today is National Pack Rat Day? Been holding on to stuff for way too long? Today is a good day to take the plunge and clean out that garage.</p>
<p>21 9:00 a.m. Stained Glass Class with Fiona 10:00 a.m. Quilters 10:00 a.m. Knit Group 11:30 a.m. Lunch & Learn "Right Start University" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>22 DEADLINE 5/27 ASK THE DOCTOR 9:00 a.m. Pinochle 9:30 a.m. "THE IMPORTANCE OF ANDREW JACKSON" <i>a Hermitage educational program</i> 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 12:30 p.m. Wii Bowling</p>	<p>23 12:30 p.m. Center Open</p> <p>24 Happy Brother's Day Take time today to tell your brother how much he means to you!</p>
<p>28 DEADLINE 6/1 DR. GRESHAM VISIT 9:00 a.m. Stained Glass Class with Fiona 10:00 a.m. Quilters 10:00 a.m. Knit Group 11:30 a.m. POOL ROOM POTLUCK LUNCH 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>29 DEADLINE 6/2 BEG PASTEL PORTRAIT CLASS DEADLINE 6/12 OAKLANDS MANSION SEMINAR 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Wii Bowling 1:00 p.m. Happy Clown Class 2:00 p.m. Happy Clown Rehearsal</p>	<p>30 12:30 p.m. Center Open</p> <p>31 On this day in 1930 Clint Eastwood was born. Happy Birthday to the "Man with No Name!"</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>8:00 a.m. Walking Saints at Old Fort Park Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. Zumba® Gold</p> <p>10:30 a.m. Intermediate Tap Dance Class</p> <p>11:30 a.m.-4:15 p.m. Open Gym <u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot <u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice/Judy <u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength with Marjorie</p> <p>8:45 a.m. Senior Strength with Marjorie</p> <p>9:30 a.m. Dancercise with Marjorie</p> <p>10:25 a.m. Core Strength with Marjorie</p> <p>10:40 a.m. Senior Strength with Marjorie</p> <p>11:30 a.m.-1:00 p.m. Open Gym</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia <u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Intermediate Line Dance with Tom</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>8:00 a.m. Walking Saints at Thompson Ln Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>10:30 a.m. Tap Dance Practice</p> <p>11:30 a.m.-1:00 p.m. Open Gym</p> <p>3:00-4:15 p.m. Open Gym <u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot <u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Beginning Line Dance with Tom</p>	
THURSDAYS	FRIDAYS	NOTICES	PLEASE READ!
<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength with Marjorie</p> <p>8:45 a.m. Senior Strength with Marjorie</p> <p>9:30 a.m. Dancercise with Marjorie</p> <p>10:25 a.m. Core Strength with Marjorie</p> <p>10:40 a.m. Senior Strength with Marjorie</p> <p>11:30 a.m.-1:00 p.m. Open Gym</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym <u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Gentle Fitness with Mark</p> <p>9:15 a.m.-4:15 p.m. Open Gym <u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p>Classes with a monthly fee are GREEN.</p> <p>Classes with NO fee are BLUE.</p> <p>Classes are NOT prorated.</p>	<p style="text-align: center;"><u>SATURDAY, MAY 9 ONLY</u></p> <p>1:00 p.m. Line Dance Saturday Afternoon</p> <hr/> <p>Go4Life on Tuesdays & Thursdays motivates older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines.</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 & Gentle Fitness with Mark, a personal trainer, emphasizes gentle aerobic work and hand weights. Join Mark for a great way to stay in shape! Gentle Fitness is \$10 per month.

YOGA WITH DOT

The fee is \$15 per month. Two classes offered. 25 student per class. First come, first serve. 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 \$10 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-ef-

fective 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 are perfect for those with some limited strength or mobility. It improves posture, coordination, strength and mobility. Classes are \$15 per month. **ZUMBA® DISCOUNT!** A discount is given those who take both Zumba Toning and Zumba Gold during a month. The discounted price is \$20. 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. Please note: "practices" may be cancelled from time to time and the changes will not be listed on the calendar. Dance classes that require a fee to participate are:

- Intermediate Tap Class - \$15/month
- Ballroom Dance Class - \$15/month

WALKING SAINTS

The Walking Saints are walking the greenway this Spring. They meet at 8:00 a.m. Mondays at the Old Fort Park Trailhead and Wednesdays at the Thompson Lane Trailhead.

