

May 2016

Blaze a Trail for Older Americans Month in May

Saturday, May 21
Cooking with
Chef Russ

Thursday, May 26
Painting with
John Smith

Monday, May 16
Habitat for Humanity
9:00-10:30 a.m.

Thursday, May 12
Ms. Cheap
9:00-10:15 a.m.

Monday, May 2
In the Garden with
Dr. Don Richardson
"Landscapes"
10:00-11:15 a.m.

Friday, May 6
FREE Rabies Clinic
12:30-2:30 p.m.
Appointment Required

Blaze a Trail! May is Older American's Month. What better way to keep yourself happy and healthy than to blaze a trail to St. Clair Street Senior Center and take advantage of the wonderful opportunities we offer.



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

May is Older American Month and the Center has big plans to celebrate. Governor Bill Haslam has proclaimed May Tennessee Older American month and we will place the Proclamation in the main entrance for all to see. This year's theme is **"Blaze a Trail"**, throughout the month you will see special programs based on the theme. We also have big plans for May 25th **"Springaplooza."** This fun outdoor event will have games, snacks, prizes, music and possible a dunking booth (for the Director) so plan on joining our staff in this fun-filled event.

I would like to address some recent parking lot issues we have seen over the last couple of months at St. Clair. We have had car accidents, a vehicle towed for parking in a no parking zone, vehicle requests to move out of reserved parking areas, reports of seniors not parking within the lines and verbal altercations over parking issues. The number of parking spaces at the Center is



limited and is one of the Center's major issues. We ask that each participant use parking lot etiquette while attending events and report issues to staff. First, park correctly in vehicle spaces. Centering your vehicle in its parking space will provide room for the driver who parks in the adjacent space and reduce the chance of your vehicle being dinged or dented. Second, obey all posted signs and marked no parking areas for deliveries, ADA compliance and center operations. Third, watch for pedestrians when entering and leaving, slow down and follow all directional traffic flow signs. Fourth, report parking issues to staff and treat others in a respectfully manner if an incident occurs. City police will be called to help resolve issues, if needed. Fifth, additional parking is located across the street. During large special events staff will post arrangements in adjacent business parking lots. Do not park on street or sidewalks. Center staff is working with other City departments to discuss ways to help with our parking issue but until then PARK SMART and STAY SAFE!

As always start your adventure here!

Your Director, Connie C. Rigsby

Are you ready for SPRINGAPALOOZA?

St. Clair is celebrating Older American Month with **SPRINGAPALOOZA** on Wednesday, May 25. The theme is **"Improve Your Health for a Better Self"**. The morning will be filled with fun, games, healthy snacks and even some prizes. The fun will begin at 8:00 a.m. and last until 11:00 a.m.

Keep the ball in the air playing Beach Ball Volleyball! Work on your aim with Corn Hole, Lawn Darts, Horse Shoes and Disc Golf! Enjoy smoothie samples from our Smoothie Bar! Check out what activities Murfreesboro Parks and Recreation offers! Get a one on one suggestion session with a personal trainer! Help keep your brain healthy at our Art Station! Swing it with Hula Hoops! See how well you do in our Wet Tee Shirt Con-

test! Find out what surprises the staff have up our sleeves!

Springaplooza is for every one of our participants. So whether you're ready to run a marathon or you have physical challenges, come and join us. Our games can be played by all. We also have guest trainer, Caleb Paschall, Adaptive Recreation and Exercise Coordinator at MTSU, to help us learn that improving our health and fitness is something everyone can do.

All regular activities at the Center will be canceled the morning of Wednesday, May 25 so everyone is able to come to Springaplooza! Regular center activities will begin at 12:00 noon. Come and have fun with us!



PROGRAMMING

BLAZE A TRAIL!

May is Older American Month and the theme this year is “Blaze a Trail.” What better way to keep yourself happy and healthy than to “Blaze a Trail” to St. Clair Street Senior Center and take advantage of the wonderful opportunities we offer. The classes, events, dances, seminars, services, volunteer opportunities, clowning, singing, recreation and trips are endless. Each month new ones are added to the LEAF, our center newsletter.

Get out of your comfort zone and try something you’ve never done before. Try something new! It is exciting to learn how to paint for the first time or if you have never been to Zumba Gold, give it a try. Our exercise classes are geared towards the 60+ population. Come to one of the Happy Clown rehearsals or classes if you have a happy heart and want to learn more about being a clown.

Blaze a Trail! Come to the senior center to get involved and meet some new friends. The staff is pretty awesome too!



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

BEESLEY ANIMAL FOUNDATION



The Beesley Animal Foundation has an outreach program that offers FREE vaccines for dogs and cats on the first Friday of the month for persons on social security or limited income! We are honored that Beesley is offering this new outreach program in our center May 6th and June 3rd. The two clinics will take place 12:30-2:30 p.m. There is a **strict limit of 25** animals for each date. Dogs must be on a leash and Cats in a carrier. The owner will hold the animal while injections are given.

The clinic will take place in our lower dining room. You may bring animals in through the double doors in the lower section that day. **Each dog receives a FREE Rabies Vaccine and DA2PCPV Distemper Adenovirus Type 2 Parv-influenza Canine Parvovirus (Parvo/Distemper vaccination). Cats receive a rabies vaccine and Feline Viral Rhinotracheitis Calici Panleukopenia.**

Again, this is a free service offered by the Beesley Animal Foundation however, registration is required. Space is limited to 25 per day. No walk-ins accepted. If you make an appointment and are unable attend, please call to cancel so someone else can take your spot.

To make an appointment for your dog or cat, call 615-848-2550 or stop by the reception desk. Please arrive 10 minutes before your appointment time to fill out paperwork.

THANK YOU BEESLEY ANIMAL FOUNDATION!

WII BOWLING FRIDAYS

Join us beginning May 20 for Wii Bowling Fridays at 1:00 p.m. in the Lower Dining Room. It’s between seasons in the National Senior League so we’re bowling on our own here at St.. Clair. We’ll be drawing names to form teams for the day, so be sure to get here by 12:45 p.m. and put your name in the bowl to be eligible to play. We will be playing two games each week. There will be no tournaments...this is just for fun! Feel free to bring snacks each week if you like. Come and join us!



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

TUESDAY & THURSDAY QUILTING

Tuesdays and Thursday mornings at 10:00 a.m. you can find our group of volunteer quilters hard at work in the quilt room. Stop by and visit the ladies to find out more.

FRIDAY FEATURE FLICKS May 6 @ 1:30 p.m. *Hint: It's a tribute to one of America's most beloved composers!*



ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator

Goodbye APRIL and Hello MAY!

We enjoyed a lovely winter and beautiful spring. We enjoyed indoor activities such as music with Scott, piano with Larry and sing-a-longs with Renee. We enjoyed the Singing Seniors' beautiful concert. We sang Happy Birthday to Reba. We've been jamming at Jam Session and doing Karaoke. We'll keep doing those

activities, of course. Even so, we're ready to get out on the patio and hear the music of birds chirping their own unique songs, the sound of bees enjoying the bee balm and watch the butterflies. We may enjoy some games, grilling some burgers or hotdogs and sip some lemonade. We may look at the patio temperature gauge and talk about the weather. We will also honor our fallen veterans who made this country great. We will definitely honor our mothers with a Mother's Day luncheon! May is National Blood Pressure Month and we celebrate Nurses Week in May. This brings to mind our two excellent nurses, Laura Grissom and Cindi Thomas, along with the wonderful volunteer nurses who are available to take blood pressures for our participants. Thanks to these professionals who offer care and concern to the ADS participants.



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



Helen Clark shared her birthday cake with ADS. What an enjoyable day!



Kathy Herod & Pat Barlow welcome spring!

We want to make sure that people who make lives better for ADS are honored for their service.

