



The Leaf

Living Every Adventure Fully

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

April is National Volunteer Month

IN CELEBRATION

we cordially invite our volunteers to a luncheon

April 25 • 11:00 am.-1:00 p.m.

*If you volunteered at the Center from
January 1 through December 31, 2012
please RSVP to the luncheon by April 19.*

*There is a limited number of seating available so attendees
will be limited to the first 150 who RSVP.*

*Thanks for all you have done at the St. Clair Street Senior Center
as we strive to enrich the lives of seniors living in our area.*



Linda Burt,
Center Director

“How beautiful a day
can be when
kindness touches it!”
—George Elliston

FROM THE DIRECTOR'S DESK

I am so glad that springtime is here! The abundance of sunshine, flowers, green trees, and blue skies has us ready for the outdoors. We are meeting new people every month who have decided that St. Clair Street Senior Center is the place they want to be to enjoy all the activities, trips, events, fitness, dancing, and other classes and fun things to do. Just since July we have had 482 new people become participants of the Senior Center. This is exciting! And for the ones that have already been coming to the Senior Center, you know this is the “happening” place.

This month we honor our volunteers. We have so many wonderful people who give of their time and talents to serve the Senior Center as volunteers. The many services that are offered are because we have volunteers that make classes, trips, and events possible. We honor our volunteers this month with a special appreciation luncheon for the volunteers who served in year 2012. If you are one of these, I hope you sign up to come to the volunteer luncheon. The kindness of the volunteers is felt throughout the Senior Center to participants and staff. Thank you for volunteering and your willingness to serve.

SINGING SENIORS SPRING CONCERT

Each year the Singing Seniors choral group brings a spring concert for your enjoyment. The theme this year is “Love Songs” such as, “I’m In the Mood for Love”, “Love Me with All Your Heart”, and many more familiar tunes. The Singing Seniors enjoy sharing their talent with you and the community. This spring we are also going to Sunnington Assisted Living, Stones River Manor, and the Tennessee Veteran’s Home so we can share the “Love.” We will serve cookies and punch at the conclusion of the concert at the Senior Center on **April 8** at 12:30 p.m. in the main dining room. I hope you will plan to join us and if you feel in the mood, you are invited to sing along with us.

TRASH TO TREASURE FASHION SHOW

Join us April 16 at 9:00 a.m. for this wacky, fun-filled fashion show! **THE TRASH TO TREASURES FASHION SHOW** is sponsored by St. Clair Chicks. This is not an ordinary fashion show. Participants of the Center are showcasing clothing or fabulous finds from thrift shops or yard sales. Light refreshments will be served. Sign up is requested.

Saturday, April 20

country dance

Cosponsored by SCSSC & St. Clair Classics • \$5 at the door • Doors open at 6:30 p.m. • Dance at 7:00 p.m.

Music by The New Nashtones
featuring artists with 20+ years on the Grand Ole Opry



THINGS TO DO

RUTHERFORD COUNTY COUNCIL ON AGING (RCCOA) presents “New Veteran Benefits” on April 19th

St. Clair Street Senior Center and the Rutherford County Council on Aging partner to bring excellent programs of information that are beneficial to seniors. The guest speaker for the April 19 meeting is John Baker, Attorney at Law, who will bring information about the new veteran benefits of “Improved Pension, and Aid & Attendance.” This will be especially beneficial to veterans and the spouses of veterans. The meeting is from 12:00 noon to 1:00 p.m. on April 19 in the Multi-Purpose room. All seniors are invited to attend.



TRIP TAKERS MEETING PLANNED for April 23

Are you signed up to go on the Colorado & the Rockies trip in May? If so, make sure to mark your calendars and plan to attend the pre-trip meeting. It will be held on **Tuesday, April 23 at 10:00 a.m.** Itineraries will be handed out and reviewed. You will also have a chance to get answers to any questions that you may have.

FROM OLD SCHOOL TO NEW SCHOOL: *Becoming Smarter than Your Smart Phone*

On April 24 at 10:00 a.m., Nurse Laura Grissom and MTSU student intern, Tabitha Bills, will be hosting an hour and a half long class on becoming more tech savvy when it comes to those annoying smart phones. Whether you have an Android or an iPhone, it can be rather confusing trying to store contact information, using the Internet properly, downloading apps and even texting and making calls. You have no need to fear because, when you walk out of this class, you will have a better understanding of your smart phone. You might even be able to show your children a few things. Sign up required by April 22. The class is limited to 10.

PLANT EXCHANGE

Spring is in the Air! On Monday, April 29 from 10:00-11:00 a.m. bring any plants that you would like to share with others. Also bring some containers to take home plants you find for yourself. Those who bring plants to share will have the first choice. If you don't have plants to share but would like some for yourself, bring containers with dirt. Plants must be taken back home if not chosen by 11:00 a.m.

Please bring your plants in to share at 9:30 a.m. for an organized set up.



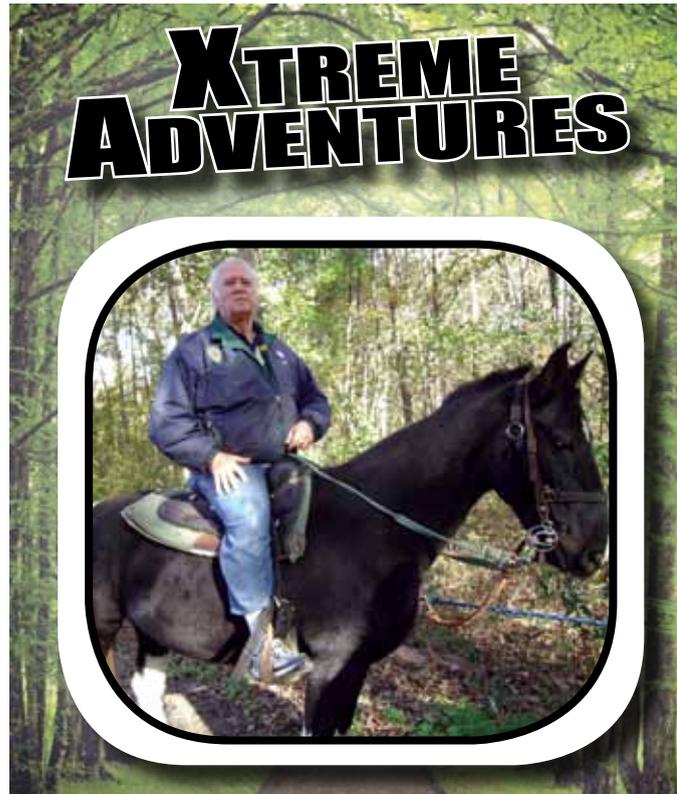
*Please READ ME! If you haven't read the Center's refund policy regarding trips and/or classes, please ask for one at the front desk. As well, please read the top of page 16 of this newsletter for information on signing up for classes/events/trips at the Center. If it's marked **NEW!** this month, first sign-up begins on April 1. Thanks!*



ADVENTURES FOR ALL

Calling all Models . . .Your Modeling Description is Needed!

Models, be sure to turn in the information form about your outfits to Brenda Elliott no later than May 2nd if you want to be in the show. We'll use these forms to narrate your costume.



SATURDAY, May 4th HORSEBACK RIDING & GAMES

Travel with us to Cedars of Lebanon Park for riding, games and a picnic lunch. Bring \$20 for horseback riding payable at the stables. Transportation is \$8. Box lunches provided. Donations for MCHRA are requested.



What a great way to spend a wonderful Tennessee spring day in the sunshine and with great friends! The trip leaves the Center at 8:00 a.m. and returns at 2:00 p.m. There is a limit of 19. Sign up begins on April 1.

Harrah's Casino Trip Planned *May 22*

All the excitement you can stand in one day! Enjoy a fun day in Metropolis, IL at Harrah's Casino on May 22. Relax in a comfortable motorcoach ride and plan to have a fun day. The cost is \$5. Sign up with total payment begins April 1 on sign-up day. The deadline to sign up is May 3. Please make checks payable to St. Clair Street Senior Center. Park in the City garage under the library on the day of the trip and be ready to roll out at 8:00 a.m.



Join us on a trip to the
TENNESSEE AQUARIUM
Tuesday, June 4

The top-rated aquarium in America offers a journey through two buildings loaded with things to do and engaging experiences on Chattanooga's beautiful downtown riverfront. River Journey fascinates visitors with river otters, turtles, alligators, giant catfish and thousands of freshwater wonders. Ocean Journey delights guests with penguins, sharks, butterflies and often scuba divers who interact with guests. Bring money for lunch and the stop at Russell Stover on the return home. Return time is approximate depending on traffic. For information on cost and times, see page 18. Sign up begins April 1.



Be sure to check out page 16-18 for all of our class, event and trip offerings!

**WILLS, POWERS OF ATTORNEY, AND ADVANCE DIRECTIVES SEMINAR**

By Dee Brown, Care Director

MAY 2 • 9:00 a.m.

We are privileged to welcome attorney Marshall Snyder on Thursday, May 2, at 9:00 a.m. to offer a workshop focusing on wills, powers of attorney, and advance directives. He will address many of the legal questions we have as we plan our future needs and wishes. You are invited to take advantage of this great opportunity to learn very important information that we all need as we plan for the future. Please make a reservation, the limit for this workshop is 75.

On Thursday, May 9, Mr. Snyder will return to draft “simple wills,” advance directives and powers of attorney for anyone interested in this service. A will is considered a

simple will when there is a straight forward distribution of assets. For most people a simple will is all that is needed unless the estate is very large or complex. The cost for these services is extremely reasonable. Wills and powers of attorney are \$25 each, and advance directives are \$10. For a single person requesting all three documents the cost is \$60, for a couple requesting all three documents, the charge is \$120. Payment for these services will be made directly to Mr. Snyder.

To make an appointment to meet with Mr. Snyder on May 9 or for more information contact Dee Brown at 848-2550. Appointments can be made beginning April 1.

HANDYMAN SATURDAYS ARE BACK!

For the last three years New Vision Baptist Church has been assisting seniors with chores. I am pleased to inform you that they will continue this service again this summer. The months of service this year are April, June, August and October. They designate one Saturday in these months to come to your home to do simple chores, (clean gutters, yard work, small fix-it jobs, etc.) You can request any help you may need, but keep in mind there are time restraints and these wonderful individuals are volunteers. Some requests may not be fulfilled if they require too much time or skill. You can request service by calling me directly and

I will take your application for service. Applications will be taken and referrals made on a first-come, first-served basis. I will take your request for service when you contact me and you will be added to the list. Your date of service will depend on how many volunteers New Vision has each month and how many requests are received. Also, if you get service one month and request service for another month you will be placed at the bottom of the list until all persons have been served once. Contact Dee Brown at 848-2550 beginning April 1.

