

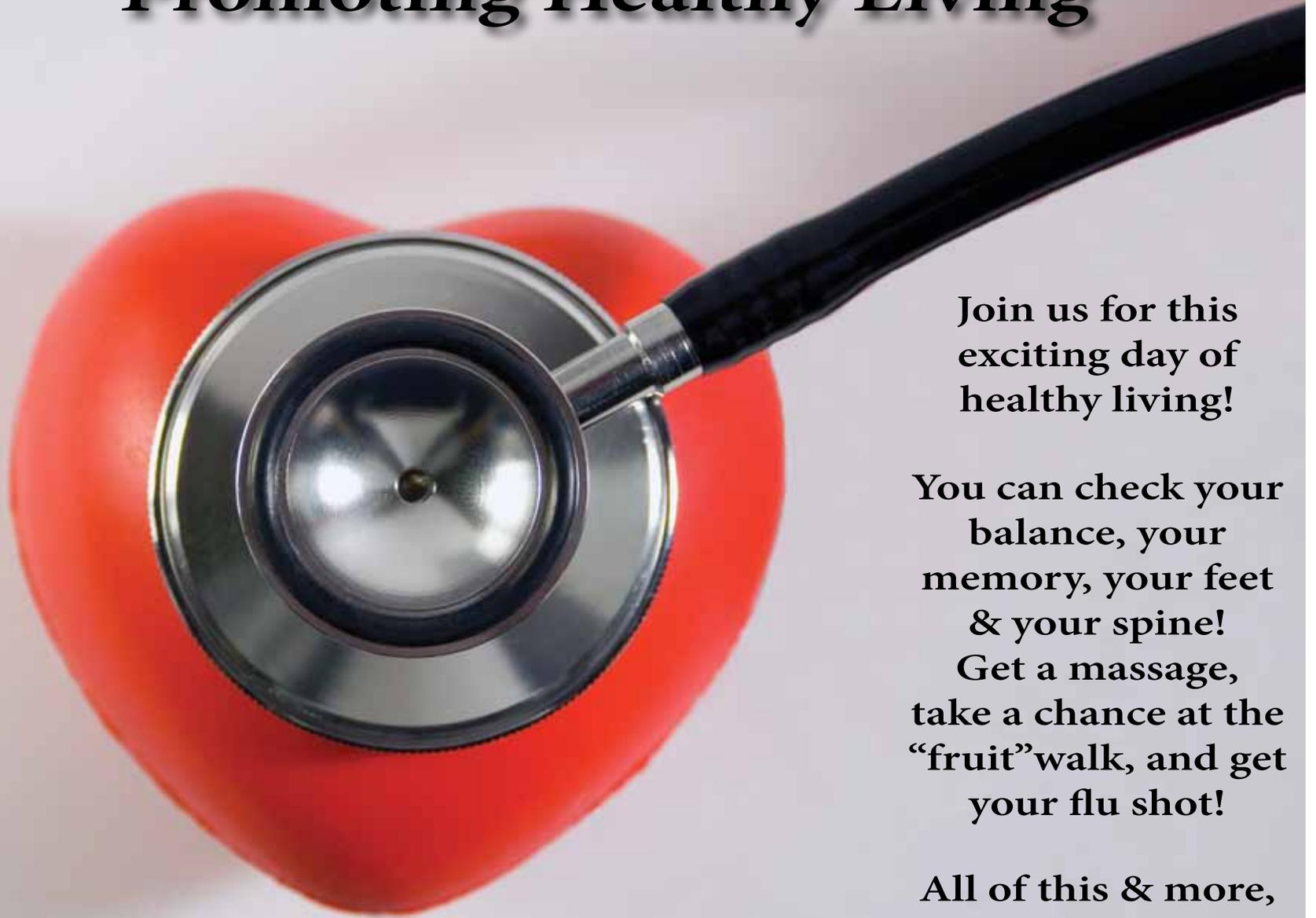
The Leaf



September 2015

2015 SENIOR HEALTH EXPO

Promoting Healthy Living



Join us for this exciting day of healthy living!

You can check your balance, your memory, your feet & your spine!

Get a massage, take a chance at the "fruit" walk, and get your flu shot!

All of this & more, including door prizes!

Thursday, September 10
8:30-11:30 a.m.



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

September is **National Senior Center Month** the theme is “Celebrate Life at your Center!” During the month of September we will present programs that will expand our lifelong learning mission, programs about independence that will show seniors ways to live on their terms and discover classes seniors can take to be healthy and vital to our community. Help us to promote Senior Centers!

Recently I met with six seniors, city staff, and commission members concerning several issues the seniors felt needed to be discussed. Topics included travel, programs and the Center’s direction. It was a productive meeting with the senior’s gathering information on all their concerns. The seniors present were asked to share with the participants information gathered from the meeting as follows: New hiring of full time staff person that will work on day, short and long trips will be posted in August. No ongoing programs offered by the center have been selected to be closed or canceled by staff. A quarterly chat with the Director, Staff and Commission will begin this fall inviting participants to attend to un-

derstand the contracted/mandated State changes in senior center services and center direction. The concerns addressed by the group have been the focus of much gossip throughout the facility and I hope that these solutions addressed by our staff will be the focus of fact as we go forward with operations of the Center.

My pick programs for the Month of September will be the Health Expo on September 10th. Please join us and invite your 60+ friends to come out and receive free health services provided by our community partners and doctors. Three programming notes for the **EXPO**. 1) September 9th at 3:00 all programs will be closed for EXPO setup. We ask that all our participants wrap up early so staff can move tables, chairs for the event on the 10th. 2) All senior center programs will be closed September 10th for the **EXPO**. Starting at 8:00 a.m. only vendors and volunteers will be allowed in until the event starts at 8:30 a.m. to 11:30 a.m. Programs will remain closed till 12:30 p.m. to allow time for rooms to be reset. 3) Meals on Wheels lunches will be served at 12:00 noon in the main cafeteria and we ask that participants remain in the Cafeteria space till 12:30 p.m. so all programming rooms are reset. We hope you enjoy! As always start your adventure here at St. Clair Street Senior Center.

Your Director, Connie C. Rigsby

A promotional graphic for a dance event. The background features a blurred image of a tree with autumn leaves and a large orange pumpkin in the bottom left corner. The text is arranged in a hierarchy: 'SEE YOU IN' in large, bold, black letters with a white outline; 'SEPTEMBER' in a similar style below it; and 'DANCE' in a large, stylized, black font with a white outline and a drop shadow effect. At the bottom, a white-bordered box contains the event details: 'Friday', 'September 18', 'Music by Snappy Pappy', '7:00-10:00 p.m.', and '\$5 at the door. For ages 60+'.

**SEE YOU IN
SEPTEMBER
DANCE**

**Friday
September 18**
Music by
Snappy Pappy
7:00-10:00 p.m.
\$5 at the door. For ages 60+.

FUN FOR YOU!

**ART SHOW & RECEPTION
September 3 at 9:00 a.m.**

Art Show and Meet the Artists at a reception held in their honor! If you have never visited our Center Art Show before, you are in for a treat! This year you can “Meet the Artists” from 9:00-11:00 a.m. on Thursday, September 3rd. This is your chance to see the great minds behind the beautiful work on display. The Art Show will run Thursday and Friday, September 3 & 4 from 9:00 a.m. until 3:00 p.m. each day. See you there!



**ART AFTER 60
St. Clair ART Displays
at City Hall Rotunda**

From September 1 until October 16 the City Hall Rotunda will showcase the artwork of St. Clair Street Senior Center Participants. 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, 111 W. Vine Street on the first floor. A special reception is scheduled for September 17 from 4:30-6:30 p.m. During the reception, art work may be sold.



**COMING IN OCTOBER
“Stepping On” Class**

Building confidence, reducing falls! Join the seven week workshop where you will learn exercises and strategies to help prevent you from falling. Stepping On is a program that has been researched and proven to reduce falls in older people. We will meet two hours a week with topics like: “simple and fun balance and strength training,” “how medications contribute to your falls,” “what to look for in safe footwear,” and “how to eliminate fall hazards in your home.” In addition, expert speakers will join us for several sessions providing information on exercise, vision, safety, and medications.

