

July 2015

Happy Fourth of July!

2015 WHITE HOUSE
CONFERENCE
on AGING

White House Conference on Aging Live Streaming at St. Clair July 10

The 2015 White House Conference on Aging builds on a year-long effort to listen, learn, and share with older adults, families, caregivers, advocates, community leaders, and experts in the aging field. The 2015 Conference aims to embrace the transformative demographic shift occurring in the United States and recog-

nize the possibilities of aging.

The first baby boomers reached retirement age in 2011, accelerating a population surge in the number of Americans over the age of 65. Each day for the next 15 years, thousands more will reach retirement age, creating new opportunities for how we define what it means to be an older American. The conference will bring together older Americans, caregivers, government officials, members of the public, business leaders, and community leaders to discuss a vision for aging in the next decade.

Great news! Participation in the conference is not limited to those in the room.

Everyone is invited to join virtually:

**Live Streaming of the Conference will be held at the Center
on July 13th in the multipurpose Room starting at 9:00 am.**

We invite you to join in on the Conference throughout the day. We hope to have a schedule of speakers listed prior to July 13th. There's a chance that the President of the U.S. will speak at the conference.

Also in July. . . TENNESSEE'S LONG RANGE TRANSPORTATION PLAN

Transportation is essential in all that we do . . . so plan to join us for

Tennessee's 25 year Long Range Transportation Plan Seminar on July 14 at 12:30 p.m.

The Tennessee Department of Transportation (TDOT) is working on a statewide long-range transportation plan for Tennessee. We would like to inform Tennesseans about the plan as well as seek input from residents across the state. TDOT is partnering with the St. Clair Street Senior Center to hear from you on what transportation needs exist in your community. Join us for a conversation about transportation in TN.

Center Closed: July 3 for Holiday & 31 for staff training.



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

Happy 4th of July everyone! Can you believe it's already July where does the time go. Summer is here and we have some great activities planned for July to bring you in out of the heat. Check out all the activities and sign up, you never know what fun things we have in store for you here at St. Clair.

What's NEW! Come by and check out our new exercise equipment in our physical fitness room. We have two new treading mills, crank cycle, elliptical and recumbent bike for our

participants to work out on. Please remember to always check with your doctor before you begin a new workout routine. Equipment can be used in between classes and gym times are listed on the bulletin board behind the front desk. We also have a new channel 3 TV show being taped at the Center featuring our programs called "Life after 60" at St. Clair that will begin to air in July. You can watch a new episode each month that will feature special guests and list of upcoming events. We will post the air times on the bulletin board behind the front desk.

The Center has been discussing the NO SHOWs issue for a long time. To help curb the percentage of NO SHOW's starting in July we ask that when signing up for

events that you only sign yourself and one significant other for events. Your significant other can be your spouse, best friend, boyfriend, girlfriend etc. We hope that this simple new step will help cut back on the high percentage of NO SHOWs when people take charge of signing themselves up for events.

Let's increase our numbers in 2015-2016 by following the footsteps to the scan stations. Make scanning part of your day each and every visit to the Center. We plan to make it fun by providing balloons to lead your way to each scan station provided by the center. Ask for help if you need a quick reminder on how to scan in, we will be glad to assist you.

My pick program for July is the live streaming of the White House Conference on Aging held in Washington D.C. The live stream will be held in the Multi-Purpose room starting at 9:00 a.m. throughout the day on Monday, July 13. The conference will bring together older Americans, caregivers, government officials, members of the public, business leaders, and community leaders to discuss a vision for aging in the next decade. There is even a chance that the President of the United States will speak during the conference. We invite you to join us in our presentation of this historic event. As always, start your adventure here at St. Clair.

Your Director, Connie C. Rigsby

Summertime Dance

Saturday, July 18

Dance to the music of
Jim Saleem Band
7:00-10:00 p.m.

Doors open at 6:30 p.m.
Light refreshments served.
\$5 at the door.
For ages 60 and over.



JULY FUN FOR YOU!

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.



Ballroom Dance Schedule Change

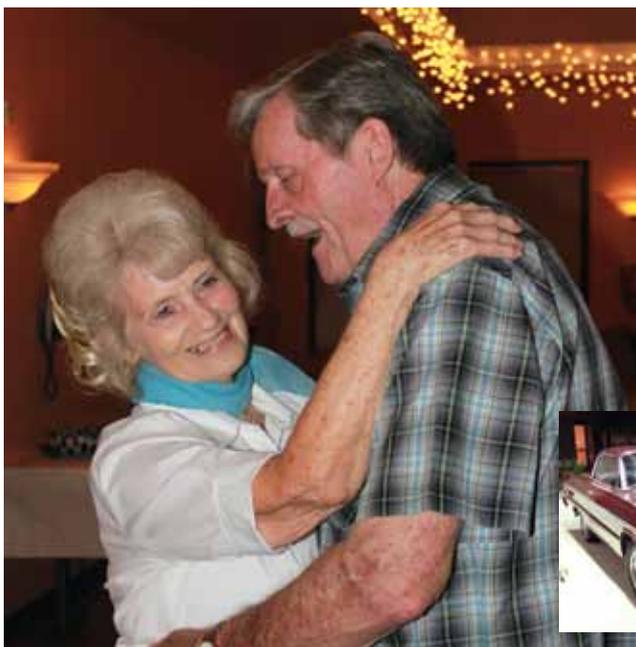
Mark you calendars! Ballroom Dance takes place in July on three Tuesdays and one Friday. The scheduled dates are Tuesdays July 7, 14, and 21 at 3:15 p.m. The Friday date is July 17th at 2:00 p.m.

Happy Fourth of July Everybody!

This nation will remain the land of the free only so long as it is the home of the brave. ~Elmer Davis

Snapshots from 2015 Sock Hop Dance

courtesy of Joe Cole & SCSSC Staff



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

MPRD = Murfreesboro Parks & Recreation Department

SCSSC = St. Clair Street Senior Center

MCHRA = Mid-Cumberland Human Resource Agency

ADS = Adult Day Service

NOD = Nurse on Duty

CCP = Cumberland Co. Playhouse

ADULT DAY SERVICE



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

ADS Wishes You...
A HAPPY JULY 4th

The ADS, with mixed emotions, celebrates with Laura Grissom on her appointment as the St. Clair Nurse on Duty. Our Adult Day Service participants benefit from weekly blood pressure checks in the Nurse on Duty program and we can also call on the expertise of Laura and the volunteer nurses who work there when we need them. We congratulate Laura and know she will serve all of us at the St. Clair St. Center with love and professionalism just as she has done in the ADS program.

St. Clair Street Senior Center is very fortunate to be in a community with an excellent university. We benefit from the interns who work here for college credit in order to learn more about occupations in the senior community. Our ADS intern, Keandra Hall, has made a wonderful difference in the ADS program this spring and she will complete her internship in just a few weeks. Keandra is positive, enthusiastic and always has a smile for our participants. As she graduates from MTSU we wish her the very best. Seniors have a great opportunity to encourage our young people who work here so be sure to thank our interns when you see them.

Wow, spring surely went fast and so much has happened: folk dancers, a 60s dance, corn hole games, karaoke, old time music, piano and guitar concerts, bowling, cook-outs and birthday celebrations with our participants. We

were educated on local genealogy courtesy of the Oaklands Association and enjoyed a Nashville Zoo program right here at St. Clair Street! We have enjoyed riddle games, word searches, puzzles, crafts and an occasional movie day with popcorn. We have watched our tomato plants growing on the patio.

