

April 2016

April is Volunteer Appreciation Month

In celebration, we are hosting our **Volunteer Luncheon** in April to show our appreciation to our 2015 volunteers who helped to make our programs a great success. In 2015 our volunteers donated a total of **9,984** hours of their time which is the most precious gift a person can give.

Thank you for the privilege of working with each and every one of you. Carol Ransom



PRODUCTION **St. Clair Senior Center's**
Volunteer Appreciation Luncheon

SCENE **"You're a STAR!"**

DATE **April 22 • 11:00 a.m.-1:00 p.m.**

DRESS TO IMPRESS!	RESERVE YOUR SPOT before all the tables are filled.	615-848-2550
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Connie C. Rigsby
Center Director
Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

I recently read this article on the National Council of Aging site called “What you don’t know about your Local Senior Center” and wanted to share.

What do you think of when someone says the words senior center? Do you picture older people (much older than you, of course) sitting around playing bingo and shuffleboard? Eating bland meals while a television is blaring?

Time to update your vision! Senior centers are not what they used to be. Today’s senior center is a vibrant, action-packed combination of fitness center, volunteering headquarter, social services hub, and tasty dining locale.

Here are some things you might discover: Research shows that compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

Senior centers don’t just offer card games. Sure, cards are available (and fun and challenging). But most se-

Beginning Quilting Class

This is a BASIC BEGINNERS CLASS. On Wednesday, April 6, 13, 20, and 27 from 1:00-3:00 p.m. Beginner quilters are welcome to sign up. Class is \$20 per person. Get some hands-on experience in quilting! This Hand Quilting Class teaches the basics of quilting to the beginning student. There will be four two-hour sessions. The students will work on a small quilt project. On the first day of class, you will be given a supply list for the next class. Instructor is Rosemary Sadler with volunteers Judy Merrill and Diane Parker.



nior centers offer far more than that—everything from trips and special events to fine arts and crafts, music and dance, lifelong learning, and fitness and health programs. Senior centers are a great place to find work and volunteering opportunities.

Senior centers are also a great place to get healthy. Health and fitness are where senior centers have really expanded in recent years. In addition to traditional programs like aerobics, Zumba, yoga, and Tai Chi, many senior centers now offer evidence-based health programs that have been scientifically proven to make people healthier.

One example is A Matter of Balance, a program that gives people practical tips to reduce the fear of falling. Another is the Chronic Disease Self-Management Program, which helps people with conditions like diabetes, heart disease, and arthritis learn how to reduce their symptoms, eat well, and communicate with their doctors.

Join us in April for all the activities we have planned. The staff joins me in sending out a special thank you to all our Volunteers at St. Clair, Happy Volunteer Appreciation Day, April 22, 2016.

Your Director, Connie C. Rigsby

COMING IN MAY
Senior Health & Fitness Day
Are you ready?

BINGO AT ST. CLAIR *No registration required. Donations accepted.*

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

TUESDAY	04/05	Bingo with Aid and Assist at Home
THURSDAY	04/07	Bingo CANCELLED
TUESDAY	04/12	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	04/14	Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
TUESDAY	04/19	Bingo with Creekside Assisted Living
THURSDAY	04/21	Bingo with Diversicare of Smyrna
TUESDAY	04/26	Bingo with Willowbrook Home Health & Hospice
THURSDAY	04/28	Bingo with At Home Health Care

PROGRAMMING



CERTIFIED BACKYARD WILDLIFE HABITAT

This program is brought to you by Polly Rooker, Biologist 2 of the Tennessee Wildlife Resources Agency on Monday, April 18th from 9:00-11:00 a.m. Whether you have an apartment balcony or a 20-acre farm, you can create a garden that attracts beautiful wildlife and helps restore habitat in commercial and residential areas. By providing food, water, cover and a place for wildlife to raise their young you not only help wildlife, but you also qualify to become an official Certified Wildlife Habitat®. Learn the hows and whys of having a Backyard Wildlife Habitat in your own backyard! Sign up is requested.



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



MEET A MERCHANT MARINE

We think the men might be especially interested in this seminar!

Find out more about the life of a Merchant Marine by attending this educational seminar on Thursday, April 7 from 9:30-11:00 a.m. John Dentino is a husband, a father of three and a Merchant Marine. He resides in Murfreesboro, TN yet his job is on the sea. John is Chief Engineer of the Steam Tanker, the Chemical Pioneer. John also serves as Chief Engineer of the General Jackson in Nashville. Mr. Dentino definitely does not have a traditional 8:00 a.m.-5:00 p.m. Monday through Friday job! What are the duties of Chief Engineer of a huge ship? What is his working day like? How long is he at sea? How does he juggle family and being at

sea? Where do his travels take him? What cargo does the Chemical Pioneer transport?

The Chemical Pioneer actually has a great history. On May 30, 1973 The Sea Witch, a container ship which operated in the Atlantic trades for five years, caught fire after it was involved in a serious collision with an oil tanker in lower New York Harbor. The Sea Witch was removed from active service and dry docked for 8 years. She was cut in two pieces. Her still-operational stern and machinery spaces were rebuilt and attached to a newbuild chemical tanker Chemical Discoverer which sails today as the Chemical Pioneer. We appreciate Mr. Dentino taking time to visit us while he is on shore!



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

A NOTE FROM CHEF RUSS

Cooking Tex-Mex with Chef Russ

We will be exploring a delicious and easy Tex-Mex meal on Saturday, May 21. Being versatile in what we cook and serve, to me, makes eating more enjoyable. This class is for the beginner cook or the expert, and will show a healthier way to prepare a Tex-Mex meal using authentic ingredients and flavors of Texas. I grew up in Texas, and haven't really found good Tex-Mex food wherever I have lived over the past 20 years. I really enjoy making this type of cuisine.

Now it's time for me to share this exciting style of food with you.

What I want you to get out of this class is the knowledge to make a different type of cuisine and enjoy doing it. Try new flavor combinations and see different cooking methods. There are many different techniques and equipment that I will use that should be interesting to see.

We will be making: Shrimp & Avocado Salad • Shiner Bock Borracho Beans • Tex-Mex Rice • Brisket Enchiladas with a Rojo Sauce • Fried Ice Cream

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator



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

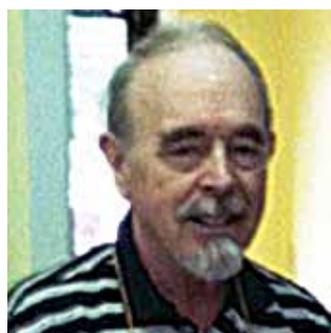
Life has been busy in the Adult Day Service. We enjoyed a few moments of warmth and sunshine in March and talked of gardening. We celebrated birthdays and we sent our friend Betty Mims off with a farewell party as she relocates to Texas. Of course we had yellow roses for her!

We attended the St. Patrick's Day party in the center. We enjoyed Good Friday and Easter activities such as dyeing eggs and an Easter bonnet making contest.

April is a month in which we celebrate our wonderful volunteers at St. Clair Street Senior Center and ADS does not want to miss an opportunity to acknowledge and thank our volunteers. These people enrich our lives. As a tribute to our ADS volunteers we will highlight the service of a volunteer each month in the ADS portion of the LEAF. This month we feature **Scott Daniel**. Scott Daniel, retired attorney, has been coming weekly to the ADS since 2006 to share his wonderful and varied music



Reba receives her ADS Oscar award at the OSCARS party.



collection with our participants. His focus is on “pre-seventies” music and our participants enjoy exercising their memories through recall of the songs he plays. Scott tries to identify the music taste of our participants and has something for everyone in his

music case.

Scott says he “grew up on music”. His mother played by ear and the family sang.

His brother studied opera, but Scott

especially liked country music. “I started collecting 45s when I was 12, with such artists as Teresa Brewer, Hank Williams, Bing Crosby, Mario Lanza and Dean Martin....



ADS OSCARS party was complete with appetizers, awards, goodie bags and paparazzi!

I really love cowboy music...I eventually put my records on disk.” When asked how Scott started volunteering in ADS, he said “I was looking for something to do when I retired so I came to the center. They sent me to ADS and I thought they might enjoy some traditional music they didn't have. My mother-in-law was in a nursing home and I would go there and other places for a while, but this is where I come now.” We love and appreciate Scott, our kind, human juke box who brings his appreciation of music to us.

We look forward to featuring all of our individual ADS volunteers in future LEAF articles. The ADS staff and participants also thank the group facilitators who accommodate us as we observe line dancing, Singing Seniors, Seniors Acting Up, Karaoke and Jam Session. You truly enrich our lives and are a significant reason that LIFE IS GOOD in the ADS.

BEWARE OF IRS TAX SCAMS



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

The IRS continues to warn consumers to guard against scam phone calls from persons posing as IRS representatives to trick individuals out of their identity and money. Here are a few tips to help you guard against this danger: Scammers make unsolicited calls. These individuals call taxpayers claiming to be IRS officials. They demand that the person pay an overdue tax bill and send cash, usually through a prepaid debit card or wire transfer. They often leave “urgent” callback requests through phone “robo-calls”.

Callers try to scare their victims. Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the license of their victim if they don’t get the money.

Scammers use caller ID spoofing. They often alter caller ID to make it look like the IRS or another agency is calling. The callers use fake IRS titles and badge numbers to appear legitimate. They may have the victim’s name, address and other personal information to make the call sound official. They try new tricks all the time. Some scams provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use e-mails that contain a fake IRS document with a phone number or an email ad-

dress for a reply. These scams often use official IRS letterhead in e-mails or regular mail that they send to their victims.