Is this workshop for you? It is designed specifically for anyone who is 60 or over, has had a fall in the past year, is fearful of falling, lives at home, and does not have dementia. Sign up with the nurse. Cost for the workshop is \$25. There is a limit of 12 so sign up now!

Snapshots from July 25 Saturday Adventure



Photos courtesy of Leonard Johnson



**Old Stone Fort
Manchester, TN**



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

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

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

ADULT DAY SERVICE



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

ADS CELEBRATES National Adult Day Service Week

ADS participants celebrated birthdays all month with fun, laughter and of course, cake for Pat, Michael and Randy. Music was a big part of our program in August. We enjoyed going upstairs to listen to the Singing Seniors practice for the next concert. We highly recommend attending the excellent Singing Senior concerts.

A perk for the ADS program is that we have opportunities to participate in many other programs at the St. Clair Street Senior Center. Among other August activities, ADS participants enjoyed the center bingo games on Tuesdays and Fridays. We appreciate the organizations that volunteer their time to conduct bingo games and provide prizes for the center. We also participated in the Jam Session and Club Karaoke each week of August. These events allow our participants to actively engage in music, which is very good for the brain and stimulates other parts of the brain. Like all seniors, we in the ADS need to engage in activities which promote brain health.

The Adult Day Service participants have a wealth of combined life experience and we have a great time every day that we come together. For instance, recently Randy asked a question of the group “who in history would you like to have lunch with?” A thirty minute conversation followed and we found out that Shakespeare, George Washington, Barack

Obama, Marilyn Monroe, Winston Churchill and Martin Luther King would be at our lunch table. What an interesting lunch that would be! A typical day in ADS will include puzzles and games, trivia and word games, reminiscence and memory exercises, physical exercise and music. We offer healthy snacks and beverages as nutrition can be a challenge for people with short term memory deficit. Reminding our participants to drink water throughout the day is one of the best and easiest things that we do to promote health. We also are the recipients of a nutritious lunch provided by the Mid Cumberland Human Resource Agency’s Congregate Dining nutrition site right here in the St Clair Street Senior Center.

In September we will celebrate National Adult Day Service Week (Sept 13-19). The theme is: “**Adult Day Services: Living Well Into the Future.**” We’ll be sure to have a pizza party that week along with other activities. The City of Murfreesboro can be proud of our Adult Day Service program which offers meaningful activities for seniors who are at risk due to moderate dementia or related health issues and, just as important, we offer caregiver relief.

There is much to celebrate in ADS, most of all the sense of belonging and friendships it fosters. Be sure to tell your friends and neighbors why LIFE IS GOOD in the ADS!



**ADS
ENJOYED
SUMMER
TOMATOES
&
JINGO WITH
FRIENDS IN
AUGUST**

Photos courtesy of
Amanda Pullias,
ADS Coordinator.



CARE DIRECTOR NEWS

UBER COMES TO ST. CLAIR

What is UBER? The word is German and actually means “the best” or “ultimate”. This is a new type of transportation that has been confined to the larger cities but is now expanding to smaller urban areas such as Murfreesboro. Many of you know what UBER is but some do not so I will define what it is and how it works.

- UBER is a transportation service using independent drivers that drive their own cars.
- UBER is a safe, reliable alternative to public transportation and taxis.
- UBER provides door to door service.
- UBER is 24 hours per day.
- Uber is 40% less expensive than a taxi.
- UBER can generally offer a ride within a few minutes of the request.
- UBER operates by you downloading an app to your phone that connects you to the nearest driver.

UBER is a network of independent drivers that have been fully screened and background checked that are available to provide transportation to the general public. They typically use their own cars, are fully insured and are paid to provide this service. When you use this service you will know the name of your driver, license plate # and will even see the picture of your driver on your phone.

We are excited to introduce this technology to St. Clair St. Senior Center and we are offering an educational class on how this technology works. As the population ages we are going to become more dependent on new and inventive ways to provide the services needed for the senior population, enabling seniors to continue to be as independent as possible.

Join us on **Tuesday October 13 at 10:00 a.m.** as Lisa Stafford, UBER Brand Ambassador, will teach us the type of phone needed to utilize the service, how to request a ride, and get any questions answered that you may have. We are pleased to offer this educational program on a technology that is just beginning to be recognized in the Murfreesboro area. You do not need to sign up for this program.

Veteran's Choice Program

Eligible veterans are now able to utilize a program known as the Veteran's Choice Program. This program has been put in place to improve access to health care and allow vet-

erans to use health care providers outside of the VA network.

You may be able to use this program if:

- You are told by your local VA medical facility that you will need to wait more than 30 days for an appointment.
- Your residence is more than 40 miles driving distance from the closest VA medical facility.
- You need to travel by plane or boat to the VA facility nearest you.
- You face an unusual burden in traveling to the closest VA medical facility based on geographic challenges, environmental factors, or medical condition.
- You must call the Choice Program at 1-866-606-8198 to verify eligibility and to make an appointment with a provider outside of the VA network. If you did not receive a card and would like to see if you are eligible you can also call the above number and ask them to determine your eligibility.

Medicare Workshop

Friday, October 2nd at 9:30 a.m.

Please join us as Will Harrison with the State Health Insurance Program presents an overview of Medicare, Medicare Advantage Plans, Prescription Drug Plans and Supplemental Insurance. This is a yearly event that we host in order to reach as many persons as possible that may be just turning 65 and need to know the basics or for others on Medicare that have questions about the different ways Medicare works. Open enrollment for Medicare beneficiaries begins October 15th and ends on December 7th. This is the time that all persons on Medicare can compare and look at different plans and make changes to their Medicare coverage for the following year. Please sign up for this workshop. In the October newsletter there will be more information about Medicare Open Enrollment and how you can get assistance in comparing plans. You do not need to sign up for this program. Please put it on your calendar and pass on the information to persons you may know that have questions about Medicare coverage.



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



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

Volunteer Corner: Opportunities to Volunteer

Rutherford County has many volunteer opportunities. If you are looking to expand your volunteerism some organizations you can contact are:

SCAN-SCAN works with contractors and other volunteers to provide better living conditions for seniors, many of whom don't have family members to help. For more information call the SCAN volunteer line at 615-904-3139 and leave a message.

Meals on Wheels: Pack or deliver meals to our shut in seniors. For more information contact Debbie Willis at 615-895-1870.

Volunteer Rutherford: A wide variety of volunteer opportunities is available through this organization. Contact Becky Lanham at 615-542-1927.



FALL'S A COMIN' DANCE SATURDAY, OCTOBER 3

DOORS OPEN AT 6:30 P.M. • 7:00-10:00 P.M. DANCE

\$5 AT THE DOOR

MUSIC BY: UPTOWN COUNTRY

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

The Job of Being a Family Caregiver

by Cindi Thomas, Caregiver Information Coordinator

The work of caregivers is difficult, at best. This is particularly true for those who provide care before they start the workday and after they come home in the evening. Most caregivers express absolute determination to care for his or her loved ones without assistance, believing that no one else could do it as well. The loyalty, patience, and nurturing care demonstrated by these individuals are admirable, perhaps even saintly. Nobody, even the most patient person on earth, is immune from the effects of putting someone else's needs above one's own day after day, week after week, month after month. The person who is sick does not intend to burden his or her caregiver, but the nature of being unable to care for oneself creates that one-sided dynamic. The spouse who is caring for the ill person may be happy to take on the responsibility of feeding, bathing, and taking his or her loved one to appointments, knowing that if the situation were reversed, the other person would gladly do the same thing. Even so, constant caregiving for a chronically ill loved one can disrupt one's life in multiple ways.

Another stressor of caregiving is the question of how to manage resentment. Caregivers grapple with guilt about experiencing resentment, both regarding the unfairness of being thrust into the role of caring for their loved one, and about spending more time as a caregiver and less as a family member. Most are clear that the resentment and anger they feel is directed toward the ailment or disability, but we all know how easy it is for our anger and resentment to spill over into other areas or be misdirected. The last thing most caregivers want to do is allow their resentment or anger to taint their relationships with those they care for.