Support Groups at St. Clair

PARKINSON SUPPORT GROUP: Meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson’s disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact person is Dee Brown. Please note: If the city schools are cancelled, due to weather on the day before our scheduled meeting, we will not meet. Also, if on the morning of our meeting it is snowing or freezing rain the meeting will be cancelled.

DIABETIC SUPPORT GROUP: Meets every fourth Thursday from 1:00–2:00 p.m. (excluding major holidays). This is a group for individuals who have diabetes, caregivers of diabetics and people who want to learn more about diabetes.

LABOR OF LOVE CAREGIVER SUPPORT GROUP: Meets on April 19 at 12:00 noon for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer’s, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 for more information. Please be sure to tell others who may benefit from this group.

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

MPRD = Murfreesboro Parks & Recreation Department
SCSSC = St... Clair Street Senior Center
MCHRA = MidCumberland Human Resource Agency

ADS = Adult Day Service
NOD = Nurse on Duty
CCP = Cumberland Co. Playhouse



WHAT IS ON YOUR PLATE FOR BREAKFAST?

By Lynne M. Graves, RN

Breakfast is the most important meal of the day. Eating breakfast regularly is one of the key behaviors linked to long life. The secret to a really healthy, anti-aging breakfast is getting more protein in your diet. Adding protein to your diet helps boost your energy, improves your memory, keeps your weight healthy, reduces your risk of type 2 diabetes and protects your heart. For example instead of mixing your cereal with skim milk add low-fat yogurt instead. The yogurt has added 13 grams of protein to your meal. A banana a day keeps the doctor away. Research shows that a banana a day can help lower your blood pressure, prevent your arteries from clogging, reduce your risk of stroke and help keep your heart



healthy and strong. Bananas are rich in potassium and this is the mineral that helps regulate sodium in your body. Try sautéing mushrooms for your lunch or dinner. Mushrooms are full of disease fighting antioxidants. Portobello or cremini mushrooms are best. Broccoli is also an excellent source of antioxidants.

It is a known fact that eating six meals a day on a regular schedule is associated with lower overall calorie intake. Thin people eat fewer calories during the day and eat often. They snack more on healthier foods. In order to feel fuller and control overall calorie intake, try eating similar, frequent meals about 300-400 calories each. Meals should include lean meat, vegetables and low-fat dairy. A simple way to reset your blood-sugar to normal is to swap a regular white potato for a sweet potato. Regular white potatoes are digested quickly and can rapidly raise your blood sugar level. But sweet potatoes release glucose more slowly and keep your blood sugar level steady. What is on your plate for breakfast?

CHRONIC DISEASES & HEALTH PROMOTION *By Lynne M. Graves, RN*

The Center for Disease Control and Prevention (CDC) states that chronic diseases are the leading causes of death and disability in the United States. Chronic diseases include heart disease, stroke, cancer, diabetes and arthritis. These diseases are the most common, costly and preventable of all health problems.

In 2005, 133 million Americans had at least one chronic illness. Also, obesity has become a major health concern. Arthritis is the most common cause of disability, with nearly 19 million people reporting activity limitations. Diabetes continues to be the leading cause of kidney failure, non-traumatic lower-extremity amputations and blindness among adults aged 20-74. Excessive alcohol consumption is the third leading preventable cause of death in the U.S., behind poor diet, lack of physical activity and tobacco use.

Common Causes of Chronic Disease:

- More than one-third of all adults do not meet recommendations for aerobic physical activity and have no leisure-time physical activity in their daily schedule.
- Only 24% of adults eat 5 or more servings of fruit and vegetables per day.
- More than 43 million adults in America smoke.
- Excessive alcohol consumption contributes to over 54 different diseases and causes injuries. Diseases include cancer of the mouth, throat and esophagus, liver, colon, breast and liver disease.

It is so important to become physically active and change our eating habits and to make some lifestyle changes to reduce the risk of acquiring various chronic diseases. Our goal should be to live well with existing diseases and to have a healthy quality of life.



FOR A HEALTHY YOU!

10 SIMPLE WAYS TO INCREASE YOUR ENERGY LEVEL

1 Always eat breakfast! Your body needs food after its 8-hour nighttime fast. Food regulates blood sugar which directly affects your energy level. Make sure it is a balanced breakfast with some protein, a little fat and plenty of complex carbohydrates. They take longer to digest and keep your blood sugar steady.

2 Eating several small meals throughout the day helps keep blood-sugar level and if you want to snack on junk food in the afternoon, try a protein-rich energy bar or shake instead.



3 A dose of coffee, tea or cola will enliven your step, clear your head and maybe help the creative juices flow. An early-morning cup is probably fine, but if you are reaching for caffeinated drinks several times a day, you may be doing yourself more harm than good. You may suffer withdrawal as the temporary lift wears off resulting in fuzzy thinking, headache, irritability & fatigue.

4 Drink at least eight glasses of water a day and more if you exercise a lot. Carry a bottle of water with you throughout the day and weigh yourself before and after a workout—for every pound you've lost drink one glass of water.



5 Get enough sleep. A lack of sleep hurts concentration and may even reduce immunity. Upon awaking you should feel rested. Most of us need seven to nine hours a night. If you don't get what you need, a 15-minute afternoon nap can improve your concentration, mood and ability to make decisions.

6 Get enough exposure to light. Adjust your window shade or blind so you wake up to a partial sunlight instead of darkness. Go out for walks at lunch or eat by a sunny window.



7 Stress and poor posture causes us to breathe shallowly instead of inhaling deeply. Practice breathing slowly and deeply, all the way into your belly. Relaxation and extra oxygen will help you stay calm, alert and mentally focused.

8 Keep it moving. Exercise temporarily increases levels of feel-good endorphins. Aerobic exercise makes your entire heart and blood system work better, which means you're required to use less energy to do the same amount of work.



9 Stretch your muscles and you will have healthier muscles that give you more flexibility and a greater range of motion. Stretching also helps relieve mental stress.

10 Watching your diet and exercise will allow you to lose any extra weight that you are carrying. Even 10 pounds too many can drag you down.

COMING IN MAY !

Monday, May 13, the NOD department will offer **“Put Pain in Its Place – How to Get Osteoarthritis Pain Under Control.”** You will learn how to stop pain before it starts, methods of do-it-yourself pain relief and about resources to help you manage arthritis pain. **“Put Pain in its Place”** is a 90-minute class that will inform participants about arthritis pain and management. It is meant to help one make key decisions regarding one’s health as well as introduce one to self-management techniques and safe exercises that are specific to people with arthritis.

We'll have more information in next month's newsletter!



NOD UPCOMING EVENTS

GET READY! GET SET! LET'S WALK!

The Nurse on Duty program is so happy to announce that we will be expanding our **Walk with Ease** Program. Lynne Graves, RN, will be the instructor for this class which will start on April 9th. The class will be held on Tuesdays and Thursdays from 9:30–10:30 a.m. The class will begin with a discussion of goals and then a walk around the center. When warmer weather comes we will go outside of the building. Walking will start out at ten minutes. One of our first goals in this class is to increase our walking time. We will start out with stretching exercise and finish with stretching exercise. There will also be an assessment tool that each participant must complete to see where their readiness to walk is. This program will be personalized for each individual's needs. *Get Ready, Get Set, Let's Walk.*

COFFEE, TEA & LYNNE

Love to eat? YES! Love fried chicken? How about chocolate chips cookies? Maybe even a juicy cheeseburger? Of course you do! We all enjoy those foods that taste incredibly amazing but are so terrible for our health. Wednesday, April 10th at 10:00 a.m. Tabitha Bills, a student intern from Middle Tennessee State University, will be our guest speaker for a class on nutrition entitled, **“You Are What You Eat!”** The class will go into detail on the ideal diet that will enhance your health and also great and tasty ways to begin eating healthy. No need to worry about giving up those foods that you love, this class will discuss how you will be able to still enjoy eating but in a way that will enhance your life. There will be an icebreaker game upon starting the class. Healthy and tasty refreshments will be offered as well. Choose to be healthy and fit this year and come out and participate in this event! Please come out and support our student intern Tabitha Bills.



DIABETES & ME

Diabetes & Me will host Dr. Brian Wind, PhD, on Thursday, April 11th 1:00-2:00 p.m. Dr. Wind will discuss the topic of “Sleep and Aging.” His presentation will discuss medication vs. non-medical ways to sleep better as we age. Dr. Wind is the clinical Director of the Insomnia program at the Sleep Center here in Murfreesboro. Registration is required. Light refreshments will be provided.

HEALTH TALK

Health Talk welcomes Toni Miller, an Occupational Therapist at Baptist Sports Medicine and Life Therapies in Murfreesboro, TN. She works in the areas of subacute, acute, inpatient rehabilitation and outpatient rehabilitation. She will be speaking on April 16 from 12:00 n-1:00 p.m. on the topic of weight loss. This discussion is not about any particular diet, but some general principles of nutrition on how to lose weight in a healthy way. Registration is required.



WHO IS THIS PERSON?

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

Is this . . .

1. Ann Dill
2. Yvonne Berry
3. Pauline Carmickle
4. Sue Hedge

Stop by the Nurse on Duty's office to see if you are right!



Environmental Emergency Readiness for Older Adults & Caregivers

By Cindi Thomas,

Caregiver Information Coordinator

For older adults and caregivers, as for all Americans, Super- Storm Sandy and the recent sinkholes in Florida are reminders of how quickly an unexpected emergency can disrupt normal living. We can't prevent emergencies, but there are things we can do to be prepared, just in case.

Planning for an emergency that might never happen and that we certainly hope will never happen, may not seem like a priority. But it should be. No matter where you live, you and your home are part of a larger community. It might be the neighborhood where you've lived for decades. Or maybe you've recently moved to a retirement community. Your community's emergency management services are constantly working on plans for emergencies—this is the good news. But it's also counting on individuals like you to take responsibility for being prepared at a personal level.

GETTING STARTED

Learn what kinds of risks your community faces. Are you in an earthquake zone? What about tornadoes? Do you live near a chemical storage complex? Knowing what risks you face will help you prepare. If disasters that strike with little or no warning (such as earthquake, tornado, or power outage) are a risk for your community, you'll want to know exactly what to do as your first response.