A different ADS volunteer will be featured each month for the next few months. This month we are highlighting the volunteer work of Larry Spangler who plays piano for our participants every Wednesday morning. Larry has the gift of playing piano beautifully by ear. He plays just about anything from Clair de Lune to Woolly Bully. As a young man, Larry



Larry Spangler plays piano for ADS Participants.

played in a rock band and now he has our participants "rockin' to the music of the piano. He is also excellent at Heart and Soul duets to the delight of our participants. Larry has been playing for ADS for 7 years. He enjoys yoga at the center and has a special gift for attracting and making pets of many raccoons which visit his porch. Larry is retired from IBM and we're privileged to have him spend some of those retirement hours with the ADS. Drop in a listen to him on Wednesdays after yoga!

We encourage you to tell your friends about our excellent program which provides respite for a caregiver and a great experience for our participants. Our program is for people with mild to moderate dementia. We invite seniors to visit us in the ADS room to see what we are all about. If, however, our room is empty, we just might be on the patio watching the tomatoes, squash and peppers grow. This is why LIFE IS GOOD in the St. Clair Street Senior Center ADS.

"Lose yourself in generous service and every day can be a most unusual day, a triumphant day, an abundantly rewarding day."

By William Arthur Ward, American Author and Poet

TENNESSEE REGULATORY AUTHORITY

The Tennessee Regulatory Authority is responsible for overseeing the rates and operation of public services such as telephone service. They operate several different programs that are of assistance to the public. The **Lifeline** program was developed by the Federal Communications Commission for the purpose of ensuring that everyone has telephone availability for emergencies, medical appointments, job searches and for maintaining contact with family. Lifeline is available to low income individuals and can assist in paying some of the service cost of your telephone bill. If you prefer, you can choose a free cell phone instead of the landline assistance. It's against the law to have credit to help with your landline bill and a cell phone, you can only have one or the other. There are two ways to qualify for this program. You automatically qualify if you receive one of the following benefits: food stamps, Medicaid, SSI or Low Income Home Energy Assistance Program. If you do not receive one of the above benefits you may still qualify financially. The income guidelines are as follow: for 1 person gross income can be no more than \$1337.00 per month and for a couple the limit is \$1,802.00 per month. Individuals must recertify each year and provide documentation of income or of participation in one of many qualified government programs. For more information you can contact The TRA Lifeline Program at (615) 770-6874.

The Telephone Regulatory Authority also is responsible for the **Telecommunications Devices Access Program (TDAP)** which was established for the purpose of distributing appropriate telecommunication devices so that persons who are deaf, blind or speech impaired (severely hard of hearing as well as severely vision impaired are also included) may effectively use basic telephone service. There is no income limitation for application for services, however it is a program that supplies devices on a first come, first served basis and persons with greatest need may receive priority services. This is a wonderful program and anyone with severe hearing, vision or speech disability should check to see if they could receive assistance in obtaining a device that could meet their specific need. For informa-

tion you can call the TDAP program at (615) 741-2904.

The Tennessee Relay Service provides free, statewide assisted telephone service to those with speech, hearing and visual impairments. This service is handled by specially trained operators that relay messages. The individual would type their conversation and this conversation is relayed by the operator to the person being called via traditional telephone. The operator then would type back the conversation to the TTY user. The calls are all confidential and it is illegal for the operators to disclose information from relayed telephone conversations. No records are kept of conversations. For more information about this service you can call 1(800) 342-8359.

You can also get information and application assistance for any of these programs by contacting me at (615) 848-2550.

The Telephone Regulatory Authority would like everyone to know about fraudulent activity that could be possible with your telephone service. There are a couple of terms that are used for this activity. **Slamming** is the unauthorized switching of a person's local or long distance plan. **Cramming** is the billing for products or services never ordered. If you are billed for something that was never authorized by you or someone you know, like caller ID, Internet access, or additional telephone lines, it is likely you have been crammed. It is recommended that you look closely at your telephone bill each month and if you see anything questionable you should contact your telephone company. If you are unable to resolve the problem with the telephone company, you should call the Telephone Regulatory Authority at 1-800-342-8359 for assistance. **Also remember that when you are signing your name to any kind of sweepstakes, promotional offer or contest, you should read the fine print, you could be authorizing changes to your telephone service.**



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



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

VOLUNTEER CORNER **“SPRINGALOOZA” COMES TO ST. CLAIR**

Springalooza is May 25. We have all sorts of fun activities planned. All of our staff will be participating in this event. This is so all of our volunteers can participate and have fun! This is an event to try something new and learn about new things. I hope to see you all there!

NEW VOLUNTEER ORIENTATIONS

9:30-10:30 a.m. in the Multipurpose room

Thursday, July 21 and another on **Thursday, October 20**



DANCES

Just a reminder: be sure to eat supper before you come to the dances. Your entrance fee pays for the band. Refreshments are very light except for special occasions such as the April 12th Luau and December 9th Winter Dance. Heavy hors d'oeuvres are served on these two occasions. See you at the dances!

MCHRA MEALS ON WHEELS & SENIOR DINING **Continues Breakfast Program**

MCHRA Meals on Wheels and Senior Dining serves breakfast at the Center on Tuesdays and Thursdays at 8:30 a.m. in May. Sign up is required by calling Debbie Willis at 615-895-1870 or stopping by her office. Reservations must be made by 12:00 noon the day before you plan to eat with them. Please let her know if you are unable to attend. Menus are available in the dining room.



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

HAPPY OLDER AMERICAN MONTH: BLAZE A TRAIL



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

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country. Every President since John F. Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities. Seniors daily give to their local communities. And this month their efforts are being recognized.

I would like to recognize our seniors and family caregivers this month. Sometimes it's easy for all of us to forget that not all older folks need senior care. Many are independent well past usual retirement. Often seniors are thought of as serious, and maybe not as fun or active as younger generations. We here at the St. Clair Senior Center know better. We have participants in their 80s and 90s painting, dancing, taking trips and even performing for the public in choruses and dramas. I encourage all seniors to take advantage of what is offered to you here.

Our Director, Connie Rigsby, and all the staff are excited about all the new things we plan to offer in the next year. We will be blazing a trail to the future with you in mind. I think you will all be happy with what is on the horizon for you to experience!

Remember to keep smiling because it's good for your health, helps you look younger and...It makes people wonder what you're up to! *Cindi*

B G S T Y A Y U F Q H L S Q D
 U F N R D L O O R I M Z P D X
 F F W I I W R V B E N K E Z O
 L V L M R E J U Z U P X C Y M
 L R A O V A V I P Q I R I R H
 P F F E W B C H J I M B A O A
 P E R Y T E X W T N G O L Z C
 S M Z S S G R S D U H H M A F
 R E H T O M A S K F E D L M U
 Q K M L U F A M A M A W O Y Y
 Z O O V K C H I L D R E N A Y
 B V R A L G U W F K T L Y M C
 E M E Q F K I S S E S F V C Z
 V R O K F J T R T D O H Z Q X
 B A X M U V C B C T B I Y G N

HAPPY MOTHER'S DAY



Find the following words in the puzzle.

- | | |
|-----------|---------|
| BREAKFAST | CARING |
| CHILDREN | FAMILY |
| FLOWERS | FOREVER |
| HEART | KISSES |
| LOVE | MAMA |
| MAY | MOM |
| MOMMY | MOTHER |
| SPECIAL | UNIQUE |

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 @
12:00 noon

You are Invited

to an evening of memories, laughter & dancing!

"A NIGHT TO REMEMBER"

An adult prom to support the Alzheimer's Association

May 20 from 6:30-9:00 p.m.

\$10 donation requested

RSVP to Cindi Thomas at 615-848-2550.

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

ALL THAT COMPLAINING IS GOING TO BE THE DEATH OF YOU!

