

August 2015



**LUAU DANCE**  
**Friday, AUGUST 7**

**MUSIC BY**  
**DEBBI BAILES**

*Doors open at 6:00 pm  
Food at 6:30 pm  
Dance from 7:00-10:00 pm  
For ages 60+ \$5 at the door*

*Sponsored by SCSSC & MPRD*

**YOU SAY IT'S YOUR BIRTHDAY? WELL LET'S HAVE A PARTY.  
SEE PAGE 2 FOR MORE INFORMATION!**



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

Events coming up in August to look out for include Luau Dance, Ask a Banker and Ask an Officer about 911 Dispatch. Such a wide variety of programs that await you here at St. Clair Street Senior Center. I announced last month about the new exercise equipment being delivered, I hope that each of you have had a chance to check it out the new treadmills, stair climber, crank cycle and recumbent bike. If you need assistance with the new equipment speak to the Nurse or our fitness volunteer for instructions. I also mentioned last month about the “Life after 60” TV show that will be airing on Channel 3 TV. The airing times are Sundays at 10:30 a.m., and Saturday’s at 9:30 p.m., the first and third Mondays at 9:30 a.m. and 7:00 p.m. Let us know if you catch an airing of our new show.

While visiting the center your safety and your health are a priority for our staff. I would like to share that staff is trained to call an ambulance if a person appears to have: an altered mental status, chest pains/discomfort, shortness of breath/difficulty breathing, fallen (neck/back injury, pain), excessive bleeding, signs of a stroke and if staff feels incidents warrants additional attention. We hope that all our participants understand our role when incidents occur.

My pick program for August is the new **Walk with Ease** class that will begin on August 10<sup>th</sup>. I hear many seniors say that they have never exercised, this class is a great way to start. It is sponsored by the Arthritis Foundation and is an evidence based exercise program for beginners. Join us at St. Clair for the many programs and events, start your adventure with us!

*Your Director, Connie C. Rigsby*



HAPPY  
BIRTHDAY..

to you!

## BIRTHDAY BASH!

If you had a birthday this year...or plan to have one join us on Friday, August 21<sup>st</sup> from 9:00-11:00 a.m. for a fun packed celebration just for you! We will have door prizes, cake and lots of fun. Dress in your favorite decade, or other fun outfit.

Our entertainer is YANKEE GIRL who is dressing in a Hippie Outfit. Refreshments are sponsored by EXACTCARE Pharmacy and Well-Care Health Plan.

Sign up is requested for planning purposes. IF you sign up and cannot attend, please notify us ASAP. See you there!

**FUN FOR YOU!**

**Casino Night**  
**Friday, August 14**  
**5:30-8:00 p.m.**

**at the St. Clair Street Center**  
 to benefit the Rutherford County Alzheimer's Association  
 Lots of Entertainment, Games, Karaoke & Live Auction  
 Make plans to join us for this fun-filled night!

## Snapshots from June 2015 Country Dances



Photos courtesy of  
Jim Davis  
Murfreesboro Parks  
& Recreation Dept.

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

**MPRD** = Murfreesboro Parks & Recreation Department

**ADS** = Adult Day Service

**SCSSC** = St. Clair Street Senior Center

**NOD** = Nurse on Duty

**MCHRA** = Mid-Cumberland Human Resource Agency

**CCP** = Cumberland Co. Playhouse

## ADULT DAY SERVICE



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

# ADS enjoys the dog days of SUMMER

July was a busy month in ADS. Kathy renewed her wedding vows on the beach to celebrate her 35<sup>th</sup> anniversary. Randy took a road trip and rode a roller coaster. Mrs. Elin returned from Costa Rica. We participated in the Patriotic Party and enjoyed the Singing Seniors. We sang karaoke with the best of them as Mrs. Reba received cheers for “Some Enchanted Evening.” Sandy, Ron, Larry and Amanda had birthdays. We welcomed Mrs. Liz to our group and found out she loves to dance.

We picked warm tomatoes and sliced them for lunches. T J Key made fajitas for all of us and they were absolutely delicious! We attended the clown show and ice cream party afterwards. The staff participated in the Senior Center promotion at Uncle Dave Macon Days Old Time Music festival. Keandra Hall, our wonderful intern, planned a spa day for us and we made sugar scrub, did lotion hand massages and manicures as we watched a “chick flick”. Speaking of Keandra, her last day with us as an intern was on Friday, July 17. We had a breakfast for her in our cozy ADS room to let her know how much we have appreciated her and to congratulate her on her upcoming August graduation from MTSU. We also said goodbye to Lyle Sterol, our talented guitarist and psalmist who is moving to Nevada to be

near his children. We had a car wash and bake sale for the Alzheimer’s Association and will let you know how much we made when all the proceeds are collected.

Adult Day Service is a wonderful way for people with mild to moderate dementia to have a meaningful experience on a regular basis while allowing caregivers an opportunity to have respite from care giving duties. Caregivers, if qualified, may receive some funding to help pay for this affordable option. Our staff is happy to talk with anyone who wishes to find out more about our services. Our participants and their families benefit from our wonderful program which addresses physical exercise, memory, social skills, music, art, recreation and good nutrition. Most of all good friendships are formed. These are the reasons that life is GOOD in the ADS.

An important part of our daily program is offering participants plenty of water and liquids. Water, lemonade, fruit juice and even popsicles are good in the summer heat. Many seniors do not drink enough fluids even though this is an important aspect of good health. Be sure to drink plenty of fluids, wear sun screen and a hat for prolonged periods in the August heat and have a great summer!

### ADS WELCOMES KATHY HEROD

Kathy comes to ADS with a wealth of experience in long term care as a nationally certified activity coordinator. We already appreciate her smile and enthusiasm.

Kathy is married to her high school sweetheart, Gregg. They renewed their vows in July after 35 years of marriage. They have four sons so Kathy had many years of involvement with Boy Scouts. She also has ten grandchildren. Kathy says “my grandchildren are my life.” She also has three dogs and she enjoys kayaking and swimming. Kathy attends St Luke’s Catholic Church in Smyrna. She is a self-proclaimed “chocoholic”. We like that! We are happy to have Kathy in the ADS family. Be sure to stop and welcome her to the Center!



## CARE DIRECTOR NEWS

### Mid-Cumberland Community Action Agency : Reducing Energy Costs

The Mid-Cumberland Community Action Agency (MCCAA) has many programs available to individuals and families in Middle Tennessee. We will focus on two very important and helpful programs on Thursday, August 13<sup>th</sup> at 10:00 a.m. The Low Income Home Energy Assistance Program (LIHEAP) is designed to assist with the high cost of heat and cooling bills through the winter and summer months. Persons qualify for this program based on income and it can offer significant assistance depending on the level of qualification. Another program administered by the MCCAA is the Winterization Program that assists qualified individuals with making their homes more energy efficient by doing such things as installing windows, adding insulation, and other necessary improvements that can lower energy bills. Andrea Stanley, the Director of both of these programs, will present information, answer questions and assist in filling out applications on Thursday, August 13<sup>th</sup> at 10:00 a.m. If you are interested in applying for this assistance and would like help with the application, you will need to bring the following items with you: Social Security Card, photo ID, most recent energy bill and proof of income (must be Social Security award letter or tax statement.) No sign up is necessary for this program.

### Farmer's Market Report

We continue to visit the Rutherford County Farmer's Market twice monthly during the summer. It has been a fun adventure to attend the free classes that are offered and to shop for the beautiful produce that is supplied by local farmers. If you have not taken advantage of this opportunity I would encourage you to do so in August. On Friday, August 7<sup>th</sup>, we will go to shop and to attend a cooking demonstration by local chef Mitchell Murphree, (Five Senses restaurant) sample "southern gourmet" dishes and learn helpful tips. On Friday, August 21<sup>st</sup>, we will go for shopping only, this could be our last chance for those beautiful summer tomatoes! Each of these days we leave at 8:15 a.m.

On August 7<sup>th</sup>, we will return at approximately 10:00-10:30 a.m. and on August 21<sup>st</sup>, around 9:15-9:30 a.m. Please sign up by the day before if you would like to ride with us on the van, there is no cost for transportation.

### Advance Directive

Advance Directives (previously known as Living Wills) are the legal documents we fill out to outline the type of medical care we wish to receive if we should become unable to make decisions on our own. On Wednesday, August 12<sup>th</sup> Legal Aid Society will be here to talk about the importance of Advance Directives and to assist if you choose to fill one out at that time. This is a great opportunity if you have questions or concerns about this document. You do not need to sign up.

