

The Leaf

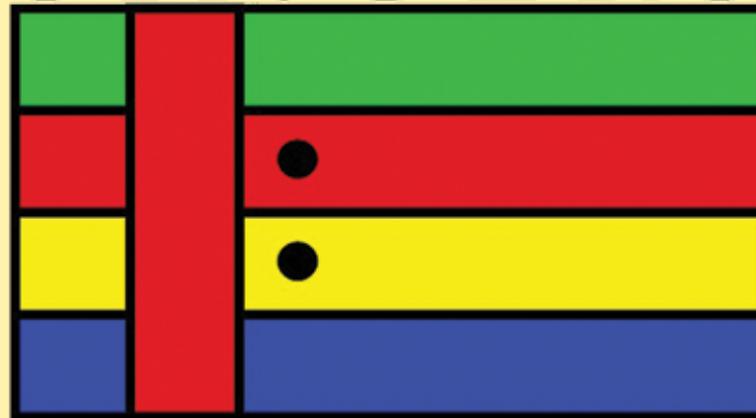
February 2016



SOUL PERFORMS



SINGERS



OF UNITED LANDS



**Friday, February 19
10:00-11:00 a.m.**



Singers Of United Lands is a vocal quartet.

Each of the four members is from a different continent!

Julian is a Tenor from Albania,

Stellah is an Alto from Kenya,

Kent is a Baritone from Malaysia.

Siw Noria is a Soprano from Norway.



The ensemble only performs songs native to the home countries of the four members.

There is no fee to attend, however, sign up is requested.

Thank you Global Education Center of Nashville for offering this performance.

SOUL "SINGERS OF UNITED LANDS"

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.



February is here and the cold winter weather is upon us. I would like to make sure all our participants understand our closing for inclement weather rule. **The Center will close when Murfreesboro City schools close for the entire school day or early dismissal due to severe weather, the Senior Center cancels all Center sponsored classes, activity groups, programs, and special events.** When the Murfreesboro City schools are not in session, early morning decisions to cancel programming due to severe weather are made by the Senior Center Director. Cancellation of Senior Center sponsored programming is announced on local TV stations, WGNS and the City of Murfreesboro website.

I recently had the privilege of traveling with many of our

seniors to Savannah, GA. For the New Year's Eve trip by White Star. The trip gave our travelers a true taste of the South. We dined on a Riverboat, we were entertained and rang in the New Year by one of the best shows in town at the Savannah Theater and last but not least we were first



in line for lunch at Lady and Sons. Even the torrential rain in Atlanta did not stop this group from enjoying the tour.

Our Staff welcomed Drew Anderson to St. Clair. Drew started on January 11th and has created several day trips that are listed inside this month's LEAF. We are excited to have Drew and look forward to great trip destinations and the fresh new ideas he will bring to our programs.

Your Director, Connie C. Rigsby

2016 TRIPS PLANNED for ST. CLAIR SENIOR CENTER!

DATES	LOCATION	PRICE	TOUR COMPANY	RELEASE DATE
March 7-11	New Orleans	*\$539.00	Diamond	January 1
April 20-25	Azalea 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

*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 Senior Center. Deposits and payments are made to the companies presenting the trip.

MARK YOUR CALENDER! Wednesday, February 3 at 2:00 p.m. **Premier Travel for 2016 Presentation**
A representative from Premier Travel will be at the Center on Wednesday, February 3 at 2:00 p.m. to introduce the 2016 travel destination. There will be a power point presentation of the Canadian Rockies/Glacier National Park trip and Great Trains and Grand Canyon trip.

ST. CLAIR TRAVEL 2016

I would like to take this opportunity to introduce myself as the new Travel Program Coordinator for the St. Clair Senior Center. As a middle Tennessee native my wife Heather and I have lived in Murfreesboro for over 6 years with our three dogs. Alex a Silky Terrier, Malachi a Standard Poodle and Stevie, a Rhodesian Boxer. As a graduate of MTSU, I am excited to continue a working and living relationship here with the city of Murfreesboro.

Jumping in we have 14 trips scheduled for February. We are bringing back some favorites such as the Tour De' Goodwill's, trips to the malls and adding an extra day to the Mystery Lunch. We will continue to embrace garden and antique shows. Cultural outings to museums, festivals and places frozen in time like Sutton's Ole Time Music hour at the T.B. Sutton General store in Granville, TN. I am also excited to announce new themed trips such as our Diner, Dives and Drive-ins experience where we will be seeking out unique restaurants that may or may not be on the beaten path. We will be exploring new cuisines with our Around the World lunch dates. And by request we are launching Lunch 495. This budget friendly lunch is focused on enjoying a nice meal out socializing, shopping or visiting a park while not breaking the bank.

We are shaping our program around our core objectives: Education, Recreation, Health and Physical Fitness. Most important though, is that we shape programs around your interests and activities as well. I have already had and implemented many

suggestions in February's calendar and look forward to working with all of you as we make St. Clair's travel program the best in the state. One way to accomplish this is to collaborate together with your likes and dislikes. My goal is to have a program that reflects our core objectives and that is also working for those who use it. If something about the program is not working please let me know so I may address the issue and improve the situation. Together, we can build a program that is not only exciting but beneficial to all participants here at St. Clair. Personally, I have experienced the cognitive, social and physical benefits that being an active traveler and learner can have on someone's life. Some of my strongest memories and closest friends have come from getting out of my comfort zone to experience new towns, different cultures and new experiences with friends and family. The Travel Program is intended to be a great asset in your life. So use it and make it apart of your greatest year yet. On a side note I would like to say thank you for the gracious and warm reception. I am honored to have the opportunity to work here. Thank you.

Drew Anderson, Program Coordinator



*By Drew Anderson
Program Coordinator
Office Hours: Monday-Friday
8:00 a.m.-4:30 p.m.*

Attention all Travelers! Please complete this brief survey. Return to Drew Anderson in the Welcome Center.

<i>Where do you want to go on your next big adventure?</i>				
___ Symphony	___ Restaurants	___ State Parks	___ Plays/Theatre	___ Behind the Scenes
___ Sporting Events	___ Gambling	___ Music Concerts	___ Other Sr Centers	___ Trains
___ Local Parks	___ Shopping	___ Sight Seeing	___ Small Towns	___ Large Towns
___ Mountains	___ Boats	___ Museums	___ Rambling	___ Other
Now be very specific and name 4 places you want to go!				
1. _____	2. _____	3. _____	4. _____	
Now... tell us where you do not want to go.				

Any other suggestions: _____				
Thanks for your input!				

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

MPRD = Murfreesboro Parks & Recreation Department	ADS = Adult Day Service
SCSSC = St.. Clair Street Senior Center	NOD = Nurse on Duty
MCHRA = Mid-Cumberland Human Resource Agency	CCP = Cumberland Co. Playhouse

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.*

After the tropical Christmas we had, the New Year 2016 ushered in a real winter. We packed away the Christmas decorations and celebrated the arrival of the year 2016. We enjoyed the boot scootin' music by "Uptown Country" and toasted in the New Year (with sparkling juice, of course) with others at the center Noon Year's party. We owe much appreciation to Brenda Elliot, Lisa Foster and dedicated volunteers for planning and giving wonderful holiday events at the Senior Center.

It's the season when weather can be brutal. We miss the frequent outdoor excursions; however, indoor winter activities abound in the ADS. The view from our windows in ADS gives us opportunities to view cardinals and other birds foraging for seeds. In January, we made pinecone treats with peanut butter and seeds to encourage our feathered friends to visit the trees outside our window and enjoy. We did art projects, played jingo and enjoyed other mentally stimulating games. We did indoor active games such as Velcro baseball and corn hole.

The month of February is National Heart Month and a good time to assess our heart healthy habits. We'll enjoy some healthy soup (and

healthy competition) at the ADS Souper Bowl party. While we encourage heart healthy exercise and nutrition every day, one way to foster another

kind of good heart health is to show kindness and friendship to others, to appreciate the best in one another and be grateful. We'll be making valentines and doing a photograph display of our participants, staff and volunteers in the ADS and we are encouraging our participants to bring a photograph, perhaps of an engagement, their wedding, or even a photo of beloved grandchildren. Whatever warms their hearts! We'll also enjoy doing some random



ADS participants making decorations for New Year's Eve!

acts of kindness for our friends at the center and we'll make new friends. How's that for good heart health? This is why LIFE IS GOOD in the ADS!