By focusing on the process of what you are doing, by mindfully paying attention to each tiny step in the task at hand you should be able to change your feelings and alleviate the resentment and dread! Change your thoughts from, "I hate this, I can't believe I have to do this every

day and night for the rest of my life." This is called "relaxing your brain, much like releasing a tightened fist." By relaxing your brain, you are able to release the resentment and dread. Let it go release the breath that you have been holding. You can look at it as an opportunity to pause and regroup.

By changing your focus to each step of the process (whether washing dishes, filing, changing a bed, or meditating) you are also altering your feelings. It takes practice. Begin with something easy, like focusing on your breathing. Feel the air going into your nostrils, your stomach rising, the air moving through your head and into your lungs, and then moving back up and out of your nose. Next, try mindfully taking a bath or shower. Feel the water on your skin, smell the soap... feel the cloth in your hands and your hands moving over your body. Don't allow your mind to wander to other things. Keep it contained in the actions and senses.

Many caregivers are reluctant to reach out for help, which puts them at risk of burnout. Help is out here! Caregivers do not have to feel alone.

Make caring for others a positive experience for you by:

1. Expanding your knowledge (home courses, learn how to paint or learn an instrument).
2. Get family and friends involved in caring or chores you need help with.
3. Realize that not everyone can help, and be OK with that.
4. Explore support groups – you're not alone (there are several here at St. Clair and in the city)
5. Lean on friends for emotional support – that's what friends are for.
6. Team up with professional services for additional help.

As a caregiver, you have a lot to feel good about. Boost your level of happiness by focusing on the positive aspects of your life and the things that are going right. Here's an idea: Keep a journal. Use it to write down three things that went well that day just before you go to bed.

I am here for you, Cindi



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

Caregiver Programs in September 2015

ALZHEIMER'S ASSOCIATION

SUPPORT GROUP

"Share the Care"

Friday, September 11 • 11:00 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.

CANCELLED

ANNUAL CAREGIVING CONFERENCE

at First Baptist Church,

Nashville, TN

Friday, September 11 • 8:30 a.m.-2:00 p.m.

We will be taking the St. Clair van to this conference. Please see Cindi for more information on reserving your spot.



**Memory Cafe
in Murfreesboro
at Through the Grapevine**
Monday, September 21
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 served.

LUNCH & LEARN

Thursday, September 17

11:30 a.m.-1:00 p.m.

"Living with COPD & Other Respiratory Illnesses"

- Join us in this informational seminar to learn all about respiratory illnesses.
- This is a brown bag event.
- Reservations are required and limited to **50 participants**.

GRIEF RELIEF

SUPPORT GROUP

Friday, September 18 • 10:00-11:30 a.m.

This support group is for those individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.

Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family friend, coworker.

Meets the 3rd Friday of each month.

Labor of Love Support Group at St. Clair Street Center

Friday, September 25 • 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.

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

Cosponsored by the

Alzheimer's Association of Middle Tennessee

Providing the following services:

- Walk-in consultation or call-in help lines.
- Educational resources are available. Including literature, books, and videos on conditions caregivers face, such as Alzheimer's.
- Office Hours are Monday through Friday from 9:30 a.m.-1:30 p.m.
- Appointments available by calling 615-848-2550 ext. 2506

Contact Cindi Thomas for information.



NEWS FROM NOD

Healthy Aging Month!

As you have probably heard by now, September is “Healthy Aging Month”. What perfect timing for our annual health expo! If you want better health as you age one of the best things you can do is have preventative screenings. This way you can find disease processes before they get started or while they are still in the beginning stages, which makes it much easier to treat and to deal with. While most of you probably see your doctor regularly for blood tests, you may not be thinking about other types of tests to keep you ahead of the game. At the health expo this year we will have a chiropractor to do spinal assessments, doctors doing memory testing, foot screenings, and vision screenings. You will be able to have your hearing tested, skin assessed, blood glucose and BMI tested, as well as bone density and balance tested. There will be some fun things to do, too, such as try some nutritious snacks, learn about proper hand washing, try to win something at a “fruit walk” (think “cake walk”, but better for you), not to mention possibly win a door prize! Taking advantage of free screenings is one of the best things you can do for yourself so don’t miss the expo on Thursday, September 10. The above list is not necessarily complete so come see what else we may offer (like flu shots – bring your Medicare card).

Another great thing to do since it is Healthy Aging Month is to take a look at who you are and possibly do some reinventing. This could mean a new career, new hobby, or just improving your physical, emotional, social, and financial self. Here are some tips from this month’s Healthy Aging Magazine.

- Picture yourself at your best age and be it! Acting younger than you are can make you feel better. (Do not take this too far and get yourself in trouble!)
- Be positive in what you do and say. If you find yourself complaining, stop and change your words or thoughts to something positive.
- If you are spending your days around negative people, you may want to think about getting some new friends.

Depressing people can make you feel depressed, so it’s time to find some upbeat, positive people to spend your time with.

- Stand up straight- stomach in, shoulders back, chin up. Look at yourself in the mirror and see how much better (younger) you look if you make these simple changes. Think about how you are walking, too, and change your steps to reflect a healthy, vibrant person.
- Smile more! It has been proven that people who smile more often are happier. Take good care of your teeth, too; they are the first thing people notice and are important to your well-being.
- If you are lonely, do something about it. Volunteer, take a class, meet friends or family for meals out or at home. You may even find your inner artist by taking an art or music class. This has not only social benefits but is also good for brain health (learning something new).
- Start walking or doing some other form of exercise regularly. This is beneficial in so many areas of life, it’s amazing more people don’t do it.
- Go for annual health screenings so you can stop worrying about what might be happening to your body.

If you will remain physically and mentally active and socially engaged, you are more likely to age well. Even if you have a family history of poor health and disease, you still have some control over your own health. If high blood pressure, heart disease, diabetes or other health problems are prevalent in your family, is it because those family members are overweight, inactive or smokers? Did they take care of themselves as they aged? You need to look at the whole picture before drawing conclusions. So, stand up straight, smile, and come to the health expo on September 10 for healthy aging!



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

2015 St. Clair Street Senior Center Health Expo

We are excited to bring so many wonderful healthcare providers to you here at the center for a day of improving your health! The expo will be Thursday, September 10 from 8:30-11:30 a.m. No sign up is necessary; all stations will be on a first come, first served basis. There will be about 15 tests, assessments, or activities throughout the center, including balance screening, foot screening, memory testing, and chiropractic screening. We want to show you the proper way to wash your hands, so make sure you stop at “**Germ City**”. Check out the fruit walk, safe driving information, and sign up for a door prize, too. Prevention is a much better route than treatment so here is your opportunity to get that helpful and needed information.

Blood Pressure Clinic

The blood pressure clinic is every Monday from 9:30 am until 11:30 am 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 non medical nail care and hair care for our seniors. This month’s trip is September 9. There is an annual fee of \$5 due on your first trip. The fees for services are: shampoo/set: \$5; hair cut: \$5; nails: \$5. We will leave the center at 9:30 a.m. so you need to be here at 9:00 a.m. 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 Friday, September 4 and let them know what services you want done and if you use a wheelchair. There is a limit of 10.

Take Charge of Diabetes

This free six week workshop will begin Wednesday, September 16, 9:30-11:30 a.m. This class will help you take back your life as you take charge of your diabetes. Topics include healthy eating, reading food labels, decreasing stress and managing your medications. Anyone with diabetes (or pre-diabetes) is welcome, as are caregivers. This will be presented by the Rutherford County Health Department, UT Extension. Please sign up by Monday, September 14.

September is Go4Life Month!

September 2015 has been designated Go4Life Month, in collaboration with the White House Conference on Aging. The theme is “**Be Active Every Day!**” We want to increase the number of people reaping the benefits of exercise and physical activity, so come join us! 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!

