

Join us in September to celebrate **National Senior Center Month**

“Find your Balance” at the **Senior Health Expo**

Thursday, September 22 - 8:30-11:30 a.m.

**FUN & EDUCATION
HEALTH SCREENINGS
FOOT, MEMORY & PAIN ASSESSMENTS
VISION TESTS
GLUCOSE CHECKED
BALANCE EVALUATION & MASSAGE
INFORMATION ON AQUATIC THERAPY
FLU SHOT - RHEUMATOLOGIST
SLEEP SPECIALIST
VASCULAR SURGEON
GAMES, SMOOTHIES
& MUCH MORE!**

Learning



Fitness



Friendship



Purpose



FROM THE DIRECTOR



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

September is National Senior Center Month! Find balance at St. Clair Street Senior Center: Fitness, Purpose, Friendship and Learning. Throughout the month look for programs that focus on these topics. I want to shout out to **St. Clair's Trivia Team, the Mind Benders**, that competed on August 4 in the District Brain Games sponsored by

the TN. Commission on Aging and Disability in Ashland City.

Our team consisting of Lynn Nolan, Lorraine Hall, Kris Delene and Carol Anne Beasley. The Mind Benders won the District by beating out six teams from the Greater Nashville District. Teams from Trousdale, Sumner, Davidson, Rutherford and Wilson Counties competed. The Mind Benders will move on to the Regional Games in Nashville on September 23 with winners from the South Central and Upper Cumberland regions. The team received a wonderful "welcome



home to the WINNERS" from competition on August 4th from close to a 100 seniors and staff. Wish them luck in the next round of September 23 and hope they go all the way to State in Morristown in October.

Renovation news! The Long Range Planning Committee will host a preview meeting of the upcoming plans to renovate the Center on September 8th at 10:00 a.m. in the Cafeteria. We hope everyone will join us to go over plans, timeline and programs schedules. The Long Range Planning team is excited to go over the commission approved recommendations for the Center. We also plan to add a Renovation Wall behind the front desk in the display cabinets that will provide updates as they are announced. Patterson Park staff will be here on the 8th to talk about programs they offer

and our plans to use some of their space during our closure. The project is set for this fall and we are working hard to be ready for renovation when we get the GO from the City.

Again Go Team, good luck and let's WIN Regionals!

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.

September 16, 17 & 23
2016



Tickets now on SALE



Show Information
Friday Sept. 16 & 23
Meal at 5:00 PM Show at 6:00 PM
Saturday Sept. 17
Meal at 12 Noon Show at 1:00 PM

\$5.00

Including Meal

**A mystery written and directed by Charlie Parker
Produced by St. Clair Seniors Acting-Up**

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator



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

The ADS benefits from wonderful volunteers and we have been focusing on those volunteers the past few months by highlighting their contributions in the LEAF. This month we want to tell you about Renee Crenshaw, a wonderful singer, pianist and songwriter, who plays for us on Monday afternoons. Renee also volunteers in other areas of the Senior Center.

Renee was born right here in Tennessee in the city of Chattanooga and later lived in Detroit and Nashville before moving to Murfreesboro in 1977. Renee worked at the Alvin C York Veterans Hospital for 17 years until she retired in 2014. She has had a passion for music and had her first piano lessons at the age of six. “I was fascinated by the way her fingers ran up and down the keyboard and begged to play so I got lessons,” Renee said....”I wrote my first song at the age of eight for Mother’s Day.” Renee’s church uses some of the songs she’s written for their worship services. Renee shared with us that she had a miraculous recovery after “dying three separate times on the table” and overcoming medical challenges that affected her beautiful singing voice. Turning the experience into an opportunity Renee says, “I made up my mind I wanted a life of service and make the most of my days. That’s why I enjoy volunteering here and other places.” We’re very glad and blessed to have her share her life and artistry with our participants and ADS staff.



Renee Crenshaw,
musician and ADS volunteer

August brought new participants and we said goodbye to others. We saw the first indicators that fall is coming as the days get a little shorter and the trees began to take on a more golden hue and the tomato vines on the ADS patio looked a little overworked in the August humidity. We enjoyed heirloom tomatoes and squash grown right in our ADS garden boxes. We celebrated Pat and Randy’s birthdays. We enjoyed beautiful music weekly with Larry, and Renee. We had a special treat this summer when Kathy’s brother visited us and gave us a little chamber concert in the multi-purpose room as he sang with his beautiful baritone voice and played piano for us. And our own participant, Kathleen Fraley, a singer, piano player and com-

poser, joined the ranks of the jam session musicians who entertain us on Thursdays.

In September, we’ll be busy as usual with our scheduled activities. We’ll celebrate Labor Day a little early on the 2nd as we’ll be closed on Monday, Sept 5. We’ll also be helping with a spaghetti dinner as a fundraiser for the Alzheimer’s Association on Thursday, Sept 8 from 4:30-6:00 p.m. We hope to see ADS family and friends there

along with other s in the community to raise money for this worthy organization that makes a difference in the lives of our participants. For a suggested minimum donation of \$5, you can help make a difference and enjoy a meal. If you can’t come, we still happily take donations! Also, be sure to visit us the Health Fair right here at the center on September 22. The ADS participants and staff will be hosting a “Corn Hole” game to promote exercise and socialization as healthy activities. We’ll be going on our fishing trip to Long Hunter State Park on September 23. The ADS folks know how to have fun and this is why LIFE IS GOOD in the ADS.

MEDICARE WORKSHOP SCHEDULED FOR FRIDAY SEPTEMBER 30TH

Please call and make a reservation to attend the Medicare Workshop scheduled for Friday, September 30 from 9:30-11:00 a.m. This important information about Medicare will be presented by **Will Harrison, State Health Insurance Program Coordinator for the Greater Nashville Regional Council on Aging and Disability.**

Each year before the Medicare open enrollment period (October 15th-December 7th), we offer this program to assist Medicare beneficiaries and those about to become 65, in understanding the sometimes confusing information about Medicare. He will address basic Medicare, Medicare Advantage plans, Medicare Part D prescription drug plans, and Medicare supplements. He will also inform us of any changes to Medicare coverage in 2017 and give information about financial assistance programs that are available to beneficiaries who may qualify for extra help paying their Medicare costs. We want everyone to have as much information as possible in order to make informed decisions about the choices within the Medicare system. Whatever changes you make to your Medicare coverage will take effect January 1, 2017.

If you are happy with how you receive your coverage, whether it is standard Medicare, or an Advantage plan, you do not need to do anything, your coverage will remain the same unless you do something to change it. This is also

the case for Medicare prescription drug plans. But often it could be in your best interest to take a little time to check to see if there could be a better plan for you for the coming year. Your medical situation can change, as well as there could be changes in your plan's coverage.

Due to our plans for renovation of the senior center this fall, this program will be held at the Westbrooks Towers in their community room.