### Legal Advice

Sometimes all we need is an answer to a question or just a little advice on how to handle a legal matter. There are places in Murfreesboro to go for such assistance. The Green House Ministries offers a free Legal Clinic every Thursday evening from 3:00-6:00 p.m. This a first come-first served service by local attorneys that donate their time. These attorneys are not able to take cases but can give you advice and direction on many important legal questions. The Greenhouse Ministries is located at 309 S. Spring St. in Murfreesboro and the contact number is 615-494-0499. Another great place to get this kind of assistance is at the Higher Ground Worship Center located at 2424 Yearwood Avenue in Murfreesboro. This clinic meets on the 3<sup>rd</sup> Saturday of each month from 9:00-11:00 a.m. Both of these Clinics are sponsored by Legal Aid Society of Middle Tennessee and the Rutherford County Bar Association. In addition there is an online service you can access at [www.onlinetnjustice.org](http://www.onlinetnjustice.org). This site is a project of Tennessee Alliance for Legal Services and the Tennessee Bar Association and will assist you in getting help with a legal issue.



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

## GET INVOLVED



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

### Volunteer Corner: Library Book & Magazine Donations

Our Senior Center librarians do a fantastic job keeping the library clean, neat and organized. Recently, they went through every book in the library to ensure that we had a current collection. We now have room to accept certain Library book donations. When donating books, please check the copyright date to see that the book is no more than 7 or 8 years old. The books should be in good condition and from a smoke free environment. We are only accepting large print books and biographies. We cannot use textbooks. The Senior Center subscribes to several very good magazines. Current magazine donations are welcome. Please do not leave old magazines.

#### Coupon Cutting Back at St. Clair

Please join us for coupon cutting and exchange Tuesday, August 4 from 9:30-11:30 a.m. in the conference room. Coupons and scissors will be provided. Senior discount day at Kroger's and Publix is Wednesday so this will have you ready for terrific savings. Bring your extra coupon inserts to share. Limit 15



**SEE YOU IN SEPTEMBER DANCE!**  
**Friday, September 18 • Music by the Snappy Pappy Band**  
Doors open at 6:30 p.m. & Dance from 7:00-10:00 p.m. • \$5 at the door

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

**Lunch & Learn** educational programs are held every third Thursday of the month from 11:30 a.m.-1:00 p.m. and offer educational information for those aged 60+ on health, environment, finances and other resources. See page 8 for topic information.

**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

### Aging Successfully – Talking about the Future

by Cindi Thomas, Caregiver Information Coordinator

An estimated 65.7 million Americans have served as unpaid family caregivers. A typical caregiver loses \$303,880 in salary, Social Security and pension due to taking time off for caregiving. As social, economic and practical resources are stretched, the burden of care falls on the family.

When a crisis hits, such as a fall, acute infection, or stroke, or when a chronic situation slowly dips below a functional level, panic sets in and difficult choices are often forced upon us by health care professionals. More often than not, families and patients alike feel lost and unprepared. So why are families not talking about this?

Families become overwhelmed with despair as aging crises hit. Rapid and difficult decisions must be made, and families bear the financial and emotional weight of these choices.

There are, however, simple guidelines that families can follow that can help to ease the role transition from adult child to caregiver, from parent to dependent, from partner to provider.

Follow the 10 steps below to begin important and pertinent family conversations and actions:

1. **Hold your breath and jump!** Take a chance and start a conversation with your loved ones about health, illness and aging. Use a story in the media, a book, or a television/movie that you recently saw as an introduction. Let your family read/watch the material and talk to them about it a few days later. This will give you a pulse on how open everyone is to these discussions.
2. **Personal Conversation:** If you have a friend or another family member that experienced an acute health crisis recently, share this story with your loved ones. Discuss the ways in which this friend's preparation, or lack of preparation, impacted the family's coping and overall functioning. Wait and see if your partner/adult child offers to discuss your own family situation.
3. **Ask meaningful questions:** Create discussions that enable your partner/adult child to look at their life and the meaning that it has to them. This life review cultivates the relationships within the family, which can help to increase trust and open the doors for communication. Ask questions like, "What has been your most meaningful experience? What are you most proud of? Tell me about the day I was born? What is it like to watch me

be a parent?" The more you know somebody, the more confident you will be to assist, support and help them make decisions.

4. **Hear their story:** Silence is a valuable communication tool. Do not forget to really listen to your partner/adult child's story. If you interrupt or try to immediately interpret what your partner/adult child is saying, it can create communication barriers. Make sure to listen and then ask follow up questions to be sure you understand fully what was said.
5. **Be conscious of terminology:** The words we use to communicate give us insight into how somebody processes information. Do they use the word death? Die? Deceased? Passed on? Met their maker? Respect that terminology and the distance it may or may not create for that person and that topic.
6. **Take your time:** If your family is not used to discussing difficult topics openly and directly, things cannot change overnight. Use the tips already provided in small increments to achieve communication progress. Give the members of the family time to think about each challenging topic. Follow up every few months until you are satisfied with the depth of conversation.
7. **Remember your history:** Each family has their own set of unique communication styles, personal history, cultural influences, generational influences, gender influences, role expectations, etc. Work with what you have. A square peg will not fit in a round hole.
8. **Be honest:** Being dishonest will not get your family to a "non-crisis" mode. In fact, if we are not clear about our choices, more confusion and family dysfunction will ensue.
9. **Legal, legal, legal:** Discussions are fantastic, and absolutely help with facilitating and following through on your wishes. However, it is necessary to complete the legal paperwork to ensure that everyone's wishes are met. You can always, at the minimum, just inform your parent/adult child that the paperwork is complete, and to contact the notary or attorney who assisted you in the case of an emergency.
10. **Revise, reword and try again:** Conversations about future plans with aging family members may not work the first time or the tenth time. Hang in there. Do some editing and try again.

*"Family caregiving is an issue for all of us. No one is excluded"*

~Cindi



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



**Walk to End  
Alzheimer's  
Casino Night  
Fundraiser**

Friday, August 14  
5:00-8:30 p.m.

Join us for this fun night  
to raise money for the  
Walk to End Alzheimer's  
Team.

## Caregiver Programs in August 2015

### ALZHEIMER'S ASSOCIATION

#### SUPPORT GROUP

##### "Share the Care"

Friday, August 14 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.

#### Grandparents Raising Grandchildren

Wednesday, August 19  
from 1:00-2:00 p.m.

UT Extension Agent Carla Bush gives pointers and helpful hints for seniors tasked with raising or coraising your grandchildren. All Grandparents are welcome to attend. The limit is 40. See Brenda Elliott, Program Coordinator, for more information.

#### Labor of Love Support Group at St. Clair Street Center

Friday, August 28 • 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

Thursday, August 20 • 11:30 a.m.-1:00 p.m.

##### "Which Path is Right for Me: Navigating Medicare"

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

#### GRIEF RELIEF SUPPORT GROUP

Friday, August 21 • 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 3<sup>rd</sup> Friday of each 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.

### Taking Charge of Cancer!

Well here we are again in the dog days of summer (can you believe how quickly this year is going by?) I hope each of you is drinking plenty of fluids (preferably water) and not overdoing while out in the heat. It is important to take charge of your health and do all you can do to stay well, whether you are talking about preventing heat illness or even cancer. Currently, **one in three** women and **one in two** men will be diagnosed with some form of cancer in their lifetime. That is staggering. While there are no guarantees you will not get cancer, there are steps you can take to lower your risk significantly. Yes, you have some control over what happens to your body! Experts estimate that we could avoid up to a third of all cancers by eating less, eating healthy, and moving more. That is fantastic!

The leading cancer killer in both men and women is lung cancer and those at highest risk are, of course, smokers. They are 25 times more likely than a nonsmoker to get lung cancer. Tobacco use alone is responsible for about one-third of all cancer deaths in the U. S. There are also studies that suggest that those who eat more red meat or very-well-done meat have a higher risk of lung cancer so cut back on your meat portion and add more vegetables.

Being overweight or obese is a strong risk factor for breast, liver, pancreatic, esophageal, uterine, advanced prostate, and colon cancer. Losing weight is one of the best things you can do to decrease your odds of getting a cancer diagnosis. Being overweight increases the odds of you having reflux disease which causes stomach acid to back up and damage the cells in your esophagus. This can lead to Barrett's esophagus, a condition where esophageal cells are replaced with cells similar to ones in your stomach lining and this can be the beginning of cancer. Having said that, do not start thinking you will get esophageal cancer if you have reflux disease; it is still a rare cancer. What you can spend your time thinking about is how to eat so that you will lessen your reflux. You may want to cut back on caffeine, citrus or acidic foods, fatty foods and spicy foods as these are often triggers for reflux.

Since being inactive is also a factor in several cancers, it definitely makes sense to get into a regular routine of exercise and movement. Exercise seems to lower the risk of

different sub-types of breast cancer as well as colon and liver cancer.

