

# The Leaf

St. Clair Street  
Senior Center  
*Living Every Adventure Fully*

January 2016



**St. Clair Senior Center celebrates 35 years of service in 2016**

Please note: If MURFREESBORO CITY SCHOOLS are closed for inclement weather, the St. Clair Street Senior Center is closed.

**FROM THE DIRECTOR**



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

Just recently I was watching a television program on Nashville Public Television called Aging Matters that I believe seniors would find informative. The documentary states that there's never been a better time to grow old. Americans are living longer and healthier lives than they did in previous generations. But this long life will bring challenges. In Aging Matters: Overview, NPT explores the changing face of aging and what our community faces as

the baby boomer generation grows the over 65 population to unprecedented numbers. The series has six shows that can be seen by streaming videos on the computer, search for NPT Reports Aging Matters.

Many have awaited for the Travel program announcement, listed in the Leaf are four trips that signups are released to participants January 1st. Flyers detailing these four trips can be located in the Welcome Center just inside the main entrance. Below is the full 2016 schedule for long trips including the days they will be released for signups. Make your plans now to traveling with us in 2016. *Your Director, Connie C. Rigsby*

**2016 TRIPS ANNOUNCED**

Dates	Location	Price	Tour Company	Release Date
March 7-11	New Orleans	\$539.00	Diamond	January 1
April 20-25	Azelea Festival, Virginia	\$754.00	White Star	January 1
May 31-June 8	Boston, Salem, Cape Ann	\$810.00	Diamond	February 1
June 27-July 1	Chicago	\$510.00	Diamond	February 1
July 20-27	Canadian Rockies	\$2795.00	Premier	January 1
September 6-9	Ride the Rail West Virginia	\$599.00	White Star	March 1
September 29-October 15	Great Trains & Grand Canyon	\$2145.00	Premier	June 1
November 1-9	French Riviera	\$2895.00	Premier	January 1
November 27-December 3	Myrtle Beach	\$679.00	Diamond	August 1

SEE PAGE 18 FOR MORE INFORMATION ON THE TRIPS AVAILABLE TO SIGN UP IN JANUARY. Price is per person based on a double occupancy room. Single rates available for some trips. All trips offer insurance plans and are recommended for all travelers. Insurance is an additional cost and varies per trip. Information sheets on these tours may be picked up at the Welcome Center starting in January. Deposits and payments are made to the companies presenting the trip.

**In addition to the trips above, we plan to offer the following:**

- Two and Three Day Trips in May and August TBA in March
- Gambling Trips for 2016 TBA in February
- Kentucky Bingo Trips for 2016 TBA
- 12-14 Day trips a month TBA starting February

**Check out all the programs presented by St. Clair Street Senior Center and let your adventure start here.**

The most important trip you may take in life is meeting people halfway. ~Henry Boye

# IT'S TAX TIME

## AARP TAX AIDE SET FOR 2016

### AARP Tax-Aid Program Active Again This Year

On February 2, 2016, the AARP Tax-Aide Program begins preparing income tax forms for individuals age 60 and over with a total family income of \$53,000 or less. Please remember that rental properties and farm income are outside the scope of this program. There is no charge for this service.

**Appointments are required.** Beginning on **January 4** call to schedule your appointment. Appointment will be available on: Tuesdays and Thursdays from 8:30 a.m.-12:00 noon and on Wednesdays from 12:00 noon-4:00 p.m. Jim Getzinger, Coordinator, and his team of experienced volunteers have received tax certification training in preparation for another successful year. **It is advised to make your appointment early, as space is limited.**

The following is a list of documents required by the IRS. Clients **MUST** bring all applicable documents at time of appointment:

#### Proof of ID

- Social Security card
- Photo ID such as a driver's license or passport
- Last tax year's tax return

#### Income Statements

- Social Security
- Pensions (1099-R)
- IRA distributions (1099-R)
- Interest/Dividends (1099 -INT & 1099-DIV)
- Stock Activity (usually shown on broker statements Or 1099-B)
- Unemployment (1099-G)
- Gambling Winnings
- Self Employment Earnings (1099-MISC plus all business expenses)
- Debt Cancellation Forms (1099-C)

- Miscellaneous income

#### Adjustments

- Student Interest
- IRA Contribution
- Other

#### Deductions

- Medical Expenses – doctors, dentists, prescriptions, medical mileage, long term care & supplemental insurance
- Donations – cash and goods
- Property Tax Statements (city & county)
- Mortgage Statements
- Other

Please bring a voided check. This is required for routing information in the electronic submission of your tax return.

*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

### ADS Happenings

*By Amanda Pullias, Adult Day Service Program Coordinator*



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

The ADS participants had a wonderful holiday season celebrating with family, volunteers and the participants of the center. We had fun in the kitchen making holiday cookies, hot apple cider and enjoying holiday treats. We'll have to exercise a little more as part of our New Year's Resolutions. We also made holiday crafts, trimmed our tree and listened to beautiful Christmas music

throughout the month. We celebrated Christmas with our participants, their families and our volunteers. After being a little weary of holiday food, we had spaghetti and lasagna for our holiday lunch and it was a wonderful time together.

Music is a vital component of the winter holidays and is good for our mental health and cognitive abilities. We especially enjoyed The Black Fox school children's program and the Nashville Caroling Company show. We sang holiday karaoke carols and Larry Spangler entertained us with Christmas music on the piano. We enjoyed the old time music at the Thursday "jam" sessions. (We love Larry's rendition of Jingle Bells.) Gary Pailer entertained us with his guitar and Scott Daniel played selections from his wonderful collection of vintage music.

Looking at the changing landscape respond to the winter season reminds us of the colder days ahead. We need to make sure we are safe and healthy by preventing accidents and illness. Drinking adequate fluids can prevent dehydration as we crank the heat up to stay warm. Sometimes seniors will drink inadequate fluids, especially if there are bladder problems, diuretic use or immobility. Even so, we all need extra fluids in this season to avoid urinary tract infections. Did you know that UTIs can cause falls, accidents and confusion in older people? Water, cranberry juice, etc. are good for prevention of such infections.

Even though it is colder outside, we still need sunshine, fresh air and exercise. Sitting by a sunny window even helps if you can't get outside and is better than having no sunshine. On sunny winter days, the ADS participants

sometimes get out for fresh air. We also offer extra water, hot chocolate and juices to our participants every day.

In ADS, we believe in spreading infectious "Good Will" instead of germs! Washing our hands frequently can also prevent getting the "bugs" such as flu and viruses that are more prevalent in the winter season. The ADS staff highly encourages and assists our participants in hand washing. We also wipe down surfaces, including door knobs, to prevent illnesses. Keeping tissues available is a good idea and making sure one sneezes into the upper arm or a handkerchief can prevent airborne illnesses. Our participants should always stay at home if there is a fever or symptoms of illness.

In the ADS every person is special, including those people who make the lives of our participants better. We thank everyone who supports us, includes us in center events and makes it possible to have such a rich and full experience in the ADS. We thank the City of Murfreesboro for making it possible to offer a wonderful and unique day program to our senior community. We appreciate the agencies and non-profit community groups who make it possible for our participants to have a quality experience. We also wish to joyfully remember our participants who passed away in 2015: Mr. Marcus Bearden and Mr. Melvin Weber, both who made our lives richer with their presence.

The ADS staff wishes for all our seniors a healthy and safe winter. We encourage friendship, laughter, kindness and gratitude as daily habits for ultimate good health and happiness. We are always enjoying each day while looking forward to tomorrow. This is why LIFE IS GOOD in the ADS. HAPPY NEW YEAR 2016!



