

St. Clair Celebrates Our Veterans

SALUTE TO VETERANS

Tuesday, November 10

9:00-11:00 a.m.

With honor we salute our Veterans with a

Pancake breakfast and

Entertainment by Deb Thomas.

AARP Chapter 4599 will be serving.

Oakland High School ROTC will post the colors.

Special thanks to Wellcare Health Plan.

Be sure to check out the **HALL OF HEROES**

Veterans' Memorial Display

from 8:00 a.m.-2:00 p.m.

Thank you for your service.

Don't forget to sign up for our Thanksgiving Dinner on Friday, November 20 at 11:30 a.m.

Join us as we appreciate our blessings.



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

Welcome to November, we are thankful for each of our participants and wish you all a Happy Thanksgiving. This month I have decided to share an article from the Senior Citizens Guide titled:

The Important Role of Senior Centers to the Local Community
“How important are senior centers to older adults?”

Recently the California Commission on Aging conducted a research project to examine the existing understanding about senior centers.

They found that senior centers are designated as community focal points that not only provide helpful resources to older adults, but serve the entire community with information on aging; support for family caregivers, training professionals and students; and developments of innovative approaches to aging issues.¹

In 2008, the Commonwealth of PA funded a study of older adults in the state titled: “Understanding the Impact of Senior Community Center Participation on Elders’ Health and Wellbeing.”² Study findings suggest: Activity participation is essential to quality of life.

Activity has important life benefits:

- Reduces risk of depression
- Reduces global cognitive decline
- Enhances social connectedness

The role of senior centers will continue to expand and have an increasing impact on structuring the quality of life of older adults. We need more systematic evaluation of programs, members and partnering with researchers to evaluate program effectiveness

Both the California and Pennsylvania studies conclude that successful aging is more likely when individuals are actively engaged in life. Senior centers are one of the most accessible, friendly and inexpensive places that offer programs and services that promote active engagement and enjoyment of life by older adults. Senior Centers around Pennsylvania recognize the increasing and changing needs of older adults in the community.

The following list of activities and services are typical of programs offered by many senior centers.

- Nutrition Programs
- Daily meals served at the centers
- Other wellness programs
- Exercise classes including Aerobics, Tai Chi, Yoga, and Arthritis Foundation

- Health Services
- Blood pressure checks, flu shots, hearing assessments and diabetes management
- Functional Fitness Assessment
- Support groups (Alzheimer’s and Parkinson’s)
- Information and Assistance
- Education and guidance in understanding Medicare and insurance
- Referral and connection to appropriate community support services
- Education Classes
 - Computer Classes
 - Effective Word Processing
 - Effective Internet usage and Skype Program
 - Microsoft Suite of products education
 - Foreign language classes
 - Discussion groups
 - Financial Literacy
 - AARP tax preparation
 - Avoiding identity theft
 - Tax topics for the elderly
 - Basic financial planning
 - Social Events and Programs
 - Senior Chorale, Orchestra and Band
 - Monthly entertainment, birthday parties
 - Chess club, bridge

The PA and CA research found that senior centers need to continue to adapt, drawing on their strengths and relationships with community partners and organizations to become more of a hub, linking individuals to a wider range of activities and services in the community.

Kathy Sullivan, Executive Director of the West Chester Area Senior Center in West Chester, PA describes the role of senior centers as “a place for older adults to meet for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in the center and community.”

Editorial provided by Lorri Sarosy, West Chester Area Senior Center, West Chester, PA.¹ California Commission on Aging, Senior Center Literature Review, Teresa Dal Santo, Ph.D., 2009² Importance of Activity: What the Research Shows in Support of Senior Center Programming. Jefferson Center for Applied Research on Aging and Health, Thomas Jefferson University, 2008 *have chosen to share a recent article from The Senior Citizens Guide from Philadelphia.*

Your Director, Connie C. Rigsby

NOVEMBER DAYS

Senior Art Show was a HIT in September

Photos courtesy of Joe Cole.



GO4LIFE! HAS ADDED ANOTHER CLASS!

This class has become so popular we have decided to add another class on **Wednesdays and Fridays from 9:15-10:15 a.m.**

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. Plan to 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! See the nurse, Laura Grissom if you are interested in this class.

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

What a gorgeous autumn we have had and the Adult Day Service participants took full advantage of it. On October 6 we went to Lucky Ladd Pumpkin Patch and Farm where we enjoyed a hayride, the hay slide, (yes, several of us went down the hay slide) and a delicious picnic lunch. An uninvited, but welcome guest, one of the farm chickens, took up residence under our picnic table as we ate. Afterwards, we also enjoyed feeding the farm animals which included some goats, llamas, ducks, sheep and miniature pigs. We all left with a pumpkin

to enjoy and help us remember the fun and laughter. The ADS participants and staff wish to thank the volunteers, family members and our wonderful driver, Pete, for making our trip easier to navigate and for their kind friendship.

We also enjoyed a dessert cook-off and a chili cook-off in October where the competition ran high but all were good sports! We had fun in the kitchen making rice krispy treats. Kathy Herod and the participants made spook mobiles for our room and did other fall crafts. We also enjoyed some of the activities that were offered by

the center, including the excellent Singing Seniors, the Great Shake Out, and our Freaky Friday party. We also participated in the Alzheimer's Association Walk. We enjoyed a special treat when the Stones River Garden Club helped us make beautiful fresh



ADS participants & volunteers visit Lucky Ladd Farms.



Randy Huffman, ADS Activity Assistant, makes a new friend.

fall arrangements from flowers and greenery that were provided by the members. Randy Huffman made sure that our participants exercised and got fresh air outdoors on warm autumn days. We used the nice benches as well as our patio swing and tables. We gathered the last of our tomatoes to enjoy with lunch.

In November we will celebrate the approaching holidays. Being a month that encourages us

to feel and express gratitude, we will have a Thanksgiving Celebration that includes our families and volunteers. We'll be sure to encourage our family caregivers with treats. Of course, we do not ever forget that our country is a great nation because of the dedicated veterans who selflessly served to protect us and promote freedom. We'll be honoring our veteran participant, Larry Short, for his service in the Army Reserves. We'll say good bye to our sweet intern, Andrea Deans, as she prepares to graduate from MTSU. We look forward to celebrating the best of the changing seasons together with gratitude for life, friends and good memories to encourage us.

This is why LIFE IS GOOD in the ADS.



Drama performance at the ADS Open House.