CLASSES & EVENTS

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

FRIDAY MAY 1 9:40-11:15 a.m.	NEW! TAKE A BREAK WITH NOD "HEALTH BENEFITS OF MASSAGE" This is a special time slot for a special presentation. You will need to call in and sign up as soon as you get your LEAF for this May 1 program. We will welcome Landmark Homes with a presentation and a brunch.	Limit 50 Deadline 4/29
MONDAY MAY 4 1:00-4:00 p.m.	CRAFTS WITH MARLANE/MPRD "ALCOHOL INKS" Do you have a glass or bowl that needs brightening up? Bring it with you to class and Marlane will show us how to create beautiful art with alcohol inks on glasses and glass tiles. All other supplies provided by MPRD.	Limit 15 Deadline 5/1
TUESDAY MAY 5 10:00-10:30 a.m.	LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDENS We are going to have monthly Lunchtime Trivia! Get your brains full before you eat lunch. Answer the questions correctly and you will get a treat. Donni from Roselawn is bringing the questions, you provide the answers. Be sure to check Lunchtime Trivia when you scan in!	Limit 100 No Deadline
TUESDAY MAY 5 1:00 p.m.	SENIOR LEARNING NETWORK "SCIENCECAST STAR GAZING" Have you ever looked up to see a sky full of stars? If you haven't, bright stars and planets are easy to observe from urban locations. Finding them can help us navigate, determine time and season and stay connected with past cultures. This interactive astronomy program will help you find and observe them in the nightly sky - no matter where you are!	Limit 50 Deadline 5/4
WEDNESDAY MAY 6 9:00 a.m.-1:00 p.m.	MOVE IT OR LOSE IT! WORKSHOP The old adage "move it or lose it" is true when it comes to fitness! This workshop will help you test your current abilities and teach you simple, everyday activities to keep and improve your current fitness level. Cosponsored by SCSSC, MPRD and MCHRA Nutrition.	No Limit Deadline 4/28
THURSDAY MAY 7 10:00 a.m.	NEW! HOW LEGAL SERVICES CAN HELP Please join us as Andrae Crismon, Managing Attorney and Mary McElroy, Legal Assistant of Legal Services discuss how their program assists our community.	Limit 50 No Deadline
FRIDAY MAY 8 9:30-11:15 a.m.	NEW! PREVENTATIVE CARE BINGO We welcome Lipscomb University Pharmacy students who will do a presentation on "Preventative Care" with a BINGO spin. Prizes provided by students. Please sign up for this event for planning purposes. What a fun way to learn on a Friday morning!	No Limit Deadline 5/4
MONDAY MAY 11 10:00-11:15 a.m.	NEW! IN THE GARDEN WITH JACK "NATIVE PLANTS VS EXOTIC INVASIVE PLANTS" Some plants may be very beautiful and desirable, but... are they going to be invasive on your property? Are they native plants? Get the "plant scoop" from Jack! <i>Presented by Certified Master Gardener, Jack Smith.</i>	Limit 40 No Deadline
MONDAYS MAY 11 & 18 2:00-3:00 p.m.	GETTING TO KNOW YOUR IPAD This class is full. A wait list is available. Do you have an iPad? Do you know how powerful it really is? Do you want to get to know it better? Come and learn just how special your iPad is. Social Media Coach, Amy Jaramillo will show you just what's up with your technology. This is a 2-class seminar so plan to attend both to build your knowledge.	Limit 8 Deadline 5/8
WEDNESDAY MAY 13 9:30-11:00 a.m.	FUNKY ROCK & ROLL PARTY - ONE FUN PARTY - CHOCOLATE CHIPS & FROGS Celebrate with us. Wear green for National Frog Jumping Day or wear brown for National Chocolate Chip day. Music and refreshments provided. Cosponsored by Genesis Rehad Services.	Limit 100 Deadline 5/8
WEDNESDAYS BEGINS 5/13 9:30-11:30 a.m.	NEW! LIVING WELL WITH CHRONIC CONDITIONS Living Well with Chronic Conditions, the Chronic Disease Self-Management Program, is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Class is taught by Misty Layne-Watkins, Rutherford County Extension/Rutherford County Health Department. Class meets for 6 weeks: May 13, 20, 27 and June 3, 10, and 17.	No Limit Deadline 5/8
THURSDAY MAY 14 1:00-3:30 p.m.	NEW! CHICKS GAME DAY Bring finger foods to share with the group. There will be board games and fun! The Center is providing coffee and water. Everyone is invited to this gathering.	Limit 50 No Deadline

Every flower is a soul blossoming in nature. ~Gerard de Nerval

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.

