

Freaky Friday Pumpkin Party

PUMPKIN DECORATING CONTEST

**Friday, October 30th
at 8:30 a.m.**

BE CREATIVE!

**Participants can come in and vote
from 9:30-11:30 a.m. followed by**

FREAKY FRIDAY PARTY

from 12:30-1:30 p.m.

Light refreshments served.

**Feel free to wear Freaky Friday clothes
(if you want). Grand Prize provided by
an anonymous St. Clair Senior Artist.**



**Don't Forget! Medicare Part D Open Enrollment dates
are October 15-December 7.**

FROM THE DIRECTOR



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

St. Clair and the senior community will take focus in October on three important programs. First we will present an education class on Medicare Open Enrollment for Medicare Part D and Medicare Advantage Plans. Dee Brown our Social Service Specialist will have Will Harrison with SHIP here on October 2nd to conduct a workshop to help answer questions before open enrollment begins on October 15th and last till December 15th. During the summer the center conducted training classes

for volunteers to help in the enrollment process this year. The volunteers will be a great help in processing the hundreds who will seek help during this enrollment period.

Second we will see the new Stepping On evidence based classes being presented by trained Nurse, Laura Grissom and ADS Activity Assistant, Kathy Herod in October. Each year, millions of adults aged 65 and older fall. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early

death. Fortunately, falls are a public health problem that is largely preventable. If you have missed signing up for this class we will present it aging, speak to our Nurse for future classes.

Third we have joined with thousands across the United States to present THE GREAT SHAKE OUT by joining the largest earthquake drill ever. Come shake rattle and roll with us in October. We are pleased to present these and many more programs in October that are designed to educate and support the seniors who choose to live in our community and attend St. Clair.

On October 19th from 8:00-9:00 a.m. I will be hosting a Chat with the Director in the main cafeteria. Join me and special guest for a chance to sit down and share ideas concerning the center. The Center strives to present programs that meet our mission to provide a better quality of life for residents of Murfreesboro and Rutherford County who are 60+ through lifelong learning, promotion of health and wellbeing, socialization and volunteer opportunities. I hope that everyone will participate with us in October for a fun-filled month. Start your adventure here...

Your Director, Connie C. Rigsby

Country Dance

Ya'll join us!

Best Scootin' the night away!

Doors open at 6:30 p.m.
Dance at 7:00 p.m.

SATURDAY OCTOBER 3
Music by
UPTOWN COUNTRY

\$5 at the Door
For ages 60 & over.



Thanks to Joyce Pulse and Peggy Davidson for delivering the pop can tabs collected at the St. Clair Street Senior Center to the Ronald McDonald House Charity.

OCTOBER DAYS

September's Senior Health Expo a Huge Success



A big “thank you” to everyone who came to the health expo on September 10- it was a great day of fun and learning! We realize some of you did not get to see all of the healthcare professionals and wanted to let you know that we will be working to bring some of them to the center in the near future. Watch the newsletter for “Ask the Doctor” and “Take a Break with the NOD”. We were thrilled that so many turned in their surveys and we will take your comments and suggestions to heart to improve next year’s expo. There were several who suggested that we extend the time of the health expo so you can get to all of the professionals, but these folks are already giving up half of their day for free and we really can’t expect more. However, we will find some ways to make things run smoother and more efficiently. Thank you again for spending part of your day with us and the wonderful doctors and professionals from our community



Dee's Placemat Workshop Meets in October

I am not excited to talk about Christmas already, but in order to get our yearly Christmas placemats done in time we need to begin working on them soon! Each year we have fun with this craft that uses recycled Christmas cards to make unique and pretty placemats. This year I am hoping to donate our creations to The Journey Home, Salvations Army and Room in the Inn. These are all agencies that serve meals to either homeless individuals or those that are having a difficult time. I think the placemats could really brighten these dining rooms during the holi-

day season. I would also like to send some to the Good Shepherd's Children's Home for the children to enjoy. For those of you that do not know, the Children's Home cares for up to 30 boys and girls of various ages whose families are not able to provide for them. We will have our first session on Friday October 23rd at 9:00 a.m. You do not need to sign up for this, you do not need to bring anything and no special talents are required, just come and have a good time! We will also meet on October 30th at the same time.

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

Health care for seniors is changing rapidly. Aging in place is the new trend in senior care. The State of Tennessee is making an effort to offer services that “follow the person” as their health care needs change. There are more options than ever in the continuum of care for people with dementia as the shift from institutionalism to home and community services takes place. Baby boomers are quickly approaching the need for services and now is the time for all “Boomers” to consider creative solutions.

Adult Day Services can be an affordable alternative to assisted living and it allows a person to age in place and live with family. It gives the caregiver a break and peace of mind. Adult Day Service varies in cost depending on the type of day service is provided. If one needs medical care such as help with medication administration or colostomy care, then the cost of a medical model day care will be somewhat higher than a social model. You might check to see if there is an option for either while looking at day services.

Adult Day Service helps your relative to maintain their skills to the extent that their disease progression allows. Every person succeeds within their own abilities. Because of stable nutrition and hydration your relative is less prone to losses associated with dehydration and malnutrition. Music, arts, exercise and having a group of friends with whom to share a meal also enhances the appetite. The “best friend” approach to care offers security and stability for the person experiencing short term memory loss.

St. Clair Street Adult Day Service is a social model. If you



have a person with dementia living with you and you think your family may benefit from adult day service, please call or visit us. We are happy to share our calendar with you and answer any questions.

Another trend in the continuum of care is the placement of people into boarding homes. Because nursing home care is costly to the TennCare program and one must qualify medically, the MCO Care Coordinators are sometimes referring

people to boarding homes in the community when they can't return to their own homes safely. We'll see more of these in the future. If this is an option that is being presented to your relative who may be receiving rehab services and looking to transition out of the rehab unit, then be sure to carefully



check out these board and care homes. They vary in amenities and services. All should offer comfort, mobility, safety, cleanliness and meaningful activity. When visiting and evaluating these homes, you should observe people for being well groomed, lively and active. You should also ask questions about activities that are offered. Hopefully more affordable alternatives will be available to help seniors and their families to avoid the institutional setting.

In September we celebrated National Adult Day Service Week. The theme was Adult Day Service: Living Well into the Future. In celebration of our service to the community, we had an ADS open house for the community, an outing at Stones River Battlefield and, to end the week, a pizza party. We also participated in the excellent Wellness Expo right here at St. Clair Street Center. We look forward to a trip to Lucky Ladd Farms to get our own pie pumpkins and enjoy the scenery. We happily think of nice days, fall color and blue skies on the ADS patio. Life is good in ADS!

CARE SPECIALIST NEWS

DON'T FORGET! MEDICARE WORKSHOP • OCTOBER 2nd at 9:30 a.m.

Learn the basics of Medicare from Will Harrison, State Health Insurance Plan Coordinator for Greater Nashville Regional Council. This is a very important annual workshop that we host prior to the fall Medicare open enrollment peri-

od. Find out what all the different parts of Medicare are and how they work, the choices you have, and how to make a good decision about your Medicare coverage.

Medicare Open Enrollment

Medicare Part D and Medicare Advantage Plans

Medicare Advantage plans are operated by private insurance companies that have contracted with Medicare to help cover your medical and/or prescription drug costs. These plans all have different deductibles, co-pays and out-of-pocket limits, and they work differently than standard Medicare. Most of the Advantage Plans are HMO's meaning that you must get your services from doctors that are within their network. Some offer additional benefits that may help with limited dental or vision coverage, some may offer a fitness club membership. These can be very good options for coverage, but they must be chosen with care, they are not "one size fits all."

