



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

Our staff and Commission would like to wish everyone a safe and happy Holiday Season. I can't believe how fast this year has flown, 2015 has brought changes and offered many opportunities for seniors to participate in programs offered by St. Clair. We have a fun filled December with parties and special events planned to brighten the season. Don't wait to sign up for all the special events we have planned.

At the first of the year I asked seniors to provide me with comments about why they liked attending the center. I was pleased to hear so many wonderful comments about programs, staff and our instructors. These messages have helped on the challenging days to know how much the seniors attending enjoy coming to the Center. I encourage all participants that love attending the facility to share their stories with the community. Our staff, instructors and volunteers work hard to provide

opportunities that make this a special place to attend. Please join me in saying "Thank You" to all that make St. Clair a great place for seniors in Rutherford County to share and make memories.

I am excited to announce that mid-December we will be joined by a new Travel Program Coordinator. It is our hopes that by February newsletter we will be able to present 12-14 day trips monthly. We have plans for three to four long overnight trips ranging in each of the following price ranges, \$300-\$500, \$600-\$1000, \$1100-\$1500 and \$1600 and up. This new position will also run and operate the Welcome Center for all new participants. I know many have voiced concerns about the lack of day trips so in December and January you will be able to find several day trips available. We hope you enjoy the warm up to fun things to come in the travel program.

As the New Year approaches please notice dates the Center will be closed for Holidays: December 24, 25 and 26, January 1 and 2.

Your Director, Connie C. Rigsby



Winter Dance

Friday December 4

Doors open 6:00 p.m.

6:30 p.m. Hors D'oeuvres

7:00-10:00 p.m. dance to the music of

BILL SLEETER TRIO

*Cosponsored by St. Clair Street Senior Center
& Murfreesboro Parks and Recreation*

\$5 at the Door • Ages 60+

DECEMBER DAYS

12/07 Crafting with Susanne
Holiday Frames

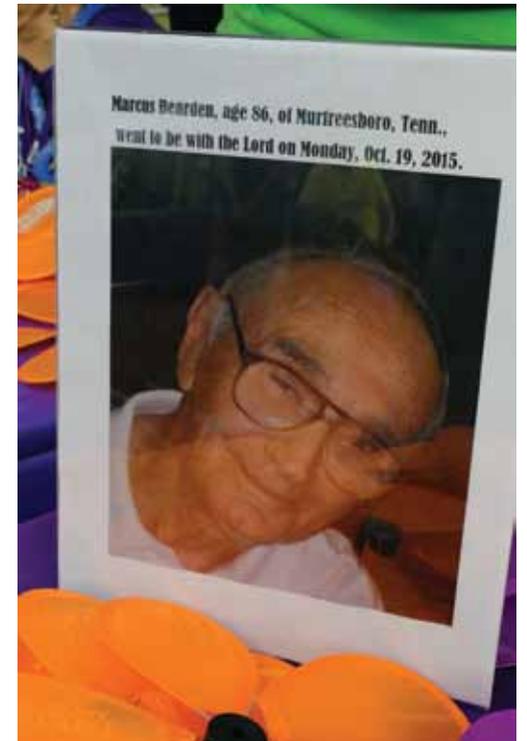


12/18 Crafting with Susanne
Snow Babies



Check out page 17 of the newsletter for more information on these crafts.

2015 WALK TO END ALZHEIMER'S



SPECIAL THANKS to all volunteers & staff who made this year a big success!
Pictured at left: Steve Sewell & Cindi Thomas man the table.
Above: The St. Clair Walking Team.
At Right: Photo of Marcus Bearden in the Garden of Memory.

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



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

Well, the ADS participants wasted no time jumping into the holiday season with many activities geared toward Thanksgiving and gratitude. We honored our own Larry Short for his service in the Army Reserves. We expressed our gratitude for all of our United States Veterans at the celebration on November 10. The ADS especially enjoyed the young people who joined us to make this celebration an intergenerational event, realizing that some of them will be engaging in military service to our country in a few years.

Continuing in the mode of gratitude, we also sent off our intern, Andrea Deans to new adventures as she graduates from MTSU. We love our interns and they quickly endear themselves to our participants. They do this full time and without pay. The hope and promise of youth is an encouragement to all of us in the ADS-another reason to be thankful.

Several of our families were able to attend the CARE-GIVER APPRECIATION DAY activities, a much needed solace coordinated by Cindi Thomas. We are thankful to Cindi for her support to caregivers and to Dee Brown for her service to the seniors and their families. We also thank Laura Grissom, our nurse for being available to do blood pressures and answer our concerns. We also had our ADS Friends and Family Thanksgiving Luncheon complete with turkey, dressing and all the trimmings. We appreciate the commitment and perseverance that it takes to care for a loved one every day and are grateful to be a part of their lives. We also thank the Alzheimer's Association for financial grants given to some of our participants and GNRC for the Caregiver Relief Fund. These organizations have

made it possible for caregivers to have much needed respite with the Adult Day Service.

Another wonderful activity provided by the center was the "holiday place mat" crafting event. Our ADS participants made beautiful holiday placemats with Dee Brown.

Thanks to Dee for including us in this annual event which is so much fun for all.

We celebrated World Kindness Day-which brings to mind the St. Clair seniors, staff and volunteers who continually do kind acts of service and bring treats to our participants. This is one of the reasons that St. Clair Street Senior Center Adult Day Service is a special program and we never take for granted the kindness of our seniors and volunteers. Whether you coordinated activities, changed a light bulb, helped us with an activity or the newsletter, or provided our wonderful lunches through Meals On Wheels, you are fabulous people.

We're going to continue with thanksgiving and festivities in this season of good will and the ADS invites you to join us in encouraging and appreciating those people we see at the St. Clair Street Center every day. As the ADS Program Coordinator, I want to thank our Activity Professionals, Randy Huffman and Kathy Herod for giving it their all every day to provide a quality experience for our participants. Our participants love these people who make a true difference in their lives and their families' lives. Most of all, we celebrate the best of all our lives every day and this is why LIFE IS GOOD in the ADS! We wish for our friends in St. Clair Center and the community "Peace and Good Will". ***"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."***

Albert Schweitzer



ADS "Out of This World" Pumpkin Decorating Winner



MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7th For Changes beginning January 2016



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

There are only a few days left if you want to change how you receive your Medicare coverage for 2016. These are the last few days you have to change Medicare Part D drug plans or Medicare Advantage Plans. Make sure you are checking any information that your current plan is sending you to see if premiums, deductibles or copays are increasing and if your prescription medications are still covered and that any cost increases are acceptable to you. Just because your plan was good last year does not necessarily mean it will be good for you this year.

You can get assistance by calling the State Health Insurance Program (SHIP) at 1-877-801-0044, Medicare at

1-877-801-0044, or by going online at www.Medicare.gov. I am still assisting individuals in comparing plans and will continue through Monday December 7th. I will assist as many persons as possible in the limited time we have left, but it is possible that I will not be able to accommodate ev-

eryone requesting assistance, please call Dee Brown at 848-2550 for an appointment as soon as possible.

