

## St. Patrick's Day Party & Dance



**Thursday, March 17  
from 1:00-4:00 p.m.**

Kiss the Blarney Stone and put on your green as we  
celebrate St. Patrick's Day with the  
**BILL SLEETER TRIO**

*The cost is \$5 at the door. No sign up required.  
Entrance to the dining room begins at 12:30 p.m.*

Please note: MCHRA lunch served at 11:00 a.m. on March 17.

**FROM THE DIRECTOR**



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

Spring countdown has begun. On March 19 Spring will begin and I don't know about you, but I can't wait for longer days, more sun and the first buttercups. Here at St. Clair we have so many activities you can spring into, from art classes, dance classes, life-long learning opportunities even a little luck of the Irish can be found within our walls during March. I like this saying from Robin Williams "Spring is nature's way of saying, Lets Party!" The Center's St. Patrick's Day dance is on March 17, so I suggest that we put Robin Williams's words into action and "Let's Party!" Our Welcome Center will open March 7 and we

will begin processing all new participants through this office. The Welcome Center is located as soon as you walk through the main doors on your left. Stop by and say hi to Drew Anderson who will process our new participants and help you with your travel questions.

We will continue our Chat with the Director and guest on March 30 from 10:00-11:00 a.m. in the Dining Room. Our discussion this quarter will be: *How the Center processes program ideas that come from our seniors.* Please join us on March 30<sup>th</sup>.

I leave you with this Irish blessing: "May your pockets be heavy, and your hearts be light, may good luck follow you each day and night."

Start your adventure here at St. Clair.  
Your Director, Connie C. Rigsby

**2016 TRIPS PLANNED for ST. CLAIR SENIOR CENTER!**

DATES	LOCATION	PRICE	TOUR COMPANY	RELEASE DATE
April 20-25	Azalea Festival, Virginia	*\$754.00	White Star	January 1
May 23-27 (Date Change)	New Orleans	*\$539.00	Diamond	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
<b>September 6-9</b>	<b>Ride the Rail West Virginia</b>	<b>*\$599.00</b>	<b>White Star</b>	<b>March 1</b>
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.

**POOL**  
*Room*  
*News*

**Coed Tournament**  
**01-11-16**

1. Sally Read/Larry Thrasher
2. Corey Heimburger/Bob Read
3. Aki Dean/Clyde Jacobs

**Men's Tournament**  
**01-19-16**

1. Bill Gish
2. David Picken
3. Fred Staple

**Ladies' Tournament**  
**02-01-16**

1. Linda Sellars
2. Lora York
3. Corey Heimburger

*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

# TRAVEL PLANS

February made for another beautiful Tennessee winter month. With many days of warmth mixed with cold snows that brought single digit temperatures. It was a great time to go sledding at Barfield Crescent Park and see the birds as they gathered at the feeders. This March will probably be the last time we can enjoy a good dusting until 2017. So place a spoon under your pillow, perform a snow dance or any other folklore that you may have heard through the years.

February was also a great start to our year of day tripping. We are off to a quick start exploring new places, revisiting old favorites and finding out that in some cases the places you thought you would least likely enjoy can turn out to be your most favorable. We have had a good survey response and I am quickly going through and trying to schedule a date for every suggestion. One overwhelming response has been to go gambling. And my response is yes, we are going! Keep looking and those gambling trips will be here before you know it.

March is still filled with great places to go. You can get ready for spring by enjoying two garden shows. Charge into a shopping spree at Goodwill where everything will be half off! Get lost with our new Trail Blazer's outing. Prove yourself at Wanna B's and dance an Irish gig during the Nashville Music City Festival. We will be walking where the stars performed some of the most iconic music that helped place Nashville on the map. Our quilting group has requested a trip to Jackson, TN where we will be visiting Sew Carefree and dining at the Tea Room inside the very large Carriage House Antique mall. We will have the opportunity at the Frist Center to hear live music, take an architectural tour of the facility and enjoy 2016 first art exhibits. For more great day trip opportunities be sure to check out the calendar and don't forget to sign up early as some of our trips have filled up fast.

Bob Levy presented on two upcoming trips the Canadian Rockies and Glacier National Park and Great Trains and Grand Canyon. Bob did an excellent job showcasing the vast mountains, beautiful lakes and pic-

turesque vistas that will be enjoyed in western Canada. Some of the highlights are Waterton Lakes National Park, Glacier National Park, a 1930s Red Jammer tour. Going to the Sun Highway, Kootenay National Park, Icefields Parkway and many more exiting stops. Great Trains and Grand Canyons tour will also be an exciting trip to experience, especially if you love trains. The trip will feature two rail journeys. One with the Grand Canyon Railway and another with the Verde Canyon Railroad. You will love riding in style through one of our nation's most recognizable parks. The trains you will be riding in feature both indoor and outdoor seating options for you to enjoy both canyons. A few highlights of this trip include Chapel of the Holy Cross, Montezuma Castle, Tlaquepaque and Uptown Sedona. All of Premier trips include round trip air fare, upscale motor coach transportation, baggage handling and a professional tour director. Premier is helping St. Clair to raise the bar on what it means to really have a great trip at a great price.

Don't forget we still have great trips planned and deadlines are approaching! Azalea Festival in Virginia last day to register is March 21. Boston, Salem and Cape Ann deadline is March 24. New Orleans is April 1 and Chicago is April 20. And don't forget that all Premier trips are filling up fast as well. More trips are coming and more trips are being planned so pack your bags, update your passport and plan to make 2016 a year for your record books.



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

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

## ADS HAPPENINGS

*By Amanda Pullias, Adult Day Service Program Coordinator*

February was an action packed month. Somehow our activities always involve food but we find that fellowship is better around a shared table! We enjoyed our second annual "Souper Bowl" luncheon with a true contest of quality. The ADS participants and guests enjoyed some Super Bowl trivia while the judging took place. After laboring over the deliciousness of all entries, the soup that

took the Blue ribbon was made by Sarah Beckman. Thanks to Marjorie Rowell, Carol Ransom, Brenda Elliot and Sarah Beckman for their wonderful soup entries! Thanks to our St. Clair participants, Edna LeDoux and Caroline Shaw for helping to judge the contest.

Kathy Herod and the ADS participants made Mardi

Gras masks for a craft and we also truly had a "Fat Tuesday" when we enjoyed a pancake lunch of pancakes, bacon, sausage and fruit cooked and

served by Randy, Kathy and Amanda. We'll have to add at least 10 more minutes a day of exercise to compensate! Of course we enjoyed Valentine's Day with a party. Our participants brought photographs to share on a display board. Everyone in the ADS is especially beautiful and it was fun to stroll down memory lane and see some younger photos of our participants and staff. We appreciate the effort that caregivers made to bring photos for this display.

We also enjoyed an Oscars party, complete with our own awards, sparkly clothes and appetizers. After all the celebrations in the month, we were ready for a burger and we ended February with an outing to Dairy Queen for a burger and sundae.

Looking ahead to March, we will enjoy the budding trees, extra hours of sunshine and the promise of spring. We'll talk of gardening and enjoy seed catalogs. We'll celebrate St. Patrick's Day and have a relay race to make our own Easter bonnets! We'll also enjoy the music of karaoke, jam sessions and singing along with Gary. Furthermore, our ADS participants will enjoy a structured program of social and mental stimulation, reminiscence and physical exercise with their own friends here while their caregivers get needed breaks. This is what our program is about and why LIFE IS GOOD in the ADS.



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



"Souper Bowl" contestants (L to R): Carol Ransom, Marge Rowell, Sarah Beckman & Brenda Elliott.



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

## VOLUNTEER CORNER MARCH 2016

Calling all male participants! Our ballroom class meets every Tuesday from 3:15-4:15 p.m. They are looking for men to volunteer to dance with the ladies taking the class. No experience necessary. It sounds like fun and a great way to meet people. Please contact me, Carol Ransom, if you would like to volunteer.



"Souper" Bowl Judges (L to R): Carolyne Shaw, Edna LeDoux, & Amanda Pullias.