FRIDAY MAY 15 10:00-11:00 a.m.	NEW! QUARTERLY VOLUNTEER MEETING Informative meeting for all volunteers. Learn about current changes to the volunteer program. We will have an open forum to address concerns and the positive growth of the volunteer program.	Limit 50 No Deadline
MONDAY MAY 18 9:00-11:00 a.m.	NEW! MORNING CHAT WITH AN OFFICER "CANINES" Officer Amy Norville, MPD, brings the canines, who are police officers with the Murfreesboro Police Department. See them in action! Learn what these search and rescue and drug dogs do and how they protect the public and the MPD officers.	Limit 50 No Deadline
MONDAY MAY 18 1:00-2:00 p.m.	NEW! "WHO REALLY KILLED KENNEDY?" The Senior Learning Network presents this informational program. Author Robert Ries talks about his finding and his book: "Who Really Killed Kennedy?" We will find out about the secret life of Lee Harvey Oswald. We'll explore the findings, facts, evidence and lack of evidence showing us that Lee Oswald did not kill JFK.	Limit 50 Deadline 5/15
TUESDAY MAY 19 1:00-2:00 p.m.	NEW! "TELEMEDICINE FOR SENIORS" The Senior Learning Network presents this educational program. Dr. Bruce Watkins continues his health series by talking about telemedicine for seniors. Explore the fields of medicine that now are available by internet access.	Limit 50 Deadline 4/27
WEDNESDAY MAY 20 2:00-3:00 p.m.	NEW! USES FOR ESSENTIAL OILS Essential oils can often be used to help many ailments. Oils have many other uses too! Lokelani Tangaro, specialist, will teach us how essential oils can help in our everyday lives!	Limit 50 No Deadline
THURSDAY MAY 21 11:30 a.m.-1:00 p.m.	NEW! LUNCH & LEARN "RIGHT START UNIVERSITY" Join us for this healthcare resource panel discussion which will provide much useful information and answer your questions. Find out what local resources are available to you and the steps to plan your future. Light lunch will be provided.	Limit 50 No Deadline
WEDNESDAY MAY 27 12:50-2:00 p.m.	NEW! ASK THE DOCTOR "NATIONAL HEALTH & FITNESS DAY" We welcome Dr. Jeremy Gonsowski from Chiropractic Health and Rehabilitation of Murfreesboro for an informative discussion on health and fitness and chiropractic services. Light snack will be provided.	No Limit Deadline 5/22
MONDAY JUNE 1 10:00-11:00 a.m.	NEW! TAKE A BREAK WITH NOD "CARDIOVASCULAR HEALTH" Dr. Tina Gresham has rescheduled her seminar that was cancelled due to the ice storm. She will present information on cardiovascular health. This is different from our usual time slot, so mark your calendars.	No Limit Deadline 5/28
THURSDAYS JUNE 4, 11, 18 2:00-3:00 p.m.	NEW! "GETTING TO KNOW YOUR ANDROID" Android users, your time has come! Camrinn Sandow, from Samsung is coming to help you learn about your Android phone or tablet! This is a three part class. Please plan to attend all three classes.	Limit 8 Deadline 6/4
TUESDAY JUNE 9 9:45-11:00 a.m.	NEW! INTERNATIONAL FOLKFEST "LATVIA" The University of Latvia folk dance group "Dandari" brings us folk dances from the Baltic Country Latvia. Thank you International Folkloric Society for bringing us this fine opportunity to see the dancers. It will be FUN! Be in your seat by 9:30 a.m.	Limit 130 Deadline 6/5
FRIDAY JUNE 12 1:00-4:00 p.m.	NEW! 1960'S DANCE PARTY WITH EJ RIDER BAND Take a trip back to the 1960's with this fun dance/party featuring EJ Rider Band. We'll have Strawberry Cake, yummy, for dessert. Wear your favorite 1960's get up, which is optional, but fun! Sign up is requested for planning. Limited to 120. MCHRA lunch will be at 11:00 a.m. today. See article on page 20 for more information.	Limit 120 Deadline 6/8
MONDAY JUNE 15 9:30-11:00 a.m.	NEW! ASK THE DOCTOR "MEN'S HEALTH" Dr. Adam Allie from Murfreesboro Medical Clinic will present a "Men Only" lecture. He will give the opportunity for questions as well. Breakfast will be served at 9:30 a.m. Reservations required and the limit is 55 participants so be sure to reserve your spot.	Limit 55 Deadline 6/1

Let us dance in the sun, wearing wild flowers in our hair... ~Susan Polis Shutz

Turn the page for more!

AND THERE'S MORE!

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.