TAKE A BREAK with NOD

Improving Your Health Literacy

“Improving Your Health Literacy” will be the topic for this month’s Take a Break on Friday, September 25 from 10:00-11:30. Do you ever wish you could find information that you need about your health and use that information to make good decisions about your health? Well, this program will help you do just that. It will help you talk to your doctor and pharmacist with better understanding as well as read your prescription labels so you know you have the right drug and are taking it correctly. Please sign up by Wednesday, September 23. There is a limit of 40.



Coming October 7

PHARMACIST CONSULTATION October 7

Here is your chance to meet one-on-one with a pharmacist to go over your personal medications. Each person will be allotted 15 minutes and the program is limited to 8. Sign up by Monday, October 5.

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

- **Friday, September 25 at 1:00 p.m.** Meeting and at 2:00 p.m. Rehearsal. If you are interested in becoming a clown, please come to this meeting.
- **Wednesday, September 30 at 8:45 a.m.** Depart for Woodbury Head Start & Cannon County Senior Center (Lunch at the Center). Return at 1:30 p.m.
- **Welcome to our newest clown, Pat-T-Kake!**

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 from 9:00 a.m.-12:00 p.m. 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 at any time up to the deadline. The fee **MUST** be paid by 2:00 p.m. one working day **BEFORE** the first class of the month. Maximum for each class is ten students. Minimum is three students. If three students have not signed up by 2:00 p.m. one working day before a new month's class starts, that day's class is cancelled.

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 | 9/1 | Bingo with Senior Helpers |
| THURSDAY | 9/3 | Bingo with Murfreesboro Funeral Home |
| TUESDAY | 9/8 | Bingo with Roselawn Funeral Home & Memorial Gardens |
| THURSDAY | 9/10 | Bingo CANCELLED for Senior Health Expo |
| TUESDAY | 9/15 | Bingo with Creekside Assisted Living |
| THURSDAY | 9/17 | Bingo with Broadmore Senior Living |
| TUESDAY | 9/22 | Bingo with Willowbrook Home Health & Hospice |
| THURSDAY | 9/24 | Bingo with At Home Health Care |
| TUESDAY | 9/29 | Bingo with NHC |

SEPTEMBER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>1 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. Piano Group 1 9:00 a.m. Pinochle 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Writing Memoirs 10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens 11:00 a.m. Piano Group 2 1:00 p.m. Knit Group 1:00 p.m. Intermediate Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p> | <p>2 CANASTA IN UPPER DINING ROOM TODAY 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p> |
| <p>7 Center Closed for Labor Day!</p> | <p>8 DEADLINE 9/9 PAINTING WITH LIZ NO Stained Glass Class Today 9:00 a.m. Piano Group 1 9:00 a.m. Pinochle 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Writing Memoirs 11:00 a.m. Piano Group 2 1:00 p.m. Knit Group 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p> | <p>9 ALL AFTERNOON ACTIVITIES CANCELLED TODAY <i>Includes: Pool, Exercise Room, Spades, Senior Artists, Club Karaoke, Card Room, Chicken Foot, Ceramics</i> 8:00 a.m. Canasta 9:00 a.m. Tennessee Technology Center Field Trip 9:00 a.m. Painting with Liz "Cattails at Sunset" 9:00 a.m. RCCOA Board Meeting 10:00 a.m. Program Committee Meeting</p> |
| <p>14 9:00 a.m. Coed Pool Tournament 9:00 a.m. St. Rose Bridge Group 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. FCE Better Living Club 1:00 p.m. St. Clair Singing Seniors</p> | <p>15 9:00 a.m. Piano Group 1 9:00 a.m. Pinochle 9:00 a.m. Men's Pool Tournament 9:00 a.m. Beginning Stained Glass Class 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Writing Memoirs 10:00 a.m. Volunteer Orientation 11:00 a.m. Piano Group 2 1:00 p.m. Knit Group 1:00 p.m. Intermediate Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p> | <p>16 10:00 a.m. Healing Arts Paint Class 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p> |
| <p>21 9:00 a.m. Ladies Pool Tournament 9:00 a.m. Mixed Media Class "Tulip Tree Blossoms" 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Severe Weather Talk 1:00 p.m. Crafts with MPRD/Gallery Glass 1:00 p.m. St. Clair Singing Seniors 1:00 p.m. Exercise Equipment Deomonstration</p> | <p>22 DEADLINE 9/23 PAINTING WITH LIZ DEADLINE 9/24 BUCKET PROGRAM DEADLINE 9/28 SALLY WELLS PROGRAM 9:00 a.m. Piano Group 1 9:00 a.m. Pinochle 9:00 a.m. Beginning Stained Glass Class 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Writing Memoirs 10:00 a.m. New Participant Orientation 11:00 a.m. Piano Group 2 1:00 p.m. Knit Group 1:00 p.m. Intermediate Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p> | <p>23 DEADLINE 9/25 TAKE A BREAK 9:00 a.m. Painting with Liz "Seascape" 9:30 a.m. Native Birds of Tennessee 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p> |
| <p>28 8:30 a.m. Center Commission Meeting 9:00 a.m. Stained Glass Makeup Class 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Sally Wells "Native American Life" 1:00 p.m. Stained Glass Necklace Class 1:00 p.m. St. Clair Singing Seniors</p> | <p>29 9:00 a.m. Piano Group 1 9:00 a.m. Pinochle 9:00 a.m. Beginning Stained Glass Class 9:00 a.m. The History of Murfreesboro Electric 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Writing Memoirs 11:00 a.m. Piano Group 2 1:00 p.m. Knit Group 1:00 p.m. Intermediate Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p> | <p>30 8:45 a.m. Clowns to Woodbury 9:00 a.m. Ladies vs MPRD Pool Tournament 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p> |

OF EVENTS

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>8:00 a.m. Canasta in Card Room until 12:00 n 9:00 a.m. Artist Reception 9:00 a.m. Senior Center ART SHOW 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. Music Jam Session 1:00 p.m. Seniors Acting Up!</p> | <p>4 DEADLINE 9/10 SALAD BAR & CARD PARTY CANASTA IN UPPER DINING ROOM TODAY</p> <p>9:00 a.m. Senior Center ART SHOW 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 12:30 p.m. Open Wii Play</p> | <p>5</p> <p>12:30 p.m. Center Open</p> |
| <p>10 DEADLINE 9/12 AARP SAFE DRIVING CLASS DEADLINE 9/17 LUNCH & LEARN STAINED GLASS CLASS CANCELLED TODAY NO QUILTING or KNIT GROUP TODAY ALL THURSDAY EXERCISES CLASSES CANCELLED MUSIC JAM SESSION CANCELLED</p> <p>8:30 a.m. Senior Health Expo 11:45 a.m. Deb Thomas Lunchtime Music 12:00 n Canasta 12:30 p.m. Party Bridge 1:00 p.m. Seniors Acting Up! 5:30 p.m. Salad Bar & Card Party with MPRD</p> | <p>11 DEADLINE 9/18 CHICKEN FOOT TOURNAMENT</p> <p>9:00 a.m. AARP Board Meeting 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Meeting 12:30 p.m. Open Wii Play 1:30 p.m. Friday Feature Flicks!</p> | <p>6</p> <p>On this day in 1997 Princess Diana of Wales was buried.</p> |
| <p>17</p> <p>9:00 a.m. Stained Glass Class</p> <p>10:00 a.m. Quilting 10:00 a.m. Knit Group</p> <p>11:30 a.m. Lunch & Learn "Living with COPD"</p> <p>12:30 p.m. Party Bridge</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Seniors Acting Up!</p> | <p>18 DEADLINE 9/21 MIXED MEDIA CLASS DEADLINE 9/21 CRAFTS WITH MPRD</p> <p>9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 10:00 a.m. Senior Learning Network Presents: "Getting Started in Genealogy" 12:00 n RCCOA Meeting 12:30 p.m. Open Wii Play 1:00 p.m. Chicken Foot Tournament 7:00 p.m. See You in September Dance Doors open at 6:30 p.m. \$5 at the door Music by SNAPPY PAPPY BAND</p> | <p>12</p> <p>8:00 a.m. "Where's the Beef" Festival Trip 12:30 p.m. Center Open 12:30 p.m. AARP Safe Driving Class</p> <p>13</p> <p>Happy Grandparents Day!</p> |
| <p>24 DEADLINE 9/25 GENEALOGY BASICS DEADLINE 9/26 SATURDAY ADVENTURES</p> <p>9:00 a.m. Stained Glass Class 9:30 a.m. Preparedness with a Bucket! 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:45 a.m. Deb Thomas Lunchtime Music 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up!</p> | <p>25</p> <p>9:00 a.m. Genealogy Basics 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Take a Break with NOD "Improving Your Health Literacy" 12:00 n Labor of Love Caregiver Support Group 12:30 p.m. Open Wii Play 1:00 p.m. Happy Clown Class 2:00 p.m. Clown Rehearsal</p> | <p>19</p> <p>9:00 a.m. "GRAND" Pool Tournament 12:30 p.m. AARP Safe Driving Class 12:30 p.m. Center Open 1:30 p.m. Parkinsons Support Group</p> <p>20</p> <p>On this day in 2013 Alex Rodriguez sets new MLB record with 24 Grand Slam home runs for the New York Yankees.</p> |
| <p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p> | <p>COMING SOON! FALL'S A COMIN' DANCE SATURDAY, OCTOBER 3 DOORS OPEN AT 6:30 P.M. 7:00-10:00 P.M. DANCE \$5 AT THE DOOR MUSIC BY: UPTOWN COUNTRY</p> | <p>26</p> <p>9:00 a.m. Saturday Adventure to Cumberland Caverns, McMinnville, TN 12:30 p.m. Center Open</p> <p>27</p> <p>On this day in 1964 findings of the Warren Commission into the assassination of President John Kennedy were released and find Lee Harvey Oswald acted alone.</p> |



FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

| MONDAYS | TUESDAYS | WEDNESDAYS | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>EXERCISE ROOM 8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Intermediate Tap Dance Class 11:30 a.m.-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM 9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM 9:30 a.m. Line Dance Practice/Judy</p> <p>NURSE STATION 10:00 a.m. Walk with Ease 9:30 a.m. Blood Pressure Clinic</p> | <p>7:00 a.m. Walking Saints: Old Fort EXERCISE ROOM 8:30 a.m. Core Strength with Marjorie 8:45 a.m. Senior Strength with Marjorie 9:30 a.m. Dancercise with Marjorie 10:25 a.m. Core Strength with Marjorie 10:40 a.m. Senior Strength with Marjorie 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM 8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> <p>UPPER DINING ROOM 1:45 p.m. Line Dance Warm Up with Tom 2:00 p.m. Intermediate Line Dance with Tom 3:15 p.m. Ballroom Dance Class</p> | <p>EXERCISE ROOM 8:15 a.m. Fit with Mark 10:30 a.m. Tap Dance Practice 11:30 a.m.-1:00 p.m. Open Gym 3:00-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM 9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>NURSE STATION 10:00 a.m. Walk with Ease</p> <p>Classes with a monthly fee are GREEN. Classes with NO fee are BLUE. Classes are NOT prorated.</p> | |
| THURSDAYS | FRIDAYS | NOTICES | PLEASE READ! |
| <p>7:00 a.m. Walking Saints: Thompson Lane EXERCISE ROOM 8:30 a.m. Core Strength with Marjorie 8:45 a.m. Senior Strength with Marjorie 9:30 a.m. Dancercise with Marjorie 10:25 a.m. Core Strength with Marjorie 10:40 a.m. Senior Strength with Marjorie 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM 8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> | <p>EXERCISE ROOM 8:15 a.m. Gentle Fitness with Mark 9:15 a.m.-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM 9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>NURSE STATION 10:00 a.m. Walk with Ease</p> | <p>Walk with Ease is an exercise program by the Arthritis Foundation for beginners and those with mobility problems. This class requires a 6-week commitment (8/10-9/18 MWF). It has been shown to reduce pain, increase balance & strength, and improve health.</p> <p>Go4Life on Tuesdays & Thursdays motivates older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines.</p> | <p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</p> <p>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</p> |

SENIOR FIT with MARK

Senior Fit & Gentle Fitness with Mark, a personal trainer, emphasizes gentle aerobic work and hand weights. Join Mark for a great way to stay in shape! Gentle Fitness is \$10 per month.

YOGA WITH DOT

The fee is \$15 per month. Two classes offered. 25 student per class. First come, first serve. Mats are provided, but feel free to bring your own. Dress in comfortable clothes that you can move around in. Please feel free to stop in and talk to instructor, Dot Balliet, regarding the level of fitness required to join this class.

ZUMBA® GOLD

Join the fitness revolution! Zumba offers a safe and effective total body workout for seniors with any ability level and all the while maintaining a party atmosphere that is different, fun and easy to follow. Dance to the music and move to the rhythms of salsa, merengue, tango, rumba and the cha-cha. Be sure to wear comfortable clothing. The fee is \$10 per month.

ZUMBA® GOLD TONING

Zumba® Gold Toning offers the best of both worlds — the exhilarating experience of a **Zumba®** class with the benefits of safe-and-ef-

fective strength training. It's an easy-to-follow, health-boosting dance-fitness program. This class moves at a slower pace than a regular **Zumba®** class. Through lightweight resistance training and fun music, **Zumba® Gold Toning** classes are perfect for those with some limited strength or mobility. It improves posture, coordination, strength and mobility. Classes are \$15 per month. **ZUMBA® DISCOUNT!** A discount is given those who take both Zumba Toning and Zumba Gold during a month. The discounted price is \$20. To take advantage of this price, the student must sign up for both at the same time.

EXERCISE with MARJORIE/MPRD

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

SENIOR STRENGTH: This 40-minute class consists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and

sitting positions.

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

LET'S DANCE!

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

- Intermediate Tap Class - \$15/month
- Ballroom Dance Class - \$15/month

WALKING SAINTS

The Walking Saints program has moved to Tuesdays and Thursdays at 7:00 a.m. If anyone is interested in walking on the Greenway with folks from the Center, please see Lisa Foster, Program Coordinator.

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 SEPTEMBER 1 10:00-10:30 a.m. | LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDENS 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 |
| THURSDAY SEPTEMBER 10 11:45-12:15 p.a.m. | MUSIC WITH DEB THOMAS Deb Thomas, professional singer, wants to entertain you during the lunch hour. Deb has worked all over the United States in different venues. If you plan to eat lunch with MCHRA Dining, be sure to make a reservation 24 hours ahead of time. Sack Lunches are also welcome, or just come to listen. You won't be disappointed. Be sure to scan in! | Limit 100 No Deadline |
| THURSDAY SEPTEMBER 10 5:30-9:30 p.m. | SALAD BAR & CARD PARTY 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 |
| FRIDAY SEPTEMBER 11 1:30-3:30 p.m. | FRIDAY FEATURE FLICKS The Center is now showing great movies! The popcorn will always be popping on a Friday for our Friday Feature Flick! Check out the bulletin board behind the reception desk to see what's showing! | Limit 50 No Deadline |
| TUESDAY SEPTEMBER 15 10:00-11:00 a.m. | VOLUNTEER ORIENTATION Learn how your skills can be put to use at the Senior Center. Volunteering is a great way to meet other participants. | Limit 50 No Deadline |
| WEDNESDAY SEPTEMBER 16 10:00 a.m.-12:00 p.m. | HEALING ARTS PAINT CLASS This program offers meditative artistic techniques for dealing with anxiety, grief, dementia and Alzheimer's symptoms. | Limit 10 No Deadline |
| THURSDAY SEPTEMBER 17 11:30 a.m.-1:00 p.m. | LUNCH & LEARN " LIVING WITH COPD & OTHER RESPIRATORY ILLNESSES" This is a brown bag lunch program. | Limit 45 Deadline 9/10 |
| FRIDAY SEPTEMBER 18 10:00-11:00 a.m. | SENIOR LEARNING NETWORK PRESENTS "GETTING STARTED IN GENEALOGY" Senior Learning Network: Come and learn how to get started tracing your roots! Presenter is the New England Historic Genealogical Society. We will speak live with a real person over the computer! This is a very unique program. | Limit 50 No Deadline |
| FRIDAY SEPTEMBER 18 1:00-4:00 p.m. | CHICKEN FOOT TOURNAMENT/MPRD Come on and see how skilled or lucky you are! Prizes at the end of the day! | Limit 48 Deadline 9/11 |
| MONDAY SEPTEMBER 21 10:00-11:30 a.m. | SEVERE WEATHER TALK September is National Preparedness Month. Krissy Hurley, Warning Coordination Meteorologist for the National Weather Service is scheduled to be here to give a Severe Weather Talk. She will touch on being prepared for different kinds of weather events. Bring your questions. | Limit 50 No Deadline |
| MONDAY SEPTEMBER 21 10:00-11:30 a.m. | CRAFTS WITH MPRD "GALLERY GLASS" Bring a piece of glass in a frame. MPRD will supply the paint, and some design ideas. If you have a picture you would like to paint, please bring it with you. No are experience necessary. | Limit 15 Deadline 9/18 |
| TUESDAY SEPTEMBER 22 10:00-11:00 a.m. | NEW PARTICIPANT ORIENTATION A MUST for all new participants. A full tour will be given as well as learning all that the Senior Center can offer you. | Limit 50 No Deadline |
| WEDNESDAY SEPTEMBER 23 9:30-10:30 a.m. | NATIVE BIRDS OF TENNESSEE Brought to you by Polly Rooker, Biologist 2 of the Tennessee Wildlife Resources Agency. Ms. Polly is going to do a presentation on Tennessee Native Birds, including humming birds. We are excited to have the Tennessee Wildlife Resource Agency visiting our center! Sign up now. Space is limited. | Limit 50 No Deadline |
| THURSDAY SEPTEMBER 24 9:30-10:30 a.m. | PREPAREDNESS WITH A BUCKET Continuing the theme of Being Prepared. Come and join us as Laverdia McCullough shows us just how a 5-gallon bucket may save our life! | Limit 50 Deadline 9/22 |