Scams cost victims over \$23 million. The Treasury Inspector General for Tax Administration has received reports of about 736,000 scams contacts since October 2013. Nearly 4,550 victims have collectively paid over \$23 million as a result of the scam. These numbers only account for actual reports, so it’s impossible to know how many individuals are actually affected by this, but never make a report.

Just remember that the IRS will not call you and demand immediate payment of a tax debt, ask for a credit card number over the phone, or threaten to bring in police or other agencies to arrest you for not paying. If you don’t owe taxes, there is no reason to believe that you do!

If you receive one of these calls, hang up immediately and contact The Treasury Inspector General for Tax Administration (TIGTA) at 1-800-366-4484 to report this crime.

**SPRING & SUMMER:
THE SEASONS FOR CONS IN HOME REPAIRS**

AARP is warning older homeowners to beware of a specific home repair scam that targets elderly, disabled and those with diminished capacity. This group of scammers is called “Woodchucks” and the contact usually starts with a knock on the door and as the name implies, begins with an offer to trim trees. These individuals specifically look for older individuals-homes with wheelchair ramps, handicap placards on cars and neglected yards. Once they make contact with the person it is fairly easy to determine if they will make a good “target”. It may begin with trimming trees and progress to unneeded roof repair and more. The “Woodchucks” tend to hit the same homeowner over and over again, sometimes with devastating consequences, with losses in many thousands of dollars.

The best advice of course is to not engage in door-to-door solicitors and don’t give them work. But the fact is; the people that get victimized may not have the ability to understand the need for these precautions. It is important for friends, neighbors and family members to be the eyes and ears for these individuals to see that they do not fall victim to these scammers.

SCHEMING
CRAFTY
AGGRESSIVE
MALICIOUS

**DON'T LET THEM
CON YOU!**



By Carol Ransom
Administrative Support Specialist
Hours: Monday-Friday
8:30 a.m.-1:30 p.m.

VOLUNTEER CORNER APRIL 2016 **APRIL IS VOLUNTEER APPRECIATION MONTH**

In celebration, we are having our Volunteer Luncheon on Friday, April 22, 2016 from 11:00-1:00. Doors open at 10:45. This event is to show our appreciation to our 2015 volunteers who helped to make our programs a success. In 2015 our volunteers donated a total of 9,984 hours of their time which is the most precious gift a person can give. Many thanks to the volunteers who keep our plants alive, quilt to earn money for the center, make and serve refreshments, show a smiling face for event sign in's and so much more. Our luncheon theme this year is "You're a Star"! Thank you for the privilege of working with each and every one of you.



MCHRA MEALS ON WHEELS & SENIOR DINING **Launch Breakfast Program**

MCHRA Meals on Wheels and Senior Dining serves breakfast at the Center on Tuesdays and Thursdays at 8:30 a.m. in April. Sign up is required by calling Debbie Willis at 615-895-1870 or stopping by her office. Reservations must be made by 12:00 noon the day before you plan to eat with them. Please let her know if you are unable to attend. Menus are available in the dining room.



NEW VOLUNTEER ORIENTATION

9:30-10:30 a.m. in the Multipurpose room
Friday, April 29
Thursday, July 21
Thursday, October 20

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.

Memory Cafe meets in Murfreesboro at Through the Grapevine on the third Monday of each month from 2:00-3:00 p.m. and 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. 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. and 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 co-workers.

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 Dee Brown at 848-2550 ext. 2504 for more information.

Labor of Love Caregiver Support Group meets on the fourth Friday of each month at 12:00 n 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 ext. 2506 for more information. Please be sure to tell others who may benefit from this group. **(CANCELLED in April.)**

CARING FOR THE CAREGIVER

10 SPRINGTIME ACTIVITIES FOR SENIORS AND CAREGIVERS



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

Spring is a time of awakening and rejuvenation. Watching the earth re-new itself and bring forth flowers and greenery gives hope to all of us. It also gives us a reason to get outside!

Our elder loved ones need the chance to experience the joy that spring brings too. Can you imagine an elder who suffers from dementia or just old age stating “there is nothing I can do anymore but sit and watch the world go by?”

The following are a few activities that can easily be done by elders or ways that they can feel like a contributing member of the household.

1. Fill the bird feeders or feed the birds. I enjoy just watching the birds build their nest and raising little ones each year.
2. Water the plants. Sure we may get wet but watering is so rejuvenating and clothes can easily (usually) be changed.
3. Plant some seeds in pots for a windowsill or patio garden – dill,

basil, cilantro, lavender, parsley, mint, thyme, oregano, chives, marigolds, pansies are the easiest to grow.

4. Separate the spring bulbs into groups or place the bulbs right side up after the planting area has been prepared for them.
5. Help with spring cleaning by emptying out a closet. (Of course, you will be the one who puts the items back into place, but they can help by putting those items that are going to be donated into a box or bag.)
6. Go for a walk. It’s good all of us. Make a plan to increase your distance each week which gives you a great way to enjoy exercising for your health.
7. Watch the food network shows and write down recipes. This may help to jog your loved-one’s memory about an old recipe that they used to make, which can then be noted and kept for a family cook-

book.

8. Pull weeds, it gives them a sense of accomplishment as well as fresh air.
9. Deadhead flowers. Deadheading is the process of pinching off the spent blooms of flowers such as marigolds, geraniums, pansies, etc., so that they will produce more blooms.
10. Wash the tops of the patio tables and the seats of the chairs. Fluff the cushions.

Certainly, we don’t want to over-work our elderly loved ones, but by participating in family chores, they will feel that they are contributing and will ultimately feel better about themselves.

Have a wonderful Spring! Cindi

SPRING WORD SEARCH

B S D Z P P I S R K L T I X N
 D R B N T N T Y C K R Z K Y J
 N E E H V I B U D S A E H A T
 I W E T B A B Y A N I M A L S
 W O S A E R I F I S N F V J C
 J L W O Q D U U S N B P I C H
 S F S C H A N M R E O P R C I
 E Q U N T F H B R E W O A J C
 T C N I U F C R Y Z G M R W K
 I F S A L O H E D I C T E C S
 K S H R I D M L V N U Z T X U
 L A I R P I W L X G A U S C E
 O T N A S L F A E X G K A N X
 Q X E T X S S A R G N E E R G
 E S P R I N G V W S E E R T U

Find the following words in the puzzle.

Happy Spring!

- | | |
|--------------|----------|
| BABY ANIMALS | TREES |
| BUDS | TULIPS |
| CHICKS | UMBRELLA |
| DAFFODILS | WIND |
| EASTER | FLOWERS |
| GREENGRASS | HAT |
| KITES | RAIN |
| RAINBOW | RAINCOAT |
| SNEEZING | SPRING |

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.



Memory Café in Murfreesboro-

3rd Monday of each month
2:00-3:00 P.M. @

Through the Grapevine Restaurant

630 Broadmor Blvd. Suite 190
Murfreesboro, TN 37129

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.

LUNCH & LEARN



The 3rd Thursday of each month
11:30 A.M. -1:00 P.M.

Programs during the lunch hour to help educate and inform participants about their environment, health subjects, financial planning and community resources.

Labor of Love Caregivers Support Group

The 4th Friday of each month
12:00noon -1:00 P.M.



The Caregivers Support Group is for relatives caring for the elderly with chronic illness & Alzheimer's disease

"SHARE THE CARE"

This support group is to provide emotional, educational, and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.



The 2nd Friday of each month @
12:00 noon

TAI CHI

Tai Chi class

is coming soon!

Look for sign up & details in the **May LEAF!**



GRIEF SUPPORT



St. Clair Street Senior Center

10:00 -11:30 A.M. 3rd Friday of each month

Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment.

Death/Marriage/Divorce/Retirement/Health/Work /Living Conditions/Financial state/Relationship w/ family, friends, co-workers

NURSE LAURA SAYS

HUMOR FOR YOUR HEALTH

Hello, my name is Tarajah Screen, I'm 22 years old and I'm a senior at Middle Tennessee State University. I'm from Memphis, TN. My major is Community in Public Health. Some of my hobbies are shopping, going to the movies, bowling...I'm very adventurous. I have been interning at St. Clair Senior Center since January and my plan after graduation is to work at the Health Department or hospital to work with kids and also do a lot of traveling. Humor to me means to enjoy life to the fullest and live every moment. Here's a favorite joke of mine:

I was out walking with my 4-year-old granddaughter. She picked up something off the ground and started to put it in her mouth.

I took the item away from her and I asked her not to do that.

"Why?" My granddaughter asked.

"Because it's been on the ground. You don't know where it's been, it's dirty, and probably has germs," I replied.

At this point, my granddaughter looked at me with total admiration and asked, "Grandma, how do you know all this stuff? You are so smart."

I was thinking quickly, "All Grandmas know this stuff. It's on the Grandma Test. You have to know it, or they don't let you be a Grandma."

We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information.

"Oh...I get it!" She beamed, "So if you don't pass the test, you have to be the Grandpa."

"Exactly," I replied.

Are you stressed out? Unable to relax? Feeling gloomy? Well, you might consider going for a long and exhausting jog, or reading a book to work out those frustrations. Or, if you want more immediate results, you can just laugh it off!

April is National Humor Month. Many studies have shown that laughter can improve your health. It boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body's tissues. Our facial muscles stretch and we actually burn calories when we're laughing.

Laughter Reduces Stress: When stressed, we produce a hormone called cortisol. Laughter can significantly reduce

cortisol levels.

Laughter Can Reduce Pain:

Laughter causes us to produce endorphins, which are natural, pain-killing hormones.

Laughter Strengthens the Immune System:

A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection-fighting antibodies.

Laughter Helps the Heart:

When we laugh we increase blood flow

and the function of blood vessels, which can help prevent cardiovascular problems.

Laughter Relaxes the Whole Body: One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.

