

The Leaf

November 2016

St. Clair Street
Senior Center
Living Every Adventure Fully

Happy Thanksgiving



The staff of the St. Clair Street Senior Center wish you & your family a Happy Thanksgiving!



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

I want to send out a way to go TEAM! to the St. Clair Street “Mind Benders”; Marilynn Nolan, Kris Delene, Loraine Hall, Carol Anne Beasley, Carolyn Farrar and Margaret Moore. On Friday, October 7th they competed in the State Brain Games Competition held in Morristown, TN. Our team placed 3rd in



the State games and we congratulate Jonesborough Senior Center in their 2016 win. This team of ladies won both the Greater Nashville District and the Regional games held in September.

Renovation count down has begun and we will be using the following timeline and office hours:

- **Half day operations** will begin on the third week of **October 23rd-November 5th open at 8:00 a.m. closed to participants at 12:30 p.m.** for programs listed on calendar. Open on Saturday 12:30-3:30 p.m. Meals on Wheels onsite as normal.
- **Essential operation plan will begin on November 6th-12th.** Center is only open to ADS Clients for the day. **Meals on Wheels will open the Cafeteria at 11:15 a.m.-12:30 p.m. for participants eating lunch with the Meals on Wheels program only. All activities and building will be closed to participants this week and on Saturday.**
- **Week of November 13th-19th** we will move operations to Patterson Park. **Monday, November 14th** will be our **first day at Patterson Park with adjusted program schedule.** Adjusted programs at Patterson Park will be held in the Cafeteria on Monday, Wednesday and the Training room on Thursday from 10:00 a.m.-2:00 p.m. Please look for St. Clair Staff as you enter Patterson for directions.
- **Monday, November 14th ADS clients only** will move to St. Marks Methodist Church Community Room M-F 8:00 a.m.-4:30 p.m. The contact number for ADS Coordinator Amanda Pullias starting on Monday,

November 14 from 8:00 a.m.-4:30 p.m. will be 615-785-2371.

MEALS ON WHEELS SCHEDULE:

- **Wednesday, November 16 will be first day** for Meals on Wheels at Patterson Park in the Cafeteria at 11:30 a.m. **Thursday, November 17 MOW's** at 11:30 a.m. Patterson Park Cafeteria. Shuttle Available for Westbrooks Towers Residents on the 16th and 17th.
- **Starting Monday, November 21st Meals on Wheels will be served at Patterson Park Monday, Wednesday and Thursday** from 11:30 a.m. to 12:30 p.m. in the Cafeteria. The center will offer a shuttle for Westbrooks Towers residents only

to Patterson Park for MOW's lunch service. Pick up at 11:15 a.m. from Westbrooks Towers main entrance facing Senior Center and return at 12:30 p.m.

- For Participants driving or riding Rover please use the following address for your destination to programs offered on Monday, Wednesday and Thursdays 10:00 a.m.-2:00 p.m. at Patterson Park:

Patterson Park, 521 Mercury Blvd, Murfreesboro, TN 37130, Cafeteria

I would suggest that everyone read the LEAF very carefully to see the programs offered at Patterson Park for November. The LEAF will be our main forms 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. Staff will be at Patterson Park on Mondays, Wednesdays and Thursdays 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 November. 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 November.

Your Director, Connie C. Rigsby

NOON YEARS EVE PARTY

FRIDAY, DECEMBER 30

10:30 a.m.-1:30 p.m.

Entertainment by Snappy Pappy Band

Adult Gym at Patterson Park

Enjoy fun, dancing, music, good snacks & a great hello to 2017!

We'll sing Auld Lang Syne & salute with sparkling cider.

Reservations are required!

If you sign up and cannot attend, please cancel your reservation.

Call 615-848-2550 to reserve your spot.

Limit 135 • Deadline December 15



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



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

WHAT IS SILVER SNEAKERS?

SilverSneakers is offered through Murfreesboro Parks and Recreation Department at Sports*Com and Patterson Park. The program encourages older adults to participate in physical activities that will help them to maintain greater control of their health. It sponsors activities and social events designed to keep seniors healthy while encouraging social interaction.

The program is available around the country, and membership provides access to any participating gym location--including all amenities included with basic level access. Each location is outfitted with an advisor who will introduce you to the program and help get you started. Access to HealthwaysFIT.com is also included as a way for you to track your progress, and SilverSneakers includes an invitation to sponsored health education seminars and other fitness-related events.

Medicare Advantage Plans May cover SilverSneakers

SilverSneakers is considered a basic fitness service and Original Medicare, Part A and Part B, does not cover this benefit. However, Medicare Advantage plans, also known as Medicare Part C, may provide this benefit. To see if your current Medicare Advantage plan includes the SilverSneakers program, contact your health plan directly, or visit the SilverSneakers online health plan finder to check.

If you are looking to enroll into a Medicare Advantage plan with SilverSneakers coverage, take a look at our eHealth-Medicare plan comparison tool on this page. The tool lets you review a list of Medicare Advantage plans available in your service area and explore your Medicare plan option. Information obtained at <https://www.ehealthmedicare.com/faq-what-is-silversneakers/>

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator

In October we were busy packing up and organizing for the changes that the coming renovation will bring. We still managed to have a great time, though. We especially enjoyed the annual visit with the members of the Stones River Garden Club and the beautiful arrangements we made with their help. We enjoyed music and memories of holidays past.



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

It's hard to believe that November is here and our renovation project is becoming a reality. At this season of Thanksgiving, right here at the Senior Center there are many reasons for gratitude. We are getting a newly refurbished Senior Center. We are honored and thankful that St. Mark's United Methodist Church has offered a lovely space to the ADS while we are getting a "new do" in our space. **Beginning November 14, the ADS will be located in the community wing of St Mark's Church.** We are grateful for volunteers who are committed to us during that period as well.

When we return, it will be to a freshly painted room with

recovered chairs and a nice fireplace for coziness. We are grateful that the City of Murfreesboro (that's you, the citizen!) has

invested in our unique program. We are grateful for families who trust our ADS staff with the care of their loved ones. I personally am grateful for our committed staff, volunteers and Meals on Wheels volunteers who make ADS a warm, inviting program for our participants. Most of all, we are grateful to our participants for letting us be a part of their daily lives.