At this time, we do not know exactly what the situation will be at and around the center, but we want to make sure we can still offer this important program. There will be some parking at Westbrooks Towers, but will not be sufficient for everyone coming to the program, but it is our hope that you will still be able to use parking at the senior center and walk around to Westbrooks Towers. We know this is inconvenient, but we are doing our best to find solutions so we can still offer these important programs during the renovation process.

Please call (615) 848-2550 to make a reservation no later than Wednesday September 28th. For more information, you can contact Dee Brown at the same number.



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

TOP 10 SCAMS TARGETING SENIORS

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Financial scams often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many and can leave seniors in a very vulnerable position. It's not just wealthy seniors. Low-income seniors are also at risk of financial abuse. It's not always strangers who perpetrate the crimes. Over 90% of all reported elder abuse is committed by a senior's own family member, most often adult

children, grandchildren, nieces and nephews, and others.

Review our list below, so you can identify a potential scam

1. Medicare/health insurance scams
2. Counterfeit prescription drugs
3. Funeral & cemetery scams
4. Fraudulent anti-aging products
5. Telemarketing/phone scams
6. Internet fraud
7. Investment schemes
8. Homeowner/reverse mortgage scams
9. Sweepstakes & lottery scams
10. The grandparent scam.

If you suspect you've been the vic-

tim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. There are people who can help. Call the Eldercare Locator, a government sponsored national resource line at: 1-800-677-1116, or visit their website at: www.eldercare.gov or make an appointment with Dee Brown at 615-848-2550.

Source: www.ncoa.org/economic-security/money-management/scams-security/top-10-scams-targeting-seniors/
Visit the website for more information on each scam.

Volunteer Corner • September 2016

People who do volunteer work may reap benefits beyond the satisfaction of helping others. Studies have shown that volunteering helps people:

- Be less depressed.
- Find it easier to do daily everyday tasks.
- Have better brain function (as measured by brain imaging studies) and thinking skills.

Volunteering increases a person's psychological well-being and physical activity.

See Carol for more information about volunteering at the Center.



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

**OUR SENIORS SAY THANK YOU
BEESLEY ANIMAL CLINIC**

In July we collected a cartfull of items to donate to the Beesley Foundation to aid in there care of animals. Jesse C. Beesley, a local noted sculptor, was instrumental in forming the first humane society in Rutherford County in 1976. He inspired the formation of the spay/neuter clinic in 1992. Twice this year, the Beesley Foundation sponsored rabies clinics in our center which made vaccinations FREE to our senior citizens. Seventy-five cats and dogs benefitted from this program. **Thank you Beelsley Foundation!**



**ST. CLAIR SENIOR CENTER'S
Adult Day Service program
CELEBRATES**

**National Adult Day Services Week
September 18-24**

St. Clair's ADS Program:

- Provides nurturing environment for people with mild to moderate dementia
- Helps people exercise body and mind
- Helps people maintain social and life skills
- Provides support to caregivers
- Has rewarding volunteer opportunities

**We'll be celebrating the positive aspects
of ADULT DAY SERVICE all week!**

**ALZHEIMER'S RESEARCH
THANKS ALL OUR SUPPORTERS!**

The St. Clair's Fundraiser Car Wash for Alzheimer's Research, July 16th was successful with the help of Randy Huffman (Adult Day Service Activity Assistant) and his friends. \$824 was raised. Mr. Huffman's niece and nephew, Isaiah and Lexi Pendergrass also collected \$85 from a Lemonade sale stand to contribute to their uncle' efforts.

The Blue Coast Burrito Fundraiser held July 13th with 10% of sales given to support Alzheimer's Association was successful with \$135 received for the St. Clair Senior Walkers team.



CARING FOR THE CAREGIVER

DON'T TAKE A BAD TRIP THIS FALL

One of the biggest threats for seniors who live alone is falls. Falls happen often and in many cases the senior can be left alone, injured, and unable to get help for hours or days. Too often these falls result in death. With **National Fall Day** occurring this September 22, **Fall Prevention Awareness Week- September 22 – 28, 2016**, is a great opportunity to go over where falls occur. Also, you will learn how you can prevent falls so your loved one stays safe in their home for years to come.

Tips To Stay Healthy, Safe, and Strong

To help prevent falls, here are some basic medical suggestions that go a long way for many seniors.

- Getting your recommended intake of calcium will help keep bones strong.
- Exercising often will increase muscle and bone strength and make an individual stronger and more stable.
- Getting a medical alert system will be vital in case a fall occurs and a phone is not near you.

Going room by room the following

are the most common areas of concern contributing to falls.

Since water can drip on the floors that are usually wood or linoleum, many slips occur in the kitchen.

- Keep commonly used items within reach so stretching out to get items does not occur.
- Clean up any oily substances quickly and don't use floor polish on floors.
- Keep appliance cords out of the way to prevent tripping.

The bathroom is another common area where falls occur. Like kitchens, water can create a slippery floor. Additionally, falls occur in the bathroom late at night when lights are dim.

- Install grab bars next to the toilet and in the shower/tub. (I highly recommend screw in grab bars and not suction cup grab bars. Suction cups only need to fail once to become a mistake.)
- Purchase non-slip mats
- Use a raised toilet seat so it is easier to get on and off the toilet

Living and Dining Room rooms do not have as many falls as often as the kitchen and the bathroom, but

still these little changes can make the difference.

- Arrange furniture to make it easier to get in and out of couches and chairs.
- Remove caster wheels so items do not unexpectedly move.
- Rearrange lamps or change outlets so flipping a switch is all that is needed to turn on lights, rather than manually turning a lamp on or off.
- Use TV remotes and cordless phones

If there are stairs or hallways take caution by keeping them free of clutter, secure carpets and remove throw rugs that are a major source of falls, install handrails for stability and make sure there is plenty of lighting.

In celebration of Senior Center Month

“Find Balance in your Life.”

Cindi



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

CAREGIVER PROGRAMS

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

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



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.

"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

Spaghetti Dinner Fundraiser

Thursday, September 8
St. Clair Street Senior Center
4:30 - 7:00 p.m.
Community Invited!
All proceeds to benefit
The Alzheimer's Association



Silent Auction & Baked Goods

Suggested Donation for good

\$6.00 adults

\$3:00 children

To Go Boxes available

NURSE LAURA SAYS

MEDICATION MISTAKES HOW TO BE SAFE INSTEAD OF SORRY

Have you ever gone to your doctor's office, received a prescription, filled the prescription, then took the medication – all without reading the label on the bottle, the insert, or even the prescription itself? Or maybe you can't read the doctor's handwriting but assume the pharmacist can. You could be making a deadly mistake. Let's say your doctor prescribed clonidine for high blood pressure but you got Klonopin, which is for seizures or panic disorders. This could cause you some major problems and it probably won't help your blood pressure, either. Whether the medicine is called in and misunderstood or written and read incorrectly, these mix-ups are not so rare. We don't really know how many pharmacy mistakes actually occur because many states do not require pharmacies to report errors. What we do know is that the mistakes made most often are the wrong drug, wrong dose, or wrong information given, and knowing how busy pharmacies are makes it easy to see how these mistakes can be made. Taking all of this into consideration, it is up to you to make sure you have the right meds and that you take them correctly. If your doctor prescribes a medication for you, ask questions. What are the brand name & the generic name of the medication? What is the medication for? What does it look like? When and how often should you take it? What side effects may occur? What should you do if you have side effects? Having these in writing would be best, but at least ask and listen. You also need to read the insert when you get your prescription. There is important information there that you should know: when and how to take the medicine, side effects, drug interactions, and more. If you don't understand something on the sheet, ask the pharmacist. You also need to make sure your name is on the bottle; there are mix-ups due to similar names and that risk is higher if you have a common name.