On the agenda for July are, of course, an Independence Day celebration and an ADS cookout. We also are encouraging our participants and families to participate in gathering school supplies for the United Way *“Stuff The Bus”* project. We will collect items from our participants and friends through July 18th. This is a wonderful project to do in celebration of National *“Make a Difference to Children”* Month. And we simply must celebrate National Ice Cream Month together with some ice cream made by our own participants!

We hope our readers will enjoy a great summer, too. If you know someone who may benefit from our excellent Adult Day Service program, send them our way so they, too, may see why **LIFE IS GOOD in the ADS!**

NOTE: The Adult Day Service Program will be closed on the following days:

FRIDAY, July 3 for

the Independence Day Holiday &

FRIDAY, July 31 for staff training.



ADS Director Amanda Pullias represents St. Clair at Bradley Academy Expo

ADS SNAP SHOTS!

At right, ADS participant, Reba Ellison, makes a spring themed collage.



Identity Theft Can Be a Nightmare: Protect & Correct

Persons that have been victims of identity theft report that it can take months and sometimes years to completely clear up the damage done once someone has stolen your identity. Since this is not an easily corrected problem, the best action you can take is to do everything you can to prevent this from happening in the first place. It's important to know how identity theft works and what tactics are used to steal your personal information. Identity thieves are looking for Social Security numbers, Medicare numbers, credit card and banking information. They get this information in a variety of ways such as:

- Stealing from your curbside mailbox is a common tactic used to collect outgoing or incoming mail which obviously can contain credit card statements, banking information, medical bills, etc. Collect your mail promptly, if you are going to be gone for more than a day or two, have the post office hold your mail.
- Stealing your PIN is an open door to your account. Protect your PIN and never write it on your credit/debit card or a slip of paper in your wallet. It is best to memorize your PIN. Also watch for "shoulder surfers" that may be watching you as you type in your PIN. Make sure you are standing so that the person behind you cannot see what number you enter.
- Dumpster diving, your trash can be their treasure. Do not throw away any bank statements, credit card statements, medical information with identifying information, cancelled checks or pre-approved credit card offers. Shred all of this kind of information.
- Fraudulent telephone calls are a leading way thieves gain personal information by posing as government agencies or by fraudulent sales companies that ask for banking or credit card information. Never give out your Social Security or Medicare number over the phone, no government agency is going to call you to ask for that information. Also do not respond to unsolicited sales calls that request payment information.
- File a change of address in order to divert your mail to them. Pay attention to your billing cycles and other expected mail so you will quickly be aware if your mail is being diverted.
- Hack computers that contain personal records and steal the data. Create passwords or PIN numbers out of a random mix of letters and numbers.

Some other tips to use to help you detect problems and

protect yourself:

- Keep all your receipts so you can compare them to your statements and look for unauthorized transactions.
- Keep personal information put away in a safe place at home and at work, not out where others can easily see.
- Check your credit reports to make sure they are accurate and sign up for a credit monitoring service that can alert you to changes in your credit report.
- Never carry more personal identifying information that is absolutely necessary. Never leave wallets or purses in your car, it's very easy to smash a window and this kind of theft happens all the time and is easily prevented.
- Check your bank activity often for any unauthorized debits.

Take these steps if you believe that you are a victim of identity theft or fear that you have become one—for example your wallet has been stolen, or you gave personal information to a stranger.

1. Start a log of all telephone calls you make, letters you send and conversations you have with authorities and financial institutions.
2. Contact the 3 major credit bureaus and ask them to issue a fraud alert and attach a statement to your credit report. (Equifax: 800-525-6285, Experian: 888-397-3742 and TransUnion: 800-680-7289) Also ask them to send you copies of your credit report.
3. Contact all your financial institutions and credit card companies and ask them to freeze your accounts.
4. Call the police and make a report. Even though local authorities are often not able to assist in identity theft cases, a police report may be necessary for creditors.
5. Contact the Federal Trade Commission at 888-438-4338 and file a report.
6. If you suspect someone has falsely changed your address, contact the U.S. Postal Inspector or go to your local post office to file a complaint.
7. If your driver's license has been stolen, contact the Department of Motor Vehicles.



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

Volunteer Corner



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

I'm always fascinated to hear about what a volunteer used to do for a living before they retired. Some of you have some really interesting job skills. These skills can be used for volunteering at the Senior Center. New and fresh ideas for volunteer options are always welcome. If you would like to volunteer to teach a class or have an idea to create a new volunteer job I would like to hear your ideas. Please stop by my office for a chat and let me know your ideas.

This is the true joy in life — being used for a purpose recognized by yourself as a mighty one; being thoroughly worn out before you are thrown on the scrap heap; being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. ~George Bernard Shaw



Farmer's Market Trip in July

Please join us as we go to the Rutherford County Farmer's Market on July 10th to shop and attend the free class about "Composting and Soil Health." We will leave the Center at 8:15 a.m. and return at approximately 10:00-10:30 a.m.

On July 17th we will be going to the Market for shopping only. This trip will also leave at 8:15 a.m. but will return around 9:30 a.m. Please sign up if you would like to go, there is no transportation fee.

Call Dee Brown at 616-848-2550 if you have any questions.

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

Seniors Beware of Summer Heat!

by Cindi Thomas, Caregiver Coordinator

Everyone needs a little sunshine—if nothing else, for the relaxing warmth and some extra Vitamin D.

But caregivers need to be sure that before they head outdoors, they have protected both themselves and their elderly loved ones against the damaging effects of the sun, which can lead to melanoma, which is a skin cancer.

Heat is a potentially deadly problem—nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger.

Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk; so can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease.

To protect seniors, the standard advice is to get them into an air-conditioned building; have them dress lightly; and keep them hydrated.

But this is easier said than done, since poorer circulation also makes many seniors feel too cold in air conditioned spaces and want to reach for a sweater, even when it's hot out. And some seniors prefer other kinds of drinks to water, even though they may have too much sugar or caffeine which can cause them to become dehydrated.

Caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot

weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your relative come to, have a cold drink ready, as hydration is critical.

Here are some other tips to protect seniors from the heat:

- If elderly relatives complain of the cold indoors, adjust the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.
- To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.
- Offer plenty of drinks that seniors prefer, but stay away from iced coffee and other highly caffeinated drinks, or sodas loaded with sodium, which is bad for heart health. Do not serve alcohol, which is dehydrating.
- Keep frozen treats available that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like watermelon.
- Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.



Have a wonderful summer! Cindi



By Cindi Thomas,
Caregiver Information
Coordinator

Hours: Monday-Friday
9:30 a.m.-1:30 p.m.



**Walk to End
Alzheimer's
Fundraiser**

Carwash & Bake Sale

@ St. Clair Senior Center

Saturday, July 25

7:30 a.m.-12:00 noon

*Please join as we strive
to raise money for the
Alzheimer's Associations
Walk to end this disease.*

Caregiver Programs in July 2015

ALZHEIMER'S ASSOCIATION

SUPPORT GROUP

"Share the Care"

Friday, July 10 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.

GRIEF RELIEF

SUPPORT GROUP

Friday, July 17 • 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.

Labor of Love Support Group at St. Clair Street Center

Friday, July 24 • 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.

LUNCH & LEARN

"Alternate Medicines"

with guest speaker from Magnolia Medical
Thursday, July 16 • 11:30 a.m.-1:00 p.m.