Angel Tree for Tennessee State Veteran's Home

This year we are treating 40 veterans at the Tennessee State Veteran's Home with a special Christmas surprise! The "angels" on the tree are veterans that are without close family. You are invited to remove a card from the tree with the individual's first name and wish list. Please do not purchase everything listed, these are given as

choices for you when you are shopping. Please do not add candy or any food to your gift unless it is requested. Return the gift (wrapped, if possible) with the original card attached by December 18th to Dee's office. These gifts will be delivered before Christmas and are certain to lift the spirits of these special men and women.



Scam Report

There are nationwide reports of a scam involving food stamps, now called SNAP. In this scam seniors receive calls from what appears to be the Supplemental Nutrition Assistance Program (SNAP) hotline number. In reality the scammers have "spoofed" the hotline and they are not affiliated with the USDA Food and Nutrition Service. The caller requests personal information and offers assistance for filling out applications for SNAP and other services. Do not give these people the information they are seeking. If you need assistance with applying for SNAP you can go to the Tennessee Department of Human Services or apply online at www.tn.gov/human-serv. Community Food Advocates at 1-855-277-0964 can also assist in applying for the program.

Christmas Placemat Workshop

The Christmas placemat craft that we work on each year continues in December on Friday the 4th and 11th. On the last day we will laminate and trim the placemats so they will be ready for delivery to the Salvation Army and the Good Shepherd's Home for them to enjoy during the holidays. Please come and join the fun, there is no need to sign up!

Parkinson Support Group Will Not Meet in December

There will be no Parkinson Support Group meeting in December. We will resume our regular schedule of the 3rd Saturday of the month on January 16, 2016.

CHRISTMAS GIFT SUGGESTIONS:
To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect. ~Oren Arnold

MORE IN DECEMBER



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

Volunteer Corner December

The holidays are here! We have lots of holiday parties and special events at the Senior Center to celebrate the holiday season. During this time I have an abundance of volunteer opportunities. Volunteering is a great way to get into the holiday spirit. Stop by my office Monday through Friday from 8:30 a.m.-1:30 p.m., call at 615-848-2550 ext 2508 or email me at cransom@murfreesborotn.gov for more information. Thanks for all of your help this year.



Help us ring in the new year! Plan to attend the NOON YEAR'S EVE PARTY 2015

THURSDAY, DECEMBER 31st • 10:30 a.m. 1:30 p.m.

Music by: UPTOWN COUNTRY

NO fee to attend.

Join us as we count down the New Year with a fun party and celebration. Music is provided by the Uptown Country Band (They do not JUST play Country Music!) for a whirlwind trip around the dance floor or just tapping your toes.

Refreshments will be served at 10:15 a.m. Reservations are required. Limit is 135. Please give 24 hour notice if you have signed up but are unable to attend. This FUN EVENT is cosponsored by Amerigroup Home Solutions, SCSSC and MPRD.

NO LUNCH is served on December 31. To share party refreshments you must sign up and attend the party.

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 December 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

STRESS FREE HOLIDAY CAREGIVING TIPS

Thanksgiving is coming and will be followed by the December holidays. As a caregiver, will you look forward to a time of delight in family and friends, or a season of nearly unbearable stress?

Regardless of the holiday you're celebrating, getting through each celebration can be like walking through a field of emotional land mines. Rather than risk disaster, why not find a new way through the season? You can do that by helping your loved one and the rest of the family re-set expectations as to how those celebrations will



be lived out.

The first rule is to take into account the new reality of your circumstances. Trying to do the tried and true traditions as if nothing has changed is a recipe for disappointment and stress. Reassess the current circumstances—what can your loved one do and not do? Structure a holiday plan that takes those circumstances into account.

For example, if your dad is suffering from Parkinson's and has lost the ability to communicate clearly, then expecting him to read *The Night Before Christmas* as he always has is going to be a disaster. Instead, have other family members read it or maybe have the grandkids take turns reading or reciting verses of the poem to your dad.

Having your loved one help in the kitchen for holiday meals has to be assessed against her or his ability to do so. For example, you may be able to involve a dementia patient with a repetitive task, but one that keeps his or her safety as a priority. Perhaps they shouldn't be chopping vegetables for the turkey stuffing, but maybe they can help folding napkins and setting the celebration table.

Someone who is ill, injured or suffering from a chronic condition doesn't have a lot of stamina,

so another way to do the holidays differently is to cut back on the number and duration of the parties. You did it when you had small children in order to

keep your toddlers from becoming exhausted and susceptible to tantrums, or the first germs they encountered. Keep that same focus on the need for rest and healthful meals, and it will help you set limits that will support your loved one so they can enjoy the celebrations they attend.

If you are caring for a dementia patient, you are no doubt aware that crowds, even if they are familiar people, will cause anxiety and disorientation. Don't forget that understanding during the holidays. Your loved one may not be able to handle more than two or three people at a time, so don't invite the whole extended family to come all at one time.

You get the idea. Expand your traditions to make room for the new reality that all of you are living, and your holiday season will be joyful and enjoyable.

Happy Holidays! See you next year! 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

FREE Energy Saving Seminar December 2 at 9:00 a.m.



On Wednesday December 2nd from 9:00-11:00 a.m. Murfreesboro Electric Department is holding a Free Energy Savings Workshop in our Center. Participants have the opportunity to practice using expanding insulation foam, caulk, and weather stripping to seal air leaks, as well as learn how to utilize other energy-saving tools to lower their bills. Murfreesboro Electric Department will also give each participant a kit with the materials they use in the workshop so you can go home and immediately get started. The kit contains things like weatherstripping, caulk, CFL lightbulb, spray foam etc. Be sure to sign up for this fantastic hands-on opportunity. Limit is 50.

NURSE LAURA SAYS

DECEMBER NEWS “OH MY GERD, IT’S THE HOLIDAY SEASON!”

December is here and oh what fun it is to celebrate throughout the entire month! It’s the season for good times, good friends, and good food. Unfortunately, as a result of all the parties and extra food, many of you suffer with reflux disease, also known as acid indigestion, or heartburn. Actually, if you only have that burning sensation occasionally after eating a heavy meal, that is heartburn. Having heartburn on a regular basis (at least twice a week for several weeks) is GERD- Gastro Esophageal Reflux Disease and I know many of you are dealing with this.

There are several things you may not be aware of including that fact that if not treated, serious complications can occur. Good news- many people have the ability to control it! The first line of defense against suffering with GERD is keeping a healthy weight. I have seen so many folks who lost just ten pounds and got rid of their heartburn problems (this weight loss got them back into a healthy weight range). Another important step is to avoid “trigger” foods. Here’s where you may find some more good news: the same foods do not create symptoms in everyone. We’ve all seen the list of foods to avoid if you have reflux but different people have different reactions to things like spicy foods, chocolate, alcohol, coffee, and high-fat foods. There’s no point in avoiding some of these things if they cause you no problems, so try one at a time to see if it causes you to suffer.