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.

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| THURSDAY SEPTEMBER 24 11:45 a.m.-12:15 p.m. | DEB THOMAS Deb Thomas, professional singer, wants to entertain you during the lunch hour. Deb has worked all over the United States in different venues. If you plan to eat lunch with MCHRA Dining, be sure to make a reservation 24 hours ahead of time. Sack Lunches are also welcome, or just come to listen. You won't be disappointed. Be sure to scan in! | <i>Limit 100 No Deadline</i> |
| FRIDAY SEPTEMBER 25 9:00-10:30 a.m. | GENEALOGY BASICS WITH JOHN LODL Archives, is coming to the senior center to teach you how to do the basics of genealogy research. This class is for beginners, however, anyone is welcome to attend. You can never learn too much! Limit is 24. | <i>Limit 24 Deadline 9/24</i> |
| FRIDAY SEPTEMBER 25 10:00-11:30 a.m. | TAKE A BREAK WITH NOD "IMPROVING YOUR HEALTH LITERACY" Learn to make better decisions for your health. This class will help you improve your conversations with your doctor and pharmacist and read your prescription labels with better understanding. | <i>Limit 40 Deadline 9/23</i> |
| MONDAY SEPTEMBER 28 10:00-11:00 a.m. | SALLY WELLS "NATIVE AMERICAN LIFE" Sally Wells is a Native American, a member of the Choctaw tribe. Come and listen as she tells us what it was like to grow up on a Reservation, the struggles and the joys. | <i>Limit 50 Deadline 9/22</i> |
| TUESDAY SEPTEMBER 29 9:00-10:00 a.m. | THE HISTORY OF MURFREESBORO ELECTRIC Murfreessboro Electric Department has been powering the progress of Murfreessboro since 1939. We will look back over the last 76 years at what Murfreessboro Electric has meant to our community. Take a trip back in time as Amy Byers, Director of Marketing shows the progress through photos and narration. | <i>Limit 50 No Deadline</i> |
| THURSDAY OCTOBER 1 9:30-10:30 a.m. | THE IMPORTANCE OF BEES Bees: These little insects are so much more important than we realize! Join us as Zane Cantrell, from the Rutherford County Beekeepers Association enlightens us on the life of bees, how important they are to our food resources, the danger they're in and how we can help! | <i>Limit 50 No Deadline</i> |
| MONDAY OCTOBER 5 12:30 p.m. | NEW! SINGING SENIORS AUTUMN CONCERT Come and celebrate the changing of the seasons with our incredible Singing Seniors! Refreshments served. | <i>No Limit Deadline 10/1</i> |
| TUESDAY OCTOBER 6 10:00-10:30 a.m. | LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDENS We are going to have monthly Lunchtime Trivia! Get your brains full before you eat lunch! Answer the question correctly and you will get a treat. Donni from Roselawn Memorial Gardens is bringing questions. You provide answers. | <i>Limit 100 No Deadline</i> |
| THURSDAY OCTOBER 15 9:15-11:30 a.m. | THE GREAT SHAKE OUT We'll shake rattle and roll, have nice refreshments, Guest Speakers and join the Central United States as they conduct the largest Earthquake Drill ever. We will have door prizes and a visit by the Special Operations Unit of Rutherford County's SORT Rescue Truck. This party is unique with important information throughout that may save your life. 1.8 Million people registered to take part! MCHRA LUNCH at 12:00 today. Bingo Cancelled. Sponsored by Embassy Suites & BC/BS of TN, Wellcare Health Plan, and Roselawn Funeral Home. | <i>Limit 120 No Deadline</i> |
| WEDNESDAY OCTOBER 21 9:30-10:30 a.m. | GENETICALLY MODIFIED FOODS Genetically modified foods are popular subjects in the media today? What exactly are they? How are they produced? Are they good for us? For the environment? Come and learn from MTSU's Dr. Tony Johnston, professor of Agriculture. He'll be giving us the facts on Genetically Modified Foods! | <i>Limit 40 No Deadline</i> |

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!

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|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| TUESDAYS BEGINS 9/1 9:00 a.m.-12:00 n | BEGINNING STAINED GLASS 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 th . Sign up now! Class meets on 9/1, 15, 22 & 29. | <i>CLASS FEE \$30 Min 3/Max 10 Deadline 8/31</i> |
| TUESDAYS BEGINS 9/1 10:00-11:00 a.m. | WRITING MEMOIRS : 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 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. Class meets 9/1, 8, 15, 22 & 29. | <i>CLASS FEE \$15 Min 4/Max 12 No Deadline</i> |

TO DO IN SEPTEMBER

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!

