

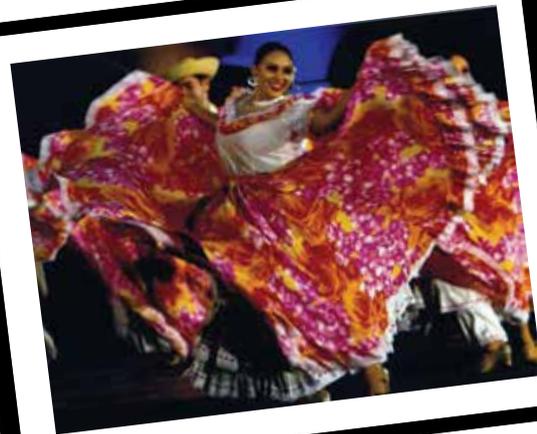
The Leaf

St. Clair Street
Senior Center
Living Every Adventure Fully

June 2016

International Folkfest Brings Dancers from Puerto Rico

Gibaro of Puerto Rico
Tuesday, June 14
9:45-11:00 a.m.



Energetic! Colorful! Beautiful! The group is named Gíbaro de 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. Gibaro de Puerto Rico brings us the best example of their musical tradition. Sign up by June 10.

ROSS MOORE's One Man Show **June 23 at 2:00 p.m.**



Old Time Country, Appalachian & Celtic Music

Join us Thursday, June 23rd from 2:00-3:00 p.m. with Ross Moore. Ross Moore is a "One Man Show!" Moore is a versatile songster and multi-instrumentalist, accompanying himself on guitar, dobro, mountain dulcimer, concertina, mandolin, Celtic harp and more! He has garnered credits as a recording artist, arranger, actor and humorist and has been featured on the Grand Ole Opry in addition to performing with Loretta Lynn, George Burns, Patricia Neal and others. You won't want to miss this delightful hour of wonderful music and fun. Hope to see you there! This event is brought to you by "Music For Seniors."



FROM THE DIRECTOR



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

Welcome to June!

The members of St. Clair staff are wrapping up the fiscal year and as we finalize the year we are trying to make sure all the services provided by the Center from July 2015-June 2016 are properly recorded. You may receive a request from staff to update your Participant Registration Form or reminders from staff and facilitators to make sure you scan in.

Data collection of services rendered by the center is used in applications to the County, United Way, State and Federal funding. The data also helps the staff to know what programs are well attended and what programs are not. As we study the data we can see trends in programming, this helps us to see what outside instructors are needed.



I have heard several seniors

lately say that we don't have to scan in. That information is incorrect, because the City signs contracts with agencies that fund the Center and require data collection and because we have in the Rules and Regulations that participants of the Center must scan in, it is a requirement.

Rule #13 states: Scanning in or staff approved check in procedures are required by participants receiving services presented by Center for data collection for funding sources and safety procedures. We ask all participants to scan in when attending the center for any event this helps the Center, the instructors and participants. Thank you for your cooperation.

June programming offers fun and exciting programs like: Puerto Rican Dancers, Ross Moore's One Man Show, Matter Matters, Sock Hop, "K9s", Farmers Market Trip and Rabies Clinic by Beesley Foundation. Come join the adventure at St. Clair.

Your Director, Connie C. Rigsby



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.

PROGRAMMING



SOCK HOP

FRIDAY, JUNE 10

7:00-10:00 p.m.

Doors Open at 6:30 p.m.

Music by Fish & Chick (Deb Thomas)

Put on those poodle skirts and enjoy coke floats and sodas like the old times.

Ice-cream sponsored by

Life Care Center of Hickory Woods.

Thank you Murfreesboro Volunteers!



Brenda Elliott

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

MATTER MATTERS COMES TO ST. CLAIR



On Wednesday, June 22nd from 9:00-10:30 a.m. the Adventure Science Center in Nashville brings us “Matter Matters” as part of their Science in Motion Outreach program. You think snow and ice are cold? Wait until you get up close and personal with liquid nitrogen at -321°F! Find out how everyday objects behave when heat energy is drastically added or taken away. You will see some amazing things happen in this presentation. Sign up is requested for programming purposes (so we know which room to use—we want you to have a good experience). Deadline to sign up is June 21st.

COLOR & LUNCH OR JUST COLOR

Coloring used to be called childish but **NOW** it is considered a way to relax and destress. The newest and hottest thing out there right now is Adult Coloring Books. Who would have thought!

So, why not get together with like-minded folks and bring in a sack lunch and your adult coloring book on Monday June 27th from 11:00 a.m.-1:00 p.m. **OR** come from 1:00-3:00 after the folks have lunch. Heck, you can stay all afternoon if you want!

Don't have an adult coloring book? You can pick one up at almost any retail store. We have some coloring pencils you may use while here in the center. Hope to see you all Monday June 27th!

MOUNTAIN DULCIMER FOR BEGINNERS

Meets on Tuesdays at 10:00 a.m.

Beginning on July 5th

Dulcimers are the easiest stringed instrument to play. Let the learning begin! We'll start at the beginning and explore the playing of this special instrument: how to hold and tune the dulcimer, how to strum melodies, and how to play chords to accompany favorite tunes and songs.

Written music with fret numbers (in what we call “tablature”) will be provided, and we'll also encourage the ear to help us learn and play. If you don't own a dulcimer, but are interested in learning, we will offer tips on buying an inexpensive one.

If you have always wanted to learn a musical instrument, but didn't think you could, this is the class for you! This class will run through November.



Lisa Foster

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



ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator



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

What a lovely spring we've had! In May we had our ADS family fun afternoon with burgers, games and music. We even had door prizes. We also participated in the Springopalooza Day, hosting a corn hole game for the event participants at St. Clair Street Senior Center. We had a great location close to the dunking booth; we extend our thanks to Connie Rigsby for being a good sport and providing laughs. We celebrated

Mother's Day with a luncheon and will remember our fallen heroes with Memorial Day festivities. We celebrated Johnnie Matlock's birthday. We planted vegetables in the raised beds on the ADS patio.

As summer approaches quickly, the ADS participants are enjoying our patio and the bench outside our entrance. It is important to provide a safe and healthy experience outdoors so we try to provide shade and plenty of refreshing fluids when outdoors. We encourage our participants to let us know if they are on medications that could cause a reaction to sun exposure and we observe for safety awareness. This is a good practice for all seniors as we enjoy the outdoors. According to the Institute for Safe Medication Practices, there are measures we can take to avoid sun rashes and sun poisoning caused by medication. Certain medications including, but not limited to, some antidepressants, blood pressure medications, antibiotics, rheumatoid arthritis medications and even Ibuprofen can cause sun damage. When beginning new medications, we should read the information on possible side effects and if sun exposure causes a reaction, then we should wear a protective layer of clothing with a collar as well as socks and a hat to screen the harmful rays. Sun screen that has a combination UV A&B protection with at least 15 SPF is recommended. For more complete information about sun safety, here is a helpful link: https://www.ismp.org/newsletters/ambulatory/archivs/200704_2.asp

This month we are honoring our volunteer, Sandye



Sandye Seiffert,
ADS Volunteer

Seiffert, who lovingly assists the ADS participants with activities. Born in Cannon County, Sandye has two degrees: a degree in broadcast journalism from MTSU and a degree in medical records technology from Chattanooga State. She was an accredited medical records technician. Sandye enjoys her church, walking her dog and singing with the Singing Seniors as well as participating in Jam Session and Club Karaoke. For six years Sandye has been helping to call Bingo and Jingo, play trivia and memory games, roll silverware, accompany us on outings or whatever we ask of her. When asked what she enjoys most about her volunteer experience here, she answered *"the interaction with the people in ADS...the center is a great part of my life; it enriches my life and the interaction with the attendees makes my day."* Thank you, Sandye, for your generous spirit and your years of service to the Adult Day Service.