**ADS participants put on their aprons to bake cookies and yes, we shared!**

## TENNESSEE STATE VETERAN'S HOME CHRISTMAS

Forty Tennessee State Veteran's Home residents had a much brighter Christmas this year thanks to your generosity. We extend a big thank you to those of you that purchased gifts for our angel tree veterans. It's so wonderful for them to know that they have not been forgotten. We appreciate you and your willingness to make this project a success!

### CHRISTMAS PLACEMATS

Our Christmas placemats were a big success again this year. With all of the help in crafting them we were able to make 120 beautiful and unique placemats from recycled Christmas greeting cards. These were received with thanks and joy by the Good Shepherd's Children's Home and the Salvation Army. These will add a festive touch to their dining rooms all through the Christmas season. This is always a fun time when we are making these and knowing that they are always welcomed and enjoyed is a joy. Thanks to all you crafters that make this happen each year!



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

### Medicare News

Medicare open enrollment ended on December 7<sup>th</sup> for everyone already on Medicare. If you needed to change Medicare Advantage Plans or Drug Plans, hopefully you were able to get that done in time. There is one exception to this enrollment period. Individuals that are on an Advantage

Plan and want to drop it to go back to original Medicare have until February 14<sup>th</sup> to do so. During that time you are also able to join a Part D (drug plan) to go along with your Medicare. If you have any questions about this, please contact me.

### Scam Information

The use of credit card skimmers is a growing problem at gas pumps. Scammers place a small device into the credit card slot on the pumps that can collect credit card information from customers. To protect yourself from this it is suggested that you consider paying the attendant in person rather than using a credit card. The next best idea is to use a major credit card for the purchase rather than a bank debit card. Most credit cards have fraud protection that will limit what your liability is if your information is stolen. With a bank card though, your account could be drained before you know it. It is also a lot more trouble to get the problem fixed if it involves your bank account. Also consider using pumps closest to the attendant, they are less likely to have the device embedded in them than the ones farther from the vision of the attendant.

### IRS

As we near the end of another tax year, just a reminder that the Internal Revenue Service will not call you and demand you pay taxes immediately. This seems to be a scam that goes on all year long, but peaks during tax season, please just hang up on these individuals. The IRS will never call you! This has been a local scam, I have personally spoken to a few of our participants that have received these calls, so just be careful of anyone calling you and demanding money immediately.



### Parkinson Support Group Resumes Meetings on Saturday, January 16 at 1:30 p.m.

Contact Dee Brown at 615-848-2550 ext 2504 for more information.



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

### Volunteer Corner January 2016

Do you know anyone who lives alone and has no one readily available to call for help? One of our Volunteer opportunities is Telephone Reassurance. Volunteers call homebound seniors to check on their safety and provide friendly conversations. If you are interested in volunteering for Telephone Reassurance, please contact me at [cransom@murfreesborotn.gov](mailto:cransom@murfreesborotn.gov). This is a great way to help out in the community. It's not a very hard job, but makes a HUGE impact in the lives of many seniors in our area.



### January Is National Radon Action Month: Do you know what RADON is?



Find out on Wednesday, January 13  
from 1:00-2:00 p.m.

Join us on January 13<sup>th</sup> for a lively discussion about Radon and how you can make sure your home is radon free for a safer home environment. Harold W. Madison from the Office of Sustainable Practices will share thoughts on why it is important to test your home.

A presentation and a short demonstration will be provided on how to use the test kits. Door prizes will be awarded.

All in attendance will be given contact information to receive a **FREE RADON TEST KIT**.

We look forward to seeing you at this informational seminar.

### 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 at Through the Grapevine on the third 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 third 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** 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

### NEW YEAR RESOLUTIONS

Ah the New Year's resolution! Many people disregard them especially as they grow older and set in their ways, but it's important to have resolutions as you grow older. If nothing else, they provide goals and purpose.

Here are some things that both older adults and their family caregivers can vow for the New Year. Yes, caregivers too because having mutual resolutions with a loved one also means you can work together to realize them.

**Share Your Life Story:** Some families know their parents or older loved one's stories quite well. Many do not. And often times it's because no one has taken the time to ask them about their lives or encouraged them to keep a journal. Think about recording your parent or using other means to preserve memories of your loved one for future generations.

#### Interesting Questions to Ask Older Loved Ones

1. What was the hardest moment you had when you were growing up?
2. Who was your first boyfriend or girlfriend?
3. How much did candy cost when you were a kid?
4. What were your favorite foods?
5. What was the first thing you learned to cook?
6. What are your best memories of school? Worst memories?
7. Where is your mom's family from? Where is your dad's family from?
8. What was your first car?
9. What was the first movie you saw? Did you have a favorite pet growing up?
10. What family traditions do you hope that we will carry on?

**Learn to Use Computers:** Computers are one of the best ways to keep in touch with younger loved ones. It's worth considering a tablet computer, such as the iPad, which will provide a more user-friendly experience than the mouse-and-window environment on more traditional PCs. Local senior centers, libraries and colleges offer classes and web sites such as **Skillful Senior** can help too.

**Make Your Home Safer:** According to the Centers for Disease Control, one in three adults over the age of 65 falls each year. Many of these falls are preventable. Telephones should be in each main room, and should be low enough so they can be reached from the floor in case of a fall.

#### Winter Tips to Keep Loved Ones Safe

1. Be sure your senior loved one wears the correct footwear, wearing shoes and boots that are not worn out and still provide good traction on the heels and soles and also include special anti-skid materials to prevent slips and falls.
2. Keep the sidewalks and driveways clear of ice; have someone blow or shovel the snow away as needed, apply de-icing material such as salt to reduce the ice buildup on walkways.
3. Be sure the steps leading up to the house are in good repair and are not weak or wobbly as they will be even more difficult to navigate safely when there may be snow, water and ice buildup.
4. Caution your senior loved one to take his or her time when moving from one location to another.
5. Be sure all walkways have a steady hand-rail that can be used to help your senior keep his/her balance.
6. Be sure they know not to be afraid to ask for help if needed.
7. Prepare your senior for an emergency if he or she does fall. Who will they call, how will they get to a phone, who will check on them daily to be sure they are safe? Is it time for an alert system that can assist in an emergency? Consider implementing planned check in times when the weather creates extra risks.

#### Plan with Your Parents and For Yourself:

Whether an unexpected illness leads to a hospitalization or a fall requires rehabilitation at a nursing home, it's vital that your parents and you have the essential legal documents in order so that you have a good picture of their and your state of affairs. Here are 5 questions to ask your senior parent to make sure your family is prepared for the unexpected.

1. Do you have a Durable Power of Attor-

ney? A durable power of attorney designates who will take care of your affairs if you are unable to decide for yourself in the case of mental or physical incapacitation. Seniors can designate one person to handle health decisions (the health care proxy) and another for financial decisions (the financial proxy) or they can designate one person for both roles.

2. What Are Your End-of-Life Wishes? A living will, also known as an advance health care directive, is used to indicate choices about end-of-life care. For instance: Would you want a ventilator and feeding tube used to keep you alive even in an irreversible coma? Do you want CPR initiated if your heart stops, even if you are terminally ill? Make sure the health care proxy is aware of your parent's decisions.
3. Wills and living trusts are the legal methods used to designate what happens to your possessions and money after you pass. A will simply specifies, in writing, who gets what and how much. A living trust is an alternative to a will. A senior who prefers a trust puts their assets in the trust and names a person to take charge in case of death or if they become incapacitated.
4. Do you have Long-Term Care Insurance or another plan in case it is required?
5. Have you made sure that all your documents are current and where can they be found if they are needed? It doesn't do any good for your parent to have these documents in order if they can't be found in an emergency. Make sure you know where they are and how to get to them.