A checklist can help you know you've taken the emergency preparedness steps you should be taking, for yourself or your loved one. Think of it as a three-step process. Your personal emergency planning will never be put to

a test. But keep in mind that emergencies, and the disruptions they cause can come when not expected. You may never need your flashlight, portable radio or extra batteries, but you'll be glad you have them the next time a windstorm knocks out power to your area.

STEP 1: KNOW the BASICS

Are you in a tornado zone? Do you live near a chemical storage complex? Knowing what risks you face will help you prepare. If disasters that strike with little or no warning (such as earthquake or tornado) are a risk for your community, you'll want to know exactly what to do as your first response.

Your community leaders have emergency planning for your community in place. You should have your own personal emergency preparedness plans. Search on the Web; stop by the library or city hall; or ask at your area's emergency management agency or fire department for suggestions.

Test your readiness by asking – and being able to answer – these questions:

- If there is an evacuation order, what is the recommended route from where you live? If you don't drive, what are your transportation options? Where is the nearest emergency shelter?
- Where are the shut-off valves for your household utilities (gas, electricity, water)? Do you know how to use them? If they take a special tool, is it kept right there, ready to use?
- In an emergency, local phone service may be down for an extended period. Have you designated someone out-of-area as your emergency contact? Do your loved ones know who your emergency contact will be?
- Neighbors helping neighbors can be critical in an emergency. Do you know your neighbors? Do they know you and any special needs you may have?

STEP 2: HAVE YOUR EMERGENCY SUPPLIES READY

Being ready for an emergency means having the supplies you would need. The following are suggested supplies. These are the things you would need to survive safely in your home until help can arrive. In a major disaster, this can mean several days or perhaps even a week or more. For planning purposes, you need to assume you would be without power

and would not be able to go out for food or water. Your household emergency supplies should include:

- Enough water to last 3-6 days. (One gallon per person per day)
- Enough food to last 3-6 days. (That won't spoil and requires no cooking)
- Flashlight
- Portable radio
- Spare batteries
- First aid kit
- Hand operated can opener
- Waterproof matches
- 3-6 day supply of prescription medications plus an up-to-date list of medications.
- Cell phone and charger
- Emergency cash
- Emergency contact list
- Basic personal hygiene items, such as toilet paper, alcohol wipes and gel sanitizer
- Changes of clothes
- Blanket or sleeping bag

And if you own a pet, you'll want to add an extra supply of pet food to your list. Keep in mind, by the way, that most emergency shelters do not allow pets, unless they are service animals, such as a Seeing Eye dog.

STEP 3: MAKE A PERSONAL PLAN

The third step – and for many, the most important – is to make a personal emergency response plan. What special needs do you have? And how will they be met in an emergency?

No one knows your situation better than you. So, you are in the best position to plan ahead. If you have limited mobility or are disabled, you may be able to register with your local fire department or office of emergency services for special assistance. If you use an electric wheelchair or scooter, consider keeping your old, unpowered model around for emergency use.

If you are receiving health care services at home, ask your home health provider about emergency procedures.

If you live in a retirement community, assisted living facility, or adult family home, learn about emergency planning and procedures. How will you be kept informed? What will the facility or community expect of you and your fellow residents?

Resources taken from: www.AoA.gov



UPCOMING EVENTS FOR CAREGIVERS

APRIL CAREGIVER EVENTS

LUNCH & LEARN

April 18 • 11:30 a.m.-1:00 p.m.

The United Way of Rutherford County presents, “Death & Taxes: Top 10 Things to Do Before the Inevitable,” with guest speaker, Leo Meany, CRC®, vice-president and Investment Officer with First Tennessee Brokerage. A light lunch will be provided. Reservations are required by April 8.

LABOR OF LOVE CAREGIVER

SUPPORT GROUP

***April 19 • 12:00 n -1:00 p.m.**

*Please note the date change this month. The caregiver support group is for relatives of the elderly that have a chronic illness, dementia or Alzheimer’s disease. A light lunch is provided. Please contact Cindi Thomas, Caregiver Information Coordinator, at 848-2550 if you plan on attending.



Wanted: Mystery Lunch Suggestions!

Lisa wants to collect more restaurant ideas for her infamous Mystery Lunches! If you have a restaurant in mind that you have visited or have always wanted to visit, please leave the restaurant’s name and town in the suggestion box at the front desk. The establishment needs to be close enough to Murfreesboro to go for lunch. (However, we’re willing to travel further than you think!) It also has to be something that Lisa is willing to eat. (She has promised NO sushi!) Let’s stuff that suggestion box with your ideas!

MEMORY CAFÉ IN MURFREESBORO

Executive Director of Elders First, Tina O’Brien and Cindi Thomas, Caregiver Information Coordinator at St. Clair Street Senior Center, are joining forces to create a local Memory Café event in Murfreesboro for persons with memory loss and their caregivers. The Memory Café would provide a relaxed, friendly occasion for persons with Alzheimer’s or other memory loss issues and their caregivers to talk, laugh, and experience friendship. The Memory Café is scheduled for Monday, April 15, at **Through the Grapevine** restaurant from 2:00-3:00 p.m. Dessert, coffee, and iced tea will be served. The restaurant is located at 630 Broadmor Blvd., Suite 190. Please RSVP to Cindi Thomas at 615-848-2550 or Tina O’Brien via e-mail, eldersfirst@dte.com.

Mental Health America Presents

JUST THE FACTS ...

PREPARING ALZHEIMER’S CAREGIVERS

The four week class meets on Thursdays from 2:00-3:30 p.m. and starts on Thursday, May 2 and ends on May 23.

AT ST. CLAIR STREET SENIOR CENTER

To register, please call Cindi Thomas, Caregiver Coordinator at 848-2550.

Tennessee Technology Field Trip

April 10 at 9:00 a.m. Annual fee of \$5.00

NEW SERVICES: SHAMPOO & SET \$6.00 • Nails \$8.00

HAIR CUT \$6.00 • Non-medical foot care \$5.00

Bus Leaves Center at 9:30 a.m. If you would like to travel on your own please call 898-8010 ext. 118 to schedule an appointment for another day other than the field trip. Registration required for field trip **ONLY** at the Nursing Station.





REGULAR EVENTS

BINGO AT ST. CLAIR
 Bingo (*for fun*) is played on Tuesdays & Thursdays at 10:30 a.m. No registration required. Donations accepted. Check out the monthly calendar for bingo callers & schedule changes!

POOL AT THE CENTER
(not swimming, billiards!)
 The pool room is open whenever the Center is open for free play. Pool Tournaments are held monthly for women, men and coed & require sign up prior to participating. Sign up sheets are in the pool room on the information board. Special tournaments are held at various times throughout the year. Check the monthly calendar for those.

SATURDAYS AT ST. CLAIR
 Open from 12:30-3:30 p.m. (most Saturdays)
 While there are usually no structured activities the facility is available for: *Pickup card games like Canasta & Texas Hold'em, library, fitness room, walking trail & pool.* Occasionally special events & activities are planned on Saturdays. Check the monthly calendar & the class/event & trip section for those activities.

CANASTA & CHICKEN FOOT
 Games are played daily whenever players get together. Most days it's just a group of people getting together and playing. Some groups have been playing together for a long time. If you are interested in playing, just stop by and introduce yourself and inquire about joining the fun!

STAINED GLASS WITH FIONA
 Meets on Tuesdays & Thursdays at 9:00 a.m. and is instructed by Fiona Dowd. Class fee is \$30 (1 day a week) or \$60 (2 days a week) for the month and covers instruction & supplies. Stained Glass is an ongoing class. New-comers welcome. Fee must be paid at the beginning of each month.

BALLROOM DANCE CLASS
Taught by Deborah Sullivan • Meets Tuesdays at 3:15 p.m.
 Please check the monthly calendar for changes in the schedule. The fee for the class is **\$15.00** per person per month. Partners encouraged.

"LOOMY" BIRDS & JEWELRY MAKING
with Marlane & MPRD
 Join Marlane for more "loomy" and "beady" fun! Bring your current craft project for an afternoon with friends.

SENIORS ACTING UP!
 Meets Thursdays at 1:00 p.m. Always wanted to act? Seniors Acting Up! is the Center's drama group. After picking and planning the show, the group rehearses, builds sets and hones their performances. The shows are usually on Friday nights. If you are interested in joining please speak to Linda Burt, Center Director.

AFTERNOONS IN THE LOWER DINING ROOM

CORN HOLE on Mondays at 1:00 p.m.

What is cornhole? How do I play?

Stop by on Monday and find out.

"OPEN PLAY" on Tuesdays at 1:00 p.m.

We all need a little "play" in our lives. It keeps us young in body, mind and spirit. The lower dining room is yours for the afternoon to play anything you want. Check out the Wii system, practice your cornhole tossing, or why not challenge your friends to a game of Ping Pong? Whatever you choose make it FUN!

Whatever you choose make it FUN!

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

Join in for singing fun or just come to watch!

Bring your friends.

THE JAM SESSION on Thursdays at 1:00 p.m.

Do you play a musical instrument or enjoy just listening? Then make plans to join this group of talented musicians who get together and "jam." Stop by to listen or to play.

WII BOWLING LEAGUE on Fridays at 1:00 p.m.

See Lisa Foster for more information.

CERAMICS WITH JO ANN
 Meets on Wednesdays at 1:00 p.m. The Ceramics class is taught by Jo Ann Shreve. Pieces vary in price and are paid for the day you begin them. All supplies are furnished.

SPANISH I & II
 Meets Tuesdays at 1:00 (II) & 2:15 (I) p.m. Classes taught by Cynthia Borzick. The classes are ongoing and the fee is \$20 each month you take the class.

ST. CLAIR SINGING SENIORS
 Meets Mondays at 1:30 p.m. Join our ensemble of vocally talented individuals who rehearse and then perform in the community and at the Center throughout the year. If you are interested in joining please speak to Linda Burt, Center Director.



APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>1 DEADLINE 4/15 FRIST ARTS CENTER TRIP</p> <p>8:00 a.m. Sign in begins for "Sign Up Day"</p> <p>9:30 a.m. Sign in ends for "Sign Up Day"</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:15 p.m. Sign Language</p> <p>1:00 p.m. Corn Hole</p> <p>1:30 p.m. Singing Seniors</p>	<p>2</p> <p>8:30 a.m. AARP Tax Assistance (Appt. Required)</p> <p>9:00 a.m. NO Stained Glass Today</p> <p>9:00 a.m. Pinochle 10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Boulevard Terrace</p> <p>12:30 p.m. Open Play</p> <p>1:00 p.m. Spanish 2 1:00 p.m. Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>3</p> <p>9:00 a.m. Easy Bridge</p> <p>12:00 n Art Club</p> <p>12:00 n AARP Tax Assistance (Appt. Required)</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Loomy Birds & Bead Buddies</p>
<p>8 DEADLINE 4/10 BOB ROSS CLASS DEADLINE 4/18 LUNCH & LEARN</p> <p>9:00 a.m. St. Rose Bridge</p> <p>9:00 a.m. Co-Ed Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. FCE Better Living Club</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:15 p.m. Sign Language</p> <p>12:30 p.m. SINGING SENIORS SPRING CONCERT</p> <p>1:00 p.m. Corn Hole</p>	<p>9</p> <p>8:30 a.m. AARP Tax Assistance (Appt. Required)</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>9:30 a.m. Singing Seniors to TN Veteran Home</p> <p>10:00 a.m. MYSTERY LUNCH</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Murfreesboro Funeral Home</p> <p>12:30 p.m. Open Play</p> <p>1:00 p.m. Seasoned Citizens</p> <p>1:00 p.m. Spanish 2 1:00 p.m. Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>10</p> <p>9:00 a.m. Easy Bridge</p> <p>9:00 a.m. Bob Ross Class "Crooked Tree in Spring"</p> <p>9:30 a.m. Tennessee Technology Ctr. Outing</p> <p>10:00 a.m. Coffee, Tea & Lynne "You Are What You Eat"</p> <p>10:00 a.m. Senior Center Program Committee Mtg.</p> <p>12:00 n Art Club</p> <p>12:00 n AARP Tax Assistance (Appt. Required)</p> <p>1:00 p.m. Singing Seniors to Stones River Manor</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Loomy Birds & Bead Buddies</p>
<p>15 DEADLINE 4/18 SOUTHERN WOMEN'S SHOW TRIP DEADLINE 4/22 CRAFTS WITH MARLANE</p> <p>9:00 a.m. Rehearsal for Fashion Show</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:15 a.m. FRIST CENTER FOR THE ARTS TRIP</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. NEW VOLUNTEER ORIENTATION CANCELLED</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:15 p.m. Sign Language</p> <p>1:00 p.m. Corn Hole</p> <p>1:30 p.m. Singing Seniors CANCELLED</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p>	<p>16</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. CHICKS' TRASH TO TREASURE FASHION SHOW</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>9:00 a.m. Pinochle 10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo CANCELLED</p> <p>12:00 n Health Talk "Weight Loss"</p> <p>12:30 p.m. Open Play</p> <p>1:00 p.m. Spanish 2 1:00 p.m. Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:00 p.m. AARP Meeting</p> <p>2:15 p.m. Spanish 1</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>17 DEADLINE 4/20 XTREME ADVENTURE: BURGESS FALLS</p> <p>9:00 a.m. Morning Chat with an Officer "911 Awareness"</p> <p>9:00 a.m. Easy Bridge</p> <p>12:00 n Art Club</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Loomy Birds Craft Exchange</p>
<p>22 DEADLINE 4/24 BOB ROSS CLASS DEADLINE 4/24 SMARTPHONE CLASS</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:30 a.m. THE FEED MILL & ANTIQUES TRIP</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:15 p.m. Sign Language</p> <p>1:00 p.m. Corn Hole</p> <p>1:00 p.m. Crafts with Marlane "Crayons Again"</p> <p>1:30 p.m. Singing Seniors CANCELLED</p>	<p>23 DEADLINE 4/26 IRIS CITY GARDENS TRIP</p> <p>8:00 a.m. Tunica Departs-City Hall Parking Garage</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>9:00 a.m. Pinochle</p> <p>10:00 a.m. CHOCOLATE COVERED STRAWBERRY</p> <p>10:00 a.m. COLORADO TRIP TAKERS MEETING</p> <p>10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Ethel</p> <p>12:30 p.m. Open Play</p> <p>1:00 p.m. Healthy Cooking with Carol</p> <p>1:00 p.m. Seasoned Citizens</p> <p>1:00 p.m. Spanish 2 1:00 p.m. Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>24 DEADLINE 4/27 FRANKLIN STREET FESTIVAL</p> <p>9:00 a.m. Easy Bridge</p> <p>9:00 a.m. Bob Ross Class "Covered Bridge in Fall"</p> <p>10:00 a.m. SMART PHONE CLASS</p> <p>12:00 n Art Club</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Loomy Birds & Bead Buddies</p>
<p>29</p> <p>8:30 a.m. AARP SAFE DRIVING CLASS</p> <p>9:00 a.m. MIXED MEDIA ART CLASS WITH KAREN</p> <p>9:30 a.m. Roberson Bridge</p> <p>10:00 a.m. PLANT EXCHANGE</p> <p>10:00 a.m. Murfreesboro Duplicate Bridge</p> <p>12:15 p.m. Sign Language</p> <p>1:00 p.m. Corn Hole</p> <p>1:30 p.m. Singing Seniors CANCELLED</p>	<p>30</p> <p>8:30 a.m. AARP SAFE DRIVING CLASS</p> <p>8:30 a.m. Portrait Class with Liz</p> <p>9:00 a.m. CHEEKWOOD BOTANICAL GARDEN</p> <p>9:00 a.m. Stained Glass with Fiona</p> <p>9:00 a.m. Pinochle 10:00 a.m. Quilting</p> <p>10:30 a.m. Bingo with Sue</p> <p>12:30 p.m. Open Play</p> <p>1:00 p.m. Spanish 2 1:00 p.m. Crochet Group</p> <p>1:00 p.m. Knit & Crochet Group</p> <p>2:15 p.m. Spanish 1</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>This is your reminder to pay for Intermediate Line Dance (\$5 for April, May & June), Ballroom Dance Class, Spanish 1 & 2 Classes, Stained Glass Class, Yoga, Zumba Gold and/or Zumba Toning, and Tap Classes.</p>



OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>4 DEADLINE 4/11 BRIDGE TOURNAMENT 8:30 a.m. AARP Tax Assistance (Appt. Required) 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Knit & Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with Jim 12:30 p.m. Party Bridge 1:00 p.m. Seniors Acting Up Rehearsals 1:00 p.m. Sketching Class with Bill 1:00 p.m. Music Jam Session</p>	<p>5 DEADLINE 4/6 GENEALOGY CLASS DEADLINE 4/9 PORTRAIT CLASS WITH LIZ DEADLINE 4/9 MYSTERY LUNCH 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League</p>	<p>6 12:30 p.m. Center Open 1:00 p.m. Genealogy Class 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>11 8:30 a.m. AARP Tax Assistance (Appt. Required) 9:00 a.m. Stained Glass with Fiona 9:30 a.m. Singing Seniors to Sunnington 10:00 a.m. Knit & Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with Sue 12:30 p.m. Party Bridge 1:00 p.m. Diabetes & Me "Sleep Disorders" 1:00 p.m. Seniors Acting Up Rehearsals 1:00 p.m. Sketching Class with Bill 1:00 p.m. BRIDGE TOURNAMENT 1:00 p.m. Music Jam Session</p>	<p>12 DEADLINE 4/16 FASHION SHOW DEADLINE 4/29 & 30 AARP SAFE DRIVING CLASS DEADLINE 5/29 STEVE MARTIN TRIP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Wii Bowling League 7:00 p.m. Classics' 13th Anniversary Dance Music by Sax & Sounds Doors open at 6:00 p.m. \$5 at the door. Refreshments at 6:30 p.m. For ages 60+. Dance from 7:00-10:00 p.m. Sponsored by SCSSC, MPRD & the Classics</p>	<p>13 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers 50th Dance</p>
<p>18 DEADLINE 4/22 FEED MILL TRIP DEADLINE 4/23 CHOCOLATE COVERED STRAWBERRY DEADLINE 4/30 CHEEKWOOD GARDEN TRIP 9:00 a.m. Stained Glass with Fiona 9:30 a.m. SOUTHERN WOMEN'S SHOW TIRP 10:00 a.m. Knit & Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo with Broadmore Assisted Living 11:30 a.m. Lunch & Learn "Death & Taxes" 12:30 p.m. Party Bridge 1:00 p.m. Seniors Acting Up Rehearsals 1:00 p.m. Sketching Class with Bill 1:00 p.m. Music Jam Session</p>	<p>19 DEADLINE 4/23 HEALTHY COOKING with CAROL DEADLINE 4/25 VOLUNTEER LUNCHEON DEADLINE 5/2 CUMBERLAND CO. PLAYHOUSE TRIP 9:00 a.m. Pinochle 9:30 a.m. HAPPY CLOWNS TO CCRC & MILLER'S 10:00 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 12:00 n RCCOA Meeting "New Veteran Benefits" 1:00 p.m. Wii Bowling League</p>	<p>20 8:00 a.m. XTREME ADVENTURE HIKING AT BURGESS FALLS 12:30 p.m. Center Open 1:00 p.m. Knit & Crochet Group 1:30 p.m. Parkinson Support Group 7:00 p.m. COUNTRY DANCE The Country Dance that was scheduled for March 2nd has been rescheduled! Get your boots ready for some scootin' on Saturday, April 20th! Doors open at 6:30 p.m. Dance from 7:00-10:00 p.m. Country Music provided by the NEW NASHTONES. 7:30 p.m. Tennessee Walkers CANCELLED</p>
<p>25 MCHRA LUNCH CANCELLED DEADLINE 5/4 XTREME ADVENTURE 9:00 a.m. Stained Glass with Fiona 10:00 a.m. Knit & Crochet Group 10:00 a.m. Quilting 10:30 a.m. Bingo CANCELLED 11:00 a.m. VOLUNTEER LUNCHEON 12:30 p.m. Party Bridge 1:00 p.m. Diabetic Support Group "Talking with Your Doctor" 1:00 p.m. Seniors Acting Up Rehearsals 1:00 p.m. CANASTA TOURNAMENT 1:00 p.m. Music Jam Session</p>	<p>26 MCHRA LUNCH CANCELLED 8:45 a.m. IRIS CITY GARDENS TRIP 9:00 a.m. Pinochle 10:00 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Happy Clown Class 1:00 p.m. Wii Bowling League</p>	<p>21 On this day in 1963, the Beatles met the Rolling Stones for the first time.</p>
<p>27 9:00 a.m. FRANKLIN MAIN STREET FESTIVAL 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Square Dance</p>	<p>28 Today is National Blueberry Pie Day! YUMMY!</p>	<p>27 9:00 a.m. FRANKLIN MAIN STREET FESTIVAL 12:30 p.m. Center Open 7:30 p.m. Tennessee Walkers Square Dance</p>
<p>COMING SOON! Friday, May 17 CLASSICS' DANCE Music by Marty Crum & his 4-piece band \$5 at the door. Doors open at 6:30 p.m. For ages 60+. Dance from 7:00-10:00 p.m. Sponsored by SCSSC & the Classics.</p>	<p>St. Clair Classics Dance Committee will NOT meet in April. Canasta & Chicken Foot is played at the Center on a regular basis. For Dance & Fitness classes and practice times, please see the Health & Fitness calendar on page 14.</p>	<p>Dance Attendees--Don't Forget! Please remember to bring your scan card when attending the Dances. Be sure to scan your card, select 'sign in' and then select the dance. Thank you! Don't forget that April 1 is April Fool's Day. Be on the watch for all those practical jokers out there.</p>



FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS
<p>8:00 a.m. Walking Saints 8:15 a.m. Fit with Mark 9:15 a.m. Yoga with Dot 9:15 a.m. Zumba® Gold 9:30 a.m. Blood Pressure Clinic 10:30 a.m. Line Dance Practice with Delia 10:30 a.m. Intermediate Tap Dance Class 12:30 p.m. Go4Life 2:00 p.m. Line Dance Practice with Phyllis</p>	<p>8:15 a.m. Zumba® Gold Toning 8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Walk with Ease 9:30 a.m. Dancercise 9:30 a.m. Line Dance Practice with Delia 10:25 a.m. Core Strength 10:40 a.m. Senior Strength 1:00 p.m. Beg. Line Dance Practice with Phyllis (2nd & 4th Tuesdays only) 2:00 p.m. Intermediate Line Dance Class with Homer (1st, 3rd & 5th Tuesdays only) 3:15 p.m. Ballroom Dance Class</p>	<p>8:00 a.m. Walking Saints 8:15 a.m. Fit with Mark 9:15 a.m. Yoga with Dot 9:15 a.m. Zumba® Gold 9:15 a.m. Walk with Ease 10:30 a.m. Beginning Tap Dance Class 12:30 p.m. Go4Life</p>
THURSDAYS	FRIDAYS	PARTICIPANTS PLEASE READ!
<p>8:15 a.m. Zumba® Gold Toning 8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Walk with Ease 9:30 a.m. Dancercise 9:30 a.m. Line Dance Practice with Delia 10:25 a.m. Core Strength 10:40 a.m. Senior Strength</p>	<p>8:15 a.m. Exercise 9:15 a.m. Yoga with Dot 9:15 a.m. Walk with Ease 12:30 p.m. Go4Life 2:00 p.m. Line Dance Practice with Rebecca</p> <p>Please see below or the class/event page for a description of the classes and any fees involved.</p>	<p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise. If you have any questions about one or more of our programs here, please be sure and ask the instructor how difficult the class is. We care about your safety, health and wellness!</p>

SENIOR FIT with MARK

Senior Fit with Mark, a personal trainer, emphasizes gentle aerobic work and hand weights. Join Mark for a great way to stay in shape!

YOGA WITH DOT

The fee is \$10 per month payable when you join the class or within the first week of the month if you are a regular. Mats are provided, but feel free to bring your own. Dress in comfortable clothes that you can move around in. Please feel free to stop in and talk to instructor, Dot Balliet, regarding the level of fitness required to join this class.

ZUMBA® GOLD

Join in the fitness revolution! Zumba offers a safe and effective total body workout for seniors with any ability level and all the while maintaining a party atmosphere that is different, fun and easy to follow. Dance to the music and move to the rhythms of salsa, merengue, tango, rumba and the cha-cha. Be sure to wear comfortable clothing. The fee is \$20 per month.

ZUMBA® GOLD TONING

Zumba® Gold Toning offers the best of both worlds — the exhilarating experience of a Zumba® class with the benefits

of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program. This class moves at a slower pace than a regular Zumba® class. Through lightweight resistance training and fun music, Zumba® Gold Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. Classes are \$20 per month. **ZUMBA® DISCOUNT!** A discount is given those who take both Zumba Toning and Zumba Gold during a month. The discounted price is \$35 (versus \$20 per class). To take advantage of this price, the student must sign up for both at the same time.

EXERCISE with MARJORIE/MPRD

CORE STRENGTH: You may be wondering what exactly is core strength and why should you worry about it? One reason is that all of our movements are powered by the torso--the abs and back work together to support the spine when we sit, stand, bend over, pick things up, exercise and more. The torso is the body's center of power, so the stronger you are in that area, the easier your life will be.

SENIOR STRENGTH: This 40-minute class consists of 20 minutes of cardio and 20

minutes of weight/resistance training in both standing and sitting positions.

DANCERCISE: Get up & get moving! This class combines easy-to-follow movements with high-energy music to give you a fun, heart-healthy experience. Marjorie's fitness classes are geared toward improving and maintaining senior fitness. Marjorie Miller comes to us from Sports*Com with MPRD. Her classes are free and there is no registration to attend.

LET'S DANCE!

All the dance classes and dance practices at the Center are listed in the calendar above. There is no cost to participate in the line dance practices. Please note: those "practices" may be cancelled from time to time and the changes will not be listed on the calendar. Classes that require a fee to participate are:

- Intermediate Tap Class - \$15/month
- Ballroom Dance Class - \$15/month
- Beginning Tap Class - \$15/month
- Intermediate Line Dance - \$5/quarter

WALKING SAINTS

The Walking Saints, a Greenway walking group, meet at the Greenway and walk on Monday and Wednesday mornings at 8:00 a.m.

**CLASSES & EVENTS**

SIGN-UP DAY INFORMATION Sign-up day is on the first business day of the month. Sign in for sign-up day begins at 8:00 a.m. and the last chance to sign in is at 9:30 a.m. Participants who want the best chance of securing a reservation for a **NEW!** trip/activity/class should make plans to attend. The Center feels this is the fairest way to ensure that everyone gets a chance at signing up for the activity he/she may want.

Sign up is handled on a first-come/first-serve basis. When you enter, you will put your name on the list as names will be called in that order. Not all activities fill up during sign-up day and you will then be able to sign up at the reception desk. If the trip/activity that you want fills up, be sure to put your name on the wait list. We will call from the wait list to fill vacancies due to cancellations.

Sign-up day is **MONDAY, APRIL 1.**

Wednesdays & Fridays in APRIL 9:15-10:15 a.m.	WALK WITH EASE Gentle walking class to get your body moving. Meets on Wednesdays and Fridays in April (4/3, 5, 10, 12, 17, 19, 24, & 26.)	NO FEE Limit 10 No Deadline
SATURDAY APRIL 6 1:00-3:00 p.m.	GENEALOGY CLASS Fee payment and sign up must be completed before the day of class. Learn how to conduct research at www.familysearch.org , the LDS web site. Bring a jump drive or CD/RW to save your data.	CLASS FEE \$15 Limit 12 Deadline 4/5
TUESDAYS BEGINS 4/9 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 by April 5. The finished painting will be 16 x 20. All supplies furnished. Class meets 4/9, 16, 23, 30, 5/7, & 14.	CLASS FEE \$150 Limit 8 Deadline 4/5
Tuesdays & Thursdays in APRIL 9:30-10:30 a.m.	NEW! WALK WITH EASE Class meets for a 60-90 minute session. Nurse Lynne Graves instructs the class on the benefits of walking. Stretching and walking will be inside the Center and outside when weather permits.	NO FEE Limit 10 No Deadline
WEDNESDAY APRIL 10 9:00-11:00 a.m.	BOB ROSS PAINTING CLASS "CROOKED TREE IN SPRING" Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.	CLASS FEE \$20 Limit 12 Deadline 4/8
WEDNESDAY APRIL 10 10:00-11:30 a.m.	COFFEE, TEA & LYNNE "YOU ARE WHAT YOU EAT!" This is a nutritional class providing information on the types of food that are beneficial and/or not beneficial to consume on a daily basis. Refreshments will be provided. Join us for a healthier you!	NO FEE Limit 50 No Deadline
THURSDAY APRIL 11 1:00-4:00 p.m.	BRIDGE TOURNAMENT MPRD sponsors this tournament and provides refreshments and prizes. New and experienced players are welcome. Cosponsored by MPRD & SCSSC.	NO FEE Limit 48 Deadline 4/4
THURSDAY APRIL 11 1:00-2:00 p.m.	***DIABETES & ME "SLEEP & AGING" What we can do to sleep better as we age with guest speaker, Dr. Brian Wind. ***Please note that this program was originally called "Ask the Doctor and was scheduled for Friday, April 12 at 12:00 n. It has been changed due to a scheduling conflict with the doctor.	NO FEE Limit 50 Deadline 4/8
MONDAY APRIL 15 10:00-11:00 a.m.	VOLUNTEER ORIENTATION A quarterly meeting for volunteers who have completed an application and background check cleared. We will review the volunteer handbook, train to scan in and answer questions.	NO FEE Limit 40 Deadline 4/9
TUESDAY APRIL 16 9:00-10:45 a.m.	TRASH TO TREASURE FASHION SHOW Sponsored by the St. Clair Chicks. Join us to view fashion finds from thrift stores & yard sales. Light refreshments will be served.	NO FEE Limit 120 Deadline 4/12
TUESDAY APRIL 16 12:00n-1:00 p.m.	HEALTH TALK "WEIGHT LOSS" Toni Miller, an occupational therapist, will discuss how to lose weight through healthy eating habits and how to increase your metabolic rate.	NO FEE Limit 45 Deadline 4/12
WEDNESDAY APRIL 17 9:00-10:15 a.m.	NEW! MORNING CHAT WITH AN OFFICER "911 AWARENESS" Learn about the different services available if you have an emergency.	NO FEE Limit 50 No Deadline
THURSDAY APRIL 18 11:30 a.m.-1:00 p.m.	NEW! LUNCH & LEARN: "DEATH & TAXES" Join guest speaker, Leo Meany, to learn the top 10 things to do before the inevitable. A light lunch will be provided.	NO FEE Limit 50 Deadline 4/8
MONDAY APRIL 22 1:00-4:00 p.m.	NEW! CRAFTS WITH MARLANE "CRAYONS AGAIN" Please bring a pair of tongs and a hair dryer with you. Cosponsored by MPRD.	NO FEE Limit 15 Deadline 4/15
TUESDAY APRIL 23 1:00-2:00 p.m.	NEW! HEALTHY COOKING WITH CAROL Carol's back with healthy recipes and nutrition tips! Join her for "Healthy Spring Cooking."	NO FEE Limit 30 Deadline 4/23



MORE CLASSES

Sign up day is Monday, April 1. All of the following events require pre-registration either on sign up day or at the front desk prior to the event. Please note deadlines, participant limits and any costs involved. If you sign up for an activity but cannot attend, **please call to cancel your reservations** so we may call someone from the wait list.