We will have our November Thanksgiving



Betty and Amanda enjoy watching birds at Long Hunter State Park.

with our participants and their families with turkey and all the trimmings. We will decorate for the holidays and make holiday crafts. Of course we will honor our veterans. We will enjoy some days off with our families. We will have fellowship, laughter and friendship. This is why LIFE IS GOOD in the ADS.

During the renovation, the ADS staff will still be accepting referrals and answering calls. If anyone wishes to

contact the ADS with questions, we can be reached at 615-848-2550 or e-mail at apullias@murfreesborotn.gov.



ADS enjoyed a fishing trip and picnic at Long Hunter State Park.



It looks like a big one!



Pat and Anita enjoy the lovely day at Long Hunter.

MEDICARE INFORMATION OPEN ENROLLMENT OCTOBER 15-DECEMBER 7

Changes made during this period of time will become effective January 1, 2017.

If you are happy with your medical coverage and prescription drug coverage, you do not have to do anything during this time, you will remain on the same type of coverage that you had for 2016. Do pay attention though, if you receive a letter from your advantage plan or drug plan that outlines any change such as higher premium, higher co-pays, etc. Your plan is required to inform you of changes and if you are not happy with the changes, this is the time to do something about it and see if there is a better plan for you. Even if you are happy with your coverage it is still a good idea to compare to see if there are changes in other plans or new plans that might be beneficial to you. The drug formularies can change from the previous year and new prescriptions you may be taking can make a difference in what plan is best for you. Remember that the plan that is best for your friend or neighbor may not be the best plan for you! We can assist you with comparing Medicare Advantage Plans and Medicare Part D plans. Please call Dee at (615) 848-2550 to schedule an appointment for individual assistance. Also the State Health Insurance Program can assist you by phone at 1-877-801-0044. SHIP staff and trained volunteers can assist you by phone. This is an easy phone call and you will not wait hours to talk to someone. You may have to leave your name and phone number, but you will get a call back. If you are interested in going online to compare plans yourself you can go to www.medicare.gov, click on “find health and drug plans” and it will lead you through the process. Obviously you can deal directly with insurance agents or call plans directly yourself to enroll. But just be aware that even though you may be signing up for a good plan you will not know if it is the best one for you unless you compare it to other plans.

5 Tips to Protect Yourself during Open Enrollment

- Do not talk to persons calling you or coming to your door to talk to you about Medicare plans unless you have given them permission to do so. This is “cold calling” and it is strictly forbidden for agents to do this. Even worse, these individuals may not be agents at all, just scammers trying to get to your personal information.
- Trust your instincts. If something does not feel right, it’s probably a scam. When someone calls you on the phone claiming to be a government employee and needing to know your personal information such as asking for you to verify your Social Security number or requesting credit card information... STOP! No government worker will call you asking for this information. Never give out this information to an unknown person, especially over the phone.
- Discern legitimate mail from scam mail. Mailings and letters from government agencies, such as Medicare and Social Security, will have an official government seal and/or logo on it. Keep this mail, don’t overlook it. Other flyers, letters, or postcards claiming to be from “Medicare” that don’t have these seals/logos should be set aside. Do not respond to them unless you can verify that they are legitimate.
- When in doubt, call them out. When someone calls you and asks for personal health or financial information do not feel obligated to respond. Ask them for their name, number, address and the name of their agency/company. Tell them that you first need to verify who they are representing.
- Report it. For every one person who reports a fraudulent scam, there are likely 10 other people who experienced the same thing but either were afraid to speak up or didn’t know who to call. It is important to report it to an official, including the police, Tennessee Senior Medicare Patrol or the Federal Trade Commission. You can file a complaint with Tennessee Medicare Patrol at 1-800-836-7677.

Unfortunately, Medicare Open Enrollment is one of the prime target times for scammers. Scammers are aware that there is a lot of confusing mail going out, and seniors are looking for answers and making decisions. Don’t let your guard down!



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

Volunteer Corner • November 2016



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

During the renovation I can be reached at cransom@murfreesborotn.gov

When we have our Grand re-opening we will have plenty of volunteer opportunities. While we're closed you could volunteer at one of the many great agencies in our community that would appreciate your drive and enthusiasm. One of them is the Red Cross.

American Red Cross

Each year more than 345 local residents serve as Heart of Tennessee Red Cross volunteers serving local community needs — helping people in emergencies, working to increase the local blood supply, teaching first aid and CPR courses, delivering emergency messages to members of the military, and organizing programs for the community.

Contact: 615.893.4272 x 103

**Winners "Grand" Pool Tournament
Saturday, October 15**



FIRST PLACE
Rich Childress & Kevin Joiner

SECOND PLACE
Teresa Rains & Trent Rains

THIRD PLACE
Larry Thrasher & Jason Davenport

(Pictured left to right)

Congratulations
to you all!



CARING FOR THE CAREGIVER

THE CYCLE OF LIFE & FAMILY CAREGIVING

When we're young we think we'll never get sick or old. But it happens – sometimes suddenly, and sometimes so slowly we don't even notice, until we realize that more and more of our conversations are about aches, pains, injuries, eyesight, indigestion, and illness. All around us the people in our lives are aging noticeably, getting sick, and even dying.

There was a time when families lived together; if not in the same house, then in the same town or village. If a family member got sick or injured, they usually died at home surrounded by family and friends, and

their body stayed in the house until their funeral. Familial caregiving was a given: grandma and grandpa helped to care for the children and run the household, and lived in the family



home until they breathed their last breath – the whole family was involved in their care and children grew

take them. That, combined with modern medicine, longer life spans, and retirement living options, have made caring for our loved ones, and their inevitable death, something we rarely think about until someone becomes very ill or can no longer do everything for themselves. It can be quite a shock to suddenly find that someone you always thought of as invincible is now depending on you for their very survival. If you aren't a caregiver now, chances are you'll be one before long.



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

up witnessing the entire cycle of life.

These days' family members often scatter to wherever jobs, school, weather, cost of living, or whims

“There are four kinds of people in the world: those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers.”
~Former First Lady, Rosalynn Carter

Cindi

**RETIREMENT PART 2:
“SHOULD I STAY OR SHOULD I GO?”**
Wednesday, November 2 at 10:00 a.m.
Limite to 50 participants.
Do you have questions about if staying in your home or moving into senior housing is the right option for you or your loved one? YOU are invited to join a FREE informative question and answer panel session.
Brought to you by the
Council on Aging of Middle Tennessee.