One study showed that men who did brisk walking regularly had a lower risk of recurrence of prostate cancer as well as a lower risk of dying from the disease. It is also important to note how much time you spend being sedentary, as this is a possible cause of many health problems, including cancer. For example, one study showed the risk of endometrial cancer was higher among women who sat at least five hours a day. So, even if you spend 45 minutes a day, five days a week, doing some type of exercise, that doesn't mean you should sit in front of the television for 5 hours a day. So instead of circling the parking lot looking for a spot near the door, park farther out and walk. Find ways throughout your day to do some physical activity rather than sitting for hours at a time.

Some forms of breast cancer seem to be more likely for those who drink alcohol - up to a 48% higher risk if you drink seven or more servings a week. Heavy alcohol consumption (three or more drinks a day) also plays a role in liver and esophageal cancer. As far as drinks go, the good news is there are studies that show folks who drink at least three cups of coffee a day were less likely to have progressing liver disease and two studies showing a lower risk of endometrial cancer with a higher intake of coffee.

The bottom line of all the studies and findings is we can reduce our risk of cancer by not using tobacco, losing weight (or not gaining excess weight), limiting red and processed meat consumption, limiting alcohol, and exercising regularly as well as keeping our bodies moving throughout the day. So take charge of your destiny and make good, healthy choices! One way you can do this is through health screenings, assessments, and information. The senior center will be offering all of these in several forms at our annual **Health Expo on Thursday, September 10** so come and take advantage of them as well as some fun and different activities, including **Germ City!** Make sure you read next month's newsletter to get more details!

*Information from Nutrition Action Health Letter, May 2015*



*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 TN Technology Center the second Wednesday of each month to provide nonmedical nail care and hair care for our seniors. This month's trip is August 12. 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 so you need to be here at 9:00. 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, August 10 and let Sarah know what services you want done and if you use a wheelchair. There is a limit of 10.

### **"Take a Break with NOD"**

#### **How to Make the Most of Your Doctor Visit**

We have a wonderful program coming up on Wednesday, August 12 from 1:00-2:30 p.m., presented by Humana. **"Maximizing the Value of Your Doctor's Office Visit"** is a class you do not want to miss! This program will teach you how to prepare for seeing your doctor, including in-

formation you should take to your visit, questions to ask, and even what to do following your visit. Please sign up by Monday, August 10. 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!

### **Join us for a new class of Walk with Ease!**

A new Walk with Ease class will begin on Monday, August 10. This is an evidence based exercise program for beginners and those with mobility issues, particularly arthritis, and is 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. Please sign up at the reception desk by Wednesday, August 5. This class is biannual; we plan to start another in January 2016.

## **ASK THE DOCTOR**

Stoke Education with

*Dr. Paula Stewart*

Dr. Paula Stewart from Trustpoint Hospital will speak to us on Friday, August 14, 1:00-2:30 on the topic of strokes. With strokes being the number five cause of death and a leading cause of disability in our country, this is a subject we should all be educated on, so plan on joining us to learn types of strokes, warning signs, treatments, and preventative measures. Please sign up by Wednesday, August 12. Limit of 40.



or want more information please do not ask the receptionist; **please visit the nurse's station (M-F, 9:15-2:15) by Friday, August 21.** The nurse will get your insurance information and your insurance company will be contacted then we will let you know what your financial responsibility will be. **Bring your insurance card(s) to sign up and on the day of the shot clinic. You must sign up with the NOD for this event.**

## **Pneumonia & Shingles Vaccination Clinic**

The senior center is teaming up with Kroger pharmacy to bring a shot clinic to you! **Friday, August 28 from 1:00-3:00 p.m.** you will be able to get a pneumonia and/or shingles vaccine. This is the "new" pneumonia vaccine, Prevnar.

If you want to get either of these vaccinations

# 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 the month. 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 Coordinator.



## Happy Clowns of St. Clair Alley 402

- **Monday, August 3** depart for Good Shepherd Children's Home followed by lunch at Jeff's Family Restaurant.
- **Friday, August 28** Clown class and rehearsal from 1:00-3:30 p.m.
- **Thanks to everyone who came out to see the Afternoon with the Clowns. We had a blast performing for you. We'll see you again next year!**

## 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 Coordinator.

## 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.

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

## BINGO AT ST. CLAIR

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

TUESDAY	8/4	Bingo with Senior Helpers
THURSDAY	8/6	Bingo with Murfreesboro Funeral Home
TUESDAY	8/11	Bingo with Roselawn Funeral Home & Memorial Gardens
THURSDAY	8/13	Bingo with Northside Health Care
TUESDAY	8/18	Bingo with Creekside Assisted Living
THURSDAY	8/20	Bingo with Broadmore Senior Living
TUESDAY	8/25	Bingo with Willowbrook Home Health & Hospice
THURSDAY	8/27	Bingo with At Home Health Care

# AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>COMING SOON!  <b>See You in September Dance</b>                      Friday September 18                      Doors open at 6:30 p.m.                      7:00-10:00 p.m. Dance • \$5 at the door                      SNAPPY PAPPY BAND</p>	<p>For dance &amp; fitness classes and practice                        times, please see the                        Health &amp; Fitness calendar, page 14</p>	<p>Hey Travelers. . .                        Meeting for Mackinac Island will be                        Tuesday, August 4 at 2:00 p.m.</p>
<p>3                        9:30 a.m. Robeson Bridge                        9:45 a.m. Murfreesboro Duplicate Bridge                        10:30 a.m. <b>Clowns to Good Shepherd Home</b>                        1:00 p.m. Singing Seniors</p>	<p>4                      9:00 a.m. Piano 1      9:00 a.m. Pinochle                      9:00 a.m. Stained Glass Class                      9:30 a.m. Coupon Cutting Session                      10:00 a.m. Beginning Guitar                      10:00 a.m. Quilting                      10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens                      11:00 a.m. Piano 2      12:30 p.m. <b>CCRC Visitation</b>                      1:00 p.m. Spanish 1      1:00 p.m. Crochet Group                      1:00 p.m. Intermediate Pastel Portrait Drawing                      1:00 p.m. Knit Group                      2:00 p.m. Mackinac Island Trip Meeting                      2:15 p.m. Spanish 2</p>	<p>5 <b>DEADLINE 8/10 WALK WITH EASE CLASS</b>                        12:00 n Senior Artists                        1:00 p.m. Spades                        1:00 p.m. Club Karaoke                        1:00 p.m. Ceramics with Jo Ann</p>
<p>10 <b>DEADLINE 8/12 PAINT WITH LIZ</b>  <b>DEADLINE 8/12 TN TECH CTR FIELD TRIP</b>  <b>DEADLINE 8/12 TAKE A BREAK WITH NOD</b>                      9:00 a.m. Coed Pool Tournament                      9:30 a.m. Robeson Bridge                      9:45 a.m. Murfreesboro Duplicate Bridge                      10:00 a.m. FCE Better Living Group                      10:00 a.m. In the Garden with Jack                      "Container Vegetable Gardening"                      1:00 p.m. Chicks Peanut Auction                      1:00 p.m. Singing Seniors</p>	<p>11                      9:00 a.m. Piano 1      9:00 a.m. Pinochle                      9:00 a.m. Stained Glass Class                      10:00 a.m. Beginning Guitar                      10:00 a.m. Quilting                      11:00 a.m. Piano 2      12:30 p.m. <b>CCRC Visitation</b>                      1:00 p.m. Spanish 1      1:00 p.m. Crochet Group                      1:00 p.m. Intermediate Pastel Portrait Drawing                      1:00 p.m. Knit Group      2:15 p.m. Spanish 2</p>	<p>12 <b>DEADLINE 8/14 ASK THE DOCTOR</b>                      9:00 a.m. RCCOA Board Meeting                      9:00 a.m. Paint with Liz "Deep Forest"                      9:30 a.m. <b>Tennessee Technology Ctr Field Trip</b>                      10:00 a.m. Program Committee Meeting                      10:00 a.m. Legal Aid Society "Advance Directives"                      12:00 n Senior Artists                      1:00 p.m. Spades                      1:00 p.m. Take a Break with NOD                      "Maximizing Your Doctor's Office Visit"                      1:00 p.m. Club Karaoke                      1:00 p.m. Ceramics with Jo Ann</p>
<p>17 <b>DEADLINE 8/22 SATURDAY ADVENTURE</b>                        9:00 a.m. Ladies Pool Tournament                        9:30 a.m. Robeson Bridge                        9:45 a.m. Murfreesboro Duplicate Bridge                        1:00 p.m. Crafts with Marlane "Gift Boxes"                        1:00 p.m. Singing Seniors</p>	<p>18                      8:00 a.m. Tunica Trip departs from CH Parking                      9:00 a.m. Piano 1      9:00 a.m. Pinochle                      9:00 a.m. Stained Glass Class                      9:00 a.m. Men's Pool Tournament                      10:00 a.m. Beginning Guitar                      10:00 a.m. Quilting                      11:00 a.m. Piano 2      12:30 p.m. <b>CCRC Visitation</b>                      1:00 p.m. Spanish 1      1:00 p.m. Crochet Group                      1:00 p.m. Intermediate Pastel Portrait Drawing                      1:00 p.m. Knit Group      2:15 p.m. Spanish 2</p>	<p>19                        12:00 n Senior Artists                        1:00 p.m. GRANDPARENTS RAISING GRANDCHILDREN                        1:00 p.m. Spades                        1:00 p.m. Club Karaoke                        1:00 p.m. Ceramics with Jo Ann                        8:00 p.m. Tunica Trip returns</p>
<p>24                      8:30 a.m. Senior Center Commission Meeting                      9:00 a.m. Morning Chat with an Officer                      "911 Dispatch"                      9:45 a.m. Murfreesboro Duplicate Bridge                      9:30 a.m. Robeson Bridge                      1:00 p.m. Singing Seniors</p>	<p>25 <b>DEADLINE 8/26 PAINT WITH LIZ</b>                      9:00 a.m. Piano 1      9:00 a.m. Pinochle                      9:00 a.m. Stained Glass Class                      10:00 a.m. Beginning Guitar                      10:00 a.m. Quilting                      11:00 a.m. Piano 2      12:30 p.m. <b>CCRC Visitation</b>                      1:00 p.m. Spanish 1      1:00 p.m. Crochet Group                      1:00 p.m. Intermediate Pastel Portrait Drawing                      1:00 p.m. Knit Group      2:15 p.m. Spanish 2</p>	<p>26 <b>DEADLINE 8/28 PNEUMONIA &amp; SHINGLES VACCINE</b>                        9:00 a.m. Paint with Liz "The Cabin"                        12:00 n Senior Artists                        1:00 p.m. Spades                        1:00 p.m. Club Karaoke                        1:00 p.m. Ceramics with Jo Ann</p>
<p>31 <b>DEADLINE 9/1 BEGINNING STAINED GLASS CLASS</b>                      9:00 a.m. Mixed Media Class "Lakeside Sunset"                      9:30 a.m. Robeson Bridge                      9:45 a.m. Murfreesboro Duplicate Bridge                      1:00 p.m. Singing Seniors</p>	<p>11:00 a.m. Piano 2      12:30 p.m. <b>CCRC Visitation</b>                      1:00 p.m. Spanish 1      1:00 p.m. Crochet Group                      1:00 p.m. Intermediate Pastel Portrait Drawing                      1:00 p.m. Knit Group      2:15 p.m. Spanish 2</p>	<p>1:00 p.m. Spades                        1:00 p.m. Club Karaoke                        1:00 p.m. Ceramics with Jo Ann</p>

# OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		<p>1 10:00 a.m. <b>From Memphis to Elvis Tribute Show</b> 12:30 p.m. Center Open</p> <p>2 Today is National Ice Cream Sandwich Day! Enjoy a cold treat!</p>
<p>6 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Knit Group 12:30 p.m. Party Bridge 1:00 p.m. Musician Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>7 <b>DEADLINE 8/13 BRIDGE TOURNAMENT</b> 8:15 a.m. <b>Rutherford County Farmer's Market</b> 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge</p> <p><b>LUAU DANCE TONIGHT!</b> with music by Debbi Bailes Band Doors open at 6:00 p.m. Food at 6:30 p.m. Dance at 7:00 p.m. \$5 at the door Cosponsored by MPRD &amp; SCSSC.</p>	<p>8 12:30 p.m. Center Open</p> <p>9 Today is National Garage Sale Day!</p>
<p>13 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. REDUCING HOME ENERGY COSTS SEMINAR 11:030 a.m. Lunchtime Music with Deb Thomas 12:30 p.m. Party Bridge 1:00 p.m. Bridge Tournament 1:00 p.m. Musician Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>14 <b>DEADLINE 8/17 CRAFTS WITH MARLANE</b> <b>DEADLINE 8/20 CANASTA TOURNAMENT</b> 9:00 a.m. Pinochle 9:00 a.m. AARP Board Meeting 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Meeting 12:00 N Share the Care Alzheimer's Support Group 1:00 p.m. Ask the Doctor with Dr. Paula Stewart "Stroke Information" 5:00 p.m. <b>Casino Night Fundraiser</b> to support Walk to End Alzheimer's</p>	<p>15 12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group</p> <p>16 On this day in 1977 Elvis Presley died. What a sad day for rock and roll!</p>
<p>20 <b>DEADLINE 8/21 RUTHERFORD CO FARMER'S MKT</b> <b>DEADLINE 8/22 INTERGENERATIONAL WREATH CLASS</b> 9:00 a.m. Stained Glass Class 9:00 a.m. Ask a Banker "Avoiding Exploitation" 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:30 a.m. Lunch &amp; Learn "Navigating Medicare" 12:30 p.m. Party Bridge 1:00 p.m. Canasta Tourney with MPRD 1:00 p.m. Musician Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>21 8:15 a.m. <b>Rutherford County Farmer's Market</b> 9:00 a.m. Pinochle 9:00 a.m. <b>AUGUST BIRTHDAY BASH PARTY</b> <b>Entertainment by Yankee Girl!</b> 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 12:00 n RCCOA Meeting</p>	<p>22 12:30 p.m. Center Open 1:00 p.m. Intergenerational Tulle Wreath Class 1:30 p.m. <b>SATURDAY ADVENTURE</b> <b>"Cumberland River Cruise &amp; Dinner"</b></p> <p>23 Happy Birthday to television's "I Dream of Jeannie," Barbara Eden, who was born on this day in 1931.</p>
<p>27 9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:030 a.m. Lunchtime Music with Deb Thomas 12:30 p.m. Party Bridge 1:00 p.m. Musician Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>28 <b>DEADLINE 8/31 MIXED MEDIA CLASS</b> 9:00 a.m. Pinochle 9:30 a.m. THE HERMITAGE SERIES <i>presents</i> "THE TRAIL OF TEARS - 1838" 9:45 a.m. Murfreesboro Duplicate Bridge 12:00 n Labor of Love Support Group 1:00 p.m. Happy Clown Class 1:00 p.m. PNEUMONIA &amp; SHINGLES VACCINE CLINIC</p>	<p>29 12:30 p.m. Center Open</p> <p>30 On this day in 1984, Sotheby's in London begins 2 day auction of rock memorabilia. Wish I could have been there!</p>

# HEALTH & FITNESS

## FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>7:00 a.m. <b>Walking Saints at Old Fort Park Trailhead</b></p> <p><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Fit with Mark</b>                      9:15 a.m. <b>Zumba® Gold</b>                      10:30 a.m. <b>Intermediate Tap Dance Class</b>                      11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>                      10:30 a.m. <b>Yoga with Dot</b></p> <p><b>UPPER DINING ROOM</b></p> <p>9:30 a.m. <b>Line Dance Practice/Judy</b></p> <p><b>NURSE STATION</b></p> <p>10:00 a.m. <b>Walk with Ease</b>                      9:30 a.m. <b>Blood Pressure Clinic</b></p>	<p><b>EXERCISE ROOM</b></p> <p>8:30 a.m. <b>Core Strength with Marjorie</b>                      8:45 a.m. <b>Senior Strength with Marjorie</b>                      9:30 a.m. <b>Dancercise with Marjorie</b>                      10:25 a.m. <b>Core Strength with Marjorie</b>                      10:40 a.m. <b>Senior Strength with Marjorie</b>                      11:30 a.m.-1:00 p.m. <b>Open Gym</b>                      1:00 p.m. <b>GO4Life</b>                      2:00-4:15 p.m. <b>Open Gym</b></p> <p><b>LOWER DINING ROOM</b></p> <p>8:30 a.m. <b>Zumba® Gold Toning</b>                      9:30 a.m. <b>Line Dance Practice/Delia</b></p> <p><b>UPPER DINING ROOM</b></p> <p>1:45 p.m. <b>Line Dance Warm Up with Tom</b>                      2:00 p.m. <b>Intermediate Line Dance with Tom</b>                      3:15 p.m. <b>Ballroom Dance Class</b></p>	<p>7:00 a.m. <b>Walking Saints at Thompson Ln Trailhead</b></p> <p><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Fit with Mark</b>                      10:30 a.m. <b>Tap Dance Practice</b>                      11:30 a.m.-1:00 p.m. <b>Open Gym</b>                      3:00-4:15 p.m. <b>Open Gym</b></p> <p><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>                      10:30 a.m. <b>Yoga with Dot</b></p> <p><b>NURSE STATION</b></p> <p>10:00 a.m. <b>Walk with Ease</b></p> <p>Classes with a monthly fee are <b>GREEN</b>.                      Classes with <b>NO</b> fee are <b>BLUE</b>.                      Classes are <b>NOT</b> prorated.</p>	
THURSDAYS	FRIDAYS	NOTICES	PLEASE READ!
<p><b>EXERCISE ROOM</b></p> <p>8:30 a.m. <b>Core Strength with Marjorie</b>                      8:45 a.m. <b>Senior Strength with Marjorie</b>                      9:30 a.m. <b>Dancercise with Marjorie</b>                      10:25 a.m. <b>Core Strength with Marjorie</b>                      10:40 a.m. <b>Senior Strength with Marjorie</b>                      11:30 a.m.-1:00 p.m. <b>Open Gym</b>                      1:00 p.m. <b>GO4Life</b>                      2:00-4:15 p.m. <b>Open Gym</b></p> <p><b>LOWER DINING ROOM</b></p> <p>8:30 a.m. <b>Zumba® Gold Toning</b>                      9:30 a.m. <b>Line Dance Practice/Delia</b></p>	<p><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Gentle Fitness with Mark</b>                      9:15 a.m.-4:15 p.m. <b>Open Gym</b></p> <p><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>                      10:30 a.m. <b>Yoga with Dot</b></p> <p><b>NURSE STATION</b></p> <p>10:00 a.m. <b>Walk with Ease</b></p>	<p><b>Walk with Ease</b> is an exercise program by the Arthritis Foundation for beginners and those with mobility problems. <b>This class requires a 6-week commitment (8/10-9/18 MWF)</b>. It has been shown to reduce pain, increase balance &amp; strength, and improve health.</p> <hr/> <p><b>Go4Life on Tuesdays &amp; Thursdays</b> 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 <b>ANY</b> 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 7:00 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.