WEDNESDAY APRIL 24 9:00-11:00 a.m.	NEW! BOB ROSS PAINTING CLASS "COVERED BRIDGE IN FALL USING ACRYLICS" Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.	CLASS FEE \$20 Limit 12 Deadline 4/22
WEDNESDAY APRIL 24 10:00-11:30 a.m.	NEW! SMARTPHONE 101 Learn how to use your Android or iPhone. Trying to figure out your new smartphone can be overwhelming. Let us help you through it. Taught by Tabitha Bills, MTSU intern.	NO FEE Limit 10 Deadline 4/22
THURSDAY APRIL 25 1:00-4:00 p.m.	CANASTA TOURNAMENT Let's see how your luck stacks up. Prizes given.	NO FEE Limit 48 No Deadline
THURSDAY APRIL 25 1:00-2:00 p.m.	NEW! DIABETES & ME! "TALKING WITH YOUR DOCTOR" This is a support group for those battling diabetes or family members of a diabetic. Please join us for this informative session to learn more about diabetes.	NO FEE Limit 50 No Deadline
Monday & Tuesday APRIL 29 & 30 8:30 a.m.-12:30 p.m.	AARP SAFE DRIVING CLASS Refresh your driving skills and possibly get a discount on your auto insurance. Please note that the class meets both days.	\$12 AARP MEMBERS \$14 NON-MEMBERS Limit 35 Deadline 4/12
MONDAY APRIL 29 9:00 a.m.-2:00 p.m.	NEW! MIXED MEDIA ART CLASS WITH KAREN Learn to create beautiful gel paintings with watercolor & gel pens. Students are asked to bring a white stretched canvas (any size) and water colors. Gel pens will be provided by the instructor.	CLASS FEE \$15 Limit 15 No Deadline
THURSDAY MAY 2 9:00-10:30 a.m.	NEW! LEGAL WORKSHOP Attorney Marshall Snyder will speak to us about wills, advance directives and power of attorney documents. This workshop is offered each year and is a great opportunity to get helpful information.	NO FEE Limit 75 No Deadline
MONDAY MAY 6 1:00-4:00 p.m.	NEW! CRAFTS WITH MARLANE "GALLERY GLASS" Please bring a frame with glass. Cosponsored by MPRD & SCSSC.	NO FEE Limit 15 Deadline 5/1
TUESDAY MAY 7 9:00 a.m.-1:00 p.m.	NEW! MOVING DAY! Rev up your brain and body! Everyone who signs up will get lunch from MCHRA. Door prizes. Cosponsored by SCSSC, MPRD & MCHRA.	NO FEE Limit 100 No Deadline
TUESDAYS IN MAY & JUNE BEGINS MAY 7 10:00-11:00 a.m.	NEW! BEGINNING 1 PIANO FOR PLEASURE Learn to play the piano the fun way with instructor Jane McNulty. Classes are 5/7, 14, 21, 28, 6/4, 11, 18 & 25.	CLASS FEE \$100 Minimum of 6 Deadline 5/1
WEDNESDAY MAY 8 9:00-11:00 a.m.	NEW! BOB ROSS PAINTING CLASS "FLORAL" Take home a complete masterpiece. Instructed by Liz Farar. All supplies provided.	CLASS FEE \$20 Limit 12 Deadline 5/6
MONDAY MAY 13 10:00-11:30 a.m.	NEW! PUT PAIN IN ITS PLACE "Put Pain in its Place" is a 90-minute class about arthritis pain and management.	NO FEE Limit 25 Deadline 5/9
SATURDAY MAY 18 1:00-3:00 p.m.	NEW! GENEALOGY CLASS Fee and sign up must be completed before the first day of class. Students will learn how to conduct research at www.familysearch.org , the LDS web site, and other sites.	CLASS FEE \$15 Limit 12 Deadline 5/17

Please note that information regarding the trips begins on the next page. Sign-up day is MONDAY, APRIL 1 for any trip/activity that is listed as NEW in this newsletter. All of the trips require pre-registration and payment either on sign-up day or at the front desk prior to the trip/deadline (if not filled). Please note deadlines, participant limits and any cost involved. Those trips which were advertised in a previous newsletter may be sold out so get your name on the wait list in case of a cancellation.

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



TRIPS START HERE

Please see page 16 of the newsletter for more information on signing up for trips.

TUESDAY APRIL 9 10:00 a.m. 2:00 p.m.	MYSTERY LUNCH IN APRIL <i>This trip is full. A wait list is available. Where to now?</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 4/5
MONDAY APRIL 15 9:15 a.m. 3:30 p.m.	FRIST CENTER FOR THE ARTS <i>Exhibits include: Rembrandt and the Dutch Golden Age, Highlights from the Detroit Institute of Arts, and Camille Utterback: Tracing Time/Marking Movement. Eat on your own at the Frist Café (\$10-\$15)</i>	ADMISSION \$5 TRANSPORTATION \$8 Limit 19 Deadline 4/1
THURSDAY APRIL 18 9:30 a.m. 3:30 p.m.	SOUTHERN WOMEN'S SHOW <i>Enjoy the displays, food and goodies at this wonderful show especially for women! Eat on your own (on site).</i>	ADMISSION \$10 TRANSPORTATION \$8 Limit 19 Deadline 4/15
SATURDAY APRIL 20 8:00 a.m. 3:00 p.m.	NEW! XTREME ADVENTURE HIKING AT BURGESS FALLS <i>Enjoy the 1.5 mile hike and see 4 waterfalls! Then enjoy lunch and games in the park. Note: TN State Parks rate this hike moderately strenuous. Pack your own lunch and snacks. We'll have a cooler of water for you! Wear clothes and shoes/boots suitable for hiking and the weather.</i>	BRING LUNCH TRANSPORTATION \$8 Limit 19 Deadline 4/17
MONDAY APRIL 22 9:30 a.m. 4:00 p.m.	NEW! THE FEED MILL & ANTIQUE SHOPPING IN NOLENSVILLE, TN <i>Bring money for shopping the many Antique shops along the strip. Walking with a few uneven areas. Some shops not handicap accessible. Eat lunch at the Feed Mill which is from the late 1800's and was renovated into an Amish Country Market. There is a room in the mill dedicated to the history of the old mill as well as the old historic Creamery Building Next Door. Homemade Amish baked goods sold at the Feed Mill. Since we are in the area, we will stop at Arrington Vineyards on the way home.</i>	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 4/18
TUESDAY APRIL 23 10:00 a.m. 2:00 p.m.	NEW! THE CHOCOLATE COVERED STRAWBERRY, GALLATIN <i>This was a Mystery Lunch that has a 100% approval rating! Every strawberry has a home at the Chocolate Covered Strawberry! Artisan sandwich plates and delectable desserts. Bring money to shop in the boutique too!</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 4/18
FRIDAY APRIL 26 8:45 a.m. 4:00 p.m.	NEW! IRIS CITY GARDENS, PRIMM SPRINGS, TN <i>Along with the gorgeous irises, the gardens have day lilies, peonies and other perennials to gaze on and to purchase. Bring money to order plants and to eat and shop in Leiper's Fork.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 4/23
SATURDAY APRIL 27 9:00 a.m. 3:00 p.m.	NEW! FRANKLIN MAIN STREET FESTIVAL <i>More than 200 artisans and crafters, three stages of entertainment, two food courts, and all the downtown shops are open to browse and shop. There will be plenty of places to sit and watch the shows. Please wear comfortable clothes and shoes for walking. Bring money to shop and eat.</i>	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 4/24
TUESDAY APRIL 30 9:00 a.m. 3:30 p.m.	CHEEKWOOD BOTANICAL GARDENS <i>There is always something happening in Cheekwood's Twelve Botanical Gardens. Visitors can walk through the 55 acres and discover different styles and periods of gardens and a wide selection of plants that can be grown in Middle Tennessee. LOTS of walking! Bring a sack lunch OR eat at the Pineapple Room on your own.</i>	ADMISSION \$10 TRANSPORTATION \$5 Limit 19 Deadline 4/18
THURSDAY MAY 2 9:30 a.m. 7:30 p.m.	"LES MISERABLES" AT CUMBERLAND CO. PLAYHOUSE <i>Price includes lunch at Cumberland State Park before the show. Les Miserables is an epic tale of revolution, passion, and the redemptive power of love. Music by Claude-Michel Schonberg. Lyrics by Alain Boublil and Jean-Marc Natel.</i>	ADMISSION \$40 TRANSPORTATION \$13 Limit 20 Deadline 4/19
WEDNESDAY MAY 8 8:45 a.m. 4:00 p.m.	NEW! IRIS CITY GARDENS, PRIMM SPRINGS, TN <i>Along with the gorgeous irises, the gardens have day lilies, peonies and other perennials to gaze on and to purchase. Bring money to order plants and to eat and shop in Leiper's Fork.</i>	BRING \$ TRANSPORTATION \$8 Limit 19 Deadline 5/3
THURSDAY MAY 9 8:45 a.m. 2:15 p.m.	NEW! BELLES TO SHORT MOUNTAIN DISTILLERY <i>Belles-See how Tennessee's premier moonshine is made...legally! Then enjoy a delicious lunch at the beautiful Adams House Bed and Breakfast (\$17 on your own, includes everything)</i>	BRING \$ TRANSPORTATION \$8 Limit 20 Deadline 5/3
SATURDAY MAY 11 8:45 a.m. 3:30 p.m.	NEW! STRAWBERRY FESTIVAL, PORTLAND, TN <i>Strawberries, vendors, crafts, food...all in one location! Wear comfortable shoes and bring money for lunch on your own at any of the vendors on site.</i>	BRING \$ TRANSPORTATION \$5 Limit 19 Deadline 5/8

CANCELLED

More trips on the next page!



TRAVELING PLACES

Please see page 16 of the newsletter for more information on signing up for trips.