MEDICARE OPEN ENROLLMENT PERIOD Ends December 7, 2015 For Changes beginning January 2016

If you are happy with your medical coverage and prescription drug coverage, you do not have to do anything during this time. You will remain on the same type of coverage that you had for 2015. Do pay attention though, if you receive a letter from your advantage plan or drug plan that outlines any changes such as higher premiums, or higher co-pays. Your plan is required to inform you of changes and if you are not happy with the changes, this is the time to do something about it and see if there is a better plan for you. Even if you are happy with your coverage it is still a good idea each year to compare your plan with others offered. It is possible that the best plan for you last year will not be the best for you this year. Remember that the best plan

for your friend is quite possibly not the best plan for you. We can assist you with comparing Medicare plans. Please call Dee Brown for an appointment for individual assistance. Also the State Health Insurance Program will assist you with this process. You can reach them at 1-877-801-0044. If you are interested in going online to compare plans you can go to www.Medicare.gov, click on "find health and drug plans" and it will lead you through the process.



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

Angel Tree for Tennessee State Veteran's Home

We all know that sometimes our veterans are forgotten or not given the attention and appreciation they deserve. Some of the veterans at the Tennessee State Veteran's Home are without family or friends to visit them, or remember them on special occasions. This Christmas season we are offering you the opportunity to remember these vets by choosing an angel from the Vet's Angel Tree that will be available in the main dining

room beginning Monday, November 23rd until all the names have been taken. The individual cards will list needed or desired items. Please take a card and choose a gift from the list of suggestions, wrap the gift, attach the original card to the gift and return to Dee's office no later than December 18th. Please do not add candy or other food items unless they are on the wish list. Thank you for your help with this project!

Cards for Soldiers

Would you like to reach out and add a little sunshine to some of our service personnel? Beginning in November I will be supplying cards (or you can use your own) for those of you who would like to send greetings to a group of Navy personnel stationed in Saudi Arabia. We are acquainted with an individual that sends care packages to this group of individuals and is requesting cards and letters to include in these packages. These servicemen love getting the mail and you are encouraged to tell them a little about yourself and what is going on in your world. If you would like to pick up a card, please contact me or stop by my office. I would like to have all the cards back to me by November 20th so I can send them on for mailing. Thanks for your help with this.

Christmas Placemat Workshop

We have started the Christmas placemats we make each year from recycled Christmas cards. This is such a fun activity and produces some really beautiful and unique gifts that we are going to donate to the Salvation Army and the Good Shepherd's Home for their dining rooms. We would love to have you join us, there is no cost, you

do not need to bring anything and you do not need to sign up. This is an easy craft that only requires a little creativity! In November we will meet in the ceramics room on three Fridays, November 6th, 13th, and 20th. We will begin at 9:00 a.m., but you can stop in a little later if you need to.



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

Volunteer Corner November

We currently have 191 volunteers at the Senior Center. This team is composed of participants, MTSU students and volunteers from the community. In order to identify you as a volunteer for an event, please see the staff person you are working for prior to the event to receive an identification lanyard. This lanyard will have the event and your name on it. This will allow you entry into the event as a volunteer. At the end of the event please return the lanyard to the staff person in charge of the event. **Please call Carol Ransom with any questions or concerns.**



ANNOUNCEMENT BOARD . . .Check it Out!

When you come to the Center, always check the announcement board behind the reception desk! There you will find a wealth of information...the daily schedule of Room Assignments, Nurse on Duty and Alzheimer's Events, Support Group updates, as well as information on newly scheduled TRIPS, dances, events and classes.

You will also find information on Video Conferences and Webinars such as the wonderful programs from the Senior

Learning Network. Often, new programs are scheduled too late to be published in the LEAF newsletter. We will be taking advantage of these opportunities as much as possible and will post flyers on the **Announcement Board** to let you know when programs are offered or changed. Check the Announcement Board every time you visit us and stay connected!

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 co-workers.

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

Labor of Love Caregiver Support Group will not meet in November due to the holidays, but it usually 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



The theme for
**NATIONAL FAMILY CAREGIVERS
 MONTH November 2015 is
 “RESPITE:
 CARE FOR CAREGIVERS”**

Respite: the chance to take a breather, the opportunity to re-energize, is as important as any other item on your caregiver’s to-do list. People think of respite as a luxury, but considering caregivers’ increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to your own well-being. Respite protects your own health, strengthens family relationships, prevents burn-out and allows your loved one to stay at home up to three times longer.

R is for “Rest and Relaxation”

Everyone needs a little “R and R” – especially family caregivers. Relaxing is the best way to return refreshed to handle your many responsibilities as a caregiver.

E as in “Energize”

Caregiving is often round-the-clock 24/7. Respite isn’t simply “getting a few hours off.” It’s necessary to re-energize, reduce stress and provide care for your loved one.

S as in “Sleep”

Caregivers often have sleep problems. Address sleep problems and insomnia before it takes too great a toll on your health.

P is for “Programs that can help you”

Respite – which can be in the home or out of the home – can be hard to find but there are programs available to help you.

I as in “Imagination”

Let your mind run free; read a book; see a movie. You have been so involved with the nuts-and-bolts of caregiving that refreshing your

mind will help you be a better caregiver.

T as in “Take Five” ...or better yet, take ten.

Do you find yourself say-

ing, “I wish I had just ten minutes to myself”? Don’t feel guilty. You need a reprieve – a few minutes to temporarily disengage.

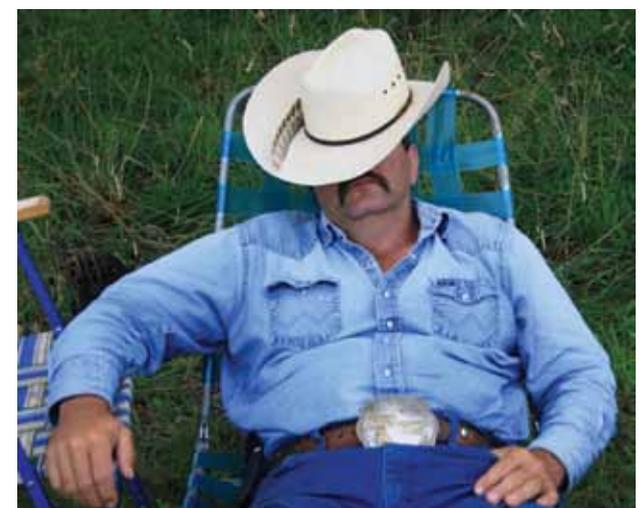
E is for “Exhale”

A simple breath in and then a long exhale can help you focus and increase your vitality. A few deep breaths can give you more energy, reduce stress, and lift your mood.