TUESDAY <b>AUGUST 4</b> 9:30-11:30 a.m.	<b>COUPON CUTTING SESSION</b> Please join us for coupon cutting and exchange. Coupons and scissors will be provided. Get ready for senior discount days at the local stores. Bring your extra coupons to share.	Limit 15 Deadline 8/4
TUESDAY <b>AUGUST 4</b> 10:00-10:30 a.m.	<b>LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDENS</b> Join us for monthly Lunchtime Trivia! Get your brains full before you eat lunch. Answer the questions correctly and you will get a treat. Donni from Roselawn is bringing the questions, you provide the answers. Be sure to check Lunchtime Trivia when you scan in!	Limit 100 No Deadline
MONDAY <b>AUGUST 10</b> 10:00-11:15 a.m.	<b>IN THE GARDEN WITH JACK "CONTAINER VEGETABLE GARDENING"</b> 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.	Limit 40 No Deadline
BEGINS <b>MONDAY 8/10</b> 10:00-11:00 a.m.	<b>NEW! WALK WITH EASE CLASS</b> Walk with Ease is an exercise program by the Arthritis Foundation for beginners and those with mobility problems. You must commit to a Monday, Wednesday, and Friday class for six weeks. This class has been shown to reduce pain, increase balance and strength, and improve overall health. Class meets through September 18.	Limit 15 Deadline 8/5
MONDAY <b>AUGUST 10</b> 1:00-3:00 p.m.	<b>NEW! CHICKS PEANUT AUCTION</b> This is a really fun event. Bring two or three white elephant items to auction. Bring finger foods to share. Each person is given peanuts to use as money. Everyone is invited to this event.	Limit 50 No Deadline
WEDNESDAY <b>AUGUST 12</b> 1:00-2:30 p.m.	<b>NEW! TAKE A BREAK WITH YOUR NURSE ON DUTY</b> Learn about maximizing the <b>Value of Your Doctor's Office Visit</b> , presented by Humana. You will learn ways to prepare for the visit, questions to ask, and important things to do afterward.	No Limit Deadline 8/10
THURSDAY <b>AUGUST 13</b> 1:00-4:00 p.m.	<b>BRIDGE TOURNAMENT WITH MPRD</b> Grab your partner and come and play. See if you're a lucky prize winner at the end of the day.	Limit 48 Deadline 8/7
FRIDAY <b>AUGUST 14</b> 1:00-2:00 p.m.	<b>NEW! ASK THE DOCTOR</b> Dr. Paula Stewart with TrustPoint Hospital will present information on the signs of strokes as well as types, treatment, and preventative measures.	Limit 40 Deadline 8/12
MONDAY <b>AUGUST 17</b> 1:00-4:00 p.m.	<b>NEW! CRAFTS WITH MPRD "MAKING GIFT BOXES"</b> Gift boxes come in all sizes and shapes. Learn to make a few for your holiday presents!	Limit 15 Deadline 8/14
WEDNESDAY <b>AUGUST 19</b> 1:00-2:00 p.m.	<b>NEW! GRANDPARENTS RAISING GRANDCHILDREN</b> UT Extension Agent Carla Bush give pointers and helpful hints for seniors tasked with raising or coraising your grandchildren. All grandparents are welcome to attend.	Limit 40 No Deadline
THURSDAY <b>AUGUST 20</b> 9:00-10:30 a.m.	<b>ASK A BANKER "A PANEL TO AVOID EXPLOITATION"</b> 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!	Limit 50 No Deadline
THURSDAY <b>AUGUST 20</b> 11:30 a.m.-1:30 p.m.	<b>NEW! LUNCH &amp; LEARN "NAVIGATING MEDICARE"</b> Join us for all information on Medicare and finding which path is right for you with guest speaker, Brad Whitaker. A light lunch will be provided by Christian Care Center.	Limit 50 No Deadline
THURSDAY <b>AUGUST 20</b> 1:00-4:00 p.m.	<b>CANASTA TOURNAMENT WITH MPRD</b> Come and see how your cards stack up! Prizes awarded at the end of the day. Cosponsored by SCSSC and MPRD.	Limit 48 Deadline 8/14

People don't notice whether it's winter or summer when they're happy. ~Anton Chekhov

**MORE CLASSES & EVENTS**

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

FRIDAY <b>AUGUST 21</b> 9:00-11:00 a.m.	<b>NEW! AUGUST BIRTHDAY BASH</b> If you have had a birthday this year, or plan to have one, join us for a fun packed celebration just for you! Dress in your favorite decade or other fun outfit. Entertainment is by Yankee Girl. Refreshments sponsored by Wellcare Health Plan and EXACTCARE Pharmacy.	Limit 120 No Deadline
FRIDAY <b>AUGUST 21</b> 10:00-11:30 a.m.	<b>NEW! GRIEF RELIEF SUPPORT GROUP</b> 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.	No Limit No Deadline
MONDAY <b>AUGUST 24</b> 9:00-11:30 a.m.	<b>NEW! MORNING CHAT WITH AN OFFICER "911 DISPATCH"</b> With Officer Amy Norville. . . This is a very different Morning Chat. We will learn information from real dispatchers about when and how to use 911 and how it works. After Officer Norville and the dispatchers speak you will take a trip to the 911 Center (dispatch) to watch 911 in real life. Limit is 22 due to the capacity of the bus. Others may listen to the talk, but the first 22 to sign up will go on the bus to the 911 center.	Limit 22 No Deadline
TUESDAY <b>SEPTEMBER 1</b> 10:00-10:30 a.m.	<b>NEW! LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDENS</b> 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
THURSDAY <b>SEPTEMBER 10</b> 5:30-9:30 p.m.	<b>NEW! SALAD BAR AND CARD PARTY WITH MPRD</b> Bring your favorite salad or dessert and plan to have fun! Enjoy the fellowship and cards or dominoes. Cosponsored by MPRD and SCSSC.	Limit 100 Deadline 9/4
MONDAY <b>SEPTEMBER 14</b> 12:30 p.m.	<b>NEW! SINGING SENIORS AUTUMN CONCERT</b> Come and celebrate the changing of the seasons with our incredible Singing Seniors! Refreshments served.	No Limit Deadline 9/10
FRIDAY <b>SEPTEMBER 18</b> 1:00-4:00 p.m.	<b>NEW! CHICKEN FOOT TOURNAMENT/MPRD</b> Come on and see how skilled or lucky you are! Prizes at the end of the day!	Limit 48 Deadline 9/11