Laughter Helps You Recharge: By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

And just like yawning, laughter can be contagious! **OLD FRIENDS**

Two elderly ladies had been friends for many decades. Over the years, they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day, they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time, but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said, "How soon do you need to know?"

JUST WHAT THE DOCTOR ORDERED

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur; be careful.'"



Laura Grissom, LPN
Nurse

Hours: Monday-Friday
9:15 a.m.-2:15 p.m.

ASK THE DOCTOR x 2 IN APRIL

Stem Cell Treatments

Wednesday, April 6 • 10:00 a.m.

Dr. Charles Spencer has partnered with Stem Cell Institute of America to offer treatment for conditions caused by injury or degeneration, including arthritis. Sign up for this class to learn about the latest technology that uses stem cells to provide relief for many, including those with knee, shoulder, hip or back pain. Dr. Spencer will be here Wednesday, April 6 at 10:00. There is a limit of 40 so sign up by Monday, April 4.

Two Podiatrists at Once

Wednesday, April 20 • 11:00 a.m.

If your dogs are barking, come and learn from two experts on feet! Dr. Melvin Williams and Dr. Michael Baker are coming to educate us on foot health, including issues seniors deal with as well as footwear and how it affects your feet and your body. This class will be on Wednesday, April 20, 11:00-12:00 (it will be worth being a little late for lunch) and has a limit of 40. Please sign up by Friday, April 15.

DID YOU KNOW? The most well-established and widely used stem cell treatment is the transplantation of blood stem cells to treat diseases and conditions of the blood and immune system, or to restore the blood system after treatments for specific cancers.

GO 4 LIFE: Fit Exercise & Activity Into Your Daily Life!

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. or Wednesdays and Fridays from 9:15– 10:15 a.m. in the exercise room and improve your health! There is no fee for this class, just speak with the nurse if you are interested.



Blood Pressure Clinic

Do you realize high blood pressure is a leading cause of heart disease and stroke? The blood pressure clinic is every Monday from 9:30 a.m. until 11:30 a.m. in the nurse’s station. We have wonderful healthcare 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, **SPRING** into the nurse’s station and start this Monday!

PHARMACY CONSULTATIONS

Brown Bag Your Meds

Monday, April 25

If you have questions about your medications, this is a perfect opportunity for a one-on-one with a pharmacist to get those questions answered.

We will have two pharmacists from Walmart to go over what you are taking (including over the counter meds and vitamins) and how they may affect you and/or interact with each other. Each person who signs up will be given a 15 minute slot to talk with the pharmacist. Bring ALL of your items in their original containers. They will be here from 10:00-11:30 a.m. so we have 12 slots available. Sign up by Thursday, April 21.

Tennessee Technology Center Field Trip

On the second Wednesday of each month we take a trip to the TN Technology Center for nonmedical nail care and hair care for our seniors. April’s trip is Wednesday, April 13. There is an annual fee of \$5 due on your first trip and fees for services are: shampoo/set: \$5; hair cut: \$5; nails: \$5. We leave the center at 9:30 a.m. be here at 9:00 a.m. If you would rather go on your own or on another day, you can call 615-898-8010 ext. 118 to make an appointment. If you want to have more than two services done, you will need to go on your own due to time constraints. Sign up at the reception desk by Friday, April 8 and let us know if you use a wheelchair. There is a limit of 10.

FEET FACT

When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight. Wow!

REGULAR EVENTS

CARDS: PINOCHLE, CANASTA, SPADES, UNO, SKIP BO, ROBESON BRIDGE, HEARTS, SPADES are played every day, all the time, in some shape or form. Usually it's just a group of people getting together and playing. Some games have scheduled times. If you are interested, stop by the card room, introduce yourself and ask about joining the fun! **CERAMICS WITH JO ANN** Meets on Wednesdays at 12:00 n. The Ceramics class is taught by Jo Ann Shreve.

CHICKEN FOOT (DOMINOES) Meets Mondays, Wednesdays & Fridays at 8:15 a.m. and on Tuesdays & Thursdays at 12:30 p.m. Stop by and introduce yourself and start playing.

"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!

CROCHET GROUP Meets Tuesdays from 12:00-3:00 p.m. Bring your yarn and hooks and join this new way of crocheting.

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.

KNIT GROUP Meets Tuesdays & Fridays from 10:00 a.m.-12:00 N. Bring your yarn and needles and join them for critiques, instruction and inspiration.

MURFREESBORO DUPLICATE BRIDGE Meets Mondays & Fridays at 9:45 a.m. If you are interested in playing stop by and introduce yourself & find out more.

OPEN PLAY for any kind is in the lower dining room on Fridays at 1:30 p.m.

PARTY BRIDGE Meets Thursdays at

HAPPY CLOWNS OF ST. CLAIR *Clown Alley 402 registered with Clowns of America International*

Friday, April 8 Clown Rehearsal from 1:00-3:00 p.m.

Friday, April 22 at 1:00 p.m. Clown Class and Rehearsal

Wednesday, April 27 at 9:30 a.m. depart for Community Care. Bring \$ for lunch. Return at 1:30 p.m.

If you are interested in joining our Clown Group feel free to attend the rehearsals or clown meeting/rehearsal.

Bump a Nose!

12:30 p.m. Stop by and introduce yourself for more information on this group.

PIANO FOR PLEASURE CLASSES Taught by Jane McNulty classes meet 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 per month.

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.

PUZZLE ROOM: Not much explanation needed. Puzzles are available to work any time the Center is open.

QUILTING AT ST. CLAIR Meets Tuesdays & Thursdays from 10:00 a.m.-2:00 p.m. This talented group quilts masterpieces. Stop by the quilt room for more information on joining or having a piece quilted.

SATURDAYS ST. CLAIR is open from 12:30-3:30 p.m. 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.

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 Lisa Foster, Program Coordinator.

SENIOR ARTISTS Meet on Wednesdays at 12:00 n. Welcoming all artists of any medium who enjoy creating while socializing with others. Each person brings in a project, painting, etc. from home. They often critique each other, if asked, and have fun creating beautiful art. Bring in your project and see what "Senior Artists" is all about.

STAINED GLASS WITH FIONA Meets on Tuesdays and Thursdays from 9:00 a.m.-12:00 noon. The instructor is Fiona Dowd whose degree is in Art. Class fee is \$30 (1 day a week) or \$60 (2 days a week) for each month. Beginning supplies are provided. Advanced projects may require additional purchases as requested by the instructor. Stained Glass is an ongoing class which means you may sign up and pay at any time prior to the 2:00 p.m. one day before the first class of the month deadline. Maximum class is 10 and minimum is 5. Class may be cancelled due to lack of students.

ST. CLAIR SINGING SENIORS Meet 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 Coordinator.

ST. ROSE BRIDGE Meets Thursdays at 9:00 a.m. Stop by and introduce yourself for more information on this group.

WII BOWLING LEAGUE meets on Tuesdays at 1:00 p.m. in the lower dining room.



APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>For a listing & brief description of Activities that happen on a regular routine at the Center, check out the Regular Events on page 11.</p> <p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14.</p>	<p>Labor of Love Caregiver Support Group is cancelled this month due to the Volunteer Luncheon.</p>	<p>Don't Forget!</p> <p>April 7</p> <p>Meet a Merchant Marine</p> <p>9:30 a.m.</p>
<p>4 DEADLINE 04/05 PASTEL PORTRAIT CLASS DEADLINE 04/06 ASK THE DOCTOR DEADLINE 04/06 PIECING & HAND QUILTING CLASS</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Creating Treasures with Eddie "Seed Tape and Plant Markers"</p> <p>10:00 a.m. In the Garden with Jack</p> <p>1:00 p.m. Singing Seniors</p>	<p>5 DEADLINE 04/07 MEET A MERCHANT MARINE</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Stepping On Fall Prevention Class</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Guitar Class</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Pastel Portrait Drawing Class</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Class</p>	<p>6</p> <p>10:00 a.m. Ask the Doctor</p> <p style="text-align: center;">"Stem Cell Treatments"</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Piecing & Hand Quilting Class</p> <p>1:00 p.m. Club Karaoke</p>
<p>11 DEADLINE 04/13 HATCH SHOW PRINT TRIP DEADLINE 04/14 SOUTHERN WOMENS SHOW DEADLINE 04/18 MARVELOUS MONDAYS</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>10:00 a.m. FCE Better Living Meeting</p> <p>1:00 p.m. Singing Seniors</p>	<p>12 DEADLINE 04/13 CRAFTING WITH SUSANNE DEADLINE 04/15 & 04/16 MYSTERY LUNCH TRIPS</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Stepping On Fall Prevention Class</p> <p>9:00 a.m. Piano Group 1</p> <p>9:30 a.m. New Participant Orientation</p> <p>10:00 a.m. Guitar Class</p> <p>10:00 a.m. Healing Arts Class</p> <p>10:15 a.m. Around the World Trip</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Pastel Portrait Drawing Class</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Class</p>	<p>13 DEADLINE 04/15 CREATING TREASURES CLASS DEADLINE 04/15 BILL SHACKLETT DEADLINE 04/20 ADVENTURES IN ART</p> <p>8:30 a.m. Hatch Show Print Trip</p> <p>8:30 a.m. RCCOA Board Meeting</p> <p>9:00 a.m. Crafting with Susanne: Jewelled Tree of Life Suncatcher</p> <p>9:30 a.m. Tennessee Technology Ctr Field Trip</p> <p>10:00 a.m. Program Committee Meeting</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Piecing & Hand Quilting Class</p> <p>1:00 p.m. Club Karaoke</p>
<p>18 DEADLINE 04/20 HARRAH'S CASINO DEADLINE 04/25 SALAD POTLUCK & GAMES</p> <p>8:30 a.m. Spring Beauty Trip to Natchez Trace</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:00 a.m. Backyard Certified Wildlife Habitat</p> <p>1:00 p.m. Marvelous Mondays with Susanne "Butterfly Terrarium"</p> <p>1:00 p.m. Singing Seniors</p> <p>3:30 p.m. Getting to Know Your iPad/iPhone</p>	<p>19 DEADLINE 04/21 CREATING TREASURES DEADLINE 04/21 FALL CREEK FALLS STATE PARK</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Stepping On Fall Prevention Class</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Guitar Class</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Pastel Portrait Drawing Class</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Class</p>	<p>20 DEADLINE 04/22 PAINT WITH LIZ DEADLINE 04/25 BROWN BAG YOUR MEDS</p> <p>7:50 a.m. Harrah's Casino Trip (leaves from City Hall Parking Garage Lower Level)</p> <p>9:00 a.m. Adventures in Art: Numbers Game</p> <p>11:00 a.m. Ask the Doctor "Footcare"</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Piecing & Hand Quilting Class</p> <p>1:00 p.m. Club Karaoke</p>
<p>25 DEADLINE 04/28 MIXED MEDIA CLASS</p> <p>8:30 a.m. Center Commission Meeting</p> <p>9:00 a.m. Creating Treasures with Eddie: Rock Scrabble & Character Rocks</p> <p>10:00 a.m. Brown Bag Your Meds Pharmacist Consultations</p> <p>11:00 a.m. Art Institute Nashville Courses Restaurant Trip</p> <p>12:30 p.m. Singing Seniors Spring Concert</p> <p>3:30 p.m. Getting to Know Your iPad/iPhone</p> <p>4:30 p.m. Salad Potluck and Games</p>	<p>26 DEADLINE 04/27 CRAFTING WITH SUSANNE DEADLINE 04/28 CLUTTER VS TREASURE</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Stepping On Fall Prevention Class</p> <p>9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Guitar Class</p> <p>10:50 a.m. Lunch 495 Enchilada Tuesday Trip</p> <p>11:00 a.m. Piano Group 2</p> <p>12:30 p.m. CCRC Visitation</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Pastel Portrait Drawing Class</p> <p>1:00 p.m. National Senior League Wii Bowling</p> <p>2:15 p.m. Conversational Spanish Class</p>	<p>27 DEADLINE 04/30 SATURDAY ADVENTURE</p> <p>9:00 a.m. Crafting with Susanne: Button Blossom Tree</p> <p>9:30 a.m. Clowns to Community Care</p> <p>10:00 a.m. Christian Brothers Auto Maintenance Seminar</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Piecing & Hand Quilting Class</p> <p>1:00 p.m. Club Karaoke</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3.</p>	<p>1 Happy April Fools Day!</p> <p>10:00 a.m. Mule Day Trip</p>	<p>2</p> <p>12:30 p.m. Center Open</p> <p>1:00 p.m. Faux Chenille Scarf Class</p> <p>3</p>
<p>7 DEADLINE 04/09 CHERRY BLOSSOM FESTIVAL TRIP</p> <p>NO STAINED GLASS CLASS TODAY</p> <p>9:30 a.m. Meet a Merchant Marine</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>8 DEADLINE 04/12 AROUND THE WORLD TRIP</p> <p>DEADLINE 04/13 TN TECHNOLOGY CTR</p> <p>9:00 a.m. AARP Board Meeting</p> <p>10:00 a.m. AARP Meeting</p> <p>12:00 n Share the Care Alzheimer's Support Group</p> <p>1:00 p.m. Happy Clown Rehearsal</p> <p>1:00 p.m. Paper Magic with Jean: Card Making</p> <p>2:00 p.m. Beginning Calligraphy</p> <p>5:00 p.m. Senior Acting Up present</p> <p>"Wild Teens of Possum Trot"</p>	<p>9</p> <p>10:15 a.m. Cherry Blossom Festival Trip</p> <p>12:00 n Senior Acting Up present</p> <p>"Wild Teens of Possum Trot"</p> <p>12:30 p.m. Center Open</p> <p>10</p> <p>On this date in 1866 the ASPCA was founded.</p>
<p>14 DEADLINE 04/15 PAPER MAGIC WITH JEAN</p> <p>DEADLINE 04/18 & 25 IPAD/IPHONE CLASS</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Southern Women's Show</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>11:30 a.m. Lunch and Learn</p> <p>"Alzheimer's Updates from Washington D. C."</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p> <p>2:00 p.m. Senior Learning Network presents</p> <p>"Eleanor Roosevelt: Her Life and Legacy"</p>	<p>15 DEADLINE 04/18 SPRING BEAUTY TRIP</p> <p>DEADLINE 04/20 ASK THE DOCTOR</p> <p>DEADLINE 05/04 NASHVILLE SOUNDS</p> <p>9:00 a.m. Creating Treasures with Eddie: Inspiring Word Wall Hanging</p> <p>10:00 a.m. Grief Relief Support Group</p> <p>10:00 a.m. Bill Shacklett presents</p> <p>"A History of Murfreesboro in Photos"</p> <p>11:30 a.m. Mystery Lunch</p> <p>1:00 p.m. Paper Magic with Jean: Card Making</p> <p>2:00 p.m. Beginning Calligraphy</p> <p>5:00 p.m. Senior Acting Up present</p> <p>"Wild Teens of Possum Trot"</p>	<p>16</p> <p>11:30 a.m. Mystery Lunch</p> <p>12:30 p.m. Center Open</p> <p>1:30 p.m. Parkinson Support Group</p> <p>17</p> <p>National Ellis Island Family History Day</p>
<p>21 DEADLINE 04/23 COUNTRY LIVING FAIR TRIP</p> <p>DEADLINE 04/23 CORNBREAD FESTIVAL TRIP</p> <p>DEADLINE 04/25 CREATING TREASURES</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Creating Treasures with Eddie: Wooden Sign</p> <p>9:30 a.m. Fall Creek Falls State Park Trip</p> <p>10:00 a.m. Lunchtime Trivia</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>22 DEADLINE 04/25 ART INSTITUTE N'VILLE</p> <p>DEADLINE 04/26 LUNCH 495 TRIP</p> <p>9:00 a.m. Paint with Liz: Through the Trees</p> <p>11:00 a.m. Volunteer Appreciation Luncheon</p> <p>"You're a Star"</p> <p>1:00 p.m. Happy Clown Class</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>23</p> <p>9:00 a.m. Lodge Cast Iron Cornbread Festival Trip</p> <p>9:30 a.m. Country Living Magazine presents</p> <p>A Country Living Fair</p> <p>12:30 p.m. Center Open</p> <p>24</p> <p>Happy Birthday to Barbara Streisand</p> <p>who was born on this date in 1942.</p>
<p>28 DEADLINE 04/30 ST. JUDE MARATHON</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Clutter vs Treasure Seminar</p> <p>9:00 a.m. Mixed Media Class: Purple Alum</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>29</p> <p>9:30 a.m. New Volunteer Orientation</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>30</p> <p>5:30 a.m. St. Jude Marathon Trip</p> <p>9:00 a.m. Saturday Adventure: Stones River Battlefield</p> <p>12:30 p.m. Center Open</p> <p>7:00 p.m. COUNTRY DANCE with Rode West Band</p> <p>Doors open at 6:15 p.m. \$5 at the door.</p> <p>Bob Levy from Premier World Travel will be making a special presentation at the center on Tuesday, May 17 at 2:00. Mark your calendars for this special event.</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>8:00 a.m. Walking Saints at Old Fort Park Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. Zumba® Gold</p> <p>10:30 a.m. Beginning Tap</p> <p>11:20 a.m. Intermediate Tap</p> <p>12:30-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice/Judy <u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>11:30 a.m.-1:00 p.m. Open Gym</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia <u>UPPER DINING ROOM</u></p> <p>1:15 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 Lane Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Beginner/Intermediate Line Dance</p> <p style="text-align: center;">Check bulletin board behind reception desk for any daily changes!</p>	
THURSDAYS	FRIDAYS	SATURDAYS	PLEASE READ!
<p><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>11:30 a.m.-1:00 p.m. Open Gym</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia</p>	<p><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Gentle Fitness with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym <u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p>	<p>Classes with a monthly fee are GREEN.</p> <p>Classes are NOT prorated.</p> <p>Classes with a NO fee are BLUE.</p> <hr/> <p>Go4Life 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 & GENTLE FITNESS with MARK
Senior Fit and Gentle Fitness with Mark, a personal trainer, emphasize gentle aerobic work and hand weights. Join Mark for a great way to stay in shape! Gentle Fitness is \$10 a month.

YOGA WITH DOT

The fee is \$15 per month. Two classes are offered. 25 students per class. First come, first served. 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-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 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 con-

sists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and sitting positions.

DANCERCISE: Get up & get moving! This advanced 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

WALKING SAINTS

The Walking Saints meet Mondays and Wednesdays at 8:00 a.m. If anyone is interested in walking on the Greenway with folks from the Center, please see Lisa Foster, Program Coordinator.