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

LUNCH & LEARN



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

NOVEMBER NEWS

November: the month that reminds us to be thankful for all we have and the lives we live. Make sure you count your blessings this Thanksgiving and maybe even carry it on afterwards! Last month I talked about the reasons to quit smoking and the Thursday before Thanksgiving is the “**Great American Smokeout**” so it is a perfect time to put those cigarettes down for good and have even more to be thankful for (including better health)!



This month is also **American Diabetes**

Month so I want to educate you on what you can do to avoid this life-altering disease or how to better deal with it if you have already been diagnosed. One out of ten Americans (29 million) are now living with diabetes and it is predicted those numbers will grow to one in five by 2030 and one in three by 2050. Let's do what we can to make those figures wrong by doing what we can to lower our risk. Right now one out of three people are pre-diabetic and ninety percent of them don't even know it. Could you be one of those people? The two main risk factors for getting diabetes are being overweight and not being physically active. (Have you noticed that those two things seem to be the reason for so many diseases and health problems?) Other things that may raise your risk are:



- If you have a parent, brother or sister with diabetes
- If you are age 45 or older
- Are African American, Hispanic/Latino, Asian, American Indian or Pacific Islander
- Have high blood pressure or take medicine for high blood pressure
- Have high triglycerides &/or low HDL cholesterol (that's the good cholesterol)
- Had diabetes during pregnancy
- Have been diagnosed with Polycystic Ovary Syndrome

If you are at risk for this disease that threatens nearly every part of your body you need to take some action. A little known fact about diabetes is that up to 90% of type 2 is preventable by making some changes in your lifestyle. Staying within a healthy weight and exercising regularly cuts your risk by about 70% compared to those who do not. One simple thing you can do is remove sugary drinks from your diet. That includes sodas, sweet tea, energy drinks,



sports drinks, and fruit drinks. Studies are showing that even if you don't gain weight from drinking these sugar-laden drinks, you are at a 30% higher risk of diabetes if you drink one of these drinks a day than someone who drinks less than one a month.

Some people think having diabetes just means you have to take a pill. Nothing could be farther from the truth. As I mentioned earlier, diabetes can affect nearly every part of your body. Did you realize diabetes raises the risk of memory loss, dementia, heart attack, kidney disease, vision problems (including blindness), stroke, nerve damage (numbness, burning, tingling, pain in the feet and hands), carpal tunnel syndrome, poor digestion, gum infections, foot and leg amputations. Whew, what a list! So whether you are trying to avoid diabetes all together or are wanting to lower the risks of complications as a diabetic, there are several things you can do.

1. Get yourself to a healthy weight.
2. Exercise 30 minutes a day (start slowly if this exercise is new for you or you haven't done it in awhile and build up to 30 minutes/day).
3. Don't skip meals; eat smaller portions throughout the day.
4. Put away those sugary drinks and reach for water, black coffee or unsweetened tea instead.
5. Cut back on white flour, sugar, and other “bad” carbohydrates.
6. Eat more vegetables, whole fruits, whole grains, and beans (legumes).
7. Reduce saturated and trans fat intake; increase fish and poultry.
8. Make sure you get enough vitamin D (check with your doctor about your vitamin D levels).
9. Have your glucose levels checked regularly (blood sugar).

If you have any questions or want more information about diabetes, come by my office and we will find ways for you to be a healthier you!

Information obtained from Nutrition Action, June 2014 edition.



Laura Grissom, LPN
Nurse

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

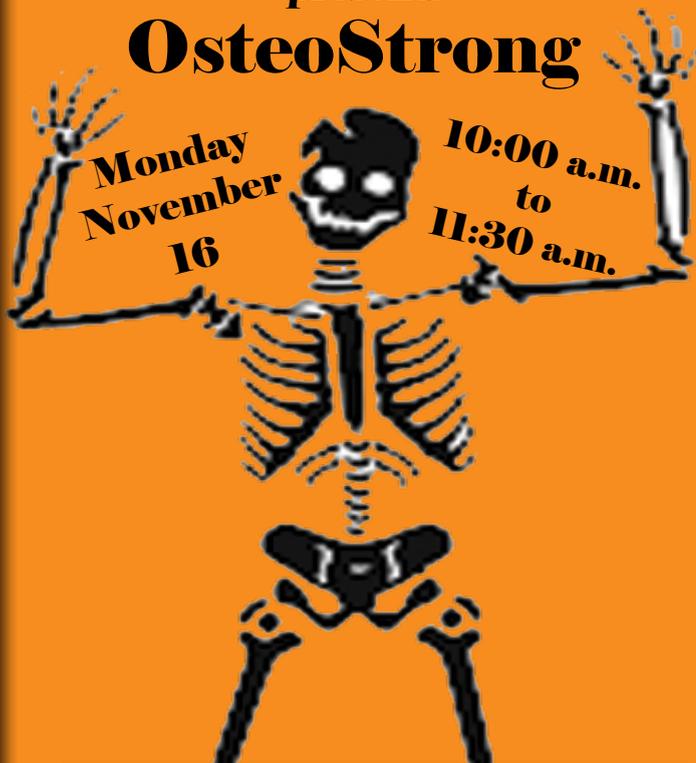


Take a Break with Laura
presents

OsteoStrong

Monday
November
16

10:00 a.m.
to
11:30 a.m.



One of the professionals from our health expo is coming back to the center to speak to us about bone density & bone health. They will also offer bone density testing for those who did not get to see them at the expo.

**Sign up by Friday, November 13.
There is a limit of 40**

Blood Pressure Clinic

The blood pressure clinic is every Monday from 9:30 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!

ASK the DOCTOR
presents

Dr. Peter Camiolo &
"Maximized Living"

Wednesday, November 18
from 12:30-2:00 p.m.

