

Noon Year's Eve Party!

FRIDAY, DECEMBER 30

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

Doors open at 10:00 a.m.

Patterson Park Community Center

Adult Gym • 521 Mercury Blvd., Murfreesboro, TN

Music by Snappy Pappy Band

Hors D'oeuvres Served

Reservations required by calling 615-848-2550.

Thank you **Murfreesboro Parks and Recreation** for your support during our renovation. **Amerigroup** is providing nice champagne glasses for our event so we can count down to NOON! 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. Deadline to make a reservation is December 15th. Contact Brenda Elliott at the above number for questions or more information.



The staff of the St. Clair Street Senior Center wish you & your family the happiest of holidays!

FROM THE DIRECTOR



Connie C. Rigsby
Center Director
crigsby@
murfreesborotn.gov

To all of our seniors, the Commission, Staff and I would like to wish each of you a Merry Christmas and a happy holiday season. We hope you join us on Mondays, Wednesdays and Thursdays at Patterson Park from 10:00 a.m. to 2:00 p.m. Our staff is settling in at Patterson Park and presenting programs until the renovation is completed.

Here are a few details you may need to reach our staff:

- The 615-848-2550 office number will work throughout the renovation.
- Payments for day trips will be collected at Patterson Park, M-W-Th, 10:00 a.m.-2:00 p.m.
- Mail sent to 325 St. Clair Street will be forwarded to our staff.

Directions from St. Clair Street Senior Center to Patterson Park: 6 minutes, (2.0 miles), via NW Board Street and Mercury Blvd.

1. Head east on St. Clair St. toward N. Walnut Street
2. Turn right on N. Walnut St.
3. Turn right onto W. Lytle Street
4. Turn right onto W. Main St.
5. Turn left onto NW Broad Street
6. Turn left on Mercury Blvd.
7. Patterson Park Community Center is on the left after Bradley Academy and Discovery School.
8. The address is 521 Mercury Blvd., Murfreesboro

We would like to send a big thank you out to our City partners who are making our offsite renovation destinations as comfortable as possible. We appreciate the hospitality they have shown in welcoming our staff and seniors into their organizations during the renovation. We wish everyone a safe and Happy New Year.

Your Director, Connie C. Rigsby

Ringling in 2017 with Auld Lang Syne

Traditional Song: "Auld Lang Syne"

Should auld acquaintance be forgot,
And never brought to mind?
Should auld acquaintance be forgot,
And days o' lang syne!

Chorus: For auld lang syne, my dear
For auld lang syne,
We'll tak a cup o' kindness yet
For auld lang syne!

We twa hae run about the braes,
And pu'd the gowans fine,
But we've wander'd mony a weary foot
Sin' auld lang syne.

We twa hae paid't in the burn
Frae morning sun till dine,
But seas between us braid hae roar'd
Sin' auld lang syne.

And there's a hand, my trusty fiere,
And gie's a hand o' thine,
And we'll tak a right guid willie-waught
For auld lang syne!

And surely ye'll be your pint' stoup,
And surely I'll be mine!
And we'll tak a cup o' kindness yet
For auld lang syne!

Lyrics from <http://english-zone.com/holidays/auldlang2.html>

Modern English Translation: "Times Gone By"

Should old acquaintances be forgotten,
And never brought to mind?
Should old acquaintances be forgotten,
And days of long ago!

Chorus: For times gone by, my dear
For times gone by,
We will take a cup of kindness yet
For times gone by.

We two have run about the hillsides
And pulled the daisies fine,
But we have wandered many a weary foot
For times gone by.

We two have paddled (waded) in the stream
From noon until dinner time,
But seas between us broad have roared
Since times gone by.

And there is a hand, my trusty friend,
And give us a hand of yours,
And we will take a goodwill drink (of ale)
For times gone by!

And surely you will pay for your pint,
And surely I will pay for mine!
And we will take a cup of kindness yet
For times gone by!

Lyrics from <http://english-zone.com/holidays/auldlang2.html>

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

NOON YEAR'S EVE PARTY PLANNED AT PATTERSON PARK

This is your reminder to call the center and sign up for our Noon Year's Eve in the Patterson Community Center Adult Gym on Friday December 30th from 10:30 a.m. until 1:30 p.m.! We have the fantastic band, Snappy Pappy for your dancing and listening pleasure. 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.

CLOWNS IN A BOX

Happy Clowns of St. Clair Clown Alley 402 will meet at 11:00 a.m. on Friday December 2nd for their Holiday Potluck at the church they are using while we have renovation. Bring a Secret Santa prize and covered dish.

There will be no meeting in January or February. The next regular meeting is Friday, March 24, 2017 from 1:00-3:00 p.m. Location will be determined later. Clowns will get an email concerning location.

WHAT IS OPEN PLAY AT PATTERSON PARK

What is Open Play? During our time at Patterson Community Center we kept a few days free so you can bring your puzzles, paints, cards, games...just about anything you can do on a table. We will have dominoes, cards and some games available. You are welcome to bring any games you have to share with the other participants from 10:00 a.m.-2:00 p.m. Lunch time is 11:30 a.m.-12:30 p.m. so if you plan to eat with MCHRA Dining, please be sure to make a reservation with Debbie Willis by calling 615-895-1870.

Come to Open Play and the other activities scheduled for Monday, Wednesday and Thursdays from 10 a.m. – 2 p.m. at Patterson Community Center while our renovation is taking place. Our building will be amazing when we return.

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. The following is a list of items to bring: **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 or 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.*

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



Brenda Elliott
Program Coordinator
belliot@murfreesborotn.gov



Lisa Foster
Program Coordinator
lfoster@murfreesborotn.gov

ADS HAPPENINGS

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.*

Well, folks, finally the Adult Day Service is temporarily located at St. Mark's United Methodist Church in the Community Room and we have been met with true southern hospital-

ity. Please remember to tell people interested in our program that we that we are temporarily located at :

St.. Mark's United Methodist Church

1267 North Rutherford Blvd.

Murfreesboro, TN

We can be reached by phone at

615-785-2371 from 8:00 a.m.-4:30 p.m. Monday through Friday.

As always, we appreciate it when you tell your friends about the ADS program.

Our own Kathleen Fraley entertained everyone at the center's renovation party with her lively piano music on November 4 and then we had an early Thanksgiving celebration with our participants, families, ADS staff and volunteers. Gary Pailer entertained our group while the cooks were busy and quite a few of our participants "hammed it up" as they sang along to his guitar classics.

We enjoyed celebrating the season of gratitude by making table decorations and sharing them with luncheon attendees. It was our final family gathering for the year.

Looking forward, we are going to enjoy getting to know new friends at St. Mark's and celebrating the holiday season of good will and peace by reminiscing and sharing memories of holidays past. We'll have some

eggnog and enjoy the coming winter with the warmth of friendship. On the week of Christmas we will have a brunch together and have some Christmas gifts for our participants. And we'll attend the Noon Year's Eve Party at Patterson Park with other St. Clair participants. This is why LIFE IS GOOD in the ADS.