PROGRAMMING

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>SATURDAY APRIL 2 1:00-3:00 p.m. Min 5/Max 8 Deadline 03/29</p>	<p>THIS CLASS IS FULL. WAIT LIST IS AVAILABLE FAUX CHENILLE SCARF CLASS This is a demonstration on how to make a faux chenille scarf from cotton, homespun or rayon material. Brenda Elliott is the instructor. This project is a fun one to do if you do not know how to knit or crochet.</p>	
<p>MONDAY APRIL 4 10:00-11:15 a.m.</p>	<p>IN THE GARDEN WITH JACK "What in Your Yard Can You Eat?"</p>	
<p>WEDNESDAY APRIL 6 10:00-11:30 a.m.</p>	<p>ASK THE DOCTOR: STEM CELL TREATMENT Dr. Charles Spencer has partnered with Stem Cell Institute of America to offer treatment for conditions caused by injury or degeneration, including arthritis. Sign up for this class to learn about the latest technology that used stem cells to provide relief for many, including those with knee, shoulder, hip or back pain.</p>	<p><i>Limit 40</i> <i>Deadline 04/04</i></p>
<p>THURSDAY APRIL 7 9:30-11:00 a.m.</p>	<p>MEET A MERCHANT MARINE Meet Murfreesboro resident John Dentino, Chief Engineer of the steamship, Chemical Pioneer and learn all about having a job at sea. John is also Chief Engineer of the General Jackson when he is not at sea. What is a merchant marine? Where do his travels take him? What does he haul? You don't want to miss this seminar.</p>	<p><i>Limit 50</i> <i>Deadline 04/05</i></p>
<p>FRIDAY APRIL 8 1:00-3:00 p.m.</p>	<p>PAPER MAGIC WITH JEAN: CARD MAKING NEW CLASS! Meet a new instructor Jean Heid. She will be teaching different paper magic topics each month. Today come prepared to have FUN making a greeting card to take home. All levels welcome. This class is FREE in April only.</p>	<p><i>Limit 10</i> <i>No Deadline</i></p>
<p>TUESDAY APRIL 12 9:30 a.m.</p>	<p>NEW PARTICIPANT ORIENTATION If you are new to the Center join us for this informative presentation on the rules and regulations of the Center, take a tour, meet the staff and much, much more!</p>	<p><i>Limit 10</i> <i>No Deadline</i></p>
<p>TUESDAY APRIL 12 10:00-11:00 a.m.</p>	<p>HEALING ARTS CLASS Healing art decreases depression, anxiety and mental dysfunctions, increases health and wellness knowledge by using calming techniques. Come and join us. No talent is needed; just the willingness to surprise yourself.</p>	<p><i>No Limit</i> <i>No Deadline</i></p>
<p>THURSDAY APRIL 14 11:30 a.m.-1:00 p.m.</p>	<p>LUNCH AND LEARN "ALZHEIMER'S UPDATES FROM WASHINGTON, D.C." On April 4, 2016 Cindi Thomas will travel to the nation's capital to serve as the Alzheimer's Association Congressional Ambassador to Fourth Congressional District U. S. Representative Scott DesJarlais. She will be updated with the latest news and research that effects those with Alzheimer's. This is a brown bag lunch event.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>THURSDAY APRIL 14 2:00-3:00 p.m.</p>	<p>SENIOR LEARNING NETWORK PRESENTS ELEANOR ROOSEVELT: HER LIFE & LEGACY Eleanor Roosevelt grew up as a shy introverted young woman but became the nation's most influential First Lady. She was a political partner to President Roosevelt during the Great Depression and World War II. She went on to have a career of her own at the United Nations where she served as a champion of civil and human rights around the world.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>FRIDAY APRIL 15 10:00-11:00 a.m.</p>	<p>BILL SHACKLETT: A MURFREESBORO HISTORY IN PHOTOGRAPHS Come and enjoy this visit from Murfreesboro Councilman Bill Shacklett. He has a large collection of old photographs of Murfreesboro as well as extensive knowledge of our beautiful town's fascinating history. Let's take a trip back in time!</p>	<p><i>Limit 40</i> <i>Deadline 04/13</i></p>
<p>MONDAY APRIL 18 9:00-10:00 a.m.</p>	<p>BACKYARD CERTIFIED WILDLIFE HABITAT Brought to you by Polly Rooker, Biologist 2 of the Tennessee Wildlife Resources Agency. Whether you have an apartment balcony or a 10 acre farm, you can create a garden that attracts beautiful wildlife and helps restore habitat in commercial and residential areas. By providing food, water, cover and a place for wildlife to raise their young you not only help wildlife, but you also qualify to become an official Certified Wildlife Habitat®.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>MONDAY APRIL 18 1:00-4:00 p.m.</p>	<p>MARVELOUS MONDAYS WITH SUSANNE: BUTTERFLY TERRARIUM Create your own beautiful terrarium to place in your home! Instructed by Susanne Hebden. See picture of craft on page 21.</p>	<p><i>Limit 15</i> <i>Deadline 04/11</i></p>

PROGRAMMING

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.

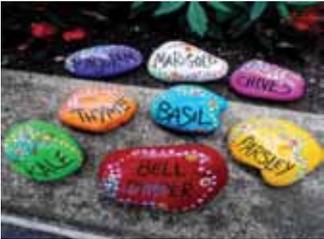
<p>MONDAY APRIL 18 & 25 3:30-4:30 p.m. <i>Limit 20</i> <i>Deadline 04/14</i></p>	<p>GETTING TO KNOW YOUR IPAD/IPHONE Using your iPad or iPhone is easier than you think! Join Amy Jaramillo and her assistants to learn about the joys of having an iPad or iPhone. Lots of individual attention in this class. You need to have an iPhone 5 or newer or an iPad mini or iPad Air. No iTouch devices. You also need to know your Apple ID and password.</p>	
<p>WEDNESDAY APRIL 20 11:00 a.m.-12:00 n</p>	<p>ASK THE DOCTOR: FOOTCARE Dr. Melvin Williams & Dr. Michael Baker will educate us on foot health, including issues seniors deal with as well as footwear & how it affects your feet and your body.</p>	
<p>MONDAY APRIL 25 10:00-11:30 a.m.</p>	<p>BROWN BAG YOUR MEDS PHARMACIST CONSULT Bring your meds, vitamins and OTC items and go over them one-on-one with a pharmacist. Learn about what you are taking including side effects, and possible interactions with other meds or food. Each person will have a 15 minute consultation.</p>	<p><i>Limit 12</i> <i>Deadline 04/20</i></p>
<p>MONDAY APRIL 25 Doors open at 4:30 p.m.</p>	<p>SALAD POTLUCK AND GAMES Spring is a great time for a salad potluck! Bring your favorite salad and salad topping and join us for fellowship and games. Doors open at 4:30 p.m. Serving starts at 5:00 p.m. New games will be set out for you to learn as well as your old favorites.</p>	<p><i>Limit 100</i> <i>Deadline 04/18</i></p>
<p>MONDAY APRIL 25 12:30-2:30 p.m.</p>	<p>SINGING SENIORS SPRING CONCERT Join us for a joyous concert of Spring by our wonderful Singing Seniors. Refreshments will be served.</p>	<p><i>Limit 120</i> <i>No Deadline</i></p>
<p>WEDNESDAY APRIL 27 10:00-11:00 a.m.</p>	<p>CHRISTIAN BROTHERS AUTO MAINTENANCE SEMINAR Increase your automobile maintenance knowledge. Learn fluids, filters and other things to keep track of and check regularly. Keith or Andrew Slempe, from Christian Brothers will be here to enlighten us.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>FRIDAY APRIL 29 9:30 a.m.</p>	<p>NEW VOLUNTEER ORIENTATION Join us for this meeting if you are new to volunteering at the Center. Find out about rules and regulations, meet your fellow volunteers, ask questions and take a tour of the Center. Facilitated by Carol Ransom.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>WEDNESDAY MAY 4 9:00-10:30 a.m.</p>	<p>HUMAN TRAFFICKING: A LOCAL PROBLEM? What is Human Trafficking? Did you know it takes place locally? Learn what signs are present to protect your grandchildren. You may bring ADULT children to this presentation. Presented by Candy Carter, founder of Last Call 4 Grace.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>FRIDAY MAY 6 1:30 p.m.</p>	<p>FRIDAY FEATURE FLICKS Let's start summer with this great movie.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>SATURDAY MAY 7 1:00-2:00 p.m.</p>	<p>POLYNESIAN GROUP INTERGENERATIONAL You may bring your grandchildren to this amazing dance and informational session about Polynesia. The costumes will be colorful and the music will keep you moving in your seat.</p>	<p><i>Limit 125</i> <i>Deadline 05/06</i></p>
<p>MONDAY MAY 16 9:00-10:30 a.m.</p>	<p>HABITAT FOR HUMANITY Learn about the Habitat for Humanity Program: who they serve, how to apply and how to become a volunteer. Our guest speaker is Megan Hutchings.</p>	<p><i>Limit 50</i> <i>Deadline 05/15</i></p>
<p>TUESDAY MAY 17 2:00 p.m.</p>	<p>PREMIER WORLD TRAVEL PRESENTATION Join us as we welcome, Bob Levy from Premier World Travel, for a special presentation. Mark your calendars for this special event.</p>	<p><i>No Limit</i> <i>No Deadline</i></p>
<p>FRIDAY MAY 20 9:15-10:00 a.m.</p>	<p>THURMAN FRANCIS ARTS ACADEMY Listen to 75 talented fourth and fifth graders from Smyrna's Thurman Francis Arts Academy. This is a string orchestra that will totally amaze you. Sign up now.</p>	<p><i>Limit 100</i> <i>No Deadline</i></p>

No matter how long the winter, spring is sure to follow. ~Proverb

PROGRAMMING

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 APRIL & MAY 9:00-11:00 a.m.</p>	<p>STEPPING ON CLASS Join us for this 7 week course and learn exercises and strategies to help you prevent falls. We will have expert speakers covering exercise, vision, public safety and medications. See the nurse before signing up to make sure this class is for you.</p>	<p>CLASS FEE \$25 Min 5/Max 12 Deadline 03/29</p>
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MONDAY, APRIL 4 • 9:00-11:30 a.m.
CREATING TREASURES WITH EDDIE "SEED TAPE & PLANT MARKERS"
 CLASS FEE \$10 • Min 5/Max 15 • Deadline 03/31

Let's make seed tape and plant markers! Students will leave with a plantable seed tape from supplied seeds of their choosing. We will also make plant markers to identify plants that are planted in the garden. Please join us as we welcome our new instructor, Edwina Shannon.