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

*Happy New Year! Cindi*

## 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 2<sup>nd</sup> Friday of each month @ 12:00 P.M.



### Memory Café in Murfreesboro-

3<sup>rd</sup> 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 3<sup>rd</sup> 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. 3<sup>rd</sup> 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

## Walk with Ease

a program for better living®

Experience the **Walk with Ease Program**  
**Arthritis Foundation Certified**  
Doctor Recommended  
at St. Clair beginning in January 2016



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk with Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse." - Walk with Ease participant

The Arthritis Foundation Walk with Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.

### Benefits to You!

#### Walk with Ease will help you:

- Motivate yourself to get in shape
- Walk safely and comfortably
- Improve your flexibility, strength, & stamina
- Reduce pain & feel great

Classes are one hour each, three times per week for six weeks.

Space is limited. Sign up TODAY!

Classes are at St. Clair on

**January 4 - February 12**

**Monday, Wednesday & Friday**

**10:15-11:15 a.m.**

Class is limited to 10.

Deadline to sign up is January 6.

There is no cost for this class.

## NURSE LAURA SAYS

### NOW PLAYING: COLDS, THE FLU, & PNEUMONIA

**Happy New Year!** I hope all of you enjoyed making merry and spending time with the special people in your life. Now that the holidays are behind us and we are back into “normal” life, we can start making resolutions and promises to be healthier than we were last year. Many of us will watch what we eat, stop smoking, begin an exercise routine, and a number of other things to improve the quality of our lives. That’s wonderful! Did you realize that one of the best and easiest things you can do to stay healthy is wash your hands thoroughly and frequently? Cold and flu season is right on top of us and I want you to know how to possibly avoid both of these, as well as pneumonia. Colds and influenza (the flu) are caused by viruses, and while there is no foolproof way to prevent them, you can lessen the odds of getting them by taking care of yourself. Wash your hands often, especially after sneezing, coughing, or using the bathroom, and before eating or preparing food. When you wash your hands you need to do so for a full 20 seconds. One easy way to make sure you are washing long enough is to sing the “Happy Birthday” song twice.

Not only will a healthy diet, rest, and regular exercise help you prevent illness, they will also help you recover faster if you do get sick, so start those new good habits now! Of course, getting a flu shot is one of the best ways to dodge the misery of the flu, and no, it’s not too late to get one. People often have a hard time distinguishing a cold from the flu so here are some differences between the two. Though having a cold is not fun, you generally feel bad for a few days, then start to perk up. You may have coughing, sore throat, stuffy and/or runny nose, sneezing, watery eyes, some muscle aches and headache, but little or no fever. Flu symptoms are usually more severe, including nausea, extreme fatigue, body aches, no appetite, high fever (over 102 degrees), chills and sweats, along with a runny nose and cough. Another difference between the two is how quickly the symptoms come on. Cold symptoms usually take their time while the flu hits fast. If you believe you have the flu, see your doctor because this can be a severe, even life-threatening illness, especially in older adults. Our immune system weakens as we get older and that makes it harder to fight off diseases. Having the flu can also make other chronic health issues like heart

disease and diabetes worse, and at the same time, these chronic health issues can make you more likely to develop complications from the flu. Talk to your doctor or pharmacist about what to take if you get a cold or the flu as over-the-counter meds can be confusing and can even interfere with your prescriptions or other health conditions. You definitely need to increase your fluid intake (especially water), and get plenty of rest. Lozenges and warm drinks and soups can make you feel better and the tissues with lotion infused in them are oh so nice for your nose. Keep these things on hand so you won’t have to go out to buy them when you are feeling poorly.

Unfortunately, the flu often “turns into” pneumonia, so if you can prevent the flu you are a step ahead. There are also pneumococcal vaccines so discuss with your doctor if you should have one and which kind is best for you. Symptoms of pneumonia are coughing up mucous or even blood, extreme fatigue, chest pain that gets worse with deep breathing or coughing, high fever and chills, headache, sweats, no appetite, difficulty breathing or shortness of breath, and confusion. Call your doctor if you have these symptoms. Pneumonia is often caused by a bacterial infection, so if that is your diagnosis, antibiotics will probably be prescribed. Please always take ALL of your antibiotic prescription or else you are contributing to the “super bugs” we are seeing more often in this country (antibiotic resistance). Also, please do not ask your doctor for an antibiotic for a viral infection such as the flu or a cold or even viral pneumonia because it will not get you any better any sooner and the antibiotic will attack the beneficial and/or harmless bacteria in your body, and it also contributes to antibiotic resistance.

Start 2016 off the right way- eat well, rest, exercise, and wash your hands, and you are more likely to stay healthy. If you still get sick, consult with your doctor and/or pharmacist to make sure you take the correct meds. Remember- you are in charge of your health to a large degree so do all you can to make it good!

*References: American Lung Association, Everyday Health, Walgreens, Mayo Clinic, & National Council on Aging*



Laura Grissom, LPN  
Nurse

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





### Vision Changes & Fall Prevention & Sleep Disorders

We have two “Take a Break with the Nurse” sessions again in January.

On Monday, January 11 at 10:00 a.m. Karen Davis-Ahng will speak to us about vision changes as we age and tips on how to deal with them, including fall prevention strategies. Ms. Davis-Ahng is with Vision Impairment Services at the TN Rehabilitation Center in Smyrna. **Please sign up by Friday, January 8; there is a limit of 40.**

Did you know sleep disorders are a major cause of many health problems such as increased risk of high blood pressure, stroke, fatigue, depression, and memory loss? Most sleep disorders are treatable and once properly treated can dramatically increase a patient’s quality of life.

On Friday, January 22 at 1:00 p.m. we welcome Allen Manus, a respiratory therapist, presenting information on sleep disorders, including obstructive sleep apnea (OSA), and some of the newest technologies to treat these conditions. **Please sign up by Wednesday, January 20. There is a limit of 40.**

### GO 4 LIFE IN 2016!

If you have never exercised or if you stopped exercising for some reason, let us help you get moving! Go4Life, from the National Institute on Aging, has the goal (and ours) 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. Join us on Tuesdays & Thursdays from 1:00-2:00 p.m. or Wednesdays & Fridays from 9:15-10:15 a.m. in the exercise room & improve your health! No fee for this class, just see the nurse if you are interested.



### 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 “Lymphedema”

with Dr. Paula Stewart

Monday, January 25 at 10:00 a.m.

Dr. Stewart will be speaking to us about lymphedema and how it can be confused with other conditions. She will also discuss treatments and some of the newer approaches on the horizon. Dr. Stewart is the Medical Director for TrustPoint Hospital’s Rehabilitation and Physical Medicine Unit and also has an outpatient clinic at TrustPoint. **There is a limit of 40 so please sign up by Friday, January 22.**

### Tennessee Technology Center Field Trip

On the second Wednesday of each month we take a trip to the TN Technology Center to provide non medical nail care and hair care for our seniors. This month’s trip will be on January 13. 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 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, January 8 and let them know if you use a wheelchair. There is a limit of 10.

Did you know that your foot contains 26 bones, 33 joints, more than 100 tendons, muscles, and ligaments, and a whopping 250,000 sweat glands?

# 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.

## SENIOR ARTISTS

Meet on Wednesdays at 12:00 Noon. Welcoming all artists of any medium who enjoy creating while socializing with others. Each person brings in a project, painting, etc. from home. They often critique each other, if asked, and have fun creating beautiful art. Bring in your project and see what "Senior Artists" is all about.

## CERAMICS WITH JO ANN

Meets on Wednesdays at 1:00 p.m. The Ceramics class is taught by Jo Ann Shreve.

## 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



### CLOWN MEETING

Friday, January 22

1:00-3:00 p.m.

Rehearsal will take place during the meeting.