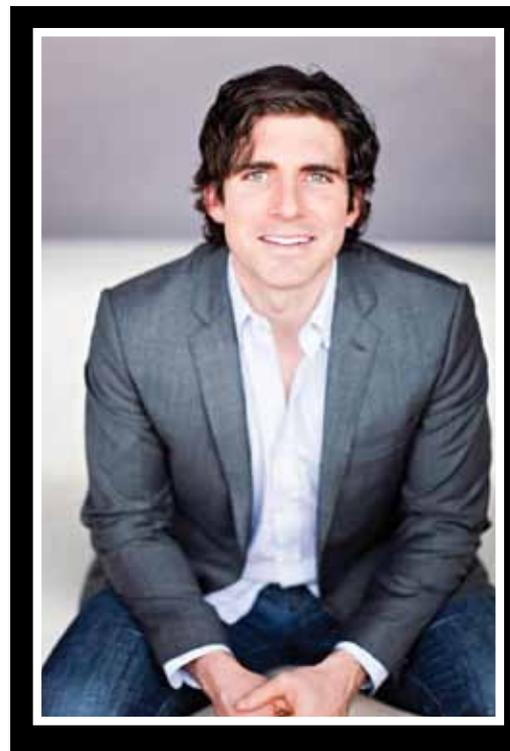
Dr. Camiolo was the official chiropractor for the 2012 US Olympic teams in London.

He'll show you how to maximize your mind, nutrition, and body and minimize toxins in your life.

Tune in to Dr. Camiolo's weekly radio program on 99.7 FM to learn how to live your life to the maximum.

To see him in person, sign up by Monday, November 16.

There is a limit of 40.



FLU SHOT CLINIC

Wednesday, November 4 • 9:30-11:00 a.m.

If you have not been able to get your flu shot yet,
we have a solution for you!

WALGREENS will be back to give flu shots.

Make sure you bring your MEDICARE card with you!

Tennessee Technology Center Field Trip

This month we will take a trip to the Tennessee Technology Center on the third Wednesday to provide non medical nail care and hair care for our seniors. We will go on November 18 because the center is closed on the 11th for Veteran's Day. 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 Friday, November 13 and let them know if you use a wheelchair. There is a limit of 10.

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.

Happy Clowns of St. Clair Alley 402



Wednesday, November 4

- **9:15 a.m.** depart for Morning Pointe in Tullahoma. Eat at Coffee Cafe in Manchester. Return at 1:30 p.m.

Friday, November 13

- **1:00 p.m.** Meeting
- **2:00 p.m.** Rehearsal & discuss 2016 plans

Attend this meeting if you are interested in being a clown to see what we are all about.

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

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.

BINGO AT ST. CLAIR

No registration required. Donations accepted.

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

TUESDAY	11/3	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	11/5	Bingo with Murfreesboro Funeral Home
TUESDAY	11/10	Bingo CANCELLED
THURSDAY	11/12	Bingo with Diversicare of Smyrna
TUESDAY	11/17	Bingo with Creekside Assisted Living
THURSDAY	11/19	Bingo with Aid and Assist at Home/Mildred Lambert
TUESDAY	11/24	Bingo with Willowbrook Home Health & Hospice
THURSDAY	11/26	Bingo CANCELLED

NOVEMBER 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. For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p>	<p>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3. Or view them on You Tube by searching for the St. Clair Street Senior Center in the YouTube search bar.</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>2 DEADLINE 11/3 INTERMEDIATE PASTEL CLASS 9:00 a.m. Stained Glass Class 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. St. Clair Singing Seniors</p>	<p>3 DEADLINE 11/4 PAINT WITH LIZ 9:00 a.m. Pinochle 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p>	<p>4 9:00 a.m. Painting with Liz "Alaska Sunset" 9:15 a.m. Clowns to Morning Pointe 9:30 a.m. Flu Shot Clinic with Walgreens 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p>
<p>9 FINAL PAYMENT DUE FOR SAVANNAH TRIP 9:00 a.m. Coed Pool Tournament 9:00 a.m. Art & Calligraphy "Glitter of Winter" 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. FCE Better Living Club 10:00 a.m. In the Garden with Jack "Squirrels, Rabbits, Snakes & Skunks, Oh My!" 1:00 p.m. Crafts with MPRD "Holiday Earrings" 1:00 p.m. St. Clair Singing Seniors</p>	<p>10 DEADLINE 11/12 HOLIDAY WREATH CLASS LUNCH SERVED AT 12:00 N BINGO CANCELLED TODAY 8:00 a.m. HALL OF HEROES 9:00 a.m. SALUTE TO VETERANS DAY! 9:00 a.m. Pinochle 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p>	<p>11 CENTER CLOSED for the observance of VETERANS DAY</p>
<p>16 DEADLINE 11/18 ASK THE DOCTOR DEADLINE 11/23 RCCOA FALL FORUM 9:00 a.m. Ladies' Pool Tournament 9:00 a.m. Mixed Media Class "Christmas Cactus" 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Take a Break with Laura "OsteoStrong and Bone Health" 1:00 p.m. Stained Glass Necklace Class 1:00 p.m. St. Clair Singing Seniors</p>	<p>17 DEADLINE 11/16 PAINT WITH LIZ 9:00 a.m. Men's Pool Tournament 9:00 a.m. Pinochle 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class 9:30 a.m. Backyard Birds of Tennessee 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p>	<p>18 9:00 a.m. Paint with Liz "Campfire" 9:30 a.m. Tennessee Technology Ctr Field Trip 10:00 a.m. Senior Learning Network presents "The Dangers in National Parks" 10:00 a.m. Healing Arts Class 12:00 n Senior Artists 12:30 p.m. Ask the Doctor "Maximized Living" 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p>
<p>23 8:30 a.m. Center Commission Meeting 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 11:30 a.m. RCCOA Fall Forum with TCAD Director, Jim Shulman 1:00 p.m. St. Clair Singing Seniors</p>	<p>24 9:00 a.m. Pinochle 9:00 a.m. Piano 1 9:00 a.m. Stained Glass Class 10:00 a.m. Beginning Guitar 10:00 a.m. Quilting 10:00 a.m. Knit Group 11:00 a.m. Piano 2 12:30 p.m. CCRC Visitation 1:00 p.m. Intermediate Pastel Portrait Class 1:00 p.m. Spanish 1 1:00 p.m. Crochet Group 2:15 p.m. Spanish 2</p>	<p>25 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics</p>
<p>30 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. St. Clair Singing Seniors</p>	<p>The time for the Potluck and Bingo party on Thursday, November 12, co-sponsored by MPRD has changed. It will now begin at 5:00 p.m. Food will be served at 5:30 p.m.</p>	<p>YOGA CLASS On Wednesday, November 18, the second Yoga class will begin at 10:00 a.m. immediately after the first class ends...Just for this day. Thank you for your cooperation!</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>COMING SOON! Winter Dance @ 7:00 p.m. Friday, December 4 Doors Open at 6:00 p.m. Food at 6:00 p.m. Music by: Bill Sleeter Trio</p>	<p>Please Note: The Labor of Love Caregiver Support Group will NOT meet in November due to the holidays.</p>	<p>Remember! MEDICARE OPEN ENROLLMENT DATES OCTOBER 15 - DECEMBER 7. See Dee Brown for help and more information.</p>
<p>5 9:00 a.m. Stained Glass Class 9:00 a.m. Stepping On Class 10:00 a.m. Quilting 10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>6 DEADLINE 11/9 ART & CALLIGRAPHY DEADLINE 11/9 CRAFTS WITH MPRD DEADLINE 11/12 POTLUCK & BINGO WITH MPRD 9:00 a.m. Pinochle 9:00 a.m. DEE'S PLACEMAT WORKSHOP 9:00 a.m. CAREGIVERS APPRECIATION DAY 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 12:30 p.m. Wii Open Play</p>	<p>1 Daylight Savings Time Ends Today! Set your clocks back one hour.</p> <p>7 12:30 p.m. Center Open</p>
<p>12 DEADLINE 11/16 STAINED GLASS NECKLACE CLASS 9:00 a.m. Stained Glass Class 9:00 a.m. Stepping On Class 9:00 a.m. St. Rose Bridge 10:00 a.m. Quilting 11:45 a.m. Music with Deb Thomas "Guess the Commercials" 12:30 p.m. Party Bridge 1:00 p.m. Holiday Wreath Class 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up! 5:00 p.m. Potluck & Bingo with MPRD</p>	<p>13 DEADLINE 11/16 TAKE A BREAK DEADLINE 11/16 MIXED MEDIA CLASS DEADLINE 11/20 THANKSGIVING POTLUCK 9:00 a.m. Pinochle 9:00 a.m. DEE'S PLACEMAT WORKSHOP 9:00 a.m. AARP Board Meeting 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Chapter Meeting 10:00 a.m. Knit Group 12:00 n Share the Care Alzheimer's Support Group 12:30 p.m. Wii Open Play 1:00 p.m. Friday Flicks! 1:00 p.m. Happy Clown Meeting</p>	<p>14 9:30 a.m. Saturday Adventure to Opry Mills 12:30 p.m. Center Open</p> <p>Country Dance @ 7:00 p.m. Doors Open at 6:15 p.m. Music by: Rode West Band</p>
<p>19 DEADLINE 11/20 CHICK'S MEETING 9:00 a.m. Stained Glass Class 9:00 a.m. Stepping On Class 10:00 a.m. Quilting 11:30 a.m. Lunch & Learn "Elder Abuse" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up!</p>	<p>20 9:00 a.m. Pinochle 9:00 a.m. DEE'S PLACEMAT WORKSHOP 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Grief Relief Support Group 10:00 a.m. Knit Group 11:30 a.m. Center's Thanksgiving Potluck 12:00 n RCCOA Meeting 12:30 p.m. Wii Open Play 1:00 p.m. Chick's Planning Meeting 6:00 p.m. Line Dance Evenings</p>	<p>15 Today is America Recycles Day!</p> <p>21 12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group</p>
<p>26 Center is Closed Happy Thanksgiving!</p>	<p>27 Center is Closed Happy Shopping!</p>	<p>22</p> <p>28 Center is Closed! Take a day and recover from all of your shopping!</p>
		<p>29</p>