Some other steps in getting rid of reflux are: stop smoking, raise the head of your bed or pillows, and try an over-the-counter antacid (i.e. Roloids, Maalox) or a histamine-receptor antagonist (i.e. Pepcid, Zantac). If you take these steps and still have problems with heartburn you need to see your doctor, who will possibly put you on a proton pump inhibitor such as Prilosec, Prevacid, or Nexium. These PPIs



work by turning off the pumps in your stomach that produce acid. It is important that you take them on an empty stomach for them to be most effective. If you take them between or after meals their efficacy is probably reduced by half. Be aware that taking these PPIs for prolonged periods of time can cause problems. In 2010 the FDA stated that people who take them daily for more than a year have an increased risk of breaking a bone and low blood magnesium levels. Low magnesium can cause irregular heartbeat, muscle spasms, or seizures so it is best to keep a check on your magnesium levels if you are taking one of these meds long-term. Another risk is an increase in certain infections because less acid can allow bacteria to grow. Some of these medications can also increase the risk of a vitamin B-12 deficiency so you may want to look into taking a B-12 supplement. Another important thing to know is you need to tell your doctor if you take antibiotics, blood thinning drugs, or anti-anxiety drugs. All of these can interact with the PPIs and some in serious ways.

Reflux that continues long term or is untreated can lead to serious complications such as Barrett’s Esophagus or even esophageal cancer. While a very small percentage of people with reflux get cancer, don’t think “it’s just heartburn” and not seek medical help.

There is also a “silent reflux” that does not involve heartburn, but instead has symptoms of hoarseness, chronic cough, and difficulty swallowing. A change in diet can sometimes reduce these symptoms but you may need to see your doctor for relief.

So, eat, drink, and be merry this holiday season but do so in moderation so you can enjoy your days!



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

**December brings TWO
“Take a Break with the Nurse”**

Tuesday, December 8 at 10:00 a.m.

Mette Jorgensen, OTR/L

presents “Aging & Memory Changes”

Mette Jorgensen has her master’s degree in occupational therapy and will teach us what can help with memory changes, including environmental issues. Home Health Care of Middle Tennessee will provide snacks and you must sign up by Thursday, December 3. There is a limit of 40.

Tuesday, December 15 at 10:00 a.m.

Joyce Lazenby presents

“Reflexology”

Did you know that several studies funded by the National Cancer Institute and the National Institutes of Health indicate that reflexology may reduce pain, anxiety and depression, and enhance relaxation and sleep? Studies also show that reflexology may have benefits in palliative care of people with cancer. Joyce Lazenby will be coming back to our center to discuss and demonstrate reflexology. Joyce Lazenby was at our health expo and we are glad to have her back to educate us on this art that also makes us feel so good! To learn more, please sign up by Monday, December 14; 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 Total Family

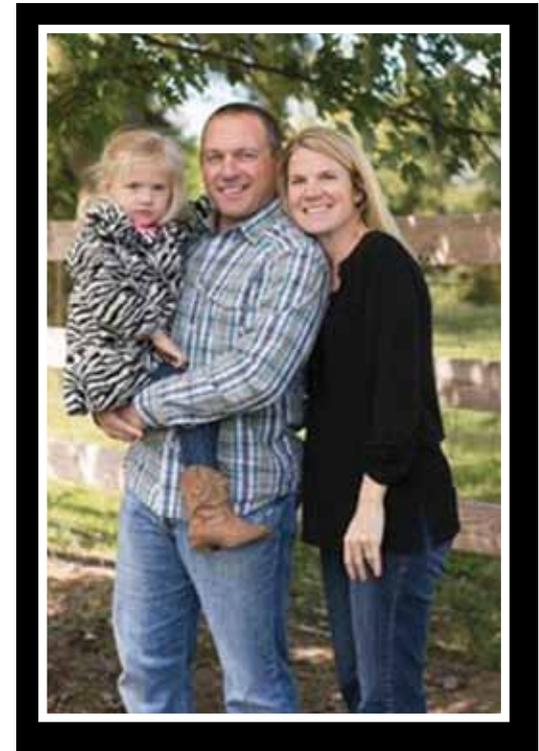
Physicians Center

“Fibromyalgia”

Monday, December 7

at 10:00 a.m.

Dr. Charles Spencer with Total Family Physicians Center will be here on Monday, December 7 at 10:00. He will educate us on what’s new in solutions for fibromyalgia, an arthritis-related condition that is very challenging to deal with. Please sign up by Friday, December 4. There is a limit of 40



GO 4 LIFE OFFERS MORE!

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a “do it at your own pace” class for folks on many different fitness levels so join us on Tuesdays and Thursdays from 1:00-2:00 p.m. or Wednesdays and Fridays from 9:15-10:15 a.m. in the exercise room and improve your health! There is no fee for this class, just see the nurse if you are interested.

Tennessee Technology Center Field Trip

On the second Wednesday of each month we take a trip to the Tennessee Technology Center to provide non medical nail care and hair care for our seniors. This month’s trip will be on December 9. There is an annual fee of \$5 due on your first trip and fees for services are: shampoo/set- \$5; hair cut- \$5; nails- \$5. We will leave the center at 9:30 so you need to be here at 9:00. If you would rather go on your own or on another date, you can call 615-898-8010 ext. 118 to make an appointment. 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, December 4 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 & 1:15 (2) p.m. Classes taught by Cynthia Borzick. **CANCELLED**
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



Friday, December 11

11:30 a.m.-2:00 p.m.

Clown's Holiday Potluck
in Multipurpose Room

Be sure to sign up for the Nashville Caroling Company Concert before the Potluck!

Merry Christmas and
Bump a Nose
from the Happy Clowns of St. Clair!