### CLOWN GIG

Monday, January 25

10:00 a.m. Leave for Westbrook Towers

10:30 a.m. Show then lunch at IHOP

## ST. CLAIR SINGING SENIORS

Meet 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 & CARDS

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: GROUPS 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 BOWLING meets on Tuesdays at 1:00 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	01/05	Bingo with Aid and Assist at Home
THURSDAY	01/07	Bingo with The Bridge at Hickory Woods
TUESDAY	01/12	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	01/14	Bingo with Life Care Center of Hickory Woods
TUESDAY	01/19	Bingo with Creekside Assisted Living
THURSDAY	01/21	Bingo with Diversicare of Smyrna
TUESDAY	01/26	Bingo with Willowbrook Home Health & Hospice
THURSDAY	01/28	Bingo with At Home Health Care

# JANUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>For a listing &amp; brief description of Activities that happen on a regular Routine at the Center, check out the Regular Events on page 11. For dance &amp; fitness classes and practice times, please see the Health &amp; Fitness calendar, page 14</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>Please note: If MURFREESBORO CITY SCHOOLS are closed for inclement weather, the St. Clair Street Senior Center is closed.</p>
<p><b>4</b></p> <p>8:00 a.m. Chicken Foot</p> <p>9:30 a.m. Roberson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:15 a.m. Walk with Ease</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p><b>5</b></p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Pinochle      9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Guitar Class    10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Group 2</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. <b>CCRC Visitation</b></p> <p>12:30 p.m. Chicken Foot</p> <p>1:00 p.m. Wii Bowling League</p> <p>1:00 p.m. Pastel Drawing Class</p>	<p><b>6 DEADLINE TO START WALK WITH EASE CLASS</b> <b>DEADLINE 01/08 SOUPER WINTER CLASS</b></p> <p>8:00 a.m. Chicken Foot</p> <p>10:15 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Polar Bear Days with MPRD</p> <p>1:30 p.m. Trivia Group</p>
<p><b>11 DEADLINE 01/13 LIVING WELL CLASS</b> <b>DEADLINE 01/13 RADON SEMINAR</b></p> <p>8:00 a.m. Chicken Foot</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. FCE Better Living Group</p> <p>10:00 a.m. Take a Break with Nurse Laura "Vision &amp; Fall Prevention"</p> <p>10:15 a.m. Walk with Ease</p> <p>1:00 p.m. Crafts with Marlane/MPRD "Wire Wrapping"</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p><b>12</b></p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Pinochle      9:00 a.m. Piano Group 1</p> <p>9:30 a.m. New Participant Orientation</p> <p>10:00 a.m. Guitar Class    10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. <b>CCRC Visitation</b></p> <p>12:30 p.m. Chicken Foot</p> <p>1:00 p.m. Wii Bowling League</p> <p>1:00 p.m. Pastel Drawing Class</p>	<p><b>13 DEADLINE 01/20 ADVENTURE IN ART</b></p> <p>8:00 a.m. Chicken Foot</p> <p>8:30 a.m. RCCOA Board Meeting</p> <p>9:30 a.m. <b>Tennessee Technology Ctr Field Trip</b></p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>10:00 a.m. <b>Wedding Dresses Through the Ages at Oaklands Mansion</b></p> <p>10:00 a.m. Program Committee Meeting</p> <p>10:15 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. <b>Radon Action Month Seminar</b></p> <p>1:30 p.m. Polar Bear Days with MPRD</p> <p>1:30 p.m. Trivia Group</p>
<p><b>18</b></p> <p><b>Center Closed</b></p> <p><b>for Martin Luther King, Jr. Day</b></p>	<p><b>19</b></p> <p>9:00 a.m. Men's Pool Tournament</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Pinochle      9:00 a.m. Piano Group 1</p> <p>9:30 a.m. Debora Scott, LMT Seminar</p> <p>10:00 a.m. Guitar Class    10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. <b>CCRC Visitation</b></p> <p>12:30 p.m. Chicken Foot</p> <p>1:00 p.m. Wii Bowling League</p> <p>1:00 p.m. Pastel Drawing Class</p>	<p><b>20 DEADLINE 01/22 PAINT WITH LIZ</b> <b>DEADLINE 01/22 TAKE A BREAK</b></p> <p>8:00 a.m. Chicken Foot</p> <p>9:00 a.m. Adventures in Art: Collage</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>9:30 a.m. Crafting with Susanne: Fleece Scarf</p> <p>10:15 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:30 p.m. Polar Bear Days with MPRD</p> <p>1:30 p.m. Trivia Group</p>
<p><b>25 DEADLINE 01/30 SATURDAY FUN PROGRAM</b></p> <p>8:00 a.m. Chicken Foot</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:30 a.m. Roberson Bridge</p> <p>9:45 a.m. Murfreesboro Duplicate Bridge</p> <p>10:00 a.m. <b>Clowns to Woodbury</b></p> <p>10:15 a.m. Walk with Ease</p> <p>10:00 a.m. Ask the Doctor "Lymphedema"</p> <p>1:00 p.m. St. Clair Singing Seniors</p> <p>1:30 p.m. Senior Learning Network presents: "Denali, The High One"</p>	<p><b>26 DEADLINE 01/28 MIXED MEDIA CLASS</b></p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Pinochle      9:00 a.m. Piano Group 1</p> <p>10:00 a.m. Guitar Class    10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Crochet Group</p> <p>12:30 p.m. <b>CCRC Visitation</b></p> <p>12:30 p.m. Chicken Foot</p> <p>1:00 p.m. Wii Bowling League</p> <p>1:00 p.m. Pastel Drawing Class</p>	<p><b>27</b></p> <p>8:00 a.m. Chicken Foot</p> <p>9:30 a.m. Living Well with Chronic Conditions</p> <p>10:15 a.m. Walk with Ease</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> <p>1:00 p.m. Spades</p> <p>1:00 p.m. Ceramics with Jo Ann</p> <p>1:30 p.m. Polar Bear Days with MPRD</p> <p>1:30 p.m. Trivia Group</p>

# OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3.</p>	<p>1 Center is Closed  Happy New Year!</p>	2 Center is Closed Happy New Year!
		3 On this date in 1938 the March of Dimes was founded.
<p>7 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 10:00 a.m. Quilters 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>8 <b>DEADLINE 01/11 TAKE A BREAK</b> <b>DEADLINE 01/13 TN TECHNOLOGY CTR TRIP</b> <b>DEADLINE 01/13 OAKLANDS MANSION TRIP</b> 8:00 a.m. Chicken Foot 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. Knit Group 10:15 a.m. Walk with Ease 12:00 n Share the Care Alzheimer's Support Group 1:00 p.m. <b>A Souper Winter with UT Extension</b></p>	<p>9 12:30 p.m. Center Open 1:30 p.m. <b>Cooking with Chef Russ</b></p>
<p>14 <b>DEADLINE 01/21 LUNCH &amp; LEARN</b> <b>DEADLINE 01/21 POTATO BAR</b> 9:00 a.m. St. Rose Bridge Group 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 10:00 a.m. Quilters 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>15 8:00 a.m. Chicken Foot 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 10:15 a.m. Walk with Ease 1:30 p.m. <b>Friday Feature Flick: A Mystery</b></p>	10 On this date in 1920 the League of Nations was founded as a result of the Paris Peace Conference that ended the First World War.
		16 12:30 p.m. Center Open 1:30 p.m. Parkinson Support Group
<p>21 <b>DEADLINE 01/25 ASK THE DOCTOR</b> 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:30 a.m. New Volunteer Orientation 10:00 a.m. Quilters 10:00 a.m. Lunchtime Trivia 11:30 a.m. Lunch &amp; Learn "Considering Cremation" 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session 5:00 p.m. Potato Bar &amp; Games with MPRD</p>	<p>22 8:00 a.m. Chicken Foot 9:00 a.m. Pinochle 9:00 a.m. Paint with Liz "Winter Scene" 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:15 a.m. Walk with Ease 12:00 n Labor of Love Caregiver Support Group 1:00 p.m. Take a Break with Nurse Laura "Sleep Apnea" 1:00 p.m. Happy Clowns Meeting</p>	17 Happy Birthday Andy Kaufman who was born on this day in 1949.
		23 12:30 p.m. Center Open
<p>28 9:00 a.m. Stained Glass Class 9:00 a.m. Mixed Media Class: Winter's Glitter 9:00 a.m. Pinochle 10:00 a.m. Quilters 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>29 8:00 a.m. Chicken Foot 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:15 a.m. Walk with Ease</p>	24 My you have lovely eyes! Today is National Compliment day. . .celebrate by saying something nice to someone.
		30 12:30 p.m. Center Open 1:30 p.m. <b>Saturday Family Fun with a Ventriloquist</b> (A what?!?! YES, a ventriloquist! FUN!)
		31 On this day in 1971 U.S.A. launched the Apollo 14 piloted by astronauts Alan B. Shepard Jr., Edgar D. Mitchell, and Stuart A. Roosa, on a manned mission to the moon.