CAREGIVER PROGRAMS

GRIEF SUPPORT



**Thursday, November 17
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, November 17 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, November 17 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 not meet 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, November 17 • 1:30-2:30 p.m.
St. Marks United Methodist Church
1267 N. Rutherford Blvd..
Murfreesboro, TN 37130**

NURSE LAURA SAYS

FEELING THANKFUL IN NOVEMBER

It is the month of giving thanks, which means we've almost finished another year. I don't know about you but time seems to go faster and faster with each passing year, which makes me even more grateful for all life is. Most of us have experienced some sort of loss this year, and, I dare say, most of us have also experienced many blessings as well. We all need to remember how precious life is and do the best we can to take care of what we have, including our bodies! November is a month full of health related observances, so I thought I would let you know about a few and hopefully encourage you to work on these areas of your own health and/or find a way to help others.

November is American Diabetes Month so make sure you are doing all you can to keep from getting this life-altering disease, including exercising regularly, eating wisely, and maintaining a healthy weight. If you are a diabetic, doing these things can keep you healthier and possibly even get you off of medications in some cases. For more information on diabetes you can go to the American Diabetes Association's website, www.diabetes.org.

Lung Cancer Awareness month is a topic you don't hear much about but this is the time of year they have walks, runs, and other fund raisers to raise awareness about this cancer that kills more people than any other. This leads me to another important event this month - the Great American Smokeout, which is the third Thursday of November (November 17 this year). If you smoke, please accept this challenge to put those cigarettes down, even if just for the day. Go to the American Cancer Society at www.cancer.org and look under "The Great American Smokeout" for help in quitting and ways to support others quitting. They also have a ton of information about all other forms of cancer, including how to find support and treatment.

Alzheimer's Awareness Month was first proclaimed in November 1983 by President Ronald Reagan, almost 20

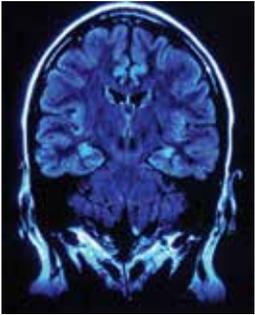
years before he died of the disease. Today there are more than 5 million Americans living with Alzheimer's disease and it is the sixth leading cause of death. It is the only cause of death in the top ten that cannot be prevented, cured or even slowed. One in nine people age 65 and over have Alzheimer's and one in three seniors die with Alzheimer's or another form of dementia.

Tennessee has the sixth highest Alzheimer's death rate in the country and we have had a 148% increase of those deaths since the year 2000. Every 66 seconds someone in this country develops the disease. This year, Alzheimer's and other dementias will cost our country \$236 billion dollars. If this disease does not affect you right now in some way, it more than likely will at some point in your life. There are some things you can do to help keep your brain healthy. Exercise regularly and in ways that really get your blood circulating. Enjoy social time with other healthy, social people (the company you keep really does make a difference). Keep your brain active with puzzles, chess, or even computer games. Learn how to reduce stress through breathing exercises, meditation, or prayer. Discuss your medications regularly with your doctor, including over-the-counter meds or supplements you take. For more information on Alzheimer's disease or other dementias, go to www.alz.org or speak to our center's own Cindi Thomas, who works closely with the Alzheimer's Association.

Let's be thankful for all we have and take good care of it. Make sure you join us at Patterson Park on Wednesday, November 23 for our Thanksgiving Celebration! We will have a presentation on a "Thankful Heart" from 10:00-11:00 a.m., a special holiday lunch 11:30 a.m.-12:30 p.m. (you'll need to sign up for lunch), and a concert with Johnny B. and the Balladeers from 1:00-2:00 p.m. I'll see you there!



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



STROKES: WHAT YOU NEED TO KNOW

On Thursday, November 3, 9:00-10:00 a.m. Lori Socall, a nursing student at Austin Peay State University, will present information on strokes. She will include medication compliance to prevent them, the signs and symptoms of a stroke, how nutrition and exercise help prevent them, and what treatment options there are after one occurs. Sign up for this lecture and learn something that could save your life! There is a limit of 40 so sign up by November 1.

Tennessee Technology

There will not be a trip to the Tennessee Technology Center for nail and hair care in November. However, you can call them at 615-898-8010 ext. 118 to make an appointment on your own.

Blood Pressure Clinic:

We will not have blood pressure clinic in November.

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.

- **October 24 – November 4 there will only be a morning class, which meets Wednesdays and Fridays, 9:15-10:15 a.m.**
- **There will not be any Go4Life class the week of November 7 – 11.**
- **The class will start at Patterson Park November 14 and will meet on Mondays and Thursdays, 10:00-11:00 a.m.**

Wednesday, November 23 a thankful heart

a celebration of
THANKSGIVING



Be a part of our special Thanksgiving Celebration at Patterson Park on Wednesday, November 23!
Presentation on gratitude from 10:00-11:00 a.m.
Thanksgiving lunch from 11:30 a.m.–12:30 p.m.
Concert from 1:00-2:00 p.m.

by Johnny B & the Balladeers

We want to share with you a day to think about all we have to be grateful for and enjoy some delicious food as well!

Sign up by November 16.

Call 615-848-2550

for your reservation.



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.
~John Fitzgerald Kennedy

AT ST. CLAIR

St. Clair Senior Center continues **Half day operations** from October 24-November 5. Center will open at 8:00 a.m. and close to participants at 12:30 p.m. Center will be open on Saturday, November 4 from 12:30-3:30 p.m. 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 7-12. All activities and building will be closed to participants (not eating lunch) this week and on Saturday. Week of November 14-19 we will begin operations at 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. See schedule on page 12.

Half-Day Operations at St. Clair	Essential Operations at St. Clair	Move to Patterson Park Center
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 (see page 12) Programs on Monday, Wednesday & Thursday from 10:00 a.m.-2:00 p.m.