## TELEPHONE REASSURANCE: A Service to Provide Comfort or Help

Beginning on March 1 the St. Clair Street Senior will begin implementing a “redesigned” Telephone Reassurance Program. In the past, Telephone Reassurance Program participants would receive a daily telephone call from trained volunteers. The St. Clair Street Senior Center has offered this program for many years but it has always remained a fairly small program. Originally this program was designed for the participant to receive daily phone calls from a volunteer at a designated time. This structure was intended to make a daily contact in order to insure that the senior was safe. If the individual did not answer the phone an emergency plan was put into action, such as phoning a family member or neighbor to make a visit. We feel there are many more seniors we can reach with this program by making a few changes. With the changes in the program, participants will no longer be required to receive calls on a daily basis. The program will now offer three different ways of receiving this service. The program will still be offered to individuals to request calls as many times a week as they choose. Some individuals may still want a daily call, others three or four times a week, this will be their choice. Another part of the program will be for individuals wanting the service only on a temporary basis, such as while recovering from surgery or an injury. The third way to receive this service will

be to request a phone call only in the event of a weather emergency, such as an ice or snow storm just to check in to make sure the participant has not lost power or is out of food. In the event that help is needed, appropriate measures will be taken to insure that the individual is assisted.

It is our hope that by broadening this service to answer different needs we can reach more seniors that are frail, isolated or living alone. We want everyone to know that their safety matters. It is a simple matter to apply for the program. The individual requesting this assistance will need to fill out a Participant Registration Form for the St. Clair Street Senior Center, and a short information form for the program itself. Once this is done a volunteer will call to reaffirm the request and make sure all of the needed information is correct. The volunteer will then make the calls in accordance with the agreed upon request. Individuals can request this service for themselves or can refer someone they think could benefit from the program, but of course that person will have to agree to the service. For more information or to make a referral please contact Dee Brown at (615) 848-2550.



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

## SMART INVESTING:

by McFarlin Financial Partners  
Thursday, March 24 at 10:00 a.m.

Hunter McFarlin, Principal/CEO and Victor George, CFO of McFarlin Financial Partners will present a seminar focusing on wise investment strategies for seniors. Come learn about Real Estate investing for individuals, including IRA's. Find out how individuals can utilize the Endowment Model used by universities and foundations with the emphasis on your specific needs as retirees.

**You do not need to sign up for this program.**

## Coming up April 5: “STEPPING ON”

**A class for Building Confidence & Reducing Falls**

Join the 7 week workshop where you will learn exercises and strategies to help prevent you from falling. **Stepping On** is a program that has been researched and proven to reduce falls in older people. We meet 2 hours a week with topics like: “simple and fun balance and strength training”, and “how medications contribute to your falls.” In addition, expert speakers will join us for several sessions providing information on exercise, vision, safety, and medications.

Is this workshop for you? It is designed specifically for anyone 60 or over, has had a fall in the past year, is fearful of falling, lives at home, and does not have dementia. Register with the nurse. Cost of class is \$25 & limited to 12.

## SCAM OF THE MONTH: The Anatomy of a Swindle

The Council on Aging is sharing this information to help individuals understand how the so-called Jamaican lottery scam works.

1. Scammers collect seniors' names from sources that include obituaries noting surviving relatives; from legitimate mailing lists of people who have bought products widely sold to seniors; and from bogus sweepstakes mailing centers.
2. A mass mailing is sent offering an attractive product or services and mentions that the victim is eligible for a lottery or sweepstakes. The mail-in return forms ask for personal information. A small fee may be requested.
3. From the list of above victims, the scammers may use the list or sell it to others. The list focuses on those who are older, alone and with a rural address.
4. Next the victim receives a call saying that they won a big prize. The call often comes from abroad with a phone that masks the call's origin. The catch is that the winner has to pay a fee or taxes up front and keep it a secret.
5. The collected money is now moved using a third party. Each participant takes a cut.
6. After the victim sends money once, a scammer will call more often for money or to develop a relationship. The closer he gets to the victim, the more personal information he can gain and can drain bank accounts or open credit cards in the victim's name.
7. If the victim says he can't afford more, the scammer suggests other sources such as selling property or cash advances on credit cards. If the victim balks, they may be threatened.
8. Sometimes the victim is encouraged to accept checks and move funds to a third party to help the scammer with whom she now has a relationship.
9. Scammers often pretend they are FBI agents, intent on helping victims recoup their lost funds. Of course, they will tell you that requires additional payments.

## 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

### WHY PETS MAKE GREAT CAREGIVING COMPANIONS

No matter how crazy and unpredictable the day has been, I can count on one absolute constant in my life. When I walk in the door, my sweet and slightly neurotic fur-baby Bridget will greet me as if we've been apart for months instead of hours! Good days, bad days, rain or shine, my little buddy will be beside herself with excitement to welcome me home. Let's face it, even on a lousy day it's nearly impossible not to smile at the sight of an ear to ear doggy smile and wildly wagging tail.

The benefits of having a pet extend beyond just the physical, not to mention a reason to get out of the house for some low-impact exercise and socialization with the neighbors. Some of the benefits of caring for a pet depending on you or your care recipient's mobility,



you may be able to toss the ball, play games or go for short walks with your pet. Carrying out task such as grooming, cleaning and walking an animal can give people a sense of purpose, alleviating loneliness, lowering blood pressure and decreasing depression. The important thing is to match the pets with the abilities of the care recipient and have someone



else on hand as a backup to assist with caring for the pet. Perhaps a fish tank or aquarium is an option to those allergic to pet hair. It can give a peaceful feeling just by watching fish swim. A study by scientist at Perdue University showed that simply placing aquariums in rooms of individuals with Alzheimer's disease was linked to better eating and nutri-

tional habits. It has been long recognized that lack of companionship can have negative effects on mental health. For some individuals, especially those with memory problems, it can be easier to connect with animals than humans, making pets idea friends for some older people. Pets offer unconditional love and endless forgiveness, it doesn't matter if the person's body is deteriorating or stories are repeated over and over again. They tend give value to a person's life, it is important to know someone else depends upon you and your love to survive.

Don't forget there are many rescue pets available to adopt! My Bridget is a rescued pet. I adopted her almost three years ago after I lost my mother and she has given many comforting moments in my life as I have gone through my grieving processes. *Cindi*



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

### FREE! CAREGIVER WORKSHOP

Friday, March 11 • 8:30 a.m.-1:30 p.m.

Presented by St. Clair Senior Center,  
Alzheimer's Association of Middle Tennessee &  
Mental Health America of Middle Tennessee

Open to ALL Caregivers!

Respite Care available at NO CHARGE!

Contact **Cindi Thomas** at  
**615-848-2550 x2506**

for more information and reserve your spot.



## 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-**  
3<sup>rd</sup> 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 3<sup>rd</sup> 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 2<sup>nd</sup> Friday of each month @  
12:00 noon

Be sure to join us on  
**Friday, March 18**  
**FREE!**  
**CAREGIVER CONFERENCE**  
Starting at 8:30 a.m.  
(See page 7 for more information.)

#### **GRIEF SUPPORT**



**St. Clair Street Senior Center**

10:00 -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

## NURSE LAURA SAYS

### MARCH IS NATIONAL KIDNEY MONTH

March is National Kidney Month and kidney disease is on the rise in senior adults so I thought this was a good opportunity to give some information on a subject not often talked about until there is a problem. Most of us have two kidneys, each about the size of your fist, that are in the back protected by the lower part of the rib cage. Did you know that your kidneys filter your blood, help make red blood cells and keep your blood pressure under control as well as balance the amount of fluids in your body? They remove waste products and drugs from your body and produce a form of vitamin D. Our kidneys are very important!

There are about 26 million people in this country who have chronic kidney disease and one in three Americans are at risk for developing kidney disease. If you have high blood pressure, diabetes, are obese, have a family history of kidney disease, are age 60 or over, or are a minority you are at a higher risk. And your odds increase with each risk factor you have.