# HEALTH & FITNESS

## FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p style="text-align: center;"><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Fit with Mark</b>            9:15 a.m. <b>Zumba® Gold</b> CANCELLED/JAN            10:15 a.m. <b>Walk with Ease</b>            10:30 a.m. <b>Intermediate Tap</b> CANCELLED/JAN            11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p style="text-align: center;"><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>            10:30 a.m. <b>Yoga with Dot</b></p> <p style="text-align: center;"><b>UPPER DINING ROOM</b></p> <p>9:30 a.m. <b>Line Dance Practice/Judy</b></p> <p style="text-align: center;"><b>NURSE STATION</b></p> <p>9:30 a.m. <b>Blood Pressure Clinic</b></p>	<p style="text-align: center;"><b>EXERCISE ROOM</b></p> <p>8:30 a.m. <b>Core Strength: Intermediate</b>            8:45 a.m. <b>Senior Strength: Intermediate</b>            9:30 a.m. <b>Dancercise: Advanced</b>            10:25 a.m. <b>Core Strength: Beginning</b>            10:40 a.m. <b>Senior Strength: Beginning</b>            11:30 a.m.-1:00 p.m. <b>Open Gym</b>            1:00 p.m. <b>GO4Life</b>            2:00-4:15 p.m. <b>Open Gym</b></p> <p style="text-align: center;"><b>LOWER DINING ROOM</b></p> <p>8:30 a.m. <b>Zumba® Gold Toning</b>            9:30 a.m. <b>Line Dance Practice/Delia</b></p> <p style="text-align: center;"><b>UPPER DINING ROOM</b></p> <p>1:15 p.m. <b>Line Dance Warm Up</b>            2:00 p.m. <b>Intermediate Line Dance with Tom</b>            3:15 p.m. <b>Ballroom Dance Class</b></p>	<p style="text-align: center;"><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Fit with Mark</b>            9:15 a.m. <b>GO4Life</b>            10:15 a.m. <b>Walk with Ease</b>            11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p style="text-align: center;"><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>            10:30 a.m. <b>Yoga with Dot</b></p> <p style="text-align: center;"><b>UPPER DINING ROOM</b></p> <p>2:00 p.m. <b>Beginning Line Dance</b></p> <p style="text-align: center;">Check bulletin board behind reception desk for any daily changes!</p>	
THURSDAYS	FRIDAYS	SATURDAYS	PLEASE READ!
<p style="text-align: center;"><b>EXERCISE ROOM</b></p> <p>8:30 a.m. <b>Core Strength: Intermediate</b>            8:45 a.m. <b>Senior Strength: Intermediate</b>            9:30 a.m. <b>Dancercise: Advanced</b>            10:25 a.m. <b>Core Strength: Beginning</b>            10:40 a.m. <b>Senior Strength: Beginning</b>            11:30 a.m.-1:00 p.m. <b>Open Gym</b>            1:00 p.m. <b>GO4Life</b>            2:00-4:15 p.m. <b>Open Gym</b></p> <p style="text-align: center;"><b>LOWER DINING ROOM</b></p> <p>8:30 a.m. <b>Zumba® Gold Toning</b>            9:30 a.m. <b>Line Dance Practice/Delia</b></p>	<p style="text-align: center;"><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Gentle Fitness with Mark</b>            9:15 a.m. <b>GO4Life</b>            10:15 a.m. <b>Walk with Ease</b>            11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p style="text-align: center;"><b>LOWER DINING ROOM</b></p> <p>9:00 a.m. <b>Yoga with Dot</b>            10:30 a.m. <b>Yoga with Dot</b></p> <p style="text-align: center;"><b>UPPER DINING ROOM</b></p> <p>6:00 p.m. <b>Line Dance Friday Note</b>  <span style="color: red; font-size: 2em; font-weight: bold; opacity: 0.5;">CANCELLED</span> on Friday, January 8</p>	<p style="text-align: center;">Classes with a monthly fee are <b>GREEN</b>.            Classes are <b>NOT</b> prorated.            Classes with a <b>NO</b> fee are <b>BLUE</b>.</p> <hr style="border: 1px solid blue;"/> <p><b>Go4Life</b> motivates older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines.</p>	<p>Some of the exercise programs may include activities that require extra strength or endurance. Before you begin <b>ANY</b> exercise program, be sure and check with your personal physician and see if you are healthy enough to exercise.</p> <p>If you have any questions about any of our fitness programs, please be sure to talk with the instructor. We care about your safety, health and wellness!</p>

