

June 2015

Friday, June 12 • 1:00-4:00 p.m.

60's Dance Party

GROOVY! 1960's Party with EJ RIDER BAND

Remember tie-dyed shirts, peace symbols, music influenced by the Vietnam War? Yea Man! Do you remember Hippy Nation and Beatniks? Join us on Friday, June 12th from 1:00-4:00 p.m. as we groove to the music of E.J. Rider Band. You are welcome to dress up like they did in the 60's ... bell bottom pants, striped jeans, maxi skirts, long vests. There is no admission fee, but sign up is requested for programming purposes. Thank you **Prudent Health Services** for sponsoring our refreshments.

Here is a little about EJ Rider Band: The band has a very unique duo that plays oldies 50s and 60s Rock and Roll. The lead singer (E.J. Rider) Started out in Baltimore MD, in 1962 so you could say he's one of the fabulous originals of the era. From the time he opens his mouth to sing to the time the last song is sung you are truly entertained. But what makes the duo so... unique and entertaining is that E.J. Rider sings all the greats of the past eras in perfect timing on drums that he plays with his feet, and plays rhythm and lead guitar all at the same time. George E. plays keyboard. He has been touring with the E.J. Rider band now for 24 years. George also sings lead and backup vocals. They are a two man band that sounds like five and it's very cool to see and hear. E.J. Rider has been named "The little band with the big sound."

See you there! Peace man. . .



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

Welcome to June, warmer days and nice evenings to take a walk and enjoy the outdoors. We invite you to try the Center out for your hot summer days. Come and take a trip, start a new hobby, meet new friends or check out one of our education classes. The Center has so much to offer to the community. I would like to give a shout out to our staff for all the hard work in preparing our LEAF and the activities that go on at the

facility, keep up the great job.

The center is excited to announce that in late May Laura

Grissom started as the new Nurse on Duty at St. Clair. Laura has been a part of the center for several years working in our Adult Day Service Program and we are glad to see her in this new role. We ask that you stop by and welcome Laura and I look forward to the exciting programs she will bring to the center.

It's hard for me to pick just one program for June so I will give you my two favorites. On June 5th we will host a Cancer Survivors Celebration and on June 9th International Folkfest dancers from Latvia will be here to perform in traditional costumes. Both programs will be wonderful and I invite you to sign up and attend the festivities.

Always remember your adventure starts at St. Clair Street Senior Center. Come join the fun.

Your Director, Connie C. Rigsby

WILDLIFE ON WHEELS

from the Nashville Zoo @ ST. CLAIR

How exciting! Animals are coming to the senior center! Anna Currie, trainer at the Nashville Zoo at Grassmere, is bringing animals to our Senior Center to show you how they train their wild animals. You will learn important animal training techniques used for daily animal care at the Zoo. Class is limited to 40 people. No food is allowed in the room for safety reasons.

The Nashville Zoo at Grassmere is bringing one bird, one reptile and one mammal. Animal selection is determined the day of the class. 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!



LEARNING AT ST. CLAIR



International Folkfest *presents* **LATVIA!**



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 cosponsors are Blue Cross/Blue Shield of Tennessee and New York Life. Limit 130.

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

Happy Father's DAY

Snapshots from 2015 Volunteer Luncheon

courtesy of Jim Davis



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



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

ADS Wishes You...
A HAPPY FATHER'S DAY

The ADS participants enjoyed celebrating the Kentucky Derby festivities with our own derby trivia and refreshments. The ADS staff had one of our brutally competitive cook-offs recently. This competition featured salads. Laura Grissom made homemade chicken salad; Randy Huffman made a refreshing watermelon salad and Amanda Pullias made antipasti salad. We thank our judges for their hard work in eating and judging our salads based on taste, originality and presentation. Randy adapted his recipe from a Southern Living Recipe which used mache instead of baby lettuce. Toasted pecans are nice with the melon. We thought our readers would enjoy making this refreshing recipe.

RANDY'S BLUE RIBBON
WATERMELON SALAD

INGREDIENTS:

- ¾ cup pecans, chopped
- 5 cups seeded and cubed watermelon
- 1 pkg. mixed baby lettuce
- Raspberry vinaigrette dressing
- 1 cup Gorgonzola cheese

INSTRUCTIONS:

- Bake pecans on a baking sheet in a 350 degree oven for 5-7 minutes until lightly toasted and fragrant. Let them cool completely before using, about 15 minutes.
- Combine watermelon and baby lettuce in a large bowl.
- Toss gently with raspberry vinaigrette dress-

ing.

- Transfer salad to a serving platter
- Sprinkle toasted pecans and Gorgonzola cheese crumbles on salad. Serve and enjoy.

ADS participants enjoyed Mother's Day festivities, which included a tea complete with teapots, scones, sweet and savory treats. We also shared pictures of our families featuring our mothers, children and grandchildren. Activities such as this help us to celebrate the rich and varied experiences in the lives of our participants.

In true American tradition, we also celebrated Memorial Day with a cookout in our patio area. We are enjoying the grill which was donated last year in memory of Fred Hicks. We continue to be blessed not just by our current participants but by those who have left us and remembered us with kind donations.

Looking forward to summer, we'll be celebrating Father's Day. We'll be taking trips to the patio and playing corn hole. Our tomato plants are growing, thanks to Randy and our participants who help to water them. We are anticipating their ripe juiciness at the ADS lunch table in just a few weeks. Having a wonderful time and looking forward to tomorrow with friends are especially good reasons that LIFE IS GOOD in the ADS.

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." - Eleanor Roosevelt



Randy Huffman's Blue
Ribbon Watermelon Salad

ADS
MAY
SNAP
SHOTS!



ADS Participants enjoy a
Mother's Day Tea with scones.

CARE DIRECTOR NEWS

Planning Ahead: Wills, Power of Attorney & Advance Directives

Wednesday, June 17 at 1:00 p.m.

What happens if I die without a will? Is a will written in another state valid in Tennessee? Is the probate process as bad as they say? What about taxes? These and many other questions will be answered when Attorney Marshall Snyder speaks to us on Wednesday, June 17th at 1:00 p.m. He will be presenting information to us about the documents that we all need to insure our future wishes are respected. This information will include Wills, Advance Directives for our future health care, Financial Power of Attorney (who will look after our finances if we are unable to do so) and our estate planning. It is extremely important to understand how all of these documents work and how to make the best decisions for ourselves and our families.

This is a very interesting and informative meeting and also usually very well attended. For this reason we request that you sign up with the front desk if you plan to come and if you find that you cannot come, please cancel your

reservation so others can take your place. Please sign up by Monday June 15th.