"There is nothing on this earth more to be prized than true friendship." Thomas Aquinas

Excellent Information on the St. Clair Street Senior Center Adult Day Service can be found on the City of Murfreesboro web site: www.murfreesborotn.gov.

If you know someone who is in need of our services, please share our information!



ADS participants making sure the Christmas tree looks just right!

CARE SPECIALIST NEWS

BE SAFE, NOT SORRY!

Thursday, February 18th • 9:00-11:00 a.m.

On Thursday February 18th, we will focus our attention on safety issues that are important to all of us. We will have several professionals present to speak about many different kinds of safety concerns. Personal safety issues are important as we are out and about going along with our lives on a daily basis.



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

- How do we keep ourselves safe from persons that could potentially cause us harm?
- How do we make our homes safe from intruders as well as accidents?
- Extreme weather can definitely cause unsafe conditions. Do we know what to do?
- Fire can cause some of the most deadly and catastrophic damage, are we prepared for that possibility?



To be eligible for a door prize you must be registered by the deadline and scanned in on that day.



We will have representatives from MURFREESBORO POLICE DEPARTMENT & MURFREESBORO FIRE DEPARTMENT along with representatives from several other agencies to answer these questions and more.

Please sign up for this important program by Tuesday, February 16th. There will be give-a-ways and door prizes and there is a limit of 75, so don't delay in making a reservation if you would like to be a part of this fun program.

Did you know... Your heartbeat changes and mimics the music you listen to?

Low Income Home Energy Assistance Program (LIHEAP)

Applications are now available through the Mid Cumberland Community Action Agency for the Low Income Home Energy Assistance Program for help with your heating and air conditioning bills. You can apply one time per year and based on income you may be awarded assistance in paying your energy bill. When you apply you will supply proof and source of income for all family members, social security numbers, proof of energy costs, and photo id for

the head of the household. This program is open to all, not just seniors, so if you know of a family that is struggling to pay their energy bills this could be a great opportunity to help them. You can download the application at www.midcumberland.org, or call Mid Cumberland Community Action Agency at (615) 742-1113 and they can send you one. You can also pick up an application by contacting Dee Brown at the Senior Center, (615) 848-2550.



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

Volunteer Corner February 2016

Do you have a special skill that you would like to teach others? We are always looking for volunteers to teach health and fitness classes, new games and crafts, basic computer classes and iphone classes. I'd love to hear your ideas!

Stop by Carol's office during her business hours to discuss any ideas that you may have or with examples of things you would like to teach. Volunteer applications are available in her office as well. Be sure to check the board outside Carol's office for updates.



Leaping Into the New Year! 2016 has an extra day of fun!

Hoppy Leap Year!

We have an extra day this year to celebrate. **Monday, February 29, 2016** gives us an additional day in the calendar. In the afternoon we have **music by Eddie K** from **1:00-3:00 p.m.** Join

us for dancing, yummy refreshments, and visiting with vendors. You will have so much fun that it can't be put into words! Mark your calendars for this fun date and bring a friend! Oh yeah, be sure to sign up!



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

SHOW SOME LOVE BY PROTECTING YOUR HEART

When you think of Valentine's Day or say the word heart many of us visualize a shiny red box filled with sweet, irresistible chocolate. We use the word heart in reference to love in phrases such as, won my heart or stole my heart to name a few. We guard and protect our heart in matters of love which is an emotion but often times neglect our heart in matters of life which is a reality. Not only do we celebrate Valentine's Day this month, **February is American Heart Month.**

There are several lifestyle changes you can make to reduce your risk of heart disease and improve your overall health and well-being.

- Exercise 30 to 60 minutes a day. If you can't complete a full hour of exercise in one session, breaking up your physical activity into several 10 to 15 minutes sessions will give you the same heart-health benefits. The point is to get moving!
- Maintain a healthy weight. Extra weight



puts a strain on your heart and arteries.

Eat a low-fat diet. Avoid saturated fat (the fat in meats and dairy products).

- Control your blood pressure. It's no secret high blood pressure is known as the "silent killer". It has no symptoms and many people have had high blood pressure for years without knowing it. In adults, the ideal top number (systolic pressure) should be less than 120. The bottom number (diastolic pressure) should be less than 90. Treating high blood pressure can reduce the risk of heart attack or stroke.
- Do not use tobacco products and limit alcohol intake. According to the American Heart Association a smoker's risk of developing coronary heart disease is 2-4 times that of nonsmokers. Drinking too much alcohol can raise blood pressure, cause heart failure and lead to stroke.

Now, getting back to that heart shaped box of chocolate, it sure tastes good and is given as a token of affection, but there are many, many alternative ways to let someone know they are special. Break tradition. This year give or ask for heart healthy choices.

- Exercise. Offer to walk with your sweetheart or a friend for

thirty minutes each evening for a month. It might just be the thing you need to unwind and catch up on daily events.

After a month, this might be something you enjoy and carry on throughout the year.

- Exercise equipment. Invest in your health and purchase inexpensive exercise and fitness equipment. Hand weights, a new workout DVD, a new workout outfit, or even a jump rope are excellent ideas. Check out our exercise room.
- Fruit. Promote healthy lifestyles by offering fruit gift baskets. Arrange a basket with a variety of fresh and dried fruits to present a celebration of all the best nature has to offer.
- Make a heart healthy meal. Instead of the usual night out in a crowded restaurant, make a healthy dinner at home and eat by candlelight.

Taking time to be good to yourself, eating healthy and exercising is the best gift of all that you can give to a loved one.



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

Have a loving month!  Cindi

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

Cosponsored by the

Alzheimer's Association of Middle Tennessee

Providing the following services:

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

Contact Cindi Thomas for information.



Memory Café in Murfreesboro-

3rd Monday of each month
2:00-3:00 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.

LUNCH & LEARN



The 3rd Thursday of each month
11:30 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.

Labor of Love Caregivers Support Group

The 4th Friday of each month
12:00noon -1:00 P.M.



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

"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 @

There will NO Lunch & Learn in February
Be sure to join us at the **February 18**
"BE SAFE, NOT SORRY"
SAFETY FAIR
Starting at 9:00 a.m.

GRIEF SUPPORT



St. Clair Street Senior Center

10:00 -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

NURSE LAURA SAYS

LET'S GET TO THE HEART OF HEART HEALTH

February, the love month, the month we concentrate on matters of the heart. We will be bombarded with heart shaped candies, cards and jewelry, love songs, and reminders to show love to the special people in our lives. What many don't consider (and should) is the health of their heart. Even if your love life is in great shape, you need to stop and think about how healthy your heart is. Heart disease is the leading cause of death in the U.S., it accounts for one in every four deaths. That's more than 600,000 Americans dying of heart disease each year. Every year in this country more than 1.5 million people have a heart attack or a stroke.

February is Heart Month and February 5 is National Wear Red Day, a day set aside to raise awareness of heart disease and stroke (especially in women) and what you can do to prevent both of them. You may wonder why women are the primary focus in this month and here's the reason: more women die from heart disease than men. Among women, one in three deaths is from heart disease or stroke. That's more than all cancers combined. Women have more strokes than men do and strokes kill more women than men. However, the uplifting news is that 80% of these heart disease events can be prevented. To do so, the American Heart Association advises you to follow "Life's Simple 7":

1. Keep your blood pressure under control
2. Eat better
3. Get physically active
4. Lose excess weight
5. Lower cholesterol
6. Reduce blood sugar
7. Don't smoke

There are 67 million Americans with high blood pressure and many of them do not have it under control. High blood pressure raises your risk of stroke, heart attack, heart failure and kidney failure. You can have high blood pressure yet have no symptoms so have it checked regularly, even if you feel fine. If you have been diagnosed with hypertension (high BP) make sure you take your meds as prescribed (again, even when you feel fine), eat right, reduce salt in your diet, avoid stress as much as possible, exercise regularly, and limit alcohol. Remember, salt in your diet does not come from the salt shaker as much as from processed foods and eating out. Read food labels and keep your so-

dium intake around 1,500 mg. a day (the average American gets more than 3,400 mg. a day). Some of the most sodium-filled foods are breads, cold cuts, cured meats, pizza, soups, sandwiches, snack foods, cheese, and meat dishes. Cut back on these and increase fresh fruits and vegetables and drink plenty of water.