TUESDAY JUNE 16 10:00-11:00 a.m.	NEW! OAKLANDS MANSION: 200 YEARS IN THE MAKING Learn about the history of Oakland Mansion from its beginning to the present. You will see old photos and talk about the families who lived there. Did you know it was almost in ruin? Learn how it was saved and is preserved now. You will see old artifacts	Limit 50 Deadline 5/29
THURSDAY JUNE 25 1:00-2:00 p.m.	NEW! USES FOR ESSENTIAL OILS Just in case you missed Loklani in May, she's back to teach just how useful essential oils can be!	Limit 50 No Deadline

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 BEGINS 5/5 10:00-11:00 a.m.	BEGINNING GUITAR CLASS Jane McNulty offers a great beginning guitar class. This is a fun, relaxing, stress-free class! Music helps keep your brain healthy so join and put some music in your life. This will be an ongoing class. The class fee of \$50/monthly will be due at the first of each month you decide to continue. Classes are not prorated.	CLASS FEE \$50/MO Limit 10 Deadline 5/5
TUESDAYS BEGINS 5/5 1:00-4:00 p.m.	INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS You must have taken the Beginning Pastel Drawing Class before taking this class. The price is for four weeks of drawing. Fiona Dowd is the instructor. Supplies needed are: chalk pastels (a box with colors suitable for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw, and a size 22 x 30 inch, 300 lb./640 g Arches watercolor paper (single sheet in natural white).	CLASS FEE \$30 Min 4/Max 12 No Deadline
SATURDAY MAY 9 1:00-3:00 p.m.	GENEALOGY CLASS Sue Cooper is a professional Genealogist who will teach you the perfect way to preserve your family history. The topic for this month is "Court House/Court Record Research & Analyzing Records."	CLASS FEE \$20 Min 4/Max 12 Deadline 5/8
WEDNESDAY MAY 13 9:00-11:00 a.m.	PAINTING WITH LIZ "BUSHY LAND" Newcomers welcome! Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.	CLASS FEE \$20 Min 5/Max 12 Deadline 5/12
MONDAY MAY 18 2:00-4:00 p.m.	HOMEMADE: NATURAL CLEANING PRODUCTS You've asked for a class on homemade natural products for the home. Fiona Dowd is teaching this class where you will learn to make All purpose cleaner, toilet fizzies, and dish washer detergent. Save money and make your own! Bring a clean container with a lid for extra samples, a notebook and a pen.	CLASS FEE \$7 Min 3/Max 12 Deadline 5/14
WEDNESDAY MAY 20 9:00-11:00 a.m.	PAINTING WITH LIZ "FALL FOREST AT NIGHT" Newcomers welcome! All supplies provided. Liz Farar teaches you how to paint a nice picture with oil paints. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Limit 12 Deadline 5/19
FRIDAY MAY 22 9:30-11:15 a.m.	NEW! THE HERMITAGE SERIES "THE IMPORTANCE OF ANDREW JACKSON" There is plenty of debate about where Andrew Jackson ranks among the presidents and their impact on our nation, but there is plenty of evidence to suggest Jackson was one of our most important presidents. Examine the life and legacy of Andrew Jackson and how he still matters today.	CLASS FEE \$2 Limit 50 Deadline 5/22
TUESDAYS BEGINS 6/2 1:00-4:00 p.m.	NEW! BEGINNING PASTEL PORTRAIT DRAWING CLASS The price for this class covers 8 weeks of drawing class with instructor, Fiona Dowd. You will draw a picture from a head shot photo. This class is for beginners. The supply list is: chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a portrait photo to draw from, one single sheet of 300 lb./640 g sm Arches watercolor paper sized 22"x30", a sketch pad, 14"x17" or larger, one small tube of each - brown and ochre watercolor paint.	CLASS FEE \$60 Min 4/Max 10 Deadline 5/29
FRIDAY JUNE 5 9:00 a.m.-3:00 p.m.	NEW! ALL DAY PAINTING WITH LIZ "A LIGHT HOUSE" This is an all day painting class on a 16"x20" canvas. All supplies are included in the class fee. You may bring a sack lunch or go out during a 30-minute lunch break.	CLASS FEE \$50 Min5/Max 12 Deadline 6/4
WEDNESDAY JUNE 10 9:00-11:00 a.m.	NEW! PAINTING WITH LIZ "THE DESERT" Newcomers welcome! All supplies are included in the class fee. Liz Farar teaches you how to oil paint a nice picture. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min 5/Max 12 Deadline 6/9

There's more to choose from on page 18.

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!

FRIDAY JUNE 19 9:30-10:30 a.m.	NEW! WILDLIFE ON WHEELS FROM THE NASHVILLE ZOO! The Nashville Zoo at Grassmere is visiting the Senior Center. Did you ever wonder what it takes to be an animal trainer? In this program, learn important animal training techniques, and discover how they are used in daily animal care. For example, how does the Nashville Zoo make an animal raise it's arm for a veterinary exam? You will find that out and much more! This program does involve real animals. Sign up is required.	CLASS FEE \$2 <i>Limit 40</i> <i>Deadline 6/18</i>
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TRIPS

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! Please arrive for trips 30 minutes before departure time.