- Join us in this informational seminar to learn alternative medicines.
- A light lunch will be served.
- Reservations are required and limited to **50 participants.**

Memory Café Murfreesboro

at Through the Grapevine

Monday, July 20 • 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.

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.

NEWS FROM NOD

Laura Grissom is St. Clair's Nurse on Duty

How exciting it is to be the new Nurse on Duty here at St. Clair Street Senior Center! While this position is new for me, the senior center is not. I have worked at St. Clair for a little over three years now; in the NOD department for a year then Adult Day Service for two years. Leaving the folks in ADS was a hard thing to do because I truly care for them, but I continue to see them daily and visit with them when I can. For those of you who don't know me, I am originally from Kentucky (my blood still runs blue) but have lived in middle Tennessee for more than twenty years. I've been in nursing for fifteen years and just love helping people and hopefully making a positive contribution to their lives. I am very thankful for the support I have already received from our staff and our participants and I am looking forward to working with all of you.

As I thought about writing my first newsletter article for the NOD, I really wanted to write about something most everyone could glean from: **fighting frailty**. First of all, what is frailty? It is losing strength, speed, and energy; it keeps you from staying independent as you age. It increases your risk of infections, falls, and disabilities. John Hopkins researchers have found that being frail doubles the risk of surgical complications, increases hospital stays, and makes it more likely you may need to move to a nursing home or assisted living facility after surgery. The less resilient you are the harder it is to bounce back from a fall or being sick, or just dealing with age related changes of the body.

You may be frail if three or more of the following criteria, developed by John Hopkins, applies to you:

1. You've lost ten or more pounds in the past year without trying to
2. You are weak, have poor grip strength, have trouble standing without assistance
3. You can't seem to get going three days a week or more; you feel exhausted
4. You have little activity in your life, including exercise, housework, "fun" things you do
5. You move slowly; it takes you six or seven seconds to walk 15 feet

As people today live longer lives we are seeing increased risks of disability and dependency because of frailty. Seven to twelve percent of Americans age 65 and older are considered frail and that risk increases with age. This does NOT have to be the case for you! A healthy lifestyle, including what you eat and how you care for your body, can help you avoid becoming another statistic.

Eating a healthy diet may help with inflammation (which

contributes to being frail) and is also better for your heart. You need to eat whole foods instead of processed foods and eat more plant foods rather than animal foods. In other words, more fruits, vegetables, whole grains and nuts; less fried food, meat, sugars and fats. You should also get plenty of protein for muscle development. Besides fighting frailty, there are many other benefits to eating a healthy diet, including reducing your risk of stroke and heart disease.

Exercise is also vital in helping you avoid being a frail, dependent person. Some of you know I teach an exercise class, Go4Life, here at the center and that I am passionate about everyone keeping their body moving in some form or fashion. Not only will a body in motion feel better, it also performs better and handles life situations better. Muscle mass and strength decrease with age but you can significantly increase both with resistance exercises. Working with weights three times a week, with a day or two between workouts to allow muscles to recover, is ideal. The amount of weight you lift is important. Start with light weights and increase your weight as they get easier to work with. You should have to work to finish the last few repetitions of the exercises you do but not so much that you cause injury. In other words, when you finish you should feel like your muscles got a good workout but using those muscles shouldn't be a problem. There are several programs here at the center to help you get started or continue in resistance training, from the most basic of beginning to more advanced classes. Always check with your doctor before you start an exercise program and ask him/her about your limitations, how your medications may affect your exercise ability and at what level he/she recommends you start.

Another important part of fighting frailty is keeping your mind active, having plenty of social interactions, and being optimistic. Continue to learn new things, get involved in fun activities, and look for the good rather than focusing on the negative. Again, our center offers plenty of opportunities to engage your mind and to learn something new. Don't accept the belief that you have to become frail as you age; instead, take control of your life and make the necessary changes to prevent or decrease frailty!

Information found in Focus on Healthy Aging from the Icahn School of Medicine at Mount Sinai, May 2014 issue and John Hopkins Medicine



By Laura Grissom, LPN
Nurse on Duty
Hours: Monday-Friday
9:15 a.m.-2:15 p.m.

Blood Pressure Clinic

The blood pressure clinic is every Monday from 9:30-11:30 a.m. in the nurse's station. We have wonderful health providers here each week to help you keep track of your numbers. High blood pressure often has no symptoms, but can be a risk factor for heart disease or stroke. If you haven't been checking your BP, start this Monday!

Tennessee Technology Center Field Trip

We take a trip to the Tennessee Technology Center the second Wednesday of each month to provide **nonmedical** nail care and hair care for our seniors. This month's trip is July 8th. There is an annual fee of \$5 due on your first trip. The fees for services are: shampoo/set \$5; hair cut \$5; nails \$5. We will leave the center at 9:30 a.m. and you need to be here at 9:00 to fill out some paperwork. If you would rather go on your own or on another date, you can call 615-898-8010 ext. 118 to make an appointment. Please sign up at the reception desk by Monday, July 6th. There is a limit of 10. At the time that you reserve your spot on the van, be sure to let us know if you will be traveling in a wheelchair and how many services you plan to have done.

"Diabetes and Me" and "Take a Break with NOD"

These two classes join together in July and meet Wednesday, July 8 from 1:00-2:00 p.m. Marie White, Exercise Physiologist from St. Thomas Health, will speak on "Exercise

and Diabetes: Precautions and Benefits." This will be a great class for those of you with diabetes to help you decide what type of exercise program you should be involved in. Please sign up by Monday, July 6. There is a limit of 40.

Go4Life

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a "do it at your own pace" class for folks on many different fitness levels so join us on Tuesdays and Thursdays from 1:00-2:00 p.m. in the exercise room and start or continue to improve your health!

Walk with Ease

A new **Walk with Ease** class will begin in August. This is an exercise program for beginners and those with mobility issues, particularly arthritis. This program is an evidence based class sponsored by the Arthritis Foundation. It is a six week course that mandates a M/W/F, 10:00-11:00 a.m. commitment. There is a brief and different teaching in each of the 18 classes. This class has been shown to reduce pain, increase balance and strength, and improve overall health. We also plan to offer continued walking M/W/F after the class is completed. This class is biannual. We plan to start another in January 2016.

Ask the Doctor



We are excited to have Ming Wang, MD, PhD return to the St. Clair Street Senior Center on Thursday, July 9 from 12:30-2:00pm. He will speak on LASIK procedures and answer individual questions from the audience. Dr. Wang is a Harvard and MIT graduate (MD, magna cum laude) and one of only a few cataract and

LASIK eye surgeons in the world today who holds a doctorate degree in laser physics. The doctor's remarkable real life story inspired a character in the nationally acclaimed book, "God's Not Dead". In 2014 the book became a blockbuster movie and Dr. Wang's character also moved on to the big screen. The deadline to sign up is July 7 and there is a limit of 150. We will meet in the main dining room.

Murfreesboro Police Department Offers Safety Tips

MPD Officers suggest these tips for women while out shopping:

- Don't carry your wallet in your purse, conceal it in a zipped or buttoned pocket.
- If carrying a purse, place the strap diagonally across the front of your body.
- Never leave your purse unattended in a shopping cart.
- Use a purse that is difficult to open with snaps or a zipper.

From Murfreesboro Police Facebook page.

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.

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. **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.