RCCOA FALL FORUM Set for November 23

The Rutherford County Council on Aging (RCCOA) is proud to announce its Fall Forum, scheduled for Monday, November 23, 11:00 a.m. to 1:00 p.m. at St. Clair Street Senior Center. Jim Shulman, Executive Director, Tennessee Commission on Aging and Disability, will be our keynote speaker. Mr. Shulman will share what Tennessee Commission on Aging and Disability (TCAD) is, what is going on at the state level, and how RCCOA and other community members/organizations can assist in serving the needs of the aging. This year's Fall Forum will include Right Start University and Guests Panelist discussing matters of significance to the 'aging' population. Geoffrey Herring, President of RCCOA, stated "Aging is something we all participate

in. These panelists bring timely, valuable information on such topics as 'Assisted Living/Memory Care Costs of Care; Medicare, Medicaid, and Private Pay - Paying for your Long Term Care and Rehabilitation needs; Home Care vs. Home Health; and Memory Care and Alzheimer's; a challenging opportunity for all generations." Additionally, an update on programs and initiatives of the Tennessee Commission on Aging and Disability and the Great Nashville Regional Council on Aging will be presented.

Please register at the front desk. The limit is 114 with a light lunch provided. Contact Geoffrey Herring at 615-594-5735 or info@rutherfordcounty-coa.org for more information.

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>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>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM</p> <p>9:30 a.m. Line Dance Practice/Judith</p> <p>NURSE STATION</p> <p>10:00 a.m. Walk with Ease 9:30 a.m. Blood Pressure Clinic</p>	<p>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>LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> <p>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>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>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM</p> <p>2:00 p.m. Beginning Line Dance Class</p> <p>NURSE STATION</p> <p>10:00 a.m. Walk with Ease Check bulletin board behind reception desk for any daily changes!</p>	
THURSDAYS	FRIDAYS	SATURDAYS	PLEASE READ!
<p>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>LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p>	<p>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>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM</p> <p>6:00 p.m. Line Dance Friday Nites</p>	<p>Classes with a monthly fee are GREEN. Classes are NOT prorated. Classes with a NO fee are BLUE.</p> <hr/> <p>Go4Life motivates older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines.</p>	<p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin ANY exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</p> <p>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</p>

SENIOR FIT & GENTLE FITNESS with MARK
 Senior Fit and Gentle Fitness with Mark, a personal trainer, 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.