NOVEMBER Calendar of Events for 10/31-11/12 @ ST. CLAIR

During the week of 10-31 through 11-4 the following activities will be available from 8:00 a.m.-12:30 p.m. Pinochle, Canasta, Spades, Hearts, Uno, Skip Bo, Chicken Foot, Pool, Puzzles, Walking Trail, Library, Open Gym (when class not in session), Nurse Visit, Social Services Visit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
10/31 Happy Halloween! 8:00 a.m. Center Open 8:00 a.m.-12:15 p.m. Open Gym 8:30 a.m. Blood Pressure Clinic 9:30 a.m. Line Dance Practice	11/1 DEADLINE 11/3 Strokes 8:00 a.m. Center Open 8:30 a.m. Core Strength 9:30 a.m. Dancercise 9:30 a.m. Line Dance Practice 10:25 a.m. Core Strength 10:00 a.m. Knit Group 10:40 a.m. Senior Strength	11/2 8:00 a.m. Center Open 9:15 a.m. Go4Life 10:00 a.m. RETIREMENT PART 2: Should I Stay or Should I Go? 10:15 a.m.-12:15 p.m. Open Gym	11/3 8:00 a.m. Center Open 8:30 a.m. Core Strength 9:00 a.m. STROKES: What You Need to Know 9:15 a.m. Go4Life 9:30 a.m. Line Dance Practice 9:30 a.m. Dancercise 10:25 a.m. Core Strength 10:40 a.m. Senior Strength	11/4 8:00 a.m. Center Open 8:00 a.m.-12:15 p.m. Open Gym 10:00 a.m. Knit Group 11/5 12:30 p.m. Center Open
11/7 Essential Operations ADS Clients Only Lunch served from 11:15 a.m.-12:30 p.m.	11/8 Essential Operations ADS Clients Only Lunch served from 11:15 a.m.-12:30 p.m.	11/9 Essential Operations ADS Clients Only Lunch served from 11:15 a.m.-12:30 p.m.	11/10 Essential Operations ADS Clients Only Lunch served from 11:15 a.m.-12:30 p.m.	11/11 CENTER CLOSED for Veterans Day 11/12 12:30 p.m. Center CLOSED

Monday, November 7 St. Clair Singing Seniors meet at Murfreesboro Little Theatre, 702 Ewing Blvd., Murfreesboro. Piano and Dulcimer classes meet at Jane's studio, 610 W. College St., beginning in November through the renovation.

AT PATTERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PATTERSON PARK 521 Mercury Blvd. Murfreesboro, TN 37130 in the cafeteria.	1	2	3	4
October 31-November 4 HALF DAY OPERATIONS ONLY at St. Clair Center OPEN for Activities from 8:00 a.m.-12:30 p.m. Adult Day Service OPEN for Clients from 8:00 a.m.-4:30 p.m. Congregate Dining (LUNCH) as usual. Center Open Saturday, November 5 from 12:30-3:30 p.m.				
7	8	9	10	11
November 7-12 ESSENTIAL OPERATIONS ONLY at St. Clair Adult Day Service OPEN for Clients from 8:00 a.m.-4:30 p.m. Congregate Dining (LUNCH) from 11:15 a.m.-12:30 p.m. ONLY				
14	15	16	17	18
First Week of Operations at Patterson Park				
10:00 a.m. Go4Life in Adult Gym NO MCHRA Lunch Today 1:00 p.m. Singing Seniors in cafeteria		All in Cafeteria 10:00 a.m. Ghostly Tales from Rutherford County Archives 11:30 a.m. MCHRA Lunch 12:45 p.m. Open Play/Games	10:00 a.m. Go4Life in Adult Gym 11:30 a.m. MCHRA Lunch 12:30 p.m. Line Dance in Dance Studio 12:45 p.m. Open Play/Games	Line Dancers must wear sneakers in the dance studio.
21 10:00 a.m. Go4Life in Adult Gym 11:30 a.m. MCHRA Lunch in cafeteria 1:00 p.m. Singing Seniors in cafeteria	22	23 All in Cafeteria 10:00 a.m. A Thankful Heart Thanksgiving Celebration 11:30 a.m. MCHRA Lunch 1:00 p.m. Concert by Johnny B and the Balladeers	24 <p style="text-align: center; font-size: 1.5em;">Happy Thanksgiving!</p>	25 <p style="text-align: center; font-size: 1.5em;">Happy Black Friday!</p>
28 10:00 a.m. Go4Life in Adult Gym 11:30 a.m. MCHRA Lunch in cafeteria 1:00 p.m. Singing Seniors in cafeteria	29	30 All in Cafeteria 10:00 a.m. Singing Seniors Winter Concert 11:30 a.m. MCHRA Lunch 12:45 p.m. Open Play/Games	St. Clair Activities are only at Patterson Park on Mondays, Wednesdays and Thursdays from 10:00 a.m.-2:00 p.m.	Please see page 13 for a activities offered by Murfreesboro Parks and Recreation and a pricing list.

Thank you for all your patience as we transition through the renovation project.

EVENTS

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 (through November 5) or during the time we are at Patterson; Monday, Wednesday and Thursday from 10:00 a.m.-2:00 p.m.

SIGN UP FOR ACTIVITIES @ ST. CLAIR

WEDNESDAY NOVEMBER 2 10:00-11:00 a.m.	RETIREMENT PART 2: SHOULD I STAY OR SHOULD I GO? Do you have a question about if staying in your home or moving into senior housing is the right option for you or your loved one? You are invited to join a FREE informative question and answer panel session.	<i>Limit 50</i> <i>No Deadline</i>
THURSDAY NOVEMBER 3 9:00-10:00 a.m.	STOKES: WHAT YOU NEED TO KNOW Lori, an Austin Peay nursing student, will present information on strokes, including what you can do to possibly prevent them, the role of medication, signs and symptoms, and treatments.	<i>Limit 40</i> <i>Deadline 11/1</i>