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	12/1	Bingo with Diversicare of Smyrna
THURSDAY	12/3	Bingo with Murfreesboro Funeral Home
TUESDAY	12/8	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	12/10	Bingo with Bingo with At Home Health Care
TUESDAY	12/15	Bingo with Creekside Assisted Living
THURSDAY	12/17	Bingo with Cigna Health Spring
TUESDAY	12/22	Bingo with Willowbrook Home Health & Hospice
THURSDAY	12/24	Bingo CANCELLED
TUESDAY	12/29	Bingo with NHC
THURSDAY	12/31	Bingo CANCELLED

DECEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;">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>1 DEADLINE 12/2 PAINT WITH LIZ 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano 1 10:00 a.m. Lunchtime Trivia with Roselawn Memorial Gardens 10:00 a.m. Knit Group 10:00 a.m. Quilters 10:00 a.m. Beginning Guitar 11:00 a.m. Piano 2 12:00 p.m. Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 2:15 p.m. Spanish 2</p>	<p>2 9:00 a.m. Paint with Liz "Poinsettia" 9:00 a.m. Preparing for Winter Weather 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>7 Medicare Open Enrollment ENDS Today DEADLINE 12/14 COOL SPRINGS MALL TRIP 9:00 a.m. Stained Glass Class 9:30 a.m. Robeson Bridge 9:30 a.m. Crafting with Susanne "Holiday Picture Frames" 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Ask the Doctor "Fibromyalgia" 1:00 p.m. St. Clair Singing Seniors 1:30 p.m. MS. CHEAP VISITS ST. CLAIR</p>	<p>8 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano 1 10:00 a.m. Knit Group 10:00 a.m. Quilters 10:00 a.m. Beginning Guitar 10:00 a.m. Take a Break with Nurse Laura "Aging & Memory Changes" 11:00 a.m. Piano 2 12:00 p.m. Crochet Group 12:30 p.m. CCRC Visitation</p>	<p>9 9:00 a.m. RCCOA Board Meeting 9:30 a.m. Rutherford County Election Commission Seminar 9:30 a.m. Tennessee Technology Ctr Field Trip 10:00 a.m. Program Committee Meeting 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>14 DEADLINE 12/15 TAKE A BREAK 9:00 a.m. Coed Pool Tournament 9:00 a.m. Mixed Media "Glitter of Winter" 9:30 a.m. Cool Springs Mall Shopping 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. FCE Better Living Meeting 10:00 a.m. In the Garden with Jack "Winterizing Your Houseplants" 1:00 p.m. St. Clair Singing Seniors</p>	<p>15 9:00 a.m. Men's Pool Tournament 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano 1 10:00 a.m. Knit Group 10:00 a.m. Quilters 10:00 a.m. Beginning Guitar 10:00 a.m. Take a Break with Nurse Laura "Reflexology" 10:30 a.m. A Tuba Christmas Concert Trip 11:00 a.m. Piano 2 12:00 p.m. Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Ballroom & Line Dance Christmas Party</p>	<p>16 MCHRA LUNCH SERVED AT 12:00 N DEADLINE 12/18 CRAFT WITH SUSANNE 11:00 a.m. Black Fox Elementary presents "PAINT THE TOWN DECEMBER" 11:00 a.m. Chicks Lunch at O'Charley's 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke 1:00 p.m. Ceramics with Jo Ann</p>
<p>21 LINE DANCE WITH JUDY CANCELLED TODAY 9:00 a.m. Ladies Pool Tournament 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. Crafts with MPRD "Sculpey Clay Necklaces" 1:00 p.m. St. Clair Singing Seniors</p>	<p>22 NO INTERMEDIATE LINE DANCE OR BALLROOM 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano 1 10:00 a.m. Knit Group 10:00 a.m. Quilters 10:00 a.m. Beginning Guitar 11:00 a.m. Piano 2 12:00 p.m. Crochet Group 12:30 p.m. CCRC Visitation</p>	<p>23 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke NO Ceramics Today</p>
<p>28 LINE DANCE WITH JUDY CANCELLED TODAY 9:30 a.m. Robeson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 1:00 p.m. St. Clair Singing Seniors</p>	<p>29 DEADLINE 12/31 NOON YEAR'S EVE PARTY DEADLINE 1/9 COOKING WITH CHEF RUSS NO QUILTING • NO STAINED GLASS NO INTERMEDIATE LINE DANCE OR BALLROOM 9:00 a.m. Pinochle 9:00 a.m. Piano 1 10:00 a.m. Knit Group 10:00 a.m. Beginning Guitar 11:00 a.m. Piano 2 12:00 p.m. Crochet Group 12:30 p.m. NO CCRC Visitation Today</p>	<p>30 8:00 a.m. Savannah, GA Trip Departs 12:00 n Senior Artists 1:00 p.m. Spades 1:00 p.m. Club Karaoke NO Ceramics Today</p>
<p style="text-align: center;">Remember! MEDICARE OPEN ENROLLMENT DATES OCTOBER 15 - DECEMBER 7. See Dee Brown for help and more information.</p>	<p style="text-align: center;">Please Note: The Labor of Love Caregiver Support Group will NOT meet in December due to the holidays. It will resume in January 2016.</p>	<p style="text-align: center;">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>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>3 DEADLINE 12/4 MAURY CO TOUR OF HOMES DEADLINE 12/5 CRAFT WITH REBA DEADLINE 12/8 TAKE A BREAK WITH NURSE LAURA</p> <p>9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 12:30 p.m. Party Bridge 12:30 p.m. A HOLIDAY CONCERT with CARLA GILL 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>4 DEADLINE 12/5 OLD FASHIONED CHRISTMAS DEADLINE 12/7 ASK THE DOCTOR DEADLINE 12/7 MS. CHEAP VISIT TO ST. CLAIR DEADLINE 12/9 TN TECHNOLOGY CTR TRIP</p> <p>8:00 a.m. Maury County Tour of Homes Trip 9:00 a.m. Dee's Placemat Workshop 9:00 a.m. Pinochle 9:30 a.m. Volunteer Meeting 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 1:00 p.m. Wii Open Bowling</p> <p>Winter Dance @ 7:00 p.m. Doors Open at 6:00 p.m. Food at 6:30 p.m. Music by: Bill Sleeter Trio</p>	<p>5 DEADLINE 12/7 CRAFT WITH SUSANNE</p> <p>10:15 a.m. Old Fashioned Christmas <i>in Bell Buckle, TN</i></p> <p>1:00 p.m. Crafts with Reba "Holiday Wreaths"</p>
<p>10 DEADLINE 12/10 SINGING SENIORS CONCERT DEADLINE 12/11 NASHVILLE CAROLING CO. SHOW DEADLINE 12/16 CHICKS LUNCH @ O'CHARLEY'S DEADLINE 12/17 LUNCH & LEARN</p> <p>9:00 a.m. Stained Glass Class 9:00 a.m. St. Rose Bridge Group 10:00 a.m. Quilting 12:30 p.m. Party Bridge 12:30 p.m. Singing Seniors Winter Concert 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up</p>	<p>11 DEADLINE 12/12 DICKENS OF A CHRISTMAS DEADLINE 12/14 MIXED MEDIA DEADLINE 12/15 TUBA CHRISTMAS DEADLINE 12/18 CENTER'S HOLIDAY POTLUCK</p> <p>9:00 a.m. Dee's Placemat Workshop 9:00 a.m. AARP Board Meeting 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. AARP Meeting 10:00 a.m. Nashville Caroling Company 10:00 a.m. Knit Group 11:30 a.m. Clown Potluck 12:00 n Share the Care Alzheimer's Support Group 1:00 p.m. Wii Open Bowling 6:00 p.m. Line Dance Friday Evening</p>	<p>12</p> <p>9:30 a.m. A Dickens of a Christmas <i>in Franklin, TN</i></p> <p>12:30 p.m. Center Open</p>
<p>17 DEADLINE 12/18 OPRYLAND HOTEL TRIP</p> <p>9:00 a.m. Stained Glass Class 10:00 a.m. Quilting 11:30 a.m. Lunch & Learn "Holiday Stress Relievers" 12:30 p.m. Party Bridge 1:00 p.m. Music Jam Session 1:00 p.m. Seniors Acting Up 2:00 p.m. Senior Learning Network presents "FDR Christmas at the White House" 5:30 p.m. Christmas Lights Tour</p>	<p>18 DEADLINE 12/21 CRAFTS WITH MARLANE</p> <p>9:00 a.m. Crafting with Susanne "Snow Babies" 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:00 a.m. Grief Relief Support Group 11:30 a.m. Center's Holiday Potluck 12:00 n RCCOA Meeting 1:00 p.m. Wii Open Bowling 4:00 p.m. Opryland Hotel</p>	<p>19</p> <p>12:30 p.m. Center Open</p> <p>1:30 p.m. Parkinson Support Group CANCELLED</p>
<p>24</p> <p>Center Closed</p> <p>Merry Christmas Eve!</p>	<p>25</p> <p>Center Closed</p> <p>Merry Christmas!</p>	<p>20</p> <p>Today is "Go Caroling Day."</p>
<p>31</p> <p>10:30 a.m. NOON YEAR'S EVE Party with MPRD 12:30 p.m. Party Bridge 1:00 p.m. Seniors Acting Up</p>	<p>January 1, 2016</p> <p>Center Closed</p> <p>Happy New Year!</p>	<p>26</p> <p>Center Closed</p> <p>Merry Christmas!</p> <p>27</p> <p>On this day in 1901 the actress Marlene Dietrich was born.</p> <p>January 2, 2016</p> <p>Center is Closed</p> <p>Happy New Year!</p> <p>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3.</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	SATURDAYS	PLEASE READ!			
<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>9:30 a.m. Line Dance Practice/Judy</p> <p style="text-align: center;">NURSE STATION</p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p style="text-align: center;">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 Ballroom & Line Dance Christmas Party on December 15 at 1:00 p.m.</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 12/2 and 12/9 only</p> <p style="text-align: center;">Check bulletin board behind reception desk for any daily changes!</p>	<p style="text-align: center;">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;">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;">UPPER DINING ROOM</p> <p>6:00 p.m. Line Dance Friday Nite on Friday, December 11</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> <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.