We all have those people who we dread to see coming our way. You know the ones. They don't waste any time before they start telling you how horrible things are in their life, how everyone around them is a waste of oxygen, and how they are going to get even with the world for not doing things their way. We listen and often agree because we think we are doing the right thing. After all, venting is good for us, right? Wrong. Come to find out, venting may make you feel different at the time but it isn't better, just different. Venting is actually a negative reinforcement process. Research has found that venting actually makes your anger worse. In other words, folks are not letting off steam, they are fueling the fire. Studies have shown that when angry, if you will practice deep breathing, counting, or just repeating a calming phrase ("this, too, shall pass") you can defuse your anger. Write out your feelings rather than vent verbally; this can help you understand the cause of your emotions and saves others from your bad mood. Don't confront someone else when they are really angry as this can worsen the tension. Try to use "I" statements instead of "you" statements ("I feel overloaded" instead of "you never help me").

Did you know that negativity has serious consequences on your mental and physical health? Negativity releases a stress hormone called cortisol and increased amounts of that hormone can interfere with how your mind works as well as your physical health. When you complain, you are actually weakening your immune system, increasing your blood pressure, your risk of heart disease and diabetes, as well as increasing your risk for depression, mental illness, and a shorter life. Like a lot of physical ailments, misery is catching. When we see someone happy, sad, mad, etc., our brain tries to imagine what they are experiencing. It does this by firing synapses so you can relate to what they are feeling. This is where mob mentality comes from. A calm person can get "worked up" by dozens of angry folks influencing them. This trying to feel what another is experiencing also happens in times of tragedy. Remember



how you felt watching the happenings and aftermath of 9-11? We can see people going through something and it truly affects us, even to the point of feeling those emotions with them. Another finding is that having a negative thought makes it easier for you to have more negative thoughts and that you will also have them more often. It is literally how your brain is wired. The good news is the same goes for positive thoughts, so you get to choose to be either a positive or negative person! Take control of your thoughts and surround yourself with upbeat people and you can rewire your brain! To keep that upbeat, happy attitude there are some simple things you can do.

- If you are talking with folks and the conversation is stuck in negativity, cut off the moaners and change the topic to something positive. Remember that negative people often have low self-esteem and a feeling of inferiority so try to be empathetic without getting sucked into their misery.
- Get the right amount of sleep. Sleep deprivation raises stress hormone levels and reduces memory, attention, and self-control.
- Believe it or not, dressing in bright colors can lift your mood.
- If you can ignore the negative behaviors of others and give attention to the positive behaviors, the folks around you may realize you aren't going to join in their gloomy mood. They can be "trained" to stop complaining if you don't reward them by joining in.
- One of the best things you can do is to practice being grateful. Try writing down three things you are thankful for everyday for three weeks (hopefully you will continue it past the 21 days). This can increase optimism, increase willpower, keep you calm, and improve your mood. We all have reasons to be thankful and focusing on those things rather than the negatives of life will not only make you feel better, it could save your life!



Laura Grissom, LPN
Nurse

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



ASK THE DOCTOR “MENTAL HEALTH”

Friday, May 6 • 10:30 a.m.

Come Friday, May 6 at 10:30 to meet Dr. Rakesh Amin, director of Clear Path, a new outpatient behavioral health clinic in Murfreesboro. Dr. Amin is a board certified psychiatrist and the medical director of Clear Path, as well as a staff member of TrustPoint Hospital and St. Thomas Rutherford. He is a native of Okla-

homa and is an avid outdoorsman, with a passion to teach others how to live a healthy life. ClearPath offers help for folks struggling with grief, anger, addiction, depression, and more.

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 is from the National Institute on Aging and their goal (and ours) is to improve the health and well-being of older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. We are a **“do it at your own pace”** class for folks on many different fitness levels so join us on Tuesdays and Thursdays from 1:00-2:00 p.m. or Wednesdays and Fridays from 9:15-10:15 a.m. in the exercise room and improve your health! There is no fee for this class, just speak with the nurse if you are interested.

EXICTING NEW CLASS AT ST. CLAIR: TAI CHI

The Center now offers Tai Chi classes! Tai Chi will start Tuesday, May 10 and will be scheduled on Tuesdays and Thursdays from 12:00-1:00 p.m. in the Exercise Room.

Tai Chi Chuan is a martial art. Its roots go back to China. The art is said to go back over 2000 years and is practiced worldwide. Tai Chi is known to help with balance, breathing, circulation, stretching, stress management and mental health through slow controlled movements. In our class we will also be learning Qigong, which has many health benefits and blends well with Tai Chi.

Our new Tai Chi instructor is Eli Smith. Eli has a B.S. degree in Physical Education with minors in Health and Psychology. He has studied many martial arts but his specialties are Tang Soo Do and Tai Chi Chuan. He has been involved in martial arts for over 40 years. He teaches at MTSU and Dance with Stacey.

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 healthcare 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!

Tennessee Technology Center Field Trip

On the third Wednesday this 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, May 18.

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, May 13 and let them know if you use a wheelchair. There is a limit of 10.

“TAKE CHARGE OF YOUR DIABETES”

A six week class starting in May to help you live a healthy life with Diabetes. See Laura Grisson, nurse for more information and to sign up.



TAI CHI FACT

In studies Tai chi is linked to improved quality of life and reduced depression in heart disease patients.

REGULAR EVENTS

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 Mondays, 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 Wii Bowling is in the lower dining room on Fridays at 1:00 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 meet 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 the 2nd Thursday at 9:00 a.m. Stop by and introduce yourself for more information on this group.

HAPPY CLOWNS OF ST. CLAIR *Clown Alley 402 registered with Clowns of America International*
Friday, May 13 Clown Rehearsal from 1:00-3:00 p.m.

Monday, May 16 at 9:30 a.m. Depart for Christian Care Center of Rutherford County. Bring money for lunch. We will return at 1:00 p.m.

Friday, May 27 at 1:00 p.m. Clown Class & Rehearsal

Interested in being a clown? Attend one of our rehearsals or clown classes! **Bump a Nose!**



MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>There are no Spanish Classes in May. Classes will resume in June.</p>		
<p>2 DEADLINE 05/03 PASTEL PORTRAIT CLASS</p> <p>10:00 a.m. In the Garden with Dr. Don Richardson</p> <p style="text-align: center;">“Landscaping”</p> <p>1:00 p.m. Singing Seniors</p>	<p>3</p> <p>9:00 a.m. Stained Glass 9:00 a.m. Stepping On: Fall Prevention 9:00 a.m. Piano Group 1 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. Community Care Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. National Senior League Wii Bowling</p>	<p>4 DEADLINE 05/05 IRIS CITY GARDEN TRIP DEADLINE 05/06 PAINT WITH LIZ DEADLINE 05/06 ASK THE DOCTOR DEADLINE 05/06 BEGINNING CALLIGRAPHY</p> <p>9:00 a.m. Human Trafficking: A Local Problem? 10:30 a.m. Nashville Sounds Trip 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke</p>
<p>9 DEADLINE 05/10 GENERAL JACKSON TRIP DEADLINE 05/10 BOCCE WITH STEVE TRIP</p> <p>9:00 a.m. Crafting with Susanne: Painted Flower Pots</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>10:00 a.m. FCE Better Living Meeting</p> <p>1:00 p.m. Singing Seniors</p>	<p>10</p> <p>9:00 a.m. Stained Glass 9:00 a.m. Stepping On: Fall Prevention 9:00 a.m. Piano Group 1 9:45 a.m. General Jackson Showboat Trip 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. Guitar Class 10:30 a.m. Bocce with Steve Trip 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. Community Care Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. National Senior League Wii Bowling</p>	<p>11 DEADLINE 05/12 MRS. CHEAP VISIT DEADLINE 05/13 CHEEKWOOD BOTANICAL GARDENS DEADLINE 05/18 ADVENTURES IN ART</p> <p style="text-align: center;">Center is closed today.</p>
<p>16 DEADLINE 05/21 COOKING WITH CHEF RUSS DEADLINE 05/18 TRAIL BLAZERS TRIP</p> <p>9:00 a.m. Stained Glass Class 9:00 a.m. Ladies' Pool Tournament 9:00 a.m. Habitat for Humanity 9:30 a.m. Clowns to Life Center of Rutherford Co. 1:00 p.m. Marvelous Monday with Susanne “Buttons” 1:00 p.m. Singing Seniors</p>	<p>17 DEADLINE 05/17 PAPER MAGIC DEADLINE 05/19 WILDHORSE TRIP</p> <p>9:00 a.m. Men's Pool Tournament 9:00 a.m. Stained Glass 9:00 a.m. Stepping On: Fall Prevention 9:00 a.m. Piano Group 1 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. Community Care Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. National Senior League Wii Bowling 2:00 p.m. Premier World Travel Presentation</p>	<p>18 DEADLINE 05/20 GOOD OLE DAYS TRIP</p> <p>9:00 a.m. Trailblazers Trip to Henry Horton 9:30 a.m. Tennessee Technology Center Trip 10:00 a.m. Program Committee Mtg. 10:00 a.m. Healing Arts Class 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke</p>
<p>23 DEADLINE 05/26 MIXED MEDIA DEADLINE 05/26 PAINTING WITH JOHN</p> <p>8:30 a.m. Senior Center Commission Meeting 9:00 a.m. Rutherford County Cat Rescue 9:00 a.m. Crafting with Susanne: Jeweled Tree of Life Suncatcher 9:15 a.m. Mystery Lunch Trip 1:00 p.m. Singing Seniors</p>	<p>24 DEADLINE 05/25 SPRINGALOOZA DEADLINE 05/26 LEARN TO PLAY BOCCE NO Stained Glass Today</p> <p>9:00 a.m. Stepping On: Fall Prevention 9:00 a.m. Piano Group 1 9:15 a.m. Mystery Lunch Trip 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:00 n Crochet Group 12:30 p.m. Community Care Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. National Senior League Wii Bowling</p>	<p>25</p> <p style="text-align: center;">All regular activities closed today until 12:00 noon.</p> <p>8:30 a.m. Springalooza! 12:00 n Senior Artists 12:00 n Ceramics 1:00 p.m. Club Karaoke</p>
<p>30</p> <p>Center Closed for</p> <p>Memorial Day</p>	<p>31 DEADLINE 06/02 HOW PETS IMPROVE YOUR LIFE DEADLINE 06/07 CANCER SURVIVOR LUNCHEON</p> <p>8:30 a.m. Country Music Hall of Fame Trip 9:00 a.m. Stained Glass 9:00 a.m. Stepping On: Fall Prevention 9:00 a.m. Piano Group 1 10:00 a.m. Quilting 10:00 a.m. Knit Group 10:00 a.m. Guitar Class 11:00 a.m. Piano Group 2 12:00 n Crochet Group 1:00 p.m. National Senior League Wii Bowling</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.</p> <p>For dance & fitness classes and practice times, please see the Health & Fitness calendar, page 14.</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Coming Soon! June 10 SOCK HOP <i>with music by Fish & Chick Band</i> (Chick = Deb Thomas)</p>		
<p>5 8:30 a.m. Iris City Gardents Trip 9:00 a.m. Stained Glass Class 9:00 a.m. Continuing Bridge Class 10:00 a.m. Quilters 10:00 a.m. Continuing Bridge Class 10:30 a.m. Meet Congressman Scott DeJarlais 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group</p>	<p>6 DEADLINE 05/09 CRAFTING WITH SUSANNE DEADLINE 05/11 TN TECHNOLOGY CTR TRIP 9:00 a.m. Paint with Liz "Summertime" 10:00 a.m. Knit Group 10:30 a.m. Ask the Doctor: Mental Health with Dr. Amin with TrustPoint 12:30 p.m. Rabies Clinic for Dogs and Cats 1:30 p.m. Friday Feature Flicks</p>	<p>1</p> <p>7 12:30 p.m. Center Open 1:00 p.m. Polynesian Dancers & Information Intergenerational Program 4:20 p.m. Saturday Art Crawl Trip</p>
<p>12 DEADLINE 05/14 LANE MOTOR MUSEUM DEADLINE 05/31 COUNTRY MUSIC HALL OF FAME NO Music Jam Session Today 9:00 a.m. Stained Glass Class 9:00 a.m. Mrs. Cheap Visits St. Clair 9:00 a.m. Continuing Bridge Class 10:00 a.m. Quilters 10:00 a.m. Continuing Bridge Class 1:00 p.m. Seniors Acting Up 1:30 p.m. Trivia Group</p>	<p>13 9:00 a.m. AARP Board Meeting 9:00 a.m. Cheekwood Botanical Gardens Trip 10:00 a.m. Knit Group 10:00 a.m. AARP Meeting 12:00 N Share the Care Alzheimer's Support Group 1:00 p.m. Happy Clown Rehearsal 4:00 p.m. ADS Family Fun Night</p>	<p>8</p> <p>Happy Mother's Day!</p> <p>14 9:45 a.m. Lane Motor Museum 12:30 p.m. Center Open 7:00 p.m. SPRING DANCE with music by UPTOWN COUNTRY</p>
<p>19 DEADLINE 05/21 SATURDAY ADVENTURE DEADLINE 05/21 ROLLER DERBY TRIP 9:00 a.m. Stained Glass Class 9:00 a.m. Continuing Bridge Class 10:00 a.m. Continuing Bridge Class 10:00 a.m. Lunchtime Trivia 10:00 a.m. Quilters 11:30 a.m. Lunch and Learn "The 40-70 Rule" 1:00 p.m. Paper Magic with Jean: Card Making 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group 4:00 p.m. Wildhorse Country Line Dance Trip</p>	<p>20 DEADLINE 05/23 CRAFTING WITH SUSANNE DEADLINE 05/23 & 24 MYSTERY LUNCHES 9:15 a.m. Thurman Francis Arts Academy 10:00 a.m. Knit Group 10:00 a.m. Grief Relief Support Group 11:15 a.m. Good Ole Days Celebration & Festival Trip 1:00 p.m. Wii Bowling Fridays 6:30 p.m. Alzheimer's Adult Prom Fundraiser "A Night to Remember"</p>	<p>15</p> <p>21 8:30 a.m. Saturday Adventure: Natchez Pkwy 12:30 p.m. Center Open 12:30 p.m. Cooking with Chef Russ: Healthy Tex Mex 1:30 p.m. Parkinson Support Group 4:00 p.m. Roller Derby Trip</p>
<p>26 DEADLINE 05/27 NASHVILL FLEA MKT TRIP DEADLINE 05/28 TN RENAISSANCE FESTIVAL TRIP NO Stained Glass Class Today 9:00 a.m. Learn to Play Bocce! 9:00 a.m. Mixed Media: Pastel Tree Line 9:00 a.m. Continuing Bridge Class 10:00 a.m. Quilters 10:00 a.m. Continuing Bridge Class 10:00 a.m. Chaffin's Barn Trip "Rumors" 12:00 N Painting with John: "Autumn in the Blue Ridge Mountains" 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group</p>	<p>27 9:30 a.m. Nashville Flea Market Trip 10:00 a.m. Knit Group 1:00 p.m. Happy Clown Class 1:00 p.m. Wii Bowling Fridays</p>	<p>22</p> <p>28 8:45 a.m. Tennessee Renaissance Festival Trip 12:30 p.m. Center Open</p>
	<p>Beginning Calligraphy will resume in June.</p>	<p>29</p>

HEALTH & FITNESS

MONDAYS	TUESDAYS	WEDNESDAYS	
<p>8:00 a.m. Walking Saints at Old Fort Park Trailhead EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. Zumba® Gold 10:30 a.m. Beginning Tap 11:20 a.m. Intermediate Tap 12:30-4:15 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 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 12:00 n Tai Chi Class 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. Intermediate Line Dance with Tom 3:15 p.m. Ballroom Dance Class</p>	<p>8:00 a.m. Walking Saints at Thompson Lane Trailhead EXERCISE ROOM</p> <p>8:15 a.m. Fit with Mark 9:15 a.m. GO4Life 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 12:00 n Tai Chi Class 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 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 meet Mondays and Wednesdays at 8:00 a.m. If anyone is interested in walking on the Greenway with folks from the Center, please see Lisa Foster, Program Coordinator.