We extend warm greetings and best

wishes of the season to our friends and we thank everyone who has made the ADS year a great one. Be careful in the coming cold days. We urge our ADS friends to stay healthy by washing your hands and avoid spreading those colds and influenza. Have a happy, healthy holiday!



ADS participants and Stones River Garden Club arranged flowers.



Helen Clark, lovely ADS participant

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

SCAMMERS TARGETING SOCIAL SECURITY BENEFICIARIES

Scammers are promoting a cost of living scam. Victims receive a letter, e-mail or telephone call stating that the Social Security Administration has noticed that they did not apply for their cost of living increase. This communication tells the person that if they do not apply soon, this benefit will be forfeited. An application form may be included, link to a website or just an individual on the phone asking for information. This is something that will never happen, getting your Social Security Cost of Living increase is automatic and you will never be contacted in order to make an application for this benefit. Persons that supply this information to these scammers will have their identity and/or Social Security benefits stolen. Ignore any communication that suggests that you must apply for the Cost of Living Adjustment as these are done automatically when they occur. Never assume that a telephone call is legitimate because your phone's caller ID says that it is coming from the Social Security Administration as scammers have a way of fooling caller ID systems.

Scammers are also promoting a Social Security Card scam. Since many credit cards are being replaced with cards that contain computer chips, scammers are utilizing this to tell individuals that the Social Security Administration is modernizing the current old, paper Social Security cards. Victims receive a communication stating that no further benefits can be issued until the beneficiary's old paper card is replaced with a modern, chip enabled card.

MEDICARE OPEN ENROLLMENT

Medicare open enrollment will end on December 7th. If you are already on Medicare, you only have until that date to make changes to your Medicare plans. The plan you have after that date is the plan you will have for 2017, so make sure you have reviewed you plans and are happy with your health and drug coverage for the coming year. You can contact Medicare at 1-800-633-4227 or the State Health Insurance Program at 1-877-801-0044 for assistance in checking to see if you are on the right plan for you.

The scammer offers to help with issuing a replacement card if the victim provides some identification details. Please ignore anyone that tells you that you need a new Social Security card with a chip!

Scammers are also using a "fake scam" scam! Scammers are using fear to get to your personal information. Individuals are contacted by someone who claims to work for the Social Security Administration and that they have noticed a suspicious change in the victim's account. The scammer states that the victim's account has been hijacked and be benefits are being sent to a bank in another state. The scammer assures the victim that he will help the victim fix the problem and that the victim must act fast to stop this. The scammer will then ask the victim for personal information such as Social Security number and bank account details, which will allow them to steal the victim's benefits, identity and empty his bank account.

Never trust anyone contacting you about a warning that you may be the victim of a Social Security scam. Instead contact the Social Security Administration at 800-772-1213, describe the call you have received and ask if your account is truly at risk.



By Dee Brown
Care Program Specialist
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Visit us on the web at www.murfreesborotn.gov/seniorcenter



By Carol Ransom
Administrative Support Specialist
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During the renovation I can be reached at the above email address.

Happy Holidays!

Thank you volunteers for your giving spirit. You help make our programs successful. Also, a special thank you for all the participants who donate great books for our library.

I hope you'll join us for the Veteran's Forum on December 7 at Patterson Park from 10:00 a.m.-2:00 p.m. No sign up is required and anyone can attend this informative event. We will have refreshments and also lunch provided by Meals on Wheels. To reserve your lunch contact Debbie Willis at mow.murfreesboro@mchra.com



Veterans Benefits Forum

December 7, 2016 from 10:00-2:00 Patterson Park

- 10:00-10:30 Veterans Affairs Appeals Specialist
- 10:45-11:15 Bugles Across America
- 11:30-12:30 Lunch provided by Meals on Wheels
- 12:45-1:15 Middle TN State Veterans Cemetery
- 1:30-2:00 Patriot Guard Riders

Everyone is welcome to attend this informative event. To reserve your meal, contact Debbie Willis at mow.murfreesboro@mchra.com

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

CARING FOR THE CAREGIVER

HOLIDAY ADVICE FOR CAREGIVERS OF THE ELDERLY

- 1. Be alert.** Pay attention to what is triggering any new anxiety during the holidays. It could be the arrival of mail and the ringing of the doorbell. Put a note on your door to ask that the doorbell not be rung. Try to encourage family members to not get too noisy or argue when around your care recipient.
- 2. Keep things simple.** Decorations all over the house are not a great idea. Any change to the home is not ideal during the holidays. Rearranging furniture for a tree can be very upsetting. If you want a lot of decorations, consider having them in a room that is not frequented by your loved one. Have simple decorations in rooms frequented by your love one.
- 3. Unlock a memory or just enjoy**



the music. Find out what holiday programs your loved one enjoyed years ago and play it. If they enjoy it, play it again! Spend time going through old photo albums with your loved one. Images from childhood sometimes become keys that unlock the most wonderful stories.

- 4. Manage your own expectations.** Driving around and looking at holiday lights is fun and can be special, just remember that sun downing happens during the holidays as well so don't push your loved one beyond their limits.
- 5. Reach out and find yourself some respite care during the holidays.** TAKE CARE OF YOU. Start with your church or local community center to find respite care even if it is for a few hours. St. Clair's Adult Day Service program is available for respite care. Contact Amanda Pullias at 615-785-2371 for more information.
- 6. DO remember that Christmas still happens.** Even if it is not happening in your house, it is

happening.

Connect with people as often as you can during this time. As a primary caregiver

you connect with people online. Internet chats, emails, Skype – all of this is so important during the holidays.

- 7. Being sad during this time of year is normal.** In fact, it is SO normal that it happens for people who are not caregivers too! Prepare yourself for "The Sad." Surround yourself with love and know that "The Sad" fades.
- 8. Find YOUR Christmas sweet spot.** Experiment with holiday recipes making special treats of meals and sweets during this time of year. Get the house to smell like cinnamon, evergreen or peppermint.

Wishing you a wonderful holiday season!

Cindi



By Cindi Thomas,
Caregiver Information
Coordinator
cthomas
@murfreesborotn.gov

CAREGIVER PROGRAMS

GRIEF SUPPORT



**Thursday, December 15
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 Broadmore 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" will not meet in December. Future meeting dates will be announced in upcoming issues. The group's goal is 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, December 15 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 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.



NO meeting in December.