According to the Institute of Medicine, there are more than 90,000 life-threatening or fatal events every year in the U.S. because of medication mistakes. Sometimes it's not a doctor's or pharmacist's mistake, but yours. How often have you used a kitchen spoon to take a teaspoon or tablespoon of medication? Not wise. You need to get an accurate measuring device for the right dose.

Have you ever forgotten to take your medicine or decided you didn't need it? Skipping a dose can lead to problems because you often need a steady level of the drug in your system for it to work correctly (such as blood

thinners, antibiotics, and meds for diabetes or high blood pressure). Use a pill organizer or put your meds in a noticeable place so you can't forget them. Keep a schedule on the refrigerator, set alarms, or use a Pill Reminder App. on your smart phone. There are even pill organizers with alarms. Don't skip a dose because you feel fine or are trying to save money. If cost is a factor for you, speak to your pharmacist about ways to cut down the cost, such as using a generic.

Know if there are any foods, drinks, or supplements you should not take within a certain time period of taking your medications or that you should totally avoid while taking the medicine. Some foods can intensify the effect of the medicine while others can reduce the amount in your blood. There are supplements that can cause all kinds of problems when taken with certain meds so let your doctor know what you take.

If you are splitting pills, check with your doctor or pharmacist first to make sure it is safe to do so. Some are just not meant to be split, like an extended release pill or pills with special coatings on them.

People often do not let all of their doctors know what medications they are taking. Maybe you went to your cardiologist and she put you on a new medicine for your heart but you don't let your primary care doc know this. If your PC then writes you a script for something that doesn't mix well with your new heart medicine, you could be in big trouble. Always make sure your doctors and pharmacists have an up-to-date list of your medications, over the counter items, and supplements, as well as what you are allergic to. It is best to get all of your medications from one pharmacy, that way they can see what all you are taking and alert you and/or your doctor of any interactions.

Please, please, please do not take anyone else's medication. I can't believe how many folks will do this; it is such a dangerous practice. There are so many things that could go wrong here so take no chances and only take meds that were prescribed for you.

Medications can be a wonderful part of your healthcare, but like many things in life, a little effort on your part can make a difference between helping and hurting.



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

HEALTH EXPO IS HERE IN SEPTEMBER

It is time for our annual health expo!! We will have a grand day on Thursday, September 22, full of fun and education, with lots of screenings and information for you! There will be everything from stroke screenings to foot assessments. You will be able to have your vision tested, your glucose checked, your pain assessed, and your balance evaluated.



Want a back massage, information on aquatic therapy, a memory assessment? How about a flu shot, a spinal screening or a one-on-one with Dr. Amin concerning mental health issues? Maybe you want to see a rheumatologist, a sleep specialist, or a vascular surgeon. There will also be games, smoothies, and a chance to experience what having dementia may be like.

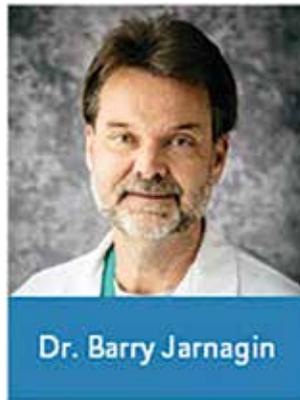
All of this and more will be available here at the senior center from 8:30-11:30 a.m. with doors opening at 8:30 a.m. sharp. We'll have a map and a list of experiences ahead of time so you can get a plan of action together before the big day.



Tennessee Technology Center Field Trip

On the second Wednesday of the 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 September 14. There is an annual fee of \$5 due on your first trip and services are \$5 each: shampoo/set, haircut, or nails. 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, September 9 and let them know if you use a wheelchair. There is a limit of 10.



Dr. Barry Jarnagin

**ASK THE DOCTOR
"INCONTINENCE"
Friday, September 9
at 1:00 p.m.**

Did you know that 33 million American adults suffer with overactive bladder and 18 million with bowel incontinence?

Dr. Barry Jarnagin with the Cool Springs Incontinence Institute will be speaking about this not so easy to talk about subject, including causes and treatment options on Friday, September 9 at 1:00.

Learn the facts and misconceptions and what you can do to improve the quality of your life.

**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 9:30-11:30 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 so you need to monitor it regardless of how you feel. If you haven't been checking your BP, start this Monday!

Did You Know? High blood pressure costs the nation \$46 billion each year. This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work.

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!

JAM SESSION meets 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 & one Monday this month (6, 13, 19 & 20) from 9:00 a.m.-12:00 noon. The instructor is Fiona Dowd whose degree is in Art. Class fee is \$30 per month. Some 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.