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.

MONDAY MAY 2 10:00-11:15 a.m.	IN THE GARDEN WITH DR. DON RICHARDSON "LANDSCAPING" We are honored to have Dr. Don Richardson, former Dean of the University of Tennessee and a Master Gardner, in our center to do a presentation on landscaping. You don't want to miss this special opportunity and his wealth of knowledge.	<i>Limit 40</i> <i>No Deadline</i>
WEDNESDAY MAY 4 9:00-10:30 a.m.	HUMAN TRAFFICKING: A LOCAL PROBLEM? What is Human Trafficking? Did you know it takes place locally? Learn what signs are present to protect your grandchildren. You may bring ADULT children to this presentation. Presented by Candy Carter, founder of Last Call 4 Grace.	<i>Limit 50</i> <i>No Deadline</i>
FRIDAY MAY 6 10:30-11:30 a.m.	ASK THE DOCTOR WITH DR. RAKESH AMIN OF TRUSTPOINTE Come and meet Dr. Rakesh Amin, a native of Oklahoma, who works at St. Thomas Rutherford and TrustPointe as well, with ClearPath, a new outpatient behavioral health clinic in Murfreesboro. Dr. Amin's focus is on compassionately treating adults' (including seniors) mental health.	<i>Limit 40</i> <i>Deadline 05/04</i>
FRIDAY MAY 6 12:30-2:30 p.m.	RABIES CLINIC FOR DOGS AND CATS - ONE VACCINATION PER PERSON This is an outreach program offered by Beesley Animal Foundation. Rabies shots will be given to cats and dogs. Dogs will receive Parvo/Distemper shots and Rabies shot. Cats will receive their feline distemper and Rabies vaccines. This service is FREE of charge. Cats must be in carriers and dogs must on a leash. Sign up is required.	<i>Limit 25</i> <i>No Deadline</i>
FRIDAY MAY 6 1:30 p.m.	FRIDAY FEATURE FLICKS! BLAZE A TRAIL TO THE MOVIE! Let's start summer with a great movie! See posters at Center for more details.	<i>Limit 50</i> <i>No Deadline</i>
SATURDAY MAY 7 1:00-2:00 p.m.	POLYNESIAN GROUP INTERGENERATIONAL You may bring your grandchildren to this amazing dance and informational session about Polynesia. The costumes will be colorful and the music will keep you moving in your seat.	<i>Limit 125</i> <i>Deadline 05/06</i>
THURSDAY MAY 12 9:00-10:15 a.m.	MRS. CHEAP VISITS ST. CLAIR Be sure to join us for lots of new ideas in celebration of National Older American's month. Learn to save money. A penny saved is a penny earned. Sign up is requested for programming purposes.	<i>Limit 120</i> <i>Deadline 05/11</i>
FRIDAY MAY 13 12:00 n-1:00 p.m.	SHARE THE CARE ALZHEIMER'S SUPPORT GROUP This group provides emotional, educational and social support for family caregiver's of those diagnosed with Alzheimer's disease.	<i>No Limit</i> <i>No Deadline</i>
MONDAY MAY 16 9:00-10:30 a.m.	HABITAT FOR HUMANITY Learn about the Habitat for Humanity program, who they serve, how to apply and how to become a volunteer. We welcome our guest speaker, Megan Hutchings.	<i>Limit 50</i> <i>Deadline 05/15</i>
MONDAY MAY 16 1:00-4:00 p.m.	MARVELOUS MONDAY "BUTTON ART" Bring your buttons and use some ours to create a masterpiece. Class is instructed by Susanne Hebden.	<i>Min. 5/Max 15</i> <i>Deadline 05/11</i>
TUESDAY MAY 17 2:00 p.m.	PREMIER WORLD TRAVEL PRESENTATION Join us as we welcome, Bob Levy from Premier World Travel, for a special presentation. Mark your calendars for this special event.	<i>No Limit</i> <i>No Deadline</i>
TUESDAY MAY 18 10:00-11:30 a.m.	HEALING ARTS Healing art is the action of creating art through personal inspiration, emotions, free expression and thought. It helps relieve depression, anxiety and grief.	<i>Limit 10</i> <i>No Deadline</i>
THURSDAY MAY 19 11:30 a.m.-1:00 p.m.	LUNCH AND LEARN "THE 40-70 RULE" Join us as we welcome, Jessie Davis with Home Instead, to learn about the 40-70 Rule: An Action Plan for Successful Aging.	<i>Limit 50</i> <i>No Deadline</i>
FRIDAY MAY 20 9:15-10:00 a.m.	THURMAN FRANCIS ARTS ACADEMY Listen to 75 talented fourth and fifth graders from Smyrna's Thurman Francis Arts Academy. This is a string orchestra that will totally amaze you. Sign up now.	<i>Limit 100</i> <i>No Deadline</i>



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>MONDAY MAY 23 9:00-10:00 a.m.</p>	<p>RUTHERFORD COUNTY CAT RESCUE We welcome Colleen Bowles to educate us on the purpose of this volunteer cat rescue group. Their focus is TNR (trap, neuter, and release).</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>WEDNESDAY MAY 25 8:00-11:00 a.m.</p>	<p>SPRINGAPALOOZA! Blaze a trail to our celebration of Older American Month. . . Springapalooza! Have fun while you're learning how to "Improve Your Health for a Better Self." There will be games, speakers, refreshments and prizes!</p>	<p><i>Limit 120</i> <i>Deadline 05/24</i></p>
<p>THURSDAY JUNE 2 1:00-2:00 p.m.</p>	<p>HOW PETS IMPROVE YOUR LIFE This presentation is by Ms. Amanda Oliver, Director of Beesley Animal Foundation. Ms. Oliver will explain how pets improve our life and how we can make the life of our pets very special as well.</p>	<p><i>Limit 50</i> <i>Deadline 05/31</i></p>
<p>FRIDAY JUNE 3 12:30-2:30 p.m.</p>	<p>RABIES CLINIC FOR DOGS AND CATS-ONE VACCINATION PER PERSON This in an outreach program offered by Beesley Animal Foundation. Rabies shots will be given to cats and dogs. Dogs will receive Parvo/Distemper shots and Rabies shot. Cats will receive their feline distemper and Rabies vaccines. This service is FREE of charge. Cats must be in carriers and dogs must on a leash. Sign up is required.</p>	<p><i>Limit 50</i> <i>No Deadline</i></p>
<p>TUESDAY JUNE 7 11:00 a.m.-1:00 p.m.</p>	<p>CANCER SURVIVOR LUNCHEON Cancer touches every one of us in some way. We want to celebrate with survivors of ANY type of cancer. If you are a survivor, please come and join us in a celebration of you!</p>	<p><i>Limit 50</i> <i>Deadline 05/31</i></p>
<p>MONDAY JUNE 13 10:00-11:15 a.m.</p>	<p>IN THE GARDEN WITH JACK "SMALL PLANTS FOR CONTAINER LANDSCAPES" Are you limited in space but want plants to put in your space. Jack Smith will explain which small plants are appropriate for container landscapes.</p>	<p><i>Limit 40</i> <i>No Deadline</i></p>
<p>TUESDAY JUNE 14 9:45-11:00 a.m.</p>	<p>INTERNATIONAL FOLKFEST "PUERTO RICO" Energetic and colorful these wonderful dancers, Gibaro de Puerto Riso, will immerse you in the music, dance and culture of Puerto Rico. Thank you Blue Cross/Blue Shield of Tennessee for cosponsoring this event.</p>	<p><i>Limit 150</i> <i>Deadline 06/10</i></p>



MONDAY, JUNE 20 • 1:00-4:00 p.m.
MARVELOUS MONDAY "BEAUTIFUL DREAMCATCHER"
 No CLASS FEE • *Min 5/Max 15 • Deadline 06/13*
 Come and learn to make your own beautiful dreamcatcher . . . or make one for someone else. Instructed by Susanne Hebden.