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| TUESDAYS BEGINS 9/1 1:00-4:00 p.m. | INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS (NO CLASS 9/8) 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 Min 3/Max 10 No Deadline |
| WEDNESDAY SEPTEMBER 9 9:00-11:00 a.m. | PAINTING WITH LIZ "CATTAILS AT SUNSET" 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 3/Max 12 Deadline 9/8 |
| SATURDAYS SEPTEMBER 12 & 19 12:30-4:30 p.m. | AARP SAFE DRIVING CLASS 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 Payable day of class to AARP Deadline 9/10 |
| MONDAY SEPTEMBER 21 9:00 a.m.-2:00 p.m. | MIXED MEDIA: TULIP TREE BLOSSOMS Students need to bring: White canvas size of your choice, acrylic paints: brown, grey, dark rose, and white. Medium size brushes that come to a point. You will easily complete this masterpiece at this session. Beginner to intermediate class. Sign up now! Instructor is Karen Brackman. | CLASS FEE \$15 Min 3/Max 12 Deadline 9/18 |
| WEDNESDAY SEPTEMBER 23 9:00-11:00 a.m. | PAINTING WITH LIZ "SEA SCAPE" 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 3/Max 12 Deadline 9/22 |
| MONDAY SEPTEMBER 28 1:00-4:00 p.m. | STAINED GLASS NECKLACE CLASS 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 Min 3/Max 10 Deadline 9/21 |
| BEGINS THUR OCTOBER 8 9:00-11:00 a.m. | "STEPPING ON" CLASS YOU MUST CHECK WITH NURSE BEFORE YOU SIGN UP FOR THIS CLASS! Stepping On is a seven week workshop to build confidence and help reduce falls in older adults. This is an evidence-based program that will meet two hours a week and will include expert speakers. | CLASS FEE \$25 Class Limit 12 Deadline 10/5 |
| WEDNESDAY OCTOBER 14 9:00-11:00 a.m. | PAINTING WITH LIZ "PHLOX IN THE FIELD" Newcomers welcome! All supplies provided. Liz Farar teaches you to paint a beautiful picture with oil paints. You will take home a completed work of art at the end of the class. | CLASS FEE \$20 Min 3/Max 12 Deadline 10/13 |
| MONDAY & TUESDAY OCTOBER 19 & 20 8:30 a.m.-12:30 p.m. | AARP SAFE DRIVING CLASS The Smart Driver Program is a newly designed driving class sponsored by AARP. This is the last class for 2015 so come and enjoy this refresher course. Upon completion of the course, you may be eligible for a discount on your vehicle insurance. Cost of the class if \$15 for AARP members and \$20 for non-members. Payable the first day of class Checks made out to AARP. | CLASS FEE \$15/ AARP MEMBERS \$20 NON MEMBERS Class Limit 35 Deadline 10/16 |
| MONDAY OCTOBER 26 10:00-11:15 a.m. | "GHOSTS OF FRANKLIN" SEMINAR Author, Margie Thessin who wrote "Ghosts of Franklin" brings to you accounts of many of Franklin's most chilling ghost stories, including accounts of the spirit of an old woman claiming ownership of a building to a startled tenant, a hand-carved bed that carries with it dreadful memories--and a ghost, and a famous widow who stays vigilant over wounded soldiers and their graves--100 years after she died. | CLASS FEE \$2 Limit 40 Deadline 10/23 |

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.

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| WEDNESDAY SEPTEMBER 9 9:30 a.m. 12:30 P.m. | TENNESSEE TECHNOLOGY FIELD TRIP 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 Limit 10 Deadline 9/7 |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|

THE FUN CONTINUES

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

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| SATURDAY SEPTEMBER 12 8:00 a.m. 4:00 p.m. | HERE'S THE BEEF FESTIVAL, PULASKI, TN 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> |
| SATURDAY SEPTEMBER 26 9:00 a.m. 4:00 p.m. | SATURDAY ADVENTURE: CUMBERLAND CAVERNS, MCMINNVILLE, TN Join us to discover underground Tennessee! Bring a jacket and wear walking/hiking shoes. Dirt and walk walkways. Many slopes and stairs. This is a great, fun trip, but it isn't for those with problems walking. Bring money for a late lunch. | ADMISSION \$20 TRANSPORTATION \$8 <i>Limit 22</i> <i>Deadline 9/24</i> |
| SATURDAY OCTOBER 3 9:00 a.m. 3:00 p.m. | INTERGALACTIC BEAD SHOW, TN STATE FAIRGROUNDS, NASHVILLE, TN 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> |
| SATURDAY OCTOBER 17 8:30 a.m. 3:00 p.m. | NATIVE AMERICAN ASSOCIATION OF TN POW WOW, LONG HUNTER STATE PARK Native American food, arts & crafts, live music, dances and vendors. There will be a lot of walking on this trip. You may bring a folding camp chair to carry to the event. Vendors on site to buy lunch and shop for Native American wares. Bring \$3 exact change to pay for your entrance on the day of the trip. | BRING \$ TRANSPORTATION \$5 <i>Limit 23</i> <i>Deadline 10/15</i> |
| TUESDAY OCTOBER 20 8:00 a.m. 8:00 p.m. | HARRAH'S CASINO, METROPOLIS, IL 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! At sign up be prepared with name, address, phone number, date of birth and email address (all are required). | ADMISSION \$5 TRANSPORTATION INC. <i>Limit 52</i> <i>Deadline 10/2</i> |

Pictured below are samples for upcoming ART Classes at St. Clair!



Paint with Liz 9/9
"Cattails at Sunset"



Mixed Media 9/21
"Tulip Tree Blossom"



Paint with Liz 10/14
"Phlox in the Field"

Trip News & Updates!

SAVANNAH GEORGIA ON NEW YEARS EVE • \$494 per person double occupancy

- 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

TRIPS IN TRANSITION

Staff asks that you please be patient with us as we roll out the new trip program in the upcoming months.

Thanks!

GOOD TO KNOW

Come See the Newest Production by St Clair Seniors Acting Up

Friday, October 16. Meal at 5:00 PM Performance at 6:00 PM
Friday, October 23. Meal at 5:00 PM Performance at 6:00 PM
Saturday, October 24. Meal at 12:00 PM Performance 1:00 PM

TICKETS \$5.00 EACH AND INCLUDES MEAL

A PLAY about a PLAY

Written and Directed by Charlie Parker

Presented by



**Tickets on sale
September 1**

See all the fun filled events, the back stage drama, that take place to bring you a play at the Senior Center. From the selection of the script, the auditions, director's pick of the characters, to the last line uttered and the dying applause on stage before it goes dark awaiting the next great production. It promises to be a good time with good eats for one and all.

NOT REALLY A SCAM, BUT..... A local senior has provided information about a security service company coming to her door to discuss installation of a security system. This particular individual indicated that the Murfreesboro Police Department had directed them to her neighborhood because there had been a number of recent robberies in her area. This company is legitimate, however this tactic is not. The police department does not tell companies what areas of the city they need to sell to. This tactic was using a trusted entity, the police department, and fear to get the home owner to talk to them. Anyone can find out what areas of the city are having problems with crime, but most definitely the police department is not telling them where to go to sell. Be aware of these tactics, they may be selling a legitimate product, but they are lying to you to scare you in to buying.



CAUTION • CAUTION • CAUTION

PROGRAMMING



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

Stuff the Bus a Huge Success!

United Way says: Thank You, Thank You, Thank You! What a great day for all who participated in this year's Stuff the Bus and the schools are absolutely thrilled. United Way reached its goal. They increased the number of children supported from 1,500 in 2014 to 2,015 this year and this is because of each of you! Thank you so much!

United Way Stuff The Bus distribution included:

- 1,215 Back to School Kits for Rutherford County Schools
 - 625 Back to School Kits for Murfreesboro City Schools
 - 175 Back to School Kits for Cannon County Schools
- Thank you for contributing to this community project!*



**FALL IS
Comin' Dance** 

Music by Uptown Country
(They don't just play country music!)

Saturday, October 3

Doors open at 6:30 p.m.
7:00-10:00 p.m. Dance
\$5 at the Door

• WANTED •

VINTAGE WEDDING GOWNS!

Oakland's Historic Mansion is now accepting applications for wedding dresses to display in the 5th Annual "WEDDING DRESSES THROUGH THE DECADES" Exhibit to open January 10-March 6, 2016.

If you have a wedding garment, especially 1940s and earlier, that you are interested in placing on loan for the exhibit, please contact Mary Beth Nevills at 615-893-022 or email her mb@oaklandsmuseum.org.

SEVERE WEATHER TALK
September 21 at 10:00 a.m.
Keeping Senior Citizens Safe

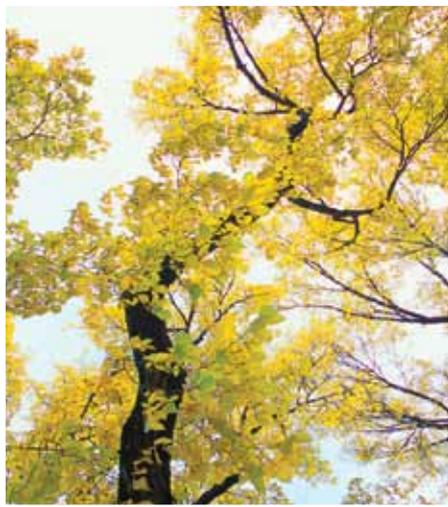
September is National Senior Center Month and to help seniors stay safe, we are also celebrating National Preparedness Month.