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

WEDNESDAYS <b>IN JANUARY</b> 1:30-3:30 p.m.	<b>POLAR BEAR DAYS WITH MPRD</b> Don't let the cold or warmth outside keep you from having great fun in the January afternoons. Join us for four afternoons of fun, games and crafts. Refreshments served. Meets on 1/6, 13, 20 & 27.	<i>No Limit No Deadline</i>
FRIDAY <b>JANUARY 8</b> 12:00 n-1:00 p.m.	<b>SHARE THE CARE ALZHEIMER'S SUPPORT GROUP</b> Provides emotional, educational and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.	<i>No Limit No Deadline</i>
FRIDAY <b>JANUARY 8</b> 1:00-2:00 p.m.	<b>A "SOUP - - -ER" WINTER WITH UT EXTENSION:</b> 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 you 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>
MONDAY <b>JANUARY 11</b> 10:00-11:30 a.m.	<b>TAKE A BREAK WITH NURSE LAURA "VISION &amp; FALL PREVENTION"</b> Karen Davis-Ahng works at Vision Impairment Services at the Tennessee Rehabilitation Center in Smyrna and will speak on vision changes as we age and how to deal with them. She will also educate us on fall prevention.	<i>Limit 40 Deadline 01/08</i>
MONDAY <b>JANUARY 11</b> 1:00-4:00 p.m.	<b>CRAFTS WITH MPRD "WIRE WRAPPING"</b> For this craft you need to bring three or four large beads and a dozen or so medium size beads.	<i>Limit 18 No Deadline</i>
TUESDAY <b>JANUARY 12</b> 9:30-10:30 a.m.	<b>NEW PARTICIPANT ORIENTATION</b> If you are new to the Center, please make sure to attend this insightful orientation. You will learn the rules and regulations of the Center, meet the staff, take a tour, and play a game with the LEAF.	<i>Limit 50 No Deadline</i>
BEGINS WED <b>JANUARY 13</b> 9:30-11:30 a.m.	<b>LIVING WELL WITH CHRONIC CONDITIONS</b> If there is an on-going health problem or disease (such as asthma, heart disease, diabetes, arthritis) that you are dealing with, sign up for this six-week workshop. Living Well with Chronic Conditions is designed to complement and enhance medical treatment and disease management.	<i>Limit 18 Deadline 01/11</i>
WEDNESDAY <b>JANUARY 13</b> 1:00-2:30 p.m.	<b>RADON ACTION MONTH</b> 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 <b>JANUARY 15</b> 1:30-3:30 p.m.	<b>FRIDAY FEATURE FLICKS!</b> 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>
TUESDAY <b>JANUARY 19</b> 9:30-10:30 a.m.	<b>DEBORA SCOTT, LMT PRESENTATION</b> Debora Scott is a licensed massage therapist. One of her many specialties is lymphatic drainage massage. Come and hear about the many benefits of lymphatic massage, including reducing inflammation in the body that causes diseases such as arthritis and increasing the production of antibodies that fight infections!	<i>Limit 50 No Deadline</i>
THURSDAY <b>JANUARY 21</b> 9:30-10:30 a.m.	<b>NEW VOLUNTEER ORIENTATION</b> If you are a new volunteer at the Center, please plan to attend this informative meeting. You will learn about the rules and regulations of the Center, meet the staff and much more.	<i>Limit 50 No Deadline</i>
THURSDAY <b>JANUARY 21</b> 11:30 a.m.-1:00 p.m.	<b>LUNCH &amp; LEARN "CONSIDERING CREMATION"</b> Join us for this informational program on the benefits of pre-planning, affordable options and savings, veteran's benefits and much more presented by Chris Monchecourt, Pre-Need Counselor. Lunch provided by Neptune Society.	<i>Limit 30 Deadline 01/14</i>
THURSDAY <b>JANUARY 21</b> 5:00-8:30 p.m.	<b>POTATO BAR AND GAMES WITH MPRD</b> Round up your potato at the bar. MPRD is furnishing the potatoes and drinks. Seniors are to bring toppings for the potatoes, a salad or desserts to serve 12. Topping suggestions are: sour cream, plain yogurt, cheese, onions, chives, green onions, butter, salsa, etc. YUMMO! Doors will open at 4:30 p.m. Food served at 5:00 p.m.	<i>Limit 100 No Deadline</i>
MONDAY <b>JANUARY 22</b> 1:00-2:30 p.m.	<b>TAKE A BREAK WITH NURSE LAURA "SLEEP APNEA"</b> If you wake up tired, have daytime fatigue, snore, and/or have memory problems, you may have a sleep disorder. Come and learn about them and what to do to improve your sleep and life.	<i>Limit 40 Deadline 01/20</i>

## 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.

<b>MONDAY</b> <b>JANUARY 25</b> 10:00-11:30 a.m.	<b>ASK THE DOCTOR "LYMPHEDEMA"</b> Dr. Paula Stewart will speak on lymphedema and how it can be confused with other conditions. She will also educate us on treatments and what is new on the horizon.	<i>Limit 40</i> <i>Deadline 01/21</i>
<b>MONDAY</b> <b>JANUARY 25</b> 1:30-2:30 p.m.	<b>SENIOR LEARNING NETWORK PRESENTS "DENALI, THE HIGH ONE"</b> Come and learn about this majestic mountain. This Senior Learning Network program focuses on the dynamic geologic processes, subduction, uplift and erosion, that created North America's tallest mountain. We get to investigate just why Denali is so big and how it actually influences the weather and nearby glaciers!	<i>Limit 50</i> <i>No Deadline</i>
<b>SATURDAY</b> <b>JANUARY 30</b> 1:30-3:00 p.m.	<b>SATURDAY FAMILY FUN WITH A VENTRILOQUIST</b> 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</i> <i>Deadline 01/25</i>
<b>THURSDAY</b> <b>FEBRUARY 18</b> 5:00-8:30 p.m.	<b>FEBRUARY POTLUCK AND GAMES WITH MPRD</b> It's a progressive sitting for dinner. Move to another table for the main course sitting with someone you don't know. And a third table for dessert with someone new. MPRD will provide the main course. You bring a salad, vegetable, dessert or fruit enough for 12. Enjoy games after dinner. Doors will open at 4:30 p.m. and food will be served at 5:00 p.m.	<i>Limit 100</i> <i>No Deadline</i>

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

<b>SATURDAY</b> <b>JANUARY 9</b> 1:30-3:00 p.m.	<b>COOKING WITH CHEF RUSS</b> 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.	CLASS FEE \$10 <i>Min. 10/Max 25</i> <i>Deadline 12/29</i>
<b>TUESDAYS</b> <b>BEGINS JANUARY 12</b> 11:00 a.m.-12:00 n	<b>BEGINNING PIANO LESSONS</b> 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.	CLASS FEE \$50/ MONTH <i>Min. 4/Max 10</i> <i>Deadline 01/12</i>
<b>WEDNESDAY</b> <b>JANUARY 20</b> 9:00-11:00 a.m.	<b>ADVENTURES IN ART: COLLAGE</b> Are you ready for some new, exciting and fun creative times? Join us for Adventures in Art! It is good for us all to try something new. This month we will be exploring beautiful images and color with collage. All supplies provided by the instructor, Susanne Carter.	CLASS FEE \$20 <i>Min. 3/Max 12</i> <i>Deadline 01/13</i>
<b>WEDNESDAY</b> <b>JANUARY 20</b> 9:30-11:30 a.m.	<b>CRAFTING WITH SUSANNE: FLEECE SCARF</b> Susanne Hebden teaches you to make a fleece scarf. Anyone can do this project if you can cut with scissors. All supplies provided. You must sign up to attend as there is a limit of 10. Sponsored by Dreaming in Color.	CLASS FEE \$5 <i>Min. 3/Max 10</i> <i>Deadline 01/20</i>
<b>FRIDAY</b> <b>JANUARY 22</b> 9:00-11:00 a.m.	<b>PAINTING WITH LIZ "WINTER SCENE"</b> Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 <i>Min. 3/Max 12</i> <i>Deadline 01/20</i>
<b>THURSDAY</b> <b>JANUARY 28</b> 9:00 a.m.-2:00 p.m.	<b>MIXED MEDIA ART CLASS: WINTER'S GLITTER</b> Students should bring to class: 300 lb. watercolor paper (1 piece), brushes, brown gel pen, blue pastel pencil, aquamarine water color. This class is instructed by Karen Brackman.	CLASS FEE \$15 <i>Min. 3/Max 12</i> <i>Deadline 01/26</i>
<b>FRIDAY</b> <b>FEBRUARY 5</b> 9:00-11:00 a.m.	<b>PAINTING WITH LIZ "SPRINGTIME"</b> Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 <i>Min. 3/Max 12</i> <i>Deadline 02/03</i>
<b>WEDNESDAY</b> <b>FEBRUARY 17</b> 9:00-11:00 a.m.	<b>ADVENTURES IN ART: PAINTING PARTY!</b> Hooray! It's a painting party with Adventures in Art and Susanne Carter. This is painting made easy and fun for anyone. We will be exploring with acrylic paint. Bring a 16" x 20" canvas. All other supplies are provided.	CLASS FEE \$20 <i>Min. 3/Max 12</i> <i>Deadline 02/10</i>

**MAKE PLANS TO JOIN US**

Friday, 01/22 Paint with Liz  
"Winter Scene"



Thursday, 01/28 Mixed Media Art Class  
"Winter's Glitter"



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

<b>WEDNESDAY</b> <b>JANUARY 13</b> 9:30 a.m. Until done	<b>TENNESSEE TECHNOLOGY CENTER FIELD TRIP</b> 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 Limit 10 Deadline 01/08
<b>WEDNESDAY</b> <b>JANUARY 13</b> 10:00 a.m. 12:30 p.m.	<b>WEDDING DRESSES THROUGH THE AGES: OAKLANDS MANSION</b> 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 <a href="http://www.milanoii.com">www.milanoii.com</a> .	BRING \$ TRANSPORTATION \$2 Limit 11 Deadline 01/08



**Don't Forget! Cooking with Chef Russ on Saturday, January 9**

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.** Class is taught by Chef Russ Ransom who has catered, been a personal chef, worked in restaurants and hotels, and even owns and operates a gourmet jelly business and now is a culinary instructor at the Art Institute of Nashville. **Maximum for the class is 25 and the minimum is 10 participants.**

PLACES TO GO!