Another number you need to keep in check is your cholesterol score. Too much cholesterol in your blood also increases your risk of heart attack and stroke by building up and causing a narrowing of your arteries, making it harder for blood to flow to the brain and heart. A heart attack occurs when blood flow to a part of the heart is blocked, usually by a blood clot. A stroke happens when a blood vessel to the brain is blocked or bursts. It is important that everyone know the symptoms of a heart attack and stroke. Someone having a heart attack may have pain, pressure, fullness or squeezing in the chest, arm, shoulder, jaw, neck or back; weakness, light-headedness, nausea, or cold sweat; shortness of breath. Women are more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain. Signs of a stroke include: sudden numbness or weakness of the face, arm, or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; sudden severe headache with no known cause.

If you have any of these symptoms, **DO NOT WAIT!** Seek medical attention immediately. Minutes matter; fast action can save your life.

Diabetes is also a major factor for heart disease and stroke so if you are a diabetic that is just another reason for you to keep it under control. See me if you would like more information on heart disease, controlling your diabetes, stroke risks, etc.

Remember to wear red on Friday, February 5. While you cannot make yourself any younger in years, you can make your heart "younger" by making these changes and following recommended medical treatments. So, love yourself enough to follow the suggestions made by the American Heart Association and the CDC and have a healthier heart!

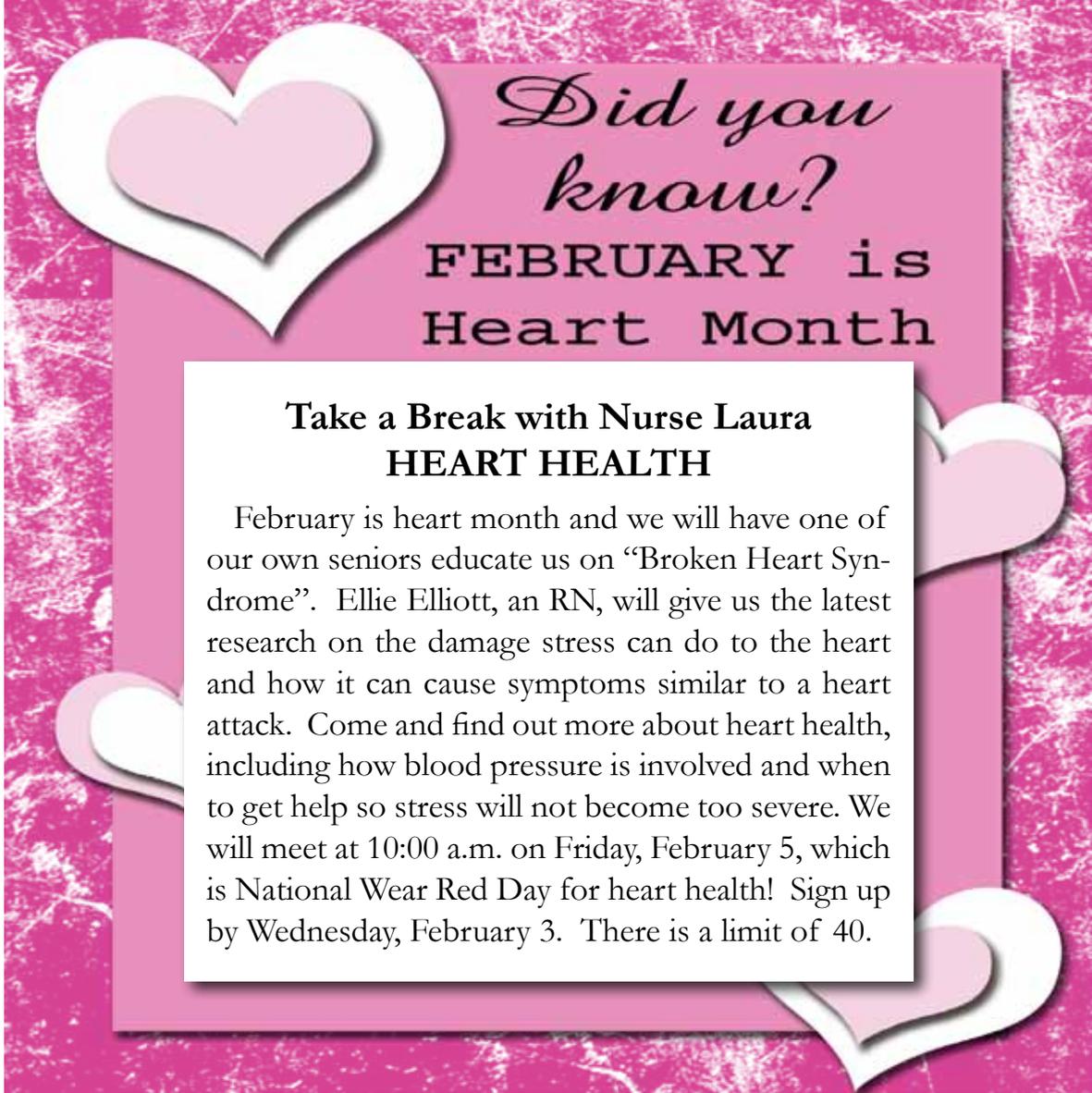
References: American Heart Association, CDC, Harvard Heart Letter Jan. 2016



Laura Grissom, LPN
Nurse

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





Did you know?
FEBRUARY is Heart Month

Take a Break with Nurse Laura HEART HEALTH

February is heart month and we will have one of our own seniors educate us on “Broken Heart Syndrome”. Ellie Elliott, an RN, will give us the latest research on the damage stress can do to the heart and how it can cause symptoms similar to a heart attack. Come and find out more about heart health, including how blood pressure is involved and when to get help so stress will not become too severe. We will meet at 10:00 a.m. on Friday, February 5, which is National Wear Red Day for heart health! Sign up by Wednesday, February 3. There is a limit of 40.

GO 4 LIFE: Fit Exercise & Activity Into Your Daily Life!

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

Did you realize high blood pressure is a leading cause of heart disease and stroke? The blood pressure clinic is every Monday from 9:30 a.m. until 11:30 a.m. in the nurse’s station. We have wonderful health providers here each week to help you keep track of your numbers. High blood pressure often has no symptoms but can be a risk factor for heart disease or stroke. If you haven’t been checking your BP, start this Monday, in this month dedicated to heart health!

ASK the DOCTOR “Dentistry”

with Dr. Andrew Flipse

Friday, February 26 at 10:00 a.m.

We are happy to have Dr. Andrew Flipse coming to the center to teach us about good dental health. Dr. Flipse is a dentist here in Murfreesboro who is involved in cosmetic dentistry and reconstructive dentistry, as well as general family dentistry. He will be here **Friday, February 26** at 10:00 a.m. *so sign up by Wednesday, February 24.* Class is limited to **40 participants.**

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 **Wednesday, February 10.** There is an annual fee of \$5 due on your first trip and fees for services are: shampoo/set: \$5; haircut: \$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, February 5** and let them know if you use a wheelchair. There is a limit of 10.

HEART FACTS

Did you know? Every day, your heart creates enough energy to drive a truck for 20 miles (32 km).

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 12:00 n. 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 CLASS & REHEARSAL

Friday, February 26
1:00-3:00 p.m.

CLOWN GIG

Wednesday, March 3

9:30 a.m. Leave for Northside Health Care.
We'll go to Gondolier for lunch
after the gig.