DRIVING SAFELY AS YOU AGE

By this point in our lives we all have noticed some changes in our bodies, including physical and mental changes that affect how we drive. Maybe you have slower reaction time or don't see so well at night or in the rain. Having arthritis can make it harder to steer, harder to look over your shoulder to back up or see in your "blind spot". Neuropathy can affect your driving skills, and medications can definitely cause some issues. While we all know these things, not many people make changes to lower their risk of having an accident. A study done by AAA/Carnegie Mellon shows that after age 65 accident fatality rates increase greatly, and between the ages 75-84, death from a car accident is about the same as it is with teens. After age 85, the death rate is four times that of teens. That should get your attention! Every day, 10,000 people turn 65 and by 2020, 38 million drivers will be older than 70 and most of them will still be driving. While there are some folks who need to give up their keys and let someone else do the driving, many seniors could simply make some changes and improve their driving skills, thus, lessening their chances of an accident. There are agencies that offer courses to not only sharpen your skills but also possibly lower your insurance rates. That's a win-win situation for everyone- you the driver as well as everyone else on the road! AARP has their "Smart Driver Course" (which we have offered here at the center in the past) which you can take whether you are an AARP member or not. You can get more information on their website, www.aarpdriversafety.org. There is another group that offers an event called "CarFit" that suggests ways to make your car fit you better for visibility, comfort, and safety. There are no events scheduled in this area but maybe if enough people contacted them, they would schedule one nearby. They also have some wonderful videos on their website that can help with your driving, including some simple changes that you can make to "fit" better in your car (www.car-fit.org).

There are things you can do on your own to make you a better, safer driver as well. Have a physical regularly to check your fitness level, vision, hearing, and medications. Know what medications can cause drowsiness or dizziness and do not take them and drive. Another fantastic website you should check out is www.roadwisersx.com. You can type in your medications and it will let you know if they can affect your driving ability as well as if they interact with your other meds or even food.

Stay active. This improves your strength and flexibility, which can improve your driving skills. You may even want to look into seeing an occupational therapist that

can evaluate your skills then show you ways to become a safer driver, including what adaptive equipment you could use.

Plan your route ahead of time so you don't have to look at directions or a map (the gps system on smart phones will talk to you and get you where you want to go). Many accidents involving seniors happen at an intersection, including failure to yield or not stopping at a red light or stop sign so make sure you are doing these as you should.

Do not drive when you are tired, sick or angry, as these can increase your risk of an accident. You may need to change your plans if there is poor visibility due to weather or if driving at night is an issue for you. If you feel you are not truly safe to drive, consider letting someone else drive (who does not have issues), take public transportation, or call a cab. We all need to regularly evaluate ourselves to see if we are a danger to ourselves and others on the road. If you see yourself in the following instances, it may be time to lay the keys down for good.

1. Almost crashing, with frequent "close calls"
2. Finding dents and scrapes on the car, on fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving your foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging gaps in traffic at intersections and on highway entrance and exit ramps
7. Experiencing road rage or causing other drivers to honk or complain
8. Easily becoming distracted or having difficulty concentrating while driving
9. Having a hard time turning around to check the rear view while backing up or changing lanes
10. Receiving multiple traffic tickets or "warnings" from law enforcement officers

December 5-9 is The American Occupational Therapy Association's Older Driver Safety Awareness Week and they have more information on their website www.AOTA.org under conferences/events. Making a few of their suggested changes may keep you – and the rest of us – safer on the road!



Laura Grissom, LPN
Nurse
lgrissom
@murfreesborotn.gov

Tennessee Technology

There will not be a trip to the Tennessee Technology Center for nail and hair care in December. 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 December.

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.

- The class will meet at Patterson Park on Mondays and Thursdays, 10:00-11:00 a.m. in the Adult Gym.

FITNESS CLASS UPDATES

December Line Dance at Patterson

Tom Robeson is back and will be instructing Line Dance Class (both beginners and intermediate students are welcome) at Patterson Community Center while we are there.

His class is scheduled for Thursdays in December on the 1st, 8th, and 15th from 12:30-2:00 p.m. in the Dance Studio on the second floor. An elevator is available to take you there. Be sure to sign in as you enter the dance studio. Sneakers or soft dance shoes are required. **NO** hard sole shoes allowed. Note, there are **NO** line dance classes on December 22nd and 29th. Line dance resumes January 5th.

Marjorie Miller's Classes at Sports*Com

Tuesdays: December 6, 13, 20, 27

Thursdays: December 1, 8, 15, 22, 29

8:00-8:50 a.m. Senior Strength

8:50-9:10 a.m. Core Strength

9:10-10:00 a.m. Dancersize.....

SENIOR HEALTH EXPO 2016



St. Clair Street Senior Center would like to thank all the vendors, volunteers and participants who helped to make the expo a great success.

AT ST. CLAIR

“The Gardener’s Corner”

By Jack Smith, Certified Master Gardener

It may be a little early but Merry Christmas and a Happy New Year!!!

Gardening catalogs should start arriving this month. Start a list of items that you want to purchase for next spring. This is also a good time to review pictures you have taken of your gardens during the past growing season. You can see what you might need to add to your gardens and yard.

Prune trees and shrubs that are dormant or rejuvenate overgrown shrubs by severely cutting them back. Keep in mind that if you prune spring flowering shrubs, like azaleas and forsythia, you are pruning off their spring flowers. Bring Witch Hazel branches indoors. The blossoms are very fragrant. Enjoy cut branches of beautyberry and winterberry holly with their colorful berries.



Empty the soil from your container gardens. Add the soil to your garden beds or to the compost pile. Clean, sterilize, and store the pots. They will be ready for planting next year.

Check houseplants frequently to see if they need water.

Dry heated air can cause them to lose moisture more rapidly than they do in the spring and summer when indoor air is more humid. However, if you keep your home on the cool side, houseplants may need less frequent watering in the winter months. Inspect houseplant leaves “especially the undersides” for the fine webbing and pinprick yellow discoloration. These are signs of spider mite infestation.

Spider mites are common pests that thrive in warm, dry, indoor conditions. They are very difficult to see without magnification.

Continue to keep bird feeders full. Word will get around, and many visitors will come to call during the winter months if you provide a steady supply of suet and seed!

December is a good month to replace garden tools that have seen better days. Prices are generally lower this time of year. Don’t forget the gardener on your gift list. A gift certificate to a nursery, garden center, gardening magazine or mail order source would be appreciated.

Bingo Sponsors

We would like to thank the many Bingo Sponsors who made 2016 a great year for Bingo. Our sponsors this year were: Aid and Assist at Home, At Home Health Care, The Bridge at Hickory Falls and Life Care Center of Hickory Falls, Creekside As-

sisted Living, Diversicare of Smyrna, NHC, Willowbrook Home Health and Hospice, Roselawn Funeral Home and Memorial Gardens, Murfreesboro Funeral Home, Home Helpers and Direct Link of Murfreesboro, and Help-South of Franklin. We look forward to

seeing many of you again in 2017. We would also like to thank the volunteer callers who helped when sponsors could not call the game. Thank you Jim Howard and Mildred Lambert.