OF EVENTS

THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 9:00 a.m. Senior Participant ART SHOW 9:00-11:00 a.m. Artists' Reception 10:00 a.m. Quilting 1:00 p.m. Seniors Acting Up 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group	2 DEADLINE 09/06 PASTEL PORTRAIT CLASS 9:00 a.m. Senior Participant ART SHOW 10:00 a.m. Knit Group 7:00 p.m. Live on the Green Trip	3 12:30 p.m. Center Open 4
8 DEADLINE 09/10 DRAGON BOAT FESTIVAL & RACE TRIP DEADLINE 09/10 ITALIAN LIGHTS FESTIVAL TRIP DEADLINE 09/12 WRITE NOW CLASS 10:00 a.m. Retirement Part 2: "Should I Stay or Should I Go?" 10:00 a.m. Quilting 10:00 a.m. Center Renovation Reveal & News 1:00 p.m. Seniors Acting Up 1:00 p.m. The Drawing Basics 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group 2:15 p.m. Belly Dancing Class 4:30 p.m. Spaghetti Dinner Fundraiser for the Alzheimer's Associate Walk	9 DEADLINE 09/13 80S MIXER PARTY DEADLINE 09/14 TN TECHNOLOGY CTR FIELD TRIP 9:00 a.m. AARP Board Meeting 10:00 a.m. AARP Meeting 10:00 a.m. Knit Group 12:00 n Share the Care Alzheimer's Support Group 1:00 p.m. Beginning Computer Class 1:00 p.m. Happy Clown Rehearsal 1:00 p.m. Ask the Doctor: Incontinence 4:00 p.m. Greek Festival in Nashville Trip	10 DEADLINE 09/15 WARREN CO. FAIR TRIP 7:30 a.m. Dragon Boat Festival & Race Trip 12:30 p.m. Center Open 4:15 p.m. Italian Lights Festival Trip 11
15 DEADLINE 09/17 AFRICAN STREET FESTIVAL TRIP DEADLINE 09/19 MARVELOUS MONDAY WITH SUSANNE 9:00 a.m. Beginning Crochet Class 10:00 a.m. Lunchtime Trivia 10:00 a.m. Quilting 1:00 p.m. Paper Magic with Jean: Three Projects 1:00 p.m. Seniors Acting Up 1:00 p.m. The Drawing Basics 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group 2:15 p.m. Belly Dancing Class 3:30 p.m. Warren County Fair Trip with Aaron Tippin Live in Concert	16 DEADLINE 09/20 MYSTERY LUNCH TRIP 10:00 a.m. Knit Group 10:00 a.m. Grief Relief Support Group 1:00 p.m. Beginning Computer Class 4:30 p.m. Tennessee State Fair Trip 6:00 p.m. Seniors Acting Up! present "The Golden Hummingbird" <i>Dinner begins at 5:00 p.m.</i>	17 8:00 a.m. Saturday Adventures: Horseback Riding at Cedars of Lebanon Trip 11:00 a.m. African Street Festival Trip 12:30 p.m. Center Open 1:00 p.m. Seniors Acting Up! present "The Golden Hummingbird" <i>Meal begins at 12:00 noon</i> 1:30 p.m. Parkinson Support Group 18
22 DEADLINE 09/23 TENNESSEE CRAFT FAIR TRIP DEADLINE 09/24 FOLK FESTIVAL AT BUCHANAN LOG HOUSE TRIP DEADLINE 10/22 ARTS CENTER ELVIS TRIP 8:30 a.m. Senior Center's HEALTH EXPO <i>Be sure to come for the fun and information!</i> <i>Please note ALL morning activities</i> <i>are cancelled today.</i> 1:30 p.m. Trivia Group 2:15 p.m. Belly Dancing Class	23 9:00 a.m. Paint with Liz: The Lighthouse 9:30 a.m. Tennessee Craft Fair Trip 10:00 a.m. Knit Group 1:00 p.m. Happy Clown Class 6:00 p.m. Seniors Acting Up! present "The Golden Hummingbird" <i>Dinner begins at 5:00 p.m.</i>	24 10:00 a.m. Folk Festival at Buchanan Log House Trip 12:30 p.m. Center Open 25
29 9:00 a.m. Mixed Media Class with Karen: Blue Morning Glories 10:00 a.m. Quilting 10:30 a.m. Short Mountain Distillery & Still House Restaurant 1:00 p.m. Seniors Acting Up 1:00 p.m. The Drawing Basics 1:00 p.m. Music Jam Session 1:30 p.m. Trivia Group 2:15 p.m. Belly Dancing Class	30 8:30 a.m. Trail Blazers to South Cumberland State Park & Stone Door 9:30 a.m. MEDICARE WORKSHOP at Westbrook Towers 10:00 a.m. Knit Group	The Labor of Love Caregiver Support Group will not meet September 2016-December 2016. Meeting will resume in January 2017 with dates TBA. Look for updates in the LEAF. Memory Cafe meets September 19 at Through the Grapevine.

HEALTH & FITNESS

MONDAYS	TUESDAYS	WEDNESDAYS
<p align="center"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark </p> <p align="center"><i>Cancelled until further notice.</i></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 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 align="center"><u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p>	<p 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 p.m. Beginning Tai Chi</p> <p>3:00-4:15 p.m. Open Gym</p> <p 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 align="center"><u>UPPER DINING ROOM</u></p> <p>1:15 p.m. Line Dance with Tom</p> <p>3:15 p.m. Ballroom Dance Class</p>	<p align="center"><u>EXERCISE ROOM</u></p> <p>8:15 a.m. Fit with Mark </p> <p align="center"><i>Cancelled until further notice.</i></p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p 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 align="center"><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Line Dance</p> <p align="center">Check bulletin board behind the reception desk for any daily changes!</p>
THURSDAYS	FRIDAYS	SATURDAYS
<p 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 p.m. Beginning Tai Chi</p> <p>3:00-4:15 p.m. Open Gym</p> <p 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 align="center"><u>EXERCISE ROOM</u></p> <p>9:15 a.m. GO4Life</p> <p>11:30 a.m.-4:15 p.m. Open Gym</p> <p 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>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> <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 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</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.

TUESDAY SEPTEMBER 6 9:00-10:30 a.m.	RESEARCHING AFRICAN-AMERICAN HISTORY John Lodi, Director of the Rutherford County Archives presents: "Researching African-American History and stories from the Rutherford County Archive." Everyone is invited to attend this interesting seminar.	Limit 50 No Deadline
WEDNESDAY SEPTEMBER 7 8:30 a.m.	PINOCHLE TOURNAMENT Four players per table needed. Sign up at reception desk.	No Limit Deadline 09/6
WEDNESDAY SEPTEMBER 7 10:00-11:30 a.m.	HEALING ARTS Vivid Classic Creations presents a relaxing art exercise for any artistic ability through meditative arts. Individuals learn techniques to deal with anxiety, grief and mental health issues such as depression and Alzheimer's like dementia.	Limit 10 Deadline 09/6
THURSDAY SEPTEMBER 8 10:00 a.m.	RENOVATION INFORMATION Hear what the Long Range Planning Committee has approved for our new and exciting remodel.	Limit 200 No Deadline
THURSDAY SEPTEMBER 8 10:00 a.m.-12:00 n.	RETIREMENT PART 2: SHOULD I STAY OR SHOULD I GO? Seniors and Caregivers join us for a FREE impartial panel including Elder Law Attorney, Geriatric Care Manager and a Housing Specialist providing information on retiring.	Limit 50 Deadline 09/6
FRIDAY SEPTEMBER 9 1:00-2:30 p.m.	ASK THE DOCTOR "INCONTINENCE" Did you know that 33 million American adults suffer with overactive bladder and 18 million with bowel incontinence? Learn the facts and misconceptions, including causes and treatment options, and what you can do to improve the quality of your life.	Limit 40 Deadline 09/07
MONDAY SEPTEMBER 12 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "32 EASY IDEAS FOR SHADE GARDENS" Dark shadows do not mean that your gardening days are doomed. Learn some of the easy shade solutions that can turn your shady yard into the colorful retreat you've always wanted. Taught by Jack Smith, Master Gardener.	Limit 40 No Deadline
TUESDAY SEPTEMBER 13 5:00-8:00 p.m.	1980s MIXER PARTY Celebrate all things 80s from big hair, crazy fashion, loud colors and music that not only defined a decade but is still influencing artists today. Contests, non-alcoholic mixed drinks and more! Music starts at 5:00 p.m. and dinner will be served at 6:00 p.m.	No Limit Deadline 09/09
MONDAY SEPTEMBER 19 10:00-11:30 a.m.	FOOD SAFETY: MYTHS & TRUTHS Lesson with Food Safety Bingo as the teaching tool! Sign up is requested. Thank you UT Extension Agent, Misty Layne.	No Limit No Deadline
MONDAY SEPTEMBER 19 1:00-4:00 p.m.	MARVELOUS MONDAY WITH SUSANNE "NEGATIVE SPACE PAINTING" Learn to do negative space painting! Don't paint the leaves, but bring a few different ones you like. Come and see what Susanne has up her sleeve.	Limit 15 Deadline 09/15
FRIDAY SEPTEMBER 30 9:30-11:00 a.m.	MEDICARE WORKSHOP Will Harrison, State Health Insurance Program Coordinator, will present basic information about Medicare. This will include information about Medicare Advantage Plans, Part D and Supplements. Please note that this program will be in the Community Room of Westbrook Towers.	Limit 150 Deadline 09/28