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

TUESDAYS <b>BEGINS 8/4</b> 1:00-4:00 p.m.	<b>INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS</b> This in 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".	CLASS FEE \$30 Min 3/Max 10 No Deadline
WEDNESDAY <b>AUGUST 12</b> 9:00-11:00 a.m.	<b>PAINTING WITH LIZ "DEEP FOREST"</b> Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class.	CLASS FEE \$20 Min 5/Max 12 Deadline 8/10
SATURDAY <b>AUGUST 22</b> 1:00-3:00 p.m.	<b>INTERGENERATIONAL TULLE WREATH CLASS</b> Grandchildren are welcome. All supplies are provided for one wreath with each \$10 payment. Grandchildren must be able to tie a knot and cut with scissors. Grandparents may help. If grandparents do not make a wreath, they may help the grandchildren without paying.	CLASS FEE \$10 Min 4/Max 10 Deadline 8/20
FRIDAY <b>AUGUST 28</b> 9:30-11:15 a.m.	<b>THE HERMITAGE SERIES "TRAIL OF TEARS"</b> The Trail of Tears in 1838 was the removal of Native Americans from the east to the west and was one of the darkest chapters in United States history. Students examine this event in the context of the founding of our nation to see how our citizens and government interacted with Native Americans. Students will learn not only how the Native American removal happened, but also why.	CLASS FEE \$2 Max 50 Deadline 8/28
WEDNESDAY <b>AUGUST 26</b> 9:00-11:00 a.m.	<b>NEW! PAINTING WITH LIZ "THE CABIN"</b> Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class.	CLASS FEE \$20 Max 12 Deadline 8/25

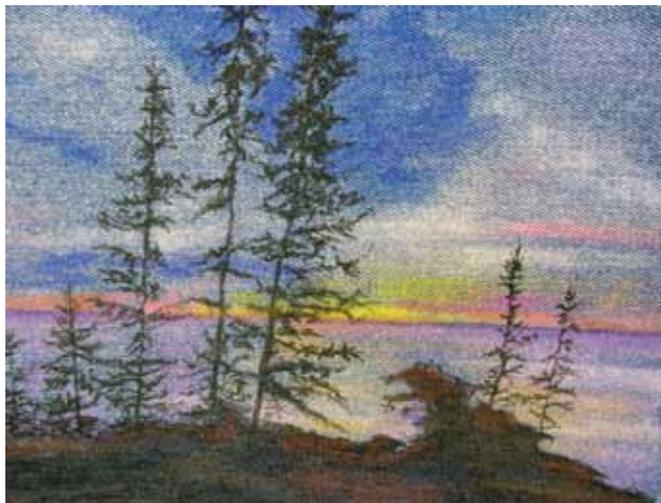
**SEE SAMPLE OF ARTWORK ON THE NEXT PAGE.**

# TO DO IN AUGUST

**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 <b>AUGUST 28</b> 1:00-3:00 p.m.	<b>PNEUMONIA &amp; SHINGLES VACCINE CLINIC ***SIGN UP IN THE NURSE'S STATION***</b> Kroger is bringing a shingles/pneumonia vaccination clinic to the center. You must sign up with the NOD for this event. Bring your insurance cards(s) to sign up on the day of the shot clinic.	BILLED TO INSURANCE <i>Deadline 8/26</i>
MONDAY <b>AUGUST 31</b> 9:00 a.m.-2:00 p.m.	<b>MIXED MEDIA: LAKESIDE SUNSET</b> Paint a mixed media art project on blue denim. Students must bring: Blue Denim canvas, black ink signature pen, medium blue pastel pencil, yellow pastel pencil, purple pastel pencil, rose pastel pencil, brushes that come to a point. This class is well-suited for the beginner to the advanced artist. You will easily complete this masterpiece during the session. Sign up now! Instructed by Karen Brackman.	CLASS FEE \$15 <i>Min 3/Max 12</i> <i>Deadline 8/28</i>
TUESDAYS <b>BEGINS 9/1</b> 9:00 a.m.-12:00 n	<b>BEGINNING STAINED GLASS CLASS</b> THIS CLASS IS FOR BEGINNERS. Fiona Dowd is an artist who will teach you how to make a beautiful sun catcher. Price includes all supplies and four weeks of instruction. This class is for beginners only. Note: NO class on September 8. Sign up now! Class meets 9/1, 15, 22 & 29.	CLASS FEE \$30 <i>Min 1/Max 10</i> <i>Deadline 8/31</i>
TUESDAYS <b>BEGINS 9/1</b> 10:00-11:00 a.m.	<b>WRITING MEMOIRS</b> This workshop is for people who would like to record their life stories for their families and, possibly, even for future historians. It will be taught by Dr. June Hall McCash, an award-winning author of both fiction and nonfiction books. The workshop will deal with content, style and narrative. It is not required, but it would be helpful if participants are able to use a computer. The session will be held each Tuesday in September from 10:00-11:00 a.m. with computer lab from 11:00 a.m.-12:00 noon on your own. Class meets 9/1, 8, 15, 22 & 29.	CLASS FEE \$15 <i>Min 4/Max 12</i> <i>No Deadline</i>
TUESDAYS <b>BEGINS 9/1</b> 1:00-4:00 p.m.	<b>INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS</b> This is an ongoing class. Price is for 4-weeks of drawing class instructed by Fiona Dowd. Please bring the following supplies to class: chalk pastels (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 water-color paper natural white, 22 x 30 ". Beginning Pastel drawing class is a prerequisite for this class.	CLASS FEE \$30 <i>Min 3/Max 10</i> <i>No Deadline</i>
WEDNESDAY <b>SEPTEMBER 9</b> 9:00-11:00 a.m.	<b>NEW! PAINTING WITH LIZ "CATTAILS AT SUNSET"</b> Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class.	CLASS FEE \$20 <i>Min 3/Max 12</i> <i>Deadline 9/8</i>
SATURDAY <b>SEPTEMBER 12 &amp; 19</b> 12:30-4:30 p.m.	<b>AARP SAFE DRIVING CLASS</b> Payment for this class is made the first day of class. Bring a check for \$15 (AARP member) or \$20 (non AARP member) made out to the AARP. Upon completion of the class, you will receive a certificate that you may forward to your insurance company to possibly get a rate reduction on your policy.	FEE \$15 OR \$20 <i>Payable day of class to AARP</i> <i>Deadline 9/10</i>
TUESDAY <b>SEPTEMBER 28</b> 1:00-4:00 p.m.	<b>STAINED GLASS NECKLACE CLASS</b> Fiona Dowd is an artist who will teach you how to make a beautiful necklace. Price includes all supplies, including a gift box, personalized tag and gift bag. Homemade jewelry is one of a kind and a true treasure. No stained glass experience is needed.	CLASS FEE \$35 <i>Min 3/Max 10</i> <i>Deadline 9/21</i>

ART CLASS  
SAMPLES



Mixed Media 8/31  
"Lakeside Sunset"



Paint with Liz 8/31  
"The Cabin"

**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.

<b>SATURDAY AUGUST 1 10:00 a.m. 5:00 p.m.</b>	<b>FROM MEMPHIS TO VEGAS: ELVIS TRIBUTE</b> 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.	ADMISSION \$20 TRANSPORTATION \$10 <i>Limit 13</i> <i>Deadline 7/24</i>
<b>FRIDAY AUGUST 7 8:15 a.m. 10:30 a.m.</b>	<b>RUTHERFORD COUNTY FARMER'S MARKET</b> Please join us as we travel to the market to shop for awhile and then attend a free class led by local chef, Mitchell Murphree as he presents "southern gourmet dishes."	BRING \$ TRANSPORTATION \$0 <i>Limit 14</i> <i>No Deadline</i>
<b>WEDNESDAY AUGUST 12 9:30 a.m. 12:30 P.m.</b>	<b>TENNESSEE TECHNOLOGY FIELD TRIP</b> Join us for nonmedical footcare, manicures, hair wash & style or haircuts. An annual fee of \$5 is due your first trip and each service is \$5. If you would rather go on your own or on a different day, call 615-898-8010 ext. 118 to make an appointment. Please let us know when you call if will be using a wheelchair or motorized chair.	BRING \$ TRANSPORTATION \$0 <i>Limit 10</i> <i>Deadline 8/10</i>
<b>TUE/WED 8/18-8/19 8:00 a.m. 8:00 p.m.</b>	<b>TUNICA, MS ROADHOUSE, HORSESHOE, SAM'S TOWN</b> Enjoy a trip to Tunica, MS for a day and night of gambling fun! You arrive at the Roadhouse Casino/Horseshoe Tunica with \$10 in free play and a lunch buffet. Later depart for an overnight stay at Fitzgerald which includes \$20 ebonus cash and breakfast buffet. Then you are headed to Sam's Town and a free lunch buffet. Payment is due at sign up with check made out to St. Clair Street Senior Center. At sign up be prepared with name, address, phone number, date of birth and email address.	SINGLE \$89 DOUBLE \$68 TRANSPORTATION INC. <i>Limit 52</i> <i>Deadline 7/17</i>
<b>FRIDAY AUGUST 21 8:15 a.m. 9:30 a.m.</b>	<b>RUTHERFORD COUNTY FARMER'S MARKET</b> Please take this opportunity to travel with us to the Rutherford County Farmer's Market to stock up on those "last of the summer" vegetables. This will be our last trip to the market this summer.	BRING \$ TRANSPORTATION \$0 <i>Limit 14</i> <i>Deadline 8/20</i>
<b>SATURDAY AUGUST 22 1:30 p.m.</b>	<b>SATURDAY ADVENTURE: CUMBERLAND RIVER CRUISE AND DINNER</b> Come and cruise the beautiful Cumberland River with Captain Jesse! Then have dinner at the legendary Cherokee Steak House, serving since the 1950s. What a way to spend a Saturday. Bring \$16 for admission and money to pay for dinner at the restaurant.	BRING \$ TRANSPORTATION \$8 <i>Limit 19</i> <i>Deadline 8/17</i>
<b>SATURDAY SEPTEMBER 12 8:00 a.m. 4:00 a.m.</b>	<b>HERE'S THE BEEF FESTIVAL, PULASKI, TN</b> Did you know that Giles County ranks third in the state for beef cattle production? They are promoting the industry with this great event boasting fun activities such as, a farmer's market, arts and crafts, free beef samples and more! This trip requires standing and walking a lot, so be prepared. Bring money for food and shopping.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 9/10</i>
<b>SATURDAY OCTOBER 3 9:00 a.m. 3:00 p.m.</b>	<b>INTERGALACTIC BEAD SHOW, TN STATE FAIRGROUNDS, NASHVILLE, TN</b> Reward yourself with the ultimate beading experience. The show offers an incredible selection of vibrant and unique earthly treasures to buy for your next crafting project. This trip requires standing and walking all day, so be prepared. Bring money for admission at the door (\$5), shopping and a snack or sack lunch as we will not stop to eat.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 10/2</i>
<b>SATURDAY OCTOBER 17 8:30 a.m. 3:00 p.m.</b>	<b>NATIVE AMERICAN ASSOCIATION OF TN POW WOW, LONG HUNTER STATE PARK</b> 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.	BRING \$ TRANSPORTATION \$5 <i>Limit 23</i> <i>Deadline 10/15</i>
<b>TUESDAY OCTOBER 20 8:00 a.m. 8:00 a.m.</b>	<b>HARRAH'S CASINO, METROPOLIS, IL</b> An exciting day of gambling after a nice ride there on the Grayline bus. Bus leaves City Hall Parking garage at 8:00 a.m. promptly. It should return about 8:00 p.m. barring any traffic slow ups. This will be a fun day! <b>At sign up be prepared with name, address, phone number, date of birth and email address (all are required).</b>	ADMISSION \$5 TRANSPORTATION INC. <i>Limit 52</i> <i>Deadline 10/2</i>