Happy Clowns of St. Clair Alley 402

- **Friday, July 10** Clown Class and rehearsal from 1:00-3:30 p.m. in dining room
- **Monday, July 13** Clown rehearsal from 1:00-3:30 p.m. in dining room
- **Afternoon with the Clowns on July 15** from 1:30-3:30 p.m. Bring your family to see our fabulous clown troop! Sign up required.
- **Friday, July 24** Clown Class and rehearsal from 1:00-3:30 p.m. in the Ceramics room. "Want-To-Be Clowns" are welcome.

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.**

THURSDAY	7/2	Bingo with Murfreesboro Funeral Home
TUESDAY	7/7	Bingo with Senior Helpers
THURSDAY	7/9	Bingo with Northside Health Care
TUESDAY	7/14	Bingo with Roselawn Funeral Home & Memorial Gardens
THURSDAY	7/16	Bingo with Broadmore Senior Living
TUESDAY	7/21	Bingo with Creekside Assisted Living
THURSDAY	7/23	Bingo with At Home Health Care
TUESDAY	7/28	Bingo with Willowbrook Home Health & Hospice
THURSDAY	7/30	Bingo with Life Care Center of Hickory Woods

JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14	1 DEADLINE 7/2 PATRIOTIC PARTY 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann
6 DEADLINE 7/7 INTER PASTEL PORTRAIT CLASS DEADLINE 7/8 PAINT WITH LIZ DEADLINE 7/8 TN TECH CTR FIELD TRIP DEADLINE 7/8 TAKE A BREAK & DIABETES & ME 9:30 a.m. Robeson Bridge 1:00 p.m. St. Clair Singing Seniors	7 DEADLINE 7/9 ASK THE DOCTOR DEADLINE 7/9 SUMMER CELEBRATION TRIP 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class with Fiona 9:00 a.m. Pinochle 10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Drawing 1:00 p.m. Spanish 1 1:00 p.m. Knit Group 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2	8 9:00 a.m. Painting with Liz "Pot of Flowers" 9:00 a.m. RCCOA Board Meeting 9:30 a.m. Tennessee Technology Ctr Field Trip 10:00 a.m. Program Committee Meeting 12:00 n Senior Artists 1:00 p.m. Take a Break with NOD/Diabetes & Me "Exercise & Diabetes: Precautions & Benefits" 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann
13 DEADLINE 7/14 LONG TERM TRANS PLAN DEADLINE 7/21 PORTRAIT CLASS WITH LIZ 9:00 a.m. WHITE HOUSE CONFERENCE ON AGING 9:00 a.m. Coed Pool Tournament 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. In the Garden with Jack "Mistakes Made When Vegetable Gardening" 10:00 a.m. FCE Better Living 1:00 p.m. St. Clair Singing Seniors	14 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class with Fiona 9:00 a.m. Pinochle 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 11:00 a.m. Piano 2 12:30 p.m. LONG TERM TRANSPORTATION PLAN 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Drawing 1:00 p.m. Spanish 1 1:00 p.m. Knit Group 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2	15 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann 1:30 p.m. AFTERNOON WITH THE CLOWNS
20 DEADLINE 7/21 BANKING 101 DEADLINE 7/22 PORTRAIT CLASS WITH LIZ 9:00 a.m. Ladies Pool Tournament 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Senior Learning Network presents "DANGERS IN NATIONAL PARKS" 1:00 p.m. St. Clair Singing Seniors 1:00 p.m. Crafts with MPRD "Ribbon Leis" 2:00 p.m. Memory Cafe at Through the Grapevine	21 9:00 a.m. Men's Pool Tournament 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class with Fiona 9:00 a.m. Pinochle 9:30 a.m. BANKING 101 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Drawing 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 1:00 p.m. Knit Group 2:15 p.m. Spanish 2	22 9:00 a.m. Paint with Liz "Wheat Field" 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann
27 8:30 a.m. Senior Center Commission Meeting 9:00 a.m. Mixed Media "Light up your Summer" 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. St. Clair Singing Seniors	28 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class with Fiona 9:00 a.m. Pinochle 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Drawing 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 1:00 p.m. Knit Group 2:15 p.m. Spanish 2	29 DEADLINE 7/30 HISTORY OF CHOCOLATE 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>2 NO STAINED GLASS CLASS TODAY DEADLINE 7/16 SOUNDS GAME TRIP</p> <p>10:00 a.m. Quilting 10:00 a.m. Knit Group 12:30 p.m. Patriotic Party 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>3</p> <p>CENTER IS CLOSED TODAY!</p>	<p>4 Center is Closed Today! Happy 4th of July</p>
<p>9 DEADLINE 7/10 RUTHERFORD CO FARMER'S MKT TRIP</p> <p>7:00 a.m. Summer Celebration Lawn & Garden Show: Bees, Birds, Butterflies & Bottles</p> <p>9:00 a.m. Stained Glass with Fiona 10:00 a.m. Quilting 10:00 a.m. Knit Group 12:30 p.m. Ask the Doctor with Dr. Ming Wang 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>10 DEADLINE 7/15 AFTERNOON WITH CLOWNS</p> <p>8:15 a.m. Rutherford Co. Farmer's Mkt Trip</p> <p>9:00 a.m. AARP Board Meeting 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Chapter Meeting 12:00 n Share the Care Alzheimer's Support Group 12:30 p.m. Learn to Wii Bowl</p>	<p>5</p> <p>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</p> <p>12:30 p.m. Center Open</p>
<p>16 DEADLINE 7/17 RUTHERFORD CO FARMER'S MKT TRIP DEADLINE 7/17 CHICKS WII</p> <p>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 "Alternative Medicines" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 5:00 p.m. Nashville Sounds Ball Game Trip</p>	<p>17 DEADLINE 7/20 SENIOR LEARNING NETWORK DEADLINE 7/20 CRAFTS WITH MPRD</p> <p>8:15 a.m. Rutherford Co. Farmer's Mkt Trip</p> <p>9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 12:00 n RCCOA Meeting 1:00 p.m. Chicks Wii</p>	<p>12</p> <p>Today is National Pecan Pie Day! Did you know that name "pecan" is a Native American word that was used to describe nuts requiring a stone to crack</p> <p>18</p> <p>12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group 7:00 p.m. Summertime Dance music by Jim Saleem Band \$5 at the door. For ages 60 and up.</p>
<p>23</p> <p>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</p>	<p>24 DEADLINE 7/27 MIXED MEDIA CLASS DEADLINE 8/1 ELVIS TRIBUTE TRIP</p> <p>9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Caregiver Support Group 12:30 p.m. Learn to Wii Bowl</p>	<p>19</p> <p>Today is National Stick Our Your Tongue Day! That might get you into trouble so be careful.</p> <p>25</p> <p>7:30 A.M. Walk to End Alzheimer's Car Wash & Bake Sale Fundraiser</p> <p>12:30 p.m. Center Open</p>
<p>30</p> <p>9:00 a.m. Stained Glass with Fiona 9:30 a.m. THE HISTORY OF CHOCOLATE by the Hermitage's Traveling Classroom 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</p>	<p>31</p> <p>CENTER IS CLOSED TODAY!</p>	<p>26</p> <p>Today is the National Day of the Cowboy . . . honoring and preserving the heriage of the cowboy way and pioneer spirit.</p> <p>Coming Friday, August 7 LUAU DANCE with music by Debbi Bailes Band Doors open at 6:00 p.m. Refreshments at 6:30 p.m. Dance at 7:00 p.m. \$5 at the door</p> <p>Themed dances are cosponsored by Murfreesboro Parks & Recreation Department.</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>8:00 a.m. Walking Saints at Old Fort Park Trailhead</p> <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Intermediate Tap Dance Class 11:30 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice/Judy</p> <p style="text-align: center;"><u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength with Marjorie 8:45 a.m. Senior Strength with Marjorie 9:30 a.m. Dancercise with Marjorie 10:25 a.m. Core Strength with Marjorie 10:40 a.m. Senior Strength with Marjorie 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Intermediate Line Dance with Tom</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>8:00 a.m. Walking Saints at Thompson Ln Trailhead</p> <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark 10:30 a.m. Tap Dance Practice 11:30 a.m.-1:00 p.m. Open Gym 3:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</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. Core Strength with Marjorie 8:45 a.m. Senior Strength with Marjorie 9:30 a.m. Dancercise with Marjorie 10:25 a.m. Core Strength with Marjorie 10:40 a.m. Senior Strength with Marjorie 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Gentle Fitness with Mark 9:15 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p>	<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.