SIGN UP FOR ST. CLAIR ACTIVITIES @ PATTERSON PARK

WEDNESDAY NOVEMBER 16 10:00-11:15 a.m.	GHOSTLY TALES FROM RUTHERFORD COUNTY ARCHIVES John Lodi, Director of the Rutherford County Archives, presents: "Ghostly Tales from Rutherford County." Everyone is invited to attend this interesting seminar.	<i>Limit 50</i> <i>No Deadline</i>
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.	<i>Limit 40</i> <i>No Deadline</i>
MONDAY DECEMBER 12 12:45-1:45 p.m.	GIFT IDEAS ON A BUDGET WITH UT EXTENSION Learn different gift ideas that are wonderful, but done on a limited budget. Carla Bush, Extension Agent III from UT Extension office gives us the scoop.	<i>No Limit</i> <i>No Deadline</i>
FRIDAY DECEMBER 30 10:30 a.m. 1:30 p.m.	NOON YEAR'S EVE PARTY Reservations are required for this party! If you sign up and cannot attend, please CANCEL YOUR RESERVATION. Enjoy fun, dancing, music, good snacks and a great hello to 2017! We'll sing Auld Lang Syne and salute with sparkling cider. Snappy Pappy Band is our entertainment. Will be held at Patterson Park Adult Gym.	<i>Limit 135</i> <i>Deadline 12/15</i>
MONDAY JANUARY 9 10:00-11:15 a.m.	IN THE GARDEN WITH JACK "JANUARY GARDENING?" Can we really garden in January? What tips can we get from Jack Smith, Master Gardener, to make the coming season excel.	<i>Limit 40</i> <i>No Deadline</i>

MCHRA SENIOR DINING LUNCH @ PATTERSON PARK

MONDAYS WEDNESDAYS THURSDAYS	RESERVATIONS REQUIRED BY CALLING 615-895-1870	BEGINS 11/14 11:30 a.m. 12:30 p.m.
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TAI CHI CLASSES @ PATTERSON

You may sign up and for the December and January classes at the reception desk at St. Clair from now until 11/5. Sign up will resume on November 14 at Patterson Park during the times we are there, Monday, Wednesday, Thursday from 10:00 a.m.-2:00 p.m.

THURSDAYS BEGINS 12/1 12:30-1:15 p.m.	ADVANCED TAI CHI IN STUDIO B Slower paced martial art workout for improved movement, balance and flexibility for those who have already had the beginning class. Taught by Eli Smith.	CLASS FEE \$15 PER MONTH <i>No Deadline</i>
THURSDAYS BEGINS 12/1 1:15-2:00 p.m.	BEGINNING TAI CHI IN STUDIO B Slower paced martial art workout for improved movement, balance and flexibility. Taught by Eli Smith.	CLASS FEE \$15 PER MONTH <i>No Deadline</i>

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

The following list contains classes and events that do not require a sign up (except 11/23 for lunch). They are listed here for your convenience. The following activities take place at Patterson Park.

THANKFUL HEART TALK

with **LAURA GRISSOM**

This is the month we concentrate on being thankful so come and learn how a grateful heart is good for your health.

The lecture will be followed by a special

Thanksgiving lunch (you must sign up for lunch with MCHRA by calling Debbie Willis at 615-895-1870). After lunch we will enjoy a great concert by Johnny B and the Balladeers from 1:00-3:00 p.m. (see below)

Day/date: Wednesday, November 23

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

Location: Patterson Park in the Cafeteria

Fee: Free

LET'S GET THANKFUL SPECIAL EVENT

with music by artist **John Blankenship**

Day/date: 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.

Day/date: Wednesday, November 30

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

Location: Patterson Park in the Cafeteria

Fee: Free

WONDERFUL WEDNESDAY

HOLIDAY JEWELRY

In this class you will make holiday jewelry for a friend or to keep for yourself. Instructed by Susanne Hebden. This is a free class.

Day/dates: Wednesday, December 14

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

Location: Patterson Park in the Cafeteria

Fee: Free

VETERAN'S BENEFITS FORUM

PEARL HARBOR

REMEMBRANCE DAY

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

a panel of guests from Veterans Affairs, Bugles Across America, Middle Tennessee State Veteran's Cemetery, and the Patriot Guard Riders.

Day/date: Wednesday, December 7

Time: 10:00 a.m.-2:00 p.m.

Location: Patterson Park in the Cafeteria

Fee: Free

Please note: you MUST register with Debbie Willis for lunch on this day. Give her a call at 615-895-1870 and make your lunch reservation.



NOON YEAR'S EVE

Even though we are under renovation, yes, we are still having Noon Year's Eve! We have the fantastic band, Snappy Pappy for your dancing and listening pleasure. Thanks to Murfreesboro Parks and Recreation, the event will take place at Patterson Community Center in their adult gym on Friday, December 30th from 10:30 a.m. until 1:30 p.m.

Amerigroup is even providing nice champagne glasses for you! If you have never been to Noon Year's Eve, you are in for a real treat. We have 'fake' champagne, hors d'oeuvres, music and a lot of fun.

Sign up is required for planning purposes. To make your reservation, call 615-848-2550. Deadline to make a reservation is December 15th.

CHOICES FOR YOU

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, cclemmons@murfreesborotn.gov

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

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

Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov

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.

This class is for adults of all ages and meets Tuesday and Thursday at 11:00 a.m. in the aerobic room at Sports*Com. For fee information go to website www.840west.org/boneup or contact Heather Dunsford, 615-594-1514, or email at OsteoUPTN@gmail.com

Remember that all MPRD programs require admission. Please see page 15 for the rates and membership options at their locations. While many of the facilities and programs do have fees, MPRD works to keep things affordable with special rates for seniors, offering some free options, and participate in Silver Sneakers. For a list of all facilities and parks visit: www.murfreesborotn.gov/parks.

**Marjorie's' Core & Senior Strength
Exercise Class**

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

Dancercise

Advanced level aerobics class.

Ages: Seniors
Day/dates: Tuesday and Thursday
Time: 9:00 am
Location: Sports*Com Aerobic Room Studio B
Fee: Free
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

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

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 n-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

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

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

Come on caller... Make me holler... Bingo!

Ages: Adults and Seniors
Days: 2nd & 4th Tuesdays of each month
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

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 November
Dates: 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

WHAT TO DO?

A FEW MORE MPRD PROGRAMS: Remember that all MPRD programs require admission. Please see page 15 for the rates and membership options at their locations. While many of the facilities and programs do have fees, MPRD works to keep things affordable with special rates for seniors, offering some free options, and participate in Silver Sneakers. For a list of all facilities and parks visit: www.murfreesborotn.gov/parks.