CANCELLED

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 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. Be sure to scan into Lunchtime Trivia on myseniorcenter.	Limit 100 No Deadline
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.	Limit 30 Deadline 10/31
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.	Limit 40 No Deadline
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.	Limit 15 Deadline 11/6
TUESDAY NOVEMBER 10 9:00-11:00 a.m.	SALUTE TO VETERANS WITH DEB THOMAS 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.	Limit 130 No Deadline
THURSDAY NOVEMBER 12 11:45 a.m.-12:15 p.m.	MUSIC BY DEB THOMAS "GUESS THE COMMERCIALS!" Deb Thomas is a professional singer who brings different songs to you. You may give her a request. Deb has worked all over the US in different venues. She sings and does voice over work for commercials.	Limit 100 No Deadline
THURSDAY NOVEMBER 12 1:00-4:00 p.m.	HOLIDAY WREATH CLASS Make a beautiful holiday wreath with instructor, Joyce Cummings. You must bring to class: an artificial evergreen wreath OR a grapevine wreath, size of your choice, one or two 9-foot spools of wire-edged ribbon, and/or one spool of mesh ribbon (usually 30 ft. length) in the color of your choice and Christmas ornaments, silk poinsettias, beads or other accents that can be used to decorate your wreath.	Limit 50 No Deadline
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.	Limit 100 Deadline 11/6
FRIDAY NOVEMBER 13 1:30-3:30 p.m.	FRIDAY FEATURE FLICKS! Friday Feature Flicks is back in November! Let's see what movie we will be starting our holiday season with? Think snow!	Limit 40 No Deadline
MONDAY NOVEMBER 16 10:00-11:30 a.m.	TAKE A BREAK "OSTEOSTRONG - BONE HEALTH" We are bringing OsteoStrong back to the center for those of you who did not get to do the bone density testing at the health expo and for those who want more information on your bones and how to strengthen them.	Limit 40 Deadline 11/13
TUESDAY NOVEMBER 17 9:30-10:30 a.m.	BACKYARD 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 Backyard Birds of Tennessee. We are excited to have her return again from the TWRA. Sign up now. Space is limited.	Limit 50 No Deadline
WEDNESDAY NOVEMBER 18 10:00-11:00 a.m.	SENIOR LEARNING NETWORK PRESENTS "DANGERS IN NATIONAL PARKS" This program is rescheduled from July. Presented by the Senior Learning Network and the National Park Service. Explore some of the most beautiful places in the world, as well as some of the most deadly - America's National Parks. Come and learn how to visit our National Parks without leaving your common sense at home!	Limit 50 No Deadline

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 NOVEMBER 18 10:00-11:00 a.m.	HEALING ARTS Painting class for those dealing with anxiety, grief, dementia or caregiver burnout.	Limit 10 No Deadline
WEDNESDAY NOVEMBER 18 12:30-2:00 p.m.	ASK THE DOCTOR "MAXIMIZED LIVING" Join us in welcoming Dr. Peter Camiolo, who served as an official chiropractor for the 2012 USA Olympic team in London and has a weekly radio program called "Maximized Living." He will be speaking to us on how to maximize the good in life and minimize the bad.	Limit 40 Deadline 11/16
THURSDAY NOVEMBER 19 11:30 a.m.-1:00 p.m.	LUNCH & LEARN "ELDER ABUSE" Join us as we welcome our guest, Kecia Heard, GNRC, who will educate us on the terrible truths of elder abuse. This is a brown bag lunch and learn.	No Limit No Deadline
FRIDAY NOVEMBER 20 10:00-11:30 a.m.	GRIEF RELIEF SUPPORT GROUP 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 every third Friday of each month.	No Limit No Deadline
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, gravy, mashed potatoes and green beans.	Limit 140 Deadline 11/13
FRIDAY NOVEMBER 20 1:00-3:00 p.m.	CHICK'S PLANNING PARTY Bring a list of what you want to do in 2016. Also, pick a month and topic/event/outing you want to be in charge of for the 2016 year. We'll have a meeting in the multipurpose room after the Center Thanksgiving Potluck. If you plan to go to the potluck, it is a separate sign up from this meeting. You need to sign up for the potluck as well.	Limit 30 Deadline 11/19
TUESDAY DECEMBER 1 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.	Limit 100 No Deadline
WEDNESDAY DECEMBER 2 9:00-10:00 a.m.	PREPARING FOR WINTER WEATHER Join us in welcoming Amy Byers from the Murfreesboro Electric Department who will teach us how to prepare our houses for winter weather and how to save on your electric bill.	Limit 50 No Deadline
MONDAY DECEMBER 7 1:30-3:30 p.m.	MRS. CHEAP VISITS ST. CLAIR We all know and love the articles Mrs. Cheap writes in the Tennessean. Be sure to sign up and listen to her discussion on lots of new "cheap" ideas. With the holiday season coming, you don't want to miss her fantastic ideas and tips.	Limit 120 Deadline 12/4
FRIDAY DECEMBER 11 10:00-11:00 a.m.	THE NASHVILLE CAROLING COMPANY Join us for a magical holiday experience with the Nashville Caroling Company who performs traditional and contemporary Christmas classics in authentic Dickens attire. Light refreshments will be served. Cosponsored by Aid and Assist at Home.	Limit 180 Deadline 12/10
MONDAY DECEMBER 14 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "HOUSE PLANTS" Join Jack in welcoming special guest, Emily Arnold, who returns to the Center to discuss house plants in the winter. You kept your plants all year long so make sure they are brought in and cared for correctly in the house.	Limit 40 No Deadline
MONDAY DECEMBER 14 12:30-2:00 p.m.	SINGING SENIORS WINTER CONCERT Join our fabulous Singing Seniors as they celebrate the holiday season in song! Light refreshments will be served.	Limit 120 Deadline 12/10
WEDNESDAY DECEMBER 16 11:00 a.m.-1:00 p.m.	CHICKS LUNCH AT O'CHARLEY'S We're having our Chick's Christmas Party at O'Charley's (1006 Memorial Blvd.). Be in your seat by 11:00 a.m. Sign up is REQUIRED in order to make the reservation. Drive on your own to the restaurant.	Limit 30 Deadline 12/10

See page 17 for more fun stuff to do!