The following day, June 18th, Mr. Snyder will be here to write Simple Wills, and Power of Attorney for financial and health care. A Simple Will is as it sounds; it is for those with small, uncomplicated estates (without Trusts) and relatively straightforward wishes. These are individual appointments and you will need to call me, Dee Brown, directly to get a time for a session with him. The cost for these documents is \$25 for each document per person. A Will for a couple will be \$50, a Financial Power of Attorney for a couple would also be \$50. He will also assist with Advance Care Plans (Living Wills) if you wish, for \$10 each. Please do not call for appointments until Monday, June 1st.



By Dee Brown
Care Director
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

Farmer's Market Trips Begin in June for Shopping & Classes

This month we will be taking two trips to the Rutherford County Farmer's Market. The first trip is scheduled for Friday, June 5th when we will go to shop as well as attend a free class offered about "Raised Bed Gardening". We will leave the Center at 8:15 a.m. and return after the class is completed (the classes are approximately one hour long and begin at 9:00 a.m.) Our second trip for the month will be on Friday, June 19th for shopping only. For shopping trips only we should return by approximately 9:30 a.m.

There is no cost for transportation but you do need to sign up for these trips, please let us know by the day before if you plan to go. We intend to offer these trips through the summer and possibly beyond, so if you think this is something you might enjoy, please take advantage right away so we can gauge the interest in these new trips and educational opportunities.

Our July trips will be on July 10th, market and class: "Compost and Soil Health" and July 17th, market only. If you have any questions please call Dee at 615-848-2550 and be sure to check out the recipe for some yummy veggies.

Mediterranean Summer Squash

Prep/Total Time 25 minutes

Yield: 4 Servings

Ingredients:

1/4 cup chopped onion
1 tablespoon olive oil
1 small yellow summer squash, thinly sliced
1 small zucchini, thinly sliced
1 garlic clove, minced
1 plum tomato, seeded and chopped
1/2 teaspoon dried oregano
1/4 cup crumbled feta cheese
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

In a large skillet, saute onion in oil until tender. Add squash and zucchini; saute 6-8 minutes longer or until tender. Add garlic; cook 1 minute longer. Stir in the remaining ingredients and heat through.

Nutritional Facts: 2/3 cups = 69 calories, 5 g fat (1 g saturated fat), 4 mg cholesterol, 220 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchange: 1 vegetable, 1 fat. Recipe from www.tasteofhome.com



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

Five Reasons Seniors Should Volunteer

1. It helps bridge the generation gap. Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.
2. It helps change the way people think about older adults. By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.
3. It is good for mental health and can help prevent Alzheimer's. The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.
4. It helps prevent senior isolation and depression. In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.
5. It promotes healthy physical activity. Volunteering can be good for keeping the body active, whether you're building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.

Volunteer Orientation

A formal orientation session will be offered for new volunteers June 15 from 10:00-11:00 a.m. The orientation is presented by, Carol Ransom, Volunteer Coordinator. The purpose of the volunteer orientation is to introduce new volunteers, to familiarize them with the Senior Center's philosophy, purpose, and organizational structure, to explain the importance and the role of the volunteers within the Senior Center, to clarify policies and procedures, to discuss volunteer opportunities and recognition, and to answer questions.

Check This Out in June!

NEW PARTICIPANT
ORIENTATION

FRIDAY, JUNE 19 • 10:00-11:00 a.m.

If you are new to the Center this is your chance to get to know the ins and outs the right way.

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

Paid Aides—An Agency's or Your Own?

by Cindi Thomas, Caregiver Coordinator

There are at least two universal truths that apply to family caregivers. First, they are among the most caring, loving and generous people in today's world. Second, sooner or later most realize that although their love and intentions to assist a family loved one are unlimited, their human stamina for providing that assistance has its limitations.

Sooner or later, most families realize the need for outside relief or replacement help. Some bring in outside help providers from day one to complement family caregiver efforts. Others prefer first to use only family help before eventually becoming physically and emotionally tired and asking for some relief. Regardless of how and when the decision is reached, the family discussion next becomes, where can responsible and reliable help be found. Community resource centers such as St. Clair Senior Centers and agencies such as the Greater Nashville Regional Council on Aging (Toll Free 1-877-973-6467) can be used to provide several types of very dedicated, responsible help. Whether the volunteers come informally from friends or through a structured organization. Many families can successfully rely on unpaid relief or respite services.

Other families prefer to hire providers. They usually find there are two primary sources. Aides can be personally hired or contracted from agencies. Personally employed aides are often the choice of help recipients who have long-term needs and would like to have control over their loved ones daily needs. When, instead, a family prefers agency aides, it's usually because the recipients are unwilling or unable to employ their own personal assistants, or they receive funding from sources that requires agency personal assistants.

If the decision is to hire an agency, let's first debunk the great myth about agency aides: "If I hire an agency aide, a professional who is experienced and trained will arrive at my door, will know exactly what needs to be done, and will simply take care of my needs while I relax, rest, and recu-

perate."

At that moment, you, or your representative, become a personnel manager. There are no short cuts. The initial training and each day's ongoing management and supervision must come from you during your face-to-face work with each aide—they cannot come from an agency supervisor that will not be there every day.

There are several things you must consider when hiring a personal aide:

COST: If your providers are funded, often by health insurance or public assistance, the funding source often requires your aides to come from an agency. If the funding comes from your pocket, it's a fact that agency aides cost at least two or three times that of personally employed personal assistants. An advantage of having an agency is they pay the salaries, maintain the records and pay the taxes. However, when employing your own assistants, a local CPA can set up your bookkeeping system and then file the government employment documents on schedule.

MANAGING HEALTH & FINANCIAL CARE: Ability and willingness to recruit, hire and manage the help needed, agencies can be essential. Also, when a recipient's help needs are temporary, using an agency relieves the need to learn many of the management skills.

CONTROL: Is it important for you to be in maximum control over the quality of who provides your help. Are you a hands-on, assertive person who wants to live by your own schedule and preferences or are you comfortable accepting agency policies and schedules about who helps you.

The choice between using agency aides and personal aides is based on your ability, willingness, funding and desire to be in maximum control of your own lifestyle. For many of us, agencies are essential. For others, we insist on controlling the quality of the help we receive by first controlling the quality of our help providers—and that means routinely employing our own personal assistants.

Have a wonderful breezy summer! Cindi



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



You can't live
a perfect day
without doing
something for
someone who will
never be able to
repay you.

~John Wooden

Caregiver Programs in June 2015

ALZHEIMER'S ASSOCIATION

SUPPORT GROUP

"Share the Care"

Friday, June 12 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, June 15 • 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, June 26 • 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, June 19 • 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.

LUNCH & LEARN

"Elderly Abuse"

with guest Bernice Rogers from
Domestic Violence

Thursday, June 18 • 11:30 a.m.-1:00 p.m.