FRIDAY MAY 1 9:00 a.m. 4:00 p.m.	SOUTHERN WOMEN'S SHOW Join us for this seasonal trip to the Southern Women's Show celebrating it's 29 th year in Nashville. Your ticket includes an admission to the Taste of Home Cooking School. After you attend the school, you will receive a swag bag valued at \$50. Find out the latest in shopping, cooking, healthy lifestyle, fashion and home decor. This trip includes A LOT of walking. Be sure to bring money to shop and for lunch on site.	ADMISSION \$13 TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 4/17</i>
SATURDAY MAY 2 9:30 a.m. 3:00 p.m.	NASHVILLE BOOGIE WEEKEND CAR SHOW We travel to the Opryland Hotel Resort to celebrate mid-century style with a fantastic car show featuring pre-1968 customs, rats and rods. Bring \$10 for admission at the door and money for lunch on site and maybe even a snack for in between. This trip involves a lot of walking and is outside so wear comfortable clothes and sunscreen.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 4/30</i>
SATURDAY MAY 9 8:00 a.m. 2:30 p.m.	SATURDAY ADVENTURE: RADNOR LAKE STATE PARK HIKING Radnor Lake is a beautiful urban natural area near Nashville. It has a wonderful, education filled visitor center. Several miles of trails marked from easy to strenuous are for everyone. Bring snacks and water along with money for lunch! Be sure to wear walking shoes, comfy clothes and sunscreen.	BRING \$ TRANSPORTATION \$8 <i>Limit 22</i> <i>Deadline 5/7</i>
MONDAY MAY 11 9:30 a.m. 3:30 p.m.	SENIOR DAY ON THE GENERAL JACKSON Enjoy a fun day cruising down the river on the General Jackson Showboat. Lunch and entertainment included in the admission.	ADMISSION \$28 TRANSPORTATION \$10 <i>Limit 36</i> <i>Deadline 3/13</i>
THURSDAY MAY 14 9:30 a.m. 7:30 p.m.	"SINGING IN THE RAIN" CUMBERLAND CO. PLAYHOUSE, CROSSVILLE, TN An all singing, all dancing, show biz extravaganza based on one of the most beloved movies in cinematic history! Yes, it will actually rain on the stage! Admission includes lunch at the Cumberland Mountain State Park buffet.	ADMISSION \$35 TRANSPORTATION \$10 <i>Limit 23</i> <i>Deadline 4/10</i>
MONDAY MAY 18 10:30 a.m. 2:45 p.m.	LUNCH IN NASHVILLE FOLLOWED BY WTVF TELEVISION STUDIO TOUR Join us for a bite of lunch in Nashville followed by a tour of the WTVF NewsChannel 5 studios. This trip is limited per the studio. Bring money (\$12-\$16) for lunch at the Gersthaus before the tour. Please do not sign up for this trip if you signed up for the April 13 trip.	BRING \$ TRANSPORTATION \$8 <i>Limit 11</i> <i>Deadline 5/8</i>
WEDNESDAY MAY 27 8:15 a.m. 4:45 p.m.	HISTORIC DOWNTOWN PULASKI & GILES COUNTY TOUR Some of you have asked for a small town tour of historic Pulaski, TN so here you go. We'll visit the historic buildings around the square, take a driving tour of the historic homes in the area, visit the Trail of Tears overlook, have lunch at the Yellow Deli (included in the price) and then have some free time to shop the unique shops in the area. All before heading back home. This trip involves A LOT of walking and getting on and off the bus. Wear comfy clothes, shoes & sunscreen. Bring some extra money to tip your waitress at lunch, your tour guide and for shopping for goodies.	ADMISSION \$20 TRANSPORTATION \$8 <i>Limit 20</i> <i>Deadline 5/1</i>
FRIDAY MAY 29 4:15 p.m. 11:00 p.m.	OFF BROADWAY PLAYERS "THE MILD, MILD WEST" AT THE THOMAS HOUSE, RED BOILING SPRINGS You may remember an old TV show called, "The Wild, Wild West." Well this play draws it's inspiration from the show, the difference is that they are now all SENIOR CITIZENS. Sounds like fun? The price includes meal, dessert and coffee as this is a dinner show. Bring money for a tip at the table. The Thomas House is a B&B in Red Boiling Springs, TN and is on the National Register of Historic places.	ADMISSION \$28 TRANSPORTATION \$12 <i>Limit 23</i> <i>Deadline 5/8</i>
TUESDAY JUNE 23 8:00 a.m. 8:00 p.m.	HARRAH'S CASINO, METROPOLIS, IL An exciting day of gambling after a nice ride there on the Grayline bus. Bus leaves City Hall Parking garage at 8:00 a.m. promptly. It should return about 8:00 p.m. barring any traffic slow ups. This will be a fun day.	ADMISSION \$5 TRANSPORTATION INC. <i>Limit 52</i> <i>Deadline 5/29</i>

Stop by the Center and pick up a Trip Sheet for more trips this year!