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, SPADES, UNO & MORE

Card games are played every day, all the time, in some shape or form. Usually it's just a group of people getting together and playing. If you are interested, stop by the card room 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 & BEGINNING PIANO

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	02/02	Bingo with Aid and Assist at Home
THURSDAY	02/04	Bingo CANCELLED
TUESDAY	02/09	Bingo with Roselawn Funeral Home & Memorial Garden
THURSDAY	02/11	Bingo with Life Care Center of Hickory Woods
TUESDAY	02/16	Bingo with Creekside Assisted Living
THURSDAY	02/18	Bingo with Diversicare of Smyrna
TUESDAY	02/23	Bingo with Willowbrook Home Health & Hospice
THURSDAY	02/25	Bingo with At Home Health Care

FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>1 DEADLINE TODAY'S BEGINNING TAP DANCE CLASS 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:30 a.m. Roberson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:15 a.m. Walk with Ease 10:30 a.m. Beginning Tap Dance Class 11:20 a.m. Intermediate Tap Class 1:00 p.m. St. Clair Singing Seniors</p>	<p>2 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano Group 1 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 10:00 a.m. Quilting 11:00 a.m. Beginning Piano 12:00 n Crochet Group 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. Wii Bowling League 1:00 p.m. Intermediate Pastel Drawing Class 2:15 p.m. Conversational Spanish Class</p>	<p>3 DEADLINE 02/05 PAINT WITH LIZ DEADLINE 02/05 TAKE A BREAK 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:30 a.m. Living Well with Chronic Conditions 10:15 a.m. Walk with Ease 11:30 a.m. Hearts 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Spades 1:30 p.m. Trivia Group 2:00 p.m. Premier Travel 2016 Trips</p>
<p>8 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 a.m. Coed Pool Tournament 9:30 a.m. Roberson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Coolsprings Galleria Escape 10:00 a.m. FCE Better Living Group 10:00 a.m. In the Garden with Jack "What's New for 2016" 10:15 a.m. Walk with Ease 10:30 a.m. Beginning Tap Dance Class 11:20 a.m. Intermediate Tap Class 1:00 p.m. St. Clair Singing Seniors</p>	<p>9 DEADLINE CONVERSATIONAL SPANISH CLASS DEADLINE 02/10 CRAFTING WITH SUSANNE DEADLINE 02/10 LANE MOTOR MUSEUM TRIP 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano Group 1 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 10:00 a.m. Quilting 11:00 a.m. Beginning Piano 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Spanish 1 1:00 p.m. Wii Bowling League 1:00 p.m. Intermediate Pastel Drawing Class 2:15 p.m. Conversational Spanish Class</p>	<p>10 DEADLINE 02/17 ADVENTURES IN ART 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 8:30 a.m. RCOA Board Meeting 9:00 a.m. Crafting with Susanne: "Keepsake Hearts" 9:30 a.m. Tennessee Technology Center Trip 9:30 a.m. Living Well with Chronic Conditions 10:00 a.m. Zoom, Zoom, Lane Motor Museum 10:00 a.m. Program Committee Meeting 10:15 a.m. Walk with Ease 11:30 a.m. Hearts 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Spades 1:30 p.m. Trivia Group</p>
<p>15</p> <p style="font-size: 24px; font-weight: bold;">Center Closed for Presidents' Day</p>	<p>16 DEADLINE 02/17 BLACK HISTORY MONTH TRIP DEADLINE 02/18 BE SAFE, NOT SORRY DEADLINE 02/20 MUSIC VALLEY ANTIQUE SHOW 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 Group 1 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 10:00 a.m. Quilting 11:00 a.m. Beginning Piano 11:30 a.m. Enchilada Tuesday! Trip 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Spanish 1 1:00 p.m. Wii Bowling League 1:00 p.m. Intermediate Pastel Drawing Class 2:15 p.m. Conversational Spanish Class</p>	<p>17 DEADLINE 02/18 MYSTERY LUNCH 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 A.M. In Celebration of Black History Month: Tennessee State Museum Trip 9:00 a.m. Adventures in Art: Painting Party 9:30 a.m. Living Well with Chronic Conditions 11:30 a.m. Hearts 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Spades 1:30 p.m. Trivia Group</p>
<p>22 DEADLINE 02/23 IMAX EXPERIENCE/OPRY MILLS 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 8:30 a.m. Senior Center Commission Meeting 9:00 a.m. Ladies' Pool Tournament 9:30 a.m. Roberson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Senior Learning Network presents "George Washington Carver" 10:30 a.m. Beginning Tap Dance Class 11:20 a.m. Intermediate Tap Class 11:30 A.M. Asuka Hibachi & Buffet Trip 1:00 p.m. Crafts with Marlane "Fiber Bracelet" 1:00 p.m. St. Clair Singing Seniors</p>	<p>23 DEADLINE 02/25 MIXED MEDIA 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:00 a.m. Piano Group 1 9:30 a.m. IMAX Experience & Opry Mills 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 10:00 a.m. Quilting 11:00 a.m. Beginning Piano 12:00 n Crochet Group 12:30 p.m. CCRC Visitation 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Spanish 1 1:00 p.m. Wii Bowling League 1:00 p.m. Intermediate Pastel Drawing Class 2:15 p.m. Conversational Spanish Class</p>	<p>24 DEADLINE 02/25 DINER, DIVES & DRIVE-INS TRIP DEADLINE 02/26 ASK THE DOCTOR 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 10:00 a.m. Senior Learning Network presents "National Parks 100th Anniversary" 11:30 a.m. Hearts 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke 1:00 p.m. Spades 1:30 p.m. Trivia Group</p>
<p>29 DEADLINE 3/1 PASTEL PORTRAIT DRAWING CLASS 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 8:30 a.m. Grand Ole Opry Backstage Tour 9:30 a.m. Roberson Bridge 9:45 a.m. Murfreesboro Duplicate Bridge 10:30 a.m. Beginning Tap Dance Class 11:20 a.m. Intermediate Tap Class 1:00 p.m. Hoppy Leap Year Party 1:00 p.m. St. Clair Singing Seniors</p>	<p>For a listing & brief description of Activities that happen on a regular Routine at the Center, check out the Regular Events on page 11. For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14</p>	<p>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>4 DEADLINE FOR TODAY'S BEGINNING BRIDGE 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 10:00 a.m. Quilting 10:30 a.m. Beginning Bridge 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>5 DEADLINE 02/06 TOUR DE GOODWILL TRIP DEADLINE 02/08 COOL SPRINGS TRIP DEADLINE 02/10 TN TECHNOLOGY CTR TRIP 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 a.m. Painting with Liz "Springtime" 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:00 Take a Break with Nurse Laura "Broken Hearth Syndrome" 10:15 a.m. Walk with Ease</p>	<p>6 10:00 a.m. Tour de Goodwill's Trip 12:30 p.m. Center Open</p>
<p>11 DEADLINE 02/12 FOG FESTIVAL TRIP 9:00 a.m. Stained Glass Class 9:00 a.m. St. Rose Bridge 9:00 a.m. Pinochle 10:00 a.m. Quilting 10:30 a.m. Beginning Bridge 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>12 DEADLINE 02/13 NASHVILLE LAWN & GARDEN DEADLINE 02/16 ENCHILADA TUESDAY TRIP 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 a.m. Pinochle 9:00 a.m. AARP Board Meeting 9:30 a.m. VALENTINE PARTY 9:30 a.m. Fog Festival of Monteagle, TN 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:00 a.m. AARP Meeting 10:15 a.m. Walk with Ease 12:00 n Share the Care Alzheimer's Support Group</p>	<p>7 Today is send a Card to a Friend Day! Let someone know you are thinking of them.</p>
<p>18 DEADLINE 02/19 SOUL PRESENTATION DEADLINE 02/19 MYSTERY LUNCH TRIP 9:00 a.m. "Be Safe, Not Sorry" Safety Fair 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 10:00 a.m. Lunchtime Trivia 10:00 a.m. Quilting 10:30 a.m. Beginning Bridge 11:00 a.m. Mystery Lunch Trip 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session 5:00 p.m. February Potluck & Games with MPRD</p>	<p>19 DEADLINE 02/20 ANTIQUE SHOW TRIP DEADLINE 02/20 BLACK HISTORY CELEBRATION DEADLINE 02/22 ASUKA HIBACHI TRIP DEADLINE 02/27 SUTTON OLE TIME MUSIC HOUR DEADLINE 02/29 BACKSTAGE AT THE OPRY TRIP 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:00 a.m. SOUL: Singers of United Lands 11:00 a.m. Mystery Lunch Trip 12:00 n Grief Relief Support Group</p>	<p>13 9:00 a.m. Nashville Garden Show 12:30 p.m. Center Open</p>
<p>25 DEADLINE 02/29 HOPPY LEAP YEAR PARTY 9:00 a.m. Mixed Media: Winter Mountain Scene 9:00 a.m. Stained Glass Class 9:00 a.m. Pinochle 9:30 a.m. Diner, Dives & Drive-Ins! Trip 10:00 a.m. Quilting 10:30 a.m. Beginning Bridge 12:30 p.m. Party Bridge 12:30 p.m. Chicken Foot 12:30 p.m. UNO/SkipBo 1:00 p.m. Seniors Acting Up! 1:00 p.m. Music Jam Session</p>	<p>26 8:00 a.m. Chicken Foot 8:00 a.m. UNO/SkipBo 9:00 a.m. Pinochle 9:45 a.m. Murfreesboro Duplicate Bridge 10:00 a.m. Knit Group 10:00 a.m. Ask the Doctor "Dental Care" 12:00 n Labor of Love Caregiver Support Group 1:00 p.m. Happy Clown Class & Rehearsal</p>	<p>14 Happy Valentine's Day! Tell someone you love them today and then every day thereafter.</p>
<p>COMING SOON! St. Patrick's Day Dance Thursday, March 17 • 1:00-4:00 p.m. \$5 at the door. Music by Bill Sleeter.</p>	<p>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3.</p>	<p>18 On this day in 1925 the NEW YORKER magazine was launched.</p>
<p>New Orleans in March ! 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 NOW! Stops include World War II Museum, Louisiana plantation, and includes free time in the French Quarter and a Riverboat Cruise on the Mississippi River. Brochure available at the Center for more information.</p>		<p>20 9:00 a.m. Tailgate Music Valley Antique Show 12:30 p.m. Center Open 1:00 p.m. Black History Month Celebration 1:30 p.m. Parkinson Support Group</p>
		<p>21 On this day in 2007 United States Senator John McCain announces his candidacy for President on the David Letterman show.</p>
		<p>27 12:30 p.m. Center Open 3:00 p.m. Sutton Old Time Music Hour Trip</p>
		<p>28 There will be NO Lunch & Learn this month. Check back in March for more great information.</p>
		<p>Please note: If MURFREESBORO CITY SCHOOLS are closed for inclement weather, the St. Clair Street Senior Center is closed.</p>