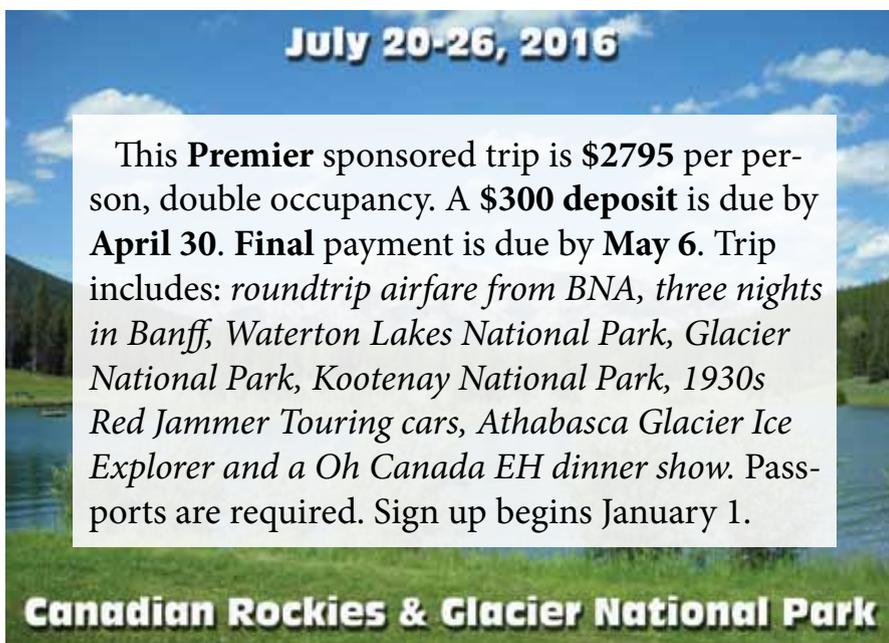
Join our  
**New Orleans Bus Tour**  
presented by  
**Diamond Tours** on  
**March 7-11**  
The cost is \$539  
(per person, double occupancy)  
**Full payment is due  
by January 29.**  
*Stops include World War II  
Museum, Louisiana planta-  
tion, and includes free time  
in the French Quarter and a  
Riverboat Cruise on the Mis-  
sissippi River.*  
**Sign up NOW!**

**New Orleans in March**



**Azalea Festival  
Virginia Bus Tour**  
**April 20-25**

Presented by **WHITE STAR** and featuring  
the **International Tattoo Show** and  
**Azalea Festival Grand Parade**  
Cost is \$754 per person, double occupancy.  
Deposit of \$75 due by January 21 and  
final payment is due March 1.  
Trip includes reserved seats for the Azalea Festival  
Grand Parade, NATOfest activities, Norfolk Naval  
Base Tour, MacArthur Memorial International Tat-  
too Show and a dinner cruise on the Spirit of Nor-  
folk.  
*The 2016 Virginia International Tattoo will celebrate the past  
20 years with an extraordinary, once in a lifetime, cast of per-  
formers: the Swiss drum corps, Top Secret, a Dutch Band on Bi-  
cycles, world champion pipers from the Highlands of Scotland, a  
massed choir of EPIC proportions and the very finest musicians  
the U.S. Military has to offer. The finale will join the talents of  
1,500 performers into one honoring the service of the military.*



**July 20-26, 2016**

This **Premier** sponsored trip is \$2795 per per-  
son, double occupancy. A **\$300 deposit** is due by  
**April 30**. **Final** payment is due by **May 6**. Trip  
includes: *roundtrip airfare from BNA, three nights  
in Banff, Waterton Lakes National Park, Glacier  
National Park, Kootenay National Park, 1930s  
Red Jammer Touring cars, Athabasca Glacier Ice  
Explorer and a Oh Canada EH dinner show.* Pass-  
ports are required. Sign up begins January 1.

**Canadian Rockies & Glacier National Park**



**French Riviera: Monte Carlo & Nice**

This **Premier** sponsored trip is \$2895 per per-  
son, double occupancy. A **\$500 deposit** is due by  
**May 31**. **Final** payment is due by **August 18**. Trip  
features 7-nights at one hotel in Nice and includes  
airfare from BNA, Nice city tour, Nice flower  
market, Notre Dame Church, Grasse & Fragonard  
Perfume factory, Ventimiglia, Italy, Monte Carlo  
area tour, Cannes, St. Tropez & more. Passports  
are required. Sign up begins January 1.

**November 1-9**

All trips offer insurance plans and are recommended for all travelers. Insurance is an additional cost and varies per trip. Information sheets on these tours may be picked up at the Welcome Center starting in January. Deposits and payments are made to the companies presenting the trip.

# WHAT'S HAPPENING?



## MURFREESBORO ELECTRIC SPONSORED WINTERIZING WORKSHOP



Amy Byers and her crew from the Murfreesboro Electric Department had a Winterizing Workshop here at the center on December 2. It was a great hands on experience for those who attended. Everyone walked away with great information. We plan to have a repeat of this workshop in the spring. Look for details in upcoming issues of the LEAF.

## LIVING WELL WITH CHRONIC CONDITIONS SET TO BEGIN IN JANUARY

If you or someone you know is dealing with an on-going health problem or disease (such as asthma, heart disease, diabetes, arthritis), be sure to sign up for this six week workshop. **Living Well with Chronic Conditions** is designed to complement and enhance medical treatment and disease management. Research has shown that participants are able to manage their symptoms better and communicate

more easily with their doctors and loved ones. People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

The classes will begin on **January 13** and will meet for **6 consecutive Wednesdays** from 9:30-11:30 a.m. There is a limit of 15. Please register for this informative class by January 8 to reserve your spot.

# PROGRAMMING

## Intermediate Pastel Portrait Class



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

If you have taken the Beginning Pastel Portrait class in the past, you are welcome to sign up for the Intermediate Pastel Portrait Class. Class is held on Tuesday January 5, 12, 19, and 26 from 1:00-4:00 p.m. Fee is \$30 for the four lessons. The maximum number of students for the class is ten and minimum number of students is three.

For this class, you will need to bring the following: chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded eraser, wet wipes, a photo to draw from. Suggested paper: 300lb/640gsm arches watercolor single sheet natural white 22" x 30". **Beginning Pastel Drawing is a prerequisite for this class.** Since this is one of our 'ongoing' classes, you may sign up for several months in advance (up to June 2016) to attend so we can keep this program on the schedule.

### Line Dance Friday Nite

Is cancelled in January.  
We'll try again soon.

## Happy Clowns Make a Difference

Each month the Happy Clowns of St. Clair go out into the community to perform. They go to nursing homes, assisted livings, the children's home, Head Start and other senior centers. Each summer, they perform in the senior center as well. The clowns never charge or take money for their performances. On November 4 the clowns went to Morning Pointe in Tullahoma. On the way back, they stopped at Russell Stover for some ice cream. Mr. Coolidge Holt (past Murfreesboro Rotary Member) was at Russell Stover celebrating his 91<sup>st</sup> birthday with his daughter and his sister. The clowns sang happy birthday to Mr. Holt who was so happy to see them. The clowns made some really sweet memories for Mr. Holt. His daughter sent us this picture and gave permission to put it in the Leaf. She said that meeting the clowns was so much fun and made Mr. Holt's 91<sup>st</sup> birthday very special.