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TUESDAYS IN SEPTEMBER 1:00-4:00 p.m.	PASTEL PORTRAIT DRAWING CLASS MEETS 09/6, 13 & 20 Beginners are welcome! Cost covers instruction by Fiona Dowd. Bring the following supplies to class with you. 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 paper, single sheet, natural white, 22 x 30". Experience in pastels is helpful.	CLASS FEE \$30 Min 3/Max 8 Deadline 08/05
WEDNESDAY SEPTEMBER 7 9:00-11:00 a.m.	CRAFTING WITH SUSANNE: FALL FOIL PAINTING Make a Fall painting using foil and your imagination on a canvas panel. No painting experience necessary. This is a fun project to get you in the mood for Fall.	CLASS FEE \$5 Min 5/Max 10 Deadline 09/06

PROGRAMMING

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<p>M/W/F BEGINS 09/07 1:00-3:00 p.m.</p>	<p>BEGINNING COMPUTER If you've been itching to learn about computers, now is your chance. This class is for beginners. Come and join instructor, Terry Zumbro, as he teaches how to navigate the world of computers. Class meets 9/7, 9, 12, 14, 16 & 19.</p>	<p>CLASS FEE \$25 <i>Min 8/Max 12</i> <i>Deadline 09/06</i></p>	
<p>THURSDAYS IN SEPTEMBER 1:00-2:00 p.m.</p>	<p>THE DRAWING BASICS Emphasis this month is "line." Beginner level drawing class that teaches you the importance of several types of lines in drawing. Each month has a different focus. We welcome Patricia Tenpenny who has an Art Degree from Louisiana State University. Class meets 9/8, 15, 22 & 29.</p>		<p>CLASS FEE \$20 <i>Min 5/Max 12</i> <i>Deadline 08/29</i></p>
<p>THURSDAYS IN SEPTEMBER 2:15-3:15 p.m.</p>	<p>BELLY DANCING CLASS "DANSE ORIENTALE" Get a unique and fun aerobic workout while learning the ancient art of Belly Dancing. You will also gently massage the joints and organs with the slow flowing movements that come naturally to the female form. This class is suitable for all levels of fitness and dance ability. Option: Bring a hip scarf or coin belt. Class meets: 9/8, 15, 22 & 29.</p>		<p>CLASS FEE \$15 <i>Min 5/Max 25</i> <i>Deadline 08/29</i></p>
<p>MONDAYS IN SEPTEMBER 1:30-3:00 p.m.</p>	<p>WRITE NOW! Everyone has a story! If you are interested in putting your stories into word, this is the class for you! Write Now! is an informal memoir/creative writing class designed to inspire and equip aspiring writers with the tools needed to create provocative, well-written stories. Class meets 09/12, 19 & 26.</p>	<p>CLASS FEE \$20 <i>Min 8/Max 15</i> <i>Deadline 09/08</i></p>	
<p>WED & THUR SEPT 14 & 15 9:00-11:00 a.m.</p>	<p>BEGINNING CROCHET Everyone loves a nice dish cloth. Come and make your own in this two-day class. The needles and cotton yarn are provided so all you have to do is register and show up! This is a beginner's class. You do not need to know how to crochet. In this project (dish cloth) we will crochet, double crochet and treble crochet. Jean Heid is the instructor. <i>See pictures below.</i></p>	<p>CLASS FEE \$5 <i>Min 5/Max 10</i> <i>Deadline 09/13</i></p>	



<p>THURSDAY SEPTEMBER 15 1:00-3:00 p.m.</p>	<p>THREE PROJECTS WITH PAPER MAGIC WITH JEAN What a bonus. . . three projects today! Make a journal book, greeting cards and a keepsake gift box to give or keep for your own special keepsakes. Jean Heid instructs. <i>See picture to the right.</i></p>		<p>CLASS FEE \$10 <i>Min 5/Max 10</i> <i>Deadline 09/13</i></p>
<p>WEDNESDAY SEPTEMBER 21 9:00-11:00 a.m.</p>	<p>CRAFTING WITH SUSANNE: CANDY CORN-O-COPIA Make a Candy Corn-O-Copia floral arrangement that includes the real deal. Bring some artificial fall flowers or use some of ours. It's pretty enough to snack on and you can.</p>	<p>CLASS FEE \$5 <i>Min 5/Max 10</i> <i>Deadline 09/19</i></p>	

MORE PROGRAMS

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<p>FRIDAY SEPTEMBER 23 9:00-11:00 a.m.</p>	<p>PAINTING WITH LIZ: THE LIGHTHOUSE Newcomers are welcome to this class! All supplies are provided. Liz Farar teaches you how to paint a nice picture using oil paints. You will take home a completed work of art at the end of this class.</p>	<p>CLASS FEE \$20 <i>Min 5/Max 10</i> <i>Deadline 09/21</i></p>
<p>THURSDAY SEPTEMBER 29 9:00 a.m.-3:00 p.m.</p>	<p>MIXED MEDIA WITH KAREN BRACKMAN <i>"Blue Morning Glories"</i> Bring a white stretched canvas (size of your choice). Oval is what the instructor, Karen Brackman, used for her painting. You will need watercolors in cobalt blue, olive green and yellow, along with fine tip brushes. <i>See image at right.</i></p>	<p>CLASS FEE \$15 <i>Min 5/Max 12</i> <i>Deadline 09/26</i></p>



CLOWNS IN A BOX!



HAPPY CLOWNS OF ST. CLAIR *Clown Alley 402 registered with Clowns of America International*

We Are Clown Alley 402 of Clowns of America International. Each month we do outreach somewhere in our community giving free shows to the elderly or to children. Want to Clown Around with us? Join us at any of our meetings to see what we are about. Bump a Nose!