Medicare Prescription Drug plans are also based on your personal needs. There is no one "best" plan, they are all good as long as your medications are covered and you understand your costs. Again, whatever plan is best for you probably will not be the best for your spouse or friend because they are not likely taking the same medications as you.

This is the month it all begins for Medicare beneficiaries. If you are enrolled in Medicare and wish to join a Medicare Advantage plan, Part D drug plan, or switch plans you can begin doing so on October 15th. This open enrollment lasts until December 7th which is the final day you can make the changes in your coverage that will take effect on January 1, 2016. There are often changes in premiums, deductibles, co-pays and drug costs when the new plans come out. If you are presently on a plan, and they are making changes that affect your coverage and your costs, the plan must tell you about those changes before open enrollment begins so you can consider other plans.

Beware of anyone calling you or coming to your door to sell Medicare plans, this practice is illegal unless you have given permission for them to do so. If this happens, it could be sales agents that are not obeying the rules, or even worse, individuals presenting themselves as agents, but are really scammers trying to get your personal information. To protect consumers, Medicare is very specific about what representatives of companies selling Medicare Advantage Plans or Medicare Part D Plans may or may not do.

Medicare plan representatives may not market through unsolicited contact, including:

- Telemarketing calls, including voice mail messages, e-

mail or texts

- Door-to-door solicitations, including leaflets or flyers at your home or car
- Approaching you in common areas, like parking lots, hallways, lobbies, and sidewalk

The Federal Trade Commission recommends that you keep all your personal information close. Don't give it out unless you are sure that a company is working with Medicare and that Medicare has approved their product. Remember that if you join a plan, you will have to give your Medicare number. Don't talk to anyone that comes to your door, or that calls you, unless you have given them permission. Also resist pressure to join a plan. You have until December 7th to make the decision for the plan that will begin on January 1, 2016. If you are joining a plan or making a change, and you wish to keep your primary care doctor and specialists, you must make certain that they are in the plan's network.

Medicare Part D prescription plans and Medicare Advantage Plans are good products and have been approved by Medicare. A good representative will not pressure you to join, will take the time to find out what your needs are and will check to make sure all your medications are covered by the plan, and if it is an Advantage Plan you are considering, they should check to see that your doctors are part of the plan's physician network. They should also be sure you understand your responsibilities regarding your co-pays and deductibles. If you know what plan you want you can enroll directly with a plan representative. If you are unsure about what plans would work for you, you can get assistance in the following ways: call Medicare at 1-800-633-4227 or go online at www.medicare.gov and go to plan finder. You can call the State Health Insurance Program at 1-877-801-0044, or contact me at 848-2550. During open enrollment I will be assisting many individuals with looking at plans, I will also have days scheduled when I will have extra assistance here from the State Health Insurance Program, (SHIP) and local SHIP volunteers so we can give full days of appointments. Please give me a call if you would like to schedule assistance with this process. Remember, open enrollment is October 15th through December 7th, for new plans that will begin on January 1, 2016.



By Dee Brown
Care 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 October

Some of you may have noticed the MTSU students that volunteer here from time to time. MTSU has a wonderful program that encourages volunteerism. Students will get college credit for volunteering a certain amount of hours. We support this program and appreciate the dedication and hard work of these students. Thank you MTSU!

Coupon Cutting October

Please join us for coupon cutting and exchange Tuesday, October 27, 2015 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. Program is free and limited to 15 participants.

UBER Rolls Into Murfreesboro

On Tuesday October 13th, Lisa Stafford, UBER Brand Ambassador will visit St. Clair to present information about how to use UBER for transportation needs. As we all know, sometimes it is difficult to find a way to get to where we need to go. Murfreesboro has three options, taxis, Rover, and the Mid-Cumberland van service. All of these systems of transportation are good, but all have limitations. Taxis can be expensive, Rover is wonderful, but it is just for Murfreesboro city and is limited to specific routes, and for Mid-Cumberland van service, you must call many days ahead to make a reservation and even then they may be filled up. The UBER system can possibly be an answer to some of these problems. You can get immediate transportation, will pay considerably less than a taxi fare and get door to door service wherever you want to go.

Please join us for this informational meeting at 10:00 a.m. on October 13th, to see if this could be an option for you.



SUPPORT GROUPS AT ST. CLAIR

Alzheimer's Association Support Group "Share the Care" meets the second Friday of each month at 12:00 n. to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. Contact Cindi Thomas for more information at 615-848-2550 ext. 2506.

Memory Cafe meets in Murfreesboro meets at Through the Grapevine on the 3rd Monday of each month from 2:00-3:00 p.m. and provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh and experience friendship. Dessert, coffee and iced tea will be served. Contact Cindi Thomas for more information at 615-848-2550 ext 2506.

Grief Relief Support Group meets the 3rd Friday of each month at 10:00 a.m. and is for those individuals that are in need of emotional and physical support in a safe and nonjudgemental environment. Grief can be: death, marriage/divorce, retirement, health, work, living conditions, financial state, relationship with family, friends or coworkers.

Parkinson Support Group meets on the third Saturday of the month at 1:30 p.m. This group offers educational programs and guest speakers for those afflicted with Parkinson's disease and welcomes Parkinson patients and family members to join us for education, support and friendship. Contact Dee Brown at 848-2550 ext. 2504 for more information.

Labor of Love Caregiver Support Group meets on the fourth Friday of each month at 12:00 n for general questions, answers and support. A light lunch is provided. This support group offers compassion and advice for caregivers of seniors with Alzheimer's, dementia, the disabled and the chronically ill. Contact Cindi Thomas at 848-2550 ext. 2506 for more information. Please be sure to tell others who may benefit from this group.

CARING FOR THE CAREGIVER

Let's Talk About Cancer Caregiving

This month being Breast Cancer Awareness Month became an important topic to me recently. A few weeks ago my 35 year old daughter had a real scare after having a suspicious mammogram and had to do further testing; thankfully it was diagnosed as benign, but that got me thinking. What do you say to someone that is fighting with a cancer? So I did what I always do, started researching.

For all types of cancers, according to The American Cancer Society's 2015 statistics there are 38,300 cases of cancer in Tennessee and 1,658,370 cases in the United States. That is a lot of families and caregiver's also affected and need to know what to say and what to do for their loved ones.

Become informed.

Learn about your loved one's diagnosis and treatment so you have a sense of what to expect. With your loved one's permission, you may want to speak to the doctor or nurse if you have any concerns. He or she can recommend resources for learning more and getting support. Find out who else on the health-care team is available to help you if you have any questions.

Understand your rights.

Under the Family and Medical Leave Act, most employers are required to provide up to 12 weeks of unpaid, job-protected leave for family members who need time off to care for a loved one. For help with insurance rules and regulations, contact your insurance company. Many insurance companies will assign a case manager to address concerns.

What to say?

Here are some simple guidelines to use when talking with your friend

Avoid saying.

- I know just how you feel, or I know just what you should do.
- Don't worry, I'm sure you'll be fine.
- How much time do the doctors give you?
- Let me know what I can do. (Instead, offer specific ways you can help or other things you can provide if they

need it.)

Do Say.

- I'm sorry this has happened to you.
- If you ever feel like talking, I am here to listen.
- What are you thinking of doing, and how can I help?
- I care about you or I'm thinking about you.
- I don't know what to say (It is better to be honest than to simply stop calling or visiting).

What can you do?