POOL Room News

Coed Tournament 10-10-16

1. Carol Lannon/Larry Thrasher
2. Lora York/Jack Hughes
3. Corey Heimburger/Ed Zelan

Ladies’ Tournament 10-17-16

1. Wilma Murphy
2. Teresa Rains
3. Corey Heimburger

Men’s Tournament 10-18-16

1. Wayne Neely
2. Jerry Parker
3. Bill Gish

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

December Calendar of Events

MONDAY	WEDNESDAY		THURSDAY
<p>PATTERSON PARK 521 Mercury Blvd. Murfreesboro, TN 37130 in the cafeteria. Please call 615-895-1870 to make Lunch Reservations.</p>	<p>KEY: SB = Studio B C = Cafeteria AG = Adult Gym T = Training Room DS = Dance Studio</p>	<p>Remember: All trips leave from New Vision Baptist Church 1750 N. Thompson Ln Murfreesboro, TN</p>	<p>1 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in T 12:30 p.m. Line Dance in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in T 1:15 p.m. Beginning Tai Chi in SB</p>
<p>5 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in C 1:00 p.m. In the Garden with Jack in C "Christmas & Holiday Flowers" Singing Seniors DO NOT meet in December.</p>	<p>7 10:00 a.m. Veteran's Benefits Forum in C 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Veteran's Benefits Forum Continues in C</p>		<p>8 DEADLINE 12/12 BEN AUSTIN SHOW DEADLINE 12/14 YANKEE GIRL SHOW 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in T 12:30 p.m. Line Dance in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games 1:15 p.m. Beginning Tai Chi in SB</p>
<p>12 10:00 a.m. Ben Austin & his Guitar in C 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in C 12:45 p.m. Gift Ideas on a Budget in C with UT Extension Office</p>	<p>14 DEADLINE 12/21 HOLIDAY LUNCHEON 10:00 a.m. Wonderful Wednesday in C "Holiday Jewelry" 11:30 a.m. MCHRA Lunch in C 12:45 p.m. Yankee Girl Holiday Show! in C</p>		<p>15 DEADLINE 12/30 NOON YEAR'S EVE 10:00 a.m. GO4Life in AG 10:00 a.m. Grief Relief Support Group meets at Westbrook Towers Library 11:30 a.m. MCHRA Lunch in T 12:30 p.m. Line Dance in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in T 1:15 p.m. Beginning Tai Chi in SB</p>
<p>19 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in C 12:45 p.m. Open Play/Open Games in C</p>	<p>21 10:00 a.m. Open Play/Open Games in C 11:30 a.m. Holiday Luncheon in C 12:45 p.m. Open Play/Open Games in C</p>		<p>22 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in T 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in T 1:15 p.m. Beginning Tai Chi in SB No Line Dance Today</p>
<p>26 Closed for Christmas Holiday</p>	<p>28 10:00 a.m. Open Play/Open Games in C 11:30 a.m. MCHRA Lunch in C 12:45 p.m. Open Play/Open Games in C</p>		<p>29 10:00 a.m. GO4Life in AG 11:30 a.m. MCHRA Lunch in T 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in T 1:15 p.m. Beginning Tai Chi in SB No Line Dance Today</p>
<p>Friday, December 30 at Patterson Center Noon Year's Eve Party from 10:30 a.m.-1:30 p.m. Reservations Required • Limit 135 • Deadline December 15 Fun, dancing, snacks and a toast to the New Year with Snappy Pappy Band in the Adult Gym.</p>		<p>CANCELLED UNTIL FURTHER NOTICE: Labor of Love Caregiver Support Group Memory Cafe Share the Care Alzheimer's Support Group Lunch & Learn</p>	

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 Patterson Park: Monday, Wednesday and Thursday from 10:00 a.m.-2:00 p.m.

SIGN UP FOR ST. CLAIR ACTIVITIES @ PATTERSON PARK

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
MONDAY DECEMBER 12 10:00-11:00 a.m.	BEN AUSTIN AND HIS GUITAR Ben Austin is a wonderfully talented songwriter and singer. Come and join in the singing of old favorites along with favorite holiday selections. This will be Ben's first visit with us. Please join us in welcoming him, see your friends and stay for lunch. Be sure and tell Debbie Willis if you will be eating lunch with us.	Limit 125 Deadline 12/08
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.	No Limit No Deadline
WEDNESDAY DECEMBER 14 10:00-11:15 a.m.	WONDERFUL WEDNESDAY: HOLIDAY JEWELRY We are making holiday jewelry for a friend or to keep for yourself. Instructor is Susanne Hebden. See programming staff for any questions or more information.	No Sign Up Required Just a reminder!
WEDNESDAY DECEMBER 14 12:45-1:45 p.m.	YANKEE GIRL HOLIDAY SHOW Yankee Girl visits us with her wonderful holiday show. Come and join us to lift your holiday spirit! Be sure and let Debbie Willis know if you want to eat lunch before the show.	Limit 125 Deadline 12/08
WEDNESDAY DECEMBER 21 11:30 a.m. 12:30 p.m.	HOLIDAY LUNCHEON Come to Patterson Park and celebrate Christmas and Hanukkah with your friends from St. Clair! Enjoy a delicious catered meal and warm up your holiday heart. A jolly good time will be had by all.	Limit 125 Deadline 12/14
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.	Limit 135 Deadline 12/15
MONDAY JANUARY 9 1:00-2:00 p.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?	Limit 40 No Deadline
WEDNESDAY JANUARY 11 10:00-11:15 a.m.	WONDERFUL WEDNESDAY: WINTER WONDERLAND WINE GLASS CANDLEHOLDER Making snowflake frosted/painted wine glasses with battery operated tea lights. This class is instructed by Susanne Hebden and at Patterson Park cafeteria.	No Sign Up Required Limit 25
WEDNESDAY FEBRUARY 1 10:00-11:15 a.m.	WONDERFUL WEDNESDAY: HEART MOTIF BOOKMARK OR JEWELRY Fun heart projects just in time for Valentine's Day. This class is at Patterson Park cafeteria with Susanne Hebden as instructor.	No Sign Up Required Limit 25
MONDAY FEBRUARY 13 1:00-2:00 p.m.	IN THE GARDEN WITH JACK "WHAT'S NEW FOR 2017" Each year new and amazing plants are developed for our pleasure. Explore the new plants offered in 2017 with Jack Smith, Master Gardner. Patterson Park cafeteria	Limit 40 No Deadline
THURSDAYS IN DECEMBER 1, 8, 15, 22,	THIS CLASS HAS A FEE AND MUST BE PAID IN PERSON AT PATTERSON PARK TAI CHI THURSDAYS, Studio B @ Patterson Park Advanced class meets at 12:30 p.m. • Beginning class meets at 1:15 p.m. <i>Please call Lisa Foster for any questions or more information.</i>	<i>Class Fee \$15 per month.</i>

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

SCENE AT ST. CLAIR



GRAND POOL TOURNEY
SENIOR ART SHOW
HEALTH EXPO
SONGS FOR SOUND HEARING TEST
Thanks Joe Cole for Art Show pictures.

MGL LIBRARY AT PATTERSON PARK IS AVAILABLE TO USE

For any of you avid readers who are interested, they MGL Branch of the Linebaugh Library at Patterson Park Community Center is available for your use. One only needs a Linebaugh library card (or an ID to sign up if one doesn't have a card) to do so. There are eleven computers available as well, although none of our staff are dedicated to computer assistance.