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@murfreesborotn.gov

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@murfreesborotn.gov

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@murfreesborotn.gov

Thinking Thursdays

Brain games, chicken foot, canasta, & spades

Ages: Seniors
 Day: Thursdays
 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@murfreesborotn.gov

Social Media 4 Seniors Class Interest List Available

We are taking names on an interest list for the following classes: I-Pad, Android, Pinterest and Facebook. Being on the list shows us where the interest is. It does not hold your spot in a class.

If your family is looking for something to buy you for a holiday present, here is a really cool idea. Get with it in the social media world! If Santa brings you an I-Pad, Android Phone, or you want to learn about Pinterest and Facebook, we've got you covered! We are excited to add Jennifer Dancu to our line-up of instructors after our remodel.

"My name is Jennifer Dancu and I have been a teacher and principal for 20 years, instructing in public and private schools, as well as at the college level. During these years I implemented curriculum and guided teachers and students in learning the many different facets of today's technology. Seniors understand that their ability to connect with family and friends could vastly improve through the use of social media, but they just don't know where to get the help they need. That's how the vision of **Social Media 4 Seniors** came to be. I soon began helping seniors, using my background experience and knowledge to tutor them and make them confident using today's social media technology."

Give us a call at 615-848-2550 to be placed on one or more of the interest lists.



TRIPS

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<p>SATURDAY NOVEMBER 5 8:00 a.m. 3:30 p.m. Deadline: 11/4</p>	<p>CIVIL WAR NATURAL LIVING REENACTMENT Each year in November on the anniversary of the Battle of Johnsonville, Johnsonville State Historic Park hosts interpretive talks and multiple natural living reenactments at Johnsonville State Historic Park. These Civil War reenactments will include many live demonstrations including Calvary, cannon, medical, laundry, housing and more. On November 4, 1864, at Johnsonville, Tenn., Lt. Gen. Nathan B. Forrest's cavalry took up artillery positions on the west bank of the Tennessee River and destroyed the Federal depot at Johnsonville. Union losses in the raid included 4 gunboats, 14 steamboats, 17 barges, 33 cannons, and more than 75, 000 tons of supplies--valued at \$6.7 million. The event is free, but bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY NOVEMBER 5 3:30 p.m. 11:30 p.m. Deadline: 11/04</p>	<p>VALOR FIGHTS MMA IN NASHVILLE! Watch as bout after bout, fighter after fighter tries to subdue the other into either submission or full knockout. This will be Valor Fights first ever visit to Nashville. Valor Fights is bringing the Octagon of Pain with fighters displaying their talents as Mixed Martial Artist in this full-contact combat sport that allows both striking and grappling, both standing and on the ground, using techniques from other combat sports and martial arts. Bring \$35 for admission at the gate and money for concessions and souvenirs.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$\$-\$\$\$ </p>
<p>THURSDAY NOVEMBER 10 12:30 p.m. 4:30 p.m. Deadline: 11/08</p>	<p>MUSIC AT THE BRIDGE The Bridge at Hickory Woods is working with St. Clair St. Senior Center to provide a free concert for us and their residents who live on site at this innovative assisted living facility.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$ </p>
<p>SATURDAY NOVEMBER 12 8:30 a.m. 3:30 p.m. Deadline: 11/09</p>	<p>CHRISTMAS VILLAGE AT NASHVILLE FAIRGROUNDS Shop with a Purpose at Nashville's oldest and most prestigious consumer show. Approximately 260 merchants from all over the U.S. participate in this premier consumer show. A variety of unique seasonal and gift items are offered, including: toys for all ages, clothing for children and adults, jewelry, food items, pottery, collectibles and unusual pieces for the "person who has everything." Shop with a purpose as Christmas Village is organized and operated solely through the volunteer efforts of the Nashville Pi Beta Phi Alumnae Club to benefit the Vanderbilt Bill Wilkerson Center and other Pi Beta Phi philanthropies. Bring \$10 for admission at the gate, money to shop and eat.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY NOVEMBER 12 10:00 a.m. 4:00 p.m. Deadline: 11/10</p>	<p>FAYETTEVILLE HOST OF CHRISTMAS PAST Join us for a fun-filled weekend where snow is guaranteed to fall in historic downtown Fayetteville, Tennessee. Experience the magical holiday with an array of music, food, exhibits, shops and candlelight. Beautiful downtown Fayetteville will be decorated for the holiday season. Bring money to shop and eat.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ </p>
<p>WEDNESDAY NOVEMBER 16 11:30 a.m. 4:00 p.m. Deadline: 11/14</p>	<p>MYSTERY LUNCH It's a mystery to all! Bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>THURSDAY NOVEMBER 17 9:00 a.m. 3:00 p.m. Deadline: 11/15</p>	<p>TRADER JOES & WHOLE FOODS, NASHVILLE, TN: Trader Joe's describes itself as "your unique grocery store". Products include gourmet foods, organic foods, vegetarian foods, unusual frozen foods, imported foods, domestic and imported wine and beer "alternative" food items, and staples such as bread, cereal, eggs, dairy, coffee and produce. Non-food items include personal hygiene products, household cleaners, vitamins, pet food, plants and flowers. Whole Foods Market Inc. exclusively features foods without artificial preservatives, colors, flavors, sweeteners, and hydrogenated fats. It is the United States' first certified organic grocer. Bring money to shop and lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</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. **You may sign up for a trip at the reception desk at St. Clair from now until 11/5. Sign up will resume on November 14 at Patterson Park during the times we are there, Monday, Wednesday, Thursday from 10:00 a.m.-2:00 p.m.** Payment is accepted via check or cash only. Please note deadlines, participant limits and other costs 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!