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
THURSDAY DECEMBER 3 12:30-1:30 p.m.	CARLA GILL HOLIDAY CONCERT Enjoy your lunch, then sit back and enjoy as Carla sings songs of the season. Listen and sing along with your traditional favorites as well as newer classics. Light refreshments served.	Limit 100 No Deadline
FRIDAY DECEMBER 4 9:30-10:30 a.m.	VOLUNTEER MEETING All volunteers are requested to attend this informative meeting. Please sign up at the front desk to reserve your spot.	Limit 50 No Deadline
MONDAY DECEMBER 7 10:00-11:30 a.m.	ASK THE DOCTOR "FIBROMYALGIA" Dr. Charles Spencer with Total Family Physicians Center will speak on what is new in treating fibromyalgia.	Limit 40 Deadline 12/4
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
TUESDAY DECEMBER 8 10:00-11:30 a.m.	TAKE A BREAK WITH NURSE LAURA "AGING & MEMORY CHANGES" Occupational therapist Mette Jorgensen will speak on how to deal with memory changes as we age and how to best meet the challenges. A snack will be provided by Home Health Care of Middle Tennessee.	Limit 40 Deadline 12/3
WEDNESDAY DECEMBER 9 9:30-10:30 a.m.	RUTHERFORD COUNTY ELECTION COMMISSION Join us as Alan Farley, Rutherford County Administrator of Elections, tells us about the importance of voting, our upcoming elections, how and where to vote early and being an election worker.	Limit 40 No Deadline
THURSDAY DECEMBER 10 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
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
FRIDAY DECEMBER 11 12:00 n-1:00 p.m.	SHARE THE CARE ALZHEIMER'S SUPPORT GROUP Provides emotional, educational and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.	No Limit No Deadline
MONDAY DECEMBER 14 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "WINTERIZING YOUR 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
TUESDAY DECEMBER 15 10:00-11:30 a.m.	TAKE A BREAK WITH NURSE LAURA "REFLEXOLOGY" Joyce will perform a reflexology session in front of the class, explaining what she is doing and the benefits of reflexology.	Limit 40 Deadline 12/14

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

MORE CLASSES & EVENTS

<p>The following list contains classes and events with NO FEES. You may make a reservation for them by calling 848-2550 or in person at the reception desk.</p>		
WEDNESDAY DECEMBER 16 11:00-11:45 a.m.	BLACK FOX ELEMENTARY PRESENTS "PAINT THE TOWN DECEMBER" One hundred plus second graders perform "Paint the Town December!" You will be enlightened and delighted. Families and grandchildren are welcome. Please note that MCHRA lunch will be at 12:00 noon today.	<i>Limit 125 No Deadline</i>
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.	<i>Limit 30 Deadline 12/10</i>
THURSDAY DECEMBER 17 11:30 a.m.-1:00 p.m.	LUNCH & LEARN "HOLIDAY STRESS RELIEVERS" Join us for this lunch hour program designed to educate and inform participants about their environment, health subjects, financial planning and more.	<i>Limit 50 Deadline 12/10</i>
THURSDAY DECEMBER 17 2:00 p.m.	SENIOR LEARNING NETWORK PRESENTS "FDR CHRISTMAS AT THE WHITE HOUSE" This is a Senior Learning Network special presentation! For something fun as we approach Christmas, Jeff Urbin with the Franklin D. Roosevelt Library, is doing a presentation on Christmas at the FDR White House. This is a one time offering and we're included!	<i>Limit 40 No Deadline</i>
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>
FRIDAY DECEMBER 18 10:00-11:30 a.m.	GRIEF RELIEF SUPPORT GROUP Come take this journey with individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.	<i>No Limit No Deadline</i>
MONDAY DECEMBER 21 1:00-4:00 p.m.	CRAFTS WITH MPRD "SCULPEY CLAY NECKLACES" Bring your imagination or a picture of a necklace that you would like to make.	<i>Limit 18 Deadline 12/18</i>
THURSDAY DECEMBER 31 10:00 a.m.-1:30 p.m.	NOON YEAR'S EVE PARTY Reservations are required for this event! If you sign up and cannot come, please cancel your reservations. Enjoy fun, dancing, music, good snacks and a great hello to 2016! We'll sing Auld Lang Syne and salute with sparkling cider. Cosponsored by MPRD, St. Clair Street Senior Center and Amerigroup Home Solutions.	<i>Limit 135 Deadline 12/29</i>
FRIDAY JANUARY 8 1:00-2:00 p.m.	A "SOUP - - -ER" WINTER WITH UT EXTENSION January is National Soup Month! Get some new ideas to make your meals soup - - er! What's better on a cold winter's day than a steaming hot bowl of your favorite soup? Soup can be a welcome change of pace after the rich high calorie foods we have during the holidays. Share your favorite soup recipe as Carla Bush from UT Extension comes to share homemade soups that are great for freezing in small quantities. Bring your taste buds with you.	<i>Limit 40 Deadline 1/6</i>
WEDNESDAY JANUARY 13 1:00-2:30 p.m.	RADON ACTION MONTH January is Radon Action Month! The Tennessee Department of Health wants you to be safe. Do you know what Radon is? How to test for it? Where to get a kit? Attend this educational seminar to get what you need for a free test kit.	<i>Limit 45 Deadline 1/11</i>
FRIDAY JANUARY 15 1:30-3:30 p.m.	FRIDAY FEATURE FLICKS! The popcorn is popping! All we need is you! What kind of mystery flick is showing in January? Check the bulletin board to find out!	<i>Limit 50 No Deadline</i>
SATURDAY JANUARY 30 1:30-3:00 p.m.	SATURDAY FAMILY FUN Get out of the house and bring your family/grandkids to enjoy a funny show by ventriloquist, Ken Karter! He is bringing Sally the monkey, Wally in the suitcase and more friends to talk to you! Don't have family or grandkids in town? Come anyway. What a fun time to have on a cold winter Saturday. Refreshments provided by Amerigroup RealSolutions.	<i>Limit 120 Deadline 1/25</i>