There are a few times during the week which the facility is generally busier. Early Tuesday afternoons can be busy on the staff, as a homeschool PE class meets in one of the center's gyms. Many of the parents avail themselves of this time to visit the library and refresh their stock of books. On Thursdays from 10:00 a.m.-12:00 noon (and sometimes later), there is a senior program "African-American Voices" that uses the majority of the library's computers for genealogy research. Additionally, a homeschool tutorial meets throughout the center on Fridays, and there are story times throughout the morning. A coding class meeting from 11:00 a.m.-12:00 noon takes up the computer lab at this time as well. While the library is open to anyone during all our regular hours, some of the services may be limited when the library is at its busiest.

The library is a free public facility, so even visitors not purchasing a membership at Patterson are welcome at any time. The library and staff are looking forward to helping ease the process during St. Clair's renovations.

Visit the Linebaugh Library's website at www.linebaugh.org for more information.



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

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

TRAVEL NEWS

As winter starts to creep in, the easiest thing to do is stay in where it is warm and cozy. This can also be one of the worst things to do as well. Sitting in an easy chair, binge watching your favorite television shows while hibernating from the outside may seem like an easy solution to winter but too many studies have proven otherwise. We can't change the weather but we can change our attitudes towards it. It is easy to let seasonal depression or even your interpretation of the graying of the skies influence your mood toward the outside world. In reality though, nothing has changed but the color and the temperature. Now, you may say yes but it has changed a negative 50 degrees or so. Why should that effect you? To keep warm put on multiple layers of thin garments to help create air pockets of insulation. Go out every day for 5, 10 or even 15 minutes without any protection from the cold. Each minute can help you build a greater resistance to the cold. Once you are ready to overcome the winter chill join us for our many exiting day trips that will continue throughout the renovation.

We will continue to only leave from New Vision Baptist church and still continue to pick up at Westbrook Towers for residents and taxi riders. Please inform us if you need to be picked up at Westbrook and if you are in a wheelchair. Also, please remember the only parking area we are using at New Vision is the one furthest from the buildings but still facing N. Thompson Lane across from the Stones River Battlefield. In other changes, the Leaf will start to feature all day trips two months out in advance. This is to help better facilitate planning on our side and yours as well. With this further outlook we will be more able to plan earlier monthly outings than before opening up new opportunities.

We will celebrate the holidays by starting off with a group favorite as we travel to Crossville to enjoy a Sander's Family Christmas. Next we will travel back in time to a Dickens of a Christmas presented by our neighbors in Franklin, TN. This costume themed event should bring out the best Bob Cratchit or Tiny Tim in all of us. For those interested in a neo-country Christmas parade we will visit Leiper's Fork. You have a chance to celebrate the beginning of Chanukah with Nashville Mayor Megan Berry and the Nashville Jewish community. We will be shopping for that someone special in our lives at Opry Mills Mall and be entertained by the wonder and ingenuity of LED computer generated Christmas Lights at Jellystone Park. This is one of the largest and best Christmas light shows in Tennessee. We will enjoy a Country Christmas at Opryland Hotel where you will have the chance to see tons of well carved ice, tube the snow hill or just enjoy being inside enjoying a summer oasis at the Koi ponds and waterfalls or admiring the large indoor light displays that never seem to stop impressing. The Frist Museum for visual arts will have a special program just for you and afterwards you may enjoy the new art exhibits that will be on display. I personally cannot wait to see which Samurai have come to Nashville. We will end the holiday season with a trip to the Upper Room Chapel in Nashville, a top destination choice for many tourists who visit the Music City.

We will continue our adventures with life challenging quests from indoor rock climbing, dancing the night away at Mangia's in Franklin, and exploding as many bullets as possible at the Nashville Armory indoor gun range. Fully automatic you ask? Absolutely. We are going to try our luck at one of Nashville's hottest Pool

Halls H Cues, and gamble not only at the casino Horseshoe but at Big Star Tobacco as well. We will be visiting the Bessie Smith Museum in Chattanooga. This museum honors not only one of the greatest blues artists but also highlights African American achievements as well. Of course we will still eat out. Our Mystery lunches are scheduled along with trips to Asuka Hibachi and Buffet and a special outing to Celebrate Dr. Martin Luther King's Birthday by enjoying some of his favorite foods at Dandgure's Café. We will search for treasures at two Goodwill's and experience live art in the making with a backdrop to live music and wine at Ansbach Artisans Gallery. The deadline for the 7 day California Rail Discovery by Premier is fast approaching on February 17, 2017 and April 28, 2017 for Premier's 9 day Nova Scotia experience.

Whatever, your choice in interest. I hope you find something over the next two months that inspires, entertains, pushes and encourages you to live life to the fullest. Merry Christmas and Happy New Year!

A reminder about play at Patterson Park Community center. Patterson Park is welcoming senior center participants on Mondays, Wednesdays and Thursdays during the hours of 10:00 a.m. to 2:00 p.m. Before 10:00 a.m. and after 2:00 p.m. you will be asked to pay the admission fee or sign up for Silver Sneakers to cover the cost. We will also be there for you to sign up for all the day trips that you would like.



Drew Anderson
Program Coordinator
danderson@
murfreesborotn.gov

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

Please Note: All Trips are now leaving from New Vision Baptist Church
 Location: 1750 N Thompson Ln, Murfreesboro, TN 37129
 Please park in the furthest parking lot facing Thompson Lane Away from the church.



If you live at Westbrook Towers you will be picked up at the front entrance that faces St. Clair Street Senior Center. You may taxi and wait there but you cannot park there. Please let me know if you are in a Wheelchair. Thank you



SHUTTLE FOR MCHRA SENIOR DINING LUNCH @ PATTERSON

Residents of Westbrook 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 Westbrook Towers residents only. Please thank Connie Rigby and Debbie Willis for this service and the continuation of meals.

TRAVEL 2017



Premier World Discovery presents Nova Scotia & the Canadian Maritimes

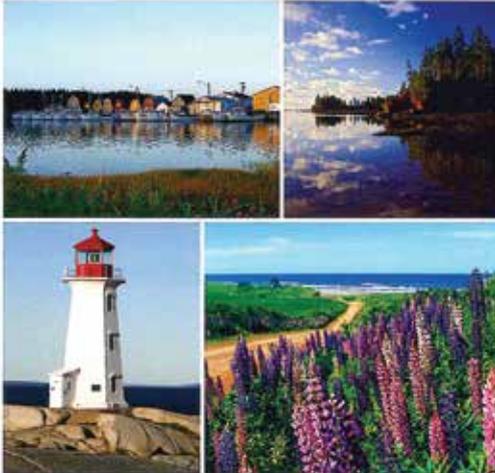
9 Days **July 12, 2017**

- Highlights**
- Halifax City Tour
 - Peggy's Cove
 - Alexander Graham Bell Museum
 - Baddeck
 - Cabot Trail
 - Cape Breton National Park
 - Prince Edward Island Tour
 - Charlottetown (PEI)
 - Lobster Dinner
 - Green Gables Farmhouse
 - Western Shore/Mahone Bay
 - Grand Pre Nat'l Historical Site
 - Halls Harbor - Bay of Fundy
 - Lunenburg
 - 4 Multi-Night Stays

