

Creating Memories at St. Clair



Peggy Davidson & Joyce Pulse deliver pull tabs to Vanderbilt Children's Hospital that were collected at St. Clair this year. Thanks!

Carolyn Lester enjoys an ice cream surprise from the Center on a hot day in August!



AARP Chapter 4599 presents the ADS Program with a cozy fireplace for the community room.



WHAT A SUCCESS!

The beginning crochet class was a great success with instructor Jean Heid teaching seven ladies how to crochet. This is a picture of Ms. Marilyn Colvard learning to crochet. Jean Heid is showing her how to use the needle and make her first stitch. Learning keeps the mind active and young. Be sure to sign up for our educational classes like this one. They are both educational and fun!



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

As we move into October we have many details that our seniors need to know before we go into renovation phase. The following timeline will be in place for programs at St. Clair for October:

- **Center will operate as normal** per calendar details from 8:00 a. m. to 4:30 p.m. October 1-22 and open

on Saturdays from 12:30 to 3:30 p.m.

- **Half day operations** will begin on the third week of October from October 23-November 5. Center will open at 8:00 am and close to participants at 12:30 p.m. Center will be open on Saturday 12:30 to 3:30. Meals on Wheels on site as normal.
- **Essential operation plan** will begin from November 6-12. Center is **ONLY** open to ADS Clients for the day. Meals on Wheels will open the Cafeteria from 11:15 a.m.-12:30 p.m. for participants eating lunch with the MCHRA Senior Dining program only. All activities and building will be closed to participants this week and on Saturday.
- Week of November 13-19 we will move operations to Patterson Park. Monday, November 14 will be our first day at Patterson Park with adjusted program schedule. Adjusted programs at Paterson Park will be held in the Cafeteria on Monday, Wednesday and Thursday from 10:00 a.m. to 2:00 p.m.
- Lunch will be served at Patterson Park by MCHRA

Meals on Wheels and Senior Dining at 11:30 a.m., Monday, Wednesday and Thursday.

- ADS clients only will move to St. Marks Methodist Church Community Room Monday-Friday from 8:00 a.m.-4:30 p.m.
- Patterson Park address: 521 Mercury Blvd., Murfreesboro, TN 37130, Cafeteria.

I would suggest that everyone read the LEAF very carefully to see the changes in programs for October and in the upcoming November LEAF. The LEAF will be our main form of communication during the renovation. The LEAF will be sent out monthly and will be posted on the city website; www.murfreesborotn.gov/seniorcenter for programs schedules.

Center staff will be at Patterson Park on Monday, Wednesday and Thursday to conduct any Senior Center business; payment for trips, signing up for events, questions and concerns.

Staff can be reached at the main office number 615-848-2550 throughout the month of October. The November LEAF will list alternative numbers for staff once renovations start. During Renovations we ask that seniors stay off property while the construction team has responsibility for the work site. I would like to thank all the participants a head of time for your patience and cooperation during the renovation process.

Enjoy the events we have planned for October.

Your Director, Connie C. Rigsby

RENOVATION NEWS!

YOGA

During the construction at St. Clair Senior Center, Dot Balliet's Yoga class will meet at Third Baptist Church, 410 McKnight Drive in Murfreesboro. Classes will be on Monday and Wednesday from 9:00-10:00 a.m. Bring your own mats. There is no charge for the class. If you have questions, please call Brenda Elliott at 615-848-2550 and she will get you in contact with Dot Balliet.

ST. CLAIR AT PATTERSON PARK CENTER

Below are classes/events at Patterson Community Center that will begin on November 14. All of these classes are FREE to persons age 60+ or married to a person age 60+. There is no fee and no sign up required. If you participate in other activities at Patterson Community Center please see the fee schedule (page 16).

MCHRA LUNCH

Please make a reservation by calling Debbie Willis (615-895-1870) at least 24 hours ahead of time.

Ages: Adults 60+ or married to an adult 60+
 Day/dates: Monday, Wednesday and Thursday
 Time: 11:30 a.m.
 Location: Patterson Community Center in the Cafeteria
 Fee: Donation

GO4LIFE

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

Ages: Adults 60+ or married to an adult 60+
 Day/dates: Monday and Thursday 11/14-12/29
 (no class 11/24 and 12/26)
 Time: 10:00-11:00 a.m.
 Location: Patterson Community Center in the Cafeteria
 Fee: Free

SINGING SENIORS

Singing Seniors meet at Patterson Community Center on the following Dates. Come listen or come sing! Charlie Parker is the facilitator.

Ages: Adults 60+ or married to an adult 60+
 Day/dates: Mondays 11/14, 21, 28
No meeting at Patterson in December
 Time: 12:45-1:45 p.m.

CLOWNS IN A BOX

Due to renovation, Happy Clowns of St Clair will meet October 28 from 1:00-3:00 p.m. at Oakland's Baptist Church, 530 North Maney Avenue in Murfreesboro. If you have questions see Brenda Elliott or call at 615-848-2550.



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

Location: Patterson Community Center in the Cafeteria
 Fee: Free

LINE DANCE

All levels welcome to line dance with Elsie. Line Dance is great exercise and lots of fun! No partners needed in line dancing.

Ages: Adults 60+ or spouse
 Day/dates: Thursdays 11/17, 12/1, 8, 15, 22, 29
 Time: 12:30-1:45 p.m.
 Location will be Patterson Community Center in the Dance Studio on the second floor (elevator available)
 Fee: Free



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

OPEN PLAY

Seniors are welcome to bring cards, paints, games to play in the Cafeteria at Patterson Community Center on **Wednesday** and **Thursday** afternoons beginning 11/16. Activities such as: Small Puzzles that can be taken up at the end of the day, Chess, Art Group, Card Games, Trivia Group, Chicken Foot, Puzzles and any other non-fee activity of this sort. We will have chicken foot boards and dominoes, cards, Chess boards and some games with us.

Day/dates: Wednesdays & Thursdays
 (except 11/23 & 12/7)
 Time: 11:45 a.m. (after lunch)-2:00 p.m.
 Location: Patterson Community Center in the Cafeteria
 Fee: Free

MORE ACTIVITIES LISTED ON PAGE 11.

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.

We had a wonderful September. Our group saw the “reveal” plan for the center’s renovations. We were also honored by the AARP volunteers with a breakfast for ADS participants and caregivers. They presented to us a beautiful electric

fireplace for the ADS activity room. How lovely it will be for ambience in our newly refurbished room! The AARP volunteers also donated books for our caregivers and then passed out gift packs to the residents of Westbrook Towers.

ADS participants went on our picnic and fishing trip to the Couchville Lake Recreation Area, a barrier free park. We thank the volunteers and family members who helped us with that event. We appreciate the waiver for fishing licenses that day for our deserving participants to try to “catch the big one” that day.

ADS participants also celebrated National Adult Day Services Week with some events. We entertained in the dining room for Meals on Wheels participants with a variety program to showcase the many talents of our ADS participants. It is fitting to thank the seniors here at St. Clair Street Senior Center for including us in many group events as both spectators and participants. We get to see the dress rehearsals of plays, the rehearsals for Singing Seniors and even participate occasionally in line dancing.



Kathy Herod and Iantha Jones work on a Grandparent Book.

October will hold many changes: the cooler weather, changing leaves, even the scent in the air as we transition into autumn. We will enjoy a wonderful morning with the Stones River Garden Club as we each make a fall arrangement to take home, a favorite activity of our group. We’ll also get ready for a transition into the remodeling of the center. We will keep our participants and volunteers informed as far in advance as possible of our schedule and alternative space.

The St. Clair Street Senior Center Adult Day Service

strives to offer participants and their caregivers an experience which enhances their lives. For the participant, that is making a circle of friends and working on life skills in a supportive setting where everyone succeeds. It is also recalling those remote memories to help them make the present more meaningful. For caregivers, it means a little period of respite while knowing their loved

one is in a supportive and safe environment. This is why LIFE IS GOOD in the ADS.

If you know someone who needs our services, please have them contact Amanda Pullias, Adult Day Service Program Coordinator at 615-848-2550 or apullias@mur-freesborotn.gov. We also welcome and encourage people to visit us. We leave you with this poem that has been meaningful to several of our caregivers and is thought provoking. We remind people that you are welcome to join us in the Alzheimer’s Walk and are providing this link if you are interested: http://act.alz.org/site/TR/Walk2016/TN-MidSouth?pg=entry&fr_id=9311

Have a wonderful autumn!

MEDICARE OPEN ENROLLMENT MEDICARE PART D AND MEDICARE ADVANTAGE PLANS

Medicare Advantage plans are operated by private insurance companies that have contracted with Medicare to help cover your medical and/or prescription drug costs. These plans all have different deductibles, co-pays and out-of-pocket limits, and they work differently than standard Medicare. Most of the Advantage Plans are HMO's meaning that you must get your services from doctors that are within their network. Some offer additional benefits that may help with limited dental or vision coverage, some may offer a fitness club membership. These can be very good options for coverage, but they must be chosen with care, they are not "one size fits all."