HEALTH & FITNESS

FITNESS & DANCE AT ST. CLAIR SENIOR CENTER

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:15 a.m. Walk with Ease 10:30 a.m. Beginning Tap 11:20 a.m. Intermediate Tap 11:30 a.m.-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM</p> <p>9:30 a.m. Line Dance Practice/Judy</p> <p>NURSE STATION</p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p>EXERCISE ROOM</p> <p>8:30 a.m. Core Strength: Intermediate 8:45 a.m. Senior Strength: Intermediate 9:30 a.m. Dancercise: Advanced 10:25 a.m. Core Strength: Beginning 10:40 a.m. Senior Strength: Beginning 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p> <p>UPPER DINING ROOM</p> <p>1:15 p.m. Line Dance Warm Up 2:00 p.m. Intermediate Line Dance with Tom 3:15 p.m. Ballroom Dance Class</p>	<p>EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. GO4Life 10:15 a.m. Walk with Ease 11:30 a.m.-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p> <p>UPPER DINING ROOM</p> <p>2:00 p.m. Beginner/Intermediate Line Dance</p> <p>Check bulletin board behind reception desk for any daily changes!</p>	
THURSDAYS	FRIDAYS	SATURDAYS	PLEASE READ!
<p>EXERCISE ROOM</p> <p>8:30 a.m. Core Strength: Intermediate 8:45 a.m. Senior Strength: Intermediate 9:30 a.m. Dancercise: Advanced 10:25 a.m. Core Strength: Beginning 10:40 a.m. Senior Strength: Beginning 11:30 a.m.-1:00 p.m. Open Gym 1:00 p.m. GO4Life 2:00-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM</p> <p>8:30 a.m. Zumba® Gold Toning 9:30 a.m. Line Dance Practice/Delia</p>	<p>EXERCISE ROOM</p> <p>8:15 a.m. Gentle Fitness with Mark 9:15 a.m. GO4Life 10:15 a.m. Walk with Ease ENDS FEBRUARY 12 11:30 a.m.-4:15 p.m. Open Gym</p> <p>LOWER DINING ROOM</p> <p>9:00 a.m. Yoga with Dot 10:30 a.m. Yoga with Dot</p>	<p>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, 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 Green way with folks from the Center, please see Lisa Foster, Program Coordinator.

Resumes in Spring

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.

THURSDAYS IN FEB./MARCH 10:30-11:30 a.m.	BEGINNING BRIDGE CLASS Here is your chance! If you've always wanted to learn to play bridge or perhaps if you played in the past and are quite rusty, we have Beginning Bridge Classes just for you! Bridge is fun and it's great for your brain health as well. Class meets 2/4, 11, 18, 25, 3/3, 10, 17 & 24.	Limit 16 Deadline 02/04
FRIDAY FEBRUARY 5 10:00-11:30 a.m.	TAKE A BREAK WITH NURSE LAURA "BROKEN HEART SYNDROME" Ellie Elliott, RN, will educate us on the damage stress can do to the heart and how the symptoms can be similar to a heart attack.	Limit 40 Deadline 02/03
MONDAY FEBRUARY 8 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "WHAT'S NEW FOR 2016" New shrubs, vegetables, flowers, annuals, perennials, trees, etc will be discussed by Jack Smith. You don't want to miss this presentation.	Limit 40 No Deadline
FRIDAY FEBRUARY 12 9:30-11:15 a.m.	VALENTINE PARTY! Join in our celebration of Valentine's Day! Enjoy refreshments and a performance by Yankee Girl!	Limit 120 No Deadline
FRIDAY FEBRUARY 12 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
THURSDAY FEBRUARY 18 9:00-11:00 a.m.	"BE SAFE, NOT SORRY" SAFETY FAIR This program will cover various safety situations and will include speakers from Murfreesboro Police and Fire Departments.	Limit 75 Deadline 02/16
THURSDAY FEBRUARY 18 5:00-8:30 p.m.	FEBRUARY POTLUCK AND GAMES WITH MPRD 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.	Limit 100 No Deadline
FRIDAY FEBRUARY 19 10:00-11:15 a.m.	SOUL: SINGERS OF UNITED LANDS Singer of United Lands "SOUL" is a vocal quartet. Each of the four members is from a different continent. This ensemble only performs songs which are native to the home countries of the four members while offering a multicultural performance.	Limit 125 Deadline 02/18
FRIDAY FEBRUARY 19 12:00 n-1:00 p.m.	GRIEF RELIEF SUPPORT GROUP Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment. Grief includes death, marriage/divorce, retirement, health or relationships with family, friends and/or coworkers.	No Limit No Deadline
SATURDAY FEBRUARY 20 1:00-2:00 p.m.	BLACK HISTORY MONTH CELEBRATION Drums and dancing. . . The dance group "NYAMA" from the Global Education Center in Nashville bring dances from West Africa and from the Dominican Republic. Participants may bring grandchildren and family members to this event.	Limit 125 Deadline 02/19
MONDAY FEBRUARY 22 10:00-11:00 a.m.	SENIOR LEARNING NETWORK PRESENTS "GEORGE WASHINGTON CARVER" The Senior Learning Network presents this wonderful program about George Washington Carver, inspirational educator, scientist and humanitarian who overcame many obstacles to obtain his education and become a great American inspiration. Brought to us by the George Washington Carver National Monument, the first unit of the National Park Service dedicated to African American history.	Limit 50 No Deadline
MONDAY FEBRUARY 22 1:00-4:00 p.m.	CRAFTS WITH MPRD "FIBER BRACELET" Bring the cuff from an old shirt. We will decorate with thread, rick rack and buttons provided by MPRD and St. Clair.	Limit 18 No Deadline
WEDNESDAY FEBRUARY 24 10:00-11:00 a.m.	SENIOR LEARNING NETWORK PRESENTS "NATIONAL PARKS 100TH ANNIVERSARY" "America's best Idea," the National Parks, is turning 100 this year. Come and learn about the history of our incredible parks, including historic photographs of the various types of national park units, parks, monuments, memorials, trails and even seashores! Sponsored by the Senior Learning Network and featuring the George Washington Carver National Monument.	Limit 50 No Deadline

Turn the page for more fun, exciting and educational things to do at St. Clair!

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.