MAKE PLANS TO JOIN US

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

FRIDAY DECEMBER 18 11:30 a.m.-1:00 p.m.	CENTER'S HOLIDAY POTLUCK Come and celebrate the holidays with friends. Bring your favorite potluck food item. . . Enough to feed 10 to 12. The Center will provide turkey, dressing, gravy, mashed potatoes and green beans.	<i>Limit 140 Deadline 12/11</i>
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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 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.	<i>CLASS FEE \$30 Min. 3/Max 10 Deadline 11/2</i>
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.	<i>CLASS FEE \$20 Min. 3/Max 12 Deadline 11/3</i>
MONDAY NOVEMBER 9 9:00 a.m.-2:00 p.m.	ART & CALLIGRAPHY "THE GLITTER OF WINTER VASE" 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. Sample on page 18 or picture in the craft room.	<i>CLASS FEE \$20 Min. 5/Max 10 Deadline 11/6</i>
MONDAY NOVEMBER 16 9:00 a.m.-2:00 p.m.	MIXED MEDIA ART CLASS: CHRISTMAS CACTUS Think warm! Students need to bring: four or five oil painting brushes that come to a point, sized small to medium, a 5 x 7 white canvas board or stretched canvas. Sample on page 18.	<i>CLASS FEE \$15 Min. 3/Max 12 Deadline 11/13</i>
MONDAY NOVEMBER 16 1:00-4:00 p.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. This make a perfect gift.	<i>CLASS FEE \$35 Min. 3/Max 10 Deadline 11/12</i>
WEDNESDAY NOVEMBER 18 9:00-11:00 a.m.	PAINTING WITH LIZ "CAMPFIRE" 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.	<i>CLASS FEE \$20 Min. 3/Max 12 Deadline 11/17</i>
WEDNESDAY DECEMBER 2 9:00-11:00 a.m.	PAINTING WITH LIZ "POINSETTIA" 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.	<i>CLASS FEE \$20 Min. 3/Max 12 Deadline 12/1</i>
SATURDAY DECEMBER 5 1:00-3:00 p.m.	CRAFTS WITH REBA "HOLIDAY WREATH" All supplies provided. Choose from assorted ribbons to make a beautiful 12 " Christmas or holiday wreath under the direction of Reba Prater. Bring some holiday decorations to add your own special touch. See sample on page 18.	<i>CLASS FEE \$20 Min. 4/Max 11 Deadline 12/3</i>

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

SATURDAY NOVEMBER 14 9:30 a.m. 3:30 p.m.	SATURDAY ADVENTURE: OPRY MILLS POWER WALKING & POWER SHOPPING Get your Power Walk in! Then take a Power Break or do some Power Shopping in the largest mall in the area. Bring money for food and shopping.	<i>BRING \$ TRANSPORTATION \$8 Limit 22 Deadline 11/12</i>
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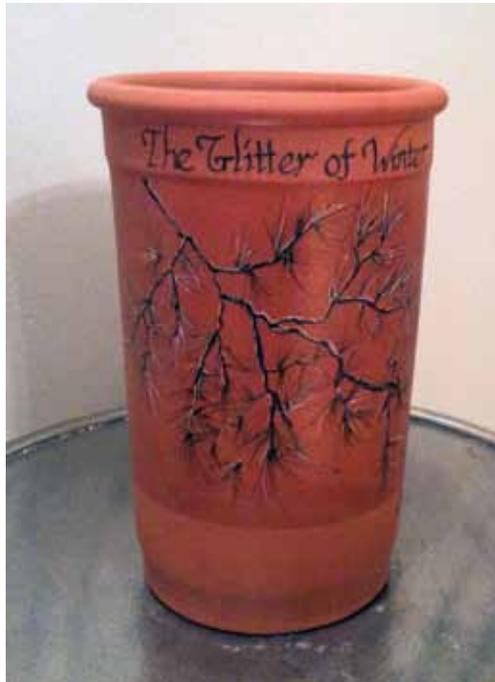
See page 18 for more fun and images of the art projects.

THINGS TO DO

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

<p>WEDNESDAY NOVEMBER 18 9:30 a.m. Until done</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. When you sign up please let us know if you will be using a wheelchair.</p>	<p>BRING \$ TRANSPORTATION 0 Limit 10 Deadline 11/13</p>
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11/09 Art & Calligraphy Class
"The Glitter of Winter" Vase



11/16 Mixed Media Class
Christmas Cactus



11/12 Holiday Wreath Class
Artificial Evergreen **Grapevine Sample**



12/05 Holiday Wreath Class with Reba



WHAT'S HAPPENING?



**DON'T BE A
THIS NOVEMBER**

**COME SING OR LISTEN
CLUB KARAOKE
WEDNESDAY 1-4 PM
LOWER DINING ROOM**

Are you interested in learning to play Bridge? We have a great teacher standing by waiting to teach you! Please give Lisa Foster, Program Coordinator, your name and phone number. If we get enough interested folks quickly, we'll start in December! Let Lisa know if you want to start in December or in January!

ANNOUNCEMENTS

POTLUCK & BINGO TIME CHANGE

The time for the Potluck and Bingo party on Thursday, November 12, cosponsored by MPRD has changed. It will now begin at 5:00 p.m. Food will be served at 5:30 p.m.

YOGA CLASS

Wednesday, November 18, the second Yoga class will begin at 10:00 immediately after the first class ends...Just for this day. Thank you for your cooperation.



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

DANCE! DANCE! DANCE!
as the holiday season approaches St. Clair offers many opportunities for dancing. . .

COUNTRY DANCE

Saturday, November 14

Doors open at 6:30 p.m.

7:00-10:00 p.m. Dance

\$5 at the door

Music by RODE WEST BAND

Must be 60 or older to attend all dances.

WINTER DANCE

Music by BILL SLEETER TRIO

Friday, December 4

Doors open at 6:00 p.m.

6:30 p.m. Hors D'oeuvres

7:00-10:00 p.m. Dance

Cosponsored by

St. Clair Street Senior Center
& Murfreesboro Parks & Recreation

\$5 at the Door

Line Dance Friday Evening

Friday, November 20th from 6:00-9:00 p.m. join other line dancers as we have a fun evening of line dancing. Couples may come to dance around the perimeter in line dance fashion (cowboy cha-cha, etc). Judy Fairbanks is playing music that is familiar to our line dance participants in the different classes and practices. We hope you will come. Twenty-five persons need to attend in order to continue the Line Dance Friday in the future.

Saturday Wreath Class

Have you seen those beautiful wreaths with all of the swirled ribbons? Ms. Rigsby has one on her door. Sign up for Crafts with Reba: Ribbon Wreaths to make one for the Holidays on Saturday, December 5th from 1:00-3:00 p.m. The cost is \$20 which includes all materials. You will choose from assorted ribbons. You may bring some decorations of your own to add your special touch. Deadline to sign up is December 3rd with a limit of 11 for this Saturday fun class.

Mrs. Cheap Coming to St. Clair!