You should regularly have urine and blood tests to check how well your kidneys are functioning, especially if you have risk factors. So often folks have kidney problems but there are no symptoms until it is late in the disease, but here are some warning signs that you should not ignore:

- High blood pressure
- Abnormal blood or urine tests of kidney function
- Blood in your urine
- More frequent urination, especially at night
- Pain or burning with urination or difficulty urinating
- Puffiness around eyes, or in hands or feet

You may also have fatigue, difficulty concentrating, or decreased appetite. The key is to have regular tests and exams with your doctor rather than waiting until you have symptoms. Keeping your blood

pressure under control is important for many reasons and healthy kidneys is one of those reasons. The same goes for maintaining healthy blood sugar levels as a diabetic. Eating a healthy diet and getting regular exercise are some other ways to help your kidneys work better. If you smoke, that damages your kidneys and raises your blood pressure, so there's yet another reason to quit. Taking NSAIDs (ibuprofen, aspirin) often can also do damage to your kidneys so speak to your doctor if that is something you are doing so he or she can help you find a better alternative. Stay hydrated, watch your sodium intake, and drink alcohol in moderation or not at all. If you are diagnosed with chronic kidney disease there are several medical therapies to slow the progression of the disease. If the disease progresses, it can lead to kidney failure, and at that point your options are dialysis or kidney transplant. So, please, take care of your kidneys and they will take care of you! We will be learning even more about our kidneys on **Friday, March 4 in Take a Break with the Nurse** so please sign up and come hear our speaker, a nurse who works in dialysis.

One more tidbit of information from your nurse- **March 22 is Diabetes Alert Day.** You can go to [diabetes.org](http://diabetes.org) and take a type 2 diabetes risk test to see where you stand. Also, I am always glad to check your blood glucose level in my office if you need that done. Diabetes is another serious disease and it is better to get an early diagnosis rather than wait until more damage has been done to your body. We will have a speaker from the Diabetes Center at St. Thomas Rutherford here at the center to educate us on **Monday, March 28** so make sure you sign up for that class, too!



Laura Grissom, LPN  
Nurse

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

## TAKE A BREAK WITH THE NURSE x2 IN MARCH

### Kidney Health

March is National Kidney Month so on **Friday, March 4 at 10:00 a.m.** we will learn about kidney disease: how to prevent it, the importance of early detection, and treatment options. Marsha Watkins, a nurse with ten years experience in dialysis will teach us how to take care of this part of our body that is often ignored until there is trouble. Please sign up by *Wednesday, March 2*. There is a limit of 40.

### Diabetes Management

Yvonne Dadson with the Diabetes Center of St. Thomas Rutherford Hospital is coming on **Monday, March 28 at 10:00 a.m.** to talk about diabetes and trends. She will cover glucose target range and monitoring and management of your diabetes, including diet. This is a great class for a newly diagnosed diabetic or someone who would like to better control their diabetes.

**DID YOU KNOW?** Diabetes can be prevented. Thirty minutes of moderate-intensity physical activity on most days and a healthy diet can drastically reduce the risk of developing type 2 diabetes.

### 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, MARCH into the nurse’s station and start this Monday!

## SAVOR THE FLAVOR

### Eating Right for National Nutrition Month

Come by the main dining room on Tuesday, March 22 from 11:30 a.m.-1:30 p.m. and celebrate National Nutrition Month with MTSU Nutrition and Food Sciences students. You will learn how to “Savor the Flavor of Eating Right” through an interactive exhibit and discussion.

### Tennessee Technology Center Field Trip

On the second Wednesday of each month we take a trip to the Tennessee Technology Center to provide nonmedical nail care and hair care for our seniors. This month’s trip will be on March 9. There is an annual fee of \$5 due on your first trip and fees for services are: shampoo/set: \$5; hair cut: \$5; nails: \$5. We will leave the center at 9:30 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, March 4 and let them know if you use a wheelchair. There is a limit of 10.

### KIDNEY FACT

Every 30 minutes, your kidneys filter all the blood in your body, removing waste and excess fluid.

## REGULAR EVENTS

**BINGO** is played on Tuesdays & Thursdays at 10:30 a.m. Please check the big calendar on page 12-13 for CANCELLATIONS in the month.

**CARDS: PINOCHLE, CANASTA, SPADES, UNO, SKIP BO, ROBESON BRIDGE, HEARTS, SPADES** are played every day, all the time, in some shape or form. Usually it's just a group of people getting together and playing. Some games have scheduled times. If you are interested, stop by the card room, introduce yourself and ask about joining the fun! **CERAMICS WITH JO ANN** Meets on Wednesdays at 12:00 n. The Ceramics class is taught by Jo Ann Shreve.

**CHICKEN FOOT (DOMINOES)** Meets Monday, Wednesdays & Fridays at 8:15 a.m. and on Tuesdays & Thursdays at 12:30 p.m. Stop by and introduce yourself and start playing.

**"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!

**CROCHET GROUP** Meets Tuesdays from 12:00-3:00 p.m. Bring your yarn and hooks and join this new way of crocheting.

**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.

**KNIT GROUP** Meets Tuesdays & Fridays from 10:00 a.m.-12:00 N. Bring your yarn and needles and join them for critiques, instruction and inspiration.

**MURFREESBORO DUPLICATE BRIDGE** Meets Mondays & Fridays at 9:45 a.m. If you are interested in playing stop by and introduce yourself & find out more.

**OPEN PLAY** for any kind is in the lower dining room on Fridays at 1:30 p.m.

**PARTY BRIDGE** Meets Thursdays at 12:30 p.m. Stop by and introduce yourself for more information on this group.

**PIANO FOR PLEASURE CLASSES** Taught by Jane McNulty classes 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.

**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.

**PUZZLE ROOM:** Not much explanation needed. Puzzles are available to work any time the Center is open.

**QUILTING AT ST. CLAIR** Meets Tuesdays & Thursdays from 10:00 a.m.-2:00 p.m. This talented group quilts masterpieces. Stop by the quilt room for more information on joining or having a piece quilted.

**SATURDAYS ST. CLAIR** is open from 12:30-3:30 p.m. 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.

**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.

**SENIOR ARTISTS** Meet on Wednesdays at 12:00 n. 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.

**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 5. Class may be cancelled due to lack of students.

**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.

**ST. ROSE BRIDGE** Meets Thursdays at 9:00 a.m. Stop by and introduce yourself for more information on this group.

**WII BOWLING LEAGUE** meets on Tuesdays at 1:00 p.m. in the lower dining room.

**HAPPY CLOWNS OF ST. CLAIR** *Clown Alley 402 registered with Clowns of America International*  
**Wednesday, March 3** at 9:30 a.m. We go to Northside Health Care Center and Gondolier.

**Friday, March 11** at 1:00 p.m. Rehearsal

**Friday, March 25** from 1:00-3:00 p.m. Happy Clowns Class and Rehearsal

**Monday, March 28** Planned outing to The Bridge at Hickory Woods

*If you enjoy making folks laugh and want to be with a funny group of people, join our Clown Troop.*