In June we will sit on the swing in the shade and watch our tomatoes and vegetables grow. We will observe Father's Day and on June 10th we will be going on an outing to Long Hunter State Park's Couchville Lake pavilion and barrier free pier. We'll have a "GONE FISHIN" sign on our door that day and that is one of the reasons why **Life is GOOD in the ADS!**

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Johnnie Matlock and her family enjoyed ADS Family Fun Night on May 13.



ADS participant, Larry Short, shows us how to play pool

LEGAL AID SOCIETY OF MIDDLE TENNESSEE

The Legal Aid Society of Middle Tennessee and the Cumberland was established in 1968 as Legal Services of Nashville by 8 local attorneys. Since that time it has expanded to offer services in 48 counties in Tennessee. America was founded on the concept of equal justice for all, but sometimes there is a gap in the system for persons that cannot afford legal representation. Legal Aid Society's mission is to defend the legal rights of low income and vulnerable individuals and families and to assist them in obtaining the basics necessities of life.

Throughout the 48 counties served in middle Tennessee, individual representation is provided free of charge to over 7,000 individuals each year. The cases that are accepted are civil legal problems critical to low income people dealing with housing issues, protecting victims of domestic violence, assisting with access to health care, education for disabled children, Medicare and Medicaid to name a few. Only civil cases can be represented, criminal cases are not accepted and are referred to the Public Defender's office.

THE MANY PROGRAMS OF THE TENNESSEE REGULATORY AUTHORITY

Vivian Michael Wilhoite, Consumer Education and Outreach Coordinator with the Tennessee Regulatory Authority will be here on **Thursday, June 23rd at 9:30 a.m.** to discuss all the many programs offered by the Tennessee Regulatory Authority. She will talk about Lifeline, TDAP (Telecommunications Devices Access Program) that assists Tennesseans with speech, hearing, or vision problems acquire the needed devices to allow them to communicate on the telephone. There are devices that can answer almost every need and of-

ten they are free of cost. The Do Not Call program is also overseen by the Authority as well as a new program ConnectAll that has just received federal approval. This new program will make it possible for low income individuals to gain access to internet connection at a very low cost.

Please come out and find out what is available through this Tennessee program, you may qualify for assistance you did not know was available or you may find something that could help a friend or loved one.

In addition to legal representation, Legal Aid Society is dedicated to educating the public regarding legal rights and representatives are extremely knowledgeable about state and federal assistance programs that are available to assist low income individuals.

On Thursday June 9th at 9:30 a.m. Managing Attorney Andrae Crismon and Legal Secretary Karen Bush with the Murfreesboro Legal Aid office will be here to offer information about the services available in Rutherford and Cannon counties that are covered by the Murfreesboro office. We are very lucky to have their office practically in our backyard, and would encourage everyone to come out to hear the great information they will be presenting.



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

FARMER'S MARKET SUMMER TRIPS

This summer we will be taking trips to the Rutherford County Farmer's Market in June, July and August. We will go two Fridays each month and scheduled days are as follow: June 10 & 24, July 8 & 22 & August 12 & 26. You will need to sign up at least two days before we plan to go because we need to have at least 5 individuals take the trip or we will have to cancel, so tell your friends and neighbors! There is no transportation cost for this trip, and it is our hope that this will encourage some of you to go with us to take advantage of the beautiful, healthy produce for sale

at the market. If you have never gone to this market at the Lane Agri-Park Community Center you may be surprised to see all the variety offered. Obviously there is an abundance of seasonal vegetables and fruits, but you will also usually find baked goods, honey, goat cheese and other varied offerings.

You also need to be aware that if you are a SNAP recipient you will get \$10 in tokens for every \$10 purchase you make with your EBT card!

For information about any of these programs, please call Dee (615) 848-2550.



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



Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and purpose in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life. For more information about volunteering at the Center, contact Carol Ransom at 615-848-2550 ext. 2508. Thanks to Jim Davis for these wonderful pictures taken at the April 22nd Volunteer Appreciation Luncheon.



COMMUNICATING WITH YOUR DOCTOR

Has there ever been a time when you left the doctor's office and felt satisfied that all your concerns were heard and questions answered? Successful communication starts with you and is a two-way conversation between you and your doctor. The following is some communication tips that may help:

- Know how to make an appointment.

The communication at this point is very important. When making an appointment with a healthcare provider, explain the reason for the appointment, so that the receptionist knows how much time you will need during your visit. Be as clear as possible but you do not need to give your full health history or disclose personal information.

- Bring your healthcare records.

If you are seeing a new healthcare provider or need to update your provider with information from other providers bring copies of results, lab tests and procedures. Always keep a copy for yourself. It is important to remember that your healthcare records belong to you. You have a right to your own medical information and may request this from any provider or hospital. Consider putting together a notebook or filing system to maintain all of your records in an orderly fashion.

- Arrive prepared to tell your story

Since the average doctor's appointment is about fifteen minutes, it is helpful to prepare for your visit. Write a list of your concerns and use it to jog your memory. Include the following information. What symptoms am I experiencing?

1. When did they begin?
2. What makes the condition better or worse?
3. What are my questions or con-

cerns?

4. What medications am I taking, including prescriptions or over-the-counter medications, vitamins, herbs, or nutritional supplements? Be sure to note the name of the medication, the dose, and how often you take it.

Even if you feel worried, anxious, or embarrassed about your health concern, don't wait until the end of the visit to bring up your real reason for the appointment or the provider won't have time to deal with it. Remember, your provider is legally bound to confidentiality and privacy.

- Consider bringing a friend or family member.

If you are feeling anxious or concerned, have a language barrier, are facing a challenging diagnosis, or anticipate discussing treatment options, it may be helpful to have someone with you (another set of ears). Choose someone who is a good listener and who won't interrupt, dominate the visit or ask too many of their own questions.

The person who accompanies you on your visit can be your second eye and ears. This will help you remember after the appointment what was said. It is often helpful to have this person write information down so that you have a written record of what was discussed or done.

- Don't leave until you understand what to do next.
- Even with routine examinations or check-ups, understand the results before you leave.
- What was the result of the exam? Were any problems identified or diagnoses made?
- If laboratory or other tests were done, when and how will I get the results? Will I also receive an interpretation of the results?