BIG ADVENTURES



Premier World Discovery presents
New York City Escape
 featuring 4 Night in Manhattan
 & a Broadway Show

INCLUSIONS:

- Roundtrip Airfare - BNA
- 6 meals (4 breakfast, 2 dinner)
- Admissions per Itinerary
- Professional Tour Director
- Comprehensive Sightseeing
- Baggage Handling
- Hotel Transfers
- Deluxe Motorcoach

ACCOMODATIONS

4 nights in First Class Hotel Belvedere,
 Manhattan, NYC

**\$2199 per person double
 +\$900 single supplement**

5 Days Beginning October 18, 2015

Day 1: Arrive in New York City

You'll begin a 4-night stay in a Manhattan hotel and enjoy a welcome dinner with your fellow travelers.

Day 2: New York City Sightseeing

Start off with a tour of NY's famous attractions: Greenwich Village, Chinatown, Times Square, Little Italy and Wall Street. Visit the 9/11 Memorial and Rockefeller Center. Enjoy a night on the town on your own.

Day 3: Statue of Liberty, Ellis Island & The Met

Ferry to the Statue of Liberty and Ellis Island

and later visit the Metropolitan Museum of Art. Enjoy a night on the town on your own.

Day 4: Leisure Time & Broadway Show

Explore Manhattan at your leisure - shopping, food, sight seeing. . . then the night gets exciting with a Pretheatre Farewell Dinner and then a Broadway show.

Day 5: Leave NYC and Fly Home

Today you will say goodbye to NYC, but leave with the great memories and wonderful new friends you made.

**\$300 Deposit Due at Registration
 Final Payment Due by August 4**

**Sign up NOW!
 at the front desk.**



Sock Hop Dance in May

Join us on Friday, May 15th as we dance to Snappy Pappy at our 1950s Sock Hop! Doors open at 6:00 p.m. with refreshments from 6:30-7:00 p.m. Dancing is from 7:00-10:00 p.m. Expect a "Stroll" and put on those **poodle skirts** (optional, but fun) and **leather pants**! \$5 at the door.

I don't think there is any dance more fun to participate in or to watch than a Sock Hop! This year we have Murfreesboro Parks and Recreation

& Life Care Center of Hickory Woods as sponsors (providing refreshments and ice-cream for the so-das). **Thank you senior volunteers and Murfreesboro Volunteers for helping out at this dance!**

Beginning Crochet Interest list

Do you want to learn to crochet? If you don't know how to crochet or know very little about it, sign the interest list at the reception desk. If we get enough people interested we'll schedule a class for beginners. Watch the newsletter for more information.



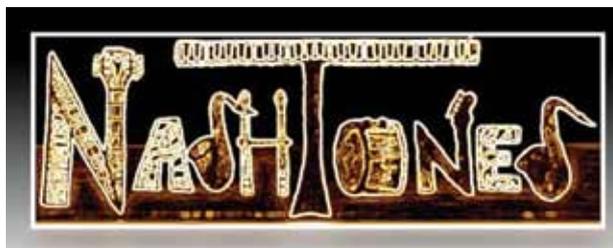
Brenda Kiskis Elliott
Program Director
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

Music Spotlight: Nashtones

Set to Play St. Clair Dance

Saturday, April 11 • \$5 at the door

Doors open at 6:30 p.m. Music begins at 7:00 p.m.



James Satterwhite was inducted into the International Rock-A-Billy Hall of Fame August 9, 2014. He has performed with Jerry Lee Lewis, Percy Sledge, and has performed as band leader and Good Will Ambassador at international folk festivals in Canada, England, Scotland, France, Poland, The Netherlands, Greece, Italy, Germany and Costa Rica. He performed on the CBS 70th Anniversary of the Grand Ole Opry. Dr. Satterwhite is presently Director of guitar studies at the Nashville School of Arts. **James Satterwhite** (Guitar, Fiddle, Mandolin, Banjo, Lead Vocals) **John Frost** (Bass Guitar, Lead Vocals) has toured with the Imperials, J.D. Sumner and the Stamps Quartet and the Blackwood Brothers. **Eric J. DiNenna** (Drums) has performed with T. Graham Brown, Al Green, Kathy Hunt, John Entwistle, Tony Sciuto, Ed King, The Winters Brothers, Chris Carpenter, Margaret Durante, Peking Opera, Uncle Sideshow, Defontes, Charles Walker, and Shaun Murphy. **Joe Turley** (Piano, Sax, Harp and Lead Vocals) has toured or recorded with Dolly Parton, Leon Russell and Edgar Winter, Waylon Jennings and Willie Nelson, Dick Clark's American Bandstand, Sweethearts of the Rodeo, Radney Foster, Margo Smith, Shelly West, Bobby Bare, Vassar Clements, Ray Sawyer and DR. hook, the Excello legends and The Shirelles. **Richard Griffin** (Sax, Flute, Percussion and Lead Vocals) has shared the stage with some of the finest musicians in the jazz and pop world.