If you would like to spread joy and be a clown, see Brenda Kiskis Elliott (Tibbar the Clown) for more information. Clowning is fun and our clowns are a great group of men and women who just like clown' around!



## NEW CLASS: ADVENTURES in ART

**Adventures in Art** is for EVERYBODY & it's good for us all to try something new. Instructor, Susan Carter will be exploring beautiful images and color with collage. All supplies are provided. The class meets on Wednesday, January 20<sup>th</sup> from 9:00-11:00 a.m. The fee is \$20/person. The deadline to register for this fun class is January 13<sup>th</sup>.

## ADVENTURES in ART

### Continues with a Painting Party in February

This is painting made easy and fun for ANYONE. We will be exploring with acrylic paint. Bring a 16" x 20" canvas. All other supplies are provided.

Join Instructor, Susan Carter, on Wednesday, February 17<sup>th</sup> from 9:00-11:00 a.m. Fee is \$20 per person. Please register by February 10 to reserve your spot. See you there!

## PROGRAMMING



### ATTENTION Wii BOWLERS

Experienced & Beginning Wii  
Bowlers wanted!

Wii bowling is every Tuesday at 1:00 p.m. in the Lower Dining Room. We will be registering with the National Senior League soon. Come and play with us!



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

### Beginner Tap Class Offered in February

Whether you tapped as a child or have never donned a pair of tap shoes, come join us for a month of beginner tap lessons! This fun-filled class is a great way to try out tapping, and will include basic steps and combinations. Classes will be held **Mondays** in the month of **February** from **10:30-11:15 a.m.** in the main exercise room. The cost is \$15 for the month of classes.

Instructor Michelle Palmer will also hold a **FREE interest meeting on Monday, January 25**, from 10:00-10:30 a.m. to discuss what the class will entail, where to purchase shoes, and other details. We look forward to tapping with you!

### Piecing and Hand Quilting for Beginners

We are taking names on an interest list for a possible new class called Piecing and Hand Quilting for Beginners. This class teaches the basics of quilt piecing for the beginning student.

Students will learn how to choose fabric, cut the material, put the pieces together, hand quilt, and bind the quilt. Students will work on a small quilt project. The class will last several sessions. Please sign up at the reception desk if you have an interest in this class.

*Thank you, Brenda Kiskis Elliott*



**AND STILL MORE . . .**

**“The Gardener’s Corner”**

*By Jack Smith, Certified Master Gardener*

Well we are past Halloween, Thanksgiving is over, we made it through Christmas and now New Years is over so we can start thinking about getting ready for spring gardening.

Continue to keep the leaves off your lawn, especially on cool-season lawns, because the grass continues to grow through the winter. On a dry warmish day you can mow both cool and warm season lawns to help groom the lawn and mulch the leaves. Avoid walking on cool season lawns when it is cold enough for the grass to be frozen because frozen grass can be easily broken and the crown can also be severely damaged.

Avoid using salt to melt snow and ice from your walks and driveway because it can be harmful to your plants. There are several environmentally friendly products available at home improvement stores you may select from.

As long as the ground is not frozen, you can continue to plant new trees and shrubs, just add a 2 of 3 inch layer of mulch, but remember keep the mulch away from the

trunk.

January is a good time to prepare your vegetable garden soil for the upcoming spring planting season. If you do not make your own compost most local nursery and garden centers carry products such as mushroom compost or composted cow manure that are good to replenish garden soil with rich organic matter necessary to successfully grow healthy vegetables. Work at least ¼ inch of organic matter into your garden soil.

For Your Birds -- Food sources are scarce at this time of year. Besides seed, suet cakes will attract many birds and provide the calories they need to maintain their body heat. They are also count on you to keep fresh water in their bird baths, not frozen water.

IF you have a cold frame you may pick a few salad greens and you may plant a few more in the next few days. They may be a little slow about coming up. Just give them time and you will have more fresh greens to harvest in January.

**Preparing Your Vehicle for Winter Weather**

*Provided by J. Smith Lanier & Co.*

With winter weather fast approaching (or not), it is important to take the time to properly winterize your vehicle. Here are some key components of your vehicle that are susceptible to cold temps:

- **TIRES:** Cold temps cause air to contract. Therefore, extremely cold temps can cause your tires to fall below their recommended inflation pressure. Make sure your tires are always properly inflated in the winter.
- **WASHER FLUID:** Ensure the fluid has antifreeze solution.
- **DEFROSTER:** Foggy windshields are a huge danger to safe driving. Make sure your defroster is in good working order.
- **FUEL TANK:** Keeping your fuel tank full as often as possible is essential. The chances of getting stranded or stuck in traffic are both higher in the winter, requiring your vehicle to have gas to burn for long periods of time. Also, cold temps can cause condensation to form on the walls of any portion of the tank that is empty. This condensation can sink into the fuel lines and freeze, halting the flow of gas to the engine.
- **EMERGENCY KIT:** Flares, ice scraper, blankets, radio, flashlight, small shovel, first aid kit, non-perishable foods, bag of sand or kitty litter for traction, reflectors.

**POOL**  
*Room News*

**Coed Tournament Winners**  
**11-09-15**

1. Lue Simerly & Laird Weishahn
2. Lupe Hickman & Benny Todd
3. Bob Read & Carl Reed

**Ladies’ Tournament Winners**  
**11-16-15**

1. Aki Dean
2. Eileen Grant
3. Linda Sellers

**Men’s Tournament Winners**  
**11-17-15**

1. Tom Micah
2. Bill Gish
3. Jerry Parker

## FUN TIMES AT ST. CLAIR

# Beginning Line Dance

## Continues in 2016

### Beginner/Intermediate Line Dance

The beginning line dance class was so large in 2015 that Tom Robeson has agreed to continue with the Wednesday Class on Wednesdays from 2:00-3:00 p.m. Students will continue learning new dances throughout the months to come.

Don't miss this opportunity. If you are a beginner and want to improve your skills but do not feel comfortable joining the Tuesday Intermediate class, this is for YOU!

Everyone is welcome



On November 20, 2015 Kenny Loftis "Sparky" taught a class on clown makeup.

# Biltmore Estate & Asheville, N.C. Trip

Our "lively" group rode in the rain all day, but that didn't stop us from enjoying the driver, rest stops, playing bingo (and yes there were prizes), and even watching a movie.

The following day was filled with sunshine, and perfect for visiting the Biltmore Estates and Gardens. Having just been decorated for Christmas, the rooms were breathtaking with trees in every room. From there we left for a visit to the New Antler Village and Winery.

We had a great step-on guide for our tour of Asheville, which began at the Farmer's Market. Many of us purchased a variety of things there, so much, in fact, they had to be stored under the bus. As we drove along the Blue Ridge Parkway, our guide encouraged us to really study the beauty of the mountains in all of their glory. The Folk Art Center and movie were things that you don't want to miss when going this way.

This was another fun trip with a wonderful group of people.

*Claud & Phyllis Vick*



JANUARY 2016



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

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

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

**SENIOR DINING/MEALS ON WHEELS**

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

**MCHRA TRANSPORTATION**  
615-890-2677



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

**DONATIONS & STAFF**

**DONATIONS for NOVEMBER 2015**

Bingo \$ 00.00  
Quilting \$150.00  
Popcorn \$ 5.21  
Coffee \$ 92.54

**Donations:** AARP Chapter #4599, Geneva Black, Pyong Cahill, Sam Carmickle, Nelda Chadwick, Charity Circle of Murfreesboro, Joyce Johnson, Agnes McGill, Marjorie Miller, Jane Mitchell, Joe Restivo, Rosemary Sadler, Brenda Sweeney, Lucia Vazquez.

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

**ST. CLAIR STREET SENIOR CENTER STAFF**

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

*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.