FRIDAY NOVEMBER 18 6:15 p.m. 10:00 p.m. Deadline: 11/11	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.	ADMISSION: \$13 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
SATURDAY NOVEMBER 19 9:00 a.m. 3:00 p.m. Deadline: 11/17	HAYSHED FARMS HOLIDAY MARKET AND HOEDOWN, KINGSTON SPRINGS, TN On fertile bottom land, Hayshed farms raises fruits, vegetables, herbs, and flowers using natural, sustainable methods. Hayshed farm's is landscaped with beautiful pastures, old rustic barns, and the Big Turnbull Creek meandering through the farm with majestic bluffs. The farm is hosting The Holiday Market and Hoedown which will include artisans with homemade and antique items ranging from the low to high-end, multiple fashion booths, a grist meal and black smith demonstrations. This is a unique festival featuring live music and great food vendors on site that focus on specialized pastries. Admission is free. Bring money to shop and eat.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ 
SATURDAY NOVEMBER 19 11:00 a.m. 6:45 p.m. Deadline: 11/17	EAST 10 STATE OF DRIFT DRIFTING COMPETITION As a motoring discipline, professional drifting competitions are held worldwide and are judged according to the speed, angle, showmanship and line taken through a corner or set of corners. Drifting is a driving technique where the driver intentionally over steers, causing loss of traction in the rear wheels or all tires, while maintaining control for the entirety of a corner. Drift Championship (Drift Wars) have come along to further expand it into a legitimate motor sport worldwide. The drivers within these series were originally influenced by the pioneers from D1 Japan and are able to keep their cars sliding for extended periods of time, often linking several turns. We will eat lunch on the way to the event. Bring \$20 for admission at the gate and money for food.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
TUESDAY NOVEMBER 22 12:00 noon 3:00 p.m. Deadline: 11/17	GIVE THANKS WITH FRIENDS AND FAMILY AT MAPLE STREET GRILL Give Thanks with Friends and Family at Maple Street Grill of Eagleville. The grill is serving a traditional style Thanksgiving Dinner that is sure to please all. Bring money for your lunch.	BRING \$ TRANSPORTATION \$4 <i>Limit 23</i> COST: \$-\$\$ 
SATURDAY NOVEMBER 26 8:30 a.m. 12:30 p.m. Deadline 11/23	HOLIDAY BAZAAR AT CANNON COUNTY ARTS CENTER Find that special something for everyone on your list! Skip the mall and shop one-of-a-kind gifts from eighteen of Middle Tennessee's finest craft artists. This event is located inside The Arts Center of Cannon County and admission is free. The White Oak Craft & Gift Shop will also be open during the event. Bring money for shopping.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 
SATURDAY NOVEMBER 26 10:30 a.m. 4:00 p.m. Deadline: 11/23	INDIE SOUTH ARTISTS SHOW AND CRAFT, CHATTANOOGA, TN Join Indie South for their first ever independent event at the Grandfalloon in Chattanooga! Food trucks, artists, giveaways and more! Indie South Fair has earned a reputation for being the largest and most diverse market of its kind in the area, and one of the first to expand to multiple locations across state lines. Simply the best for lovers of the handmade, vintage collectors, those looking to connect with the artistic community or become a part of it—always free and open to everyone! Bring \$2 for admission at the gate and money for shopping and food.	BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ 
MONDAY NOVEMBER 28 9:00 a.m. 4:00 p.m. Deadline: 11/25	OPEN SEASON ON SHOPPING, COOL SPRINGS Cool Springs Galleria is one of the nicest shopping destinations in the Nashville area. This mall boasts 4 department stores and over 165 stores on two floors totaling 1,117,689 square feet. Come out and shop some of the greatest deals in the hottest stores around. Bring money for shopping and food.	BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ 

TRAVEL NEWS

STOP AND READ THIS! The following trips require payment at registration. Registration for the following trips must be handled in person. **You may sign up and for a trip at the reception desk at St. Clair from now until 11/5. Sign up will resume on November 14 at Patterson Park during the times we are there, Monday, Wednesday, Thursday from 10:00 a.m.-2:00 p.m.** Payment is accepted via check or cash only. Please note deadlines, participant limits and other costs 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>THURSDAY DECEMBER 1 10:00 a.m. 5:00 p.m. Deadline: 11/09</p>	<p>SANDER'S FAMILY CHRISTMAS, CUMBERLAND COUNTY PLAYHOUSE THE DEADLINE HAS PASSED FOR THIS TRIP. A WAIT LIST IS AVAILABLE. 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>
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Drew Anderson
Program Coordinator
Hours: Monday-Friday
8:00 a.m.-4:30 p.m.

PARKING ANNOUNCEMENT

Thank you for your patience and corporation as parking re-adjusts to New Vision Baptist Church and Westbrooks Towers during our remodel. We will continue to pick up for day trips at these locations. Remember the bus will pick up for day trips at Westbrooks Towers at the front entrance that faces St. Clair Street Senior Center. Thank you.

SHUTTLE FOR MCHRA SENIOR DINING LUNCH @ PATTERSON

Residents of Westbrooks Towers may ride a shuttle to Patterson Park for MCHRA Senior Dining Lunch. It leaves the tower at 11:15 a.m. and returns around 12:30 p.m. Mondays, Wednesdays and Thursdays. The shuttle is for Westbrooks Towers residents only. Please thank Connie Rigsby and Debbie Willis for this service and the continuation of meals.

Travel 2017 Preview

SAN ANTONIO IN APRIL: The stars at night - are big and bright deep in the heart of Texas. The prairie sky - is wide and high deep in the heart of Texas. . . Capture the essence of Texas on your San Antonio vacation featuring the Alamo! You will stand where history took place and enjoy the IMAX feature "ALAMO: The Price of Freedom." You will also visit Mission San Jose, established in 1720 along with a tour of many historical sites and a visit to the Institute of Texan Cultures, devoted to the 26 different cultures that settled Texas. Your trip also covers Fredericksburg, TX home of the National Museum of the Pacific War. You will also tour the "LBJ Ranch" at the Lyndon B. Johnson National Historic Park. You will truly capture the spirit of the West on this trip.

BILTMORE IN MAY: Discover the charm of Asheville, NC during the beautiful spring weather and the grandeur of the Biltmore Estate Mansion. You will experience the lavish Biltmore Estate, America's largest privately owned home. Your vacation package includes the Biltmore's new Antler Village, a destination for shopping, dining, historical exhibits and more. Enjoy a scenic Blue Ridge Parkway tour and a visit to the Folk Art Center, as well as a guided tour of Asheville, famous for its Art Deco architecture. You will also see magnificent St. Lawrence Basilica, for which is on the National Register of Historic Places.