**Trip News & Updates!**

**SAVANNAH GEORGIA ON NEW YEARS EVE • \$494 per person double occupancy MACKINAC ISLAND TRIP MEETING**

- 2 Nights Lodging with 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 & Gift
  - Guided tour of Savannah & Davenport House
- \$75 Deposit Due at Registration • Final Payment Due by November 9**

For individuals signed up for the August 23-29 trip. Come to the meeting to receive your itinerary, luggage tags and trip instructions.  
Tuesday, August 4 at 2:00 p.m. in the Multi-Purpose Room.

## ART AFTER 60

### St. Clair Displays at City Hall Rotunda

On September 1-October 16, the City Hall Rotunda will showcase artwork of St. Clair Street Senior Center Seniors. This is quite an honor. If you would like to see the art, stop by during the hours of 8:00 a.m.-4:30 p.m. at the City Hall Rotunda on the first floor. If you are interested in displaying art in the rotunda during this time, please read below:

1. Fill out the Art Show application. Applications may be obtained from Brenda Kiskis Elliott. Eighteen spots are available.
2. Each person is limited to five pieces of art. Only hanging art is permitted. If there is room, all three pieces will be displayed. If the rotunda space is too full, some of the pieces might not be displayed. You need to determine your favorite piece of work and mark your pieces #1 (favorite), #2, and #3 (least favorite) on the back of the piece along with your name, name of the piece and medium used.
3. To display at the rotunda, your pieces of art must be registered with Brenda Kiskis Elliott **NO LATER THAN July 28<sup>th</sup>**. No exceptions. At the time of registration, you will make a reservation with Brenda to have your art photo taken. Photos of art will be taken after 1:00 p.m. July 20-24 and July 27 & 28 or by special appointment.
4. Photos of your art will be used for advertising purposes to promote the show at the Rotunda.
5. City Hall Art Committee is making display tags for the art.
6. Set up at City Hall is Monday August 31<sup>st</sup> at 4:00 p.m. Remember, all art needs to have your Name, Title of Piece and Medium used on the back of the art piece along with #1, #2 or #3 on the piece. Art is to be dropped off at the Rotunda and left for the Murfreesboro City Hall Art Committee to place on the walls. **NO** Artists are to stay in the Rotunda during this time. If you have extra hangers for your art pieces, please bring them.
7. Do not put prices on the art.
8. Business cards are acceptable but no advertising flyers are permissible.
9. Art may not be sold during regular display time. A list of all work will be compiled in a book with the digital photo, description, statement about the work, or your philosophy and style, and price (or 'not for sale'). Visitors of the display may contact you about purchases from the booklet information. Artists may leave business cards but no other advertising materials.
10. Open House in the Rotunda is scheduled for Thursday September 17 from 4:30-6:00 p.m. Be sure to invite your friends. Artists are asked to attend the open house and bring some kind of homemade baked good to share. Drinks are provided. Artists **MAY** sell their work during the open house.
11. Art is to be removed after 2:00 p.m. on Friday, October 16<sup>th</sup>. All art must be removed no later than 4:00 p.m. on this date.

**We would like to send out a special thank you to all of the talented artists at St. Clair. We are very proud of you.**

#### Calling All Artists! Art Show September 3<sup>rd</sup> & 4<sup>th</sup>

Not only are St. Clair's multi-talented artists displaying their art in the 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 3<sup>rd</sup> & 4<sup>th</sup> in the Multi-purpose 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 2<sup>nd</sup> from 1:00-4:00 p.m. Tear down is Friday, September 4<sup>th</sup> 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 24<sup>th</sup>.



*2014 Art Show participants discuss their work.*



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

### Successful Wreath Class

The Patriotic Wreath Class held on June 25 with Instructor Joyce Cummings was a grand success for those who attended. Everyone brought materials and Joyce taught students how to make a beautiful Patriotic wreath. The class was full with a limit of ten students. Unfortunately, only four of the ten folks who signed up to attend actually came. What a shame! The six participants on the wait list could have come if cancellation calls were made. We plan to have future wreath classes with Joyce. If you signed up to attend this class and did not come, you will be asked to not sign up for the next class. This gives folks who were on the wait list a chance to sign up. If you were on the wait list, this does not automatically sign you up on the next class. You need to do that yourself. Watch the LEAF for further classes. Remember, if you sign up for a class or event and cannot attend, please have the courtesy to call and cancel so others may take your place.



### Grandparents Raising Grandchildren Seminar

Join us on Wednesday, August 19 at 1:00-2:00 p.m. for Grandparents Raising Grandchildren, led by Carla Bush, UT Extension Family and Consumer Sciences Agent. More than 4.9 million grandparents are raising their grandchildren according to the 2010 U.S. Census data. In fact, one in 10 grandparents has been the primary support of a grandchild at some time in their lives. While this is not a new phenomenon in this country, the rate of grandparents raising their grandchildren is increasing, and there is every reason to believe the numbers will continue to grow. Raising a second generation has many challenges. Even if you are a part time caregiver of a grandchild, this seminar will give you some helpful information. Feel free to bring topics for future seminars.



**LUAU DANCE**  
**Music by Debbi Bailes Band**  
**Friday August 7**  
**Doors open at 6:00 p.m.**  
**6:30 p.m. Hors D'oeuvres**  
**7:00-10:00 p.m. Dance**  
**Cosponsored by St. Clair Street Senior Center**  
**& Murfreesboro Parks and Recreation**  
**\$5 at the Door**

### Ask the Banker: A Panel to Avoid Exploitation Offered at St. Clair on August 20



Exploitation! What is Exploitation? The Oxford Dictionary defines Exploitation as: "The action or fact of treating someone unfairly in order to benefit from their work." ...or money in some instances. A person who takes you to the bank for their own benefit is exploiting you.

Join us on Thursday, August 20<sup>th</sup> from 9:00-10:30 a.m. for Ask the Bankers... a panel of experts giving you very important information. Persons in the banking industry see fraud, exploitation and other situations that can be avoided. You put your money in a bank because your money is very important to you.

Protect your assets by attending this panel of bankers as they cover situations they have encountered in real life. Most situations involve older persons like you. Learn how to avoid these situations with your own money. Our panel consists of Karen McMahan, Vice President of F&M Bank, Gabriel Fancher, Investment Advisor of First Bank, and Ronnie Martin, President of First Community Bank.