FRIDAY FEBRUARY 26 10:00-11:30 a.m.	ASK THE DOCTOR "DENTAL CARE" Join us as we welcome Dr. Andrew Flipse, dentist, who will teach us how good dental care can affect the rest of our body, including our heart.	Limit 40 Deadline 02/24
FRIDAY FEBRUARY 26 12:00 n-1:00 p.m.	LABOR OF LOVE CAREGIVER SUPPORT GROUP The support group is for relatives caring for the elderly with chronic illness and Alzheimer's disease.	No Limit No Deadline
MONDAY FEBRUARY 29 1:00-3:00 p.m.	HOPPY LEAP YEAR PARTY Every four years we get an extra day in the year, it's a leap year. Let's celebrate the gift of this special day by inviting new and old friends to the senior center. Eddie K is coming with music. We'll have some vendors and so much fun!	Limit 125 Deadline 02/25
THURSDAY MARCH 3 10:00-11:15 a.m.	MORNING CHAT WITH AN OFFICER "I GOT PULLED OVER. NOW WHAT?" Join Officer Amy Norville as she explains what to do if you are pulled over by a police officer and why you should do the things she tells you to do. Also, Officer Norville will go over how to make an emergency kit for your car in case an emergency comes up.	Limit 50 No Deadline
FRIDAY MARCH 11 1:30 p.m.	FRIDAY FEATURE FLICKS! How will we be celebrating good old St. Paddy's Day? We'll be starting early with an Irish movie.	Limit 50 No Deadline
MONDAY MARCH 14 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "TENNESSEE'S NATIVE FLOWERS" Jack Smith shows us what plants are native to Tennessee and what will grow in our growth zone. You don't want to miss this presentation.	Limit 40 No Deadline
FRIDAY MARCH 18 1:00-2:00 p.m.	PLASTICS & BOTTLED WATER WITH UT EXTENSION Is that expensive bottled water "all that?" Let's taste test and look at plastics and bottled water a little closer. Carla Bush, Extension Agent III from UT Extension office gives us the scoop.	Limit 40 No Deadline
MON. & TUE MARCH 21 & 22 8:30 a.m.-12:30 p.m.	AARP SAFE DRIVING CLASS This class is a great way to refresh your driving skills. You may qualify for reduced auto insurance premiums after the class, so check with your agent. Instructed by Bob Paredes. The cost is \$15 for AARP members or \$20 for non-members, payable the day of the class to the AARP.	Limit 35 No Deadline Pay day of class to the AARP.

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!

MONDAYS IN FEBRUARY 10:30-11:15 a.m.	BEGINNING TAP DANCE If you've never tapped before or if you tapped as a child and want to start again, this is your opportunity. Michelle makes learning fun. Come and challenge yourself to do something new this year. Class meets 2/1, 8, 22 & 29.	CLASS FEE \$15 Min 3/Max 10 Deadline 02/01
MONDAYS IN FEBRUARY 11:20 a.m.-12:10 p.m.	INTERMEDIATE TAP DANCE For experienced tappers only. Class meets 2/1, 8, 22, & 29.	CLASS FEE \$15 Min 3/Max 15 No Deadline
TUESDAYS IN FEBRUARY 1:00-4:00 p.m.	INTERMEDIATE PASTEL PORTRAIT DRAWING CLASS This is an ongoing class. Students must have taken Beginning Drawing class to sign up for this class. Price is for 4-weeks of drawing class. Please bring the following supplies to class: chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded erase, wet wipes, a photo to draw from. Suggested paper: 300 lb./640 gsm. Arches watercolor single sheet natural white 22" x 30".	CLASS FEE \$30 Min 3/Max 12 No Deadline
TUESDAYS IN FEBRUARY 1:00-2:00 p.m.	SPANISH 1: This course will enrich your learning by familiarizing you with the language and culture of over 20 Spanish-speaking countries. This is a great follow up to Conversational Spanish, but no experience is needed. Our instructor, Cynthia Borzick, makes learning fun. The last day you can sign up for this class February 29.	CLASS FEE \$20 PER MONTH Min. 4/Max 16
TUESDAYS IN FEB & MAR 2:15-3:15 p.m.	CONVERSATIONAL SPANISH PART 1: Survival Spanish for the adventurous traveler or just the friendly neighbor. Learn common expressions that will help you communicate your needs on a variety of subjects: travel, directions, medical emergencies or directing Spanish speaking contractors. Instructor Cynthia Borzick makes learning fun!	CLASS FEE \$20 PER MONTH Min. 4/Max 16 Deadline 02/09

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!

FRIDAY FEBRUARY 5 9:00-11:00 a.m.	PAINTING WITH LIZ "SPRINGTIME" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min. 3/Max 12 Deadline 02/03
WEDNESDAY FEBRUARY 10 9:00-10:00 a.m.	CRAFTING WITH SUSANNE: KEEPSAKE HEARTS Make a treasured heart shaped keepsake. It can be jewelry or table top ready. Bring small heart related decorations. Everything else is provided by the instructor, Susanne Hebden.	CLASS FEE \$5 Min 3/Max 10 Deadline 02/09
WEDNESDAY FEBRUARY 17 9:00-11:00 a.m.	ADVENTURES IN ART: PAINTING PARTY! 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 Min. 3/Max 12 Deadline 02/10
THURSDAY FEBRUARY 25 9:00 a.m.-3:00 p.m.	MIXED MEDIA ART CLASS: WINTER MOUNTAIN STREAM PART 1 This unique mixed media class makes a picture that extends onto a picture mat. See below for description and picture of the project. You don't want to miss this fun class!	CLASS FEE \$15 Min. 3/Max 12 Deadline 02/23
TUESDAYS IN MARCH 1:00-4:00 p.m.	PASTEL PORTRAIT DRAWING CLASS Beginners are welcome! The price is for 4-weeks of drawing class. Please bring the following supplies to class: chalk pastels (a box with suitable colors for portraits), a 2B pencil, a kneaded erase, wet wipes, a photo to draw from. Suggested paper: 300 lb./640 gsm. Arches watercolor single sheet natural white 22" x 30". Fiona Dowd is the instructor. Experience in pastels is helpful.	CLASS FEE \$30 Min 3/Max 8 Deadline 02/29
FRIDAY MARCH 4 9:00-11:00 a.m.	PAINTING WITH LIZ "THE WOODS" Newcomers are welcome! All supplies provided. Liz Farar teaches you how to paint with oil paint. You will take home a completed work of art at the end of this class.	CLASS FEE \$20 Min. 3/Max 12 Deadline 03/02
FRIDAYS IN MARCH 2:00-3:00 p.m.	BEGINNING CALLIGRAPHY Calligraphy means "the art of beautiful writing." The pen and ink will be provided. You will need to purchase a plaque for the second class. The instructor will give the details in the first class. You will learn proper posture while writing and how to hold your calligraphy pen for maximum results. You will learn steps to correctly form letters and numbers. The class each will be 90 minutes. The instructor will provide instruction and practice sheets during class. You will have a small amount of practice to do at home. This class meets for four weeks. At the end of the four week period, each student will leave with a beautiful plaque personally created with your new knowledge. Instructor is Patrice Hicks. This class will become an ongoing class after the beginning portion is finished in March. The ongoing class price will be \$40 for April.	CLASS FEE \$50 Min 3/Max 10 Deadline 03/02
WEDNESDAY MARCH 16 9:00-11:00 a.m.	ADVENTURES IN ART: CRAFT A DOODLE Mixing it up in March! Adventures in Art is really FUN. This month we are going to explore drawing whimsical characters with personalities and play with paint and beautiful papers. Join us in this creative exercise for everyone. All supplies provided by the instructor, Susan Carter.	CLASS FEE \$20 Min. 3/Max 12 Deadline 03/09
THURSDAY MARCH 31 9:00 a.m.-3:00 p.m.	MIXED MEDIA ART CLASS: WINTER MOUNTAIN STREAM PART 2 Continued from the February 25 class. Bring a 16 x 20" Signature Mat. Be sure to bring your finished picture from the February 25 class. See below for more information and a picture of the project. You don't want to miss this fun project.	CLASS FEE \$15 Min. 3/Max 12 Deadline 03/28



Mixed Media "Winter Mountain Stream"

This is a unique mixed media class that makes a picture that extends onto a picture mat. For the first class on February 25th from 9:00 a.m.-3:00 p.m., the interior picture will be created. For this class Students need to bring: 300 lb. watercolor paper, 16" x 20" Signature Mat (used in weddings and reunions), .005 black drawing pen, pastel pencils in blues, purples and pinks, gel pens in oranges, yellows, reds. To decorate the Signature Mat, sign up for the March 31st (same time) Mixed Media Class. Be sure to bring your finished picture to this class. Your original drawing will be extended onto the mat. Bring the same pens to the second class. There will be a \$15 fee for each class date.

Karen Brackman is the instructor. Signature mats can be purchased at hobby stores and big box stores. See Brenda Elliott, Program Coordinator, for more information.