- Ask permission—before visiting, before giving advice, before asking questions. And make it clear that saying no is perfectly okay.
- Don't be afraid to make plans for the future—this gives your friend something positive to look forward to. Be careful not to come across as pushy or demanding though.
- Be humorous and fun when appropriate and when needed.
- Allow for sadness—do not ignore uncomfortable topics or feelings.
- Make a weekly check-in phone call. Let your friend know when you will be calling.
- Offer to help with specific tasks, such as taking care of the lawn, taking care of a pet, or preparing a meal. Many people find it hard to ask for help, and your friend will likely appreciate the offer. However, if your friend declines an offer, don't take it personally.
- Follow through on a commitment to help.
- Try not to let your friend's condition get in the way of your friendship. As much as possible, treat him or her the same way you always have.
- Ask about interests, hobbies, and other topics not related to cancer—people going through treatment sometimes need a break from talking about the disease.

Practical help

Your assistance with daily tasks and chores is valuable help to a friend going through cancer treatment. Be creative with the help you offer. Remember that your friend's needs may change, so be

flexible in shifting your plans as needed. Here are some suggestions:

- Shop for groceries and pick up prescriptions.
- Help with chores around the house, such as getting the mail, taking care of pets, cleaning, doing laundry, taking care of plants and flowers, and taking out the garbage.
- Cook dinner and drop it off at your friend's house.
- Schedule a night of takeout food and movies together.
- Baby-sit children, take them to and from school and evening activities, and arrange for play dates.
- Organize a phone chain and/or support team to check on your friend regularly.
- Call, email, or text regularly. Let your friend know it's okay if he or she doesn't reply.
- Drive your friend to an appointment or a support group meeting. You can take notes during a doctor's appointment or keep your friend company during a treatment session.
- Go for a walk together.
- Think about the little things your friend enjoys and makes life "normal" for them.

Continuing friendships and regular activities after a cancer diagnosis is a great way to further the healing process. But don't forget that friends also need encouragement and support after cancer treatment has finished. After treatment your friend will be trying to find his or her "new normal" in this next phase of life, and friendships are an important part of that. With these practical suggestions in mind, your friendship can make a lasting difference to a person living with cancer.

Wishing you well, Cindi



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

CAREGIVER PROGRAMS

“SHARE THE CARE”

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



The 2nd Friday of each month @ 12:00 P.M.



Memory Café in Murfreesboro-

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

Through the Grapevine Restaurant

630 Broadmor Blvd. Suite 190
Murfreesboro, TN 37129

The Memory Café provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh, and experience friendship.

Dessert, coffee, and iced tea will be served.

Labor of Love Caregivers Support Group

The fourth Friday of each month
12:00 P.M. -1:00 P.M.



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



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

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

GRIEF SUPPORT



St. Clair Street Senior Center

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

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

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

CAREGIVER APPRECIATION DAY

November 6, 2015

9 A.M. – 1 P.M.



St. Clair Senior Center
325 St. Clair Street
Murfreesboro Tennessee
37130
RSVP
Cindi Thomas,
Caregiver Information Coordinator
615-848-2550

Lots of Pampering, Massages, Reflexology and Lunch

All Elderly Family Caregivers Welcome

NURSE LAURA SAYS

HEALTHY LUNGS!

What a fabulous month October is! We here in Tennessee get to enjoy warm days and cool evenings, watch the leaves start changing colors, and maybe spend more time outside since the heat and humidity are once again a thing of the past. This is a wonderful time of the year and another opportunity to work on living a healthier life (before the holidays start adding those extra pounds on us).

October is also well-known as “Breast Cancer Awareness Month”. You will likely see pink on everything from bumper stickers to T-shirts to football uniforms. According to the American Cancer Society you can help reduce your risk of breast cancer by staying at a healthy weight, being physically active, and limiting how much alcohol you drink. Regular screening can often detect cancer early and then treatments will more likely be successful. Most of us know these facts and will hear quite a bit of information concerning breast cancer this month. Make sure you are doing all you can do to stay healthy in this area.

What many do not realize is that October is also “Healthy Lung Month” - a topic that is not talked about as much as breast cancer. Every year over 392,000 people die from tobacco-caused disease in the U.S. alone, making it the leading cause of preventable death. Another 50,000 people die from exposure to secondhand smoke. There is a cycle of addiction, illness and dying that is continuing as thousands of people start smoking every day. The American Lung Association helps people stop smoking with their smoking cessation programs, which you can learn about on their website, lung.org. They also continue to work on laws and policies to protect people from secondhand smoke and prevent children from starting this addictive habit.

Did you know you take at least 17,000 breaths a day? That’s more than six million breaths a year. Did you know the surface area of the lungs is about the size of a tennis court? Your respiratory system does some amazing things and you need to keep it as healthy as possible. If you are a smoker, don’t think it is too late for you to put those cigarettes down for good. It is never too late to take the most important step a smoker can take to improve the quality and length of your life. As soon as you quit, your body starts repairing the damage smoking has done to it. In about a year your risk of coronary artery disease (CAD) is cut in half

and after several years your chances of having a stroke are the same as a non-smoker’s and the odds of getting cancer (several different types) are cut in half. Food will taste better, your sense of smell will improve, you will breathe easier, sleep better, and have more energy!

Did you know that COPD (chronic obstructive pulmonary disease) is the third leading cause of death in the U.S.? Smoking and exposure to secondhand smoke are major causes of this disease. COPD is a disease that makes it harder to breathe, which makes it harder to remain active. It is often not diagnosed until the disease is very advanced because people think they are just having normal signs of aging, but shortness of breath is never normal. Treatment is more successful if started early, so know the symptoms: shortness of breath, fatigue, chronic cough, lots of mucus, and frequent respiratory infections.

If these facts still don’t have you convinced to quit smoking maybe the financial advantages will. The price of cigarettes continue to rise and even if you “only” pay \$5 a pack (it is \$10 a pack in several places) and “only” smoke a pack a day, that adds up to \$1,825 a year. I want you to think about what you could do with that kind of money. Maybe you are tired of having to go outside to smoke (standing in the rain, the cold, the heat) or maybe you feel guilty for the damage second-hand smoke can cause for those around you. Maybe you are tired of having everything you own smell like smoke. Whatever may motivate you to quit smoking, ponder on these things and get some help to draw the line and start a healthier life for your lungs.

Blood Pressure Clinic

The blood pressure clinic is every Monday from 9:30 a.m. until 11:30 a.m. in the nurse’s station. We have wonderful 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!



Laura Grissom, LPN
Nurse

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

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 October 14. 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. If you want to have more than two services done, you will need to go on your own due to time constraints. Please sign up at the reception desk by Monday, October 12 and let them know if you use a wheelchair. There is a limit of 10.

GO4LIFE! ANOTHER CLASS ADDED!

This class has become so popular we have decided to add another class on Wednesdays and Fridays, 9:15-10:15 a.m., starting October 7. If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a "do it at your own pace" class for folks on many different fitness levels so join us on Tuesdays and Thursdays from 1:00-2:00 p.m. or Wednesdays and Fridays from 9:15-10:15 a.m. in the exercise room and improve your health! **There will be a limit of 15 for this new class so please sign up by Monday, October 5.**

"Take a Break with the Nurse"

A special program dealing with grief and loss called "Journey of the Heart" will be presented this month. JoAnn Chitwood, author of numerous books and articles, film producer, counselor, and an RN with 20 years of Hospice experience, will be speaking to us on this delicate subject that so many are dealing with. JoAnn will be with us on Wednesday, October 14 at 1:00 p.m. so please make sure you sign up by Monday, October 12. There is a limit of 40.