Medicare Prescription Drug plans are also based on your personal needs. There is no one "best" plan, they are all good as long as your medications are covered and you understand your costs. Again, whatever plan is best for you probably will not be the best for your spouse or friend because they are not likely taking the same medications as you.

This is the month it all begins for Medicare beneficiaries. If you are enrolled in Medicare and wish to join a Medicare Advantage plan, Part D drug plan, or switch plans you can begin doing so on October 15th. This open enrollment lasts until December 7th which is the final day you can make the changes in your coverage that will take effect on January 1, 2017. There are often changes in premiums, deductibles, co-pays and drug costs when the new plans come out. If you are presently on a plan, and they are making changes that affect your coverage and your costs, the plan must tell you about those changes before open enrollment begins so you can consider other plans. Make sure you read mail that is sent by your plan, they may be telling you about changes in your coverage.

Beware of anyone calling you or coming to your door to sell Medicare plans, this practice is illegal unless you have given permission for them to do so. If this happens, it could be sales agents that are not obeying the rules, or even worse, individuals presenting themselves as agents, but are really scammers trying to get your personal information. To protect consumers, Medicare is very specific about what representatives of companies selling Medicare Advantage Plans or Medicare Part D Plans may or may not do.

Medicare plan representatives may not market through unsolicited contact, including:

- Telemarketing calls, including voice mail messages, e-mail or texts
- Door-to-door solicitations, including leaflets or flyers at your home or car
- Approaching you in common areas, like parking lots, hall-

ways, lobbies, and sidewalk

The Federal Trade Commission recommends that you keep all your personal information close. Don't give it out unless you are sure that a company is working with Medicare and that Medicare has approved their product. Remember that if you join a plan, you will have to give your Medicare number. Don't talk to anyone that comes to your door, or that calls you, unless you have given them permission. Also resist pressure to join a plan. You have until December 7th to make the decision for the plan that will begin on January 1, 2017. If you are joining a plan or making a change, and you wish to keep your primary care doctor and specialists, you must make certain that they are in the plan's network.

Medicare Part D prescription plans and Medicare Advantage Plans are good products and have been approved by Medicare. A good representative will not pressure you to join, will take the time to find out what your needs are and will check to make sure all your medications are covered by the plan, and if it is an Advantage Plan you are considering, they should check to see that your doctors are part of the plan's physician network. They should also be sure you understand your responsibilities regarding your co-pays and deductibles. If you know what plan you want you can enroll directly with a plan representative. If you are unsure about what plans would work for you, you can get assistance in the following ways: call Medicare at 1-800-633-4227 or go online at www.medicare.gov and go to plan finder. You can call the State Health Insurance Program at 1-877-801-0044, or contact me at 848-2550. During open enrollment I will be assisting as many individuals as possible with this process. Due to the renovation scheduled during this time and relocation and limitations of our office space, I will be somewhat limited on the number of appointments I will be able to schedule. However, we will do the absolute best we can to accommodate as many persons as possible. At this time, we plan on doing the Medicare counseling at the Greenhouse Ministries (309 South Spring St.) on limited and scheduled days and hours. To set an appointment for this service you will still call St. Clair Senior Center at (615) 848-2550 for an appointment. **Please do not call Greenhouse Ministries, they will not be setting appointments, but have been gracious enough in offering us the use of their computer lab.** We will begin making appointments on Monday, October 17th.



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



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

Volunteer Corner • OCTOBER 2016

During our renovation we will have limited volunteer opportunities. You will still be able to reach me by email at cransom@murfreesborotn.gov. I encourage all of you keep your momentum going by contacting other agencies and offering to volunteer. A great place to volunteer is:

SECOND HARVEST FOOD BANK OF MIDDLE TENNESSEE

331 Great Circle Road

Nashville, Tennessee 37228

615.329.3491

Volunteer Orientation and New Participant Orientation will **not** be conducted in October.

“Grand” Pool Tournament on Saturday, October 15 • 9:00 a.m.-3:30 p.m.

Want to do something fun with your grandchildren? If they're old enough to reach a pool table, sign up yourself and your grand kids for our Grand Tournament which celebrates our pool players that are Grandparents. A light breakfast will be provided. Doors open for pool players at 8:45 a.m. on the day of the tournament. The sign up sheet is on the poolroom bulletin board.

“What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.” ~Rudy Giuliani

MARK YOUR CALENDARS'S FOR Veteran's Benefits Forum at Patterson Park in Murfreesboro on Pearl Harbor Remembrance Day December 7, 2016 • 10:00 a.m.-2:00 p.m.

Everyone is welcome to this informative event. You don't have to be a veteran to attend.

GUEST SPEAKERS

- | | |
|------------------------------|--|
| 10:00-10:30 a.m. | Carol Swindon - Veterans Affairs Appeals Specialist 2 |
| 10:45-11:15 a.m. | Bugles Across America – Phillip W. Corbin Jr., Bugler |
| 11:30 a.m.-12:30 p.m. | Lunch provided by Meals on Wheels |
| 12:45-1:15 p.m. | Middle Tennessee State Veteran's Cemetery-local representative |
| 1:30-2:00 p.m. | Patriot Guard Riders-Annette Robeck, Deputy to VP National |

We will also have two Veteran's Benefits Representatives on site to start your disability claim process, answer your questions about your claim and start the appeal process in a private setting. You can also apply for medical care thru the VA. These representatives have a wealth of information on benefits unique to Veterans and their families. Sign up is no later than October 22, 2016 at the front desk. You will need to provide your name, periods of military service and branch of service. Limit is 10 for private counseling with a Veteran's Benefits Representative. For any questions, please contact Carol Ransom at cransom@murfreesborotn.gov.

CARING FOR THE CAREGIVER

MORE THAN A SYMBOLIC RIBBON

Cancer is more than a ribbon for those with cancer and their caregivers in fact it can be overwhelming. Cancer affects not only the person diagnosed but also all those who care about that person. Over the years, improvements with cancer treatment have enabled people diagnosed to live longer, fuller lives and caregivers deeply share the challenges and joys associated with their loved one's cancer experience. In 2016 the American Cancer Society reports that in the State of Tennessee there are approximately 37,650 residents diagnosed with cancer at different sites in the body such as breast, uterine, colon, skin and many more. One of the first questions after the initial shock is what can I do to help? or what do I do now?

The following are ten ways to help with your caregiving journey for your loved one.

1. **Find YOUR Support System:** Many find talking to other caregivers who are coping with stress, uncertainty and loneliness helps them be better caregivers. Consider a Support Group where you can make friends and enjoy time with those who are going through this journey also.
2. **Gather Information:** There is truth to the phrase "Knowledge is power." Learn as much as you can from reliable resources about your loved one's cancer.
3. **Recognize a "New Normal":** Patients and caregiver's both report a loss of control after a cancer diagnosis. Learning how to manage with a new understanding of what your life is like now will become your "new normal". Just try to manage each day's priorities as they come.
4. **Recharge YOUR Body:** Taking small breaks are an easy way to replenish your energy and lower your stress level. Try simple activities such as walking around the yard or closing your eyes for 10 minutes in your comfortable chair. Taking time for yourself is not selfish, it is necessary.
5. **Take Comfort in Others:** Many caregivers feel a loss of self and personal time over the course of their loved one's illness. Keep in mind that while you are taking on new and additional responsibilities, you are still allowed a life of your own. You will need your friends and community to give you support as you support your loved one
6. **Plan for the Future:** While planning may be difficult, it can help. Try to schedule fun activities on days when your loved one is not feeling the side effects of treatment. You can plan together how you will celebrate the end of treatment, or a portion of treatment, which gives you both something to look forward to.
7. **Deal with the Paperwork:** It's also important to plan for the possibility of losing your loved one. All of us, whether we have been diagnosed with cancer or not, should have in place necessary paperwork such as healthcare agent, power of attorney and a will. Having essential paperwork under control will allow you to have peace of mind.
8. **Be Mindful of YOUR Health:** In order to be strong for your loved one, you need to take care of yourself. Be sure to tend to any physical ailments of your own that arise as well as get regular checkups and screenings. Eat well and get enough sleep. It's okay to have "helpers." In fact, you may find that learning to let go and to say "YES!" will ease your anxiety and lift your spirits.
9. **Consider Exploring Stress: Management Techniques-** You may find that meditation, yoga, listening to music, creating art, dancing or simply breathing deeply will help relieve your stress.
10. **Do What You Can, Admit What You Can't:** No one can do everything. It's okay to acknowledge your limits. Come to terms with feeling overwhelmed (it will happen) and resolve to be firm when deciding what you can and cannot handle on your own. Your loved one needs you. You cannot do this alone. Together, you can get through.