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>TUESDAYS IN MAY 1:00-4:00 p.m. Class meets May 3, 10, 17 & 24</p>	<p>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.</p>	<p>CLASS FEE \$30 <i>Min 5/Max 8</i> <i>Deadline 05/02</i></p>
<p>FRIDAY MAY 6 9:00-11:00 a.m.</p>	<p>PAINT WITH LIZ: SUMMER TIME Newcomers welcome! All supplies provided. Liz Farar teaches the class. You will take home a complete work of art at the end of class.</p>	<p>CLASS FEE \$20 <i>Min 5/Max 12</i> <i>Deadline 05/04</i></p>



MONDAY, MAY 9 • 9:00-11:00 a.m.
CRAFTING WITH SUSANNE "PAINTED FLOWER POTS"
 CLASS FEE \$5 • *Min 5/Max 15 • Deadline 05/06*
 Reminiscent of the hippy era! Make a multicolored drip painted flower pot to brighten up someone's day. Everything is provided by the instructor, Susanne Hebden. There is a limit of 10.

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!

WEDNESDAY MAY 18 9:00-11:00 a.m.	ADVENTURES IN ART: LETTERS AND ENVELOPES Say "hello" by sending unexpected mail. It is a lovely way to make a friend feel special. Join us! We are creating lovely letters and beautiful envelopes this month. This class is for everyone! Share the love. Supplies provided by the instructor, Susanne Carter.	CLASS FEE \$15 Min 5/Max 12 Deadline 05/11
THURSDAY MAY 19 1:00-3:00 p.m.	PAPER MAGIC WITH JEAN: CARD MAKING It is fun to send greeting cards. Join Ms. Jean Heid as she shows you different cards to add to your collection to send to friends. All supplies provided. Beginners to advanced students are welcome.	CLASS FEE \$10 Min 5/Max 12 Deadline 05/17
SATURDAY MAY 21 12:30-2:30 p.m.	COOKING WITH CHEF RUSS: HEALTHY TEX MEX Enjoy learning how to cook healthy Tex Mex food with the talented and personable Chef Russ.	CLASS FEE \$15 Min 10/Max 25 Deadline 05/16



MONDAY, MAY 23 • 9:00-11:00 a.m.
CRAFTING WITH SUSANNE "JWELED TREE OF LIFE SUNCATCHER"

CLASS FEE \$5 • Min 5/Max 15 • Deadline 05/20

Make a beautiful 4 inch jeweled tree of life suncatcher by twisting wire and threading beads on it. Everything is provided by the instructor, Susanne Hebden. Class limit is minimum 5 and maximum of 10.



THURSDAY, MAY 26 • 9:00 a.m.-3:00 p.m.
MIXED MEDIA "PASTEL TREE LINE"

CLASS FEE \$15 • Min 5/Max 12 • Deadline 05/23

Bring 1 sheet of beige/light tan pastel paper, one set of pastel pencils (general), and one pencil sharpener. Karen Brackman is the instructor.



THURSDAY, MAY 26 • 12:00 n-4:00 p.m.
PAINTING WITH JOHN "AUTUMN IN THE BLUE RIDGE MOUNTAINS"

CLASS FEE \$25 • Min 5/Max 12 • Deadline 05/23

This is an oil painting on canvas for those excited about art, for those searching for a hidden talent that's been tucked away. All levels of experience are welcome. All materials are provided. Finished project will be a 16 x 20 piece of art.

FRIDAY JUNE 3 9:00-11:00 a.m.	PAINT WITH LIZ: TENNESSEE SUNSET Newcomers welcome! All supplies provided. Liz Farar teaches the class. You will take home a complete work of art in oil painting at the end of class.	CLASS FEE \$20 Min 5/Max 12 Deadline 06/01
FRIDAYS IN JUNE Beginning 06/3 2:00-3:30 p.m.	BEGINNING CALLIGRAPHY CONTINUES Calligraphy means the art of beautiful writing. You must have had the first beginning calligraphy class before continuing in this one. Bring your pens and ink. Patrice Hicks will instruct calligraphy and provide practice sheets in class. There will be some practice to do at home. At the end of the four week class students will have a beautiful piece of writing art created from their knowledge.	CLASS FEE \$40 Min 5/Max 10 Deadline 06/01
TUESDAYS & 1 MON. IN JUNE 1:00-4:00 p.m. Class meets June 7, 14, 20, 21	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. One class meets on Monday, June 20 this month.	CLASS FEE \$30 Min 5/Max 8 Deadline 06/3
TUESDAYS IN JUNE 2:15-3:15 p.m. June 7, 14, 21, 28	CONVERSATIONAL SPANISH, PART 2 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. Instructor Cynthia Borzick makes learning FUN!	CLASS FEE \$20 Min 5/Max 16 No Deadline

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!

WEDNESDAY JUNE 15 9:00-11:00 a.m.	ADVENTURES IN ART: DOODLES, PAINTING AND POETRY This is a fun picture class that is a good for everyone to get creative. Try something new! All supplies provided by instructor, Susan Carter.	CLASS FEE \$15 Min 3/Max 12 Deadline 06/08
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TRIPS

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WEDNESDAY MAY 4 10:30 a.m. 4:00 p.m. Deadline: 04/15	NASHVILLE SOUNDS Cheer on the Nashville Sounds as they battle the Iowa Cubs. The Sounds are a minor league baseball team associated Major League Baseball's Oakland Athletics, The As. The team plays its home games at First Tennessee Park which opened in 2015. This will be the best of baseball in Nashville with covered, padded seats in the first baseline section. Bring money for concessions and souvenirs.	ADMISSION: \$17 TRANSPORTATION \$8 Limit 23 COST: \$ 
THURSDAY MAY 5 8:30 a.m. 3:00 p.m. Deadline: 05/04	IRIS CITY GARDENS & PUCKETT'S GROCERY In 1931 a group of iris growers and hybridizers formed the Nashville Iris Association to foster the planting and cultivation of irises, with the goal of having Nashville known as "The Iris City". Out of that group Iris City Gardens was sown into one of Tennessee's most recognizable attractions. With beautiful arrangements and nearly 30 awards, this trip will be a treat for all who love flowers. Lunch will be at Puckett's Grocery to follow. Bring money for irises and eating.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$ 
SATURDAY MAY 7 4:20 p.m. 9:45 p.m. Deadline: 04/15	SATURDAY ART CRAWL NASHVILLE'S SATURDAY ART CRAWL will host over 20 art venues presenting local and world-renowned artists and artwork, offering the opportunity to meet and discuss art with like-minded individuals. Every genre of art can be seen bringing a truly amazing artistic experience. The majority of the galleries will be presented along 5th avenue and in the historic Arcade.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$\$ 
TUESDAY MAY 10 10:30 a.m. 1:30 p.m. Deadline: 05/09	BOCCE WITH STEVE WHAT IS BOCCE BALL? Come find out with St. Clair's Steve Hall as he demonstrates the great game of Bocce at a local church's bocce court. Bocce is closely related to Bowling. The biggest difference is that bocce is played on a hard-surfaced court with a ball stop at each end with easy to throw 8 lb. balls. Galileo, Hippocrates and Emperor Augustus were all enthusiasts, claiming that bocce was a tonic for the body and soul.	BRING \$ TRANSPORTATION \$2 Limit 13 COST: \$ 
TUESDAY MAY 10 9:45 a.m. 4:00 p.m. Deadline: 05/09	GENERAL JACKSON SHOW BOAT Come enjoy lunch and a beautiful day with top entertainment on board the Great General Jackson Showboat. The General Jackson is a paddle wheel riverboat, which holds the distinction of being the largest showboat in the world! You will be taken past natural and historical sights along the banks of Nashville's beautiful Cumberland River. Explore the four massive decks that offer excellent opportunities to see the beautiful sights of Nashville and the stunning countryside of central Tennessee.	ADMISSION: \$28 TRANSPORTATION \$8 Limit 23 COST: \$-\$ 
FRIDAY MAY 13 9:00 a.m. 3:30 p.m. Deadline: 05/11	CHEEKWOOD BOTANICAL GARDENS Cheekwood presents the work of internationally-acclaimed artist, Steve Tobin, Southern Roots. Tobin's artwork will be on view in the Museum of Art and will also continue throughout Cheekwood's vast landscape. Five outdoor areas will host Tobin's monumental work, most notably his "Steel Root" sculptures. Tobin's newest work, using wood from fallen trees in Costa Rica, has never before been exhibited. Bring money for lunch in the Pineapple Room. Bring \$14 to pay admission at the door.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$\$ 

Like all great travellers, I have seen more than I remember, and remember more than I have seen.