- Join us in this informational seminar to learn ways to protect yourself from all types of abuse.
- A light lunch will be served.
- Reservations are required and limited to **50 participants.**

THE CAREGIVER RESOURCE & INFORMATION CENTER @ ST. CLAIR SENIOR CENTER

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.
- Office Hours are Monday through Friday from 9:30 a.m.-1:30 p.m.
- Appointments available by calling 615-848-2550 ext. 2506

Contact Cindi Thomas for information.

Men's Health

National Men's Health Week is June 15-21

Attention Men! "Ask the Doctor" on June 15 from 9:30-11:00 a.m. is for **MEN ONLY**. Dr. Adam Allie from Murfreesboro Medical Clinic will present a "For Men Only" lecture. Brunch will be served at 9:30 a.m. and there will also be time for questions after his lecture. The space is limited to 55 participants for this lecture and reservations are required by June 1.

Men, make your health a priority. Take daily steps to be healthier and stronger. There are many easy things you can do every day to improve your health and stay healthy.

GET GOOD SLEEP: Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. Sleep needs change as we age. In general, adults need between 7-9 hours of sleep.

TOSS OUT THE TOBACCO: It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

MOVE MORE: Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week,

and break it into smaller chunks of time during the day.

EAT HEALTHY: Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

TAME STRESS: Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself.

AVOID DRUGS AND ALCOHOL: Find support. Connect socially. Stay active. Meditate. Avoid excess alcohol.

STAY ON TOP OF YOUR GAME: See your doctor or nurse for regular checkups. Certain diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem. Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these, or symptoms of any kind, be sure to see your doctor right away. Don't wait! With Cancer, HIV, Diabetes, and Heart Disease early detection and treatment prolong life and health. Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.

GET VACCINATED: Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history. Ask your doctor or nurse which vaccines you need to stay healthy.

(Information obtained from www.cdc.gov)

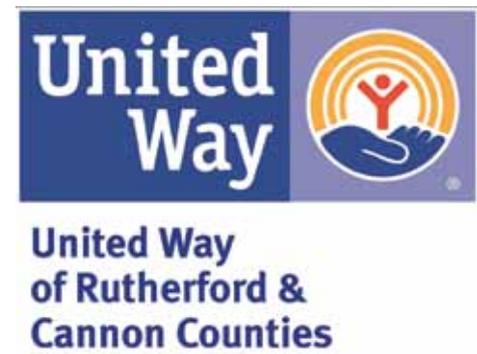
United Way Stuff the Bus Project

The United Way of Rutherford and Cannon Counties, one of our sponsors, is collecting school supplies for their “Stuff the Bus” school supply drive. The supplies will benefit children pre-k through third grade and will be given to Murfreesboro City Schools, Rutherford County Schools and schools in Cannon County. The bags are given to each school’s central office and then distributed by the guidance counselors to the students. This year, United Way has a goal of 2,000 + bags.

School supplies will be collected at the Senior Center from **June 5th** through **July 18th**. Bring supplies to Brenda Elliott’s office.

Below is a list of requested supplies that are needed to complete a literacy kit:

- Round point Scissors (Fiskar)
- Paper: wide ruled notebook paper, craft paper or handwriting paper
- Composition notebooks with wide ruled notebook paper
- Crayons (24 count Crayola)
- Pencils (No. 2)
- Markers (Crayola) broad tip classic colors
- Glue Sticks (Elmer’s)
- Liquid Glue (Elmer’s)
- Expo markers (dry erase)
- Large pink erasers
- Folders with pockets and prongs
- Earbud headphones
- New or gently-used books (appropriate for children 3rd grade or younger)



For more information contact Brenda Kiskis Elliott or contact United Way at 615-893-7303.

Visit www.unitedwayvolunteer.org to view other public drop-off locations around the area! Collection starts on JUNE 5.

A Dancing Merger is Coming Your Way!

In June, students who took Beginning Line Dance on Wednesdays can now merge into Intermediate Line Dance on Tuesdays at 2:00 p.m. Do not feel intimidated by the word “Intermediate.” Everyone in the Intermediate class started out in Beginning Line Dance. They are a great group of folks and will gladly welcome the new class into their group. Have fun! Thank you Tom Robeson for teaching the Beginning and Intermediate classes. Tom had several co-leaders in his class who helped with the beginning line dance. Thank you everyone for being so giving of your time.



Photo by Jim Davis, Murfreesboro Parks & Recreation Department.

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 June. 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.



Happy Clowns of St. Clair Alley 402

- Friday, June 26 Clown Class at 1:00 p.m. and Rehearsal at 2:00 p.m.
- Monday, June 29 Clowns to NHC. Meet at Center at 9:00 a.m. Lunch at Gondolier.
- Interested in becoming a clown? Attend our June 26 meeting. We make people smile. You won't find a more fun group of people.
- Be sure to sign up for the July 15 Afternoon with the Clowns at 1:30 p.m. Bring the grandkids. Ice cream by Cigna-HealthSpring.

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 monthly fee 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.*

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	6/2	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	6/4	Bingo with Murfreesboro Funeral Home
TUESDAY	6/9	Bingo is CANCELLED TODAY
THURSDAY	6/11	Bingo with Senior Helpers
TUESDAY	6/16	Bingo with Creekside Assisted Living
THURSDAY	6/18	Bingo with Broadmore Senior Living
TUESDAY	6/23	Bingo with Willowbrook Home Health & Hospice
THURSDAY	6/25	Bingo with At Home Health Care
TUESDAY	6/30	Bingo with NHC

JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>1</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. "Cardiovascular Disease" with Dr. Tina Gresham</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>2</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Beginning Guitar</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Crochet Group 1:00 p.m. Knit Group</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Beginning Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>3 DEADLINE 6/5 CANCER SURVIVOR CELEBRATION</p> <p>8:45 a.m. June Dairy Days at Lane AgriPark</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 with Jo Ann</p>
<p>8 DEADLINE 6/12 1960S DANCE PARTY</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. Mystery Lunch Trip</p> <p>10:00 a.m. In the Garden with Jack "Plants for Shady Areas"</p> <p>10:00 a.m. FCE Better Living Club</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>9 DEADLINE 6/10 PAINT WITH LIZ NO BINGO TODAY NO STAINED GLASS TODAY NO 10:00 a.m. Line Dance with Delia TODAY</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:45 a.m. International Folkfest presents Dancers from Latvia</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Beginning Guitar</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Crochet Group 1:00 p.m. Knit Group</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Beginning Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>10 DEADLINE 6/17 CERAMICS WITH GRANDKIDS</p> <p>9:00 a.m. RCCOA Board Meeting</p> <p>9:00 a.m. Painting with Liz "The Desert"</p> <p>9:30 a.m. Living Well with Chronic Conditions</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 with Jo Ann</p>
<p>15 DEADLINE 6/17 PLANNING AHEAD DEADLINE 6/20 COOKOUT & GAME NIGHT</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:30 a.m. Ask the Doctor</p> <p>"Men's Health Issues" with Dr. Adam Allie</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. New Volunteer Orientation</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>16</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens</p> <p>10:00 a.m. Oaklands Mansion: 200 Years</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Crochet Group 1:00 p.m. Knit Group</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Beginning Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>17</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>9:30 a.m. Ceramics with Grandkids</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Planning Ahead: Wills, Power of Attorney & Advance Directives</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics with Jo Ann</p>
<p>22</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. BBB Awareness Program</p> <p>1:00 p.m. Crafts with MPRD</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>23 DEADLINE 6/24 PAINT WITH LIZ DEADLINE 6/25 PATRIOTRIC WREATH CLASS</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Rutherford Co. Archives at St. Clair</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Beginning Guitar</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Crochet Group 1:00 p.m. Knit Group</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Beginning Pastel Portrait Drawing Class</p> <p>2:15 p.m. Spanish 2</p>	<p>24</p> <p>9:00 a.m. Painting with Liz "Big Waterfall"</p> <p>10:00 a.m. Genealogy Class to Rutherford Co. Archives</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 with Jo Ann</p>
<p>29 DEADLINE 6/30 CHICKS UNBIRTHDAY</p> <p>9:00 a.m. Happy Clowns to Northside Healthcare</p> <p>9:00 a.m. Mixed Media with Karen "Nasturtium on Gray Linen"</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>30</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Beginning Guitar</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. NO CCRC Visitation Today</p> <p>1:00 p.m. Crochet Group 1:00 p.m. Knit Group</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Beginning Pastel Portrait Drawing Class</p> <p>1:00 p.m. Chicks UNBirthday Party</p> <p>2:15 p.m. Spanish 2</p> <p>5:00 p.m. Nashville Sounds Baseball Game</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>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>4 DEADLINE 6/5 BOB ROSS CLASS 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 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 2:00 p.m. Getting to Know Your Android Part 1</p>	<p>5 DEADLINE 6/8 MYSTERY LUNCH DEADLINE 6/9 INTERNATIONAL FOLKFEST DEADLINE 6/25 SCHAKOLAD CHOC. FACTORY 8:15 a.m. Rutherford Co. Farmer's Mkt. Trip 9:00 a.m. Pinochle 9:00 A.M. Bob Ross Painting "Bue Heron" 9:45 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Wii Bowling 1:00 p.m. Cancer Survivor Celebration 6:00 p.m. Line Dance Evening with Judy Fairbanks</p>	<p>6 12:30 p.m. Center Open 7:00 p.m. DANCE to music by Debbi Bailes Band \$5 at the door Light refreshments served.</p> <p>7 Today is Daniel Boone Day! On June 7, 1769, frontiersman Daniel Boone first saw the forests and valleys of present-day Kentucky.</p>
<p>11 DEADLINE 6/15 ASK THE DOCTOR MEN'S HEALTH 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 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 1:30 p.m. Senior Learning Network presents "Bebe Forehand" 2:00 p.m. Getting to Know Your Android Part 2</p>	<p>12 Lunch will be at 11:00 a.m. TODAY 9:00 a.m. AARP Board Meeting 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Meeting 12:00 n Share the Care Alzheimer's Support Group 12:30 p.m. Wii Bowling</p> <p>1:00 p.m. 1960s Dance Party with EJ Rider Band</p>	<p>13 12:30 p.m. Center Open 1:00 p.m. Line Dance Saturday</p> <p>14 Today is Flag Day! In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day, celebrating our flag.</p>
<p>18 DEADLINE 6/19 WILD LIFE ON WHEELS 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:30 a.m. Lunch & Learn "Elder Abuse" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 2:00 p.m. Getting to Know Your Android Part 3</p>	<p>19 DEADLINE 6/22 CRAFTS WITH MPRD DEADLINE 6/24 TRIP TO RUTHERFORD CO ARCHIVES 8:15 a.m. Rutherford Co. Farmer's Mkt. Trip 9:00 a.m. Pinochle 9:00 a.m. Wild Life on Wheels: Nashville Zoo 9:30 a.m. Ceramics with Grandkids 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 10:00 a.m. New Participat Orientation 12:00 n RCCOA Meeting 12:30 p.m. Wii Bowling</p>	<p>20 1:30 p.m. Parkinson Support Group 12:30 p.m. Center Open 5:30 p.m. Cookout & Game Night/MPRD</p> <p>21 Happy Father's Day! Happy first day of summer!</p>
<p>25 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:30 a.m. Schokolad Chocolate Factory Trip 12:30 p.m. Party Bridge 1:00 p.m. Uses for Essential Oils 1:00 p.m. Patriotic Wreath Class 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>26 DEADLINE 6/29 MIXED MEDIA WITH KAREN DEADLINE 6/30 SOUNDS BASEBALL GAME 9:00 a.m. Pinochle 9:30 a.m. The Hermitage Series: "The Nullificaton Process" 9:45 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 12:30 p.m. Wii Bowling 1:00 p.m. Happy Clowns Class 2:00 p.m. Happy Clowns Rehearsal</p>	<p>27 12:30 p.m. Center Open</p> <p>28 Today is Paul Bunyan Day! Each year on June 28, National Paul Bunyan day is celebrated across the country. It is suggested that on this day, take some time and read one of the Paul Bunyan original tales.</p>
<p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p>		