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

Have a wonderful month!

Cindi

GRIEF SUPPORT



Thursday, October 20
10:00-11:00 a.m.

Westbrook Towers Library

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.

SUPPORT GROUPS AT ST. CLAIR

Alzheimer's Association Support Group "Share the Care" meets Thursday, October 20 at 1:30 p.m. at St. Mark's United Methodist Church, 1267 N. Rutherford Blvd., Murfreesboro, TN 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 Thursday, October 20 at 10:00 a.m. in the Westbrook Tower Library, 515 N. Walnut St., Murfreesboro, TN 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 will attend Vanderbilt's Blazing Toward a Cure symposium on Saturday, October 15th. The senior center van will leave the center at 7:30 a.m. and return approximately 1:00-1:30 p.m. There is no cost for the workshop and breakfast is provided. For more information or to make a reservation no later than October 6th, contact Dee Brown at (615) 848-2550. There will be no group meeting in November or December.

Labor of Love Caregiver Support Group is cancelled until further notice.

"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.



Thursday, October 20 • 1:30-2:30 p.m.
St. Marks United Methodist Church
1267 N. Rutherford Blvd..
Murfreesboro, TN 37130

NURSE LAURA SAYS

PRESEASON HOLIDAY PLANNING

It's that time of year, folks. We can finally stop complaining about the heat and, instead, enjoy the weather. It's time for football, fall foliage, and preparing for upcoming holidays. Tons of turkey and dressing, homemade pies and candies, and fat-filled snacks will be all around us soon. This is your pre-season opportunity to start making some wise choices about what you eat, so let's see what that looks like.

Did you know there are foods that are good for you and will also help you feel more full, which may help you keep a healthier weight? These foods are rich in fiber, protein, and healthy fats. They are digested slower so we feel full longer. They can also help control those blood sugar highs and lows, which can keep you from feeling hungry soon after eating. Some of these food choices are:

- Oatmeal – plenty of soluble fiber, which can slow down hunger, which can make you eat less at your next meal.
- Greek yogurt – full of protein, this can be a great afternoon snack that may help you consume less calories at your evening meal. It is definitely a better choice than candy or chips. Just watch the sugar content; some yogurts have more sugar than a candy bar.
- Nuts – these yummy snacks are full of protein, fiber, and healthy fat so, eaten in moderation (a serving is 1 to 1 ½ oz.), they are a good choice for between meal hunger pangs.
- Beans – these little gems are great for you, fighting off hunger and supplying lots of fiber and protein. Add some beans to salads or main dishes to promote weight loss and give you nutrients you need.
- Eggs – studies now show that eggs provide lots of protein, few calories, and no detrimental effect on cholesterol levels. Having said that they still advise consuming eggs in moderation if you are at risk for heart disease. But, overall, eggs are a great choice to help you feel full and get a good amount of protein.

Another food fact is that there are foods you should have in your diet because they have medicinal benefits. Berries can reduce chronic inflammation and cancer risk; broccoli does the same and can also help cardiovascular

health. Cinnamon can help balance sugar levels, cranberries may prevent urinary tract infections (pure cranberry, no sweetened drinks), and garlic can reduce the risk of developing certain cancers. Green tea has anti-inflammatory effects; ginger and turmeric do the same as well as having possible heart health benefits. Shiitake mushrooms, fermented foods, and fish also have benefits you want to take advantage of, including anti-cancer, immune boosting, and digestive help. Eating leafy vegetables, nuts, fruit, and fish can help you focus and may decrease your risk of Alzheimer's disease.

If you suffer with inflammation try adding these foods to your diet: salmon, grapefruit, yogurt, turmeric, Brazil nuts, broccoli, wheat berries, lentils, and extra virgin olive oil. Eating these on a regular basis may help fight inflammation and they have other health benefits as well. We all try to find better ways to spend our dollars and sometimes it seems healthy foods are just too expensive. Here are a few items that are easy on your wallet and good for you, too: bananas, brown rice, carrots, beans, lentils, oatmeal, peanut butter, peas, sweet potatoes, and frozen spinach. Make a list before going to the grocery store (and stick to it) and eat before shopping to avoid impulse buying (those Little Debbie cakes won't be as tempting if you aren't hungry). Read food labels, avoid sugary foods and drinks, and be willing to try something new.

Start making healthier eating choices now and it won't be as hard to do so in the middle of the holidays when you are surrounded by tempting goodies. Better eating makes you feel better, too, and can also help with your weight, so take some time to plan what you are going to eat each day and you will be glad you did.

Here's a tidbit of food info: the average burger combo has 1,200 calories and the average American eats fast food 159 times a year. Wow! That comes to a total of 190,000 calories. You would have to run from Murfreesboro, TN to Phoenix, AZ (approximately 1,700 miles) to burn those calories.



Laura Grissom, LPN
Nurse

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



CANCER CONSORTIUM

We all know October is Breast Cancer Awareness Month but we are having an event for anyone who has been affected by any type of cancer. Join us on Wednesday, October 19, 10:00-11:00 a.m. here at the senior center for an upbeat, encouraging message from Jennifer Murray, President of Tennessee Cancer Consortium. Learn about life after cancer and celebrate! There is a limit of 50 so sign up by Friday, October 14.

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. We have two different classes: Wednesday & Friday mornings, 9:15–10:15 a.m. or Tuesday & Thursday afternoons, 1:00-2:00 p.m.

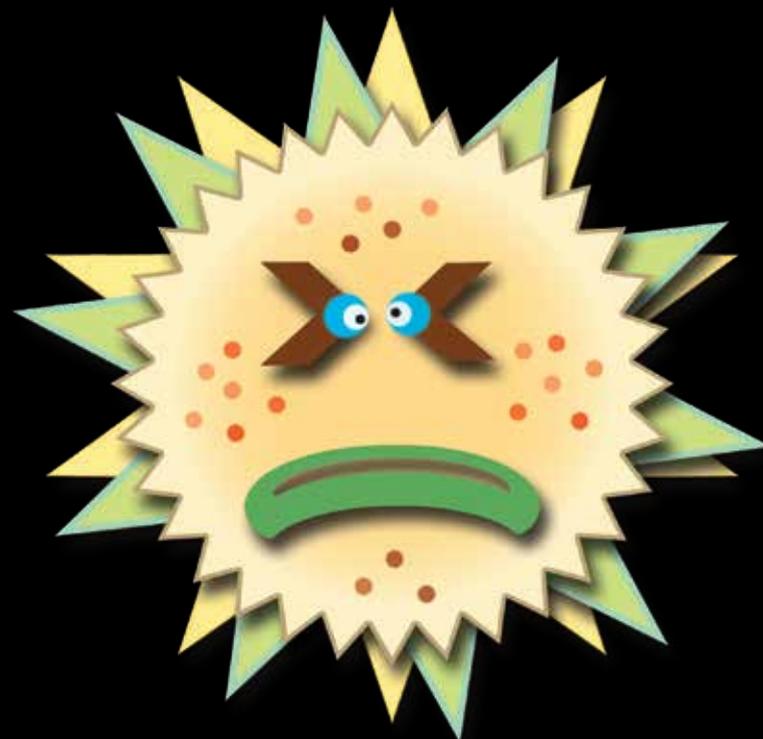
We will keep our regular schedule through the 22nd of October; both classes will meet here at the center. From October 24-November 4 only the morning class will be meeting. There will NOT be an afternoon class. If you have any questions, contact the nurse.

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 October 12. 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 choose to drive yourself to Tennessee Tech Center that day, you still need to sign up with us because they need to know how many workers to have for our group.

If you would rather go on your own 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, October 7 and let them know if you use a wheelchair. There is a limit of 10.



**Don't let the Flu Get You!
FLU SHOTS**

**TUESDAY, OCTOBER 18
1:30-3:30 p.m.**

Here is your last chance to get your flu shot here at the senior center this season. If you missed them at the Health Expo, Walgreens will be back offering the flu vaccine for anyone with Medicare. No need to sign up; just come on Tuesday, October 18, from 10:00 a.m.-12:00 noon and bring your Medicare card with you.

Blood Pressure Clinic:

Join us on Mondays in October for blood pressure clinic, 9:30-11:30 a.m. in the nurse's office. High blood pressure often has no symptoms so you need to monitor it regardless of how you feel. We have wonderful healthcare providers here each week to help you keep track of your numbers so come by and check your BP.