SENIOR HEALTH EXPO 2015



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 so there will be a limit of eight. Sign up by Monday, October 5.



Flu Shot Clinic

If you were not able to get your flu shot at the health expo, we have a solution for you! On Wednesday, November 4, Walgreens will be back to give flu shots. If you have Medicare you can just show up to get your flu shot that day (make sure you bring your Medicare card with you). The clinic will be from 9:30-11:00 a.m.

Ask the Doctor

Rheumatologist Dr. Marcus Owen is our guest doctor for Friday, October 23 at 10:00 a.m. and he will be educating us on osteoarthritis. This is the most common form of arthritis, affecting nearly 27 million Americans. Sign up to hear Dr. Owen and learn more about this disease and how to manage it. There is a limit of 40 so please register by Tuesday, October 20.

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 on the information board. 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 & 2:15 (2) p.m. Classes taught by Cynthia Borzick. The classes are ongoing. Currently new students are **NOT** being accepted.

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

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

ST. CLAIR SINGING SENIORS
 Meets Mondays at 1:30 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
 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 and Thursdays from 9:00 a.m.-12:00 noon. The instructor is Fiona Dowd whose degree is in Art. Class fee is \$30 (1 day a week) or \$60 (2 days a week) for each month. Beginning supplies are provided. Advanced projects may require additional purchases as requested by the instructor. Stained Glass is an ongoing class which means you may sign up and pay at any time prior to the 2:00 p.m. one day before the first class of the month deadline. Maximum class is 10 and minimum is 3. Class may be cancelled due to lack of students.

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 per month.

"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.
WII OPEN PLAY meets on Fridays at 12:30 p.m. in the lower dining room.

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.*

Happy Clowns of St. Clair
Alley 402

Monday, October 5
 • 9:30 a.m. depart for Azalea Court & the Arbors in Smyrna followed by lunch at Cheddars in Smyrna. Return at 1:00 p.m.
Friday, October 16
 • 1:00-4:00 p.m. Clown Makeup Class with "Sparky" Kenny Loftis
Friday, October 23
 1:00 p.m. Meeting 2:00 p.m. Rehearsal
Attend this meeting if you are interested in being a clown to see what we are all about.

BINGO AT ST. CLAIR *No registration required. Donations accepted.*
 Bingo (*for fun*) is played on **Tuesdays & Thursdays at 10:30 a.m.**

THURSDAY	10/1	Bingo with Murfreesboro Funeral Home
TUESDAY	10/6	Bingo with Diversicare of Smyrna
THURSDAY	10/8	Bingo with Northside Healthcare
TUESDAY	10/13	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	10/15	Bingo CANCELLED Today
TUESDAY	10/20	Bingo with Creekside Assisted Living
THURSDAY	10/22	Bingo with At Home Health Care
TUESDAY	10/27	Bingo with Willowbrook Home Health & Hospice
THURSDAY	10/29	Bingo with Lifecare Center of Hickory Woods

OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>For a listing & brief description of Activities that happen on a regular Routine at the Center, check out the Regular Events on page 11.</p> <p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p>	<p>Don't forget the new Go4Life Class starts on October 7 at 9:15 a.m. It meets on Wednesdays and Fridays.</p> <p>Art in the Rotunda,</p> <p>Right now is your last chance to check out our Senior participant's display of art in the City Hall Rotunda. The show is available until October 16th. For direction and times, please see Brenda Kiskis Elliott, Program Coordinator.</p>	<p>Rooms assignments may change daily, be sure to check the Room Assignment Poster on the bulletin board behind the reception desk for any changes.</p>
<p>5 DEADLINE 10/8 STEPPING ON CLASS DEADLINE 10/7 PHARMACIST CONSULTATION</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:30 a.m. Clowns to Smyrna</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Singing Seniors Autumn Concert</p> <p>1:00 p.m. Singing Seniors</p>	<p>6</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visit</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Knit Group 1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 2</p>	<p>7</p> <p>10:00 a.m. The Peace Corps Experience</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>1:00 p.m. Pharmacist Consultation</p>
<p>12 DEADLINE 10/14 TAKE A BREAK</p> <p>9:00 a.m. St. Rose Bridge</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. In the Garden with Jack "Getting Ready for Winter"</p> <p>10:00 a.m. FCE Better Living</p> <p>1:00 p.m. Singing Seniors</p>	<p>13 DEADLINE 10/14 PAINT WITH LIZ</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. UBER Comes to St. Clair</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visit</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Knit Group 1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 2</p>	<p>14</p> <p>9:00 a.m. Paint with Liz "Phlox in the Field"</p> <p>9:00 a.m. RCCOA Board Meeting</p> <p>9:30 a.m. TN Technology Ctr Field Trip</p> <p>10:00 a.m. Program Committee Meeting</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p> <p>1:00 p.m. Take a Break with Nurse Laura "Journey of the Heart"</p>
<p>19</p> <p>8:00 a.m. Chat with the Director</p> <p>8:30 a.m. AARP Safe Driving Class</p> <p>8:30 a.m. Stained Glass Necklace Class</p> <p>9:00 a.m. Art & Calligraphy Class</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>1:00 p.m. Crafts with MPRD: Shrink Art</p> <p>1:00 p.m. Singing Seniors</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p>	<p>20 DEADLINE 10/21 PAINT WITH LIZ</p> <p>8:00 a.m. Harrah's Trip leaves from City Hall Parking Garage Level 1</p> <p>8:30 a.m. AARP Safe Driving Class</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visit</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Knit Group 1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 2</p>	<p>21 DEADLINE 10/23 ASK THE DOCTOR</p> <p>9:00 a.m. Paint with Liz "Winter Scene"</p> <p>9:30 a.m. Genetically Modified Foods</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Are You a "GrandFamily"?</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p>
<p>26</p> <p>8:30 a.m. Center Commission Meeting</p> <p>9:00 a.m. Mixed Media "Moonlit Cactus"</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. Ghosts of Franklin</p> <p>1:00 p.m. Singing Seniors</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing</p>	<p>27</p> <p>9:00 a.m. Pinochle 9:00 a.m. Piano Group 1</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:30 a.m. Coupon Cutting & Exchange</p> <p>10:00 a.m. ADS Flower Arranging Demonstration</p> <p>10:00 a.m. Beginning Guitar</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visit</p> <p>1:00 p.m. Intermediate Pastel Portrait Drawing</p> <p>1:00 p.m. Spanish 1</p> <p>1:00 p.m. Knit Group 1:00 p.m. Crochet Group</p> <p>2:15 p.m. Spanish 2</p>	<p>28 DEADLINE 10/30 CHICKS LUNCH</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Ceramics</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>1 DEADLINE 10/5 SINGING SENIORS CONCERT</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:30 a.m. The Importance of Bees</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Knit Group</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>2</p> <p>9:00 a.m. Pinochle</p> <p>9:30 a.m. Medicare Workshop</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Wii Open Play</p>	<p>3</p> <p>9:00 a.m. Bead & Jewelry Show Trip</p> <p>12:30 p.m. Center Open</p> <p>7:00 p.m. Falls A'Coming Dance</p> <p>Music by Uptown Country</p> <p>Doors open at 6:30 p.m.</p>
<p>8</p> <p>9:00 a.m. Stepping On Class</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Knit Group</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>9 DEADLINE 10/13 INTER PASTEL PORTRAIT CLASS</p> <p>9:00 a.m. AARP Board Meeting</p> <p>9:00 a.m. Pinochle</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. AARP Chapter Meeting</p> <p>12:00 n Share the Care Alzheimer's Support Group</p> <p>12:30 p.m. Wii Open Play</p>	<p>10</p> <p>12:30 p.m. Center Open</p>
<p>15 DEADLINE 10/19 STAINED GLASS NECKLACE</p> <p>9:00 a.m. Stepping On Class</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>9:15 a.m. The Great Shake Out</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Knit Group</p> <p>11:30 a.m. Lunch & Learn</p> <p>"The Good, the Bad & Sad"</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>16 DEADLINE 10/19 AARP SAFE DRIVING CLASS</p> <p>DEADLINE 10/19 ART & CALLIGRAPHY CLASS</p> <p>DEADLINE 10/19 CRAFTS WITH MPRD</p> <p>9:00 a.m. Pinochle</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. Grief Support Group</p> <p>12:00 n RCCOA</p> <p>12:30 p.m. Wii Open Play</p> <p>1:00 p.m. Clown Make Up Class</p> <p>6:00 p.m. Seniors Acting Up play</p>	<p>17</p> <p>7:30 a.m. Parkinson Support Group travels to Vanderbilt Symposium</p> <p>(Call Dee Brown for information!)</p> <p>8:30 a.m. Native American Pow Wow</p> <p>12:00 n Alzheimer's Carnival Fundraiser</p> <p>12:30 p.m. Center Open</p>
<p>22</p> <p>9:00 a.m. Stepping On Class</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Knit Group</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>23 DEADLINE 10/23 GHOSTS OF FRANKLIN</p> <p>9:00 a.m. Dee's Christmas Placemat Workshop</p> <p>9:00 a.m. Pinochle</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. Ask the Doctor: Osteoarthritis</p> <p>12:00 n Labor of Love Caregiver Support Group</p> <p>12:30 p.m. Wii Open Play</p> <p>1:00 p.m. Happy Clown Class</p> <p>2:00 p.m. Happy Clown Rehearsal</p> <p>6:00 p.m. Seniors Acting Up play</p>	<p>24</p> <p>8:15 a.m. TN Valley Railroad Trip</p> <p>12:30 p.m. Center Open</p> <p>1:00 p.m. Seniors Acting Up play</p>
<p>29 DEADLINE 11/10 HALL OF HEROES EXHIBIT</p> <p>9:00 a.m. Stepping On Class</p> <p>9:00 a.m. Stained Glass Class with Fiona</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Knit Group</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>30 DEADLINE 11/6 CAREGIVER APPREC DAY</p> <p>9:00 a.m. Pinochle</p> <p>9:30-11:30 a.m. Vote for Best Pumpkin</p> <p>11:30 a.m. Chicks Lunch at O'Charley's</p> <p>12:30 - 1:30 p.m. Freaky Friday Pumpkin Party</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>12:30 p.m. Wii Open Play</p>	<p>31</p> <p>12:30 p.m. Center Open</p>
		<p>COMING SOON!</p> <p>Country Dance</p> <p>@ 7:00 p.m.</p> <p>Saturday, November 14</p> <p>Doors Open at 6:30 p.m.</p> <p>Music by: Rode West Band</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
<p style="text-align: center;">EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Intermediate Tap Dance Class 11:30 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;">LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p style="text-align: center;">UPPER DINING ROOM</p> <p>10:45 a.m. Line Dance Practice/Judy</p> <p style="text-align: center;">NURSE STATION</p> <p>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</p> <p>8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;">LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> <p style="text-align: center;">UPPER DINING ROOM</p> <p>1:15 p.m. Line Dance Warm Up 2:00 p.m. Intermediate Line Dance with Tom 3:15 p.m. Ballroom Dance Class</p>	<p style="text-align: center;">EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. GO4Life 10:30 a.m. Tap Dance Practice 11:30 a.m.-1:00 p.m. Open Gym 3:00-4:15 p.m. Open Gym</p> <p style="text-align: center;">LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p style="text-align: center;">UPPER DINING ROOM</p> <p>2:00 p.m. Beginning Line Dance Class</p> <p style="text-align: center;">NURSE STATION</p> <p>10:00 a.m. Walk with Ease Check bulletin board behind reception desk for any daily changes!</p>	<p style="text-align: center;">PLEASE READ!</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>
<p>7:00 a.m. Walking Saints: Thompson Lane EXERCISE ROOM</p> <p>8:30 a.m. Core Strength 8:45 a.m. Senior Strength 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;">LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p>	<p style="text-align: center;">FRIDAYS</p> <p style="text-align: center;">EXERCISE ROOM</p> <p>8:15 a.m. Gentle Fitness with Mark 9:15 a.m. GO4Life 10:15 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;">LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p style="text-align: center;">Classes with a monthly fee are GREEN. Classes are NOT prorated. Classes with a NO fee are BLUE.</p>	<p style="text-align: center;">SATURDAYS</p> <p style="text-align: center;">Please see below or the class/event page for a description of the classes & any fees involved.</p> <hr/> <p>Go4Life motivates older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines.</p>	

SENIOR FIT & GENTLE FITNESS with MARK
 Senior Fit and 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 a month.

YOGA WITH DOT

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

ZUMBA® GOLD

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

ZUMBA® GOLD TONING

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

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

EXERCISE with MARJORIE/MPRD

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

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

sitting positions.

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

LET'S DANCE!

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

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

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.

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 resource, the danger they're in and how we can help!	Limit 50 No Deadline
MONDAY OCTOBER 5 12:30 p.m.	SINGING SENIORS AUTUMN CONCERT Come and celebrate the changing of the seasons with our incredible Singing Seniors! Refreshments served.	No Limit Deadline 10/1
TUESDAY OCTOBER 6 10:00-10:30 a.m.	LUNCHTIME TRIVIA WITH ROSELAWN MEMORIAL GARDEN 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.	Limit 100 No Deadline
BEGINS 10/7 WED & FRI 9:15-10:15 a.m.	NEW! GO4 LIFE CLASS This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility and balance. Class meets on Wednesdays and Fridays through December 30.	Limit 15 Deadline 10/5
WEDNESDAY OCTOBER 7 10:00 a.m.	THE PEACE CORPS EXPERIENCE This remarkable woman, Melva Steen, joined the Peace Corps at age 75. She is a woman who received her PhD at age 60. Melva has written a wonderful book on her experiences as a Peace Corps volunteer in Africa called "Sensible Shoes: Experiences of an Older Peace Corps Volunteer in Africa."	Limit 50 No Deadline
WEDNESDAY OCTOBER 7 1:00-3:00 p.m.	PHARMACIST CONSULTATION This is a one-on-one with a pharmacist to go over your medications. Please bring your prescriptions, over the counter meds, and vitamins and herbs. Each person will be given a 15 minute slot.	Limit 8 Deadline 10/5
MONDAY OCTOBER 12 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "GETTING READY FOR WINTER" You want to prepare your garden area for winter now before the cold weather hits. Get some good tips and advice from our Certified Master Gardener, Jack Smith, President Emeritus of Tennessee Master Gardeners of Rutherford County.	Limit 40 No Deadline
WEDNESDAY OCTOBER 14 1:00-2:00 p.m.	TAKE A BREAK "JOURNEY OF THE HEART" A program on grief and loss by an author, film producer and nurse with 20 plus years experience with Hospice.	Limit 40 Deadline 10/12
THURSDAY OCTOBER 15 9:15-11:30 a.m.	THE GREAT SHAKE OUT Join us and the rest of the central United States as we participate in the largest earthquake drill ever. We'll have special guests, door prizes, snacks and useful information that may save your life. Thank you Wellcare Health Plans & Roselawn Memorial Garden & Funeral Home.	Limit 120 No Deadline
THURSDAY OCTOBER 15 11:30 a.m.-1:00 p.m.	LUNCH AND LEARN "The Good the Bad and Sad" with Rose Cooper, who will talk about the financial vehicle for retirement and savings, medicare vs. Medicaid. Lunch is provided by Senior Select Services.	Limit 50 Deadline 10/15
FRIDAY OCTOBER 16 1:00-4:00 p.m.	CLOWN MAKEUP CLASS Happy Clowns of St. Clair sign up for this special class by Kenny Loftis, "Sparky," who will teach you his technique of putting on clown makeup. Bring your makeup, makeup remover and a mirror. Plan to stay the whole time.	Limit 14 No Deadline
MON & TUES OCTOBER 19 & 20 8:30 a.m.-12:30 p.m.	AARP SAFE DRIVING CLASS Come and get a refresher for your driving skills. This is a great class presented by AARP instructor, Bob Paredes. After class, check with your insurance to see if you qualify for a discount! Pay your fee on the first day of class to the AARP.	\$15 AARP members \$20 nonmembers Limit 35 Deadline 10/16
MONDAY OCTOBER 19 1:00-4:00 p.m.	CRAFTS WITH MARLANE "SHRINK ART" Shrink Art is a fun way to make earrings and other jewelry, as well as for display. Come and find out why. MPRD provided all of the supplies.	Limit 15 Deadline 10/16