- Inclusions**
- Roundtrip Airfare - BNA
 - 12 Meals: 8 - Breakfasts & 4 - Dinners
 - Professional Tour Director
 - Deluxe Motorcoach
 - Hotel Transfers
 - Admissions per itinerary
 - Comprehensive Sightseeing
 - Baggage Handling

Tour Rates
 Booking Discount*: \$2895 pp double
 Regular Rate: \$2995 pp double
 Single Supplement: +\$950

*See Reservation Info for Booking Discount details



Booking Discount - Save \$200 per couple!*

Contact Information

St. Clair Street Senior Center • Attn: Drew Anderson
 325 St. Clair Street • Murfreesboro, TN 37130
 615.848.2550 ext 2519 Fax: 615.904.6511

Booking #102854



Premier World Discovery presents California Rail Discovery featuring San Francisco, Lake Tahoe & the Napa Valley Wine Train

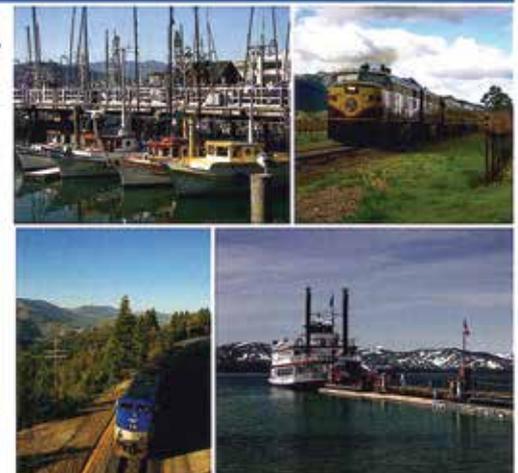
7 Days **May 3, 2017**

- Highlights**
- Two Rail Experiences
 Napa Valley Wine Train
 Sierra Nevada Rail Journey
 - San Francisco City Tour
 - San Francisco Bay Cruise
 - Sausalito
 - Wine Tasting & Lunch
 (Napa Valley Wine Train)
 - Town of Napa
 - Lake Tahoe Paddlewheeler Cruise
 - Old Town Sacramento
 - California State Railroad Museum
 - Virginia City
 - Two Night Stay in San Francisco
 - Two Night Stay in Lake Tahoe

- Inclusions**
- Roundtrip Airfare - BNA
 - Tour Director
 - 9 Meals (5-Breakfasts, 1-Lunch & 2-Dinners)
 - Motorcoach Transportation
 - Admissions per itinerary
 - Sightseeing per itinerary
 - Hotel Transfers
 - Baggage Handling

Tour Rates
 Booking Discount*: \$2595 pp double
 Regular Rate: \$2695 pp double
 Single Supplement: +\$750

*See Reservation Info for Booking Discount details



Booking Discount - Save \$200 per couple!*

Contact Information

St. Clair Street Senior Center • Attn: Drew Anderson
 325 St. Clair Street • Murfreesboro, TN 37130
 615.848.2550 ext 2519 Fax: 615.904.6511

Booking #102853

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

TRAVEL



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!

Day Trips with St. Clair

- The following trips require payment at registration and registration for the following trips must be handled in person.
- **Sign up will at Patterson Park during the times St. Clair Staff is 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!

<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>
<p>SATURDAY DECEMBER 10 9:00 a.m. 4:00 p.m. Deadline: 12/9</p>	<p>DICKENS OF A CHRISTMAS Join the largest Christmas festival in Middle Tennessee! This free street festival will recreate the time of Charles Dickens using historic downtown Franklin's Victorian architecture as the backdrop. Some 200 musicians, dancers and characters will fill the streets, including several from Charles Dickens's stories. Expect to see and interact with the nefarious Fagin from Oliver Twist; Jacob Marley, Ebenezer Scrooge and Tiny Tim Cratchit with his parents from A Christmas Carol; and of course, a Victorian Father and Mother Christmas with treats for children. Bring money to shop and for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$\$ </p>

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

TRAVEL

Day Trips with St. Clair

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- 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!

<p>SATURDAY DECEMBER 10 11:00 a.m. 5:00 p.m. Deadline: 12/9</p>	<p>LEIPER'S FORK CHRISTMAS PARADE The "Almost World-Famous Leiper's Fork Christmas Parade" is unlike any other parade in the country! From Clydesdale Horses to pot-belly pigs and vintage cars to bicycles, the Leiper's Fork Christmas Parade features some of the most unique holiday floats you'll ever see! This country style Christmas parade includes everything from parade floats, tractors and lawn mowers to horses, dogs and hogs. The parade marches through the heart of the Village on Old Hillsboro Road. It's family friendly and fun. Area merchants will be open. Bring money for shopping and lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$-\$\$ </p>
<p>WEDNESDAY DECEMBER 12 10:30 a.m. 4:00 p.m. Deadline: 12/16</p>	<p>MYSTERY LUNCH It is most definitely a mystery. Bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>TUESDAY DECEMBER 13 7:55 a.m. 8:00 p.m. Deadline 12/9</p>	<p>GAMBLING AT HORSESHOE SOUTHERN INDIANA Come out and try your hand at Caesar's Horse Shoe Casino. (One Floor of the Casino is Non-Smoking) The four-deck riverboat (known as The Glory of Rome), which houses the gaming area; is the largest riverboat in the United States, and the world's largest riverboat casino. You will receive \$5.00 in free play and a \$15.00 food voucher good toward the buffet. Please park in the rear of the city parking garage at 7:30 a.m.</p>	<p>ADMISSION: \$5 TRANSPORTATION INC. <i>Limit 52</i> COST: \$-\$\$ </p>
<p>WEDNESDAY DECEMBER 14 11:30 a.m. 4:30 p.m. Deadline: 12/9</p>	<p>MACHINE GUN SHOOT Nashville Armory Full Auto Indoor Gun Shoot And Legends Steak House Nashville Armory contracted with Action Target of Provo, Utah to design and install the most technologically advanced range in the country. The climate-controlled bays provide shooters with a comfortable and clean shooting environment year round. Nashville Armory bays will handle whatever you can throw at them with a handgun or shotgun. The executive bay has been additionally engineered to accommodate high power rifles up to but not including .50BMG. Rentals do not include ammo. \$20.00 Lane Fee \$10.00 extra person \$20. Rifle and Pistol rental \$65.00 for Machine Gun Rentals.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 14</i> COST: \$\$-\$\$\$ </p>
<p>THURSDAY DECEMBER 15 9:00 a.m. 4:45 p.m. Deadline: 12/9</p>	<p>OPRY MILLS MALL Christmas Savings at Opry Mills Mall Opry Mills Mall is a beautiful indoor mall boasting more than 200 stores including; Saks Fifth Avenue OFF 5TH, Forever 21, J. Crew Factory Store, Vera Bradley Outlet, Bass Pro Shops Outdoor World, and more. Enjoy the Opry Mills® experience with retailers ranging from jewelry to women's apparel to sporting goods. We have full-service dining options including; Aquarium Restaurant, Rainforest Cafe, and Chuy's Mexican Food, as well as quick and fast options such as Johnny Rockets, Subway and Panda Express. Bring money to shop and eat.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY DECEMBER 17 11:30 a.m. 4:00 p.m. Deadline: 12/12</p>	<p>BELL BUCKLE OLD FASHIONED CHRISTMAS Christmas has been celebrated in many ways in Bell Buckle for decades. There have been storytellers, live reindeer, a Tour of Homes among other things. But as the holiday season has gotten more hectic, Bell Buckle has more recently made its celebration simpler. Come and enjoy Santa and his old fashioned sleigh offer FREE rides to all with a merry jaunt around the historical town. Many of the stores offer a taste of the holidays with teas, coffees, hot chocolate and cookies. Old fashioned lights and greenery adorn the quaint village rendering memories of times gone by. Simple, warm and cozy. Welcoming Christmas. Bring money for food and shopping.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>