# MARCH 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.</p> <p>For dance &amp; fitness classes and practice times, please see the Health &amp; Fitness calendar, page 14</p>	<p>1</p> <p>9:00 a.m. Piano Group 1 9:00 a.m. Stained Glass Class 10:00 a.m. Healing Arts Class 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class 2:15 p.m. Conversational Spanish</p>	<p>2 <b>DEADLINE 3/4 BEGINNING CALLIGRAPHY</b></p> <p>9:30 a.m. Clowns to Northside</p> <p>12:00 n Ceramics Class</p> <p>1:00 p.m. Club Karaoke</p> <p>1:30 p.m. Trivia Group</p>
<p>7</p> <p>11:00 a.m. Lunch 495 &amp; Studio S Pottery Trip</p> <p>1:00 p.m. Singing Seniors</p>	<p>8</p> <p>9:00 a.m. Piano Group 1 9:00 a.m. Stained Glass Class 10:00 a.m. Lunchtime Trivia 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class 2:15 p.m. Conversational Spanish</p>	<p>9 <b>DEADLINE 4/16 ADVENTURE IN ART</b></p> <p>8:30 a.m. RCCOA Board Meeting</p> <p>10:00 a.m. Program Committee Meeting</p> <p>10:45 a.m. Trailblazers Hiking at Cedars of Lebanon Trip</p> <p>12:00 n Ceramics Class</p> <p>1:00 p.m. Club Karaoke</p> <p>1:30 p.m. Trivia Group</p>
<p>14 <b>DEADLINE 3/21 CRAFTS WITH SUSANNE</b></p> <p>9:00 a.m. Coed Pool Tournament</p> <p>10:00 a.m. In the Garden with Jack "Tennessee's Native Flowers"</p> <p>10:00 a.m. FCE Better Living Club</p> <p>1:00 p.m. Singing Seniors</p>	<p>15</p> <p>9:00 a.m. Piano Group 1 9:00 a.m. Men's Pool Tournament 9:00 a.m. Stained Glass Class 10:00 a.m. Guitar Class 10:00 a.m. Diner, Dives &amp; Drive-ins Trip 11:00 a.m. Piano Group 2 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 2:15 p.m. Conversational Spanish</p>	<p>16 <b>DEADLINE 3/18 PLASTICS &amp; BOTTLED WATER</b></p> <p>9:00 a.m. Adventures in Art "Craft-a-Doodle"</p> <p>9:30 a.m. Tennessee Technology Center Field Trip</p> <p>12:00 n Ceramics Class</p> <p>1:00 p.m. Club Karaoke</p> <p>1:30 p.m. Trivia Group</p>
<p>21</p> <p>8:30 a.m. AARP Safe Driving Class</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>10:30 a.m. Frist Center for the Arts Trip</p> <p>1:00 p.m. Singing Seniors</p> <p>1:00 p.m. Crafts with Susanne! <i>Old CD Art</i></p>	<p>22 <b>DEADLINE 3/24 PAINTING WITH JOHN</b></p> <p>8:30 a.m. AARP Safe Driving Class 9:00 a.m. Piano Group 1 9:00 a.m. Stained Glass Class 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 11:30 a.m. Savor the Flavor of Eating Right 12:30 p.m. CCRC Visitation 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 1:00 p.m. Pastel Portrait Drawing Class 2:15 p.m. Conversational Spanish</p>	<p>23</p> <p>8:45 a.m. RCA Studio B Trip</p> <p>12:00 n Ceramics Class</p> <p>1:00 p.m. Club Karaoke</p> <p>1:30 p.m. Trivia Group</p>
<p>28 <b>DEADLINE 3/31 MIXED MEDIA CLASS</b></p> <p>8:30 a.m. Senior Center Commission Meeting 9:45 a.m. Clowns to Bridges at Hickory Woods 10:00 a.m. Take a Break with Nurse Laura "Diabetes Management" 10:00 a.m. Meet &amp; Greet with Travel Coordinator 1:00 p.m. Singing Seniors</p>	<p>29 <b>DEADLINE 4/2 FAUX CHENILLE SCARF CLASS</b></p> <p>9:00 a.m. Piano Group 1 10:00 a.m. Around the World Cuisine Trip 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 1:00 p.m. Spanish 1 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. National Senior League Wii Bowling</p>	<p>30</p> <p>12:00 n Ceramics Class</p> <p>1:00 p.m. Club Karaoke</p> <p>1:30 p.m. Trivia Group</p>

# OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>3</p> <p>9:00 a.m. Stained Glass Class</p> <p>10:00 a.m. Morning Chat with Officer <i>"I Got Pulled Over Now What"</i></p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Senior Acting Up!</p>	<p>4</p> <p>9:00 a.m. Painting with Liz "The Woods"</p> <p>10:00 a.m. Take a Break with Nurse Laura "Kidney Health"</p> <p>10:30 a.m. Nashville Lawn &amp; Garden Show</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>5</p> <p>9:00 a.m. Tour De Goodwill</p> <p>12:30 p.m. Center Open</p> <p>1:00 p.m. Saturday Adventures Meeting</p> <p>6</p> <p>On this day in 1836 the Alamo fell.</p>
<p>10</p> <p>9:00 a.m. Stained Glass Class</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Senior Acting Up!</p> <p>5:00 p.m. Wanna B's Karaoke on Broadway</p>	<p>11</p> <p>8:15 a.m. Antiques, Quilting &amp; Tea Room Trip</p> <p>8:30 a.m. <b>Murfreesboro Caregiver Conference</b></p> <p>9:00 a.m. AARP Board Meeting</p> <p>10:00 a.m. AARP Meeting</p> <p>1:30 p.m. Friday Feature Flick</p> <p>2:00 p.m. Beginning Calligraphy</p> <p>NEW ORLEANS TRIP RETURNS</p>	<p>12</p> <p>10:45 a.m. Music City Irish Fest Trip</p> <p>12:30 p.m. Center Open</p> <p>13</p>
<p>17</p> <p><b>NO BINGO TODAY!</b></p> <p><b>MCHRA Lunch at 11:00 a.m. today!</b></p> <p>9:30 a.m. Chaffin's Dinner Theatre Trip "The Taffetas"</p> <p>10:30 a.m. Beginning Bridge Class</p> <p>1:00 p.m. Senior Acting Up!</p> <p>1:00 p.m. <b>St. Patrick's Day Dance</b></p>	<p>18</p> <p>10:00 a.m. Grief Relief Support Group</p> <p>1:00 p.m. Plastics &amp; Bottled Water Seminar</p> <p>2:00 p.m. Beginning Calligraphy</p> <p>5:00 p.m. JOB Pool Tournament Trip</p>	<p>19</p> <p>10:40 a.m. Boro Garden Show Trip</p> <p>12:30 p.m. Center Open</p> <p>1:30 p.m. Parkinson Support Group</p> <p>20</p>
<p>24</p> <p>9:00 a.m. Stained Glass Class</p> <p>10:00 a.m. <b>Smart Investing Seminar</b></p> <p>10:30 a.m. Beginning Bridge Class</p> <p>10:40 a.m. Mystery Lunch Trip</p> <p>11:30 a.m. Lunch and Learn "Aging in Place Home Remodeling"</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Senior Acting Up!</p> <p>1:00 p.m. Painting with John "Moonlit Winter"</p>	<p>25</p> <p>10:40 a.m. Mystery Lunch Trip</p> <p>12:00 n Labor of Love Caregiver Support Group</p> <p>1:00 p.m. Happy Clown Class &amp; Rehearsal</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>26</p> <p>12:30 p.m. Center Open</p> <p>27</p>
<p>31 <b>DEADLINE 4/4 CREATING TREASURES WITH EDDIE</b></p> <p>8:10 a.m. Casey Jones Train Museum</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:00 a.m. Mixed Media Class "Mountain Stream"</p> <p>1:00 p.m. Music Jam Session</p> <p>1:00 p.m. Senior Acting Up!</p>	<p><b>Be sure to check out the Senior Center's new TV show "Life After 60" on City Cable 3.</b></p>	<p><b>Share the Care Alzheimer's Support Group will not meet on 3/11. Join us at the Murfreesboro Caregiver Conference at 9:00 a.m.</b></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><b>EXERCISE ROOM</b></p> <p>8:15 a.m. <b>Fit with Mark</b>                      9:15 a.m. <b>Zumba® Gold</b>                      10:15 a.m. <b>Walk with Ease</b>                      10:30 a.m. <b>Beginning Tap</b>                      11:20 a.m. <b>Intermediate Tap</b>                      11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p><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><b>UPPER DINING ROOM</b></p> <p>9:30 a.m. <b>Line Dance Practice/Judy</b></p> <p><b>NURSE STATION</b></p> <p>9:30 a.m. <b>Blood Pressure Clinic</b></p>	<p><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><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><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><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><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><b>UPPER DINING ROOM</b></p> <p>2:00 p.m. <b>Beginner/Intermediate Line Dance</b></p> <p>Check bulletin board behind reception desk for any daily changes!</p>	
THURSDAYS	FRIDAYS	SATURDAYS	PLEASE READ!
<p><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><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><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>                      ENDS FEBRUARY 12                      11:30 a.m.-4:15 p.m. <b>Open Gym</b></p> <p><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>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/> <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 with the "saints" with folks from the Center, please see Lisa Foster, Program Coordinator.