See page 17 for classes and trips!

Mail your packages early so the post office can lose them in time for Christmas. ~Johnny Carson

MAKE PLANS TO JOIN US

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

<p>WEDNESDAY DECEMBER 2 9:00-11:00 a.m.</p>	<p>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.</p>	<p>CLASS FEE \$20 Min. 3/Max 12 Deadline 12/1</p>
<p>SATURDAY DECEMBER 5 1:00-3:00 p.m.</p>	<p>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.</p>	<p>CLASS FEE \$20 Min. 4/Max 11 Deadline 12/3</p>
<p>MONDAY DECEMBER 7 9:30-11:30 a.m.</p>	<p>CRAFTING WITH SUSANNE: HOLIDAY PICTURE FRAMES Decorate a beautiful picture frame to hang on the wall as a holiday decoration. Bring some of your own holiday embellishments to share. Frames are provided by the instructor Susanne Hebden. Hot glue guns and wire will be used in this project. You must sign up to attend as there is a limit of 10. Sponsored by "Dreaming in Color."</p>	<p>CLASS FEE \$5 Min. 3/Max 10 Deadline 12/5</p>
<p>MONDAY DECEMBER 14 9:00 a.m.-2:00 p.m.</p>	<p>MIXED MEDIA ART CLASS: GLITTER OF WINTER Think snow! Students need to bring: black, purple, and navy blue fine tip Sharpie permanent markers. Instructed by Karen Brackman.</p>	<p>CLASS FEE \$15 Min. 3/Max 12 Deadline 12/11</p>
<p>FRIDAY DECEMBER 18 9:00-11:00 a.m.</p>	<p>CRAFTING WITH SUSANNE: SNOW BABIES! Make cuddly Snow Babies from socks as a fun winter craft with Susanne Hebden. All supplies provided. You must sign up to attend as there is a limit of 10. Sponsored by "Dreaming in Color."</p>	<p>CLASS FEE \$5 Min. 3/Max 10 Deadline 12/16</p>
<p>SATURDAY JANUARY 9 1:30-3:00 p.m.</p>	<p>COOKING WITH CHEF RUSS Join us for this exciting class with Chef Russ who will take ordinary ingredients and turn them into an extraordinary experience. On the menu for this class is: Chicken Chardonnay served with honey glazed carrots, herb roasted red potatoes, and ginger bread with candied ginger whipped cream.</p>	<p>CLASS FEE \$10 Min. 10/Max 25 Deadline 12/29</p>
<p>TUESDAYS BEGINS JANUARY 12 11:00 a.m.-12:00 n</p>	<p>BEGINNING PIANO LESSONS Instructor, Jane McNulty, is starting a NEW beginning piano class. Come and learn how to play or refresh your skills. Playing piano is good for your health. It can lower blood pressure, help lessen depression and more. Jane is a Ruthie Award Winning instructor. Join in and see how she make learning fun! This is an ongoing class. The fee is \$50 per month for each month you take the class. Classes are not prorated.</p>	<p>CLASS FEE \$50/ MONTH Min. 4/Max 10 Deadline 1/12</p>

**12/14 Mixed Media Class
Glitter of Winter**



**12/05 Holiday Wreath
Class with Reba**



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

FRIDAY DECEMBER 4 8:00 a.m. 6:00 p.m.	MAURY COUNTY TOUR OF HOMES Maury County has more antebellum homes than any other county in Tennessee. Some of these beautiful homes are featured in the yearly Christmas Tour of Homes. Come and see these gorgeous homes dressed up for the holidays. Bring money for lunch at a local place and \$25 for your ticket.	BRING \$ TRANSPORTATION \$10 <i>Limit 22</i> <i>Deadline 12/03</i>
SATURDAY DECEMBER 5 10:15 a.m. 3:30 p.m.	OLD FASHIONED CHRISTMAS, BELL BUCKLE, TN Enjoy the lights and feel of an old fashioned Christmas with complimentary samplings at participating shops plus free sleigh rides with Santa. Bring money for lunch at the Southern Charm Tea Room. Cost is approximately \$10. Dress warm as you will be visiting the many quaint shops in the town square. This trip is not handicap accessible.	BRING \$ TRANSPORTATION \$5 <i>Limit 11</i> <i>Deadline 12/04</i>
WEDNESDAY DECEMBER 9 9:30 a.m. Until done	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.	BRING \$ TRANSPORTATION 0 <i>Limit 10</i> <i>Deadline 12/04</i>
SATURDAY DECEMBER 12 9:30 a.m. 3:00 p.m.	DICKENS OF A CHRISTMAS, FRANKLIN, TN Each year Main Street recalls the spirit of Christmases past when the Heritage Foundation throws its annual Dickens of a Christmas celebration. This year the event marks its 31st anniversary and will feature both time honored activities that have become perennial favorites, as well as a few new traditions in the making. Bring money for lunch on your own downtown.	BRING \$ TRANSPORTATION \$8 <i>Limit 22</i> <i>Deadline 12/11</i>
MONDAY DECEMBER 14 9:30 a.m. 3:30 p.m.	COOL SPRINGS MALL SHOPPING Let's do some holiday shopping in Franklin at the Cool Springs Galleria Mall. Bring money for lunch and shopping on your own.	BRING \$ TRANSPORTATION \$6 <i>Limit 20</i> <i>Deadline 12/07</i>
TUESDAY DECEMBER 15 10:30 a.m. 4:00 p.m.	TUBA CHRISTMAS Tuba Christmas is a music concert held in cities worldwide that celebrates those who play, teach and compose music for instruments in the tuba family, including the tuba, sousaphone, baritone, and euphonium, though some participants bring rarer members of the family such as the helicon, ophicleide, serpent and double bell euphonium. First Baptist Church in Nashville will host the event in 2015. Bring money for a late lunch after the show on your own in downtown Nashville.	BRING \$ TRANSPORTATION \$8 <i>Limit 22</i> <i>Deadline 12/11</i>
THURSDAY DECEMBER 17 5:30 p.m. 10:00 p.m.	CHRISTMAS LIGHTS TOUR Be sure to eat before you go on this trip. Ride in a comfortable 25 passenger charter bus to view the outdoor Christmas decorations in Brentwood and Franklin. Your trip will wind its way through the beautiful countryside and through subdivisions. You will stop at the Lotz House for refreshments (not wheelchair accessible). Driver gratuity is not included in the fee.	ADMISSION \$30 TRANSPORTATION INC. <i>Limit 24</i> <i>Deadline 11/25</i>
FRIDAY DECEMBER 18 4:00 p.m. 9:30 p.m.	OPRYLAND HOTEL Come and see the legendary holiday lights at the glorious Opryland Hotel. Bring money to shop and eat at one of the restaurants on site. Meal cost varies from \$12-\$65 depending on which restaurant you choose.	BRING \$ TRANSPORTATION \$6 <i>Limit 22</i> <i>Deadline 12/17</i>
WEDNESDAY JANUARY 13 10:00 a.m. 12:30 p.m.	WEDDING DRESSES THROUGH THE AGES: OAKLANDS MANSION Travel through time from the brocade and silk of the mid-1800s to the stores and suits of the wartime brides in the 1940s. Witness the changes in fashion from different areas, eras and cultures as you transcend time to the modern day bride. Bring \$8 cash for admission and \$\$ for lunch at the new Milano II (Italian) on East College St. Check out their menu at www.milanoii.com .	BRING \$ TRANSPORTATION \$2 <i>Limit 11</i> <i>Deadline 01/08</i>