- Are there screening or diagnostic tests that should be scheduled? If so, when/how often?
 - If a diagnosis was made, what are my treatment options?
 - What recommendations does the healthcare provider have for helping me maintain or improve my health or prevent disease?
- If you have been given a prescription or other type of medication, know the following: What is being prescribed and why? What symptoms does it treat?
- How and when should the medication be taken? What is the dose and frequency? Should I take it with food or water?
 - Are there side effects? For example, drowsiness, nausea, or dry mouth?
 - How will I know if the medication is working? When will I notice, or how long before I can expect a change?
 - Will the medication interfere with any other prescriptions or substances I'm taking?
 - What should I do if I forget to take a dose? Take another? Skip it?
 - How much does it cost? Will my insurance cover it? Is there a generic substitute?
 - Are there alternative medications to consider? Are there other medications that might have fewer side effects, or are less expensive?



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

Have a safe summer! Cindi

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

Cosponsored by the

Alzheimer's Association of Middle Tennessee

Providing the following services:

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

Contact Cindi Thomas for information.



Memory Café in Murfreesboro-

3rd Monday of each month
2:00-3:00 P.M. @

Through the Grapevine Restaurant

630 Broadmor Blvd. Suite 190
Murfreesboro, TN 37129

The Memory Café provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh, and experience friendship.

Dessert, coffee, and iced tea will be served.

LUNCH & LEARN



The 3rd Thursday of each month
11:30 A.M. - 1:00 P.M.

Programs during the lunch hour to help educate and inform participants about their environment, health subjects, financial planning and community resources.

Labor of Love Caregivers Support Group

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



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

"SHARE THE CARE"

This support group is to provide emotional, educational, and social support for family caregiver's of those diagnosed with Alzheimer's or dementia.



The 2nd Friday of each month @
12:00 noon

THANK YOU!
to all who helped to make
"A NIGHT TO REMEMBER"
An adult prom to support the
Alzheimer's Association
such a smashing success!

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

IT'S A MAN'S WORLD

June is National Men's Health Month so I thought it was time to focus on the men and try to help you guys make good decisions concerning your health. We've all heard the saying that it's a man's world, and while it often may seem true, when it comes to good health and longevity, men are often in last place. Men lead women in the top 15 causes of death, except for Alzheimer's disease, and that's partly because many don't live long enough to develop it. Men die earlier partly because of biological reasons but also because of the way they take care of themselves. First of all, according to a Center for Disease Control study, women are 33% more likely to visit a doctor. If men are being somewhat productive, they don't think much about their health and tend to put it on the back burner until a problem they cannot ignore arises. Maybe that's because as young men you were taught to ignore pain, be tough, and keep going no matter what. That needs to change as you age. Many of the things that kill us can be treated if found early enough or can even be prevented. So let's look at some conditions, how they affect men, and what you can do about them.

Almost twice as many men as women die of heart disease and for some unknown reason men's arteries develop atherosclerosis (hardening of the arteries) earlier than women's. One in four men has some form of heart disease and it is the leading killer of men. You all simply have to work harder to avoid heart disease, and that means keeping a check on your cholesterol, blood pressure, fat intake, and physical activity.

Lung cancer is still the leading cancer killer for men so quitting smoking is especially important. Smoking also contributes to heart disease, stroke, and other physical problems. Speaking of stroke, you need to keep your blood pressure under control to decrease your risk of having one. If you need help putting those cigarettes down, pay me a visit.

The most common cancer in men is skin cancer, so please see a dermatologist every year to rule out any possible problems. The next most common cancer for men is prostate cancer; one in six men will be diagnosed with it. The good news is only one in 39 will die from it. This is a disease that can go for long periods of time with no

symptoms so getting screened is another thing you need to do on a regular basis.

Suicide is the eighth leading cause of death among men (higher in young men). Men are four times more likely to commit suicide than women and one reason for that may be that depression often goes undiagnosed in men. The male sex is less likely to show depression outwardly or even realize they have it. Another thing is men show it in different ways than women. Rather than showing sadness, men may be more likely to show anger, aggression, or "burn out", or they may abuse alcohol or other drugs. Unfortunately society can view these as normal for men and they often get ignored. We need to realize these can be signs of depression and that they need to be dealt with.

Men are up to twice as likely to take risks, which leads to more accidents. Some of that seems to be "a guy thing" but you may want to think twice before making that not-very-thought-out move that could lead to an ER visit.

Diabetes is sometimes a silent disease, meaning you can have diabetes yet have no symptoms. The extra glucose you have with diabetes can end up leading to heart attack, stroke, blindness, kidney failure, and amputations. The combo of exercise and healthy eating can often prevent diabetes or even reverse it in some cases. As a matter of fact, eating smart, exercising regularly, having a healthy weight, and not smoking are the basic building blocks for better health and preventing disease in general. Other steps you can take for better health are manage stress, get enough sleep, avoid heavy drinking, live safely, and take your medications as directed. Ask your doctor what exams and screenings you should have and do them. Another thing- be honest with your doctor. If you are having problems but don't let your doc know about them, you are hurting yourself.

To sum it up, keep learning, stay social, be thankful, and take care of your body. Do these things and the women in your life will appreciate it and, honestly, so will you.



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

“TAKE CHARGE OF YOUR DIABETES”

If you or someone you care for is diabetic or pre-diabetic, sign up for this free six week workshop designed to help you manage your diabetes and live a healthier, happier life. Our senior center teams up with the UT Extension office and the health department to bring you this informative, life-changing program so you can better manage your health and work more effectively with your doctors.

Classes are on Tuesdays, 9:30 – 11:30 a.m., May 24 – June 28. Registration is required and there is a limit of 15. See the nurse for more information and sign up by Monday, May 30.

TAKE A BREAK WITH NURSE LAURA

“ALL ABOUT THAT BLOOD PRESSURE”

This month we have Tiffany Pierson, a pharmacist from Walgreens, educating us on hypertension and the medications that are taken for it. She will be with us on **Wednesday, June 8 from 10:00-11:30 a.m.** If you have high blood pressure or just want to learn about symptoms of it and treatments for it, sign up for this class by **Monday, June 6.** There is a limit of 40.

ASK THE DOCTOR “GASTROENTEROLOGY” on JUNE 29

On **Wednesday, June 29** we have Dr. Brendan O’Hare here at the center speaking on his specialty, gastroenterology. If you want to learn more about your digestive system, including information on problems such as reflux, IBS, or even gallbladder issues, join us on this day at **1:00 p.m.** Dr. O’Hare is with Mid-State Gastroenterology here in Murfreesboro. There is a limit of 40; please sign up by Friday, June 24.

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.

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 of 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 **June 15.** 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, June 10** and let them know if you use a wheelchair. There is a limit of 10.

WALK WITH EASE COMING IN JULY

It’s time to lace up those walking shoes and join me for a fun, free, and educational six week class that will not only get you motivated to walk on a regular basis, but will even do it with you! We will meet three times a week, on Mondays, Wednesdays, and Fridays, from 10:00 – 11:00 am starting Wednesday, July 6 and ending Monday, August 15. Walk with Ease is an Arthritis Foundation program that will also educate you on arthritis and ways to manage it. If you have been looking for a kick-start or just enjoy walking with a group this is the class for you! See the nurse if you would like more information.