THURSDAY JULY 2 12:30-2:00 p.m.	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.	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
WEDNESDAY JULY 8 1:00-2:00 p.m.	NEW! TAKE A BREAK/DIABETIC SUPPORT GROUP This month Take a Break with NOD and Diabetes and Me classes will unite to hear from Marie White, exercise physiologist from St. Thomas Health. She will present "Exercise and Diabetes: Precautions and Benefits." A great class to help diabetics choose what exercise program will work for them.	Limit 40 Deadline 7/6
THURSDAY JULY 9 12:30-2:00 p.m.	NEW! ASK THE DOCTOR WITH MING WANG, M.D. Join us for Ask the Doctor with Dr. Ming Wang who will offer suggestions on how to take care of your vision and discuss the most updated state-of-the-art LASIK technology used in corrective procedures. He will also answer questions from the audience.	Limit 150 Deadline 7/7
MONDAY JULY 13 10:00-11:15 a.m.	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 are made and how not to make mistakes 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.	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.	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
THURSDAY JULY 16 11:30 a.m.-1:00 p.m.	NEW! LUNCH & LEARN "ALTERNATIVE MEDICINES" Join us for this informative program on alternative medicines by Magnolia Medical. Lunch provided.	Limit 50 No Deadline
FRIDAY JULY 17 1:00-3:00 p.m.	NEW! CHICKS WII Three experienced Wii bowlers are joining the group to assist the Chicks in learning fun on the Wii gaming system. Chicks, please bring finger foods to share with the group.	Limit 50 Deadline 7/16
MONDAY JULY 20 10:00 a.m.	NEW! THE SENIOR LEARNING NETWORK PRESENTS: "THE DANGERS IN NATIONAL PARKS" Presented by the Senior Learning Network and the National Park Service. Explore some of the most beautiful places in the world, as well as some of the most deadly - - America's National Parks. Come and learn how to visit our National Parks without leaving your common sense at home.	Limit 50 Deadline 7/17
MONDAY JULY 20 1:00-4:00 p.m.	NEW! CRAFTS WITH MPRD "RIBBON LEIS" Please bring a hair dryer with you and see what Marlane has "crafted up"?	Limit 15 Deadline 7/17
TUESDAY JULY 21 9:30-10:30 a.m.	NEW! BANKING 101 Karen McMahan, Vice President of F & M Bank is giving a refresher course on general banking. Topics include: what accounts you need, what accounts you don't, online banking, and what to be aware of when it comes to your money and banking.	Limit 50 Deadline 7/20
TUESDAY AUGUST 4 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

Have a safe and happy Fourth of July everyone!

MORE CLASSES & EVENTS

<p>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.</p>		
<p>MONDAY AUGUST 10 10:00-11:15 a.m.</p>	<p>NEW! IN THE GARDEN WITH JACK "CONTAINER VEGETABLE GARDENING" 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 what you can do in a container, how to do it and when to plant in containers.</p>	<p><i>Limit 40</i> <i>No Deadline</i></p>
<p>THURSDAY AUGUST 13 1:00-4:00 p.m.</p>	<p>NEW! BRIDGE TOURNAMENT WITH MPRD Grab your partner and come and play. See if you're a lucky prize winner at the end of the day.</p>	<p><i>Limit 48</i> <i>Deadline 8/7</i></p>
<p>THURSDAY AUGUST 20 9:00-10:30 a.m.</p>	<p>NEW! ASK A BANKER "A PANEL TO AVOID EXPLOITATION" You put your money in a bank. Your money is very important to you. Don't miss this opportunity to meet professionals in the banking industry. Protect your assets by attending this panel of bankers as they cover situations they run across in real life. Learn how to avoid situations that you may encounter with your own money and possibly your own family. Everyone and every situation cannot be trusted. Learn how you can be secure. Panel: Karen McMahan, Vice President F & M Bank, Gabriel Fancher, Investment Advisor First Bank, Ronnie Martin, President of First Community Bank and more!</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>THURSDAY AUGUST 20 1:00-4:00 p.m.</p>	<p>NEW! CANASTA TOURNAMENT WITH MPRD Come and see how your cards stack up! Prizes awarded at the end of the day. Cosponsored by SCSSC and MPRD.</p>	<p><i>Limit 48</i> <i>Deadline 8/14</i></p>

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>TUESDAYS BEGINS 7/7 1:00-4:00 p.m.</p>	<p>NEW! INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS This is an ongoing class. Students must have taken Beginning Drawing class to sign up for the class. Price is for 4-weeks of class. Please bring the following supplies to class: Chalk Pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, and a photo to draw from. The suggested paper is 300 lb./640 gsm Arches Watercolor single sheet in natural white, 22" x 30".</p>	<p>CLASS FEE \$30 <i>Min 3/Max 10</i> <i>Deadline 7/6</i></p>
<p>WEDNESDAY JULY 8 9:00-11:00 a.m.</p>	<p>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. See sample picture on the next page.</p>	<p>CLASS FEE \$20 <i>Min 5/Max 12</i> <i>Deadline 7/6</i></p>
<p>TUESDAYS BEGINS 7/21 8:30-11:30 a.m.</p>	<p>BEGINNING 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. Cancelled The painting will be on a 16 x 20 inch canvas using oil paints. All supplies are provided.</p>	<p>CLASS FEE \$150 <i>Min 2/Max 6</i> <i>Deadline 7/13</i></p>
<p>WEDNESDAY JULY 22 9:00-11:00 a.m.</p>	<p>NEW! PAINTING WITH LIZ "WHEAT FIELD" 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. See sample picture on the next page.</p>	<p>CLASS FEE \$20 <i>Min 5/Max 12</i> <i>Deadline 7/20</i></p>
<p>MONDAY JULY 27 9:00 a.m.-2:00 p.m.</p>	<p>NEW! MIXED MEDIA "LIGHT UP YOUR SUMMER" This is a unique opportunity to use your watercolors, pastel pencils or colored pencils to decorate a lamp shade to match your existing color scheme. Students must purchase an embroidered lamp shade similar to the one pictured on the next page. Call Karen at 615-220-0939 for store locations. Leave a message and Karen will return your call.</p>	<p>CLASS FEE \$15 <i>Min 3/Max 12</i> <i>Deadline 7/24</i></p>
<p>THURSDAY JULY 30 9:30-11:30 a.m.</p>	<p>NEW! "THE HISTORY OF CHOCOLATE" A HERMITAGE EDUCATIONAL SEMINAR Join Andrew Jackson's Hermitage for a look at the history of chocolate in early America! Sip on a sample of the American Heritage Chocolate drink while learning about its creation, from bean to beverage, in this come and go demonstration. In Jackson's day, chocolate was more often used as a beverage than a dessert item. Find out its importance as a military ration and a staple item of the frontier.</p>	<p>CLASS FEE \$2 <i>Limit 50</i> <i>Deadline 7/29</i></p>

MORE CLASSES ARE LISTED ON THE NEXT PAGE ALONG WITH SAMPLE PICTURES OF THE ARTWORK.