Friday, September 9, 1:00 p.m. Clown Rehearsal

Monday, September 19 Clowns to Woodbury Head Start and Cannon County Senior Center. Please arrive by 8:15 a.m. We depart at 8:45 a.m. We will eat lunch at Joe's Place after the performance.

Friday, September 23, 1:00 p.m. Clowns Meeting/Rehearsal

TRIPS

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<p>FRIDAY SEPTEMBER 2 7:00 p.m. 11:59 p.m. Deadline: <i>09/02</i></p>	<p>LIVE ON THE GREEN, NASHVILLE, TN End the Summer with a night out with live music at Live on the Green in Nashville. Live on the Green is a free concert series, presented by Lightning 100, at Public Square Park in downtown Music City. The stage is always set up on the steps of the Plaza and the crowd gathers in the grassy area of Public Square Park to watch performances from local, regional, and national artists. Bring a blanket or a folding chair. Headlining Nikki Lane and Band of Horses. Bring money for food and drink. St. Clair Riders leave at 6:30 p.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$</p> 
<p>FRIDAY SEPTEMBER 9 4:00 p.m. 9:00 p.m. Deadline: <i>09/07</i></p>	<p>GREEK FESTIVAL, NASHVILLE, TN OPA! Celebrate Great Music, Dancing and Fun at the 26th annual Greek Festival held in Nashville. Be Greek for a night as you enjoy all things Greek and special dance performances by Ta Pethia (The Children) Dancers, OPA (Yahoo) Dancers, Palamakia Dancers and more! Bring \$3 cash for admission at the door and money for food and drink. St. Clair riders leave at 3:30 p.m.</p>	<p>BRING \$\$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$</p> 

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<p>SATURDAY SEPTEMBER 10 7:30 a.m. 4:00 p.m. Deadline: 09/08</p>	<p>DRAGON BOAT FESTIVAL AND RACE, NASHVILLE, TN Dragon Boat Festival and Race sponsored by the Cumberland River Compact. According to legend, Dragon Boat racing originated in China more than 2,300 years ago. Today you can still celebrate this ongoing tradition in Nashville. Similar to other Dragon Boat races that occur around the world, the Cumberland River Dragon Boat Festival is a community celebration of an ancient tradition. Each year, teams of 22 rowers race 46-foot long Hong Kong style boats in this 2,300-year-old sporting event. Winning teams are chosen based on their performance as well as in categories like best-decorated tent and best-dressed drummer. Additionally, guests and participants can enjoy the post-race party and beer garden. Bring a foldout chair. Bring money for food and drink.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 10 4:15 p.m. 10:45 p.m. Deadline: 08/08</p>	<p>ITALIAN LIGHTS FESTIVAL, NASHVILLE, TN The 7th Annual Italian Lights Festival features culture and cuisine of the old country and a dash of southern charm in a family-friendly environment. Become Italian for the night at Bicentennial Mall State Park and enjoy wine & concerts as you celebrate vibrant Italian traditions. The Italian Lights welcomes the return of Nathan Pacheco for the third year in a row! A renowned tenor whose voice straddles the worlds of both pop and opera, Pacheco delights audiences with uplifting renditions of Italian classics using his unique "crossover" style. Bring money for food, vendors and wine.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>WEDNESDAY SEPTEMBER 14 9:00 a.m. 12:30 p.m. Deadline: 09/12</p>	<p>FOOT GOLF, SMYRNA, TN Created in Spain by Juan Manuel Asensi in the early 2,000s. Foot Golf is played the same way as golf, except player's use a soccer ball instead of a golf ball, and the ball is kicked rather than struck with a club towards a 21-inch "cup" in place of the usual golf hole. The player who plays the 9 or 18 holes with the fewest shots wins. Bring \$8 to play golf and bring your own soccer ball or rent one for \$3. Bring money for play, food and drink. St. Clair riders leave at 8:30 a.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p>
<p>WEDNESDAY SEPTEMBER 14 9:30 a.m. Until done Deadline: 09/09</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.</p>	<p>BRING \$ TRANSPORTATION \$0 <i>Limit 10</i> COST: \$ </p>
<p>THURSDAY SEPTEMBER 15 3:30 p.m. 10:00 p.m. Deadline: 09/10</p>	<p>WARREN COUNTY, TN A & L FAIR WITH AARON TIPPIN LIVE IN CONCERT For more than 50 years the Warren County A&L Fair has welcomed more than 100,000 visitors each year. Some of the main attractions include the historic village, livestock viewing and petting zoo along with Grand Stand activities and show booths. Enjoy the many rides on the Mid-Way and eat some of the best fair food Tennessee fairs have to offer. This fair is famous for its cheeseburgers and fried catfish. Plus, Aaron Tippin Live in Concert! Bring money for food, rides and funnel cakes. St. Clair riders leave at 3:00 p.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>FRIDAY SEPTEMBER 16 4:30 p.m. 10:30 p.m. Deadline: 09/14</p>	<p>TENNESSEE STATE FAIR, NASHVILLE, TN Tennessee State Fair and FOUR ON THE FLOOR Headlining at the fair will be Four on the Floor traveling from Fayetteville TN, this five-piece ensemble performs iconic dance songs spanning several genres from Motown to disco and beyond. Four on the Floor has been together and touring for over 30 years. The regular fair will be open to enjoy as well. Bring \$6 for admission paid at the gate and money for food, rides and drinks. St. Clair riders leave at 4:00 p.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 17 8:00 a.m. 2:00 p.m. Deadline: 09/14</p>	<p>SATURDAY ADVENTURES: HORSEBACK RIDING AT CEDARS OF LEBANON 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</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 17 11:00 a.m. 5:00 p.m. Deadline 09/15</p>	<p>34th AFRICAN STREET FESTIVAL, NASHVILLE, TN Come out and celebrate the many different cultures of Africa during Nashville's largest event celebrating African Art, language, story telling and dance. There will be more than 30 ethnic cuisines presented with over 110 international vendors. There will also be Gospel, Reggae, Jazz, Blues and R&B Performances as well. Bring money for food, drink and souvenirs.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>