**Resumes in April**

# PROGRAMMING

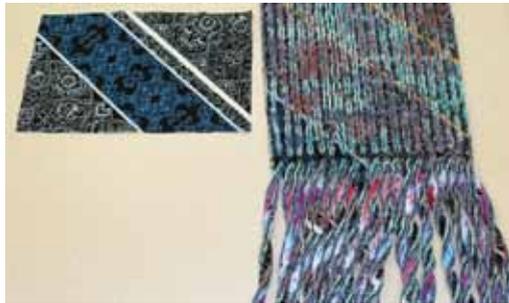
The following list contains classes and events with **NO FEES** you may  
**Make a reservation NOW** by calling 848-2550 or in person at the reception desk.

TUESDAY <b>MARCH 1</b> 10:00-11:00 a.m.	<b>HEALING ARTS CLASS</b> Healing art decreases depression, anxiety and mental dysfunctions, increases health and wellness knowledge by using calming techniques. Come and join us. No talent is needed; just the willingness to surprise yourself.	No Limit No Deadline
THURSDAY <b>MARCH 3</b> 10:00-11:15 a.m.	<b>MORNING CHAT WITH AN OFFICER "I GOT PULLED OVER. NOW WHAT?"</b> 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 <b>MARCH 4</b> 10:00-11:30 a.m.	<b>TAKE A BREAK WITH NURSE LAURA - KIDNEY HEALTH</b> March is National Kidney Month so on Friday, March 4 we will learn about kidney disease- how to prevent it, the importance of early detection, and treatment options. Marsha Watkins, a nurse with ten years experience in dialysis will teach us how to take care of this part of our body that is often ignored until there is trouble.	Limit 40 Deadline 03/02
FRIDAY <b>MARCH 11</b> 8:30 a.m.-1:30 p.m.	<b>MURFREESBORO CAREGIVER CONFERENCE</b> Visit with exhibitors, learn from professionals and enjoy time with other family caregivers.	No Limit No Deadline
FRIDAY <b>MARCH 11</b> 1:30 p.m.	<b>FRIDAY FEATURE FLICKS</b> 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 <b>MARCH 14</b> 10:00-11:15 a.m.	<b>IN THE GARDEN WITH JACK "TENNESSEE'S NATIVE FLOWERS"</b> 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 <b>MARCH 18</b> 10:00-11:30 a.m.	<b>GRIEF RELIEF SUPPORT GROUP</b> 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
FRIDAY <b>MARCH 18</b> 1:00-2:00 p.m.	<b>PLASTICS &amp; BOTTLED WATER WITH UT EXTENSION</b> 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 <b>MARCH 21 &amp; 22</b> 8:30 a.m.-12:30 p.m.	<b>AARP SAFE DRIVING CLASS</b> 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.
MONDAY <b>MARCH 21</b> 1:00-4:00 p.m.	<b>CRAFTS WITH SUSANNE! OLD CD ART</b> Bring some old CDs and anything you want to do mosaics on. This will be a fun class. Susanne is one of our talented craft instructors. She will be bringing her talents to the Monday classes at <u>no charge</u> to you. Sponsored by SCSSC.	Limit 15 Deadline 03/14
TUESDAY <b>MARCH 22</b> 11:30 a.m.-1:30 p.m.	<b>SAVOR THE FLAVOR OF EATING RIGHT FOR NATIONAL NUTRITION MONTH</b> Come by the main dining room on Tuesday, March 22 from 11:30 – 1:30 and celebrate National Nutrition Month with MTSU Nutrition and Food Sciences students. You will learn how to "Savor the Flavor of Eating Right" through an interactive exhibit and discussion.	No Limit No Deadline
THURSDAY <b>MARCH 24</b> 10:00 a.m.	<b>SMART INVESTING WITH MCFARLIN FINANCIAL PARTNERS</b> Learn about alternative investment strategies for seniors.	Limit 75 No Deadline
THURSDAY <b>MARCH 24</b> 11:30 a.m.-1:00 p.m.	<b>LUNCH AND LEARN "AGING IN PLACE HOME REMODELING"</b> Certified professional, trained on the unique needs of seniors; modifying homes so you can live there longer as you age and addressing the most common barriers in the a home.	Limit 50 No Deadline
MONDAY <b>MARCH 28</b> 10:00-11:30 a.m.	<b>TAKE A BREAK WITH NURSE LAURA - DIABETES MANAGEMENT</b> Yvonne Dadson with the Diabetes Center of St. Thomas Rutherford Hospital is coming to talk about diabetes and trends. She will cover glucose target range and monitoring and management of your diabetes, including diet. This is a great class for a newly diagnosed diabetic or someone who would like to better control their diabetes.	Limit 50 Deadline 03/24

# PROGRAMMING

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

<p><b>SATURDAY</b> <b>APRIL 2</b> 1:00-3:00 p.m. Min 5/Max 8</p>	<p><b>FAUX CHENILLE SCARF CLASS</b> This is a demonstration on how to make a faux chenille scarf from cotton, homespun or rayon material. Brenda Elliott is the instructor. This project is a fun one to do if you do not know how to knit or crochet.</p>
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<p><b>MONDAY</b> <b>APRIL 4</b> 10:00-11:15 a.m.</p>	<p><b>IN THE GARDEN WITH JACK</b> "What in Your Yard Can You Eat?"</p>	<p><i>Limit 40</i> <i>No Deadline</i></p>
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<p><b>THURSDAY</b> <b>APRIL 7</b> 9:30-11:00 a.m.</p>	<p><b>MEET A MERCHANT MARINE</b> Meet Murfreesboro resident John Dentino, Chief Engineer of the steamship, Chemical Pioneer and learn all about having a job at sea. John is also Chief Engineer of the General Jackson when he is not at sea. What is a merchant marine? Where do his travels take him? What does he haul? You don't want to miss this educational seminar.</p>
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*Limit 50*  
*Deadline 04/05*

## STOP AND READ THIS!

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

<p><b>TUESDAYS</b> <b>IN MARCH</b> 1:00-4:00 p.m. No Class on 03/15</p>	<p><b>PASTEL PORTRAIT DRAWING CLASS</b> 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 eraser, 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.</p>
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CLASS FEE \$30  
*Min 5/Max 8*  
*Deadline 02/29*



### PAINTING WITH LIZ "THE WOODS"

**FRIDAY, MARCH 4**  
9:00-11:00 a.m. • CLASS FEE \$20  
*Min 5/Max 12* • *Deadline 03/02*

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.



**FRIDAYS**  
**IN MARCH**  
Beginning 3/4  
2:00-3:00 p.m.  
CLASS FEE \$50  
*Min 5/Max 10*  
*Deadline 03/02*

**BEGINNING CALLIGRAPHY** Calligraphy means "the art of beautiful writing." Pen and ink will be provided. You will need to purchase a plaque for the second class. 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 and the steps to correctly form letters and numbers. The classes are 90 minutes. You will have a small amount of practice to do at home. 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 meets 3/4, 11, 18 & 25. Everyone must pay \$50 in March.



**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 5/Max 12*  
*Deadline 03/09*

# PROGRAMMING

**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!



**THURSDAY, MARCH 24 • 1:00-4:00 p.m.**  
**PAINTING WITH JOHN "MOONLIT WINTER"**  
 CLASS FEE \$25 • Min 5/Max 12 • Deadline 03/22  
 Local artist, John Smith will be conducting oil painting lessons this year. If you are interested in art or want to unleash that hidden talent that's been tucked away inside you. All levels of experience from beginner to "artist extraordinaire" are welcome. Your 16 x 20 "finished artwork will look like the one on the right. All supplies are furnished. Please help us welcome John to the Center.