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>TUESDAYS BEGINS 8/4 1:00-4:00 p.m.</p>	<p>NEW! INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS This is an ongoing class. Students must have taken Beginning Drawing class to sign up for the class. Price is for 4-weeks of class. Please bring the following supplies to class: Chalk Pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, and a photo to draw from. The suggested paper is 300 lb./640 gsm Arches Watercolor single sheet in natural white, 22" x 30".</p>	<p>CLASS FEE \$30 Min 3/Max 10 No Deadline</p>
<p>WEDNESDAY AUGUST 12 9:00-11:00 a.m.</p>	<p>NEW! PAINTING WITH LIZ "DEEP FOREST" 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 5/Max 12 Deadline 8/10</p>

Upcoming Art Class Samples!

**Mixed Media 07/27
"Light Up Your Summer"**



**Paint with Liz 07/08
"Pot of Flowers"**

**Paint with Liz 07/22
"Wheat Field"**

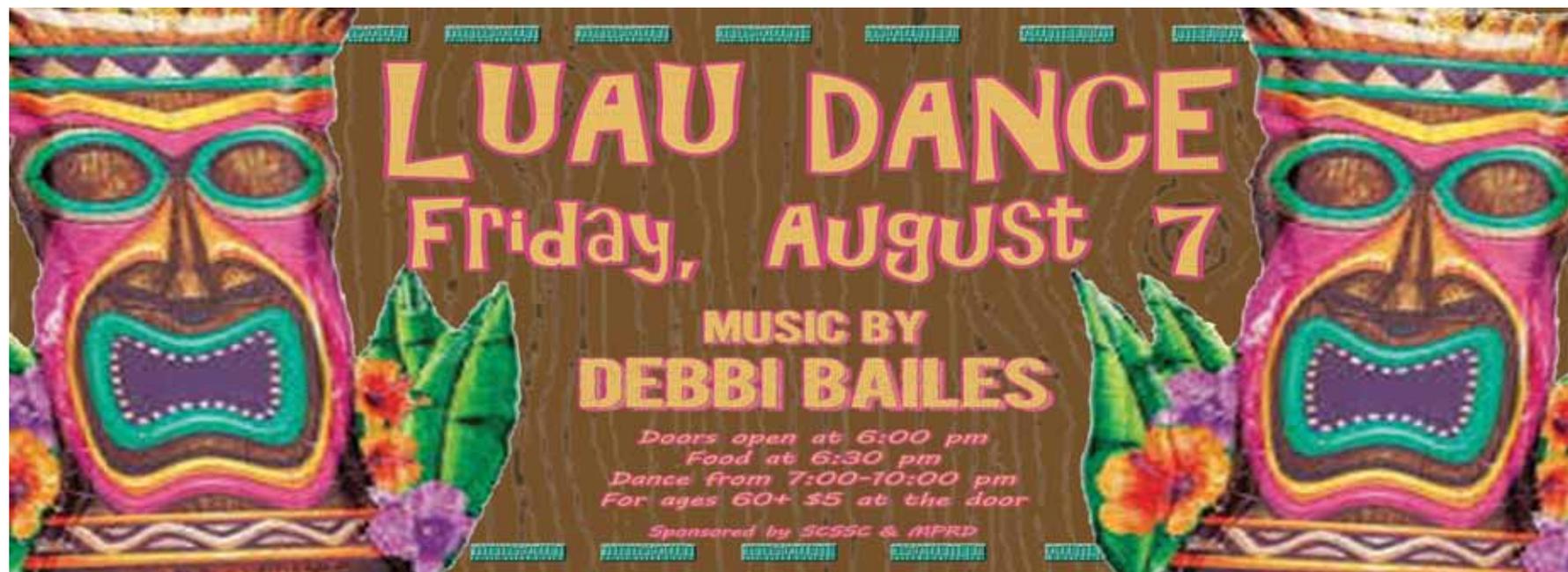


Want to learn something new?
Seen an interesting craft in a book or at the craft store?
Know of local artists who would teach us their craft or a seminar about their art?
Stop by and see Brenda Elliott, Program Director, with your ideas, suggestions or "want to learns" and we'll see what we can plan this year for you to try!

THE FUN CONTINUES

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.

<p>WEDNESDAY JULY 8 9:30 a.m. 12:30 p.m.</p>	<p>TENNESSEE TECHNOLOGY CENTER FIELD TRIP The Tennessee Technology Center Field Trip for nonmedical foot care continues on the second Wednesday of each month. First time annual fee is \$5. Transportation is free. Regular fees are: shampoo/set \$6, hair cut \$6, nails \$6. We will leave the Center at 9:30 a.m., be here at 9:00 a.m. for paperwork. If you desire to travel on your own, or want an appointment on a different day, call 898-8010 ext. 118.</p>	<p>BRING \$ TRANSPORTATION FREE Limit 10 Deadline 7/6</p>
<p>THURSDAY JULY 9 7:00 a.m. 6:30 p.m.</p>	<p>SUMMER CELEBRATION LAWN & GARDEN SHOW: BEES, BIRDS, BUTTERFLIES & BOTTLES UT AgResearch West Tennessee Research & Education Center presents this wonderful garden show with plant sale, seminars and exhibitions of gardening ideas. List of educational topics available for preview. This will be a strenuous day with lots of walking and standing indoors and outside. Vendors on site for lunch. Bring \$5 exactly for your entrance fee that day and bring money for lunch and shopping you may want to do.</p>	<p>BRING \$ TRANSPORTATION \$10 Limit 23 Deadline 7/7</p>
<p>FRIDAY JULY 10 8:15 a.m. 10:30 a.m.</p>	<p>RUTHERFORD CO. FARMER'S MARKET AND CLASS "COMPOSTING & SOIL HEALTH" Join us for a trip the the farmer's market for shopping and attending the class about "Composting and Soil Health." Bring money to shop at the market. Class and transportation are free.</p>	<p>BRING \$ TRANSPORTATION \$0 Limit 13 Deadline 7/9</p>
<p>THURSDAY JULY 16 5:00 p.m. 10:30 p.m.</p>	<p>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!</p>	<p>ADMISSION \$10 TRANSPORTATION \$8 Limit 23 Deadline 07/02</p>
<p>FRIDAY JULY 17 8:15 a.m. 9:30 a.m.</p>	<p>RUTHERFORD CO. FARMER'S MARKET Join us for a trip the the farmer's market for shopping. Bring money to shop at the market. Transportation is free.</p>	<p>BRING \$ TRANSPORTATION \$0 Limit 13 Deadline 7/6</p>
<p>SATURDAY AUGUST 1 10:00 a.m. 5:00 p.m.</p>	<p>FROM MEMPHIS TO VEGAS: ELVIS TRIBUTE AT THE DEKALB COUNTY ARTS CENTER The show will feature JD Sumner's Stamps Quartet, all of which backed Elvis on stage in the 1970s, plus Tom Duggin and the Tim Colwell Band. If you enjoyed the last show or if you happened to miss it or if you're just an Elvis fan, you won't want to miss this show! Bring money for lunch at the White Possum Grille before the show.</p>	<p>ADMISSION \$20 TRANSPORTATION \$10 Limit 13 Deadline 7/24</p>
<p>TUE/WED 8/18 -8/19 8:00 a.m. 8:00 p.m.</p>	<p>TUNICA TWO DAY TRIP Enjoy a ride to Tunica on a coach bus with your friends. Price includes \$10 in free play and lunch buffet at Roadhouse, overnight stay at Fitzgerald with \$20 bonus cash and breakfast buffet, and free lunch buffet at Sam's Town. Tell your friends and get on board for this fun trip.</p>	<p>SINGLE \$89 DOUBLE \$68 Transportation Inc. Deadline 7/17</p>
<p>SATURDAY OCTOBER 17 8:30 a.m. 3:00 p.m.</p>	<p>NATIVE AMERICAN ASSOCIATION OF TN POW WOW, LONG HUNTER STATE PARK Native American food, arts & crafts, live music, dances and vendors. There will be a lot of walking on this trip. You may bring a folding camp chair to carry to the event. Vendors on site to buy lunch and shop for Native American wares. Bring \$3 exact change to pay for your entrance on the day of the trip.</p>	<p>BRING \$ TRANSPORTATION \$5 Limit 23 Deadline 10/15</p>