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

SATURDAY FEBRUARY 6 10:00 a.m. 3:00 p.m.	TOUR DE GOODWILLS Tour the Goodwill's of Franklin and Nashville while enjoying a nice lunch in between your treasure hunts. Bring money for shopping and lunch.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/05</i>
MONDAY FEBRUARY 8 10:00 a.m. 3:00 p.m.	COOLSPRINGS GALLERIA ESCAPE Escape from the cold to Coolsprings Galleria to explore the many warm and cozy shops that are available to browse through with plenty food eateries to choose from for lunch. Bring money to shop and for lunch.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/05</i>
WEDNESDAY FEBRUARY 10 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 02/05</i>
WEDNESDAY FEBRUARY 10 10:00 a.m. 3:00 p.m.	ZOOM ZOOM LANE MOTOR MUSEUM Zoom into Lane Motor Museum and explore the many uniquely designed cars with two heads, two engines or three wheels. Cars that fold in half and even run by propeller. A 100 ton amphibious vehicle. This is not your typical car museum. It features 150 unique cars and motorcycles and is home to the largest European collection in the U. S. The vehicles date from the 1920s all the way up to modern day and feature a varied collection of micro cars, military vehicles, alternative fuel vehicles, prototypes and more. Bring \$8 for admission and money for lunch.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/09</i>
FRIDAY FEBRUARY 12 9:30 a.m. 3:30 p.m.	FOG FESTIVAL OF MONTEAGLE, TN Explore the town of Monteagle during their annual Fog Festival. First the group will arrive at the Dutch Maid Bakery where they will explore the more that 100 year old bakery with a guided tour and enjoy a nice lunch afterwards. Later the group has the opportunity to explore several other niche businesses that are more than 100 years old. Afterwards the group will visit the many specialty vendors at Tom's Place which is adjacent to the Monteagle Inn. Bring \$10 for the bakery tour which includes lunch and money to shop.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/11</i>
SATURDAY FEBRUARY 13 9:00 a.m. 3:00 p.m.	NASHVILLE GARDEN & ANTIQUE SHOW The Antiques & Garden Show of Nashville combines spectacular gardens, fine antiques, and horticultural items into one outstanding three-day show. Located in the Music City Center in vibrant downtown Nashville, the show's 150+ exhibitors, renowned experts and fabulous gardens make it the ultimate destination for new and ardent antique collectors, avid gardeners, those seeking design inspiration, and anyone who enjoys a breath of spring in the midst of winter. Bring \$12 for admission and money for lunch and shopping.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/12</i>
TUESDAY FEBRUARY 16 11:30 a.m. 2:00 p.m.	ENCHILADA TUESDAY! Enjoy some of the finest Mexican fare with a trip to Camino Real on S. Church Street for the locally famous Enchilada Tuesday. You can enjoy free chips and salsa and \$1.59 enchiladas with chicken, beef or cheesy cheese. Or if you're not in the mood for enchiladas their expansive lunch menu is an excellent choice for any palate. Afterwards, the bus will stop at one of the newest Goodwill's in Tennessee to hunt for treasures given and treasures gained. Bring money for lunch and shopping.	BRING \$ TRANSPORTATION \$2 <i>Limit 23</i> <i>Deadline 02/12</i>
WEDNESDAY FEBRUARY 17 9:00 a.m. 2:30 p.m.	IN CELEBRATION OF BLACK HISTORY MONTH: TENNESSEE STATE MUSEUM The Tennessee State Museum will present an exhibit called, "We Shall Not Be Moved: 50th Anniversary of Tennessee's Civil Rights Sit-Ins. The exhibit examines the background, events and effects surrounding the 1960s sit-in movement. Bring money for lunch.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/16</i>
THURSDAY FEBRUARY 18 OR FRIDAY FEBRUARY 19 11:00 a.m. 2:00 p.m.	MYSTERY LUNCH TOUR IS BACK! The mystery lunch is back with a double header to a historic location and a favorite by locals. The same trips goes on two days to the same location. Pick the date that works for you and sign up for a mystery lunch trip with us. Bring money for lunch.	BRING \$ TRANSPORTATION \$2 <i>Limit 23</i> <i>Deadline 02/17</i>

ON THE ROAD AGAIN

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SATURDAY FEBRUARY 20 10:00 a.m. 2:00 p.m.	TAILGATE ANTIQUES AT NASHVILLE FAIRGROUNDS The Nashville Show formerly TAILGATE-MUSIC VALLEY ANTIQUE SHOW returns to the Fairgrounds with over 140 of America's favorite dealers who have saved their best merchandise to put on their best displays for customers from all parts of the country. Decorators, antiques, dealers, home decorators, collectors, and novices alike will be thrilled with the treasures they find at this show. Bring \$12 for admission and money for lunch and shopping.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/19</i>
MONDAY FEBRUARY 22 11:30 a.m. 1:30 p.m.	ASUKA HIBACHI & BUFFET Asuka Hibachi and Buffet is a cornerstone in the Smyrna community and has been recognized for its outstanding seafood cuisine, excellent service and friendly staff. Bring money for lunch.	BRING \$ TRANSPORTATION \$2 <i>Limit 23</i> <i>Deadline 02/19</i>
TUESDAY FEBRUARY 23 9:30 a.m. 3:30 p.m.	IMAX EXPERIENCE AT OPRY MILLS Opry Mills is a beautiful indoor mall that boasts more than 200 stores including the Opry Mills experience with many specialty restaurants and Regal Cinema 20 and IMAX Theater, plus it has Dave & Buster's. This is your day to enjoy. Bring money to take in a movie if you want, spend your time shopping, take a power walk around the mall or just enjoy lunch and a day of people watching in the mall.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/22</i>
THURSDAY FEBRUARY 25 9:30 a.m. 1:30 p.m.	DINER, DIVES & DRIVE-INS! Mmmm-mmm! Diner, Dives and Drive-ins is a new and exciting lunch experience that will tour interesting and fun restaurants that may or may not be much to write home about, but the food is surely worth a phone call. Ha! Bring money for your lunch and get ready for an adventure.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/24</i>
SATURDAY FEBRUARY 27 3:00 p.m. 9:30 p.m.	SUTTON OLD TIME MUSIC HOUR Enjoy all you can eat southern cooking while some of Tennessee's best blue grass musicians play to a live radio broadcast from the T. B. Sutton General Store in Granville, TN. The cost includes meal, entertainment and transportation. Sounds like fun!	ADMISSION \$15 TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/15</i>
MONDAY FEBRUARY 29 8:30 a.m. 1:00 p.m.	BACKSTAGE AT THE OPRY: There's nothing like a backstage tour of the Grand Ole Opry House. Walk in the footsteps of country music's superstars and get an exclusive look at what happens behind the scenes of the show that made country music famous! Hear stories about the Opry and country music greats, past and present (from Minnie Pearl to Carrie Underwood, you might say), see photos from the Opry's biggest moments in history, and much more. Bring money for lunch.	COST \$22 TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline 02/15</i>
THURSDAY MARCH 17 Times TBA	CHAFFIN'S DINNER BARN PRESENTS "THE TAFFETAS" MATINEE: "The Taffetas" is a musical revue set in 1956. It spotlights four singing sisters performing on a nationally televised performance. They are convinced that Ed Sullivan is watching and the big break they've been waiting for may be upon them! The sisters sing, dance, and banter through such numbers as "I'm Sorry," "Tammy," "Fly Me to the Moon," and "Where the Boys Are." The Taffetas will sing their way into your hearts.	ADM \$19 BRING LUNCH ADM \$28 BOXED LUNCH TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline TBA</i>
SATURDAY MARCH 19 11:00 a.m. 2:00 p.m.	GARDEN PARTY IN MURFREESBORO, TN: Yard and garden show with lectures, booths, and demonstrations of products and projects. Concession stands will be open so bring money for lunch.	ADMISSION \$3 TRANSPORTATION \$2 <i>Limit 23</i> <i>Deadline 02/15</i>
SIGN UP FOR THE FOLLOWING TRIPS BEGIN ON FEBRUARY 20		
DATE & TIMES TBA	COUNTRY MUSIC HALL OF FAME The Country Music Hall of Fame and Museum in Nashville is one of the world's largest museums and research centers dedicated to the preservation and interpretation of American vernacular music. The museum has amassed one of the world's finest and most extensive musical collections Bring \$12 for lunch.	ADMISSION \$20 TRANSPORTATION \$8 <i>Limit 23</i> <i>Deadline TBA</i>
THURSDAY MARCH 31 Times TBA	CASEY JONES TRAIN MUSEUM, JACKSON, TN: Tour the Casey Jones Village plus enjoy an all you can eat buffet. Price is all inclusive. Casey Jones Village is a family destination that includes the Historic Casey Jones Home & Railroad Museum, the Old Country Store, Providence House, The Village Chapel, Casey Jones Village Amphitheater, the Shoppes at Casey Jones Village, Casey Jones Mini-Golf, the Wellwood store with the Wildlife in Wood Studio of master woodcarver Dee Moss and the Judge Milton Brown Pullman Railcar. The Shoppes at Casey Jones Village include Southern Junction, Art in the Village gallery, Little Artist Studio and the Church at the Village.	ADMISSION \$25 TRANSPORTATION \$ 8 <i>Limit 23</i> <i>Deadline TBA</i>

PROGRAMMING



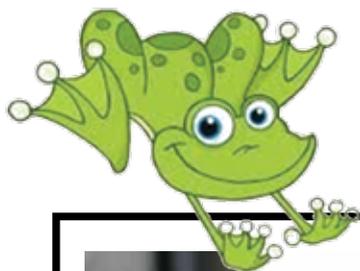
Brenda Elliott
 Program Coordinator
 Office Hours: Monday-Friday
 8:00 a.m.-4:30 p.m.