Music Spotlight: Rode West Band

Brings Boot Scootin' to St. Clair on

Saturday, April 18 • \$5 at the door

Doors open at 6:30 p.m. Music begins at 7:00 p.m.

Monty Clay, lead guitar, was a teenager when his dad, **Clayton**, a bass player, worked the Grand Ole Opry with such stars as Little Jimmy Dickens, Stonewall Jackson, Jean Shepard, Hank Snow and Tommy Cash. **Clayton** and **Monty Clay** formed "Rode West Band" with the help of their friends, **Buddy Ellithorpe** and **Tim Gliko**. They picked together with some country stars in the eighties and they stayed together down through the years. **Rode West** won a showcase in Nashville in the eighties and traveled to Las Vegas and Reno and worked the casinos for two years. While out in Nevada, **Clayton** wrote a song called, "Back Pockets," that hit the charts and went to #1 in Australia for 14 weeks. **Buddy Ellithorpe** is one of Nashville's finest piano players and pickers will tell you, "It's an honor to be on stage with him." **Tim "Boone" Gliko** is one of the best harmony singers in the business and one fine drummer, having some hits down through the years.



Rode West Band is indeed a Country Band, but they take you back to a time in the 50s and 60s with their own rendition of those old songs. They bring the Cowboy Sound to the stage with some old harmony singing from yesteryear. They specialize in three part harmony and they try to stay with traditional country as much as possible. For you country fans, this is sure to be a dance that you DON'T want to miss! Mark your calendars, grab your "partner" and let's get to boot scootin'!

PROGRAMMING



Senior Learning Network Offers Great Seminars in May

This month we have two great offerings from the Senior Learning Network!
Tuesday, May 5: Sciencecast Star Gazing. Bright stars and planets are easy to observe from urban locations. Finding them can help us navigate, determine time and season and stay connected with past cultures. This interactive astronomy program will help you find and observe them in the nightly sky—no matter where you are!
Tuesday, May 19: Dr. Bruce Watkins continues his very informative health series with **Telemedicine for Seniors.** Explore the fields of medicine that now are available by internet access!



Lisa Stamps Foster
 Program Director
 Office Hours: Monday-Friday
 8:00 a.m.-4:30 p.m.

When you are in the Center, be sure and check the bulletin board behind the reception desk. We will be posting any Senior Learning Network webinars that are not listed in the LEAF.

EmiSunshine Concert *A Note From Brenda*

I want to thank all of the volunteers who made our EmiSunshine event run so very smoothly. Everything was just perfect! You Rock! On the other side of the coin, we had forty-eight participants who were no shows. Please give a call when you cannot attend a class or event that you signed up to attend. We had several people on the wait list who could have taken your place. *Brenda Kiskis Elliott*



POOL ROOM NEWS!

Coed • 3-09-15

- 1st Linda Sellars & Larry Thrasher
- 2nd Teresa Rains & Roy Gialdini
- 3rd Lupe Hickman & Charles Parker

Women's • 3-16-15

- 1st Teresa Rains
- 2nd Eileen Grant
- 3rd Linda Sellars

Men's • 3-24-15

- 1st Bill Gish
- 2nd Tom Michals
- 3rd Laird Weishan



International Folkfest *presents*

Join us Tuesday, June 9th from 9:45 -11:00 a.m. for special dancers in our center. You don't want to miss **The University of Latvia folk dance group "Dandari"** which brings us folk dancers from the Baltic Country of Latvia.

Thank you International Folkloric Society for bringing us this fine opportunity to see the dancers. Our co-sponsor is Blue Cross/Blue Shield of Tennessee. Limit 130.

Please remember to be in your seats by 9:30 a.m.



LATVIA!



Let's all remember to remember our heroes as we celebrate Memorial Day this month!
"But the freedom that they fought for, and the country grand they wrought for,
Is their monument to-day, and for aye." ~Thomas Dunn English



St. Patty's Day was celebrated by nearly everyone at St. Clair. . . from parties & dancing to just the fun times all around the Center.