BIG ADVENTURES

White Star Tours presents

Savannah, Georgia "Swingin' New Year's Eve Celebration"

December 30, 2015-January 1, 2016

PACKAGE INCLUDES:

- 2 Nights Lodging
- 2 Breakfasts
- New Year's Day Buffet Lunch at The Lady & Sons Restaurant
- 2 Full course dinners including a Riverboat Dinner Cruise
- New Year's Eve Show & Party at the Savannah Theatre
- Party Favors & Toast at Midnight & Souvenir Gift
- Guided tour of Savannah & Davenport House

\$494 per person
double occupancy

\$75 Deposit Due at Registration
Final Payment Due by November 9

Sign up NOW at the front desk.

Happy Fourth of July

I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him. ~Abraham Lincoln

Walking Saints

Hit the Trails for

Big Adventures

Right Here

in Murfreesboro

Do you want to start an exercise program but don't know how to begin? Do you love fresh air and sunshine but are not sure where to go and enjoy? St. Clair Street Senior Center's Walking Saints may be the answer you've been looking for!

The Walking Saints are a group of Center folks that get together two times a week to walk on the Murfreesboro Greenway. Beginning in July, the Saints will be walking at 7:00 a.m. to avoid the heat of the Tennessee summer. Every Monday, they gather at the Old Fort Park Greenway Trailhead. On Wednesdays, their walk begins at the Thompson Lane Greenway Trailhead. Come and join them for a fun way to get fit! Leonard Johnson is the facilitator of these intrepid trekkers!

See Lisa Foster, Program Director, for more information.



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

Traveling Classroom Comes to St. Clair

Participants really enjoyed the first presentation by The Hermitage. Two more presentations are left in this series brought to you by the Traveling Classroom offered by The Hermitage, home of President Andrew Jackson. We will tell you about the one in July. The presentation is from 9:30-11:00 a.m. You don't have to travel anywhere exotic, just sign up, pay \$2 and come to the senior center to learn some interesting facts about CHOCOLATE!

On Thursday, July 30th "The History of Chocolate" is the topic. Participants will see how chocolate is made from the cocoa bean, do some hands on demonstrations and learn interesting facts. At the end of the seminar, you will be able to taste hot chocolate. This is a very unique seminar. You may sign up for this class now. Watch future newsletters for the final presentation.



Stained Glass Class Welcomes Beginners Always

If you have never taken our Stained Glass Class, we have a few openings in the Tuesday class to accommodate beginners. Stained Glass is taught by Fiona Dowd who studied Stained Glass Art from the University of Dublin in Ireland. This class meets on Tuesdays from 9:00 a.m.-12:00 noon with a fee of \$30 per student for the month. Supplies are provided for a simple first project. After this project, students are asked to bring their own supplies. Fiona can help you with the list. See samples of stained glass artwork below!

Stained Glass Artwork



Bee Hive project by Lee Mockrin.

Money, Money, Money

Banking 101 is scheduled for July 20 from 9:30-10:30 a.m. We welcome Karen McMahon, Vice President of F&M Bank, as our speaker. Karen is giving a refresher course on general banking. Topics covered are: accounts you need, accounts you do not need, online banking, safe use of credit cards, debit cards vs credit cards and much more. We are excited to bring you important banking information from our local banks. Sign up is requested.

Calling All Artists

Art Show September 3rd & 4th

Not only are St. Clair's multi-talented artists displaying their art in the City Hall Rotunda in September, but our Center Art Show is taking place as well. The Art Show in the Senior Center is from 9:00 a.m.-3:00 p.m. on Thursday and Friday September 3rd & 4th in the Multipurpose Room. All forms of art are acceptable. Please bring art that has never been displayed in our senior center show in the past. We need room monitors while the art is being displayed. You may sign up to be a room monitor at time of registration. Set up is Wednesday, September 2nd from 1:00-4:00 p.m. Tear down is Friday September 4th at 3:00 p.m. Artists who wish to participate in the Senior Center Art Show must sign up with Brenda Kiskis Elliott no later than August 24th.

PROGRAMMING

Senior Learning Network: “The Dangers in National Parks”

St. Clair Street Senior Center has been featuring videoconferences from the Senior Learning Network. We want you to know more about what the Network is and what they do. The following is from the Senior Learning Network website. “The Senior Learning Network (SLN) recognizes the continuous learning needs of retired citizen by developing educational programming designed specifically for this age group. It recognizes the importance of learning to the healthy maintenance of the brain and that learning should be expansive and interactive.”

Each year 7000 boomers will turn 65 every single day for the next 10 years. Life expectancy is presently 85.2. Retirees will need multiple opportunities for lifelong learning and social interaction. SLN helps fill the need for lifelong learning for seniors. The Network brings remarkable people and programs right into the Center. We can visit behind the scenes of the ballet and talk to dancers about their current performance or career; talk to the National Archives on research in genealogy; interact with authors to discuss their books and writing style; learn from scientists why they are trying to replicate spider silk---Anything we can imagine can be brought to us! These programs come to us directly over the Internet. We can talk to presenters live, in real time!

This month we have a very special program coming to us “**The Dangers in National Parks**”. Explore some of the most beautiful places in the world, as well as some of the most deadly—America’s National Parks. Although most visitors recognize the inherent dangers in exploring their parks, a good number are ignorant of the potential life threatening situations that can occur when you go on vacation and forget to pack your common sense. David is a twenty year veteran of the National Park Service and he will share stories and images from some of the awe-inspiring places he has worked. The program will highlight Grand Canyon, Arches, Joshua Tree and Canyonlands National Parks and touch on many of the other parks in the system/ Presented by National Park Service Ranger Dave Smith from Brown v. Board of Education National Historic Site.

Wii Bowling

Well, the St. Clair Wii Bowling League has finished their spring season and that means bowling free time! If you’re interested in finding out what Wii bowling is, come on down to the lower dining room on Fridays at 12:30 p.m. We’re bowling just for fun...no league play at all! Whether you’re interested in joining the fall league play or you’re just wanting to learn to bowl and have some Friday afternoon fun... all are welcome! Don’t worry if you’ve never played on a Wii before. Our experienced bowlers are looking forward to teaching you how to bowl those spares and strikes!