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 one Monday in June 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) 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, June 10 Clown Rehearsal from 1:00-3:00 p.m.

Thursday, June 16 at 9:30 a.m. Depart for Celebration Way in Shelbyville.

Friday, June 24 from 11:30 a.m.-3:00 p.m. POTLUCK and meeting/rehearsal.

Interested in being a clown? Attend the June 10th rehearsal. **Bump a Nose!**



JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>ATTENTION TRIP TAKERS! Please continue to park in the lower lot when going on a day trip. We will soon move day trip parking to New Vision Baptist Church. Also, please remember that we strive to return from trips on time if not early. However, there can always be unknown delays that are unforeseen that may cause a trip to return later than expected.</p>	<p>ATTENTION TRIP TAKERS! Starting in August all Monday-Friday day trips will leave from New Vision Baptist Church Parking lot 1750 N Thompson Ln, Murfreesboro, TN 37129</p>	<p>1 DEADLINE 06/03 PAINT WITH LIZ</p> <p>DEADLINE 06/03 BEGINNING CALLIGRAPHY</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Club Karaoke</p>
<p>6 DEADLINE 06/08 TAKE A BREAK</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>7</p> <p>9:00 a.m. Stained Glass Class 9:00 a.m. Piano Group 1 9:30 a.m. Take Charge of Your Diabetes! 10:00 a.m. Quilting 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 11:00 a.m. Cancer Survivor Luncheon 12:00 Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 2:15 p.m. Conversational Spanish</p>	<p>8 DEADLINE 06/10 ETOWAH MOONSHINE FESTIVAL & FARMER'S MKT TRIP</p> <p>8:30 a.m. RCCOA Board Meeting</p> <p>10:00 a.m. Take a Break with Nurse Laura "Blood Pressure"</p> <p>10:00 a.m. Program Committee Meeting</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Club Karaoke</p>
<p>13 DEADLINE 06/15 FISHING TRIP DEADLINE 06/20 MARVELOUS MONDAY</p> <p>8:45 a.m. Trailblazers to Radnor Lake State Park</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>10:00 a.m. In the Garden with Jack "Container Landscapes"</p> <p>10:00 a.m. FCE Better Living Group</p> <p>11:30 a.m. Chicago Trip Takers Meeting</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>14</p> <p>8:00 a.m. Fruits of the Backyard 9:00 a.m. Stained Glass Class 9:00 a.m. Piano Group 1 9:30 a.m. Take Charge of Your Diabetes! 9:45 a.m. International Folkfest Dancers from Puerto Rico 10:00 a.m. Quilting 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 2:15 p.m. Conversational Spanish</p>	<p>15 DEADLINE 07/16 CUMBERLAND CO. PLAYHOUSE TRIP</p> <p>8:30 a.m. Fishing at Stewart Creek</p> <p>9:30 a.m. Tennessee Technology Center Trip</p> <p>10:00 a.m. Morning Chat with an Officer "K9 Police Dogs"</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Club Karaoke</p>
<p>20 TUNICA TRIP IS CANCELLED</p> <p>9:00 a.m. Ladies' Pool Tournament</p> <p>9:00 a.m. Stained Glass Class</p> <p>9:30 a.m. Frist Center: Bellissima</p> <p>1:00 p.m. Pastel Portrait Drawing Class</p> <p>1:00 p.m. Marvelous Monday with Susanne "Dreamcatchers"</p> <p>1:00 p.m. St. Clair Singing Seniors</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p>	<p>21 DEADLINE 06/22 MATTER MATTERS DEADLINE 06/23 MOVIES IN THE PARK</p> <p>7:55 a.m. Tropicana Casino Trip leaves from City Hall Parking Garage Lower Level</p> <p>9:00 a.m. Stained Glass Class 9:00 a.m. Men's Pool Tournament 9:00 a.m. Piano Group 1 9:30 a.m. Take Charge of Your Diabetes! 9:45 a.m. Mystery Lunch Trip 10:00 a.m. Quilting 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 Crochet Group 12:30 p.m. CCRC Visitation 1:00 p.m. Pastel Portrait Drawing Class 1:00 p.m. Spanish 1 1:00 p.m. National Senior League Wii Bowling 2:15 p.m. Conversational Spanish</p>	<p>22 DEADLINE 06/24 FARMER'S MKT TRIP</p> <p>9:00 a.m. "Matter Matters" with the Adventure Science Center</p> <p>9:45 a.m. Mystery Lunch Trip</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Club Karaoke</p>
<p>27</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:00 a.m. Crafting with Susanne "Patriotic Theme"</p> <p>11:00 a.m. Adult Coloring Book Group</p> <p>1:00 p.m. St. Clair Singing Seniors</p>	<p>28 DEADLINE 07/01 PAINTING WITH LIZ</p> <p>9:00 a.m. Piano Group 1 9:30 a.m. Take Charge of Your Diabetes! 10:00 a.m. Quilting 10:00 a.m. Guitar Class 10:00 a.m. Knit Group 11:00 a.m. Piano Group 2 12:00 Crochet Group 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>29</p> <p>12:00 n Senior Artists</p> <p>12:00 n Ceramics</p> <p>1:00 p.m. Ask the Doctor "Gastroenterology"</p> <p>1:00 p.m. Club Karaoke</p>