**THURSDAY, MARCH 31 • 9:00 a.m.-3:00 p.m.**  
**MIXED MEDIA ART CLASS**  
**"WINTER MOUNTAIN STREAM"**  
 CLASS FEE \$15 • Min 5/Max 12 • Deadline 03/28  
 This class is continued from the February class. Bring in a 16 x 20" signature mat. Be sure to bring your finished picture from the February Mixed Media Class. Your original drawing will be extended onto the mat. Bring the same pens to the second class (.005 black drawing pen, pastel pencils in blues, purples and pinks, gel pens in oranges, yellows, red). Karen Brackman is the instructor. Signature mats can be purchased at hobby stores and big box stores.



**MONDAY, APRIL 4 • 9:00-11:30 a.m.**  
**CREATING TREASURES WITH EDDIE "SEED TAPE & PLANT MARKERS"**  
 CLASS FEE \$10 • Min 5/Max 15 • Deadline 03/31  
 Let's make seed tape and plant markers! Students will leave with a plantable seed tape from supplied seeds of their choosing. We will also make plant markers to identify plants that are planted in the garden. Please join us as we welcome our new instructor, Edwina Shannon.

<p>TUESDAYS  <b>IN APRIL</b>                  1:00-4:00 p.m.</p>	<p><b>PASTEL PORTRAIT DRAWING CLASS</b> 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 eraser, 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.</p>	<p>CLASS FEE \$30                  Min 5/Max 8                  Deadline 04/04</p>
<p>TUESDAYS IN  <b>APRIL &amp; JUNE</b>                  2:15-3:15 p.m.</p>	<p><b>CONVERSATIONAL SPANISH CLASS PART 2</b> More of a great thing! 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. This class is instructed by Cynthia Borzick, who makes learning FUN! This class is only for those who have taken Conversational Spanish, Part 1.</p>	<p>CLASS FEE \$20                  EACH MONTH                  Min 5/Max 16                  No Deadline</p>
<p>WEDNESDAYS  <b>IN APRIL</b>                  1:00-3:00 p.m.</p>	<p><b>PIECING &amp; HAND QUILTING CLASS FOR BEGINNERS</b> Get some hands-on experience in quilting! This hand quilting class teaches the basics of quilting for the beginning student. There will be 4 two-hour sessions. Students will work on a small quilt project. Supply list handed out on the first day of class. Instructed by Rosemary Sadler and volunteers, Judy Merrill and Diane Parker. Class meets 4/6, 13, 20 &amp; 27.</p>	<p>CLASS FEE \$20                  Min 5/Max 8                  Deadline 04/04</p>

**PROGRAMS & TRIPS**

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

<p><b>FRIDAY APRIL 15</b> 9:00-11:30 a.m.</p>	<p><b>CREATING TREASURES WITH EDDIE</b> Students will paint on canvas an artful design with words. Ideas for layout and letter structures presented by instructor in class. You will leave with a piece of art to hang. Students from beginners to advanced artists are welcome. All supplies are provided.</p>	<p>CLASS FEE \$10 Min 5/Max 15 Deadline 04/13</p>
<p><b>WEDNESDAY APRIL 20</b> 9:00-11:00 a.m.</p>	<p><b>ADVENTURES IN ART: NUMBERS GAME</b> Do you like to have fun? Then join our group. Adventures in Art is playing a numbers game this month. No, not bingo, but there will be drawing and watercolor, smiles and laughter. No previous art experience is necessary. This class is for everyone. Instructed by Susan Carter.</p>	<p>CLASS FEE \$20 Min 5/Max 12 Deadline 04/13</p>

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

<p><b>FRIDAY MARCH 4</b> 10:00 a.m. 3:00 p.m.</p>	<p><b>NASHVILLE LAWN AND GARDEN SHOW</b> Come celebrate an early spring as the Nashville Lawn and Garden show features all things green and growing! An acre of live gardens designed by some of middle Tennessee's top landscape and garden companies greets you at the main entrance. More than 20 of the region's top floral designers showcase their talents in the floral design gallery. And, more than 150 vendors in 250 exhibit booths fill the Marketplace with a variety of plants, seeds, home décor, gardening equipment, books, and free advice to help you succeed in your gardening adventures! Bring money for admission (\$11) and lunch at Hickory Falls.</p>	<p>BRING \$11 TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♪</p>
<p><b>SATURDAY MARCH 5</b> 9:00 a.m. 3:30 p.m.</p>	<p><b>TOUR DE GOODWILL</b> Tour the Goodwill's of Mt. Juliet and Lebanon while enjoying a nice lunch at Steak N Shake in between your treasure hunts. And remember, everything is half off!</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♪</p>
<p><b>MONDAY MARCH 7</b> 11:00 a.m. 2:00 p.m.</p>	<p><b>LUNCH 495 TRIP</b> Since 1969 this famous Ohio restaurant chain has consistently been on the cutting edge in its industry. Leading the way for some of the decade's best menus created a restaurant that even Ray Kroc would be proud to take his family to. Also, leading with corporate responsibility. In the last 24 years this restaurant has helped more than 13,000 children through Foster Care services and adopted out more than 5,315 children to forever homes. So enjoy every bite with the satisfaction that you are making a difference in this world. Afterwards enjoy Studio S Pottery that is well known for high temperature stoneware and porcelain, its raku and pit fired clay in addition to its architectural terra cotta, which is often selected to be representative of our state.</p>	<p>BRING \$ TRANSPORTATION \$2 Limit 23 COST: \$ WALKING: ♪</p>
<p><b>WEDNESDAY MARCH 9</b> 10:45 a.m. 2:30 p.m.</p>	<p><b>TRAIL BLAZERS</b> It's time to shake off the winter blues and hit the cedar green trails at Cedars of Lebanon State Park. Welcome spring early with a chance to warm up with these beautiful evergreens lining the sinks and glades in this treasured park. Visitors frequently enjoy glimpses of fox, deer, squirrel, rabbits and turkey throughout the park. Birds seen or heard in or near glades include Prairie Warbler, Yellow-breasted Chat, and Chuck-Will's-Widow, as well as other typical mid-south field and forest dwellers. Walking will be easy along the Limestone Sinks which is a self-guided .5 mile trail. Lunch: Demos Lunch Menu</p>	<p>BRING \$ TRANSPORTATION \$2 Limit 23 COST: \$ WALKING: ♪</p>
<p><b>THURSDAY MARCH 10</b> 5:00 p.m. 9:00 p.m. Bring \$ for dinner at Hickory Falls.</p>	<p><b>WANNA B'S KARAOKE ON BROADWAY</b> Wanna B's Karaoke Bar is like no other karaoke you've seen. It's an immersive, interactive musical experience that will have everyone from the most seasoned singer to the shower yodeler and all of their friends clapping, singing and dancing along. Boasting professional sound complete with an elevated stage and lighting, Wanna B's is your guaranteed party destination. KJs are also professional DJs &amp; singers who will help you recall that song you just can't remember in addition to keeping the energy up!</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♪</p>
<p><b>FRIDAY MARCH 11</b> 8:15 a.m. 5:00 p.m.</p>	<p><b>ANTIQUES, QUILTING AND TEA ROOM</b> Visit Sew Carefree but stay for the 15,000 sq. ft. of antiques, collectibles and decorator items as well as an award winning cafe. Lunch at the Tea Room inside the Carriage House Antique store should be a treat unto itself. Also, their homemade and hard to find foods and snacks are available to take home. Come for Lunch, stay for dessert and shop all afternoon! Bring \$ to spend for lunch and shopping.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♪</p>