MAY ACTION

“The Gardener’s Corner”

Be sure to keep an eye on watering everything which is newly planted. It doesn’t take much for new little transplants to dry out and die before they have a chance to get established. Check everyday for adequate moisture until plants take-off and start to grow.

Spray fruit trees and grapes early in the month with preventative fungicides. Do **NOT** use insecticides until all blooms have disappeared so not to harm the natural honey bee populations.

If your peonies fail to flower this month, it could be that they are planted too deep. They should be planted 2” deep and receive at least 6 hours of sunlight.

You can selectively prune spring-flowering shrubs such as azalea, forsythia, weigela lilac, beauty bush and mockorange to control their growth or improve their shape as well as increase their bloom next year.

Of all the perennial grassy weeds that invade our lawns each year one of the more difficult to control after emergence is Dallisgrass. Dallisgrass grows in clumps and also sends out rhizomes. It is unsightly in lawns, because it shoots up a seed head several inches tall soon after the lawn has been mowed. Because Dallisgrass is

By Jack Smith, Certified Master Gardener

closely related to turfgrass, it is difficult to control without damaging the lawn. Ideally we want to control this and other perennial grasses with a pre-emergent herbicide.

Thinning dead and damaged shoots of perennials during early growth stages will encourage stronger and healthier plants. Pinching back new growth will also help produce bushier plants and increase flower development. Deadheading spent flowers may also promote additional flowering.

In the vegetable garden beans are a vegetable that should not be over fertilized since too much nitrogen leads to more plant growth and less fruit. Fertilizer should be added at the time of planting by working it into the soil, later a side dressing can be applied after pods begin to develop or if the foliage is turning yellow.

Here’s a Green-Thumb tip: When you change the water in your fresh-water fish bowl or aquarium, save the water and feed it to your potted plants. The fish have already added the best natural fertilizer money can buy.

Gardening is cheaper than therapy and you get tomatoes. ~Author Unknown

PIN ACTION

By Steve Hall

Four large television screens, four Wii Bowling games, eight teams-4 people per team, Wii Bowling shirts, food, soft drinks are all that is provided for the 2015 Wii Bowling League at St. Clair Senior Center on Fridays, starting at 12:30 p.m., but the one thing not mentioned that is definitely present is the camaraderie, friendship, and enjoyment in playing all together for the next twelve week league bowling session. The league has seven new members that

are on teams or assist as substitutes or back-ups. The first three games were a good start and I am sure a score of 300 will be reached! Week two was cancelled due to an excellent performance of EmiSunshine at the center. With the session cancelled, those of us who showed up for Wii bowling had a practice session. We used all four TV’s, and had four teams for practice-competition. The room became quiet as Lorraine Hall bowled her last ball, and got a 300 for a score.

We still need more full and part time bowlers. Call Bobbie Cunningham at 615-907-9761 if you would like to be part of

this great league. It is an enjoyable Friday afternoon, in the lower dining room. Don’t let yourself be caught saying, “Oh I can’t bowl.” The solution to that dilemma: participants are happy to show you how easy it is to learn. Those of you seniors who need to use a cane, walker, or wheelchair can still play, by just sitting as previous and present members can attest to. It all takes place on Fridays in the lower dining room at 12:30 p.m. Games can start at 12:15 p.m. if a full team is present and ready to go. So I say, **NO EXCUSES**, come on down and enjoy the fun!

MAY 2015

St. Clair Street Senior Center

Living Every Adventure Fully

PRSR STD
U. S. POSTAGE PAID
Nashville, TN
Permit No. 781

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



DONATIONS & STAFF

DONATIONS for MARCH 2015

Bingo \$ 8.34
Quilting \$ 00.00
Popcorn \$ 24.95
Coffee \$ 105.24
AARP Tax Donations \$1538.00
February, March & April

Donations: Eva Barrett, Pat Briggs, Evelene Burns, Pyong Cahill, Lillie Campbell, Joyce Cumberbatch, Mary Dixon, Sheila Egan, Ronald Good, Annie Holland, Anwar Kurniawan, Marjorie Lemmon, Jean Leonhardt, Mary Ellen Majewski, Shirley Neely, Margaret Radford, Diane Sawyer, Edna Scott, Seasoned Citizens, Janey Shirala, St. Rose Bridge Group, Brenda Sweeney, Larry Tolliver.

THANKS FOR ALL OF YOUR DONATIONS TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

Center Director Connie Rigsby	Department Coordinator Diane Smith	Custodial Support T.J. Key Kerry Young
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	ADS Activity Assistants Laura Grissom Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse On Duty <i>Position Vacant</i>	Volunteer Coordinator Carol Ransom
Operations Clerk Deborah Woodward	Van/Bus Drivers Pete Gerdik, Kirby Jeffreys	

*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)*

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