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>2 DEADLINE 06/04 RED BOILING SPRINGS TRIP</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. How Pets Improve Your Life</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>3 DEADLINE 06/07 PASTEL PORTRAIT CLASS</p> <p>9:00 a.m. Painting with Liz "Tennessee Sunset"</p> <p>10:00 a.m. Knit Group</p> <p>12:30 p.m. Rabies Clinic for Dogs & Cats</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>4</p> <p>8:30 a.m. Red Boiling Springs Folk Medicine Festival</p> <p>12:30 p.m. Center Open</p>
		<p>5</p> <p>Today is National Cancer Survivor's Day®</p>
<p>9 DEADLINE 06/11 RUGBY, TN TRIP</p> <p>9:30 a.m. Legal Aid Society of Middle Tennessee</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>10 DEADLINE 06/13 TRAILBLAZERS TRIP DEADLINE 06/14 INTERNATIONAL FOLKFEST DEADLINE 06/15 TN TECHNOLOGY CTR TRIP</p> <p>8:00 a.m. Etowah Moonshine Festival</p> <p>8:30 a.m. Rutherford Co. Farmer's Mkt. Trip</p> <p>9:00 a.m. AARP Board Meeting</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. AARP Meeting</p> <p>12:00 Share the Care Alzheimer's Support Group</p> <p>1:00 p.m. Happy Clown Rehearsal</p> <p>2:00 p.m. Beginning Calligraphy</p> <p>7:00 P.M. SOCK HOP with music by Fish & Chick Band (Chick = Deb Thomas)</p>	<p>11</p> <p>8:00 a.m. Rugby, TN Antique Car Show & Street Fair Trip</p> <p>12:30 p.m. Center Open</p>
		<p>12</p> <p>June is Men's Health Month.</p>
<p>16 DEADLINE 06/17 WHAT IS FARMER'S MKT FRESH DEADLINE 06/18 SATURDAY ADVENTURE & MOON PIE FESTIVAL</p> <p>9:30 a.m. Clowns to Celebration Way Assisted Living</p> <p>10:00 a.m. Lunchtime Trivia</p> <p>10:00 a.m. Quilting</p> <p>11:30 a.m. Lunch and Learn</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>17 DEADLINE 06/20 FRIST TRIP DEADLINE 07/21 TROPICANA TRIP</p> <p>10:00 a.m. Grief Relief Support Group</p> <p>10:00 a.m. Knit Group</p> <p>1:00 p.m. What is Farmer's Market Fresh?</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>18</p> <p>8:00 a.m. Saturday Adventures: Horseback Riding!</p> <p>9:00 a.m. Moon Pie Festival</p> <p>12:30 p.m. Center Open</p> <p>1:30 p.m. Parkinson Support Group</p>
		<p>19</p> <p>Happy Father's Day!</p>
<p>23 DEADLINE 06/27 CRAFTING WITH SUSANNE DEADLINE 06/25 LYNCHBURG TRIP DEADLINE 06/25 FAUX CHENILLE SCARF CLASS</p> <p>9:00 a.m. Mixed Media: Tennessee's Favorite Flower</p> <p>9:30 a.m. The Many Programs of the Tennessee Regulatory Authority</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p> <p>2:00 p.m. Music for Seniors Ross Moore Concert</p> <p>6:00 p.m. Movies in the Park Trip</p>	<p>24 DEADLINE 06/29 ASK THE DOCTOR</p> <p>8:30 a.m. Rutherford Co. Farmer's Mkt. Trip</p> <p>10:00 a.m. Knit Group</p> <p>11:30 a.m. Happy Clown Potluck & Class</p> <p>12:00 n Labor of Love Caregiver Support Group</p> <p>2:00 p.m. Beginning Calligraphy</p>	<p>25</p> <p>9:00 a.m. Lynchburg, TN Frontier Days</p> <p>12:30 p.m. Center Open</p> <p>1:00 p.m. Faux Chenille Scarf Class</p>
		<p>26</p> <p>Did you know?</p> <p>On this date in 1498 the toothbrush was invented in China using boar bristles.</p>
<p>30 DEADLINE 07/05 MOUNTAIN DULCIMER CLASS</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:30 p.m. Trivia Group</p>	<p>Coming Soon!</p> <p>SATURDAY, JULY 16</p> <p>1950s & 1960s Flair Dance</p> <p><i>with music by Nashtones</i></p>	<p>NEW PARTICIPANT ORIENTATION</p> <p>If you are new to the center, be sure to mark you calendar for the July orientation. It will be on Tuesday, July 12 at 9:30 a.m. Find out behind the scenes how the Center operates and what you need to know to get started.</p> <p>NEW VOLUNTEER ORIENTATION</p> <p>If you are a new volunteer at the Center make sure you attend the orientation on Thursday, July 21 at 9:30 a.m. Find out all you need to know to make your volunteer time a great experience. Thanks for all you do!</p>

HEALTH & FITNESS

MONDAYS	TUESDAYS	WEDNESDAYS
<p>8:00 a.m. Walking Saints at Old Fort Park Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. Zumba® Gold</p> <p>10:30 a.m. Beginning Tap</p> <p>11:20 a.m. Intermediate Tap</p> <p>12:30-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice/Judy <u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>12:00 n Tai Chi Class</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia <u>UPPER DINING ROOM</u></p> <p>1:15 p.m. Intermediate Line Dance with Tom</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p>8:00 a.m. Walking Saints at Thompson Lane Trailhead <u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Beginner/Intermediate Line Dance</p> <p style="text-align: center;">Check bulletin board behind the reception desk for any daily changes!</p>
THURSDAYS	FRIDAYS	SATURDAYS
<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:30 a.m. Core Strength: Intermediate</p> <p>8:45 a.m. Senior Strength: Intermediate</p> <p>9:30 a.m. Dancercise: Advanced</p> <p>10:25 a.m. Core Strength: Beginning</p> <p>10:40 a.m. Senior Strength: Beginning</p> <p>12:00 n Tai Chi Class</p> <p>1:00 p.m. GO4Life</p> <p>2:00-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning</p> <p>9:30 a.m. Line Dance Practice/Delia</p>	<p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Gentle Fitness with Mark</p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>9:00 a.m. Yoga with Dot</p> <p>10:30 a.m. Yoga with Dot</p> <p style="text-align: center;">A description of fitness classes may be obtained from the display case behind the reception desk.</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>	<p>Classes/Programs with a monthly fee are GREEN.</p> <p>Classes/Programs are NOT prorated. Classes/Programs with a NO fee are BLUE.</p> <hr/> <p>Classes with a fee are not prorated. You pay for them at the beginning of the month for that month's class, unless otherwise noted.</p> <p>The fitness equipment (treadmill, recumbent bike, weight machine) is available to use whenever a class is not in the exercise room. Please check the schedule for any changes that may occur on a daily/weekly basis.</p> <p style="text-align: center;">CLASS FEES</p> <p>Yoga: \$15 per month Zumba® Gold: \$10 per month Zumba® Gold Toning: \$15 per month Zumba® Combo: \$20 per month Beginning Tap: \$15 per month Intermediate Tap: \$15 per month Tai Chi: \$15 per month Ballroom Dance: \$15 per month Gentle Fitness with Mark: \$10 per month</p>

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.