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>8:00 a.m. <i>Walking Saints at Old Fort Park Trailhead</i></p> <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. <i>Fit with Mark</i> 9:15 a.m. <i>Zumba® Gold</i> 10:30 a.m. <i>Intermediate Tap Dance Class</i> 11:30 a.m.-4:15 p.m. <i>Open Gym</i></p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. <i>Yoga with Dot</i> 10:30 a.m. <i>Yoga with Dot</i></p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. <i>Line Dance Practice/Judy</i></p> <p style="text-align: center;"><u>NURSE STATION</u></p> <p>9:30 a.m. <i>Blood Pressure Clinic</i></p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. <i>Core Strength with Marjorie</i> 8:45 a.m. <i>Senior Strength with Marjorie</i> 9:30 a.m. <i>Dancercise with Marjorie</i> 10:25 a.m. <i>Core Strength with Marjorie</i> 10:40 a.m. <i>Senior Strength with Marjorie</i> 11:30 a.m.-1:00 p.m. <i>Open Gym</i> 1:00 p.m. <i>GO4Life</i> 2:00-4:15 p.m. <i>Open Gym</i></p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. <i>Zumba® Gold Toning</i> 9:30 a.m. <i>Line Dance Practice/Delia</i></p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. <i>Intermediate Line Dance with Tom</i></p> <p>3:15 p.m. <i>Ballroom Dance Class</i></p>	<p>8:00 a.m. <i>Walking Saints at Thompson Ln Trailhead</i></p> <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. <i>Fit with Mark</i> 10:30 a.m. <i>Tap Dance Practice</i> 11:30 a.m.-1:00 p.m. <i>Open Gym</i> 3:00-4:15 p.m. <i>Open Gym</i></p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. <i>Yoga with Dot</i> 10:30 a.m. <i>Yoga with Dot</i></p> <p style="text-align: center;">Classes with a monthly fee are GREEN. Classes with NO fee are BLUE. Classes are NOT prorated.</p>	
THURSDAYS	FRIDAYS	NOTICES	PLEASE READ!
<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. <i>Core Strength with Marjorie</i> 8:45 a.m. <i>Senior Strength with Marjorie</i> 9:30 a.m. <i>Dancercise with Marjorie</i> 10:25 a.m. <i>Core Strength with Marjorie</i> 10:40 a.m. <i>Senior Strength with Marjorie</i> 11:30 a.m.-1:00 p.m. <i>Open Gym</i> 1:00 p.m. <i>GO4Life</i> 2:00-4:15 p.m. <i>Open Gym</i></p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. <i>Zumba® Gold Toning</i> 9:30 a.m. <i>Line Dance Practice/Delia</i></p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. <i>Gentle Fitness with Mark</i> 9:15 a.m.-4:15 p.m. <i>Open Gym</i></p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. <i>Yoga with Dot</i> 10:30 a.m. <i>Yoga with Dot</i></p> <p style="text-align: center;"><u>FRIDAY, JUNE 5 ONLY</u></p> <p>6:00 p.m. <i>Line Dance Friday Evening</i></p>	<p style="text-align: center;"><u>SATURDAY, JUNE 13 ONLY</u></p> <p>1:00 p.m. <i>Line Dance Saturday Afternoon</i></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.

THURSDAYS JUNE 4, 11, 18 2:00-3:00 p.m.	“GETTING TO KNOW YOUR ANDROID” THIS CLASS IS FULL A WAIT LIST IS AVAILABLE. 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 attend all three classes.	Limit 8 Deadline 6/4
FRIDAY JUNE 5 1:00-2:30 p.m.	NEW! CANCER SURVIVOR CELEBRATION For Cancer Survivors: Life is a Party! Come and celebrate YOU!	Limit 50 Deadline 4/29
MONDAY JUNE 8 10:00-11:15 a.m.	NEW! IN THE GARDEN WITH JACK “PLANTS FOR SHADY AREAS” Class is taught by Certified Master Gardener, Jack Smith, President Emeritus of the Tennessee Master Gardeners of Rutherford County. In this session, you will learn which plants grow best in the shady areas of your yard.	Limit 40 No Deadline
TUESDAY JUNE 9 9:45-11:00 a.m.	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. Sponsors Blue Cross/Blue Shield & New York Life.	Limit 130 Deadline 6/5
THURSDAY JUNE 11 1:30-2:30 p.m.	NEW! SENIOR LEARNING NETWORK PRESENTS: “BEBE FOREHAND” Known as the “Belgium Anne Frank,” Bebe Forehand gives a first hand account of being a young girl whose family took refuge during WWII in an attic, anticipating the coming of the American/ Allied forces. Her father was with the underground in Belgium. Bebe is a gifted storyteller and her descriptions of her life during the 3 1/2 years she and her family spent hiding in the attic of a house in Antwerp are fascinating and moving.	Limit 50 No Deadline
FRIDAY JUNE 12 1:00-4:00 p.m.	1960s DANCE PARTY WITH EJ RIDER BAND Take a trip back to the 1960s with this fun dance/party featuring EJ Rider Band. We’ll have Strawberry Cake, yummy, for dessert. Wear your favorite 1960s 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.	Limit 120 Deadline 6/8
MONDAY JUNE 15 9:30-11:00 a.m.	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 6/11
MONDAY JUNE 15 10:00-11:00 a.m.	NEW! NEW VOLUNTEER ORIENTATION Are you a new volunteer to St. Clair? Be sure to attend this informational training to get up to speed on all of the policies and regulations. See you there!	Limit 20 No Deadline
TUESDAY JUNE 16 10:00-10:30 a.m.	NEW! 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 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 and replicas from the past.	Limit 50 Deadline 5/29
WEDNESDAY JUNE 17 1:00 p.m.	NEW! PLANNING AHEAD: WILLS, POWER OF ATTORNEY & ADVANCED DIRECTIVES Attorney Marshall Snyder will present information for estate planning: wills, power of attorney, and advance directives.	Limit 65 Deadline 6/15
THURSDAY JUNE 18 11:30 a.m.-1:00 p.m.	NEW! LUNCH & LEARN “ELDER ABUSE: HOW TO PROTECT YOURSELF FROM ABUSE” Join us as we welcome Bernice Rogers, with Domestic Violence, who will present a seminar and information on how to protect yourself from all types of abuse. A light lunch is provided.	Limit 50 No Deadline
FRIDAY JUNE 19 10:00-11:00 a.m.	NEW! NEW PARTICIPANT ORIENTATION If you are new to the Center this is your chance to get to know the ins and outs the right way. Volunteer Coordinator, Carol Ransom will provide excellent information to get you started!	Limit 50 No Deadline

Happy Fathers Day to all of you fathers out there! Hope you have a great day!

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.