Turn the page for more classes and events offered at the St. Clair Street Senior Center.

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.

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>
WEDNESDAY OCTOBER 21 1:00-2:00 p.m.	ARE YOU A "GRANDFAMILY" UT Extension Agent Carla Bush gives pointers and helpful hints for seniors. Are you a "grandfamily" refers to a family where the grandparent(s) or other relative(s) is raising a child and may or may not have a legal relationship to the child who is related by blood, marriage or adoption. Also know as "Kinship care", "Kincare", and "Relative Care."	<i>Min 2/Max 45 No Deadline</i>
FRIDAY OCTOBER 23 10:00-11:30 a.m.	ASK THE DOCTOR "OSTEOARTHRITIS" Rheumatologist Dr. Marcus Owen is our guest doctor and he will be educating us on osteoarthritis. This is the most common form of arthritis, affecting nearly 27 million Americans. Sign up to hear Dr. Owen and learn more about this disease and how to manage it.	<i>Limit 40 Deadline 10/21</i>
FRIDAY OCTOBER 30 9:30-11:30 a.m. vote 12:30-1:30 p.m. winner	FREAKY FRIDAY PUMPKIN DECORATING CONTEST & REVEAL PARTY Bring in a pumpkin YOU have decorated at home and let folks vote on it. Bring in pumpkins at 8:30 a.m. to be set up. Voting takes place from 9:30-11:30 a.m. Join us for a party announcing the winner after lunch (12:30-1:30 p.m.). Contact Brenda Elliott by October 26 if you plan to submit a pumpkin. Dress in Freaky Friday clothing (optional).	<i>No Limit No Deadline</i>
FRIDAY OCTOBER 30 11:30 a.m.-1:00 p.m.	CHICKS LUNCH AT O'CHARLEY'S Dress for Halloween (optional) and meet the group at O'Charley's at 1006 Memorial Blvd. Be in your seat by 11:30 a.m. Sign up is required in order to make the reservation for enough seats.	<i>Limit 30 Deadline 10/28</i>
THURSDAY NOVEMBER 5 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>
FRIDAY NOVEMBER 6 9:00-11:00 a.m.	CAREGIVERS APPRECIATION DAY Lots of pampering massages, reflexology and lunch provided. All elderly family caregivers are welcome.	<i>Limit 30 Deadline 10/31</i>
MONDAY NOVEMBER 9 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "MANAGING NUISANCE ANIMALS" Join Certified Master Gardener, Jack Smith, President Emeritus of the Tennessee Master Gardeners of Rutherford County for this informative program on "Managing Nuisance Animals Around the House" such as squirrels, rabbits, snakes, skunks, etc.	<i>Limit 40 No Deadline</i>
MONDAY NOVEMBER 9 1:00-4:00 p.m.	CRAFTS WITH MPRD: HOLIDAY EARRINGS Liven up your holiday style with earrings you make yourself. If you have jewelry tools, bring them.	<i>Limit 15 Deadline 11/6</i>
TUESDAY NOVEMBER 10 9:00-11:00 a.m.	SALUTE TO VETERANS WITH BLACKMAN H.S. CHOIR With honor we salute our Veterans with a pancake breakfast. Special entertainment sponsored by Deb Thomas. AARP Chapter 4599 is serving. Wellcare Health Plans, Inc is sponsoring the breakfast portion and Oakland ROTC will post the colors. Be sure to check out the Hall of Heroes.	<i>Limit 130 No Deadline</i>
THURSDAY NOVEMBER 12 5:30-8:30 p.m.	POTLUCK & BINGO WITH MPRD Bring your favorite potluck and a WRAPPED bingo prize (less than \$10). Enjoy food and bingo with your friends.	<i>Limit 100 Deadline 11/6</i>
WEDNESDAY NOVEMBER 18 10:00-11:30 a.m.	THE DANGERS OF NATIONAL PARKS Rescheduled from July. Presented by Senior Learning Network and the National Park Services. Explore some of the most beautiful places in the world, as well as some of the most deadly - America's National Parks without leaving your common sense at home.	<i>Limit 50 No Deadline</i>
FRIDAY NOVEMBER 20 11:30 a.m.-1:00 p.m.	CENTER THANKSGIVING POTLUCK Bring your favorite Thanksgiving Potluck dish enough for 8-10 folks and join us as we celebrate and give thanks for our blessings. The Center will provide the turkey and dressing and gravy.	<i>Limit 140 Deadline 11/13</i>

See page 17 for more fun stuff to do!