## PROGRAMMING



### Uptown Country Band Hits the Stage Again

Wow, what a fun dance on June 26<sup>th</sup> with Uptown Country. Over 95 persons attended! The next time they come, October 3<sup>rd</sup>, the sound will be better and not as loud. They found a problem with the sound board. That being said, there were a **LOT** of requests that night. Since bands have a play list worked out before they come, it would be helpful to know requests ahead of time. So, there will be a song request sheet on Brenda Elliott's door. If you want to hear a special song on October 3<sup>rd</sup>, write it down and Uptown Country will see what they can do. The list has to be submitted to Ms. Rhonda on September 1<sup>st</sup> so don't wait. Give your suggestions now!



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

### Saturday AARP SMART DRIVER Class

The AARP Smart Driver Program and the St. Clair Senior Center are offering a driving class for persons who are unable to take a class during the week. The class is scheduled for September 12<sup>th</sup> and September 19<sup>th</sup> from 12:30-4:30 p.m. and are instructed by Bob Paredes.

This two-day class will be offered on two consecutive Saturdays. The class will review new state laws and driving strategies that will give you the confidence to operate your vehicle more safely.

The cost for this class is \$15 for AARP members and \$20 for non-members. **Bring a check the day of class made out to "AARP!"** Upon completion of this two day class, you will receive a certificate to present to your auto insurance for a possible three year discount on your vehicle insurance policy. **(You must attend both days of class.)** If you are 60+ or

married to someone 60+, you can register for this class. To register, call or stop by St. Clair Sr. Center. For more information contact Brenda Kiskis Elliott, Program Coordinator 615-848-2550.

**Don't miss this opportunity.**



Correction: Wilma Murphy was the winner of the 4-20-15 Women's Pool Tournament. Apologies to Wilma for the incorrect identification.

## POOL ROOM NEWS!

Coed • 6-8-15

- 1<sup>st</sup> Gloria Denney & Larry Thrasher
- 2<sup>nd</sup> Teresa Rains & Laird Weishahn
- 3<sup>rd</sup> Cory Heimburger & Phil Stilwell

Women's • 6-15-15

- 1<sup>st</sup> Aki Dean
- 2<sup>nd</sup> Teresa Rains
- 3<sup>rd</sup> Eileen Grant

Men's • 6-16-15

- 1<sup>st</sup> Marlin Richards
- 2<sup>nd</sup> Larry Thrasher
- 3<sup>rd</sup> James Davenport

**A LOT GOING ON HERE!**

**Traveling Classroom Comes to St. Clair**

This is the last presentation left in this series brought to you by the Traveling Classroom offered through The Hermitage, home of President Andrew Jackson. The presentation is from 9:30-11:00 a.m. You don't have to travel anywhere exotic, just sign up, pay \$2 for the presentation and come to the senior center to learn fascinating historical facts you didn't know before.

On Friday, August 28<sup>th</sup> the Trail of Tears is discussed. The removal of Native Americans from the East to the West is one of the darkest chapters in United States history. Students examine this event in the context of the founding of our nation to see how our citizens and government interacted with Native Americans. Students will learn not only how Native American removal happened, but why. This is the final presentation in our series. We hope you learned a lot about our Tennessee History involving Andrew Jackson.



**NEW! Beginning Stained Glass Class**

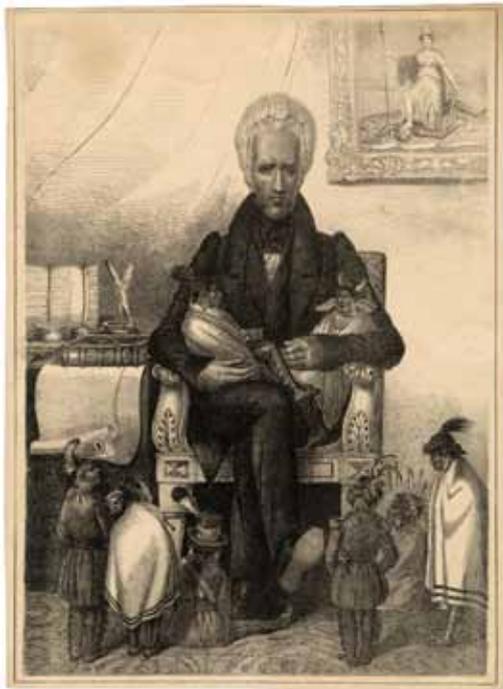
Try something new! If you have never taken stained glass class before this is your opportunity! The class is scheduled for Tuesdays September 1, 15, 22, and 29 from 9:00 a.m.-12:00 p.m. Note, there is no Sept. 8th class. Beginners will be making sun catchers which require all four class dates. The fee of \$30 covers all supplies and instruction for these dates. Instructor is Fiona Dowd. Sign up now!

**Stained Glass Necklace Class**

If you want to create a special gift for someone (or for yourself) that is totally unique, join our Stained Glass Necklace Class. The class is held on Monday September 28th from 1:00 -4:00 p.m. The instructor is Fiona Dowd who studied Stained Glass Art at the University of Dublin (Ireland). The \$35 price includes all supplies, including a gift box, personalized tag and gift bag. Homemade jewelry is one of a kind and a true treasure. No stained glass experience needed. Class limit is ten students with a minimum of two. Sign up begins now! Don't miss your chance to be extra creative.

.....  
 : CONGRATULATIONS to the :  
 : Happy Clowns of St. Clair :  
 : on the success of the performance, :  
 : "Afternoon with the Clowns" :  
 : .....

.....  
 : Plan to :  
 : join us :  
 : for this :  
 : fascinating :  
 : educational :  
 : program :  
 : about our :  
 : nation's his- :  
 : tory. :  
 : .....



## IT'S GOOD TO KNOW

### “The Gardener’s Corner”

Sweet corn has never been sweeter, watermelon never as refreshing as those eaten in August. This is the month to sit back in the shade and enjoy the bounty of your garden. Being the beginning of the harvest season, it’s a time to “put things up” for the coming cold months. Don’t forget to harvest cut-flowers and herbs as well. However, it’s a hot month too and you will most likely have to work at keeping things well irrigated.

Keep out the crabgrass and other weeds that want to invade your lawn and garden. Avoid letting weeds go to seed letting them be an even bigger problem next year. If you want to use chemical control, be sure to select the appropriate herbicide for the location of your weeds and always follow the label directions.

Avoid pruning trees and shrubs, particularly plants such as boxwood, hemlock and hollies, since doing so can stimulate new growth that will not harden off in time for the cold weather ahead. Delay pruning until the end of the dormant season early next spring.

Dig potatoes after the tops have died down. For late crops

of beets, bush beans, cabbage, carrots, collards, kale, lettuce, peas, spinach, turnips and onions, continue sowing seeds until August 15th. Transplants can still be planted for broccoli, early cabbage, cauliflower, collards, kale and onions.

Fertilize your tall fescue and Bermuda lawns late in August using a high nitrogen fertilizer of 5 – 1 – 1 ratio. If the lawn needs extensive renovation and aeration, wait until early September when the “springtime of fall lawn care” has arrived.

Hummingbirds start migrating in August so keep the feeders full, and change the water in your bird bath frequently and keep it filled. Standing water is less healthy for the birds, and may become a breeding ground for mosquito larvae.

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

## Sock Hop 2015

Photos by Joe Cole



AUGUST 2015



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

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

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

Visit us on the web at  
[www.murfreesborotn.gov/seniorcenter](http://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 JUNE 2015

Bingo \$ 13.89  
Quilting \$ 185.00  
Popcorn \$ 10.44  
Coffee \$ 75.02

**Donations:** Evelyn Burns, Pyong Cahill, Esther Carter, Aki Dean, FCE Better Living Club, Life Care Centers of America, Connie Maynard, Geraldine Norris, Dorothy Orr, Suzanne Tippen.

**THANKS FOR ALL OF YOUR DONATIONS TO THE CENTER!**

### ST. CLAIR STREET SENIOR CENTER STAFF

<b>Director</b> Connie Rigsby	<b>Administrative Aide II</b> Diane Smith	<b>Custodians</b> T.J. Key Kerry Young
<b>Administrative Aide I</b> Kim Harding Todd	<b>Administrative Aide I</b> Sarah Beckman	<b>Care Program Specialist</b> Dee Brown
<b>Program Coordinators</b> Brenda Kiskis Elliott Lisa S. Foster	<b>Adult Day Services Program Coordinator</b> Amanda Pullias	<b>ADS Activity Assistants</b> Randy Huffman Kathy Herod
<b>Caregiver Information Coordinator</b> Cindi Thomas	<b>Nurse On Duty</b> Laura Grissom	<b>Administrative Support Specialist</b> Carol Ransom
<b>Facility Attendant</b> Deborah Woodward		<b>Van/Bus Drivers</b> Pete Gerdik, Kirby Jeffreys

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