# TRIPS

**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>SATURDAY MARCH 12</b> 10:45 a.m. 2:15 p.m.	<b>KISS ME I'M IRISH</b> Come celebrate and continue the tradition with the gathering that is Music City Irish Fest, the premier event that brings Nashville's stars and the world's best Celtic musicians together in the heart of this famous city to collaborate, create and commemorate their shared love of art and culture. There is no other city that can offer both the newest and oldest strains of tradition a place to revel in the national spotlight. Cash only accepted.	BRING CASH TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣
<b>TUESDAY MARCH 15</b> 10:00 a.m. 1:00 p.m.	<b>DINER, DIVES AND DRIVE-INS</b> This trip is all about staying local, but with a twist. Many have stated that they moved here from elsewhere and would like to know more about the local area. This Dive, started in 1973 and has been serving the best burgers south of the Mason-Dixon line. Later you will find the exact center of Tennessee and then transport yourself back in time to one of the areas historic dam projects. Bring your camera and money for lunch.	BRING \$ TRANSPORTATION \$2 Limit 23 COST: \$ WALKING: ♣
<b>WEDNESDAY MARCH 16</b> 9:30 a.m. Until done	<b>TENNESSEE TECHNOLOGY CENTER FIELD TRIP</b> This trip is for nonmedical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip. Each service is \$5. We leave the center at 9:30 a.m. Be here at 9:00 a.m. If you want to 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 must go on your own. Let us know if you will be using a wheelchair.	BRING \$ TRANSPORTATION 0 Limit 10 COST: \$ WALKING: ♣
<b>THURSDAY MARCH 17</b> 9:30 a.m. 3:30 p.m.	<b>CHAFFIN'S BARN "THE TAFFETAS"</b> This 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. Songs include "I'm Sorry," "Tammy," and "Fly Me to the Moon." Price includes lunch and ticket.	ADMISSION: \$28 TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣
<b>FRIDAY MARCH 18</b> 5:00 p.m. 9:45 p.m.	<b>JOB POOL TOURNAMENT</b> JOBs in Madison was recommended by one of the Center's pool players. JOBs offers pool tournaments every Friday night for a \$5 buy in. Tip, smoking is allowed. Bring money to spend on food (\$5-8) and entertainment.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣
<b>SATURDAY MARCH 19</b> 10:30 a.m. 3:00 p.m.	<b>BORO GARDEN SHOW</b> The Garden Party features designers, landscapers, floral arrangers, artists, shops and supplies that enhance outdoor living and beautiful yards and gardens. Bring money admission and dinner before the garden show. Garden show tickets are 1/2 off with this trip.	BRING \$ TRANSPORTATION \$2 Limit 23 COST: \$ WALKING: ♣
<b>MONDAY MARCH 21</b> 10:30 a.m. 3:00 p.m.	<b>FRIST CENTER FOR THE ARTS</b> Join us for Senior Monday when gallery admission is 1/2 price for seniors and a 15% discount on gift shop and Frist Cafe purchases. Snappy Pappy plays music in the lobby. A docent guided tour of one of the current exhibits is offered at 1:30 p.m. Bring \$6 for admission and \$ for lunch.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣
<b>WEDNESDAY MARCH 23</b> 8:45 a.m. 1:30 p.m.	<b>STUDIO B</b> RCA Studio B is a recording studio in Nashville. Originally known simply as RCA Studios, it became famous in the 1960s for being a part of what many refer to as the Nashville Sound which revived the popularity of country music and helped establish Nashville as an international recording center. It is listed on the National Register of Historic Places. Bring \$ for lunch.	ADMISSION: \$20 TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣
<b>THURSDAY OR FRIDAY MARCH 24 or MARCH 25</b> 10:40 a.m. 1:30 p.m.	<b>MYSTERY LUNCH</b> This space is blank. . . it is a mystery afterall!	BRING \$ TRANSPORTATION \$2 Limit 23 COST: \$ WALKING: ♣
<b>TUESDAY MARCH 29</b> 10:00 a.m. 3:00 p.m.	<b>AROUND THE WORLD CUISINE</b> Celebrate! Rather it's Easter, Erev Yom Kippur, Thanksgiving, Eid al-Fitror, Visakah Puja, Christmas and others. Most holidays have what many would consider "celebration food". Many of us can reminisce on our favorite holidays with family and of course, the food. Thankfully, most restaurants specialize in serving holiday food as everyday offerings. Around the World Cuisine is a trip to celebrate world culture through holiday food with no specific holiday in mind..	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ WALKING: ♣

**MORE TRIPS LISTED ON PAGE 21.**



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

### **PLASTICS WITH UT EXTENSION Saturday, February 20 at 1:00 p.m.**

Plastic, plastic everywhere! We have used plastics through the years as though they are safe; however, some plastics are potentially harmful. Not all plastics are considered 'bad.' On Friday, March 18<sup>th</sup> from 1:00-2:00 p.m. join Carla Bush, Extension Agent III, as she discusses bottled water along with some taste testing. Are those expensive bottled waters worth the price? You will also learn the difference between the different numbers found on plastics.

### **PIECING AND HAND QUILTING FOR BEGINNERS**

Due to positive feedback on the interest list, we are offering Piecing and Hand Quilting for Beginners on Wednesday April 6, 13, 20, and 27<sup>th</sup> from 1:00-3:00 p.m. in the quilting room. This is a four week session that teaches the basics of quilt piecing for the beginning student at the fee of \$20 for all four sessions.

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. Cotton material and batting are provided. On the first class date, the instructor, Judy Merrill will pass out a supply list for next class. She and her volunteer, Rosemary Sadler, will have examples of these supplies so you know exactly what to bring to the second class. Limit is 8 so sign up now!

*Thank you, Brenda Kiskis Elliott*

### **ST. PATRICK'S DAY DANCE & PARTY**

Kiss the Blarney Stone and put your green on as we celebrate St. Patrick's Day with the Bill Sleeter Trio!

The Dance/Party takes place on  
Monday, March 17 from 1:00-4:00 p.m.

The cost is \$5 at the door.

Entrance to the dining room begins at 12:30 p.m.

No sign up required.

NOTE: MCHRA Lunch served at 11:00 a.m. on March 17<sup>th</sup>

### **FAUX CHENILLE SCARF CLASS**

It is amazing how sewing and cutting can turn pieces of material into a beautiful scarf! Some of the participants showed interest in learning to make a faux chenille scarf like I made this past winter. Therefore, I have scheduled a class on Saturday April 2<sup>nd</sup> from 1:00-3:00 p.m. This is a demonstration on how to make a faux chenille scarf from cotton, homespun or rayon material.

This project is fun to do on your own, especially for those who do not knit or crochet. You can work on your scarfs during the summer for holiday gifts for others or for yourself. See Brenda Elliott to see a sample of the scarf. The class has no fee, however, sign up is required. Limited to 8.

See you on Saturday April 2<sup>nd</sup>! *Brenda*

### **MEET A MERCHANT MARINE**

Find out more about the life of a Merchant Marine by attending this educational seminar on Thursday April 7<sup>th</sup> from 9:30-11:00 a.m. John Dentino is a husband, a father of three and a Merchant Marine. He resides in Murfreesboro, TN yet his job is on the sea. John is Chief Engineer of the Steam Tanker, the **Chemical Pioneer**.

John also serves as Chief Engineer of the **General Jackson** in Nashville. Mr. Dentino definitely does not have a traditional 8:00 a.m.-5:00 p.m. Monday through Friday job! What are the duties of Chief Engineer of a huge ship? What is his working day like? How long is he at sea? How does he juggle family and being at sea? Where do his travels take him? What cargo does the **Chemical Pioneer** transport?



# PROGRAMMING

## WALKING SAINTS

The Walking Saints are a group of seniors that love to walk on the Murfreesboro Greenway. They walk 2 miles on different parts of the Greenway on Mondays and Wednesdays. Mondays, the Walkers start at the Old Fort Park Greenway Trailhead. On Wednesdays the meeting place is the Thompson Lane Trailhead. Meeting time is 8:00 a.m.

They tell us the Greenway is beautiful at all times of the year, but they take a break during the winter months. The Walking Saints will resume their Greenway walks on Monday, April 4. Please sign up at the front desk by the end of March to let our volunteer facilitator, Leonard Johnson, know how many Walkers he will have for April. This sign up procedure is new for the Walkers, but we believe it will help attendance and enthusiasm increase for our walks on the wild side!