TO DO IN OCTOBER

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 BEGINS 10/8 9:00-11:00 a.m.	STEPPING ON: A FALL PREVENTION 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. Please visit the nurse before signing up for this class. Class meets 10/8, 15, 22, 29, 11/5, 12 & 19.	CLASS FEE \$25 Limit 12 Deadline 10/5
TUESDAYS BEGINS 10/13 1:00-4:00 p.m.	INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS This is an ongoing class. Students must have taken Beginning Drawing class to sign up for the class. Price is for 4-weeks of drawing class. Bring the following supplies: Chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw from. Suggested paper to bring: 300 lb/640 gsm Arches watercolor single sheet natural white 22" x 30". Beginning Pastel Drawing is a prerequisite for this class. Fiona Dowd is the instructor. Class meets on 10/13, 20, 26 (Monday) and 27.	CLASS FEE \$30 Min 3/Max 10 Deadline 10/9
WEDNESDAY OCTOBER 14 9:00-11:00 a.m.	PAINTING WITH LIZ "PHLOX IN THE FIELD" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min 3/Max 12 Deadline 10/13
MONDAY OCTOBER 19 8:30-11:30 a.m.	STAINED GLASS NECKLACE CLASS Join Fiona to make a beautiful stained glass 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 necessary to take this class.	CLASS FEE \$35 Min 3/Max 10 Deadline 10/15
MONDAY OCTOBER 19 9:00 a.m.-2:00 p.m.	ART & CALLIGRAPHY CLASS Decorate a clay canister with an Autumn Leaf. Karen Brackman and Patrice Hicks join together to teach you to draw a high detailed leaf on a clay canister and then personalize it with calligraphy. Bring thin tip permanent drawing pens - multiple shades of brown (at least three). Canister is supplied. No experience is necessary.	CLASS FEE \$20 Min 5/Max 10 Deadline 10/16
WEDNESDAY OCTOBER 21 9:00-11:00 a.m.	PAINTING WITH LIZ "WINTER SCENE" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min 3/Max 12 Deadline 10/20
MONDAY OCTOBER 26 9:00 a.m.-2:00 p.m.	MIXED MEDIA ART CLASS: MOONLIT CACTUS Students need to bring blue denim stretched 11 x 14 canvas or canvas board. Pastel pencils (a variety of colors) and powdered metallic paint. Instructor has supplies available for student usage during class also. Instructor is Karen Brackman.	CLASS FEE \$15 Min 3/Max 12 Deadline 9/25
MONDAY OCTOBER 26 10:00-11:15 a.m.	GHOSTS OF FRANKLIN 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
TUESDAYS BEGINS 11/3 1:00-4:00 p.m.	INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS This is an ongoing class. Students must have taken Beginning Drawing class to sign up for the class. Price is for 4-weeks of drawing class. Bring the following supplies: Chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw from. Suggested paper to bring: 300 lb/640 gsm Arches watercolor single sheet natural white 22" x 30". Beginning Pastel Drawing is a prerequisite for this class. Fiona Dowd is the instructor. Class meets on 11/3, 10, 17 and 24.	CLASS FEE \$30 Min 3/Max 10 Deadline 11/2
WEDNESDAY NOVEMBER 4 9:00-11:00 a.m.	PAINTING WITH LIZ "ALASKA SUNSET" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Limit 12 Deadline 11/3
MONDAY NOVEMBER 9 9:00 a.m.-2:00 p.m.	ART & CALLIGRAPHY CLASS Decorate a clay canister with a Holly Branch. Karen Brackman and Patrice Hicks join together to teach you to draw a high detailed holly branch on a clay canister and then personalize it with calligraphy. Bring one of each: Black fine tip permanent pen, red fine tip permanent pen and one light and one dark green fine tip permanent pens. Canister is supplied. No experience is necessary.	CLASS FEE \$20 Min 5/Max 10 Deadline 11/6

THINGS TO DO

<p>MONDAY NOVEMBER 16 1:00-4:00 p.m.</p>	<p>STAINED GLASS NECKLACE CLASS Join Fiona to make a beautiful stained glass 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 necessary to take this class.</p>	<p>CLASS FEE \$35 Min 3/Max 10 Deadline 11/12</p>
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10/14 Painting with Liz



10/26 Mixed Media Class



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

<p>SATURDAY OCTOBER 3 9:00 a.m. 3:00 p.m.</p>	<p>INTERGALACTIC BEAD & JEWELRY SHOW Reward yourself with the ultimate beading experience. The show offers an incredible selection of vibrant and unique earthly treasures for your next crafting project. This trip required standing and walking so be prepared. Bring money for admission at the door (\$5), shopping and a snack or a sack lunch as we will not stop to eat.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 Deadline 10/2</p>
<p>WEDNESDAY OCTOBER 14 9:30 a.m. 11:30 a.m.</p>	<p>TENNESSEE TECHNOLOGY CENTER FIELD TRIP We go to the Tennessee Technology Center each month for nonmedical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip and each service is \$5. We leave the center at 9:30 a.m. and you need to be here at 9:00 a.m. If you would rather go on your own or on a different day, call 615-898-8010 ext. 118 to make an appointment. If you want more than two services done you will need to go on your own.</p>	<p>BRING \$ TRANSPORTATION 0 Limit 10 Deadline 10/12</p>
<p>SATURDAY OCTOBER 17 8:30 a.m. 3:00 p.m.</p>	<p>NATIVE AMERICAN ASSOCIATION POW WOW Native American food, arts & crafts, live music, dances and vendors. Lots of walking involved. You may bring a folding lawn chair. Bring money for lunch on site and vendors crafts.</p>	<p>BRING \$ TRANSPORTATION \$5 Limit 23 Deadline 10/15</p>
<p>TUESDAY OCTOBER 20 8:00 a.m. 8:00 p.m.</p>	<p>HARRAH'S CASINO, METROPOLIS, IL - THIS TRIP IS FULL A WAIT LIST IS AVAILABLE An exciting day of gambling after a nice ride there on a Grayline bus. Bus leaves the 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. Be sure to sign up now to reserve your spot. At sign up participants MUST provide name, phone number, address, date of birth and email address.</p>	<p>ADMISSION \$5 TRANSPORTATION INC. Limit 52 Deadline 10/2</p>
<p>SATURDAY OCTOBER 24 8:15 a.m. 6:00 p.m.</p>	<p>TN VALLEY RAILROAD MUSEUM & MISSION RIDGE TRAIN The local trips takes passengers along one of the original lines in Chattanooga, crossing four bridges and passing through pre-Civil War Missionary Ridge Tunnel. See a rotating turntable and tour the railroad restoration shop. Eat a big breakfast BEFORE the trip as we will have a late lunch after the train ride. Bring money for lunch and any souvenirs. Please note: train is NOT wheelchair accessible and there are steps on this trip.</p>	<p>ADMISSION \$17 TRANSPORTATION \$10 Limit 22 Deadline 10/9</p>

Beginning Crochet and Beginning Knitting Interest list
If you would like to learn how to crochet or knit, please sign the interest list at the front desk. If you would like to teach a class in knitting or Crocheting, please see Brenda Kiskis Elliott, Program Coordinator.

WHAT'S HAPPENING?

Tickets are going fast... Don't miss it!

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

ST. CLAIR SENIORS ACTING UP



Tickets on Sale Now

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.

**Seniors
Having a Blast on the
Maine, Vermont &
New Hampshire Trip
in
September**





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



GREAT SHAKE OUT PARTY St. Clair Joins Central USA Great Shake Out

On Thursday, October 15th from 9:00-11:45 a.m. We'll Shake Rattle and Roll, have nice 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, is speaking.

Cake is provided by Embassy Suites and Willowbrook Homes Health and Hospice.

This party is unique with important information throughout that could save your life. At 10:15 a.m. 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, Gentiva and Blue

Cross/Blue Shield of Tennessee. 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. Earth Quake 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. After-shocks 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 n. this day. Regular Bingo is cancelled.**



“Ask a Banker” was A Great Success

We were honored to have five bankers from our area in the Center on August 20th. Present were: Karen McMahon of F & M Bank as the facilitator, Eric Meriwether of Northwest Mutual, Gabriel Fancher of First Bank, Dan Alexander of First Community Bank and JR Eastman of First Community Mortgage. Twenty-five seniors listened as the bankers answered important questions and gave scenarios of scams and examples of what they have seen happen to senior citizens in their profession. The most important advice I feel that they gave was: if you get a phone call about your money, tell the person you do NOT do business over the phone. Another good piece of advice was: If you add someone to your account, they can have unlimited access to your money. If you want a loved one to have your money after the account owner passes, add a “POD” (which means Payable on Death) to your bank accounts. This person or persons could access your money after you pass.

If you do not leave a POD on your account and you are the sole person on the account, and probate court decides where the money goes. The bankers said that everyone should have someone listed on their account as a POD. After the first half of the seminar seniors were able to write down question on a paper. The papers were collected and bankers answered the questions. It was a great morning with a lot of good information and seniors who were appreciative of the seminar. Thank you for attending.



PROGRAMMING



Pumpkin Decorating Contest & Freaky Friday Party!