~Benjamin Disrael

TRIPS

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<p>SATURDAY MAY 14 9:45 a.m. 3:30 p.m. Deadline: 05/12</p>	<p>LANE MOTOR MUSEUM 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! Lane Motor Museum features 150 unique cars and motorcycles and is home to the largest European collection in the U.S. Bring money for Lunch at Piccadilly Cafeteria.</p>	<p>ADMISSION: \$8 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p>
<p>WEDNESDAY MAY 18 9:00 a.m. 3:00 p.m. Deadline: 05/16</p>	<p>TRAIL BLAZERS Become a Trail Blazer as you hike, swim, play disc golf, go birding and more at one of Tennessee's former Governor's home and now state park. Henry Horton State Park. The park is located on the shores of the historic Duck River, one of the most diverse ecosystems in the world. Remnants of a mill and bridge operated and used by the family of Horton's spouse for over a century may be seen today on the Wilhoite Mill Trail. Bring money for lunch and activities.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p>
<p>WEDNESDAY MAY 18 9:30 a.m. Until done Deadline: 05/13</p>	<p>TENNESSEE TECHNOLOGY CENTER FIELD TRIP 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.</p>	<p>BRING \$ TRANSPORTATION 0 <i>Limit 10</i> COST: \$ </p>
<p>THURSDAY MAY 19 4:00 p.m. 9:00 p.m. Deadline: 05/17</p>	<p>WILD HORSE COUNTRY LINE DANCING Calling all dancer's to the world famous Wild Horse! You're cordially invited to Let Go of the Reins. At the Wild Horse you have permission to get lost in the music, on the dance floor, or with the taste of their award-winning BBQ. You will become part of the show, not just part of the audience. Because there's little distinction between dance floor and stage door. Bring money for fun.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p>
<p>FRIDAY MAY 20 11:15 a.m. 4:30 p.m. Deadline: 05/18</p>	<p>GOOD OLD DAYS CELEBRATION & FESTIVAL The Good Ole Days Festival will be held in Woodbury, Tennessee. The festival is held around the courthouse square and features many activities on and off the stage. There will be food vendors, live entertainment, craft vendors and so much more. Bring money for concessions and crafts.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY MAY 21 8:30 a.m. 3:00 p.m. Deadline: 05/19</p>	<p>SATURDAY ADVENTURES TO NATCHEZ PARKWAY Take a trip to the Natchez Parkway and the Meriwether Lewis Park. Learn about the mystery surrounding his death. Enjoy the beautiful late spring scenery. Afterwards, we give you time to eat and shop on the Columbia Town Square. Bring money for shopping and lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 22</i> COST: \$-\$\$ </p>
<p>SATURDAY MAY 21 4:00 p.m. 9:30 p.m. Deadline: 05/19</p>	<p>ROLLER DERBY Cheer on the Nashville Roller Girls. Roller derby is a contact sport played by two teams roller skating in the same direction around a track. Game play consists of a series of match ups in which both teams designate a jammer who scores points by lapping members of the opposing team. Modern roller derby is an international sport dominated by all-female teams and is under consideration for the 2020 Summer Olympics. Eat before leaving. Bring \$15 for ticket at the door and money for concessions.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>THURSDAY MAY 26 9:00 a.m. 11:30 a.m. Deadline: 05/24</p>	<p>LEARN TO PLAY BOCCE! Come and learn how to play the ancient game of bocce. Steve Hall is our host as we go to the St. Rose bocce courts and test our skills at the game. He'll teach us the rules and the finer points and then we'll play some!</p>	<p>No ADMISSION TRANSPORTATION \$0 <i>Limit 13</i> </p>

MORE TRIPS

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MONDAY MAY 23 9:15 a.m. 3:00 p.m. Deadline: 05/20	MYSTERY LUNCH Enjoy the beautiful country scenery as you travel to your Mystery Lunch restaurant. Bring money for lunch.	BRING \$ TRANSPORTATION \$8 Lunch: \$-\$\$ 
TUESDAY MAY 24 9:15 a.m. 3:00 p.m. Deadline: 05/20	MYSTERY LUNCH: SAME TRIP AS ABOVE JUST A DIFFERENT DAY Enjoy the beautiful country scenery as you travel to your Mystery Lunch restaurant. Bring money for lunch.	BRING \$ TRANSPORTATION \$8 Lunch: \$-\$\$ 
THURSDAY MAY 26 10:00 a.m. 3:30 p.m. Deadline: 04/21	CHAFFIN'S BARN DINNER THEATRE "RUMORS" A WAIT LIST IS AVAILABLE AFTER THE DEADLINE At Sneden's Landing townhouse, the Deputy Mayor of New York has just shot himself. Gathering for their tenth wedding anniversary, the host lies bleeding in the other room and his wife is nowhere in sight. His lawyer, Ken and wife Chris must get "the story" straight before the other guests arrive. RUMORS is a winner with audiences everywhere and a highly requested return to the season. Ticket with lunch included is \$27 or pay \$19 and bring your own lunch.	ADMISSION \$19 OR \$27 TRANSPORTATION \$8 COST: \$\$ 
FRIDAY MAY 27 9:30 a.m. 3:30 p.m. Deadline: 05/26	NASHVILLE FLEA MARKET AT THE FAIRGROUNDS The Nashville Flea Market at The Fairgrounds Nashville is considered one of the top ten flea markets in the country. Approximately 800 to 1200 dealers and vendors from 30 states come to sale. With an average of 2,000 booths, The Tennessee Magazine and Busy Bee Trader continue to vote the Nashville Flea Market as the #1 FLEA MARKET in Tennessee. Bring money to shop and eat.	BRING \$ TRANSPORTATION \$8 COST: \$\$-\$\$\$ 
SATURDAY MAY 28 8:45 a.m. 3:30 p.m.	TENNESSEE RENAISSANCE FESTIVAL Travel back to 16th Century England. Our Village of Covington Glen comes alive with the bustle of a Renaissance Marketplace. Over 60 skilled Artisans from all over the country display their wares from silks to swords; from gems to jewels. Flavors, aromas and tastes of specialty foods and drinks greet the festival-goer. Bring money for swords, shields and jousting. Tickets are \$20.00 at the gate.	BRING \$ TRANSPORTATION \$6 COST: \$\$-\$\$\$ 
TUESDAY MAY 31 8:30 a.m. 2:00 p.m. Deadline: 04/28	COUNTRY MUSIC HALL OF FAME The Country Music Hall of Fame and Museum in Nashville, Tennessee is one of the world's largest museums and research centers dedicated to the preservation and interpretation of American music. The Museum also features many special exhibits showcasing country music from past to present.	ADMISSION: \$20 TRANSPORTATION \$8 COST: \$-\$\$ 
MONDAY 6/20 TUESDAY 6/21 6/20 7:45 a.m. 6/21 8:00 p.m. Deadline: 05/13	MID-YEAR CASINO BOWL IN TUNICA, MS Travel to beautiful Tunica Mississippi and enjoy not one, not two but three (3) casinos in one trip! Your casino tour will take to famous casinos Roadhouse, Resorts Tunica and you will be staying and playing at the fabulous Fitzgerald Hotel and Casino. Included with your trip is 3 meals, a \$15 e-voucher and \$10 in free play! Guarantee your seat and signup today! The cost is \$125 for double or \$149 for single. Please park in the lower level of City Hall parking garage on the day of departure.	\$125 DOUBLE \$149 SINGLE TRANSPORTATION INC. COST: \$\$\$ 

Please remember when going on day trips to park across St. Clair Street in the lower parking lot.
A refund/cancellation policy is available at the front desk.
If you have suggestions for trips or questions regarding trips,
please stop by the front office and talk to Drew Anderson, Travel Coordinator.