TRAVEL

Day Trips with St. Clair

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- **Sign up will at Patterson Park during the times St. Clair Staff is 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!

<p>MONDAY DECEMBER 19 9:30 a.m. 4:00 p.m. Deadline: 12/15</p>	<p>HOLIDAYS AT THE FRIST MUSEUM Senior Monday Special Event: Holiday Sing-Along with Sarah Martin McConnell and Nashville In Harmony. Music for Seniors presents Nashville in Harmony, followed by a festive holiday sing-along of seasonal favorites with Sarah Martin McConnell. This performance will take place in the Frist Center Auditorium. The Frist Museum is also featuring Samurai: The Way of the Warrior. Ragnar Kjartansson: The Visitors. Harmony Korine: Shadows and Loops. And 2016 Young Tennessee Artists: Selections from Advanced Studio Programs. ***Beginning Monday, October 31, the Frist Center will offer free admission to guests bringing nonperishable food items for Second Harvest Food Bank of Middle Tennessee on Mondays through December. The items most needed by Second Harvest this year are peanut butter, canned chicken or tuna, canned vegetables, canned fruit, pasta and cereal. Since 2012, visitors to the Frist Center have donated 20,989 pounds of food, which equates to 17,491 meals. Bring money for lunch and admission if you do not bring a food donation.</p>	<p>ADMISSION: FOOD OR \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>TUESDAY DECEMBER 20 4:00 p.m. 8:00 p.m. Deadline: 12/16</p>	<p>CHANUKAH PROGRAM WITH MAYOR MEGAN More than twenty-one centuries ago, the Holy Land was ruled by the Seleucids (Syrian-Greeks), who sought to forcefully Hellenize the people of Israel. Against all odds, a small band of faithful Jews defeated one of the mightiest armies on earth. They drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of G-d. When they sought to light the Temple's menorah, they found only a single cruse of olive oil that had escaped contamination by the Greeks; miraculously, the one-day supply burned for eight days, until new oil could be prepared under conditions of ritual purity. Bring money for food.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>THURSDAY DECEMBER 22 4:30 p.m. 8:30 p.m. Deadline: 12/16</p>	<p>JELLYSTONE PARK: THE DANCING LIGHTS OF CHRISTMAS For the 6th year in a row Jellystone Park will host one of the most amazing drive thru light shows you will ever see. The Big 98 WSIX is proud to bring to you new huge displays, added to the hundreds of thousands of LED Christmas lights dancing to some rocking Christmas tunes coming through the bus radio. The show this year will feature dozens of displays, some awesome new Christmas tunes and, of course, Fox 17's Santa's Village! After you journey through the Dancing Lights of Christmas, stop in and enjoy all the fun that awaits you in Santa's Village! Bring money for whatever you may need.</p>	<p>BRING \$ TRANSPORTATION \$0 Limit 52 COST: \$-\$\$ </p>
<p>FRIDAY DECEMBER 23 3:00 p.m. 10:00 p.m. Deadline: 12/19</p>	<p>OPRYLAND HOTEL PRESENTS: LIGHTS! Enjoy a nice lunch at Legends Steak house and then discover the most popular holiday entertainment in Nashville during A Country Christmas. Marvel at lavish holiday displays, more than 2 million twinkling lights and festive new décor! Enjoy our exclusive Opryland holiday events to get you in the spirit of the season! The Brave can try their hand at racing snow tubes and by experiencing ICE! featuring Rudolph the Red-Nosed Reindeer with larger-than-life ice sculptures and slides hand-carved from more than TWO MILLION pounds of ice! Bring money for food.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>FRIDAY DECEMBER 30 6:00 p.m. 11:00 p.m. Deadline: 12/22</p>	<p>MANGIA NASHVILLE "BIG NIGHT" ITALIAN Requested by some serious foodies who know a good time and plate. Mangia's offers more than just a night out. The entire experience will have you entertained by the Chef, Servers and yourself as you and your partner dance, sing and make a night to remember at one of Nashville's hottest Italian restaurants. The meal of \$50.00 is full course and entertainment included. MANGIA NASHVILLE As seen on Cooking Channel, CMT, PBS, WSMV, FOX 17 & WKRN</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 8 COST: \$\$-\$\$\$ </p>