We all know and love the articles Mrs. Cheap writes in the Tennessean. Guess what! On Monday, December 7th at 1:30 p.m. you can join Mrs. Cheap (Ms. Mary Hance) in our



Dining room for lots of new "Cheap" ideas. With the Holiday season coming, you don't want to miss her fantastic ideas and tips. Sign up is requested for programming purposes.

The Nashville Caroling Company-- A Magical Holiday Celebration

Back by popular demand. . . A Magical Holiday experience is scheduled for Friday, December 11 from 10:00-11:00 a.m. No holiday celebration is complete without Nashville's favorite caroling quartet, **The Nashville Caroling Company**. They will perform traditional and contemporary Christmas classics in authentic Dickens attire. This truly unique ensemble includes some of Nashville's A-list session singers and performers. Each caroler is an active member of Nashville's professional music scene and is fitted with an authentic Dickens style costume created just for him or her. Seating is limited and the deadline to sign up is Thursday, December 10. Thank you Aid & Assist At Home (Addus HomeCare) for providing cookies.



PROGRAMMING

Senior Learning Network presents: "Dangers in National Parks" RESCHEDULED FROM JULY!

From the Brown Museum National Park Service

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



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

THANKSGIVING POTLUCK

Don't forget to sign up for our Thanksgiving Dinner! It will be on Friday, November 20 at 11:30 a.m. The Center will be providing turkey and dressing, green beans, mashed potatoes and gravy. YOU bring your choice of dessert, condiment (including cranberry sauce already opened), salad or side dish... enough to serve 10 folks. Join us as we appreciate our blessings.

Brrr...Winter is coming!

Join us Wednesday, December 2nd from 9:00-10:00 a.m. as we welcome Ms. Amy Byers, Director of Marketing, Murfreesboro Electric Company. Ms. Byers will give important information explaining different ways you can prepare for Winter Weather. You will learn how to prepare your home for the coming cold weather and learn how to save on your electric bill!

Be sure to sign up!

Saturday Adventures Cumberland Caverns 9-26-15



The tour guide was very knowledgeable of the cave and had very interesting information.



What a fun day of exploring the beauty of Tennessee!



“The Gardener’s Corner”

Frost should be already on the pumpkin by now and the turkeys are getting nervous. But, it is the ideal time to plant or transplant trees, shrubs and fruit crops. It is also time to prune your Rose of Sharon, Hydrangeas, and other late season blooming trees and shrubs. This is also the time of the year to fertilize trees and shrubs so that food is available to the plants in early spring.

You can continue to transplant perennials throughout the fall and winter, as long as they remain dormant. This is an ideal time, if you haven’t already done so, to plant spring flowering bulbs. If you would mulch your flower beds with 3-4” of good compost or fine mulch it would help keep soil temperatures stable and prevent winter plant injury from frost heaving. The compost or fine mulch will decompose and enrich your garden soil as well.

Keep your lawn raked and the leaves added to your compost pile. Keeping the leaves raked helps to prevent the overwintering insects and disease organisms.

Your indoor plants need as much light as possible, so place them in locations to accomplish this. Remember

By Jack Smith, Certified Master Gardener

to increase the time between watering but do not cut back on the amount of water used. You may be interested in growing a new house plant. Try Christmas Cactus, it is a perfect choice for the holidays. It’s even named for the holidays. To encourage its brilliant flowers, place your Christmas Cactus in full sun during the winter and fertilize every two weeks. Cacti are damaged most often by over watering, so let the soil dry out between watering.

Keep feeding your birds.

You can force bulbs indoors like Narcissus, Hyacintha and Amaryllis for color early in the new year. Start with paperwhites in the late November for Christmas flowering.

Tomatoes, cucumbers, squash and vine crops do not compete with weeds well. You can keep them happy by keeping them weed free. If you aren’t going to use chemicals in your garden then use a physical barrier between the ground and the crops. Newspapers are my choice because at the end of the year you can spade the disintegrating papers into the soil for next year.

POOL Room News

9-14-15 Coed Tournament Winners

1. Sally Read & Larry Thrasher
2. Teresa Rains & Laird Weishahn
3. Gloria Denney & Bob Read

9-21-15 Ladies’ Tournament Winners

1. Aki Dean
2. Teresa Rains
3. Sally Read

9-15-15 Men’s Tournament Winners

1. Bill Gish
2. Tom Michal
3. Norman Areia

9-19-15 Grand Tournament Winners



**1st Larry Thrasher
& Jason Davenport**
**2nd Arthur Upchurch
& Randall Upchurch**



**3rd Don Simerly
& Greg York**
Congratulations to you all!



SENIOR ADVENTURES



St. Clair Senior Center presents Mackinac Island

The traveling group was met with a downpour of rain as we boarded the bus for what turned out to be a beautiful day! Our group was ready for a great trip, and that is exactly how it turned out. From the beginning EVERYONE was friendly, caring and laughing. From the sounds in the bus, it sounded like a bunch of kids!

The trip through the Soo Locks was exciting, and for some, even a little bit cool on the boat. From there we traveled to Point Iroquois Lighthouse and had a gorgeous view of Lake Superior. Everyone was anxious to go to Mackinac Island where we toured the island in horse and carriage. Many of the group toured the Grand Hotel, and either ate in the hotel dining room or in a restaurant on the premises. Later we took a guided tour of Mackinaw City, and enjoyed free time shopping, visiting Mackinaw Crossings, and Colonial Michilimackinac. One of the last stops was in Frankenmuth where we visited the world's largest Christmas store, which turned out to be a great place to purchase early Christmas gifts!

The sights in northern Michigan were memorable, and we were reminded once again of the history and events that help shape our nation. Being with this particular group from Murfreesboro made it even more special. *Claud and Phyllis Vick*

NOVEMBER 2015



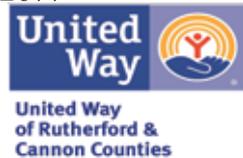
325 St. Clair Street
Murfreesboro, TN 37130
848-2550

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



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Nashville, TN
Permit No. 781

DONATIONS & STAFF

DONATIONS for SEPTEMBER 2015

Bingo \$ 23.15
Quilting \$150.00
Popcorn \$ 7.07
Coffee \$ 72.97

Donations: Pyong Cahill, RJ Hadle, Elsie Jacobs, Klaus Kallenberger, Paul & Debbie Lowe, Mary McCray, Phil Smith.

STEPHEN & MARGARET SELLARS in memory of

DAPHNE UPDIKE

VEVA DALTON in memory of

OSCAR F. DALTON

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.