TUESDAYS IN MAY & JUNE 9:30-11:30 a.m.	TAKE CHARGE OF YOUR DIABETES! This is a free 6-week workshop to help diabetics and/or their caregivers better manage their diabetes and all that comes along with it.	<i>Limit 15 No Deadline</i>
THURSDAY JUNE 2 1:00-2:00 p.m.	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.	<i>Limit 50 No Deadline</i>
FRIDAY JUNE 3 12:30-2:30 p.m.	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 be on a leash. Sign up is required.	<i>Limit 50 No Deadline</i>
TUESDAY JUNE 7 11:00 a.m.-1:00 p.m.	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!	<i>Limit 50 Deadline 05/31</i>
WEDNESDAY JUNE 8 10:00-11:30 a.m.	TAKE A BREAK WITH NURSE LAURA "BLOOD PRESSURE" Tiffany Pierson, a pharmacist with Walgreens will speak to us about blood pressure, including symptoms of and treatment for. She will also discuss BP meds and their side effects.	<i>Limit 40 Deadline 06/06</i>
MONDAY JUNE 13 10:00-11:15 a.m.	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.	<i>Limit 40 No Deadline</i>
TUESDAY JUNE 14 9:45-11:00 a.m.	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.	<i>Limit 150 Deadline 06/10</i>
WEDNESDAY JUNE 15 10:00-11:15 a.m.	MORNING CHAT WITH AN OFFICER "K9S" Officer Amy Norville is bringing a couple of their K9s (police dogs) and their handlers to explaining the different jobs each dog has and exhibit some of their skills. One dog will show his tracing capabilities used in case of a lost child or memory issue patient.	<i>Limit 50 No Deadline</i>
THURSDAY JUNE 16 11:30 a.m.-1:00 p.m.	LUNCH AND LEARN "PROTECTING AND GROWING YOUR HARD EARNED ASSETS" Gabe Adcock, a senior financial advisor, will provide information to help persons protect and grow their hard earned assets. Lunch will be served.	<i>Limit 50 No Deadline</i>
FRIDAY JUNE 17 1:00-2:00 p.m.	WHAT IS "FARMER'S MARKET FRESH?" This introduction to Farmer's Market Fresh will have you seeking out the series of food demonstrations that are a part of the Rutherford County Farmer's Market at Lane AgriPark. Farmer's Market Fresh encourages fruit and vegetable consumption through educational programs and recipe sharing like fresh tomato bruschetta, tri-pepper salad, summer squash with pasta and corn relish salad. This market accepts SNAP/EBT benefits and is participating in the AARP Fresh Savings program. Attend this seminar to learn about Farmer's Market Fresh. Thanks UT Extension Office.	<i>Limit 40 Deadline 06/16</i>
MONDAY JUNE 20 1:00-4:00 p.m.	MARVELOUS MONDAY WITH SUSANNE Come and learn how to make your own beautiful dreamcatcher or make one for someone else. Instructed by Susanne Hebden.	 <i>Limit 25 Deadline 06/13</i>
WEDNESDAY JUNE 22 9:00-10:30 a.m.	MATTER MATTERS The Adventure Science Center in Nashville brings us "Matter Matters." You think snow and ice are cold? Wait until you get up close and personal with liquid nitrogen at -321°F. Find out how everyday objects behave when heat energy is drastically added or taken away.	<i>Limit 100 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.

THURSDAY JUNE 23 2:00-3:00 p.m.	MUSIC FOR SENIORS: ROSS MOORE IN CONCERT Music for Senior's is bringing you this wonderful concert of old time country, Appalachian and Celtic music. Mr. Moore can play almost any string instrument. You will enjoy this fun and entertaining event.	Limit 100 No Deadline
SATURDAY JUNE 25 1:00-3:00 p.m.	FAUX CHENILLE SCARF CLASS Bring one piece of 1 1/4 yard light weight cotton material (no knit) to class. This is a demonstration on how to make a faux chenille scarf from cotton, homespun or rayon material. Brenda Elliott will give out directions and do a demonstration for this class. This project is a fun one to do on your own for those who do not knit or crochet. You can work on your scarves during the summer for holiday gifts for others or for yourself.	Min. 3/Max 8 Deadline 06/23
MONDAY JUNE 27 11:00 a.m.-3:00 p.m.	ADULT COLORING BOOK GROUP Get together with like minded people, bring a sack lunch and your books and methods to color. We do have some colored pencils that you may use during this time. Relax and unwind with friends who enjoy to color as well.	Limit 12 No Deadline
WEDNESDAY JUNE 29 1:00-2:30 p.m.	ASK THE DOCTOR "GASTROENTEROLOGY" Dr. Brendan O'Hare will help us better understand our digestive system in this presentation. If you have problems such as IBS, reflux, or Crohn's disease, join us and learn.	Limit 40 Deadline 06/24
FRIDAY JULY 1 12:30-2:00 p.m.	PATRIOTIC PARTY Join us as we listen to the sounds of our wonderful Singing Seniors celebrating the USA! Refreshments will be served.	Limit 120 No Deadline
MONDAY JULY 11 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "GOOD PLANTS AND SHRUBS FOR BIRDS" Do you want to make a special habitat in your yard for birds? Jack Smith will give tips and suggestions on which shrubs and plants are good for birds.	Limit 40 No Deadline
TUESDAY JULY 12 9:30 a.m.	NEW PARTICIPANT ORIENTATION Rules and regulations, take a tour of the Center and meet the staff.	Limit 50 No Deadline
TUESDAY JULY 21 9:30 a.m.	NEW VOLUNTEER ORIENTATION Rules and regulations, take a tour of the Center and meet the staff.	Limit 50 No Deadline

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

FRIDAY 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 06/03 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 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. One class meets on Monday, June 20 this month.		CLASS FEE \$30 Min 3/Max 8 Deadline 06/3
TUESDAYS IN JUNE 2:15-3:15 p.m. June 7, 14, 21, 28	CONVERSATIONAL SPANISH, PART 2 <i>Instructor Cynthia Borzick makes learning FUN!</i> 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.		CLASS FEE \$20 Min 5/Max 16 No Deadline

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!

<p>THURSDAY JUNE 23 9:00 a.m.-3:00 p.m.</p>	<p>MIXED MEDIA WITH KAREN BRACKMAN "Tennessee's Favorite Flower: The Iris" Bring 1 sheet of beige/light tan pastel paper, set of general pastel pencils, and pencil sharpener.</p>		<p>CLASS FEE \$15 Min 5/Max 12 Deadline 06/20</p>
<p>MONDAY JUNE 27 9:00-11:00 a.m.</p>	<p>CRAFTING WITH SUSANNE: PATRIOTIC THEMED JEWELRY Let's get that patriotic spirit going as we make a fun craft for the holiday. Everything is provided by the instructor, Susanne Hebden.</p>		<p>CLASS FEE \$5 Min 5/Max 10 Deadline 06/23</p>
<p>FRIDAY JULY 1 9:00-11:00 a.m.</p>	<p>PAINTING WITH LIZ "WATERFALL" Newcomers welcome! All supplies provided. Liz Farar teaches you how to oil paint a nice picture. You will take home a completed work of art at the end of this class.</p>		<p>CLASS FEE \$20 Min 5/Max 12 Deadline 06/28</p>
<p>TUESDAYS IN JULY & AUG. 2:15-3:15 p.m.</p>	<p>CONVERSATIONAL SPANISH PART 1 <i>Instructor Cynthia Borzick makes learning FUN!</i> 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. Class meets 07/5, 12, 19, 26 & 08/2, 9, 16, 23, 30.</p>		<p>CLASS FEE \$20 PER MONTH Min 5/Max 16 Deadline 07/05</p>
<p>TUESDAYS BEGINS 07/05 ONGOING CLASS 10:00-11:00 a.m.</p>	<p>MOUNTAIN DULCIMER FOR BEGINNERS The haunting sounds of the mountain dulcimer are beautiful. If you've ever wanted to play the dulcimer, now is your chance. Jane McNulty is offering the Beginning Mountain Dulcimer class. It is surprisingly easy to play.</p>		<p>CLASS FEE \$50 PER MONTH Min 4/Max 12 Deadline 06/30</p>