REGULAR EVENTS

Center will operate as normal per calendar details from 8:00 a.m. to 4:30 p.m. October 1-22 and open on Saturdays from 12:30 to 3:30 p.m. **Half day operations** will begin on the third week of October from October 23-November 5. Center will open at 8:00 am and close to participants at 12:30 p.m. Center will be open on Saturday 12:30 to 3:30. Meals on Wheels on site as normal. **Essential operation plan, meaning** the Center is **ONLY** open to ADS Clients for the day and Meals on Wheels will open the Cafeteria from 11:15 a.m.-12:30 p.m. for participants eating lunch with the MCHRA Senior Dining program will be from November 6-12. All activities and building will be closed to participants this week and on Saturday. Week of November 13-19 we will move operations to Patterson Park. Monday, November 14 will be our first day at Patterson Park with adjusted program schedule. Adjusted programs at Paterson Park will be held in the Cafeteria on Monday, Wednesday and Thursday from 10:00 a.m. to 2:00 p.m.

| Normal Operations at St. Clair | Half-Day Operations at St. Clair | Essential Operations at St. Clair | Move to Patterson Park Center |
|--|--|---|--|
| 10/1-10-22 8:00 a.m.-4:30 p.m. Saturdays 12:30-3:30 p.m. | 10/24-11/5 8:00 a.m.-12:30 p.m. ADS Open 8:00 a.m.-4:30 p.m. Saturdays 12:30-3:30 p.m. | 11/6-11/10 ADS Clients Only Lunch served from 11:15 a.m.-12:30 p.m. Closed Saturday 11/12 | November 14 Operations moved to Patterson Park Programs on Monday, Wednesday & Thursday from 10:00 a.m.-2:00 p.m. |

ST. CLAIR AT PATTERSON PARK CENTER (CON'T)

GHOSTLY TALES FROM

RUTHERFORD COUNTY ARCHIVES

Eerie stories and strange tells from the history vaults of the Rutherford County Archives presented by county archivist, John Lodl.

Day/dates: Wednesday, November 16

Time: 10:00-11:15 a.m.

Location: Patterson Community Center in the Cafeteria

Fee: Free

THANKFUL HEART TALK WITH LAURA GRISSOM

Ages: Adults 60+ or married to an adult 60+

Day/dates: Wednesday, November 23

Time: 10:00-11:15 a.m.

Location: Patterson Community Center in the Cafeteria

Fee: Free

LET'S GET THANKFUL SPECIAL EVENT

with music by artist John Blankenship

Ages: Adults 60+ or married to an adult 60+

Day/dates: Wednesday, November 23

Time: 1:00-2:00 p.m.

Location: Patterson Community Center in the Cafeteria

Fee: Free

SINGING SENIORS HOLIDAY CONCERT

Our Singing Seniors present a wonderful Holiday Concert to get you in the mood for December. You will be amazed at the talent in the voices of our seniors! Charlie Parker is the facilitator.

Ages: Adults 60+ or married to an adult 60+

Day/dates: Wednesday, November 30

Time: 10:00-11:15 a.m.

Location: Patterson Community Center in the Cafeteria

Fee: Free

IN THE GARDEN WITH JACK:

WINDOWSILL GARDENING

Learn the history, origin and tricks about caring for Christmas and Holiday flowers. Included in this presentation is the very interesting history and origin of the Poinsettia!

Ages: Adults 60+ or married to an adult 60+

Day/dates: Monday, December 5, 2016

Time: 1:00-2:00 p.m.

Location: Patterson Community Center in the Cafeteria

Fee: Free

THANK YOU FOR YOUR PATIENCE DURING THE CENTER'S TRANSITION.

OCTOBER CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|---|
| <p>All programs at the Center are subject to change due to renovation.</p> | <p>NO Ceramics until February 2017. NO Pastel Portrait Class until 2017. NO Stained Glass Class until 2017.</p> | <p>Duplicate Bridge During our renovation, Duplicate Bridge will meet at Adams Place Monday and Friday.</p> |
| <p>3</p> <p>9:30 a.m. Robeson Bridge</p> <p>1:00 p.m. St. Clair Singing Seniors</p> | <p>4</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>12:30 p.m. CCRC Visitation</p> | <p>5</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> |
| <p>10 DEADLINE 10/12 FALL FOLIAGE TRIP</p> <p>7:55 a.m. Harrah's Trip departs from City Hall Parking Garage, Lower Level</p> <p>9:00 a.m. Coed Pool Tournament</p> <p>9:00 a.m. Crafting with Susanne: Fall Jewelry</p> <p>9:30 a.m. Robeson Bridge</p> <p>10:00 a.m. In the Garden with Jack "Perennials: What, Where & How?"</p> <p>1:00 p.m. St. Clair Singing Seniors</p> | <p>11</p> <p>9:00 a.m. Piano Class</p> <p>10:00 a.m. Beginning Dulcimer Class</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Class</p> <p>12:30 p.m. CCRC Visitation</p> | <p>12 DEADLINE 10/14 ZOMBIE PAINTBALL TRIP</p> <p>8:30 a.m. Fall Foliage Trip</p> <p>8:30 a.m. RCCOA Board Meeting</p> <p>9:00 a.m. Wonderful Wednesday "Serenity Beads"</p> <p>9:30 a.m. Tennessee Technology Center Field Trip</p> <p>10:00 a.m. Program Committee Meeting</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> |
| <p>17 DEADLINE 10/19 MYSTERY LUNCH</p> <p>9:00 a.m. Ladies Pool Tournament</p> <p>9:30 a.m. Robeson Bridge</p> <p>1:00 p.m. St. Clair Singing Seniors</p> | <p>18</p> <p>8:00 a.m. Trail Blazers to Cheatham Wildlife Management Area</p> <p>9:00 a.m. Piano Class</p> <p>9:00 a.m. Men's Pool Tournament</p> <p>10:00 a.m. FLU SHOTS</p> <p>10:00 a.m. Beginning Dulcimer Class</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Class</p> | <p>19 DEADLINE 10/21 HAUNTING ON 98 TRIP</p> <p>10:00 a.m. Life After Cancer</p> <p>12:00 N MYSTERY LUNCH TRIP</p> <p>1:00 p.m. The Drawing Basics</p> <p>12:00 n Senior Artists</p> <p>1:00 p.m. Club Karaoke</p> <p>2:15 p.m. Belly Dancing Class</p> |
| <p>24</p> <p>8:00 a.m.-12:30 n Center Open</p> <p>8:30 a.m. Senior Center Commission Meeting</p> <p>9:30 a.m. Robeson Bridge</p> <p>9:30 a.m. Fishing at Cedar Creek Lake</p> | <p>25 DEADLINE 10/27 HAUNTED HOUSE TRIP</p> <p>8:00 a.m.-12:30 p.m. Center Open</p> <p>9:00 a.m. Piano Class</p> <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Beginning Dulcimer Class</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Class</p> | <p>26</p> <p>8:00 a.m.-12:30 p.m. Center Open</p> <p>10:00 a.m. Granville Scare Crow Celebration</p> |
| <p>31</p> <p>8:00 a.m.-12:30 p.m. Center Open</p> <p>9:30 a.m. Robeson Bridge</p> | <p>10:00 a.m. Knit Group</p> <p>10:00 a.m. Beginning Dulcimer Class</p> <p>10:00 a.m. Quilting</p> <p>11:00 a.m. Piano Class</p> | |