TUESDAY MAY 14 9:30 a.m. 3:30 p.m.	SPRING FLING ON THE GENERAL JACKSON <i>The deadline for this trip was 2/15. A wait list is available. Check in by 8:30 a.m. the day of the trip.</i>	ADMISSION \$35 TRANS. INCLUDED Limit 46 Deadline 2/15
WEDNESDAY MAY 15 9:30 a.m. 3:30 p.m.	SPRING FLING ON THE GENERAL JACKSON <i>The deadline for this trip was 2/15. A wait list is available. Check in by 8:30 a.m. the day of the trip.</i>	ADMISSION \$35 TRANS. INCLUDED Limit 19 Deadline 2/15
SATURDAY MAY 18 12:00 n 6:30 p.m.	"THE LION KING" AT TPAC <i>The deadline for this trip was 2/8. A wait list is available. Eat before you go. Snacks can be purchased at intermission. Only drinks can be taken into the theatre. We'll stop for supper on the way home.</i>	ADMISSION \$66 TRANSPORTATION \$12 Limit 19 Deadline 2/8
TUESDAY MAY 21 8:30 a.m. 5:00 p.m.	NEW! MILKY WAY FARM <i>Milky Way Farms found its beginning in a nickel candy bar, and we imagine that you've had one. It was Frank Mars, the founder of Mars Candy who built these farms. Price includes tour, step-on guide and lunch. Tour the beautiful home and barn and enjoy a boxed lunch at the historic venue. Also includes a tour of Giles County with a step-on guide with stops at Reeves Drug Store and Flat Rock Cheese. This is a trip that you don't want to miss!</i>	ADMISSION \$22 TRANSPORTATION \$10 Limit 18 Deadline 5/3
WEDNESDAY MAY 22 8:00 a.m. 7:00 p.m.	NEW! HARRAH'S CASINO, METROPOLIS, IL <i>Sign up for a fun day with friends.</i>	ADMISSION \$5 TRANSPORTATION Inc. Limit 52 Deadline 5/3
WEDNESDAY MAY 29 4:30 p.m. 10:30 p.m.	STEVE MARTIN & STEEP CANYON RANGERS AT THE SCHERMERHORN <i>Comedy legend and banjo master Steve Martin teams up with one of America's hottest bluegrass bands for an unforgettable night of music and comedy at the Schermerhorn! Expect some incredible picking and high lonesome harmonies, along with Martin's uniquely hilarious brand of humor. Supper at the Café in Schermerhorn (approx.. \$12) OR \$38 Elegant Arpeggio dinner. Let us know if you want reservations at Arpeggio.</i>	ADMISSION \$69 TRANSPORTATION \$9 Limit 19 Deadline 4/12
TUESDAY JUNE 4 7:30 a.m. 5:30 p.m.	NEW! TENNESSEE AQUARIUM, CHATTANOOGA, TN <i>Check out the abundance of aquatic life on display in one of the country's premier aquariums. Bring money for lunch on your own. Return time is approximate.</i>	ADMISSION \$23 TRANSPORTATION \$12 Limit 19 Deadline 5/24
THURSDAY JUNE 13 4:45 p.m. 10:30 p.m.	NEW! "THE SOUND OF MUSIC" KEETON THEATRE, NASHVILLE, TN <i>A classic show sure to please all. Price includes dinner.</i>	ADMISSION \$25 TRANSPORTATION \$6 Limit 19 Deadline 5/3
THURSDAY JUNE 20 9:45 a.m. 3:30 p.m.	NEW! "WHO'S UNDER WHERE?" AT CHAFFIN'S BARN THEATRE <i>Put together a private showing of "Passion Fashion Wear", a famous Italian designer and two jealous husbands and what do you have? Hilarity!! Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.</i>	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 5/3
THURSDAY JUNE 20 4:15 p.m. 11:00 p.m.	NEW! VINCE GILL "BLUEGRASS AT THE RYMAN" <i>Come and enjoy the strains of Bluegrass sung by one of the finest, Vince Gill, at the Mother Church of Country Music...The legendary Ryman Auditorium. Bring a pillow to sit on if you like. And bring money to eat supper at a restaurant (to be determined) on the way.</i>	ADMISSION \$25 TRANSPORTATION \$8 Limit 19 Deadline 5/3
FRIDAY JUNE 21 9:30 a.m. 7:30 p.m.	NEW! "9 TO 5" AT CUMBERLAND CO. PLAYHOUSE <i>"9 to 5" Three female coworkers plot to get even with the sexist, egotistical bigot they call their boss. A hilarious story of friendship and revenge in the '70s Rolodex era. Music and Lyrics by Dolly Parton. Price includes lunch at Cumberland Mountain State Park.</i>	ADMISSION \$40 TRANSPORTATION \$13 Limit 19 Deadline 6/7
THURSDAY JULY 25 9:45 a.m. 3:30 p.m.	NEW! "ALL FOR A SONG" AT CHAFFIN'S BARN THEATRE <i>Songwriter Bill Falich's struggles and frustrations are told through Frank Sinatra, Dean Martin and Sammy Davis Jr.'s experiences, and in turn, their stories are told through his. Pay \$27 for a boxed lunch and ticket or bring your own lunch and only pay \$19 for your ticket.</i>	ADMISSION \$19 OR 27 TRANSPORTATION \$8 Limit 20 Deadline 6/6

Be sure to arrive at the Center 30 minutes before your trip is ready to depart. Check in at the front desk and scan your My Senior Center card then "Sign in Today" & "sign in" to your trip. Thanks!



FUN THINGS TO DO

The Wii Bowling group met on Friday, March 1. Under the very capable direction of Bobbie Cunningham, we were informed of the parameters for the Spring League. Bobbie explained the basic rules, how the teams were developed and how the averages and handicaps were computed. She will be computing all the information for individuals and teams. Thanks! Bobbie, we appreciate all your efforts. The team standings will be posted each week. The new bowlers were introduced to everyone. The captains and their team members were announced. The first Friday of competition is March 8 at 1:00 p.m. We will bowl for 12 weeks except for March 29th, Good Friday. Team members, please be sure to notify Bobbie (907-9761) if you are not able to bowl in any given week. Bobbie will contact a sub to take your place.

Next month's article will reveal the team standings and high game results for the first month of bowling (hope to see your name listed). We expect many 300 (perfect game) bowlers! We are happy to have you all on board and we certainly look forward to many weeks of competition and fun. Bring snacks if you want or plan to come and have a great time with your friends. See you all soon. Happy "pin action!"

PIN ACTION

By Clara Courtney

Let's Dance!



SATURDAY, JUNE 29

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

DANCE

with Debbi Bailes Trio

FRIDAY, JULY 19

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

Summertime DANCE

with Snappy Pappy Band

Dances \$5 at the door.

For ages 60 and up.

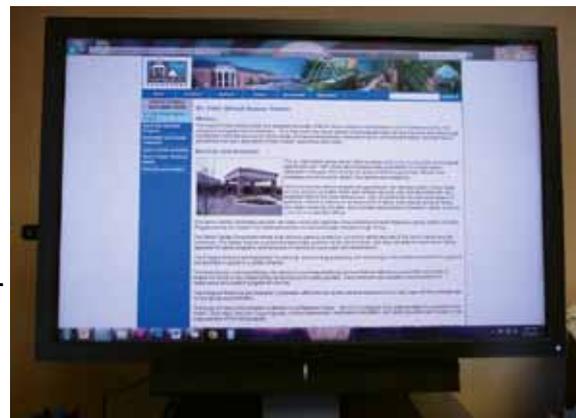


NEWS FOR YOU!

MANY WAYS TO VIEW THE NEWSLETTER EACH MONTH

Would anyone prefer to view a copy of the senior center's newsletter on your home computer? Did you know it is also available on the City of Murfreesboro's website? In addition, you will find some other great information pertaining to the city.

To access the City's website, just do a Google search for the City of Murfreesboro, TN and it should be your first search return or you can type www.murfreesborotn.gov into your Internet browser. Once on page you will look for the section on the left entitled **About Us** and choose **City Departments**. That page will present all of the City Departments. Just click on the **Senior Center** link to access information or any link for more information about that City Department. On the Senior Center page there is a link on the left to choose for the newsletter.



As well, you can opt to have the newsletter emailed directly to your inbox. Just let someone at the front desk know that you want the newsletter emailed to you and we will get it set up.



DID YOU KNOW?

At the front desk there is a display with all of the day's activities listed and the rooms that they are located in. So, if the person(s) at the front desk is busy just look for the clear, plastic display and you can soon be on your way. Just be sure to sign in to My Senior Center with your scan card first.

At left is a picture of the display so you will know what it looks like. Many thanks to Sarah Beckman, Receptionist, for taking the time to pose with the display. *Please note due to scheduling conflicts rooms are subject to change.*

Also, behind the reception desk, near the ladies' restroom is another display board that is full of more information. There you will find information on long distance trips, upcoming dances, a menu for the wonderful lunches served by the MCHRA Senior Dining Program and much more! Be sure to check it out!

Pool Room News!

LADIES' POOL
TOURNEY
2-25-13
1st Mary Smith
2nd Teresa Rains
3rd Bettye Haynes

CO-ED POOL
TOURNEY
2-11-13
1st Aki Dean/Larry Thrasher
2nd Jo'an Bloodworth/Phil Stilwell
3rd Mary Smith/Clyde Jacobs

MEN'S POOL
TOURNEY
2-19-13
1st Bedford Taylor
2nd Larry Thrasher
3rd Johnny Brown



PLANNING AHEAD

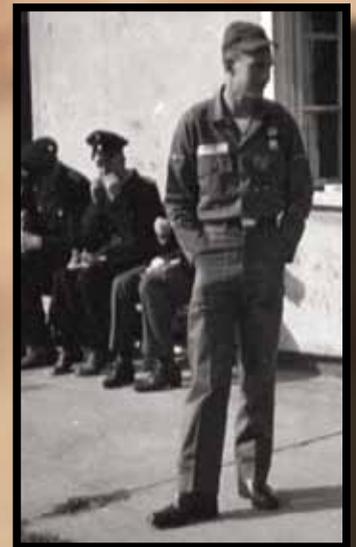
LOVE LETTERS

Written letters were common place when a soldier was serving away from his or her loved ones. If you have a letter from a soldier hidden away somewhere and would like to share it with us bring the original or a copy of it to Brenda Elliott. We will use submissions during our **November Salute to Veterans Celebration**. Call Brenda 848-2550 to set up an appointment to have your letter copied. **Do not** leave the original letters at the center if Brenda is not available. The Center cannot be responsible for original letters that are left at the Center. Letters will be accepted until September 1st.



SOLDIER'S PHOTOS WANTED

Brenda is also collecting photos of our participants in uniform to use during our **Salute to Veteran's Celebration**. Bring in your original photo or a copy. Be sure to pick up an information sheet at the front desk so we know information about the picture. You can call Brenda 848-2550 to make an appointment to have your picture copied. **Do not** leave original photos at the center. We cannot be responsible for photos left unattended. The photo cannot be larger than 8x10. Photos are being accepted now.



Moving Day in May! Make Plans to Attend!