<p>TUESDAYS IN APRIL 1:00-4:00 p.m.</p>	<p>PASTEL PORTRAIT DRAWING CLASS Beginners are welcome! The price is for 4-weeks of drawing class. Please bring the following supplies to class: chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded erase, wet wipes, a photo to draw from. Suggested paper: 300 lb./640 gsm. Arches watercolor single sheet natural white 22" x 30". Fiona Dowd is the instructor. Experience in pastels is helpful.</p>	<p>CLASS FEE \$30 Min 3/Max 8 Deadline 04/04</p>
<p>TUESDAYS IN APRIL & JUNE 2:15-3:15 p.m.</p>	<p>CONVERSATIONAL SPANISH CLASS PART 2 More of a great thing! Survival Spanish for the adventurous traveler or just the friendly neighbor. Learn common expressions that will help you communicate your needs on a variety of subjects: travel, directions, medical emergencies or directing Spanish speaking contractors. This class is instructed by Cynthia Borzick, who makes learning FUN! This class is only for those who have taken Conversational Spanish, Part 1.</p>	<p>CLASS FEE \$20 EACH MONTH Min 5/Max 16 No Deadline</p>
<p>WEDNESDAYS IN APRIL 1:00-3:00 p.m.</p>	<p>PIECING & HAND QUILTING CLASS FOR BEGINNERS Get some hands-on experience in quilting! This hand quilting class teaches the basics of quilting for the beginning student. There will be 4 two-hour sessions. Students will work on a small quilt project. Supply list handed out on the first day of class. Instructed by Rosemary Sadler and volunteers, Judy Merrill and Diane Parker. Class meets 4/6, 13, 20 & 27.</p>	<p>CLASS FEE \$20 Min 4/Max 8 Deadline 04/04</p>
<p>FRIDAYS IN APRIL Beginning 04/08 2:00-3:30 p.m.</p>	<p>BEGINNING CALLIGRAPHY March class is a prerequisite for this class. Bring your pens to this 90-minute class of instruction and practice to continue your education in the art of calligraphy. Homework is required. Instructed by Patrice Hicks.</p>	<p>CLASS FEE \$40 Min 5/Max 10 Deadline 03/02</p>



FRIDAY, APRIL 15 • 9:00-11:30 a.m. • Creating Treasures with Eddie
INSPIRING WORDS WALL HANGING • CLASS FEE \$10 • Min 5/Max 15 • Deadline 04/13

Students will paint on canvas an artful design with words. Ideas for layout & letter structures presented. Leave with a piece of art for hanging. Beginner to advanced levels are welcome. All supplies are provided.

<p>FRIDAY APRIL 15 1:00-3:00 p.m.</p>	<p>PAPER MAGIC WITH JEAN: CARD MAKING I love getting greeting cards, don't you? Today, come prepared to have fun making greeting cards to take home. All levels are welcome. All supplies are provided. Instructed by Jean Heid.</p>	<p>CLASS FEE \$10 Min 5/Max 10 Deadline 04/14</p>
<p>WEDNESDAY APRIL 20 9:00-11:00 a.m.</p>	<p>ADVENTURES IN ART: NUMBERS GAME Do you like to have fun? Then join our group. Adventures in Art is playing a numbers game this month. No, not bingo, but there will be drawing and watercolor, smiles and laughter. No previous art experience is necessary. This class is for everyone. Instructed by Susan Carter.</p>	<p>CLASS FEE \$20 Min 5/Max 12 Deadline 04/13</p>



THURSDAY, APRIL 21 • 9:00-11:30 a.m. • Creating Treasures with Eddie
MAKE A WOODEN SIGN • CLASS FEE \$10 • Min 5/Max 15 • Deadline 04/19

This will be for your yard, camper or porch. Basics of design, lettering and layout will create a fun, personal sign for your space. Students leave with a finished sign. All materials provided. Instructed by Eddie Shannon.

STOP AND READ THIS! The following classes require payment at registration. Registration for the following classes must be handled in person at the reception desk of the Senior Center. **Payment is accepted via check or cash only.** Thanks!

FRIDAY APRIL 22 9:00-11:00 a.m.	PAINT WITH LIZ: THROUGH THE TREES Newcomers welcome! All supplies provided. Liz Farar teaches the class. You will take home a complete work of art at the end of class.	CLASS FEE \$20 Min 5/Max 12 Deadline 04/20
MONDAY APRIL 25 9:00-11:30 a.m.	CREATING TREASURES WITH EDDIE: ROCK SCRABBLE & CHARACTER ROCKS Students will paint on rocks, creating characters and making letters that can be put together into messages. Paint and small rocks provided. Students may bring rocks of their own choice, if they wish. Instructed by Eddie Shannon.	CLASS FEE \$10 Min 5/Max 15 Deadline 04/21
WEDNESDAY APRIL 27 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: BUTTON BLOSSOM TREE Make a one of a kind colorful button tree using buttons and vintage spools to keep or give as a gift. Everything is provided by the instructor, Susanne Hebden.	CLASS FEE \$5 Min 5/Max 10 Deadline 04/26
THURSDAY APRIL 28 9:00-10:30 a.m.	CLUTTER VS TREASURE SEMINAR Brenna Peyton, owner of One Organized Girl, LLC, brings this seminar with tons of useful information. We all have those things that are dear to our heart, but are they really necessary in our lives? Less clutter makes us feel better. How do we get there? Brenna will guide us in the right direction.	CLASS FEE \$2 Max 50 Deadline 04/26



THURSDAY, APRIL 28 • 9:00 a.m.-3:00 p.m.

MIXED MEDIA ART CLASS: PURPLE ALUM

CLASS FEE \$15 • Min 5/Max 12 • Deadline 04/25

Bring a piece of 8 1/2 x 11 violet glitter paper, gel pens in the following colors: white, green, pink and purple, white dimensional paint and small brushes. Instructed by Karen Brackman.

TUESDAYS IN MAY 1:00-4:00 p.m.	PASTEL PORTRAIT DRAWING CLASS Beginners are welcome! The price is for 4-weeks of drawing 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, a photo to draw from. Suggested paper: 300 lb./640 gsm. Arches watercolor single sheet natural white 22" x 30". Fiona Dowd is the instructor. Experience in pastels is helpful.	CLASS FEE \$30 Min 5/Max 8 Deadline 05/02
FRIDAY MAY 6 9:00-11:00 a.m.	PAINT WITH LIZ: SUMMER TIME Newcomers welcome! All supplies provided. Liz Farar teaches the class. You will take home a complete work of art at the end of class.	CLASS FEE \$20 Min 5/Max 12 Deadline 05/04
FRIDAYS IN MAY Beginning 05/06 2:00-3:30 p.m.	BEGINNING CALLIGRAPHY March class is a prerequisite for this class. Bring your pens to this 90 minute class of instruction and practice to continue your education in the art of calligraphy. Homework is required. Instructed by Patrice Hicks.	CLASS FEE \$40 Min 5/Max 10 Deadline 05/04
MONDAY MAY 9 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: PAINTED FLOWER POTS Reminiscent of the hippy era! Make a multicolored drip painted flower pot to brighten up someone's day. Everything is provided by the instructor, Susanne Hebden.	CLASS FEE \$5 Min 5/Max 10 Deadline 05/08
WEDNESDAY MAY 18 9:00-11:00 a.m.	ADVENTURES IN ART: LETTERS AND ENVELOPES Say "hello" by sending unexpected mail. It is a lovely way to make a friend feel special. Join us! We are creating lovely letters and beautiful envelopes this month. This class is for everyone! Share the love. Supplies provided by the instructor, Susanne Carter.	CLASS FEE \$20 Min 5/Max 12 Deadline 05/11
THURSDAY MAY 19 1:00-3:00 p.m.	PAPER MAGIC WITH JEAN: CARD MAKING It is fun to send greeting cards. Join Ms. Jean Heid as she shows you different cards to add to your collection to send to friends. All supplies provided. Beginners to advanced students are welcome.	CLASS FEE \$10 Min 5/Max 12 Deadline 05/17
SATURDAY MAY 21 12:30-2:30 p.m.	COOKING WITH CHEF RUSS: HEALTHY TEX MEX Enjoy learning how to cook healthy Tex Mex food with the talented and personable Chef Russ. Be sure to read his article on page 20.	CLASS FEE \$15 Min 10/Max 25 Deadline 05/16

Trips and travel information are on the next page. Happy spring!

TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

FRIDAY APRIL 1 10:00 a.m. 3:00 p.m. or later	MULE DAY, COLUMBIA, TN "Mule Day" has been a popular Columbia tradition for nearly 170 years, since the 1840s. Mule Day, an annual celebration of all things related to mules, is held in Columbia, Tennessee, the self-proclaimed "Mule Capital" of the world. Begun in 1840 as "Breeder's Day", a meeting for mule breeders, it now attracts over 200,000 people and takes place over four days. In addition to mules, traditional Appalachian food, music, dancing, and crafts are featured. The Maury County Senior Center located on the grounds will be serving a lunch.	ADMISSION: \$10 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ 
SATURDAY APRIL 9 10:15 a.m. 4:45 p.m. Deadline: 04/07	CHERRY BLOSSOM FESTIVAL IN NASHVILLE, TN The Nashville Cherry Blossom Festival is a family-friendly celebration of spring and Japanese culture in Nashville. Admission is free. Festival highlights include Japanese music, dance, a roving "Candyman," martial arts demonstrations, arts & crafts, merchandise, children's activities, sumo-suit wrestling, a Cosplay Contest and a variety of Japanese cuisine featuring special menus from some of Nashville's favorite food trucks. Proceeds benefit the Festival's 10-year mission of planting 100 Japanese cherry trees each spring in Nashville parks and neighborhoods.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ 
TUESDAY APRIL 12 10:15 a.m. 4:00 p.m. Deadline: 04/08	AROUND THE WORLD This Caribbean island is known for its white-sand beaches, rolling mountains, cigars and rum. Its colorful capital, features well-preserved Spanish colonial architecture within its 16th century core. Salsa emanates from the city's dance clubs and cabaret shows are performed at the famed Tropicana. The reintroduction of the Bueno Vista Social Club placed this country back on the map for a leader in the Caribbean music scene. Afterwards enjoy a Nashville afternoon. Details announced at trip.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$
WEDNESDAY APRIL 13 8:30 a.m. 2:15 p.m. Deadline: 04/11	HATCH SHOW PRINT, NASHVILLE, TN Tour one of America's oldest working letterpress print shops thriving in a digital age. Hatch Show Print designs and prints around 600 different posters a year for artists and venues worldwide. Carrying on 19th century letterpress practices that William Hatch's sons learned three generations ago. Celebrate this legacy on a guided tour through the history of Hatch Show Print. See where one-of-a-kind posters are created, learn about letterpress printing and print your own commemorative poster to take home. Afterwards enjoy lunch at one of many downtown eateries.	ADMISSION: \$13 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
WEDNESDAY APRIL 13 9:30 a.m. Until done	TENNESSEE TECHNOLOGY CENTER FIELD TRIP This trip is for nonmedical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip. Each service is \$5. We leave the center at 9:30 a.m. Be here at 9:00 a.m. If you want to go on your own or on a different day, call 615-898-8010 ext. 118 to make an appointment. If you want more than two services done you must go on your own. Let us know if you will be using a wheelchair.	BRING \$ TRANSPORTATION 0 <i>Limit 10</i> COST: \$ Deadline: 04/08
THURSDAY APRIL 14 9:00 a.m. 4:00 p.m. Deadline: 04/11	SOUTHERN WOMEN'S SHOW Join more than 40,000 people as they continue this ongoing celebration since 1987. Featuring on-site cosmetic make-overs, fashion shows, health information and testing, The Taste of Home Cooking show will be held at 11:00. There will also be a celebrity kitchen, business and career options, fitness equipment, educational seminars and accessories for the home. So indulge your personal style and ignite your passion as you kick up your heels and shop, learn and explore. Eating will be on site.	ADMISSION: \$8 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
FRIDAY 4/15 OR SATURDAY 4/16 11:30 a.m. 2:00 p.m.	MYSTERY LUNCH It's all a mystery! This is the same trip on two different dates. Choose the one that fits your schedule.	BRING \$ TRANSPORTATION \$0 <i>Limit 23</i> COST: \$ Deadline: 04/12
MONDAY APRIL 18 8:00 a.m. 4:30 p.m. Deadline: 04/15	SPRING BEAUTY TRIP TO NATCHEZ TRACE (BRING BROWN BAG LUNCH & DRINK) Start out on a spring beauty adventure from the start of the Natchez Trace in Nashville to Laurel Hill Wildlife Management Area. The Natchez Trace Parkway is a National Parkway in the southeastern United States that commemorates the historic Old Natchez Trace and preserves sections of the original trail. Its central feature is a two-lane parkway road that extends 444 miles from Natchez, Mississippi, to Nashville, Tennessee. Access to the parkway is limited and commercial traffic is not allowed.	TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ 
WEDNESDAY APRIL 20 7:50 a.m. 8:30 p.m. Deadline: 04/18	HARRAH'S CASINO, METROPOLIS, IL Leaving from city parking garage: Enjoy hot, Las Vegas-style gaming at Harrah's Metropolis. Harrah's bright and inviting 36,000-square-foot casino offers you ways to win beyond your wildest dreams with over 1,100 of the hottest slot machines and 28 of your favorite table games. From the latest games to the best casino classics, there's no shortage of action on this vibrant casino floor. Reel Slots – Table Games – Video Slots – Poker and more... FREE BUFFET and FREE \$5.00 in PLAY!!! If 50 people go everyone rides for free! Sign up NOW!	BRING \$5 TO PAY AT BUS COST: \$ 

MORE TRIPS

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<p>THURSDAY APRIL 21 9:30 a.m. 5:00 p.m. Deadline: 04/19</p>	<p>TRAILBLAZERS Discover the swinging bridge at Fall Creek Falls State Park. Tennessee's largest and most visited state park. The park encompasses more than 26,000 acres on the Cumberland Plateau. The park beckons those who enjoy nature with multiple waterfalls and gorges. Fall Creek Falls, at 256 feet, is one of the highest waterfalls in the eastern United States. The park also features Piney Falls, Cane Creek Falls and Cane Creek Cascades. .</p>	<p>TRANSPORTATION \$8 <i>Lunch: \$-\$\$</i> </p>
<p>SATURDAY APRIL 23 9:30 a.m. 4:00 p.m. Deadline: 04/21</p>	<p>COUNTRY LIVING MAGAZINE PRESENTS A COUNTRY LIVING FAIR If you love Country Living Magazine then the Country Living Fair is for you! A great show and sale with more than 200 booths filled with antiques, vintage, upcycled crafts, art, furniture, home decor, handcrafted clothing, jewelry and more. Meet the editors of Country Living Magazine and their guests, attend seminars and how-to's, see artisan demonstrations, hear music, and gather ideas and inspiration.</p>	<p>ADMISSION: \$16 TRANSPORTATION \$8 <i>COST: \$ \$</i> </p>
<p>SATURDAY APRIL 23 9:00 a.m. 4:30 p.m. Deadline: 04/21</p>	<p>LODGE CAST IRON'S CORNBREAD FESTIVAL The National Cornbread Festival is a celebration of cornbread and cornbread-related activities. Enjoy the day by taking a Lodge Cast Iron factory tour. Enjoy the cornbread cook-off and eating competition, search for locally made crafts enjoy the classic car cruise-in and take a tour of historic South Pittsburgh.</p>	<p>BRING \$5 TRANSPORTATION \$8 <i>COST: \$-\$\$</i> </p>
<p>MONDAY APRIL 25 11:00 a.m. 2:00 p.m. Deadline: 04/22</p>	<p>ART INSTITUTE OF NASHVILLE COURSES RESTAURANT Do you love America's Test Kitchen, Top Chef, The Food Network or just food? Are you looking for a delicious meal at great deal? Then why not marry the two and explore the inner workings of a professional kitchen with budding Chefs at Courses restaurant. Courses is the student-run restaurant at The International Culinary School at The Art Institute of Tennessee in Nashville. Come celebrate with these students as they prepare and serve you their very best.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>COST:</i> </p>
<p>TUESDAY APRIL 26 10:50 a.m. 2:30 p.m.</p>	<p>LUNCH 495 ENCHILADA TUESDAY Enjoy the finest Mexican fare with a trip to Camino Real on South Church Street for the locally famous Enchilada Tuesday. You can enjoy \$1.59 enchiladas or if you're not in the mood for enchiladas their expansive lunch menu is an excellent choice for any palate. Afterwards, enjoy an afternoon at Barfield Crescent Park hiking the nature trail, visiting the nature center or playing Frisbee golf.</p>	<p>BRING \$ TRANSPORTATION \$2 <i>COST: \$</i> </p>
<p>SATURDAY APRIL 30 5:30 a.m. 12:00 n Deadline: 04/28</p>	<p>ST. JUDES MARATHON Attention Cheer teams and Dance Squads: We need you! Cheer teams will line the course ready to encourage participants every step of the way as you cheer on the nearly 30,000 runners at this year's St. Jude Country Music Marathon & Half Marathon. Costumes and themes are optional, smiles and enthusiasm are required. Music and charity make up the heart of this event as bands will be playing at every mile and monies raised will help defeat childhood cancer.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>COST: \$</i> </p>
<p>SATURDAY APRIL 30 9:00 a.m. 12:30 p.m. Deadline: 04/27</p>	<p>SATURDAY ADVENTURE: STONES RIVER BATTLEFIELD Saturday Adventurers be sure to join us as we go to the Stones River Battlefield. We'll get a personal tour of the museum and a great seminar on the battle from one of the National Park Rangers. Bring money for lunch after the tour. Limit is 22.</p>	<p>BRING \$ TRANSPORTATION \$2 <i>COST: \$</i> </p>
<p>WEDNESDAY MAY 4 10:30 a.m. 4:00 p.m. Deadline: 04/15</p>	<p>NASHVILLE SOUNDS VS THE IOWA CUBS BASEBALL GAME WITH COVERED SEATING Cheer on the Nashville Sounds as they battle the Iowa Cubs. The Sounds are a minor league baseball team associated Major League Baseball's Oakland Athletics, THE As. The team plays its home games at First Tennessee Park which opened in 2015. Do you love sports and want to familiarize yourself with the inner-workings of a baseball operation? If so, there may be an opportunity available for you with the Nashville Sounds. The Sounds are currently seeking applicants for batboy positions for the 2016 season at First Tennessee Park.</p>	<p>ADMISSION: \$17 TRANSPORTATION \$8 <i>COST: \$\$</i> </p>

WALKING:  easy stroll  moderate walking  physical effort required
COST: \$=\$8-\$15 \$\$=\$15-\$30 \$\$\$=\$30 and up (This key offers an estimate. The true cost of a meal may vary.)