TRIPS

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<p>SATURDAY JUNE 4 8:30 a.m. 4:30 p.m. Deadline: 06/02</p>	<p>THE RED BOILING SPRINGS FOLK MEDICINE The Red Boiling Springs Folk Medicine Festival passes on knowledge, skills and traditions that ensure the survival of folk activities, from: medicine, natural healing arts, arts and crafts that demonstrate the traditional, handmade way of not only creating art but useful household items. There is no admission to the festival. There is a \$2 admission to each educational session and the Festival Quilt Show. Bring money for food and workshops.</p>	<p>BRING \$ FOOD TRANSPORTATION \$8 Limit 23 COST: \$-\$</p> 
<p>WEDNESDAY JUNE 15 (DATE CHANGE) 9:30 a.m. Until done Deadline: 06/10</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 Limit 10 COST: \$</p> 
<p>FRIDAY JUNE 10 8:00 a.m. 6:00 p.m. Deadline: 06/08</p>	<p>ETOWAH MOONSHINE FESTIVAL Etowah Moonshine Festival held at Savannah Oaks Winery. Go and meet TV celebrities from the Moonshiners and American Idol finalist Jessica Meuse. Enjoy local crafters, live music, food and a diverse offering of beverages from Micro-Brews to regular mainstays. There will be discussions on Stills and Still building and wine. Admission is \$10.00. This is a 2:34 trip to the Winery.</p>	<p>ADMISSION: \$10 TRANSPORTATION \$8 Limit 23 COST: \$-\$</p> 

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FRIDAY JUNE 10 8:30 a.m. 10:00 a.m. Deadline: 06/09	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health!	BRING \$ TRANSPORTATION \$0 <i>Limit 13</i> COST: \$ 
SATURDAY JUNE 11 8:00 a.m. 5:00 p.m. Deadline: 06/09	RUGBY TN ANTIQUE CAR SHOW AND STREET FAIR Historic Rugby Tennessee Antique Car Show and Street Fair. Rugby Tennessee a Victorian English village founded in 1880. Created as an utopian village that survives today as a picturesque educational village that is nestled in the woods on the Cumberland Plateau. There will be plenty to see and do with unique cars, vendors and crafters filling the village for this event. Travel time 2:21	BRING \$ SHOP & EAT TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
MONDAY JUNE 13 8:45 a.m. 3:00 p.m. Deadline: 06/10	TRAILBLAZERS: RADNOR LAKE Radnor Lake State Park is a 1,332-acre park and is protected as a Class II Natural Area. It is unique due to the abundance of wildlife viewing opportunities, environmental education programs, hiking opportunities and its location in an urban area. The park has more than six miles of trails for hiking, photography and wildlife observation. The Lake Trail is accessible to people with all-terrain wheelchairs. Bring water, snacks and money for lunch.	BRING \$ FOOD TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
TUESDAY JUNE 14 8:00 a.m. 3:00 p.m. Deadline: None	FRUITS OF THE BACKYARD, COLUMBIA, TN The highlight of Fruits of the Backyard will be three informational sessions led by University of Tennessee Institute of Agriculture experts. Topics include berry production, unique vegetable gardening techniques and the interactions of honeybees and agriculture. At the conclusion of the sessions, visitors are invited to participate in an open panel question and answer session.	BRING \$ FOOD TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
WEDNESDAY JUNE 15 8:30 a.m. 12:30 p.m. Deadline: 06/13	FISHING AT STEWART CREEK BOAT RAMP Calling all Fishermen and Fisherwomen! Grab your pole and tackle box and join the group for a great morning out fishing on the Percy Priest Lake. A few things to have in mind is a fishing license is required along with all fishing supplies. If you plan on catching fish, please bring a cooler to place the fish in for the trip back home	No FEE TRANSPORTATION \$7 <i>Limit 14</i> COST: \$ 
SATURDAY JUNE 18 8:00 a.m. 2:00 p.m. Deadline: 06/16	SATURDAY ADVENTURES: HORSEBACK RIDING! Join us for horseback riding at Cedars of Lebanon State Park. Bring \$20 cash to pay at the park the day of the trip. Also, bring money for lunch at Sunset Family Restaurant in Lebanon.	BRING \$20 TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$ 
SATURDAY JUNE 18 9:00 a.m. 5:00 p.m. Deadline: 06/16	MOON PIE FESTIVAL The Moon Pie Festival in historic Bell Buckle TN celebrates the South's original fast food. Ice cold RC cola and a fresh moon pie. Visitors from all over the world stream into Bell Buckle to find music, cloggers, a parade and more during this grand old-fashioned celebration. Bring money for food.	BRING \$ FOOD TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 
MONDAY JUNE 20 9:30 a.m. 3:30 p.m. Deadline: 06/17	FRIST PRESENTING BELLISSIMA! Presenting Bellissima! The Italian Automotive Renaissance 1945-1975 at the Frist Museum Celebrate the visual dynamism and spirit of innovation characterizing Italian coach built cars, concept cars and motorcycles produced during the post-World War II economic revival with startling, often sensual designs. Italian cars had an immense influence on the automotive industry around the world in racing and design. Admission is 1/2 off on Senior Mondays. Bring \$6.	ADMISSION: TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$ 

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

TRIPS

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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, Roach House, 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 sign up 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: \$\$\$ 
TUESDAY JUNE 21 7:55 a.m. 8:00 p.m. Deadline: 06/17	TROPICANA, EVANSVILLE, IN Escape to Evansville, Indiana for a casino day trip to the fabulous Tropicana Casino. You will start off a winner as your \$5.00 transportation costs earns you a free buffet and \$10.00 in free play. We will depart from the lower city parking garage at 7:55 Please park in the rear of the garage. Good Luck!	ADMISSION: \$5 TRANSPORTATION INC. Limit 52 COST: \$ 
TUESDAY JUNE 21 9:45 a.m. 4:00 p.m. Deadline: None	MYSTERY LUNCH It's a mystery. . .	BRING \$ FOOD TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
WEDNESDAY JUNE 22 9:45 a.m. 4:00 p.m. Deadline: None	MYSTERY LUNCH It's a mystery. . . and it's the same trip as above, but on a different day!	BRING \$ FOOD TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
THURSDAY JUNE 23 6:00 P.m. 11:15 p.m. Deadline: 06/21	MOVIES IN THE PARK "The Force Awakens" at Elmington Park Nashville. . . Nashville Scene's 22 nd annual Movies in the Park will be showing "Star Wars the Force Awakens" at Elmington Park. This free event includes food trucks, vendors, and games. Bring a blanket or chair to sit in. Costumes are always optional.	BRING \$ FOOD TRANSPORTATION \$8 Limit 23 COST: \$ 
FRIDAY JUNE 24 8:30 a.m. 10:00 a.m. Deadline: 06/22	FARMERS MARKET The Rutherford county Farmers' Market is a Producer-Only Farmers Market that accepts credit, debit, and EBT payments. Market vendors hail from over 20 Middle TN counties and sell a wide variety of seasonal fruits and vegetables, meats, eggs, baked and canned etc... This is a free trip provided for the promotion of your health!	BRING \$ TRANSPORTATION \$0 Limit 13 COST: \$ 
SATURDAY JUNE 25 9:00 a.m. 3:30 p.m. Deadline: 06/23	LYNCHBURG, TN FRONTIER DAYS Kick off the summer Fair season with Lynchburg's Frontier Festival and street dance. There will be a Western re-enactment, carnival, petting zoo, pony rides. Dog and Goat contest and more in this historic town. Bring money for food, souvenirs and tickets to ride.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
SATURDAY JULY 16 10:00 a.m. 7:00 p.m. Deadline: 06/15	CUMBERLAND COUNTY PLAYHOUSE, CROSSVILLE, TN "SMOKE ON THE MOUNTAIN" Escape all your cares with this side-splitting comedy! A young architect is visited by a man he's never met but who saved his life—the visitor turns out to be an incredibly inept, hopelessly bumbling "nerd" who outstays his welcome with a vengeance.	ADMISSION: \$23 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 

TRIP INFORMATION

NEW PARKING ARRANGEMENT

Starting in August of 2016 all Monday-Friday day trips will leave from:
New Vision Baptist Church Parking Lot, 1750 N. Thompson Lane, Murfreesboro, TN 37129
Please see Drew Anderson for questions or more information. Thanks!