**Celebrating Black History Month
 Bring the family!**

Saturday, February 20 at 1:00 p.m.

On Saturday, February 20th from 1:00-2:00 p.m. students from the group Nyama of the Global Education Center in Nashville are coming to the center to perform for you. They will perform dances from West Africa and the Dominican Republic.

The dancers are high energy and sure to entertain! This is an intergenerational program. You may bring a child/or family with you or come on your own. There is no fee to participate. Please sign up all persons planning to attend for programming purposes (so we have plenty of seats).



EDDIE K, DJ
 (Pictured left)
**Hops into St. Clair
 to CELEBRATE
 LEAP YEAR with Us!**
 Monday, February 29
 1:00-3:00 p.m.
 Dancing, Entertainment
 Refreshments
 Fun for All
 Plan to attend!

**SEEN AT ST. CLAIR
 DECEMBER 2015**



The holidays were fun at St. Clair!



PROGRAMMING



**WANTED
MEN TO SHOW
YOUR STUFF**

St Clair Seniors Acting Up...
Need several men to Act in the Spring play
Rehearsal is every Thursday 1 PM
Interested ...See Lisa Foster for details

**BEGINNING
BRIDGE CLASS**

Thursdays starting February 4!

10:30-11:30 a.m.

In the Large Card Room.

SIGN UP NOW!

See Lisa Foster for any questions or
additional information.



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

TRIVIA LOVERS!

TRIVIA TEAM

meets every
Wednesday
at 1:30 p.m.

Use your brain

Join us & use your brain! It's **FUN** & challenging!
See Lisa Foster for questions or more information.

Put on Your Tappin' Shoes!

Beginner Tap Class

Mondays in February • 10:30-11:15 a.m.

Cost is \$15 for the month of classes.

Join us for a **FREE** interest meeting on

Monday, January 25,

from 10:00-10:30 a.m. in the Exercise Room.

We look forward to tapping with you!

SPANISH CLASSES RETURN IN FEBRUARY

Cynthia Borzick is back at St. Clair! She's ready to teach Spanish classes. Cynthia is a great teacher with the ability to make learning **FUN!** She will be teaching two Spanish classes.

CONVERSATIONAL SPANISH is survival Spanish for the adventurous traveler or just the friendly neighbor. Light on grammar, big on conversation.

Learn common expressions that will help you communicate your needs on a variety of subjects: at a restaurant or hotel; traveling by plane, bus, or train; giving and receiving directions; handling medical emergencies; or directing Spanish-speaking contractors.

There is an 8 week course for Part 1 and an 8 week course

for Part 2. No textbook required. Handouts provided.

SPANISH I is an enrichment course intended to familiarize you with the exciting language and fascinating culture of over twenty Spanish-speaking countries. Learn how to read, write, speak, and hear your new language in a **traditional classroom setting**. No experience necessary.

This is a great follow-up for Conversational Spanish. The course will prepare you for further self-study or intermediate courses in other locations. An inexpensive textbook is required. **This is a foundational course for continuous study.** There will be a fee every month you continue this class. The class will be closed to inexperienced students after February 29th.

“The Gardener’s Corner”

We are still in the winter months but are anxiously looking forward to spring. Because many of our vegetable garden plants are considered cole crops there are a few things we can do now to be ready for the spring to break. You can sow broccoli, cauliflower and cabbage seed indoors now to plant at the end of the February or early March. If you receive flowers for Valentines Day you can extend their life by changing the water daily and recutting the stems every couple of days.

Outdoors you may find Bluebirds are already looking for a place to nest, so clean out your bird house and start providing food and water.

Late February and March are good times to trim trees and shrubs. Remember when pruning to remove dead or diseased branches first and then take out any rubbing or crossed branches. Prune to maintain a natural form unless formality is an appropriate design.

By Jack Smith, Certified Master Gardener

Postpone pruning spring-flowering and early summer-flowering shrubs like azaleas, forsythia spirea and mop head hydrangea until after they flower.

Cut back your monkey grass before new growth appears and you can use a string trimmer for large areas.

Soils in Tennessee tend to be acidic. Have your soil tested to see if and how much lime may be needed. Your local UT Extension office can provide you with instructions on how to proceed. It takes months for lime to react with the soil, so the sooner the better.

For indoor forcing of blooms, cut branches of pussy willow, forsythia, redbud, star magnolia and dogwood. Choose stems with flower buds that have begun to swell. Cut them at an angle and place in water in a cool location in your home with indirect light.

Be calm, spring will soon be here!

Did you know . . . Your heart can keep beating even if it is separated from the body because it has its own electrical impulse.

POOL Room News

Coed Tournament Winners 12-14-15

1. Teresa Rains/Phil Stilwell
2. Aki Dean/Billy Ray
3. Wilma Murphy/Larry Thrasher

Men’s Tournament Winners 12-15-15

1. Jack Hughes
2. Laird Weishahn
3. Larry Thrasher

Ladies’ Tournament Winners 12-21-15

1. Linda Sellars
2. Wilma Murphy
3. Eileen “Pinky” Grant

AARP TAX AIDE 2016

Appointments Still Available for AARP Tax-Aide Program

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. Call now to schedule your appointment. Appointments 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.

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.

WANTED AT ST. CLAIR

WANT TO RELIVE SOME OF THE BEST TIME OF YOUR LIFE ? JOIN THE KIDS AND TEACHERS AT POSSUM TROT HIGH SCHOOL THIS APRIL. YOU'LL FIND SOME OLD FRIENDS LIKE, THE SWEET GIRL THE LOOSE GIRL, THE NERDS, THE FOREIGN EXCHANGE STUDENT THE CHEERLEADERS, THE RICH GIRLS, THE JOCK, THE HOOD, THE CLASS CLOWN AND THE DREAMBOAT. THEY ARE ALL PART OF THIS SPRING PLAY PRODUCE BY ST. CLAIR SENIOR ACTING-UP.

Watch for more information in next month Leaf

COMING THIS APRIL

WILD TEENS OF POSSUM TROT

A Musical written by Charlie Parker Directed by Pat Merz



Did you know . . . Your heart will pump nearly .5 million barrels of blood during your lifetime? This is enough to fill 200 train tank cars. That is amazing!

Sing or be Entertained

WEDNESDAYS

FROM 1 - 4

LOWER DINING ROOM

Club Karaoke



FEBRUARY 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

SENIOR DINING/MEALS ON WHEELS

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

MCHRA TRANSPORTATION
615-890-2677



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

DONATIONS & STAFF

DONATIONS for DECEMBER 2015

Bingo \$ 00.00
Quilting \$ 40.00
Popcorn \$ 8.67
Coffee \$ 78.54

Donations: Celinda Bassett, Pyong Cahill, Pauline Carmickle, Jo Edwards, Sheila Egan, Katie Freeman, Norma Shumate, St. Rose Bridge Group, Carol Stork, Julian Suggs.

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 Drew Anderson Brenda Kiskis Elliott Lisa S. Foster	Adult Day Service Program Coordinator Amanda Pullias	ADS Activity Assistants Kathy Herod Randy Huffman
Caregiver Information Coordinator Cindi Thomas	Nurse Laura Grissom	Administrative Support Specialist Carol Ransom
Facility Attendant Deborah Woodward		Van/Bus Drivers Pete Gerdik Kirby Jeffreys

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

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