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<p>TUESDAY SEPTEMBER 20 11:45 a.m. 4:00 p.m. Deadline: 09/16</p>	<p>MYSTERY LUNCH It's a mystery... Please be at New Vision Church at 11:35 a.m. If you are leaving from St. Clair, please be ready at 11:15. Thank you</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>WEDNESDAY SEPTEMBER 21 8:30 a.m. 7:00 p.m. Deadline: 09/14</p>	<p>UNITED NATIONS WORLD PEACE DAY Isha's World Peace Day is an annual day-long event hosted by Isha Foundation, an international non-profit. Held in honor on the United Nations International Day of Peace, this celebration serves as a reminder that peace is not an ultimate goal, but rather a fundamental requirement for individual and global wellbeing. The event provides a platform for thought leaders from diverse fields to discuss the most pressing issues of humanity as they create an opportunity to experience peace within and outside. There will be free yoga, guided hikes, meditation and cultural performances during your time at ISHA. Bring \$20 for ticket and money for food and drink. St. Clair riders leave at 8:00 a.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ </p>
<p>FRIDAY SEPTEMBER 23 9:30 a.m. 3:00 p.m. Deadline: 09/22</p>	<p>TENNESSEE CRAFT FAIR The Parthenon provides a perfect backdrop as tents filled with one-of-a-kind handmade craft from over 200 fine craft artists as they take over Centennial Park. The 38th annual Craft Fair will give you opportunities to shop for the perfect gift for someone special (including yourself), watch live craft demonstrations and enjoy delicious food! The event is an opportunity for artists to showcase their work and connect to the community, demonstrating and sharing their craft knowledge and inspiring future generations of craft artists and collectors. Bring money for shopping and food. St. Clair riders leave at 9:00 a.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 24 10:00 a.m. 5:00 p.m. Deadline: 09/22</p>	<p>FOLK FESTIVAL AT BUCHANAN LOG HOUSE FESTIVAL Folk Festival at Buchanan Log Home Festival features the 19th Alabama Civilian Corps Encampment, Demonstrators showing Quilting, Basket Weaving, Blacksmithing, Wood Carving, games and more. Animal demonstrations include sheep, alpacas and goats. Food and drinks are available. The Buchanan Market Place features vendors selling their wares. Bring money for food and souvenirs.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>THURSDAY SEPTEMBER 29 10:30 a.m. 3:30 p.m. Deadline: 09/27</p>	<p>SHORT MOUNTAIN DISTILLERY AND STILL HOUSE RESTAURANT Kicking off journeys on Tennessee's Whisky Trail is Short Mt. Distillery. Tennessee's sixth distillery making 105 proof authentic Tennessee Moonshine. Short Mountain Distillery has become an internationally recognized moonshine with thousands of loyal followers. And the Still House restaurant on site is a favorite by all who visit. Bring money for food and drink. St. Clair riders leave at 10:00 a.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>FRIDAY SEPTEMBER 30 8:30 a.m. 5:00 p.m. Deadline: 09/28</p>	<p>TRAIL BLAZERS TO SOUTH CUMBERLAND STATE PARK Experience just a small part of South Cumberland State Park at Stone Door. The mile hike to Stone Door will take you over creeks and through the woods before bringing you to your destination to see beautiful mountain valley vistas. The Stone Door has a naturally formed stair case that welcomes you to the gorge below. This is a great tour with moderate hiking. Bring money for food and drink. St. Clair riders leave at 8:00 a.m.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ </p>

**TRAIL BLAZERS
 VISIT
 ROCK ISLAND
 STATE PARK
 IN JULY**



Rock Island State Park is an 883 acre park located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins and Rocky Rivers. The rugged beauty of the park includes the Caney Fork Gorge below Great Falls Dam. These overlooks are some of the most scenic and significant along the Eastern Highland Rim. Great Falls is a 30 foot horseshoe cascading waterfall, located below the 19th century cotton textile mill that it powered over 100 years ago. Rock Island became a Tennessee State Park in 1969.

TRIP INFORMATION

OCTOBER TRIP TO HARRAH'S ANNOUNCED!

<p>MONDAY OCTOBER 10 7:55 a.m. 8:30 p.m. Deadline: 09/28</p>	<p>HARRAH'S WORLD'S FAMOUS GAMING, METROPLIS, IL Leaving from city parking garage: Enjoy hot, Las Vegas-style gaming at Harrah's Metropolis. Harrah's bright and inviting 36,000 square foot casino offers you ways to win beyond your wildest dreams with over 1,100 of the hottest slot machines and 28 of your favorite table games. Reel Slots – FREE BUFFET and FREE \$5.00 in PLAY!!! Please park in the rear of the lower parking garage located underneath City Hall between Tommy Martin Dr. and 111 West Vine St.</p>	<p>ADMISSION \$5 TRANSPORTATION INC. <i>Limit 52</i> COST: \$-\$\$ </p>
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Travel News!



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

September travel dates have been set and we are excited to end the summer with a great mix of activities and cultural experiences from around the world. First we will travel to Nashville to enjoy one of the last FREE outdoor concerts of the summer at Live on the Green. This fast growing festival has attracted patrons from 29 states and 10 countries. Headlining the night is Nashville favorite Nikki Lane and longtime Seattle rock band, Band of Horses.

Next, you will be able to explore the different types of food, art, dance, literature and sport cultures of Eurasia and Africa. The Nashville Greek festival is famous for its baked goods and dance exhibits and the Italian Lights festival will be hosting tenor Nathan Pacheco along with many activities and eateries representing all things Italy. Experience the 2000 year old famed Dragon boat races of China at the Cumberland River Compact's Dragon Boat Race and Festival as they seek to raise awareness of the importance of the Cumberland River. You will also be able to experience the many African countries represented at this year's 34th Annual African

Street Festival sponsored by the African American Cultural Alliance. Spain will be represented as we try to put our best feet forward with Juan Manuel Asensi's re-engineered game of golf called Footgolf. Footgolf was introduced in early 2000s and is similar to Codeball. Footgolf has been credited with saving many golf courses from going under during the recession. It is played very similar to golf but with a soccer ball replacing the golf ball.

The last two fairs of the season have been scheduled both with their own unique setups. The Tennessee State Fair is hosting Four on the Floor a favorite of those who enjoy music spanning several genres of music from Motown to Disco. The Warren County A&L Fair with paved walk ways is one of the best in the state and will feature Country Music Star Aaron Tippin. Our Mystery Lunch for the month was a requested spot and will be a fun outing west.

The United Nations World Peace Day is September 21 this year and we will be celebrating by traveling to ISHA Foundation in McMinnville. The daily schedule will feature panel discussions by prominent speakers, group meditations, musical concerts and more! If you have found that you have been too hot these past couple of months you can celebrate the end of summer with the September equinox on September 22.

Built in 1807 the Buchanan Log house is one of the oldest in Tennessee and hosts the long-standing Folk Festival with an encampment, demonstrations, show quilting, basket weaving, Blacksmithing and more. You will also have an opportunity to shop at one of Tennessee's largest and finest craft fairs at Nashville's famous Parthenon. The Tennessee Craft Fair always brings out some of the state's top artists who will be representing their art in all forms and will be available to discuss technique and how to advice.

We will wrap up the month with a well requested trip to Short Mt. Distillery and Stillhouse restaurant. Nestled in the hills of Short Mountain this award winning distillery has gained fame and friends from the world over for their smooth tasting Moonshine. The last trip of the month will feature a hike in to famous Stone Door state park. The hike is a moderately easy one mile into the woods to view the beautiful gorge and nature that the natural crevice is surrounded by. I hope you will find a day trip this month that interests and inspires you to continue to live life fully and enjoyable.