Sign up begins April 1 for our annual **MOVING DAY!** Cosponsored by the Center, MPRD and MCHRA, Moving Day is the perfect way to jump start your fitness program! The sponsors are busy planning seminars and activities to help you become and stay physically, mentally and emotionally healthy.

DON'T MISS THIS GREAT DAY OF FUN!

Boxed lunches served by MCHRA for everyone who signs up.

Limit 100. Deadline to sign up is **April 26.**





NEWS FOR YOU!

ADULT DAY SERVICE WELCOMES SPRING AND WARMER WEATHER

The Adult Day Service (ADS) is a program which offers a therapeutic plan of activities as well as respite for caregivers. Some participants may come daily for the entire day, or periodically for a half day. While our participants are with us, we offer ways to maintain physical, mental and social well being in a friendly, homelike setting. We also offer a variety of activities for the seasons and just for fun! Recently we had a mystery meal cooked by our own Randy Huffman, ADS Assistant. He made spaghetti, salad and green beans for us. We also had homemade strawberry ice cream.

April is “Volunteer Month” and we want to thank our ADS volunteers who we appreciate ALL year! Adult Day Service staff finds that we can extend our programs with the help of wonderful volunteers like Scott Daniels, Nora Lyons, Susan Turner, Larry Spangler, Sandye Seiffert and Dian Vantrese. Whether it is providing beautiful music or helping to call Bingo, these people are valuable resources and make a huge difference in our lives. We are glad they happily share their talents with our group.

April has also been a month of change for ADS. Kristi Porter, Activity and Publicity Assistant, is leaving us to pursue her goal to get a graduate degree and teach special education. The ADS staff and participants have mixed feelings, but we are very happy for her to realize a dream. Kristi will be a wonderful special education teacher. Kristi has been an important person in the daily lives of the ADS group and we will miss her.

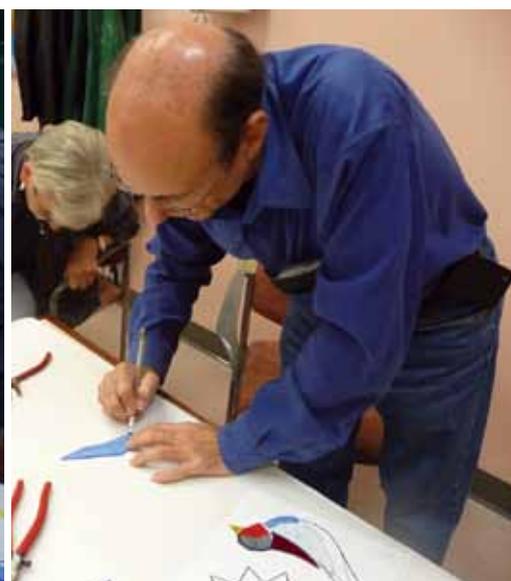
The goal of ADS is to enrich lives and offer meaningful activity. We look forward to spring days on the ADS patio. We intend to enjoy planting flowers and enjoying some coffee breaks outdoors. We also look forward to the General Jackson trip. We have a good time in ADS. Tell your friends about us and stop by to visit!



We will miss you Kristi!

WHY NOT TRY... STAINED GLASS IN APRIL?

The Senior Center offers many artistic classes each month. One of those is **Stained Glass** with *Fiona Dowd*, who is the instructor. Fiona’s class meets on Tuesdays and Thursdays at 9:00 a.m. The class fee is \$30 (1 day a week) or \$60 (2 days a week) for the month (4-weeks) and covers instruction and supplies. Stained Glass is an ongoing class until you complete your project. Newcomers are always welcome. Fee must be paid at the beginning of each month.



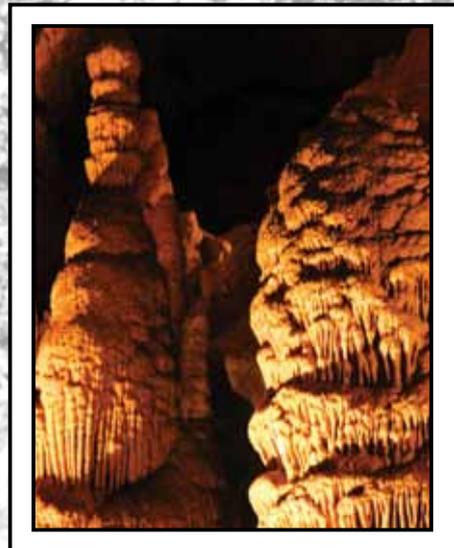
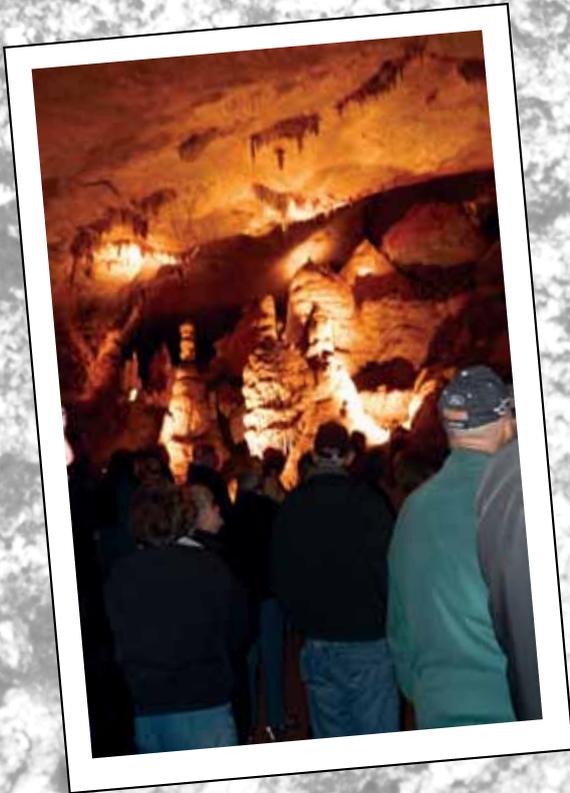
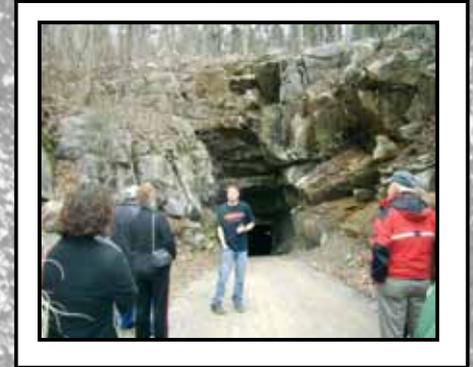
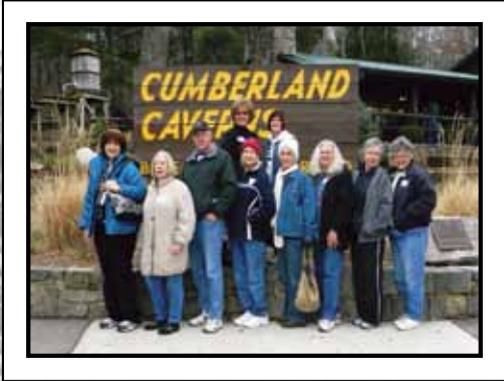


THE XTREME ADVENTURE TEAM

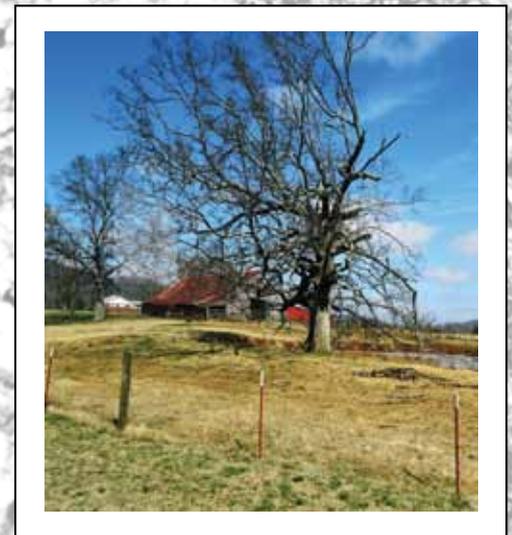


Cumberland Caverns, McMinnville, TN

February 23



Thanks Xtreme Team
for sharing
the pictures with us.





APRIL 2013

ST. CLAIR STREET SENIOR CENTER

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

Hours of Operation: Monday - Friday
8:00 a.m. - 4:30 p.m.
Saturday from 12:30-3:30 p.m.

Visit us on the web at
www.murfreesborotn.gov
then click on City Departments.

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator
Call 895-1870 for lunch reservations
Lunch served Monday-Friday @ 11:30 a.m.
(unless otherwise noted).

MCHRA TRANSPORTATION

615-890-2677



United Way
of Rutherford &
Cannon Counties

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

TO WRAP THINGS UP

DONATIONS for FEBRUARY 2013	
Bingo	\$ 80.90
Quilting	\$ 00.00
Pool Room	\$ 51.13
Popcorn	\$ 00.00
Coffee	\$ 38.08
Exercise	\$ 2.00
AARP Tax Aide Program	\$457.00
Nurse on Duty	\$ 00.00

Donations: Paul Bowen, Roger & Diane Cox, Rose Deck, Barbara Farone, Margie Kruger, Edna LeDoux, Calvin Rogers, Connie Sakolink, Seasoned Citizens, St. Rose Bridge Group, Brenda Sweeney, Ella Travis, Sandra Waldecker, Diane White.

Bill & Linda Cox, Anna Edwards, Barbara Farone, Joe & Joan Hunt, Yvonne Jones, Party Bridge Group & Mitsue Williamson
in memory of BEA WHITE.
Gladys Davidson
in memory of KATHERINE LEHOY & JT BENSON.

ST. CLAIR STREET SENIOR CENTER STAFF

Center Director: Linda G. Burt, **Department Coordinator:** Diane Smith, **Custodial Support:** John Carson & T. J. Key, **Administrative Secretary:** Kim Harding Todd, **Secretary/Receptionist:** Sarah Beckman, **Care Director:** Dee Brown, **Program Directors:** Brenda Kiskis Elliott & Lisa S. Foster, **Adult Day Service Director:** Amanda Pullias, **Adult Day Services Activity Assistants:** Randy Huffman, Kristi Porter, **Caregiver Information Coordinator:** Cindi Thomas, **Nurse on Duty:** Lynne Graves, **Nurse on Duty Assistant:** Laura Grissom, **After Hours Opener:** Wanda Calhoun, **Volunteer Coordinator:** Susan Rollyson, **Van/Bus Drivers:** Rusty Barrett, Pete Gerdik, & James Pitchford.

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)