OF EVENTS ST. CLAIR

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|--|
| <p>LUNCH & LEARN</p> <p>& LABOR OF LOVE CAREGIVER SUPPORT</p> <p>GROUP</p> <p>CANCELLED UNTIL FURTHER NOTICE.</p> | | <p>1</p> <p>12:30 p.m. Center Open</p> |
| | | <p>2</p> |
| <p>6</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. The Drawing Basics</p> <p>1:00 Music Jam Session</p> <p>1:30 P.m. Trivia Group</p> <p>2:15 p.m. Belly Dancing Class</p> | <p>7 DEADLINE 10/12 TN TECH CTR FIELD TRIP</p> <p>10:00 a.m. Knit Group</p> <p>1:00 p.m. Wii Open Play</p> | <p>8</p> <p>10:30 a.m. Octoberfest Trip</p> <p>12:30 p.m. Center Open</p> |
| | | <p>9</p> |
| <p>13 DEADLINE 10/15 WEBB SCHOOL TRIP</p> <p>DEADLINE 10/15 SOUTHERN FESTIVAL OF BOOKS</p> <p>10:00 a.m. Quilting</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. The Drawing Basics</p> <p>1:00 Music Jam Session</p> <p>1:30 P.m. Trivia Group</p> <p>2:15 p.m. Belly Dancing Class</p> | <p>14</p> <p>9:00 a.m. AARP Board Meeting</p> <p>10:00 a.m. AARP Meeting</p> <p>10:00 a.m. Knit Group</p> <p>1:00 p.m. Wii Open Play</p> <p>4:30 p.m. Zombie Paintball & Haunted Woods</p> | <p>15</p> <p>7:30 a.m. Parkinson Support Group travels to Vanderbilt Parkinson Symposium</p> <p>8:00 a.m. Webb School Art & Craft Festival</p> <p>8:45 a.m. "GRAND" POOL TOURNEY</p> <p>10:00 a.m. Southern Festival of Books Trip</p> <p>12:30 p.m. Center Open</p> |
| | | <p>16</p> |
| <p>20 DEADLINE 10/24 FISHING TRIP</p> <p>DEADLINE 10/26 GRANVILLE SCARE CROW TRIP</p> <p>10:00 a.m. Quilting</p> <p>10:00 a.m. Lunchtime Trivia</p> <p>10:00 A.M. GRIEF RELIEF SUPPORT GROUP AT <u>WESTBROOK TOWERS LIBRARY</u></p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 Music Jam Session</p> <p>1:00 p.m. The Drawing Basics</p> <p>1:30 P.M. ALZHEIMER'S SUPPORT GROUP AT <u>ST. MARK'S METHODIST CHURCH</u> <u>1267 N. RUTHERFORD BLVD.</u></p> <p>1:30 P.m. Trivia Group</p> | <p>21 DEADLINE 11/18</p> <p>CHITTY CHITTY BANG BANG PLAY</p> <p>10:00 a.m. Knit Group</p> <p>1:00 p.m. Wii Open Play</p> <p>5:30 p.m. Haunting on 98 Front Street Trip</p> | <p>22</p> <p>12:30 p.m. Center Open</p> <p>6:30 p.m. A Tribute to Elvis Trip</p> <p>7:00 p.m. BOO-TI-FUL COUNTRY DANCE with Music by Rode West Band (Costumes optional.) \$5 at the door. Doors open at 6:15 p.m.</p> |
| | | <p>23</p> |
| <p>27 DEADLINE 10/29 PUMPKINFEST TRIP</p> <p>8:00 a.m.-12:30 p.m. Center Open</p> <p>10:00 a.m. Quilting</p> <p>6:00 p.m. Nightmares: A Haunted House Experience</p> <p>No Belly Dancing Class Today</p> | <p>28</p> <p>8:00 a.m.-12:30 p.m. Center Open</p> <p>10:00 a.m. Knit Group</p> | <p>29</p> <p>12:30 p.m. Center Open</p> <p>8:45 a.m. Pumpkinfest Trip 2016</p> |
| | | <p>30</p> |

HEALTH & FITNESS

| MONDAYS | TUESDAYS | WEDNESDAYS |
|---|--|--|
| <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>9:00 a.m. Zumba® Gold MEETS</p> <p style="text-align: center;">OCTOBER 3, 10, 17, 24, & 31</p> <p>10:00 a.m. Tap MEETS</p> <p style="text-align: center;">OCTOBER 3, 10, 17, 24 & 31</p> <p>11:00 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>NURSE STATION</u></p> <p>9:30 a.m. Blood Pressure Clinic</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>9:30 a.m. Line Dance Practice MEETS</p> <p style="text-align: center;">OCTOBER 3, 10, 17, 24, & 31</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 style="text-align: center;">NOTE: MARJORIE MILLER'S CLASSES MEET THROUGH 10/27</p> <p>*1:00 p.m. GO4Life MEETS THROUGH OCTOBER 22</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 MEETS THROUGH 10/27</p> <p>9:30 a.m. Line Dance Practice MEETS OCTOBER 4, 11, 18</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>1:15 p.m. Line Dance MEETS OCTOBER 4, 11, 18 & 25</p> <p style="text-align: center;">MEETS OCTOBER 4, 11 & 18</p> <p>3:15 p.m. Ballroom Dance MEETS OCTOBER 4, 11 & 18</p> | <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>*9:15 a.m. GO4Life</p> <p>10:30 a.m.-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>UPPER DINING ROOM</u></p> <p>2:00 p.m. Line Dance MEETS</p> <p style="text-align: center;">OCTOBER 5, 12 & 19</p> <p style="text-align: center;">A description of fitness classes may be obtained from the display case behind the reception desk.</p> |
| THURSDAYS | FRIDAYS | |
| <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 style="text-align: center;">NOTE: MARJORIE MILLER'S CLASSES MEET THROUGH 10/27</p> <p>*1:00 p.m. GO4Life</p> <p>2:00 p.m. Belly Dancing MEETS</p> <p style="text-align: center;">OCTOBER 6, 13 & 19</p> <p>3:15-4:15 p.m. Open Gym</p> <p style="text-align: center;"><u>LOWER DINING ROOM</u></p> <p>8:30 a.m. Zumba® Gold Toning MEETS THROUGH 10/27</p> <p>9:30 a.m. Line Dance Practice MEETS</p> <p style="text-align: center;">OCTOBER 6, 13 & 20</p> | <p style="text-align: center;"><u>EXERCISE ROOM</u></p> <p>*9:15 a.m. GO4Life</p> <p>10:30 a.m.-4:15 p.m. Open Gym</p> <p>OPEN GYM: 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: SEE NOTE at RIGHT</p> <p>Zumba® Gold: \$10 per month</p> <p>Zumba® Gold Toning: \$15 per month</p> <p>Zumba® Combo: \$20 per month</p> <p>Tap: \$15 per month</p> <p>Ballroom Dance: \$15 per month</p> <p>Belly Dance: \$12 in October</p> <p>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 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 style="text-align: center;">YOGA</p> <p>During the construction at St Clair Street Senior Center Dot Balliet's Yoga class will meet at Third Baptist Church, 410 McKnight Drive in Murfreesboro. Classes will be on Monday and Wednesday from 9:00-10:00 a.m. Bring your own mats. There is no charge for the class. If you have any questions please call Brenda Elliott 615-848-2550 and she will get you in contact with Ms. Dot Balliet.</p> <p>*GO4LIFE: We will keep our regular schedule through the 22nd of October; both classes will meet here at the center. From October 24-November 4 only the morning class will be meeting, there will not be an afternoon class.</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.

SIGN UP FOR ACTIVITIES @ ST. CLAIR

| | | |
|--|--|-------------------------|
| MONDAY OCTOBER 10 10:00-11:15 a.m. | IN THE GARDEN WITH JACK "PERENNIALS: WHAT, WHERE AND HOW" Perennials are great plants that come up ever year. Learn the what, where and hows of having perennials in your garden or yard. Taught by Jack Smith, Master Gardener. | Limit 40 No Deadline |
| WEDNESDAY OCTOBER 12 9:00-11:30 a.m. | WONDERFUL WEDNESDAY: SERENITY BEADS We are making serenity beads today with Susanne Hebden. Hand held beads have a unique and global history. Create a soothing link to the past. See Brenda Elliott if you have questions about this project. | Limit 15 No Deadline |
| WEDNESDAY OCTOBER 19 10:00-11:00 a.m. | LIFE AFTER CANCER For all cancer vitims to enjoy, be educated about resources and celebrate life! | No Limit No Deadline |

SIGN UP FOR ST. CLAIR ACTIVITIES @ PATTERSON PARK

| | | |
|---|--|----------------------------|
| WEDNESDAY NOVEMBER 16 10:00-11:15 a.m. | GHOSTLY TALES FROM RUTHERFORD COUNTY ARCHIVES John Lodl, Director of the Rutherford County Archives, presents: "Ghostly Tales from Rutherford County." Everyone is invited to attend this interesting seminar. | Limit 50 No Deadline |
| MONDAY DECEMBER 5 1:00-2:00 p.m. | IN THE GARDEN WITH JACK "CHRISTMAS & HOLIDAY FLOWERS: THE POINSETTIA" Learn the history, origin and tricks about caring for Christmas and holiday flowers. Included in this presentation is the very interesting history and origin of the Poinsettia. | Limit 40 No Deadline |
| WEDNESDAY DECEMBER 7 10:00 a.m. 2:00 p.m. | VETERAN'S BENEFITS COUNSELING Sign up here for personal one-on-one session with a Veteran's Benefits Representative. | Limit 10 Deadline 10/22 |
| WEDNESDAY DECEMBER 14 10:00-11:15 a.m. | WONDERFUL WEDNESDAY WITH SUSANNE: CHRISTMAS/HOLIDAY JEWELRY Head over to Patterson Community Center to make some fun jewelry. All materials provided. This could be a great gift for a friend or a special embellishment for yourself. | Limit 25 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!