TRAVEL

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<p>SATURDAY DECEMBER 31 11:30 a.m. 6:30 p.m. Deadline: 12/10</p>	<p>FREE POOL AT H CUES H Cues in Nashville is hosting free play on New Year's Eve Day. They offer some of the best tables and atmosphere in Nashville Billiards and have two restaurants on site to serve you. Bring money for entry and food.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY JANUARY 7 8:30 a.m. 4:30 p.m. Deadline: 01/03</p>	<p>TOUR OF GOODWILLS Tour the Goodwill's of Mt. Juliet and Lebanon while enjoying a nice lunch at Sunset Family Restaurant in between your treasure hunts. And remember, everything is half off! Bring money for lunch and shopping.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>MONDAY JANUARY 9 4:00 p.m. 11:00 p.m. Deadline 01/05</p>	<p>BIG STAR CIGAR LOUNGE Big Star Cigar Lounge and Tobacco will host Poker & Nat'l Championship! Come out and enjoy the battle by the winners of the Fiesta Bowl and Peach Bowl. Play poker and earn your seat at the Champions Table! They will have the National Championship between Alabama and some other team playing as well. Sorry Smokey it's a fact of life right now. If you don't want to play, come hang anyway! The lounge is always BYOB and all are welcome. Bring money for smokes and food.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ </p>
<p>FRIDAY JANUARY 13 11:00 a.m. 2:00 p.m. Deadline: 01/09</p>	<p>ASUKA: ASIAN DELICACIES Asuka Hibachi & Buffet is a cornerstone in the Smyrna community and has been recognized for its outstanding Asian and Seafood cuisine, excellent service and friendly staff. The lunch cost is \$7.39 plus tax and gratuity. Bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$6 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>MONDAY JANUARY 16 10:30 a.m. 2:00 p.m. Deadline: 01/12</p>	<p>MARTIN LUTHER KING'S FAVORITE EATS Celebrate Dr. Martin Luther King's Birthday by enjoying some of his favorite foods. Now we know Dr. King was from the South and his favorite foods were southern creations of fried chicken, sweet potatoes, and collard greens. And for desert he never wanted to turn down some goooooood... southern and sweet pecan pie. For this special treat we will be eating at Dandgure's Café a noted Nashville staple and a feature on Anthony Bourdain's television series Parts Unknown. Bring money for food.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>WEDNESDAY JANUARY 18 11:00 a.m. 2:00 p.m. Deadline: 01/13</p>	<p>MYSTERY LUNCH Shh... It's a Mystery. Bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>THURSDAY JANUARY 19 10:00 a.m. 5:30 p.m. Deadline: 01/13</p>	<p>BESSIE SMITH MUSEUM If you don't know Bessie Smith is one of the greatest Blues singers of all time. Visit The Chattanooga African American Museum and Bessie Smith Hall were established to pay homage to the late "Empress of the Blues", Bessie Smith, through the establishment of a Performance Hall. One of the stated goals of this Chattanooga museum is to showcase the many contributions of African Americans to the development of Chattanooga, TN. It also strives to promote a general growth in education for the African American community and the role African Americans played in American culture and history. Bring money for lunch.</p>	<p>ADMISSION \$5 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>

TRAVEL

Day Trips with St. Clair. . . Please see page 22 for reservation information & instructions.

FRIDAY JANUARY 20 11:30 a.m. 6:30 p.m. Deadline: 01/15	ICE SKATING Come inside and warm-up while showing off your well to do ice skating skills. Bring a date or find one on the ice at Centennial Sportsplex. Skating is \$6.00 per adult and spectators are free to watch. You will enjoy lunch after the fun has ended.	BRING \$ TRANSPORTATION \$8 Limit ?? COST: \$-\$\$ 
SATURDAY JANUARY 21 3:00 p.m. 9:30 p.m. Deadline: 01/17	SUTTON OLD TIME RADIO HOUR You have heard Sutton Old Time Music Radio Hour on the radio now enjoy it live at Sutton Old Time General Store in Granville, TN. Enjoy all you can eat southern cooking while some of Tennessee's best Blue Grass musicians play to a live radio broadcast from the T.B. Sutton General store in Granville, TN. Bring money for admission.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
TUESDAY JANUARY 24 2:30 p.m. 5:30 p.m. Deadline 01/20	CORSAIR BREWSTILLERY You might be asking yourself, "What's a Brewstillery? Is it a brewery? Is it a distillery?" The answer is yes to both! At their original Nashville location Corsair expanded their focus to include high gravity beer within a malt whiskey program. What's available: Grain to glass story for beer and whiskey - Corsair Malthouse to Corsair Brewhouse. Paired tastings of experimental whiskey and unique beers Beer cocktails and experimental whiskey shots . The tour \$8.00 plus tax	BRING \$ TRANSPORTATION \$8 Limit ?? COST: \$-\$\$ 
WEDNESDAY JANUARY 25 10:30 a.m. 4:00 p.m. Deadline: 01/20	DAVE & BUSTER'S BILLIARDS AND ARCADE Half-Price Game day on Wednesday's at Dave and Buster's If you love the lights and actions of the games at the Casino and remanence about arcades of old then you will love this family-friendly chain offering a sports-bar-style setting for American food & arcade games. Bring money for food and fun.	BRING \$ TRANSPORTATION \$6 Limit 23 COST: \$-\$\$ 
FRIDAY JANUARY 27 11:15 a.m. 6:00 p.m. Deadline: 01/23	NASHVILLE FLEA MARKET AT THE NASHVILLE FAIRGROUNDS Escape to Nashville's largest Flea Market and indulge in the many things to be discovered at this week-ends themed Winterfest. Bring money for shopping and food.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
SATURDAY JANUARY 28 3:30 p.m. 10:00 p.m. Deadline: 01/24	ANSBACH ARTISANS GALLERY SATURDAY NIGHT LIVE ART Experience free music and art being created in a fantastic gallery. Meet and watch great local artists painting, drawing, sculpting, etc. while listening to live local musicians and having a glass of wine. Mix & mingle. Family friendly. Refreshments provided. Ansbach Artisans gallery is your source for original artwork by local artists. Housed in a wonderfully renovated 1950's general store in Franklin, TN, the gallery carries a wide variety of paintings, drawings, pottery, woodworking, and custom furniture. They have large and small pieces that are perfect for decorating your home. You will also find great gift ideas for him or her. Nice dinner before the event so bring money for supper and shopping.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
MONDAY JANUARY 30 9:30 a.m. 3:30 p.m. Deadline: 01/26	UPPER ROOM CHAPEL NASHVILLE, TN The teachings and Biblical experiences of Jesus are portrayed through paintings, sculptures, and porcelain figures. Of special note is the international collection of The Last Supper paintings and sculptures. A nearly life size wood carving of The Last Supper is featured all year in the main chapel and there are several international portrayals in paintings and sculpture on display in the museum. Through January, the museum exhibits The Night of the Child, a collection of over 130 nativity scenes, renditions from papier-mache to exquisite porcelains, carved wood and stone to natural dried seed pods all representing over 40 cultures around the world. Bring money for a donation (suggested \$5) and lunch at Hickory Falls.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
TUESDAY JANUARY 31 12:00 p.m. 6:00 p.m. Deadline: 01/27	CLIMB NASHVILLE WEST Indoor climbing is an increasingly popular form of rock climbing performed on artificial structures that attempt to mimic the experience of outdoor rock. The proliferation of indoor climbing gyms has increased the accessibility and popularity of the sport. There are a few differences in techniques, style and equipment between sport climbing outdoors and indoors. Climbing indoors is much safer because of controlled environmental conditions. During indoor climbing, holds are easily visible in contrast with natural walls. The pass per adult is \$20.50 and includes all rentals needed to ascend as many walls as you like. Please eat lunch prior to departing. Thank you	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 

DECEMBER 2016



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

**THE CENTER IS CLOSED
FOR RENOVATION.**

Please join us at
Patterson Community Center
Monday, Wednesday and Thursday
from 10:00 a.m.-2:00 p.m.
for senior programming.

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

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator

Call 615-895-1870 for
lunch reservations.

Lunch served Monday, Wednesday and
Thursday @ 11:30 a.m. at Patterson

MCHRA TRANSPORTATION
615-890-2677

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ST. CLAIR STREET SENIOR CENTER STAFF

Director
Connie Rigsby

Administrative Aide II
Diane Smith

Custodians
T.J. Key
Ray Crockett

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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