HOLIDAY PLANNING

Can you believe it? We are once again heading into the Holiday Season. If your group wants to plan a party in December, please contact your Program Coordinator. The Program Coordinator will secure a room for you and make plans for the party. When your group has a holiday party, please bring your own serving utensils and be sure to take them home with you.

WHAT'S HAPPENING?



SEEN AT THE NOVEMBER 12 HOLIDAY WREATH CLASS



Betty Marzahl above.



Anne Wilburn above.



Celinda Basset at right.

Betty Marzahl and Joyce Cummings discuss the ribbon options below.



Diane Ludwig at left.



Karen Brackman at left.

PROGRAMMING

It's Time To Put on Your Dancin' Shoes

Line Dance Friday Evening



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

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 • Ages 60+

Friday, December 11th 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. The next date for night time dancing will be January 8th. Mark your calendars and plan to attend so we can keep this program on the schedule.

PAINT THE TOWN DECEMBER

Wednesday December 16 from 11:00-11:45 a.m.

You don't want to miss this! Grandchildren are welcome. Over one hundred Black Fox Elementary second graders bring us a cute performance called "Paint the Town Christmas." Sign up is requested for programming purposes.

ATTENTION:

On December 16th

MCHRA lunch will be at 12:00 noon

Due to Black Fox Elementary

Performance from 11:00-11:45 a.m.

Don't Miss in December:

Ms. Cheap, Mary Hance & her money saving ideas on Monday, December 7 at 1:30 p.m.

Sign Up NOW to reserve your spot!

Don't Miss in December:

A Magical Holiday experience with the Nashville Caroling Company on Friday, December 11 from 10:00-11:00 a.m.

Sign Up NOW to reserve your spot!

Holiday Potluck

Join us in celebrating the holidays on Friday, December 18 from 11:30 a.m.-1:00 p.m. Sign

Up NOW to reserve your spot!



01/09/2016

Cooking with Chef Russ

New Class Offered in 2016: Cooking with Chef Russ

Saturday January 9, 2016 • 1:30-3:00 p.m. • Class Fee: \$10.00

Deadline to sign up: December 29, 2015

On the Menu: Chicken Chardonnay served with honey glazed carrots, herb roasted red potatoes, ginger bread with candied ginger whipped cream.

Introduction by Chef Russ Ransom: "I have catered, been a personal chef, worked in restaurants and hotels, and even own and operate a gourmet jelly business. Now I am a culinary instructor at the Art Institute of Nashville. I want to introduce you to a fantastic menu that you can prepare yourself. The menu will take ordinary ingredients and turn them into an extraordinary experience. I am excited to come to the St. Clair Street Senior Center and share my knowledge, experience, and a wonderful meal."

Maximum for the class is 25 and the minimum is 10 participants.

See the newsletter Paid Classes & Events page for more information.

PROGRAMMING

ATTENTION Trivia Lovers!

St. Clair Trivia Team Gets Rolling for the next Brain Games

There will be a Trivia team meeting on Wednesday, December 2 at 1:30 p.m. in the Multipurpose room. If you were on our team last year or if you're interested in being on our team this year, come and join us for some trivia fun! Even if you just love trivia but are not interested in the competition, come on and join in. Everyone is welcome!

The state of Tennessee Department on Aging sponsors the yearly Brain Games tournament. It's our goal to make the tournament and win in 2016! The questions are hard and the tournament trophy is fought for with cheers and sweat! The team from Morristown has won the trophy for the last two years. It's time to bring it to St. Clair Street! Come and join us.



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

Singing Seniors Schedule Change: Monday, December 7 the Singing Seniors will be practicing from 12:30-1:30 p.m. in the Multipurpose Room. Go see Ms. Cheap seminar after practice!

ATTENTION WII BOWLERS

Experienced and Beginning Wii Bowlers wanted!

There will be an organizational meeting on Friday, December 4 at 1:00 p.m. in the lower dining room. This is an exciting time for Wii bowling here at the Center. We are joining the National Senior League Wii bowling network! The league has over 100 teams of all skill levels competing beginning in February. There will be 7 weeks of league play with a tournament at the end to name the champion team of each skill level. The lower dining room is open each Friday at 12:30 p.m. for you to practice your game and improve your average.

Singing Seniors Holiday Concert

Date Changed in December

Due to an unforeseen conflict, the date for the Singing Seniors Holiday Concert has been changed. The date is now Thursday, December 10. The singing will begin at 12:30 p.m. Light refreshments will be served at the conclusion of the program. Come and enjoy our delightful singers!

NEW BEGINNER PIANO CLASS COMING IN JANUARY!

A new Beginner Piano Class will be starting on Tuesday, January 12th at 11:00 a.m. This class is meant for the adult who has always wanted to learn how to play the piano or played many years ago and wants to re-learn. This is recreational music learning and has been around for a relatively short time, but long enough to be tried, tested and determined to be a winner.