SIGN UP & PAY FOR ST. CLAIR ACTIVITIES @ ST. CLAIR

| | | |
|--|--|---|
| THURSDAYS IN OCTOBER 1:00-2:00 p.m. Meets 10/6, 13 & 20 | THE DRAWING BASICS The ephasis this month is line in this beinner level Drawing Basics class that teaches you the importance of several types of lines in drawing. EEach month has a different focus. We welcome Patricia Tenpenny as the instructor. | CLASS FEE \$15 Min 5/Max 12 No Deadline |
| THURSDAYS IN OCTOBER 2:15-3:15 p.m. Meets 10/6, 13 & 20 | BELLY DANCING CLASS 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 FEE \$12 Min 5/Max 25 No Deadline |
| MONDAY OCTOBER 10 9:00-11:30 a.m. | CRAFTING WITH SUSANNE: FALL JEWELRY Fun class making Fall or Ghostly jewelry with Susanne Hebden. | CLASS FEE \$5 Min 5/Max 12 No Deadline |

MPRD PROGRAMS

MPRD Programs Available for Seniors During Renovation

Murfreesboro Parks and Recreation Department would like to welcome you to our parks and programs! We encourage you to visit anytime, and it's an especially good time now, while St. Clair Street Senior Center is closed for renovation. Below is a table listing our fees and membership options. While many of our facilities and programs do have fees, we work to keep things affordable with special rates for seniors, offer some free options, and participate in Silver Sneakers. For a list of all facilities and parks visit: www.murfreesborotn.gov/parks

| | DAILY | 30 VISITS | MONTHLY | YEARLY | FAMILY* |
|---------|-------------------------------|---------------------------------|----------------------------------|-----------------------------------|------------------------------|
| Premium | \$4 Adult \$3 Youth/Senior | \$60 Adult \$45 Youth/Senior | \$35 Adult \$25 Youth/ Senior | \$315 Adult \$225 Youth/Senior | Yearly \$450 90-Day \$200 |
| General | \$3 Adult \$2 Youth/Senior | \$45 Adult \$30 Youth/Senior | \$25 Adult \$15 Youth/Senior | \$225 Adult \$135 Youth/Senior | 90-Day \$150 |

- First fee listed is Adults, and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).
- **PREMIUM PASS:** Includes admission to both Patterson Park Community Center and Sports*Com, pool, all areas of the center, including Sports*Com Outdoor pool, racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.
- **GENERAL PASS:** Includes admission to both Patterson Park Community Center and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes, Sports*Com Outdoor pool, or racquetball courts.
- ***FAMILY PASS:** The 90-day family pass includes general admission privileges, and the yearly family pass includes premium pass privileges. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).
- **MONTHLY** = Unlimited daily visits for 30 days from date of issue. / 30 Visits = 30 daily visits over a one-year period from date of issue.
- **YEARLY** = Twelve months from date of issue.

Here is a list of some highlighted programs that may be of interested to seniors.

SQUEAKS & CREEKS

This is an arthritis based water exercise class that is impact free.

Ages: Adults
 Day/dates: Monday – Friday
 Time: 9:00-10:00 a.m.
 Fee: Premium Admission or \$3.00 Seniors/\$4.00 Adults
 Location: PPC Indoor Pool
 Contact Carrie Clemmons, 615-893-7439, clemmons@murfreesborotn.gov for more information.

Fee: Premium Admission or \$3.00 Seniors/\$4.00 Adults

Contact Chad Hill, 615-893-7439, chill@murfreesborotn.gov for more information.

OsteoUP

This osteoporosis prevention and maintenance class uses the TYE4 (a wearable resistance band) to assist and add resistance to movements specifically designed to aid in building muscle, skeletal strength and balance. Options to purchase or rent TYE4 are available. Preregistration with instructor is required. See contact information below.

Ages: Adults
 Day/dates: Tuesday and Thursday
 Time: 11:00 am
 Location: Sports*Com Aerobic Room
 Fee: See www.840west.org/boneup or contact Heather Dunsford at 615-594-1514, OsteoUPTN@gmail.com for more information.

FOREVER FIT

Specifically designed for men and women over 50, this class will improve your cardiovascular capacity, muscle strength, and flexibility.

Ages: Adults 50+
 Day/dates: Monday – Friday
 Time: 9:35-10:35 a.m.
 Location: Patterson Park Community Center

MORE MPRD PROGRAMS

MARJORIE'S CORE AND SENIOR STRENGTH

Ages: Seniors
 Day/dates: Tuesday and Thursday
 Time: 8:00 a.m.
 Location: Sports*Com Aerobic Room Studio B
 Fee: Free
 Contact Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov for more information.

DANCERCISE

Advanced level aerobics class.
 Ages: Seniors
 Day/dates: Tuesday and Thursday
 Time: 9:00 a.m.
 Location: Sports*Com Aerobic Room Studio B
 Fee: Free
 Contact Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov for more information.

ADULTS ONLY PLAY TIME

Let's put the fun back into working out. We'll set out the pickle ball equipment, corn hole, indoor horseshoes and a ladder ball toss. Bring some friends and play.
 Ages: Adults
 Day/dates: Tuesday and Thursday
 Time: 10:30 a.m.
 Location: Sports*Com
 Fee: General Pass or \$2.00 Seniors/\$3.00 Adults
 Contact Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov for more information.

PICKLEBALL

Join us for this fun sport that combines many elements of tennis, badminton, and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.
 Ages: Adults
 Day/dates: Wednesdays
 Time: 12:00-3:00 p.m.
 Location: Patterson Park Community Center
 Fee: Premium Admission or \$3.00 Seniors/\$4.00 Adults
 Contact Gernell Jenkins, 615-893-7439, gjenkins@murfreesborotn.gov for more information.

BINGO

Join us for Bingo. Prizes will be awarded.
 Ages: Adults 45+
 Day/dates: Last Friday of the month
 Time: 6:00-8:00 p.m.
 Location: Patterson Park Community Center
 Fee: General Pass or \$2.00 Seniors/\$3.00 Adults
 Contact Sybil Tyson-Rich, 615-893-3479, stysonrich@murfreesborotn.gov for more information.

GAMES PEOPLE PLAY /COMMUNITY BINGO

Join us for a friendly game of trivia and Bingo.
 Ages: Adults and Seniors
 Day/dates: 1st & 3rd Wednesday of the month
 Time: 10:00-11:30 a.m.
 Location: Patterson Park Community Center
 Fee: General Pass or \$2.00 Seniors/\$3.00 Adults
 Contact Sybil Tyson-Rich, 615-893-3479, stysonrich@murfreesborotn.gov for more information.

COME ON CALLER.... MAKE ME HOLLER... BINGO!

Ages: Adults and Seniors
 Days: 2nd & 4th Tuesdays of each month
 Dates: Starting in October
 Time: 10:00-11:30 a.m.
 Location: Bradley Academy Museum & Cultural Center
 Fee: General Pass or \$2.00 Seniors/\$3.00 Adults
 Contact Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov for more information.

CREATED EQUAL

Join in the fun with a film and discussion series bridging cultures to educate our community on America's Civil Rights Struggle.
 Ages: All Ages
 Dates: Mondays in September, October & November
 Dates: September 19, 26/October 3, 10, 17, 24/
 November 7, 14, 21 & 28
 Time: 1:00-4:00 p.m.
 Location: Bradley Academy Museum & Cultural Center
 Fee: Free
 Contact Vonchelle Stembridge, 615-9628773, vstembridge@murfreesborotn.gov for more information.