PROGRAMMING

CHESSE CONTINUES

Our Chess group will continue meeting in September in the Computer Lab.

Dates and times are as follows:

Thursday, September 1 from 10:00 a.m.-2:00 p.m.

Thursday, September 8 from 10:00 a.m.-2:00 p.m.

Thursday, September 15 from 10:00 a.m.-2:00 p.m.

Thursday, September 22 NO MEETING due to HEALTH EXPO

Friday, September 23 from 10:00 a.m.-2:00 p.m.

Friday, September 29th MAY BE CANCELLED. Look for an UPDATE ON 9/23



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

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

“FIND BALANCE IN YOUR CENTER”

Senior Centers provide a welcoming space and opportunity to create and develop friendships that give added value to participants lives and add opportunity to enjoy life, laughter and feeling connected. There are programs in our center that inspire seniors to become more physically active. Senior Centers encourage activities that promote physical and mental wellness, health education, support and self-help.

Take part in a new and exciting activity or class this month to support National Senior Center Month. For instance, the Center Art Show is Sept 1st and 2nd in the multipurpose room. Come between the hours of 9:00 a.m. and 3:00 p.m. to find your Balance in our center by enjoying the beautiful art. All pieces are created by our participates or linked to them in some way.

Other activities include line dancing, stained glass class, ceramics, the art group, bingo, exercise classes, educational seminars and more!



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

St. Clair Welcomes Newest Member of the Programming Committee

From left to right are: Brenda Kiskis Elliott, Program Director, Rangby Samouvong, Lynn Nolan, Drew Anderson, Program Coordinator, Brenda Senter, Billy Vaughn, Carol Ransom, Administrative Support Specialist, and Yolanda Lozano.

PROGRAM COMMITTEE MISSION

The committee represents the participants, to inform and advise Center Staff about participant's needs or specific issues in programming.



Meals
on
Wheels



MIDCUMBERLAND
Human Resource Agency

Senior
Dining
Program

NEEDS YOUR HELP!

**Volunteers are needed to help in the kitchen
and to deliver meals.**

*If you would like to volunteer
with the Meals on Wheels program contact:*

DEBBIE WILLIS, SITE COORDINATOR

**at 615-895-1870 or email her at
mow.murfreeboro@mchra.com.**

A Tribute to Elvis

Saturday,
October 22
6:30-10:00 p.m.
Admission: \$15
Transportation: \$8



The Arts Center of Cannon County welcomes a little slice of the King in the form of Elvis Tribute Artist, Tom Duggin, who will bring *From Memphis To Vegas: A Tribute To Elvis Live* to the Arts Center stage.

You'll rock to classic oldies like Blue Suede Shoes, Teddy Bear, Don't Be Cruel and Hound Dog, while rolling to great Elvis concert classics like Burning Love, Suspicious Minds and Polk Salad Annie. Elvis himself may have left the building, but his music never will!

Please eat before departing for the trip.

Sign up by September 22.

COMING SOON! TUESDAY, SEPTEMBER 13 RIGHT START UNIVERSITY

10:00 a.m.-12:00 noon

Presented by the

Rutherford County Council on Aging

Please join us for a presentation about
"Medicare and Assisted Living: Who,
What, Where, When and Why?"

Speakers will discuss the topic for the first hour, with a question and answer period to follow for as long as there are audience requests for information until 12:00 p.m.

Light snacks provided.

You are encouraged to register for the program at
info@rutherfordcounty-coa.org.

Registration is not required, but appreciated.

80s Mixer Party

Tuesday, September 13

Celebrate all things 80s from
BIG HAIR

CRAZY FASHION

LOUD COLORS & MUSIC

that not only defined a decade,
but is still influencing artists today.

Contests will be held for

LOUDEST MAKE-UP, FUNKIEST OUTFIT,

BIGGEST HAIR, MOON WALKING

& more!

Non-Alcoholic Mixed Drinks

Music start at 5:00 p.m.

Dinner will be served at 6:00 p.m.



Reserve your spot today!

AROUND THE CENTER

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

Fall is a pleasant time (if there is such a thing) to work in your yard and it is now early fall. September is the time to start cleaning up your garden debris and adding it to the compost pile; water and aerate the pile to help speed up decomposition. You can add some additional organic matter such as manure, compost and/or leaf mold to help improve your garden when added to the soil.

You can also add a fresh layer of this mulch to perennial beds, fruit trees and berries. It is also time to fill outdoor containers with cool-season annuals and ornamental vegetables.

For color in the garden, fall through spring, add some late-season annuals like pansies and violas, snapdragons, sweet alyssum, ornamental kale and cabbage to your garden.

You can now divide, transplant and label perennials but

make sure you provide plenty of water to new transplants. Now is the time to plan spring bulb gardens and you can purchase bulbs this month in preparation for planting these spring flowering bulbs in October or November. Dig your caladiums and other tender bulbs and tubers and store for next year’s use.



If you have a grass lawn, September is a huge month for renovating or establishing a cool-season turf like fescue. Sow grass seeds if you need to or fertilize a lawn that is doing well.

It’s time now to bring your houseplants back indoors before frost but make sure you inspect for insects. If you find some of those little critters you can wash them off and it may not be a bad idea to spray or dust with an insecticide in case you may have missed a few.

SEPTEMBER BINGO @ ST. CLAIR

Tuesdays & Thursdays at 10:30 a.m. • *No registration required.*

- THURSDAY 09/01 Bingo with Kathey Grodi/Midwest Mortgage
- TUESDAY 09/06 Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- THURSDAY 09/08 Bingo CANCELLED for Center Renovation Meeting at 10:00 a.m. Please Come!
- TUESDAY 09/13 Bingo with Roselawn Funeral Home & Memorial Garden
- THURSDAY 09/15 Bingo with Diversicare of Smyrna
- TUESDAY 09/20 Bingo with HealthSouth of Franklin
- THURSDAY 09/22 Bingo CANCELLED
- TUESDAY 09/27 Bingo with Willowbrook Home Health & Hospice
- THURSDAY 09/29 Bingo with St. Clair

POOL Room News

Coed Tournament 07-11-16

1. Lupe Hickman/Fred Staples
2. Teresa Rains/Clyde Jacobs
3. Linda Sellars/Laird Weishahn

Ladies’ Tournament 07-18-16

1. Teresa Rains
2. Wilma Murphy
3. Sally Read

Men’s Tournament 07-19-16

1. Tom Michal
2. Jack Hughes
3. Ed Pater

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

SEPTEMBER 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



PRSRT STD
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Nashville, TN
Permit No. 781

ST. CLAIR STREET SENIOR CENTER STAFF

Director
Connie Rigsby

Administrative Aide II
Diane Smith

Custodians
T.J. Key

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 Driver
Kirby Jeffreys

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

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.