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

## AARP SAFE DRIVING CLASS IN MARCH

AARP is offering their Smart Driver Program on March 21-22 from 8:30 a.m.-12:30 p.m. The Smart Driver Program is a newly designed driving class based on driving principles that will enhance your knowledge, skill and ability in order to reduce accidents

and instill added confidence in your driving skills. The cost of the class is \$15 for AARP members and \$20 for non-members. Upon completion of this course, you may be eligible for a discount on your vehicle insurance. Instructor: Bob Paredes.

## SATURDAY

### ADVENTURERS!

There will be a informal meeting for all who are interested in Saturday trips...Adventures...on Saturday, March 5 at 1:00 p.m.

Saturday Adventure trips may be a little edgier and more adventurous than our week-day trips. Come to the meeting to find out more! Bring suggestions and let's plan our Adventures for 2016!

## MORE TRIPS PLANNED AT ST. CLAIR

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<p><b>THURSDAY</b> <b>MARCH 31</b> 8:10 a.m. 4:30 p.m.</p>	<p><b>CASEY JONES TRAIN MUSEUM TRAINS!</b> Casey Jones Village is a family destination that includes the historic Casey Jones Home and 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 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. Bring \$3.50 for admission and money for shopping.</p>	<p>ADMISSION \$11 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ WALKING:  <b>77</b> Deadline: <b>3/8</b></p>
<p><b>FRIDAY</b> <b>APRIL 1</b> 10:00 a.m. 3:00 p.m.</p>	<p><b>MULE DAY, COLUMBIA, TN</b> Mule Day has been a popular Columbia tradition for nearly 170 years, since the 1840s. Mule Day an annual celebration of all things related to mules, is held in Columbia, Tennessee, the self-proclaimed "Mule Capital" of the world. Begun in 1840 as "Breeder's Day", a meeting for mule breeders, it now attracts over 200,000 people and takes place over four days. In addition to mules, traditional Appalachian food, music, dancing and crafts are featured. Bring money your entertainment.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ WALKING:  <b>777</b></p>

**MARK YOU CALENDARS FOR MEET & GREET**  
*With new travel coordinator, Drew Anderson*  
**Monday, March 28 at 10:00 a.m.**  
Gather for an informal meeting on trips, ideas and the future of the program.

**TRAVEL SYMBOL KEY**  
WALKING: LOW MEDIUM HIGH  
COST: \$ LOW \$\$ MEDIUM \$\$\$ HIGH

## “THE GARDENER’S CORNER”

If you haven’t already started your plants to put in your yard and/or vegetable garden now is the time to get them started. Peppers, tomatoes, eggplant, marigolds, zinnias and other plants you want to start rather than going to the local plant nursery and paying them to start them for you.

You can start to dig your garden and beds as soon as you can work the soil without it being too wet. If you have had a soil test done and fertilizer was recommended now would be the time to mix in the fertilizer with the soil.

Check your perennial beds for winter heaving. This happens when the soil freezes, expands and pushes in the soil out the top of the bed. It is simple to correct this problem by just pushing the plants back in the ground and put soil around the crown to prevent drying. Any perennials with excessive growth may need pinching back.

Use your weed trimmer to cut back your ornamen-

**By Jack Smith, Certified Master Gardener**  
tal grasses including your “monkey grass” before new growth begins.

The following ‘hardy annuals’ will not be hurt by any late spring frost, so the seed may be sown outdoors as soon as the soil can be worked, Cornflower, Baby’s Breath, Sweet Alyssum, Chamomile and Annual Phlox.

Dormant oil sprays should be applied to apple and pear trees in early spring when temperatures are above 45 degrees. You can also plant strawberries in March, as early as the ground can be worked. Allow about 3 ½ feet between rows and about 2 ½ feet between plants. Make sure you prune the plants before setting by removing most of the old leaves.

**DO NOT** plant strawberries where potatoes, peppers or tomatoes were growing last year since all of these plants get some of the same diseases. Apply fertilizer before planting.

## ST. CLAIR WELCOMES NEW INSTRUCTORS

**Susanne Hebden** brings *Crafting with Susanne* to the Senior Center. Her first class was in January with a Fleece Scarf Class. The class was a huge success with everyone taking home a very different scarf. In February the class made *Keepsake Hearts*, another success. Look out for more classes in upcoming months.

**John Smith II** is a new instructor who brings *Painting with John* to the Senior Center. He discovered his talent to paint three years ago and was coined “The Accidental Artist” by many who know him. He also discovered his ability to teach others and is giving a free demonstration of his work on Monday, February 29 from 12:00-1:30 p.m. John’s first class is Thursday, March 24 from 1:00-4:00 p.m. where he instructs all levels to create the painting, “Moonlit Winter.” See the newsletter event sign up page for more

information.

**Susan Carter** is another instructor we are excited to have on board. She brings *Adventures in Art* to the Center. Her topics are diverse, creating a fun atmosphere complemented by a finished art project. On Wednesday, March 16 from 9:00-11:00 a.m. Susan will be drawing whimsical characters with personalities and creating with paint and paper. Fee is \$20. See the event sign up page for more information.

**Rosemary Saddler** brings the class: *Piecing and Hand Quilting for Beginners* to us on Wednesdays April 6, 13, 20 and 27 from 1:00-3:00 p.m. This 4-week class gives students some hands-on experience in quilting. The basics of quilting including choosing fabric, cutting, pinning, sewing and binding will be taught. Students will work on a small quilt project, being taken through the necessary

steps to end up with a completed project. Cotton material and batting are provided. A list of materials needed to bring to the second class will be discussed during the first class. Volunteers Judy Merrill and Diane Parker assist in the class. Fee is \$20.

**Edwina “Eddie” Shannon** joins us in March with *Creating Treasures with Eddie*. She masters the skill of lettering and was one of a few people who made the hand lettered invitations to President Bush’s inauguration. What an honor and talent! Monday, April 4 the topic is “*Let’s Make Seed Tape and Plant Markers.*” Her classes combine crafts with lettering. Check out the newsletter for topics on Friday, April 15, Thursday, April 21 & Monday, April 25 classes.

**If you have questions about these new programs, please see Brenda Kiskis Elliott, Program Coordinator.**

# SENIORS ACTING UP!

# TICKETS NOW ON SALE

## WILD TEENS OF POSSUM TROT

Written by Charlie Parker

Directed by Pat Merz

Produced by

ST. CLAIR

SENIORS

ACTING UP.

MEET THE CAST

Tickets ONLY

\$5

Includes Meal

### Show Dates and Times

Friday, April 8, 2016 - Meal 5 PM Show 6 PM

Saturday, April 9, 2016 - Meal 12 PM Show 1 PM

Friday, April 15, 2016 - Meal 5 PM Show 6 PM

The play takes place in the classrooms and hallways of Possum Trot High School in the early to middle 1960's, where you'll find similar memories of your yesteryears.

The senior class is preparing for their final year with old friends, romantic interest new students and many activities, the first of which is a talent show. They are looking forward to a new life and new world. All highlighted

by original lyrics and music written by Charlie Parker. You're sure to enjoy this upbeat musical comedy.



Susanne Conger as Della Potts principal



Dorothy Jenkins as Bertha Blatt teacher



Claire Mobley as Missy Chamber sweet girl



Karen Frye as Madeline Bardot loose girl



Maria James as Cathy Burns nerd



Carolyn Lester as Ruta Bayga foreign exchange student



Yolanda Pruitt as Betty Will cheerleader



Eva Lancaster as Crissy Cross Cheerleader



Carol Lannon as Patsy Mills rich girl



Viann Clement as Hayley Smith rich girl



Dave Reynolds as Troy Gillis jock



Forest Ward as Buffalo Bill Parton hood



Charlie Parker as Delbert Graham nerd



Lyle Confer as Albert Wolf class clown



Mel Rigot as Brandon Hanson dreamboat

MARCH 2016

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

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



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## DONATIONS & STAFF

### DONATIONS for JANUARY 2016

Bingo \$ 00.00  
Quilting \$180.00  
Popcorn \$ 0.00  
Coffee \$ 69.42

**Donations:** Lawrence Bain, Kristina Barkley,  
Pyong Cahill, George Hanson, Ellen Har-  
mon, Rosalinda Hernandez.

**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> Drew Anderson 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.*