**PLEASE SEE PAGE 21 OF THE LEAF
 FOR MORE MPRD PROGRAMS.**

TRIPS

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

| | | |
|---|--|--|
| <p>SATURDAY OCTOBER 8 10:30 a.m. 6:30 p.m. No Deadline</p> | <p>OCTOBERFEST, NASHVILLE, TN Lassen Sie uns feiern und drink Bier trinken! Octoberfest Nashville! 11,200 Bratwursts, 2,000 pounds of bacon, 700 kegs of German beer, 8,000 pounds of German potato salad, 3,600 pounds of Sauerkraut, 960 bottles of German wine, over 20,000 balls dropped at the running of the balls and only one lost Lederhosen! This is Nashville's strongest Octoberfest celebrating all things Germany with 150,000 fans, natives and wollen die sein! Bring money for food, drinks and more!</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p> |
| <p>MONDAY OCTOBER 10 7:55 a.m. 8:30 p.m. Deadline: <i>09/28</i></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> |
| <p>WEDNESDAY OCTOBER 12 8:30 a.m. 4:30 p.m. Deadline: <i>10/10</i></p> | <p>FALL FOLIAGE ACROSS MIDDLE TENNESSEE Experience one of Tennessee's greatest events as The chlorophyll breaks down, the green color disappears, and the yellow to orange colors become visible and give the leaves part of their fall splendor. This trip will encompass a nice restaurant lunch and surprise stop along the way. St. Clair Riders leave at 8:00 a.m.</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p> |
| <p>WEDNESDAY OCTOBER 12 9:30 a.m. Until done Deadline: <i>10/07</i></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>FRIDAY OCTOBER 14 4:30 p.m. 10:30 p.m. Deadline: <i>10/12</i></p> | <p>ZOMBIE PAINTBALL AND HAUNTED WOODS YOU SHOOT LIVE ZOMBIES! That's Right, this is your chance to "open fire" and protect our city. Have you ever wanted to play paintball but didn't like the idea of getting shot or getting dirty? We have found the solution. The zombies have the rage but ONLY you have the weapons! Millers Thrillers has quarantined a horde of infected zombies. They are growing stronger and are planning their evacuation routes to attack our whole city. Their intent is surviving and creating more of their kind. They have no emotional core and no conscience but we must put limits to their schemes. Our game plan is to go in and get them before they get us! Bring \$30 for admission. Eat before the trip. This trip leaves from St. Clair at 4:30 p.m. Be here at 4:00 p.m.</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$-\$\$\$ </p> |
| <p>SATURDAY OCTOBER 15 8:00 a.m. 4:00 p.m. Deadline: <i>10/13</i></p> | <p>40TH ANNUAL WEBB SCHOOL ART & CRAFT FESTIVAL The 40th year of this perennial fall favorite will be showcasing an array of new and returning artists sure to please and impress. Once again voted the Number One Art & Craft Show in middle Tennessee, the Webb School Art & Craft Show satisfies the most finicky shopper with over 100 artists and crafters. There will be live demonstrations by chainsaw artists who can transform a piece of ordinary wood into a jaw dropping sculpture, yarn weaving by Alpaca Farms, basket weaving, and much more. Visitors come away with more than just a gift item; they come away with a story. Bring money for eating, shopping, etc.</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p> |
| <p>SATURDAY OCTOBER 15 10:00 a.m. 6:45 p.m. Deadline: <i>10/13</i></p> | <p>SOUTHERN FESTIVAL OF BOOKS Southern Festival of Books offers readers and writers an opportunity to interact, to create a public community around a festival that promotes and celebrates the joy of reading and of lifelong learning. Each year the Festival brings to Nashville approximately 200 of the nation's and regions most prominent authors, from legendary mystery writers to critically acclaimed debut novelists, from poets to biographers, from chefs to children's authors. Every author on the program takes part in a session, either a solo reading or a panel discussion, followed by a book signing by the Author Signing Colonnade. Bring money to eat and buy books.</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$-\$\$ </p> |

TRIPS

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

| | | |
|---|--|--|
| TUESDAY OCTOBER 18 8:00 a.m. 3:00 p.m. Deadline: 10/18 | TRAIL BLAZERS TO CHEATHAM WILDLIFE MANAGEMENT AREA Explore the wildlife at Cheatham WMA Wildlife to Watch: Spring and fall passerine migration can be fantastic, with many warblers, vireos, and tanagers present. Blackburnian Warbler and Bay-breasted white Prairie Warbler and Yellow-breasted Chat nest on site. Cerulean Warblers are uncommon nesting birds. Deer and Wild Turkey are commonly seen from roadsides and in fields year round. Leave from New Vision Baptist 8:00 a.m. Leave from Westbrook Towers at 7:30 a.m. | BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$  |
| WEDNESDAY OCTOBER 19 12:00 noon 4:00 p.m. Deadline: 10/17 | MYSTERY LUNCH Leave from New Vision Baptist 12:00 noon. St. Clair Riders leave at 11:30 a.m. | BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$  |
| FRIDAY OCTOBER 21 5:30 p.m. 8:30 p.m. Deadline: 10/19 | HAUNTING ON 98 FRONT STREET Ghost stories, chili, drinks and lantern tours. Bring \$3 for admission and money to spend. Seniors are encouraged to dress up in costume. Leave from St. Clair at 5:30 p.m. | BRING \$ TRANSPORTATION \$6 <i>Limit 23</i> COST: \$-\$\$  |
| SATURDAY OCTOBER 22 6:15 p.m. 10:00 p.m. Deadline: 09/22 | A TRIBUTE TO ELVIS, ARTS CENTER OF CANNON COUNTY Highly Requested and Anticipated event from Memphis to Vegas. . .A Tribute to Elvis LIVE! 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. Trip departs from St. Clair at 6:15 p.m. | ADMISSION: \$15 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$  |
| MONDAY OCTOBER 24 9:30 a.m. 1:00 p.m. Deadline 10/20 | FISHING AT CEDAR CREEK LAKE Grab your line and your pole and we'll head down to the fishing hole at Cedar Creek Lake. This trip will include bank fishing. Please bring a cooler for the catch, all gear and a license for TWRA. <p style="text-align: center; color: red; font-weight: bold; font-size: 1.5em;">CANCELLED</p> | BRING \$ TRANSPORTATION \$6 <i>Limit 23</i> COST: \$-\$\$  |
| WEDNESDAY OCTOBER 26 10:00 a.m. 4:30 p.m. Deadline: 10/20 | GRANVILLE, TN SCARE CROW CELEBRATION Enjoy Lunch at the Iconic TB Sutton General Store before you experience the huge boost in population. About three hundred life size fabulous, funny, small, and tall, sweet and scary, silly and sophisticated historic folk art characters and traditional scarecrows will take up residence in the historic buildings and in the most unexpected places. These creative and diverse character scarecrows tell the story of this rural riverboat and farming community through the decades. A docent and/or a free printed guide will assist the characters in telling the colorful story and the role of each in the history of Granville. Admission includes your meal. Leave from New Vision Baptist 10:00 a.m. Leave from St. Clair at 9:30 a.m. | ADMISSION: \$13 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$  |
| THURSDAY OCTOBER 27 6:00 p.m. 10:30 p.m. Deadline: 10/25 | NIGHTMARES: A HAUNTED HOUSE EXPERIENCE Night Terrors Haunted House will lead you into an industrial horror complex, where Necor-Toxins are pumped into your system as you encounter nightmarish creatures and scenes that only dwell deep within the dark recesses of your mind. This experience may drive you deeper into the very heart of hell. Afterwards, enjoy a nice visit into Grimms memories to find the darkest twists on your favorite stories. Peter Pumpkin Eater, Little Red Riding Hood and many more characters will destroy what you once thought as beautiful and pure. You will find yourself begging for this to only be make believe as you journey through Fairy Tale Hell. Please eat before leaving. Leave from New Vision Baptist 6:00 p.m. Leave from Westbrook Towers at 5:30 p.m. Bring \$30 for admission. | BRING \$30 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$  |

TRIP INFORMATION

| | | |
|--|---|---|
| <p>SATURDAY OCTOBER 29 8:45 a.m. 4:30 p.m. Deadline: 10/27</p> | <p>PUMPKINFEST 2016 Presented by Bank of America, Middle Tennessee's largest FREE family fall festival returns to Franklin, TN. Tons of festive fun for families! The XFINITY Main Stage will feature full lineups of music and dance performances. Mafiaozza's Music Corner will be located in the beer tent on 4th Avenue South featuring great acoustic artists! More than 80 artists and crafts people will feature booths along with street festival food and beer garden. Also there will be performances by Circus Entertainment group Beyond Wings will perform Halloween-themed hula hooping, juggling, and aerial arts! There will be a giant pumpkin presented along with Extreme Pumpkin Carving presented by Leiper's Fork. Leave from New Vision Baptist 8:45 a.m. Leave from Westbook Towers at 8:15 a.m.</p> | <p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$</p>  |
| <p>FRIDAY NOVEMBER 18 6:15 p.m. 10:00 p.m. Deadline: 10/23</p> | <p>CHITTY CHITTY BANG BANG AT THE ARTS CENTER OF CANNON COUNTY Chitty Chitty Bang Bang is the story of a an eccentric inventor named Caractacus Potts who, with the help of his children Jeremy and Jemima, sets about restoring an old race car from a scrap heap. Soon, they discover the car has magical properties including the ability to float and take flight. However, trouble occurs when the evil Baron Bomburst desires the magic car for himself.</p> | <p>ADMISSION: \$13 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$</p>  |
| <p>THURSDAY DECEMBER 1 10:00 a.m. 5:00 p.m. Deadline: 11/09</p> | <p>SANDER'S FAMILY CHRISTMAS, CUMBERLAND COUNTY PLAYHOUSE Escape to the snow-capped Smokies with the heartwarming sequel to Connie Ray and Alan Bailey's wildly successful bluegrass gospel musical Smoke on the Mountain! It's December 24, 1941 and America is going to war. So is Dennis Sanders of the Sander's Family Singers. Join Pastor Mervin Oglethorpe and the rest of the Sanders family as they send Dennis off with hilarious and touching stories and twenty-five Southern Gospel Christmas favorites.</p> | <p>ADMISSION: \$20 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$</p>  |



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

TRAVEL NEWS

ATTENTION TRAVELERS!