Our honored guest is Krissy Hurley, Warning Coordination Meteorologist for the National Weather Service. She will be in our center on Monday, September 21 from 10:00-11:30 a.m. Ms. Hurley's presentation is called, "SEVERE WEATHER TALK." She will touch on various severe weather situations and how we should be prepared for them.

Bring your questions. Limit for this event is 50. There is no deadline to sign up, but space is limited so sign up early!



PROGRAMMING



SENIOR LEARNING NETWORK: Genealogy

This month we have a great presentation from the Senior Learning Network! It's scheduled for Friday, September 18 at 10:00 a.m. in the Multipurpose Room. Come and join us as we learn how to get started tracing our roots!

"Genealogy is one of the most valuable pursuits you can participate in—learning about who you are, where you come from, and 'meeting' the thousands of people who came before you, can be a rewarding and even life-changing experience. But, how do you get started? Let the New England Historic Genealogical Society guide you through the first steps of family history exploration and gain valuable tips on how to collect, record, and share your data."



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

New Exercise Equipment in Fitness Area

Did you know we have new exercise equipment in the Exercise Room?

Want to learn how each piece works and how it can help you be stronger and healthier?

Join Marcos Camargo on September 21 at 1:00 p.m. as he takes us on a tour of our new equipment! Marcos will be able to answer your questions about each piece of equipment. Let's get healthy!

.....

POOL ROOM NEWS!

**"Grand" Pool Tourney
Saturday, September 19
at 9:00 a.m.**

Join us for our GRAND Pool Tournament! Grab someone at least one generation younger than you and come play pool. See which "GRAND" partners are the best this year! If you don't have any "grands" yourself, feel free to borrow one! Sign up in the Pool Room. Limit 12 teams! BRING SOME FINGER FOOD TO NOSH ON WHILE YOU'RE WAITING YOUR TURN TO SHOOT!

Women's • 7-20-15

- 1st Teresa Rains
- 2nd Linda Sellars
- 3rd Lue Simerly

Men's • 7-21-15

- 1st Jerry Parker
- 2nd Larry Thrasher
- 3rd Don Stevenson

Coed • 7-13-15

- 1st Lue Simerly & Larry Thrasher
- 2nd Wilma Murphy & Clyde Jacobs
- 3rd Lora York & Robert Read

A LOT GOING ON HERE!

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 28 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.



BEGINNING LINE DANCE CLASS

START IN OCTOBER

Do you sit and watch everyone else doing line dances and just wish you could participate?

Instructor, Tom Robeson, is scheduled to teach Beginning Line Dance class on Wednesdays from 2:00-3:30 p.m. beginning October 7th. Class dates are October 7, 14, 21, 28, November 4, 18, Dec. 2, and 9.

Tom teaches basic steps and breaks down the steps so anyone can do them. He has a few experienced dancers in the group so you always have someone in front of you to watch. This really makes it easier. Be sure to thank Tom and his helpers for volunteering their time for this class. Price is perfect—free! All you have to give is your time. Be sure to sign up as space is limited.

BREAKING NEWS

GREAT SHAKE OUT PARTY HITS THE AREA!

St. Clair Senior Center Joins Central USA Great Shake Out!

On Thursday October 15th from 9:15-11:30 a.m. We'll shake, rattle and roll! Join us for refreshments, guest speakers, entertainment, door prizes and join the Central United States as they conduct the largest Earthquake Drill ever.

During our Great Shake Out event, Rutherford County EMS Community Relations Coordinator, Terry Cunningham, will speak and participants can look at the Rutherford County's SORT Rescue Truck.

Mary States, City of Murfreesboro's Director of Safety will give a short presentation. This party is unique with important information throughout that could save your life. At 10:15 we will all take part in an Earthquake Drill. If you are able, you will drop, cover your head and hold on (OR sit, cover your head and hold on). The drill will last one minute. Over 1.8 million people in the Central USA are registered to take part in this drill! After the drill, we will "Shake, Rattle and Roll" to the Billy Kitchen Band.

Door prizes are cosponsored by St. Clair Street Senior Center, Roselawn Funeral Home and Memorial Gardens, Wellcare Health Plans and Blue Cross/Blue Shield of Tennessee. Cake is provided by Embassy Suites. Sign up is requested for planning purposes.

If you think earthquakes only happen in California, think again. According to the United States Geological Survey, Reelfoot Lake (located in NW Tennessee) was formed when the region subsided during the New Madrid earthquakes of 1811-1812. The earthquakes resulted in several major changes in the landforms over a widespread area with shocks being felt as far away as Quebec. https://en.wikipedia.org/wiki/Reelfoot_Lake. Earthquake prone areas are West and East Tennessee. We are in the middle, but if you travel to these areas, you should know what to do. Aftershocks can also reach to Middle Tennessee. See you at the GREAT SHAKE OUT! Drop, cover and hold on!

**MCHRA LUNCH takes place at 12:00 this day.
Regular Bingo is cancelled.**

IT'S GOOD TO KNOW

“The Gardener’s Corner”

If you are a vegetable gardener you can begin planting your cabbage and kale plants in the later part of the month. If you like pansies you can start planting them as well. Keep an eye out for pest on your pumpkins, gourds, squash, and melons. Cucumber beetles and squash bugs can be controlled with Sevin. Harvest your pumpkins when their color deepens and their skin yields very little to pressure. Wash the fruits in a weak bleach solution and store in a cool dry location until you are ready to display them.

If you have had problems with disease among the vegetables in your garden, remove them and dispose of the plant materials properly. DO NOT add these to the compost pile. Many diseases will “over winter” on infected leaves, stems and fruit. This is especially important with tomatoes.

For you lawn lovers now is the time to apply a pre-emergent herbicide on your lawn to control cool-season weeds, such as chickweed, henbit, dead nettle and annual bluegrass. For best results apply before Labor Day.

By Jack Smith, Certified Master Gardener

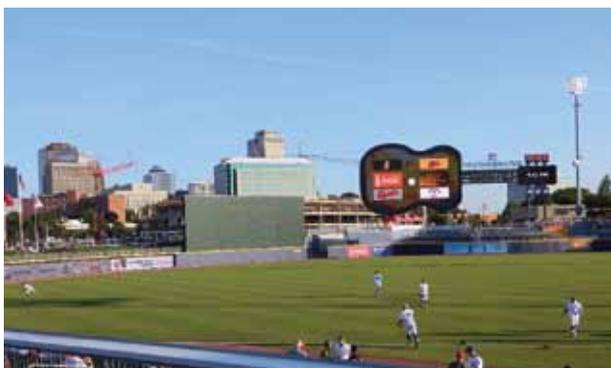
Divide and repot any tropical plants you have outdoors to prepare them for their winter home. Hose off or wash plants with soapy water and inspect them for insects. If needed, treat them with an appropriate insecticide. The active ingredient Imidacloprid, in many of the new insecticides, is a good systemic for insect control. It can be mixed with water and poured on the soil and the plant will take it up through the root system.

Allow plants to finish the summer cycle in a normal manner. Never encourage new growth with heavy applications of fertilizer or excessive pruning this late in the season. The plant will not properly harden off and an early freeze can injure new growth.

Hoe, Hoe, Hoe. There is no better way to cultivate while controlling weeds than to use a sharp hoe between rows of flowers and vegetables. A hoe is also great for deep spading of compost, leaves, animal manures and green manures into the soil ensuring years of abundant harvest.

July 16 Sounds Game

Photos by Rachel Qualls



SEPTEMBER 2015



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

DONATIONS & STAFF

DONATIONS for JULY 2015

Bingo \$ 10.25
Quilting \$ 00.00
Popcorn \$ 2.45
Coffee \$ 67.27

Donations: Evelyn Burns, Pyong Cahill,
Sheila Egan, Norm Farmer Family, Moses
(Jack) Sweeney, United Way of Rutherford
County, Ethel Williams.

Joan Sanford in memory of
MARY CALDWELL.

THANKS FOR ALL OF YOUR DONATIONS TO THE CENTER!

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 Brenda Kiskis Elliott Lisa S. Foster | Adult Day Services Program Coordinator Amanda Pullias | ADS Activity Assistants Randy Huffman Kathy Herod |
| 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)*

This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.