CHICAGO TRIP TAKERS MEETING

There will be a pre-trip meeting to discuss the details of the Chicago trip on
Monday, June 13 from 11:30 a.m.-12:30 p.m.
In the multi-purpose room.

If you are going on this trip please make plans to be there or call Drew Anderson for more information or if you are unable to attend.



Please remember when going on day trips to park across St. Clair Street in the lower parking lot until August 2016.
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.)

IT BEGINS HERE!

2016 TRIPS PLANNED for ST. CLAIR SENIOR CENTER!

DATES	LOCATION	PRICE	TOUR COMPANY	RELEASE DATE
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.

OH THE PLACES WE HAVE SEEN THIS SPRING!



On April 18 the group pictured above took a ride down the Natchez Trace Parkway. The sights were beautiful and the sunny skies made for a great drive through Tennessee's scenic wonderland.



On May 10 Nashville's skyline (pictured above) was seen by our travelers from the deck of the General Jackson Showboat. It was a day of great food, great music and great friends.

Karaoke

Every Wednesday 1-4 PM Lower dining room

Do You Want to Be on TV?

Have you ever wanted to be a news reporter?
 Ever wanted to host a segment of a talk show?
 Produce? Direct? Learn?

If you have wanted to be on TV or actually have been in the past, maybe you would consider helping us out with our TV show, **“Life After 60.”** It is an informational show filmed here at the Center and airing on City Cable Channel 3. We currently have three reporters, and are looking to add a few more. We are also looking for some behind the scenes help with new ideas and planning the show to promote the Center.

If you think you want to give it a try, sign the interest list at the front desk. A meeting will be announced in the future. Thanks!



Congressman Scott DeJarlais Visits St. Clair

On May 5, Congressman Scott DeJarlais visited the Center to update everyone on the latest news from Washington, D. C. concerning older Americans. He also took some time to answer questions from our seniors and listen to their input on issues affecting their lives. He presented the Senior Center with a flag that was flown over the U. S. Capitol on Veterans Day in 2015.

Thank you Congressman for visiting us at St. Clair.



AT ST. CLAIR

No registration required. Donations accepted.

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

- THURSDAY 06/02 Bingo **CANCELLED**
- TUESDAY 06/07 Bingo with Aid & Assist at Home
- THURSDAY 06/09 Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- TUESDAY 06/14 Bingo **CANCELLED** for Folkfest
- THURSDAY 06/16 Bingo with Diversicare of Smyrna
- TUESDAY 06/21 Bingo with HealthSouth of Franklin
- THURSDAY 06/23 Bingo with At Home Health Care
- TUESDAY 06/28 Bingo with Willowbrook Home Health & Hospice
- THURSDAY 06/30 Bingo with Roselawn Funeral Home & Memorial Garden



SOON TO BE SUMMER**“The Gardener’s Corner”***By Jack Smith, Certified Master Gardener*

When watering your lawn do so early in the morning so the grass blades are dry in the evening to help prevent fungal disease. Soak the soil with one inch of water by allowing about one hour per setting before moving the sprinkler to the next location. You can use a rain gage to be sure, or you can use a tuna can, which is about an inch deep, to catch the water. Mow lawns higher during heat stress so roots will grow deeper. Do not remove grass clippings they contain fertilizer nutrients, and they do not contribute to thatch buildup.

Keep old flower heads removed to promote continued flowering. You can plant garden mums now for fall color if you haven’t done so already, but keep the tips pinched out to promote more flower buds. Watch for insects and diseases. The foliage may be removed from your spring bulbs if it has yellowed and is becoming dry but do not remove if it is still green and feeding the underground

portion of the plant.

Harvest your vegetables such as beans, peas, squash, cucumbers and okra regularly to prolong production and enjoy their peak freshness. You can now eat “high on the hog” this month and in July and still be able to preserve enough to last during the winter months to come. For best results, harvest onions and Irish potatoes when two-thirds of the tops have died down. You can store your potatoes in a cool, dark place and onions in a dry airy place. Clean off the rows of early crops as soon as they are through bearing and use these rows for replanting or keep them fallow for fall crops.

Here’s a little secret, believe it or not. Dried dog food contains many of the nutrients found in many organic fertilizers such as blood meal and bone meal. So grab a handful and work it into the soil for an added energy boost when planting, or sprinkle it around growing plants.

Pool Room News & Interest List

The folks in the Pool Room want to teach you how to play pool! Who wants to learn? It’s fun and it helps your brain’s gears to keep turning! And pool isn’t just for the men. We have some great lady players in our Center! If you’ve ever wanted to learn to play pool, now is your chance. Please add your name and phone number to the interest list at the reception desk by the end of June.

**COMING SOON
SATURDAY, JULY 16**

at 7:00 p.m.

50s & 60s Flair DanceMusic by *the Nashtones*

\$5 at the door • Doors open at 6:30 p.m.

**POOL
Room
News****Coed Tournament
04-11-16**

1. Lora York/Larry Thrasher
2. Teresa Rains/Phil Stilwell
3. Aki Dean/Laird Weishahn

**Ladies’ Tournament
04-18-16**

1. Linda Sellars
2. Eileen Grant
3. Teresa Rains

**Men’s Tournament
04-19-16**

1. Larry Thrasher
2. Tom Michal
3. Joe Cox

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

JUNE 2016



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

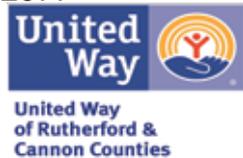
Hours of Operation: Monday - Friday
8:00 a.m. - 4:30 p.m.
Saturday from 12:30-3:30 p.m.

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

SENIOR DINING/MEALS ON WHEELS

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

MCHRA TRANSPORTATION
615-890-2677



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

DONATIONS & STAFF

DONATIONS for APRIL 2016

Bingo \$ 22.93
Quilting \$ 00.00
Popcorn \$ 00.00
Coffee \$ 58.97

Donations: Ann Phillips Caffey, Pyong Cahill,
Bobbie Duke, Brenda Egles, Karen Luther.

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

ST. CLAIR STREET SENIOR CENTER STAFF

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

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

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