MAINE IN JUNE: Experience the beautiful coastal region on your trip to Maine. You will travel to Maine's largest city by the sea, Portland, to America's most photographed lighthouse. Visit the Seashore Trolley Museum and take a ride through the Maine countryside on a streetcar. Tour the elegant historic Victoria Mansion and enjoy free time at the historic Portland waterfront. A highlight of your Maine trip is a guided tour of the Maine Coastal villages of Kennebunk and Kennebunkport and a drive along the Atlantic Ocean. This will be a beautiful and unforgettable trip!

FUN & FRIENDSHIP



Lynda Eaker looking like a rock star
Enjoyed the 80s Mixer Party!



Tom Robeson leads the very popular line
dance class in September.



Carrell Rhodes making a Fall craft
on September 21.



**WASHINGTON,
D. C.**

Seen at the left is the group who traveled on the recent trip to our nation's capital. A good time was had by all.



A friend is one of the nicest things you can have, and one of the best things you can be. ~Douglas Pagels

2017 ART IN THE ROTUNDA

Mark your calendars for artists who would like to put art in the Rotunda at City Hall next year (in the City Hall Building), the dates for 2017 are June 13th through July 21st. We are letting you know ahead of time so you can create some wonderful paintings to add to St. Clair's display next year.

Each artist needs to email one digital photo of ONE of your pieces to Brenda Elliott to submit to the Murfreesboro Art Committee. Last year, we had to get photos of each piece. This year we only need a photo of one piece. You may email photos to Bellott@murfreesborotn.gov at any time or see Brenda Elliott for more details. More information will come as the 2017 season approaches.

HAPPY CLOWNS AT HEALTH FAIR

Our Happy Clowns dressed up and added such joy to the Health Expo in September. Here you see some of our Happy Clowns enjoying the company of the Rutherford County Sheriff's Office deputies Thursday, September 22nd at our annual Health Expo. The clowns are with volunteers of the Senior Citizens Awareness Network which is run out of the Sheriff's office.

Clowns in the photo above are Rosie (Patsy McClure), Trixie Tootles (Teresa Fly), Rainbow (JoAnn Tribble), Sparkles (Diane Ludwig), and Sunshine (Audrey Gotts).

AARP TAX AIDE GEARS UP FOR 2017

The AARP Tax-Aide Program will prepare income tax forms again in 2017. To qualify individuals should be aged 60 and over with a total family income of \$53,000 or less. Please remember that rental properties and farm income are outside the scope of this program. There is no charge for this service.

New tax preparation software is being introduced this year. **This will extend appointment times and REQUIRE that all clients bring their previous year's returns.** Information contained in these returns will have to be re-entered to complete the processing. **Appointments will be required and times will be announced along with more** information in future issues of the LEAF.

Jim Getzinger, Coordinator, and his team of experienced volunteers have received tax certification training in preparation for another successful year. Start gathering all the documents you will need for tax preparation and look for future information to schedule your appointment.

Proof of ID

- Social Security card
- Photo ID such as a driver's license or passport
- Last tax year's tax return

Income Statements

- Social Security
- Pensions (1099-R)
- IRA distributions (1099-R)
- Interest/Dividends (1099 -INT & 1099-DIV)
- Stock Activity (usually shown on broker statements 0r 1099-B)
- Unemployment (1099-G)
- Gambling Winnings
- Self Employment Earnings (1099-MISC plus all business expenses)
- Debt Cancellation Forms (1099-C)

- Miscellaneous income

Adjustments

- Student Interest
- IRA Contribution
- Other

Deductions

- Medical Expenses – doctors, dentists, prescriptions, medical mileage, long term care & supplemental insurance
- Donations – cash and goods
- Property Tax Statements (city & county)
- Mortgage Statements
- Other

Please bring a voided check. This is required for routing information in the electronic submission of your tax return.



LIBRARY BOOKS

We will be boxing up books and preparing the library to close for the renovation. If you're an avid reader, it's recommended to get several months' worth of books off the shelves to carry you through our renovation. No donations or returned books will be accepted after **November 5th**. We will gladly accept them once we reopen.

AROUND THE CENTER

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

Happy Thanksgiving! That may be a little early but better early than never. Frost may be on the pumpkin, but the gardening season isn’t over yet.

Thanksgiving and Christmas cactus should be placed in an east or north window, watered and fertilized one last time. Start letting them dry out more between watering. This plus cooler night temperatures will stimulate blossom production.

The birds have started their winter migrations so give them a helping hand by providing them with some food for their long journey. You might persuade a few of them to stick around for the winter, if they know they have a reliable food source.

November is an ideal time to plant or transplant trees, shrubs and fruit crops. Be sure to water thoroughly, then mulch newly planted plants with a good 3 to 4 inch layer of mulch. Newly planted evergreens should be checked regularly during the winter to ensure they are getting

enough water. Mulch existing trees and shrubs to reduce weeds, provide insulation from freezing temperatures and conserve moisture.

Keep heavy layers of leaves raked from the lawn. They should be composted. Another option is to mow over a light layer of leaves, turning them into mulch, which adds important nutrients back to the lawn.

Complete removal of fallen leaves and debris to help eliminate overwintering insects and disease organisms. Mulch flower beds with 2 to 3 inches of good compost or fine mulch to keep soil temperature stable and prevent winter plant injury from frost heaving. As the compost or fine mulch decomposes, it will enrich your garden soil as well.

As soon as leaves fall from fruit trees and berry plants, spray for the first time with a dormant horticultural oil. This helps control overwintering insects and disease. Apply according to label instructions.



POOL Room News

Coed Tournament 09-12-16

1. Sally Read/Larry Thrasher
2. Phil Stilwell/Ken Peacock
3. Lora York/Stan Long

Ladies’ Tournament 09-19-16

1. Linda Seller
2. Lora York
3. Carol Lannon

Men’s Tournament 09-20-16

1. Jerry Parker
2. Goose Davenport
3. Jack Hughes

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

NOVEMBER 2016

St. Clair Street
Senior Center
Living Every Adventure Fully

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

Hours of Operation: Monday - Friday
8:00 a.m. - 4:30 p.m.

Saturday from 12:30-3:30 p.m.

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

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator

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

MCHRA TRANSPORTATION
615-890-2677



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

ST. CLAIR STREET SENIOR CENTER STAFF

Director
Connie Rigsby

Administrative Aide II
Diane Smith

Custodians
T.J. Key
Elmer Craddock

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)

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