Decorate a pumpkin at HOME and bring it into the Multipurpose Room on Friday, October 30th at 8:30 a.m. BE CREATIVE! Participants will come in and vote from 9:30-11:30 a.m. We'll announce the winners of the Pumpkin Decorating Contest at the Freaky Friday Party (in the dining room) from 12:30 until 1:30 p.m. with some light refreshments and fun after your vote. Feel free to wear some Freaky Friday clothes (if you want). See Brenda Elliott for more information.



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

Thank you Senior Artists of St. Clair for providing the grand prize. If you plan to eat lunch in the dining room, be sure to make a reservation with MCHRA Site Manager, Debbie Willis by calling 615-895-1870 or stopping by her office at the back of the kitchen.

Saturday Adventures Boat Cruise 8-22-15



Looks like everyone had a great time!



The group saw many different types of water-fowl and wildlife as they cruised on the river.



Along the river the group had a chance to see some very nice homes of the rich and famous. After the cruise everyone enjoyed a great lunch.



“The Gardener’s Corner”

Now is an ideal time to plant winter annuals in your garden for a great show of color from now until spring. Great plants to include in your winter garden are pansies, violas, snapdragons, and Dianthus. They can be planted in mass for a major splash of color in your landscape or use them in containers to add color in different strategic spots. Such winter hardy herbs as parsley, thyme, and rosemary make great container companions with winter annuals. Also consider inter-planting your winter annuals with bulbs of daffodils, tulips and hyacinths. Planting bulbs between such hardy annuals will bring a surprise burst of color in the spring. And, when the fading bulb’s foliage begins to wither, the winter annuals are so colorful that one barely notices the bulbs yellowing foliage.

It’s a good time to spruce up your garden by cutting-back withering perennial blooms and adding a fresh layer of mulch. If you do add new mulch, be sure to follow-up with a pre-emergent herbicide to prevent and invasion of winter weeds.

Apple varieties are showing up at fresh markets and roadside stands. Seek out some new varieties to eat fresh

By Jack Smith, Certified Master Gardener

or create delicious desserts with. Apple trees can be planted now, too. Select disease resistant ones such as Redfree, Prima, Priscilla, Jonafree, Nova, Easygro, and Liberty.

Keep harvesting second plantings of the cool season vegetables including radishes, lettuce, Chinese cabbage, chard, spinach, broccoli, and the other cole crops. Some such as parsnips, Brussels sprouts, and kale actually have enhanced flavor after a frost.

Thanksgiving and Christmas cactus should be placed in an east or north window, watered and fertilized one last time. Start letting them dry out more between watering. This plus cooler night temperatures will stimulate blossom production.

Compost has been compared to black gold and will make quite a difference in your soil. Fall is the ideal time to start a compost pile, since there is such a ready supply of materials, from falling leaves, to the gleanings from our vegetable and flower gardens.

Evergreens need water most in late fall, particularly after a dry summer. So be sure to thoroughly water them before the ground freezes.

POOL Room News

8-10-15 Coed Tournament Winners

1. Lora York & Larry Thrasher
2. Gloria Denney/Laird Weishahn
3. Teresa Rains/Fred McCormick

8-17-15 Ladies’ Tournament Winners

1. Teresa Rains
2. Wilma Murphy
3. Lora York

8-18-15 Men’s Tournament Winners

1. Jerry Parker
2. Tom Michal
3. Bedford Taylor

Coming Soon! COUNTRY DANCE

Saturday, November 14

Doors open at 6:30 p.m. • 7:00-10:00 p.m. Dance to music by

RODE WEST BAND

\$5 at the door Must be 60 or older to attend

Hall of Heroes for our Veterans

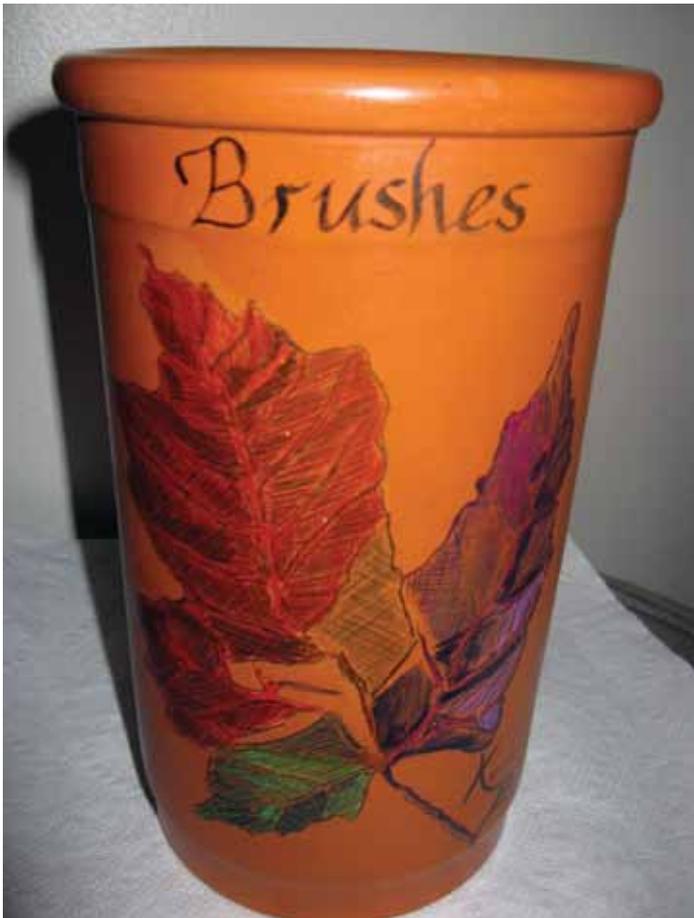
During the Salute to Veterans celebration on November 10, we are transforming the Multipurpose Room into a **Hall of Heroes** to honor our Veterans. **The Hall of Heroes** will be available to view from 8:00 a.m.-2:00 p.m. on Tuesday, November 10. If you would like to display your (or your spouse’s) service medals, flag, photo, memorabilia, etc. in the **Hall of Heroes** make a reservation with Brenda Kiskis Elliott for a table. Set up for **Hall of Heroes** is Tuesday, November 10 from 7:00-8:00 a.m. Items may stay in the room until 2:00 p.m. You may stay with your items to answer questions and tell stories. Space is limited. Deadline to reserve a space is October 29. *Room Monitors are needed to watch over the items while on display. See Carol Ransom to volunteer for this position.*

ALMOST THE LAST PAGE

WAITING FOR YOU

CLUB KARAOKE
Wednesday 1-4
Lower Dinning Room

ART & CALLIGRAPHY CLASS OCTOBER 19



Mackinac Island Travelers from August. Check out November newsletter for more pics and a narrative from Claude Vick, trip escort.

Hope you all got a chance to visit the Senior Health Expo this year. If not, look what you missed!



OCTOBER 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 AUGUST 2015

Bingo \$ 00.00
Quilting \$175.00
Popcorn \$ 00.00
Coffee \$ 56.59

Donations: Pyong Cahill, Esther Carter, Family of Daphne Updike, Enar Fidalgo, Marvin Maes, Ronald McDonald House Charities, Nashville, Marshall Snyder, George Stark.

SUE ANN JOHNSON in memory of

TOMMY SANFORD

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 Service Program Coordinator Amanda Pullias	ADS Activity Assistants Kathy Herod Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse Laura Grissom	Administrative Support Specialist Carol Ransom
Facility Attendant Deborah Woodward		Van/Bus Drivers Pete Gerdik Kirby Jeffreys

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

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