SATURDAY JUNE 20 5:30-9:30 p.m.	NEW! COOKOUT & GAME NIGHT WITH MPRD Bring a salad, side item or dessert to feed 10 people. Join us for hamburgers and hot dogs, fellowship, fun and games. After we eat you can play card games, dominoes, or pool. Fun time in the summer time! Cosponsored by SCSSC and MPRD.	Limit 40 No Deadline
MONDAY JUNE 22 10:00-11:15 a.m.	NEW! BBB AWARENESS PROGRAM BBB awareness program topics include fraud and what to do if your identity is stolen. Thank you Murfreesboro Better Business Bureau for sponsoring this program.	Limit 45 No Deadline
MONDAY JUNE 22 1:00-4:00 p.m.	NEW! CRAFTS WITH MARLANE & MPRD	Limit 15 Deadline 6/19
TUESDAY JUNE 23 9:00-10:30 a.m.	NEW! RUTHERFORD COUNTY ARCHIVES COMES TO ST. CLAIR John Lodi, Director of the Rutherford County Archives, visits the center with an informational program on what is available in the Rutherford County Archives. Be sure to sign up for the June 24th Genealogy trip to the archives.	Limit 50 No Deadline
THURSDAY JUNE 25 1:00-2:00 p.m.	USES FOR ESSENTIAL OILS Just in case you missed Lokelani in May, she's back to teach just how useful essential oils can be!	Limit 50 No Deadline
THURSDAY JUNE 25 1:00-4:00 p.m.	NEW! PATRIOTIC WREATH CLASS Complete a beautiful wreath to celebrate your patriotic spirit. Bring the following supplies on the day of the class: grapevine wreath, small flag or other accents, spool of 3" wire ribbon in patriotic colors. All other materials will be furnished. Thank you to our instructor, Joyce Cummings, for volunteering to teach this wonderful class.	Min 4 Max 10 Deadline 6/23
TUESDAY JUNE 30 1:00-3:30 p.m.	NEW! CHICKS UNBIRTHDAY PARTY - EVERYONE IS WELCOME! The Chicks are having an UNBirthday Party. Bring a small gift (\$5) wrapped with some kind of string/ribbon tied around it, add a name tag with a sea life picture on it. Gift bags will also work. Bring finger foods to share with the group. The Center will provide coffee and water. Viann is providing cake and ice cream.	Limit 50 Deadline 6/29
THURSDAY JULY 2 12:30-2:00 p.m.	NEW! PATRIOTIC PARTY Join us as we celebrate the red, white and blue! The Singing Seniors will perform. Refreshments will be provided.	Limit 120 Deadline 7/1
TUESDAY JULY 7 10:00-10:30 a.m.	NEW! 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
MONDAY JULY 13 10:00-11:15 a.m.	NEW! IN THE GARDEN WITH JACK "DON'T MAKE MISTAKES IN YOUR VEGGIE GARDEN" Class is taught by Certified Master Gardener, Jack Smith, President Emeritus of the Tennessee Master Gardeners of Rutherford County. In this session, you will learn which mistakes to make or not to make in your vegetable garden. Take home a list of do's and don'ts for your garden.	Limit 40 No Deadline
TUESDAY JULY 14 12:30-1:30 p.m.	NEW! LONG TERM TRANSPORTATION PLAN Come and learn about the Long Term Tennessee Transportation Plan from one of the planners! This is an important topic to the citizens of the state. Find out what's coming in the future!	Limit 50 Deadline 7/13
WEDNESDAY JULY 15 1:30-3:30 p.m.	NEW! AFTERNOON WITH THE CLOWNS The clowns are so much fun! This is an intergenerational program. Bring your grandkids and family. Ice cream and cookies will be served. Cosponsored by Cigna-Health Spring.	Limit 120 Deadline 7/10

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 5 9:00 a.m.-3:00 p.m.	ALL DAY PAINTING WITH LIZ "A LIGHT HOUSE" This is an all day painting class on a 16" x 20" 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 Min 5/Max 12 Deadline 6/4
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There's more to choose from on page 17.

TO DO IN JUNE

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!

<p>WEDNESDAY JUNE 10 9:00-11:00 a.m.</p>	<p>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.</p>	<p>CLASS FEE \$20 Min 5/Max 12 Deadline 6/9</p>
<p>WEDNESDAY JUNE 17 & 19 9:30-11:30 a.m.</p>	<p>NEW! CERAMICS WITH GRANDKIDS Begin your project on June 17 and return on June 19 to finish it. Pick up finished piece on June 24 after 12:00 n. Pay \$5 per piece by the deadline. Price includes instructions, paint and firing. Class is instructed by Jo Ann Shreve.</p>	<p>\$5 PER PIECE Min 6/Max 12 kids Deadline 6/10</p>
<p>FRIDAY JUNE 19 9:30-10:30 a.m.</p>	<p>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, etc? This program does involve real animals, one mammal, one bird and one reptile.</p>	<p>CLASS FEE \$2 Limit 40 Deadline 6/18</p>
<p>WEDNESDAY JUNE 24 9:00-11:00 a.m.</p>	<p>NEW! PAINTING WITH LIZ "BIG WATERFALL" Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class.</p>	<p>CLASS FEE \$20 Min 4/Max 12 Deadline 6/23</p>
<p>FRIDAY JUNE 26 9:30-11:15 a.m.</p>	<p>NEW! THE HERMITAGE SERIES "THE NULLIFICATION PROCESS" How much power should each state hold compared to our national government? Before the Civil War, the Nullification Crisis involved South Carolina trying to nullify federal law, a battle in Congress and the failing economy. How did President Andrew Jackson deal with the issues of states' rights? Students explore the growing tension between states and the first fight leading to the Civil War.</p>	<p>CLASS FEE \$2 Limit 50 Deadline 6/25</p>

Upcoming Art Class Samples!



Patriotic Wreath Class • 6/25



Mixed Media Class • 6/29



Paint with Liz "Pot of Flowers" • 7/8



Paint with Liz "Lighthouse" • 6/5



Paint with Liz "Desert" • 6/10



Paint with Liz "Waterfall" • 6/24 & "Pot of Flowers" • 7/8

THE FUN CONTINUES

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!

MONDAY JUNE 29 9:00-2:00 P.m.	NEW! MIXED MEDIA WITH KAREN "NASTURTIUM ON GRAY LINEN" Bring the following supplies to class: 16 x 20 " stretched gray linen canvas, a variety of pastel pencils (including purple, green & yellow), one purple gel pen or a black 005 pen. Taught by Karen Brackman.	CLASS FEE \$15 Min 3/Max 12 Deadline 6/26
WEDNESDAY JULY 8 9:00-11:00 a.m.	NEW! PAINTING WITH LIZ "POT OF FLOWERS" Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class.	CLASS FEE \$20 Min 4/Max 12 Deadline 7/6
TUESDAYS BEGINS 7/21 8:30-11:30 a.m.	NEW! PORTRAIT CLASS WITH LIZ FARAR Bring in a head and shoulder picture of one person you want to use in your portrait. Deadline to bring in picture is July 15th. The painting will be on a 16 x 20 inch canvas using oil paints. All supplies are provided.	CLASS FEE \$150 Min 2/Max 6 Deadline 7/13

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.