STILL MORE TRIPS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person at the reception desk of the Senior Center. Payment is accepted via check or cash only. Please note deadlines, participant limits and any cost involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks! You may sign up for these trips now! Please arrive for trips 30 minutes before departure time.

SATURDAY MAY 7 4:20 p.m. 9:45 p.m. Deadline: 04/15	SATURDAY ART CRAWL NASHVILLE'S SATURDAY ART CRAWL will host over 20 art venues presenting local and world-renowned artists and artwork, offering the opportunity to meet and discuss art with like-minded individuals. Every genre of art can be seen bringing a truly amazing artistic experience. The majority of the galleries will be presented along 5th avenue and in the historic Arcade.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ 
TUESDAY MAY 17 2:00 p.m.	PREMIER WORLD TRAVEL PRESENTATION Bob Levy from Premier World Travel will be making a special presentation at the center on Tuesday, May 17 at 2:00 p.m. Mark your calendars for this special event.	<i>This is a free informational program.</i>
THURSDAY MAY 26 10:00 a.m. 3:30 p.m. Deadline: 04/21	CHAFFIN'S DINNER THEATER At Sneden's Landing townhouse, the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples are about to experience a severe attack of Farce. Gathering for their tenth wedding anniversary, the host lies bleeding in the other room and his wife is nowhere in sight. His lawyer, Ken and wife Chris must get "the story" straight before the other guests arrive. RUMORS is a winner with audiences everywhere and a highly requested return to the season. We will stop for a quick lunch pickup for those who do not want the box lunch. Sign up TODAY!!!	\$26 w/BOX LUNCH \$19 BROWN BAG TRANSPORTATION \$8

2016 TRIPS PLANNED for ST. CLAIR SENIOR CENTER!

DATES	LOCATION	PRICE	TOUR COMPANY	RELEASE DATE
May 23-27 (Date Change)	New Orleans	*\$539.00	Diamond	January 1
May 31-June 8	Boston, Salem, Cape Ann	*\$810.00	Diamond	February 1
June 27-July 1	Chicago	*\$510.00	Diamond	February 1
July 20-27	Canadian Rockies	*\$2795.00	Premier	January 1
September 6-9	Ride the Rail West Virginia	*\$599.00	White Star	March 1
September 29-October 15	Great Trains & Grand Canyon	*\$2145.00	Premier	June 1
November 1-9	French Riviera	*\$2895.00	Premier	January 1
November 27-December 3	Myrtle Beach	*\$679.00	Diamond	August 1

*Price is per person based on a double occupancy room. Single rates available for some trips. All trips offer insurance plans and are recommended for all travelers. Insurance is an additional cost and varies per trip. Information sheets on these tours may be picked up at the Senior Center. Deposits and payments are made to the companies presenting the trip.



Information on the above trips can be found in the Welcome Center on the left as you enter St. Clair.
Stop by and talk to Drew Anderson, Travel Coordinator for more information.

Pictured at left are the group touring Back Stage at the Grand Ole Opry on February 29.

My Adventure

By Winnie the Pooh*

“So much beautiful scenery along the trail.”

*“Winnie the Pooh” is owned by Disney®. The author of this article makes no claim of ownership of this name, but wishes only to use Pooh to express it's part of an Appalachian Trail Hike.



“This is my big tent. It can hold lots of “honey pots.”

Hi! I'm Winnie the Pooh, but all my friends just call me pooh. I live in the Hundred Acre Woods with my friends, Tigger, Piglet, Rabbit, Eeyore and Kanga with her baby Roo. I wanted to go on an expedition, so I asked Kanga if she would go with me, but she had to stay with Roo. Piglet was afraid to go. Tigger and Rabbit would

hard we couldn't do that!

Next came West Virginia Woods, Maryland Woods, and Pennsylvania Woods. Sometimes I could see some of my big bear friends by the trail. I wanted to talk with them, but when we got close and they saw Winnie with me, they ran away. We walked through New Jersey Woods and New York Woods, but I couldn't see any cities from



“Me & Winnie stopped in a town To get provisions.”

go, but only if Eeyore would go too. But Eeyore just wanted to stay in his gloomy place. So I asked my friend Winnie Hardy if she would go, and she said, “Yes, let's go!”

Winnie packed up her 30 pound backpack, and we left together to go see the thousand acre woods. (Winnie like to call it the Appalachian Trail.) We started in Georgia Woods, but after we hiked for hundreds of trees, I told Winnie I couldn't walk that fast - every step she took I had to run 10 steps! So she carried me with her in her big metal cup on her belt. I could see so much more from up that high!

We walked through North Carolina woods, and Smoky Mountain Woods. Sometimes when we passed nearby towns we would stop there to get provisions. While Winnie was shopping, I liked to see

what kind of honey pots they had there. I wanted to take some honey pots with me, but when Winnie got in my tent, there was no room left.

When we were in Virginia Woods, Winnie told me we were at the outer bands of Hurricane Arthur. I would have like to hear the band's music, but it was raining so

through. We finished our expedition on top of Mount Katahdin on September 12, 2015. Winnie said we went 2190 miles, but I didn't count how many trees that was. I was glad to get back to Hundred Acre Woods. Sometime later, I asked my friend Larry Spangler if he would write down my expedition adventure story. I would have done that myself, but I don't know how to write.

~Winnie the Pooh



I didn't go out to sit with Winnie because I didn't want to fall a million feet to the bottom”



“Me & Winnie stayed in the shelter tonight. Winnie says there are 250 shelters built along the whole trail.”



“We finished our expedition at Mount Katahdin, the end of the trail.”

SPRING IS HERE!

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

Spring is a good time to freshen up the mulch in your landscape. Remember not to pile it around the trunks of your trees and shrubs. When applied it should be 2 to 3 inches deep and 2 to 3 inches away from the trunks. If using a pre-emergent herbicide, be sure to apply it before spreading your mulch to prevent the sunlight from breaking it down. It also forms a more efficient barrier when allowed to bond with soil particles.

April 15 is the average date of the last frost in Murfreesboro. There is no guarantee there will not be a “late” frost but some of the cold season crops should have already been sown or transplants planted in your vegetable garden. These crops will withstand a light frost and not be damaged. These cold season crops would include cabbage, broccoli, early potatoes, onion sets and you can sow the seeds of carrots, kale, radishes, turnips and lettuce.

Most bulbs should be fertilized with a complete fertilizer such as 10-10-10 at a rate of 1 to 2 pounds per 100 square feet when foliage is first emerging from the soil in

the spring. “Hardy annuals” seed that will not be affected by late spring frost may be sown outdoors in early spring as soon as the soil can be worked.

If you have some fruit trees, dormant oil sprays should be applied to apple and pear trees in early spring when temperatures are above 45 degrees “F” before buds swell, in order to control mites and scale insects. Spray apple trees with fixed copper bactericide to help prevent fireblight. Plant your strawberries in early March or April, or as early as you can work in the garden. Allow 3 ½ feet between rows and 2 ½ feet between plants and you need to prune the plants before planting. Do not plant strawberries where potatoes, peppers, eggplants or tomatoes were grown the previous year.

Birds, toads, ladybugs, garter snakes, yes snakes, can all help you win the war on bugs. So do all you can to encourage them to visit your yard. These bug-hungry allies are worth their weight in gold when trying to cut down on pest populations.

STEPPING ON

a program proven to reduce falls in older people

Join us for this seven week class, Tuesdays from 9:00-11:00 a.m., April 5- May 17 and learn exercises and strategies to help you prevent falls. We will have speakers most weeks, including a pharmacist, physical therapist, vision expert, and safety officer to provide helpful information as well. There is a \$25 fee which covers ankle weights, snacks, and administrative fees. Please visit with Nurse Laura Grissom before signing up for the class to make sure this program is a fit for you. The class is limited to 12, so sign up now!

SATURDAY, APRIL 30
at 7:00 p.m.

COUNTRY DANCE
with **Rode West Band**

Doors open at 6:15 p.m.
\$5 at the door

POOL

Room
News

Coed Tournament 02-08-16

1. Wilma Murphy/Larry Thrasher
2. Corey Heimburger/Wayne McLendon
3. Aki Dean/Clyde Jacobs

Men’s Tournament 02-16-16

1. Tom Michal
2. Wayne Neely
3. Ed Zelan

Ladies’ Tournament 02-22-16

1. Teresa Rains
2. Wilma Murphy
3. Corey Heimburger

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

APRIL 2016



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



PRSR STD
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Nashville, TN
Permit No. 781

DONATIONS & STAFF

DONATIONS for FEBRUARY 2016

Bingo \$ 9.59
Quilting \$ 00.00
Popcorn \$ 0.00
Coffee \$ 71.17

Donations: Peggy Banks, Jerry Barnfield, Pyong Cahill, Charity Circle of Murfreesboro, Diane Cox, Rose Deck, Tina Deamon, Richard Eaton, Sheila Egan, Janice Hogan, Betty Jennings, Anwar Kurniawan, Bobbie McMillen, Ethel Ridgeway, Geraldine Sexton, Paul Smith, St. Rose Bridge, John Thomas, Clyde Wilson.

BARBARA FARONE & YVONNE JONES
IN MEMORY OF **BARBARA SCHWARTZ**

ST. CLAIR STREET SENIOR CENTER STAFF

Director Connie Rigsby	Administrative Aide II Diane Smith	Custodians T.J. Key Kerry Young
Administrative Aide I Kim Harding Todd	Administrative Aide I Sarah Beckman	Care Program Specialist Dee Brown
Program Coordinators Drew Anderson Brenda Kiskis Elliott Lisa S. Foster	Adult Day Service Program Coordinator Amanda Pullias	ADS Activity Assistants Kathy Herod Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse Laura Grissom	Administrative Support Specialist Carol Ransom
Facility Attendant 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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