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

POOL ROOM NEWS!

Coed • 5-11-15

- 1st Larry Thrasher & Linda Sellars
- 2nd Jerry Taylor & Teresa Rains
- 3rd Laird Weishahn & Aki Dean

Women’s • 5-18-15

- 1st Aki Dean
- 2nd Linda Sellars
- 3rd Eileen Grant

Men’s • 5-19-15

- 1st Ed Pater
- 2nd Tom Michal
- 3rd Charlie Phelps

A LOT GOING ON HERE!

Line Dance Warm-up

We've added Line Dance Warm-up from 1:15-2:00 p.m. to the schedule on Tuesdays that Intermediate Line Dance takes place. Line Dance Warm-up is not a teaching time. It is a time for more advanced dancers to warm up and practice more intricate dances they've learned. You are welcome to attend both, however the Intermediate class begins at 2:00 p.m. Tom Robeson will begin at 2:00 with an Electric Slide to get the Intermediate Line Dance class started. When you scan into My Senior Center, select "Intermediate Line Dance" for either/ or both classes. You only need to make one selection. Thank you to Tom Robeson and his helpers for giving us these dance opportunities.

St. Clair Kayaks on the Stones River



Looks Like Fun!



Thanks Nate & the MPRD Crew!



Connie Rigsby, Shari Johnson & Leonard Johnson.



Plan to Come With Us Next Time!

AARP Meeting July 10 at 10:00 a.m.

Learn about Murfreesboro Electric Department's two new programs. The eScore program is an exciting new program developed through a partnership between Tennessee Valley Authority (TVA) and Murfreesboro Electric Department. eScore provides homeowners with a simple way to make existing homes as energy-efficient as possible. This program provides homeowners with a clear path to make their home a 10- it's most energy efficient. The program also increases home comfort and saves you money.

Our new SmartHub app provides convenient account access and two-way communication to Murfreesboro Electric online or via your mobile device. Manage payment, notify customer service of account and service issues, check your usage and receive special messaging from us all at the touch of a button. SmartHub is available on Android and iOS smartphones and tablets as well as on the web.

Murfreesboro Electric is also concern for the safety and security of our customers. In recent years Scammers have been targeting utility customers. Learn the tips to protect yourself from these types of Scams. Speaking on the above topics will be Amy Wells Byers, Marketing Director for MED. Amy was born and raised in Murfreesboro, TN. She graduated from Oakland High School in 1987 and then pursued a degree in Mass Communications from Middle Tennessee State University, where her father was a professor. She began her working career in 1986 at Harvey's Department Store. In 1988, she began working part-time at Murfreesboro Electric Department. After graduation from MTSU in 1992, she transitioned to working full time as an Engineering Assistant for Murfreesboro Electric. As Amy learned and became more aware of the utility's functions, it became apparent to her that MED could enhance its operations and image with a more concerted effort in marketing. In 1995, she presented the Power Board of Directors a Marking Plan for the utility. Her research and ideas resulted in the creation of a marketing department with Amy as its first Director of Marketing.

Make plans to attend this informative meeting on July 10 and find out how the MED can help you be more energy efficient.

IT'S GOOD TO KNOW

“The Gardener’s Corner”

Now is the time to purchase fall blooming perennials for this year’s garden such as anemone, hardy sunflowers, goldenrod, sedums, and toad lily. There usually are some fantastic sales on unsold perennials in July and August which can beautify your garden this year and next. Take advantage of price cuts and shop early for the best selection. Again, be sure to water these plants well until they become established in your garden.

Prune hydrangeas right after bloom if you need to cut them back. Flower buds are formed in late summer and early fall, so late fall and winter pruning removes the buds and eliminates next year’s flowers.

Harvest vegetables regularly from your garden to keep it productive. Letting squash get as big as baseball bats will cause production to go down. Harvest all vegetables at their peak of maturity for maximum nutrition and quality.

By Jack Smith, Certified Master Gardener

If your garden is overflowing with zucchini and cucumbers and you have made all the pickles you can stand, consider taking your extra produce to your local food pantry or Second Harvest for them to distribute to the needy.

Begin preparing for the fall garden in July. That’s right, it may seem odd to start a fall garden in the summertime, but you need to get plants started in time for harvest before the first freeze. In late July or August set out broccoli, cabbage, and cauliflower transplants also, seed lettuce, collards, kale and spinach.

July is a good time to buy crapemyrtles. They are in flower now, so you can be sure to get the flower color you want. Crapemyrtles should not be fertilized after mid-July to allow them to properly harden off by fall.

Recycle your bath, or dish water by using it on trees, shrubs, ground covers, and flowers.

Pin Action

WOW! What a great time we all enjoyed with the Wii Spring Bowling League. The session ended June 5 with our potluck banquet, the awarding of trophies and door prizes.

The first place trophy went to the “G” team. Wanda Tipton, captain, Diann VanTrease, Tom Hand, and Lynda Eaker. Note: Tom and Lynda were new to the League - way to go!

The second place trophy went to the “A” team. Lorraine Hall, captain, Betty Sutton, Steve Sewell, and Maureen Mackey. They had a final roll off with the “B” team to capture the trophy.

High average went to Wanda Tipton - 233, our 300 bowlers captured high game, Reather Arnold and Tom Hand. There was special recognition for Ron Capps, who is no longer able to bowl with us. He bowled thirty-five 300 games during league play with the Wii bowlers. Great work, Ron!

by Clara Courtney, St. Clair Senior Center Volunteer

Our bowlers produced four games in the 290’s, two games in the 280’s, seven games in the 270’s, ten games in the 260’s, and nineteen games in the 250’s. Many were first time players, so there is always opportunity for everyone to learn to bowl and to join in the fellowship.

Thanks to everyone who worked so hard to make the Spring Wii League fun and competitive. Bobbie Cunningham has resigned from her position as head of the Wii Bowling League. Her efforts will be greatly missed by all.

Open Wii bowling will continue for the summer months each Friday afternoon at 12:30 p.m. Join the group and try your skills at Wii bowling. Someone will be available to teach you how to play and maybe, you could be our next 300 bowler. Enjoy coffee, snacks and the special friendship of team play.

Have a wonderful summer.

Til next time - watch the “pin action!”

JULY 2015



PRSRT STD
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Permit No. 781

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

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

Visit us on the web at
www.murfreesborotn.gov/seniorcenter

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

MCHRA TRANSPORTATION
615-890-2677



DONATIONS & STAFF

DONATIONS for MAY 2015

Bingo \$ 38.38
Quilting \$ 00.00
Popcorn \$ 18.49
Coffee \$ 63.17

Donations: Evelyn Burns, Pyong Cahill,
Sheila Egan, St. Rose Bridge Group.

Ken Peacock *in memory of*
CHARLES PARTIN

THANKS FOR ALL OF YOUR DONATIONS TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

Center Director Connie Rigsby	Department Coordinator Diane Smith	Custodial Support T.J. Key Kerry Young
Administrative Secretary Kim Harding Todd	Secretary/Receptionist Sarah Beckman	Care Director Dee Brown
Program Directors Brenda Kiskis Elliott Lisa S. Foster	Adult Day Service Director Amanda Pullias	ADS Activity Assistants Randy Huffman Kathy Herod
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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