WALKING:  easy stroll  moderate walking  physical effort required
COST: \$=\$8-\$15 \$\$=\$15-\$30 \$\$\$=\$30 and up (This key offers an estimate. The true cost of a meal may vary.)

BEGIN YOUR JOURNEY

2016 TRIPS PLANNED for ST. CLAIR SENIOR CENTER!

DATES	LOCATION	PRICE	TOUR COMPANY	RELEASE DATE
May 23-27 (Date Change)	New Orleans	*\$539.00	Diamond	January 1
May 31 CANCELLED	Boston, Salem, Cape Ann CANCELLED	*\$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
October 9-15	Great Trains & Grand Canyon	*\$2145.00	Premier	June 1
November 1-10	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.

*Information on the above trips can be found in the Welcome Center on the left as you enter St. Clair.
Stop by and talk to Drew Anderson, Travel Coordinator for more information.*

MEET YOUR COMMITTEE!



Pictured above are members of the St. Clair Street Senior Center Programming Committee. R1LtoR: Drew Anderson, Stephen Hall & Pat Barrett. R2LtoR: Lisa Foster, Leonard Johnson, Donna Andrews, Joyce Armstrong & Brenda Elliott. Do you have ideas for programming at the Center? Talk to one of the Committee members.

BREAKING NEWS!
CONGRESSMAN SCOTT DEJARLAIS
TO VISIT ST. CLAIR SENIOR CENTER
Thursday, May 5
from 10:30-11:30 a.m.

Make plans to welcome Congressman Scott DeJarlais to the center. He will share a short message with us and he wants to hear from the senior voices in the community.



GÍBARO OF PUERTO RICO

Energetic! Colorful! Beautiful! On Tuesday, June 14, the International Folkfest of Murfreesboro is bringing us dancers from PUERTO RICO from 9:45-11:00 a.m. The group is named Gíbaro de Puerto Rico (Gíbaro of Puerto Rico). They bring us more than a show. They bring a celebration of their culture, a real and true manifestation of the amalgam of influences that define their folklore. They have a history of more than 40 years of bringing quality and professionalism to Puerto Rico from all over the world. Gibari de Puerto Rico brings us the best example of their musical tradition. **Sign up is requested. Deadline to sign up is June 10, 2016.**



Ellie Elliott First Time Artists at St. Clair

On March 24th John Smith offered his first class here in the center. First time artist-to-be Ellie Elliott painted her very first painting EVER!

This is what Ms. Ellie had to say, “John and Carol (his assistant) made my first painting experience incredible! Their caring and patience gave me the confidence to complete my first painting and to continue learning and experiencing. Many Thanks!”

Look for more classes like this in the LEAF. We are adding new and exciting first class programs to the schedule every month. Blaze a trail to these new and exciting experiences.



AT ST. CLAIR

No registration required. Donations accepted.

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

- TUESDAY 05/03 Bingo with Aid and Assist at Home
- THURSDAY 05/05 Bingo **CANCELLED**
- TUESDAY 05/10 Bingo with Roselawn Funeral Home & Memorial Garden
- THURSDAY 05/12 Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- TUESDAY 05/17 Bingo with Creekside Assisted Living
- THURSDAY 05/19 Bingo with Diversicare of Smyrna
- TUESDAY 05/24 Bingo with Willowbrook Home Health & Hospice
- THURSDAY 05/26 Bingo with At Home Health Care
- TUESDAY 05/31 Bingo with NHC

**St. Clair Walking Saints
Blaze a Trail on the Greenway**



CENTER DIRECTOR Connie Rigsby blazed a trail with the St. Clair Walking Saints on their first walk of this spring. She met the group at Old Fort Park Trailhead and off they went. Pictured (L to R) are Leonard Johnson, Pauline Carmickle, Sam Carmickle, Mrs. Rigsby and Shari Johnson.

HAPPY MAY DAYS!**“The Gardener’s Corner”**

May is the month that is the middle of what we usually consider to be spring when everything is new, fresh and green and is a favorite time of year for many of us. It is time for us to get our hands dirty and start gardening in earnest.

If you are a vegetable gardener your tomatoes should have been planted a month ago, they should be blooming and have green tomatoes on them. But just in case you didn’t get them in the ground earlier it still isn’t too late. By planting now you will have tomatoes later in the season than those who planted early. You can still plant corn, green beans, pumpkins, watermelons, cantaloupe and sweet potatoes.

If you didn’t fertilize your lawn last fall you should have fertilized in April but it still isn’t too late. One of my pet peeves is that so many home owners insist on removing grass clippings after mowing their lawn. Why? Because what do those clippings represent? They are the remains of all the minerals and nutrients your turf grass

By Jack Smith, Certified Master Gardener
has taken from the soil while growing. Let it stay where it fell to recycle back into your soil and not go to help build up our land fill. The ONLY time you should remove clippings is if you have a disease like Brown Patch or some other disease.

To attract hummingbirds to your landscape plant Weigela, Red Buckeye, Hawthorns, flowering Crab apples, Butterfly Bush, Rose of Sharon and Lilac. To attract Blue Birds and Thrushes plant Dogwoods, Elderberries and Hollies. This mixture of plants will also attract Mockingbirds, Robins, Waxwings, Cardinals and Orioles. Spring-flowering trees and shrubs which flower before June first should be pruned within two or three weeks AFTER their flowers fade.

Padded Pots -- Here’s a neat trick: Place one potted plant, pot and all, inside another larger pot, and fill the space between the pots with peat moss, This will help keep the roots moist and cool during hot weather.

SATURDAY, MAY 14

at 7:00 p.m.

SPRING DANCEwith Uptown Country
a touch of Southern Rock

\$5 at the door

Sock Hop! Coming in June

Friday, June 10 • 7:00-10:00 p.m.

*Music by: Fish and Chick (Deb Thomas)**Put on those poodle skirts and enjoy coke floats
& sodas like the old times.*

Ice-cream sponsored by

Life Care Center of Hickory Woods.

Thank you Murfreesboro Volunteers for your help!

POOL*Room
News***Coed Tournament
03-14-16**

1. Teresa Rains/Larry Thrasher
2. Corey Heimburger/Laird Weishahn
3. Sally Read/Bob Read

**Men’s Tournament
03-15-16**

1. Larry Thrasher
2. Ed Pater
3. Jerry Parker

**Ladies’ Tournament
03-21-16**

1. Aki Dean
2. Wilma Murphy
3. Linda Sellars

*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

MAY 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

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 FEBRUARY 2016

Bingo \$ 4.82
Quilting \$ 300.00
Popcorn \$ 22.08
Coffee \$ 87.34

Donations: Eva Barrett, Clara Boyd, Lila Boyd, Pyong Cahill, Rebecca Couch, Marjorie Cushman, Gene Dixon, FCE Better Living Club, Andrea Greff, Wanda Haddock, Martha Harrell, Calvin Heintz, Annie Holland, Lula King, Mary Ellen Majewski, Gloria O'Brien, Margaret Radford, Sarah Richardson, Calvin Rogers, Mary Sagman, Ms. Sawyer, Ella Scott, Jeannie Shiarla, Brenda Sweeney.

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.