WEDNESDAY JUNE 3 8:45 a.m. 1:00 p.m.	JUNE DAIRY DAY AT LANE AGRI-PARK, MURFREESBORO, TN Join us for this fun and educational trip to June Dairy Day at the Lane Agri-Park. Sample free dairy products, watch the Police vs. Fire Department in a milking contest at 12:30 p.m. View educational exhibits, live cows, take a hay ride, make your own butter and participate in games. We will not be stopping for lunch on this trip so eat a big lunch or bring a snack. Wear comfy clothes, sunscreen and walking shoes	BRING \$ TRANSPORTATION \$0 Limit 23 No Deadline
FRIDAY JUNE 5 8:15 a.m. 10:15 a.m.	RUTHERFORD COUNTY FARMER'S MARKET Join us for our first trip to the Rutherford County Farmer's Market. We will shop and then stay for the workshop "Raised Bed Gardening." No transportation fee. Your only cost is for the shopping that you do.	BRING \$ TRANSPORTATION \$0 Limit 14 No Deadline
MONDAY JUNE 8 10:00 a.m. 2:00 P.m.	MYSTERY LUNCH Lunch that's a mystery. . . is that where you are going or what you are eating? Hmm... who knows. Bring money for lunch.	BRING \$ TRANSPORTATION \$8 Limit 13 Deadline 6/5
FRIDAY JUNE 19 8:15 a.m. 9:30 a.m.	RUTHERFORD COUNTY FARMER'S MARKET Let's go to the Rutherford County Farmer's Market! This trip is shopping only! No cost for transportation. Cash, debit, EBT are all accepted as well as SNAP (food stamps).	BRING \$ TRANSPORTATION \$0 Limit 14 No Deadline
TUESDAY JUNE 23 8:00 a.m. 8:00 p.m.	HARRAH'S CASINO, METROPOLIS, IL This trip is full. A wait list is available. 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. Limit 52 Deadline 5/29
THURSDAY JUNE 25 11:30 a.m. 4:00 p.m.	SCHAKOLAD CHOCOLATE FACTORY TRIP, FRANKLIN, TN We travel to Franklin to visit the artisan chocolate shop, Schokolad. Try your hand at making chocolate from start to finish. This workshop and tour includes a lot of standing and getting your hands in the chocolate. Make you own and compete with your fellow participants in a chocolate house building contest. Eat lunch before you go as this trip is all about the chocolate.	ADMISSION \$25 TRANSPORTATION \$8 Limit 16 Deadline 6/5
TUESDAY JUNE 30 5:00 p.m. 10:30 p.m.	NASHVILLE SOUNDS BASEBALL GAME Let's go out to the ball park ya'll. Join us for a fun night at the new Sounds Stadium for America's favorite pastime. Bring money for supper/concessions or eat before you go, but surely you will have to sample a hotdog! It's going to be a fun night so be sure to sign up!	ADMISSION \$10 TRANSPORTATION \$8 Limit 23 Deadline 6/26

Left out of last month's issue: Photos of St. Patrick Day Dance courtesy of Peggy Davidson.

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

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.

5 Days Beginning October 18, 2015

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

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

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

Happy Father's Day

My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys."

~Harmon Killebrew

TN Valley Railroad Trip March 24, 2015

courtesy of Rachel Qualls



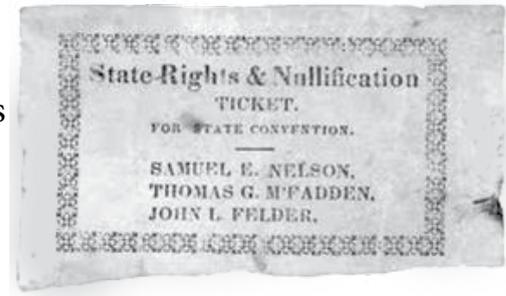


Brenda Kiskis Elliott
 Program Director
 Office Hours: Monday-Friday
 8:00 a.m.-4:30 p.m.

Traveling Classroom Comes to St. Clair

Three more presentations are left in this series brought to you 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, June 26th Nullification is studied. What is that, you ask? How much power should each state hold compared to our national government? Before the Civil War, the Nullification Crisis involved South Carolina trying to nullify federal law, a battle in Congress and the failing economy. How did President Andrew Jackson deal with the issue of states' rights? Students explore the growing tension between states and the first fight leading to the Civil War. You may sign up for this class now. Watch future newsletters for the next two presentations.



Rutherford County Archives Visits St. Clair

On Tuesday, June 23rd at 9:00 a.m. John Lodl, Director of the Rutherford County Archives, is coming to the senior center. He will discuss the overall mission of the Rutherford County Archives, the Archives role in county government, and the Archives role in preserving local history. Mr. Lodl will talk about how they can assist with genealogy requests, and how they work with other historical organizations in our community to promote local history. Some of the Rutherford County Archives highlights include local genealogy, historic photograph collections, all the permanent records of county government, the Rutherford County Historic Property survey, and the Rutherford County Historic Cemetery survey. We hope you take advantage of this informational seminar and also sign up for the trip to the Archives. See information about the Genealogy Class going to the Archives for more information.

Genealogy Class heads to the Rutherford County Archives

Even if you do not have connections in the Rutherford County area, this is a good opportunity to learn how to use records that are available at an archive or court house. On Wednesday, June 24th we have a unique opportunity for you. If you would like to do some research on your own, we are going to the Rutherford County Archives with Sue Cooper, Professional Genealogist at 10:00 a.m. You must sign up by June 19th to go on this outing. Sue will teach you the perfect way research in the Archives and how to dig out those family secrets! Be at the center by 9:30 a.m. to sign in!

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AN AFTERNOON WITH THE CLOWNS

Grandchildren Welcome!

Happy Clowns of St. Clair Alley 402 of Clowns of America International invite you and your Grandchildren & family to attend our **Afternoon with the Clowns** scheduled for Wednesday, July 15 from 1:30-3:30 p.m. Ice-cream Sundaes provided by Cigna-HealthSpring after the show. Sign up required for programming purposes.

Deadline to sign up is July 10th. Limit is 120.



PROGRAMMING

Dances in June

SATURDAY, JUNE 6

DANCE

Music by Debbie Bailes Trio

Doors open at 6:30 p.m.
Dance from 7:00-10:00 p.m.
Admission is \$5 at the door.

SATURDAY, JUNE 27

COUNTRY DANCE

Music by Uptown Country

Doors open at 6:30 p.m.
Dance from 7:00-10:00 p.m.
Admission is \$5 at the door.

Patriotic Wreath Class

We have a new instructor, Joyce Cummings, who is going to show you how to make a Patriotic Wreath. The class is on Thursday, June 25th from 1:00-4:00 p.m. There is no cost since Joyce is volunteering her time. You do need to bring supplies. On the day of class: Grapevine wreath, small flag or other Patriotic accents, spool of 3” wire ribbon (Patriotic colors). Check out the classes and events section of the newsletter for more information.

Friday June 5, 2015

Line Dance Evening

6:00-9:00 pm

Judy Fairbanks is facilitator

Fee: No Charge

You may bring finger snacks to share and serving utensils & Paper goods

Got ideas for some fun new fitness classes you would like to see at the Center. Stop by Lisa Foster’s office and let her know.



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

POOL ROOM NEWS!