It's easy and enjoyable: You won't be beaten over the head, nagged or threatened about practice—if you want to practice you can. If you don't, you won't have to spend one minute in front of your instrument in between classes! And, yes, you will still learn. It's good for the body, the brain, the spirit and the soul: Studies show learning an instrument can help to lower blood pressure and heart rate, reduce stress, assist in the management of certain tremors, help to increase your ability to focus, help with depression, sadness and boredom. There are studies that show that learning a new language—and learning to play music is just that—can help with the onslaught of diseases such as Alzheimer's.

These music lessons are affordable. You don't have to be artistic or "born with talent", and you don't need any prior training. Recreational music is specifically for the fun, enjoyment, and well-being of the student. You won't be forced to perform in front of anybody, but if you DO want to perform, there will be opportunities to do just that.

St. Clair Senior Center has an award-winning music instructor offering classes in Recreational piano, Ukulele, Dulcimer, and Drum Circles. Jane McNulty, owner of Music for Everyone, has won the 2015 Ruthies Award for best Music Studio in the city! One St. Clair student said, "She really cares about the music AND her students!" Jane has loaner instruments so that you won't need to run out and purchase one until you decide you want one.

How about you? Want to learn an instrument or refresh your skill? Sign up now! Lessons are \$50 per month.

“The Gardener’s Corner”

Merry Christmas to All!

It may be Christmas and the snow is blowing, but there are things we, as gardeners and home owners, can still be doing to keep our homes and landscapes in good condition and appearance.

If you’re planning to use a fresh cut Christmas tree this holiday, follow these simple guidelines for a successful selection:

- Feel the needles: The tree’s needles should be bendable. If they snap or are easily crushed, they are too dry.
- Lift the tree up a few inches off the ground and bring it down sharply on the stump. It is natural for some inside needles to fall but outer needles should not drop off.
- Make a fresh cut across the base of the trunk then immediately place in water. If the base of the tree dries out, a seal will form and you will have to make a new cut.

By Jack Smith, Certified Master Gardener

To avoid problems with ladybeetles, boxelder bugs and spiders invading your home this winter, do some pest-proofing today. Many of you may have experienced lady beetle invasions in the past. One of the best ways to prevent unwanted invasions by insects (also rodents birds, etc.) in the home is to deny entry. One technique for finding entry points around your home is to turn on all your indoor lights at night and walk around your home checking for areas where light is escaping. If light is getting out, chances are pest are getting in.

Check the sale rack at your local garden center for bulbs that have been reduced in price. If they feel firm and are not moldy, they should still be good. Plant them as soon as possible. There is still time for them to get the winter chilling they need.

Keep track of your garden tools by painting the handles bright yellow or orange. That way you’ll be sure to find them after you’ve set them down in the grass.

POOL *Room News*

Coed Tournament Winners 10-12-15

1. Teresa Rains & Larry Thrasher
2. Lupe Hickman & Clyde Jacobs
3. Lora York & Richard Carder

Ladies’ Tournament Winners 10-19-15

1. Wilma Murphy
2. Teresa Rains
3. Eileen Grant

Men’s Tournament Winners 10-20-15

1. Ed Pater
2. Jerry Parker
3. Bill Gish

Holiday Shopping Safety Tips

from Dee Brown, Care Coordinator

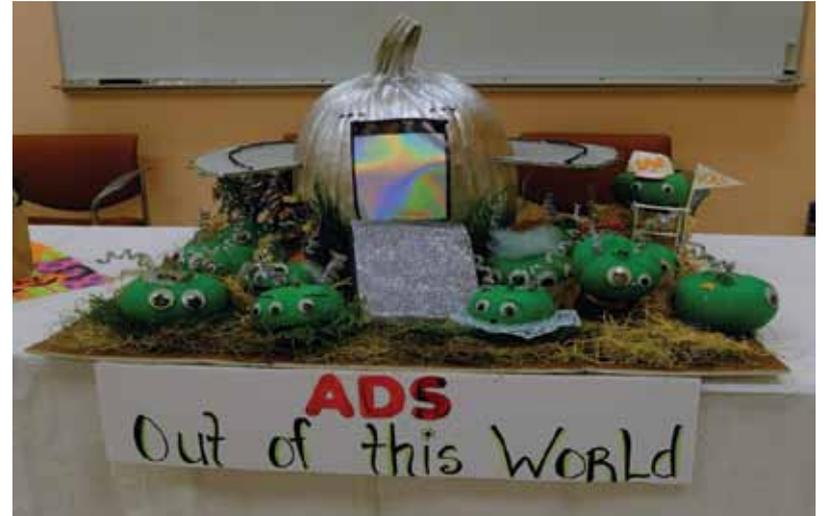
This holiday season criminals will be shopping too, looking for busy, careless and distracted shoppers. The National Crime Prevention Network and other sources offer these tips to make your holiday shopping safer:

- Never leave purses, other personal items and packages in your car. It’s not hard to break out a car window and it happens all the time. Secure these items in the trunk of your car before you arrive at your next destination.
- If you have to shop at night, shop with a friend and park only in a well- lighted area.
- Have your keys in your hand when you leave the store and try not to carry too many packages at once. Make multiple trips to the car if necessary. When you are loaded down with packages you are an easier target.
- Keep purse near to your body (not in a shopping cart) or even better carry money and cards in an inside pocket of your clothing.
- Do not wear expensive jewelry when shopping.
- When in the parking lot, be aware of your surroundings and when you approach your car after shopping, make sure and look around, under and inside your car.
- If you see something suspicious, tell the store manager or call 911.

FUN TIMES AT ST. CLAIR



Chicks Celebrate Halloween at O'Charley's.



Another look at ADS's Winning Pumpkin.



SCSSC Staff serving at Pumpkin Party.



Tap and Zumba classes celebrated Halloween.



Teresa Rains & Elsie Jacobs show some Halloween style!



Loretta Richards & the quilt tops stitched by her mother, Georgia Williams. Mrs. Richards donated them to the St. Clair Quilters. Thank You!

DECEMBER 2015



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

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

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

Visit us on the web at
www.murfreesborotn.gov/seniorcenter

SENIOR DINING/MEALS ON WHEELS
Debbie Willis, Site Coordinator
Call 895-1870 for lunch reservations.
Lunch served Monday-Friday @ 11:30 a.m.
(unless otherwise noted).

MCHRA TRANSPORTATION
615-890-2677



DONATIONS & STAFF

DONATIONS for OCTOBER 2015

Bingo \$ 00.00
Quilting \$300.00
Popcorn \$ 15.00
Coffee \$ 92.93

Donations: Pyong Cahill, Elsie Jacobs, Barbara Roberson, St. Rose Bridge.

SANDRA WALDECKER in memory of
PAUL JOHNSONS

VEVA DALTON & TERESA FLY in memory of
GEORGE NEAL

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)

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