BEGINNING OCTOBER 22

ALL TRIPS • ALL TRIPS • ALL TRIPS

Will leave from Westbrook Towers for residents, Rover riders and Walkers and from New Vision Baptist Church for drivers during the remodel.

Thank you for your cooperation!

FUN AT ST. CLAIR



BOO-TI-FUL COUNTRY DANCE

@ ST. CLAIR STREET SENIOR CENTER

SATURDAY, OCTOBER 22

Music by: RODE WEST BAND

Doors open at 6:15 P.M. \$5 at the door. Costumes are optional.



Congratulations to our Pinochle Tournament Winners!

On Wednesday September 7th the center had a Pinochle Tournament. Joe Cole Photography cosponsored the tournament providing prizes for the winners.

Everyone had a great time!

Winners

1st Place: Jim Kidd

2nd Place: Billy Vaughn

3rd Place: Nora Waters

MORE FROM MPRD

WHEELS & DEALS

Card playing and board games, includes chicken foot, backgammon, Mexican train.

Ages: Seniors

Day: Mondays

Time: 1:30-4:30 p.m.

Locations: Sports*Com

Fee: General Pass or \$2.00 Seniors/\$3.00 Adults

Contact Marlane Sewell, 615-893-2141, msewell@mur-freesborotn.gov for more information.

STRINGS AND THINGS

Knit, crochet, loom knitting, jewelry making.

Ages: Seniors

Day: Tuesdays

Time: 1:30-4:30 p.m.

Locations: Sports*Com

Fee: General Pass or \$2.00 Seniors/\$3.00 Adults

Contact Marlane Sewell, 615-893-2141, msewell@mur-freesborotn.gov for more information.

WEAVE IT WEDNESDAYS

Learn to weave, small weaving projects, jewelry, wall hangings.

Ages: Seniors

Day: Wednesdays

Time: 1:30-4:30 p.m.

Locations: Sports*Com

Fee: General Pass or \$2.00 Seniors/\$3.00 Adults

Contact Marlane Sewell, 615-893-2141, msewell@mur-freesborotn.gov for more information.

THINKING THURSDAYS

Brain games, chicken foot, canasta, & spades

Ages: Seniors

Day: Mondays

Time: 1:30-4:30 p.m.

Locations: Sports*Com

Fee: General Pass or \$2.00 Seniors/\$3.00 Adults

Contact Marlane Sewell, 615-893-2141, msewell@mur-freesborotn.gov for more information.

SPECIALS PROGRAMS:

Tuesday, September 13: craft class for seniors

Tuesday, September 27: craft class for seniors

Thursday, September 22: chicken foot tournament for seniors

Thursday, September 29: spades tournament for seniors

Contact Marlane Sewell, 615-893-2141, msewell@mur-freesborotn.gov for more information.

PARTICIPANT SURVEY

**Please return the completed form to the Senior Center next time you are in!
Thank you for your time and participation!**

- | | | |
|---|--|---|
| 1. How long have you been coming to this senior center? <input type="checkbox"/> Less than 1 year <input type="checkbox"/> 1 year to 5 years <input type="checkbox"/> More than 5 years, but less than 10 years <input type="checkbox"/> 10 years or more | 2. How often, in the past year, have you come to the senior center? <input type="checkbox"/> 5 or more times a week <input type="checkbox"/> 3 to 4 times a week <input type="checkbox"/> 1 to 2 times a month <input type="checkbox"/> Less than once per month | 3. On the days you go to the senior center, how many hours do you spend there? <input type="checkbox"/> 2 hours or less <input type="checkbox"/> More than 2 hours, but less than 4 hours <input type="checkbox"/> 4 hours or more <input type="checkbox"/> Don't know <input type="checkbox"/> Depending on what is scheduled |
|---|--|---|

| Because I go to the Senior Center, I | Most of the time | Sometimes | Almost Never | Not Applicable |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Do more volunteer work. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. See friends more often/make new friends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Take better care of my health. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have more energy. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Feel happier/more satisfied with my life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have something to look forward to each day | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Know where to ask if I need a service | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Feel more able to stay independent | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Feel the center has had a positive effect on my life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Learn new things | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have learned about services & benefits | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Am more physically active. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Would recommend the senior center to someone | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SENIOR CENTER ACTIVITIES: Which activities do you currently participate in?

- | | |
|---|--|
| <input type="checkbox"/> Exercise Classes <input type="checkbox"/> Dancing (<i>ballroom, line dancing, tap, evening, anytime</i>) <input type="checkbox"/> Games (<i>chickenfoot, bridge, pinochle, canasta, etc.</i>) <input type="checkbox"/> Fitness Equipment <input type="checkbox"/> Sports (<i>pool, wii, corn hole, horseshoe</i>) <input type="checkbox"/> Visual Art (<i>painting, ceramics, stained glass</i>) <input type="checkbox"/> Music (<i>singing seniors, music jam session</i>) <input type="checkbox"/> Crafts (<i>quilting, knitting, crochet, jewelry making</i>) <input type="checkbox"/> Drama <input type="checkbox"/> Computer classes <input type="checkbox"/> Library | <input type="checkbox"/> Walking <input type="checkbox"/> DayTrips <input type="checkbox"/> Long Trips <input type="checkbox"/> Gaming Trips <input type="checkbox"/> Potlucks <input type="checkbox"/> Clowns <input type="checkbox"/> Tax Preparation <input type="checkbox"/> Health Classes & Events <input type="checkbox"/> Nurse on Duty (<i>blood pressure, blood sugar, height, weight</i>) <input type="checkbox"/> Others: |
|---|--|

**Please use this space to share with us any programming ideas or trips that you would like to see at the Center!
Thanks for your input!**

AROUND THE CENTER

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

You’ll find a good supply of trees and shrubs at local suppliers and October is just the beginning of the ideal season to install such plants in your garden. If you do plant in October, definitely water plants well until rainfall picks up in November and December.

Now is an ideal time to plant winter annuals in your garden for a great show of color from now until spring. Great plants to include in your winter garden are pansies, violas, snapdragons, and Dianthus. They can be planted in mass for a major splash of color in your landscape or use them in containers to add color in different strategic spots. Such winter hardy herbs as parsley, thyme, and rosemary make great container companions with winter annuals. Also, consider inter-planting your winter annuals with bulbs of daffodils, tulips, and hyacinths. Planting bulbs between such hardy annuals will bring a surprise burst of color in the spring. And when the fading bulb’s foliage begins to wither, the winter annuals are so colorful that one barely notices the bulbs’ yellowing foliage

Mums are here. A variety of sizes and colors await your garden. Some people grow mums as year round perennials, often enjoying two seasons of blooms—a light display in late spring, and another show in the fall. Others opt for treating them as fall annuals, sinking pots in the ground or among their other garden plants. Either way, mums are a great way to add extra color to the fall garden.

Its not too late to prepare your Bermuda grass or Zoysia lawn for winter this fall. By increasing the cutting height now, you can help buffer these lawn grasses from extreme low temperatures in winter. The application of a potassium-containing fertilizer may also improve your lawns’ low-temperature hardiness and drought tolerance. Several fertilizers are specially formulated to help “winterize” Bermuda grass and Zoysia. Some may also contain a preemergence herbicide to prevent seeds of annual bluegrass and other winter annual weeds from germinating and competing with lawn grasses for light, nutrients and water.

OCTOBER BINGO @ ST. CLAIR

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

- TUESDAY 10/04** Bingo with St. Clair/Jim Howard (*donation accepted*)
- THURSDAY 10/06** Bingo with AT Home Health Care
- TUESDAY 10/11** Bingo with Roselawn Funeral Home & Memorial Garden
- THURSDAY 10/13** Bingo with The Bridge at Hickory Woods & Life Care Center of Hickory Woods
- TUESDAY 10/18** Bingo with HealthSouth of Franklin
- THURSDAY 10/20** Bingo with Diversicare of Smyrna

NO BINGO after 10/20 at St. Clair Senior Center. Patterson Community Center offers Bingo on the 1st & 3rd Wednesday from 10:00-11:00 a.m.

There is a small fee to attend functions put on by Patterson Community Center.

POOL *Room News*

Coed Tournament 08-08-16

1. Teresa Rains/Fred Staples
2. Lora York/Clyde Jacobs
3. Lue Simerly/Charlie Jordan

Ladies’ Tournament 08-15-16

1. Teresa Rains
2. Lupe Hickman
3. Lora York

Men’s Tournament 08-16-16

1. Jerry Parker
2. Laird Weishahn
3. Wayne McClendon

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
PPC = Patterson Park Center

OCTOBER 2016



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

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



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
Phil Roberts

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.