Coed • 4-13-15

- 1st Aki Dean & Bob Read
- 2nd Corey Heimburger & Phil Stilwell
- 3rd Lora York & Benny Todd

Women’s • 4-20-15

- 1st Wilma Rudolph
- 2nd Aki Dean
- 3rd Linda Sellars

Men’s • 4-21-15

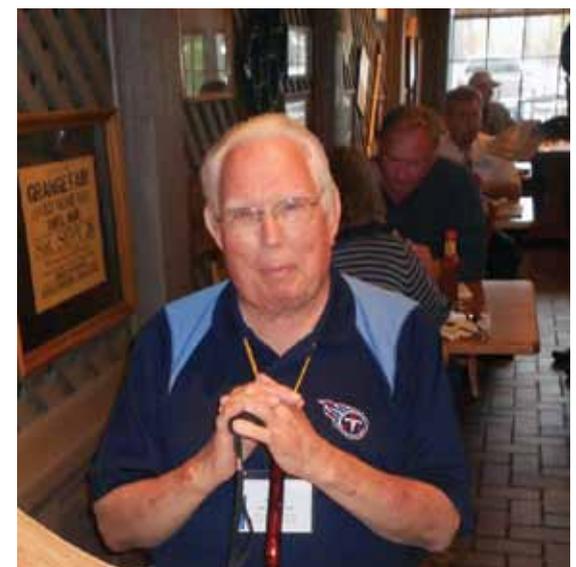
- 1st Tom Michal
- 2nd Larry Thrasher
- 3rd Bill Gish

Amelia Island, St. Augustine & Jacksonville, Florida

With the very cold winter we experienced, our group was ready to travel to a warmer climate in the Sunshine state of Florida. Our trip included stops in Savannah, where we visited the Historic River Street. Some of us took a trolley tour of the city, while others enjoyed visiting the shops and viewing the river.

Upon arriving in Florida, we stayed in a hotel in Jacksonville, and traveled around from there. A step-on guide joined us each day as we toured Amelia Island, visited Fernandina Beach and shopped at the many shops. We toured St. Augustine and visited the Historic District. We toured Jacksonville and took a riverboat cruise on the St. John's River. On the way home, we visited the Ocmulgee National Monument Visitor Center in Georgia and the Hunter Museum in Tennessee.

Many new friends were made during our bus trip and visiting the different places. We felt privileged to be a part of a group that was ready to enjoy themselves, was considerate to others, and have fun! The old saying, "what happens on our trips, stays with those on the trip is true," except to Alex who really kicked up his heels! Thanks for the wonderful trip. **Claud Vick**



IT'S GOOD TO KNOW

“The Gardener’s Corner”

Deadheading is a **MUST** this month. Many annuals and perennials need to be deadheaded to keep plants looking good and blooming all season. Such plants include geraniums, certain petunias, marigolds, salvia and roses. Fall flowering plants such as asters, mums, goldenrod, sedum and Joe-pye weed can be cut back to make them shorter and stockier when they bloom. Cut their current growth three quarters of the way back this month to have them looking great and in bloom this fall.

You can still direct-seed sunflowers in your garden. Stagger their planting by every week or two through July and you will have flowers until frost.

Keep tomatoes staked or in cages. To prevent blossom-end rot of tomatoes provide deep and regular watering with drip irrigation or soaker hoses, in addition to mulching for water conservation. Fertilizing with calcium nitrate rather than agricultural grade 10-10-10 fertilizer also helps. IF you like Bermuda grass lawns, as I do, June is an ideal

month to seed, sod or plant Bermuda grass or other warm season grasses like Zoysia. It is also time to fertilize and dethatch warm-season lawns.

Many lawn problems can be avoided just by mowing at the correct height. Scalping lawns exposes soil to sunlight and invites weed seeds to germinate. For cool-season grasses like tall fescue, set your mower to 4 inches, warm-season lawns like Zoysia and Bermuda can be cut at 1 inch. How often you should mow is based on how fast your lawn is growing. Your goal should be **NOT** to cut more than 1/3 of the shoot growth in a single mowing.

The best time to harvest most herbs is just before flowering. This time is when the leaves contain the maximum essential oils. Trim back catmint after its first flush of flowers to promote new growth and a second flush of flowers.

When watering house plants, do so thoroughly, and then allow all the excess water to drain away. The best time to water is in early morning. Happy gardening!

By Jack Smith, Certified Master Gardener

June is National Safety Month *from the Centers for Disease Control & Prevention*

The National Safety Council reports that falls are the most common cause of traumatic brain injuries, including concussions (*Centers for Disease Control and Prevention*).

Reduce tripping hazards:

No matter the environment, tripping hazards are everywhere. Use these tips to help you maintain a clutter-free and safe workplace.

- Secure electrical and phone cords away from traffic areas, such as hallways.
- Use non-skid rugs and be sure to tape them down to prevent rolling.
- Keep drawers and cabinets closed at all times.
- Be sure to wear the proper footwear, paying special attention to outdoor conditions.
- Clean up any spills immediately and include warning signage.
- Refrain from walking distracted – stay focused on your surroundings.
- Ensure there is adequate lighting in workspaces.
- Don’t carry too much – you need your arms to maintain balance and stability.

Fall-proof your bathroom.

Among older adults, falls are the leading cause of both fatal and nonfatal injuries – and the most dangerous place is right in your own home. According to the National Institute on Aging, 80 percent of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures. Caregivers play a big role in keeping the elderly safe. Follow these tips to fall-proof your bathroom.

- Place a non-slip mat both inside and outside of the tub.
- Make the entrance to the shower or bathtub easily accessible by getting a bath step or a walk-in tub.
- Install grab bars by the toilet to assist in getting up and down.
- Plug in nightlights in and around the bathroom.
- Switch to liquid soap or soap-on-a-rope to avoid reaching and bending over.
- Add a hand-held shower nozzle.
- Make sure the bathroom door swings outward in case of a fall.

Be safe this summer!

JUNE 2015

St. Clair Street Senior Center

Living Every Adventure Fully

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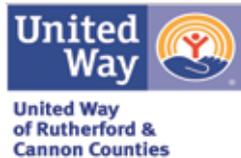
325 St. Clair Street
Murfreesboro, TN 37130
848-2550

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 APRIL 2015

Bingo \$ 21.70
Quilting \$ 550.00
Popcorn \$ 11.00
Coffee \$ 83.08

Donations: Bobbie Banks, Carolyn Bryson, Evelyn Burns, Ann Phillips Caffey, Pyong Cahill, Kyle Campbell, Rebecca Couch, Marjorie Cushman, John & Bobbie Duke, Sheila Egan, Jim Getzinger, Andrea Greff, Thelma Jacobs, Mary Miller, Shirley Neely, Nina Powell, Mary Sagman, St. Rose Bridge Group, Larry Tolliver, Sandra Wilson.

THANKS FOR ALL OF YOUR DONATIONS TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

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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 Randy Huffman <i>Position Vacant</i>
Caregiver Information Coordinator Cindi Thomas	Nurse On Duty Laura Grissom	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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