



**HAPPY
NEW
YEAR
2017**

*St. Clair welcomes a new year
& new beginnings!*



Connie C. Rigsby
Center Director
crigsby@
murfreesborotn.gov

Welcome to 2017! This year holds many extraordinary opportunities for St. Clair. The facility is in the midst of its renovation to improve heating and air, interior updates, the creation of zone programming, upgrade in security and creation of welcome center. The staff are working to develop an array of programs that have been suggested by our seniors. Classes with new instructors from Social Media 4 Seniors will introduce classes for Facebook, Instagram, Pinterest, YouTube, Skype/FaceTime, Texting/Emailing, and basic computer training. Expansion of our exercise programs to include extra Go 4 Life classes, swing dance, boot camp workout class, and expanded exercise equipment and room. You also told us you like the big events like Springalooza that was held this summer, so look for more events like that in the upcoming

year. In our education programs we plan to add language classes, more cooking for one classes, how to programs such as wine making, drying herbs, distressing furniture and hula. As always we will make everything fun with new bands, new instructors and new events for holidays. Once all the work is done we are working on a great welcome back event planned by our staff for everyone.

The renovation is moving along and we have a few inside photos in the LEAF. Remember if you need to reach us use the 615-848-2550 number and we have staff located at Patterson Park on Mondays, Wednesdays and Thursdays from 10 a.m.-2:00 p.m. Please join our programs being offered at Patterson as we are making the best of our time away from 325 St. Clair.

Reminder if City Schools are closed for SNOW or inclement weather St. Clair Programs at Patterson are cancelled. Please listen to WGNS, Channel 2 and 5 for updates throughout the winter months.

Your Director, Connie C. Rigsby

And so it begins . . . Renovations at St. Clair Street Senior Center



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

CENTER NEWS

SPELL YOUR NAME IN MORSE CODE & MILITARY USE OF MORSE CODE



Join Mr. Frank Capley, President of the Stones River Amateur Radio Club, on Wednesday, January 25 in the Patterson Park Cafeteria. Mr. Capley begins his presentation at 10:00 a.m. with fascinating stories about Morse Code. Morse Code was one of the most important innovations of communications the world has seen, serving as the foundation of one of the first high-speed communications networks in the world. Used for everything from messaging with flags, to flashing with lights, knocking on walls, using mirrors or any device of varying duration to mimic the long and short pulses used in the Morse Code alphabet. Morse Code, most importantly, was used with telegraphs to help transmit information across vast distances in the days before the telephone. At 12:30 p.m. check out the various morse code machines and the military use of morse code. **Sign up is requested for this seminar for planning purposes.**



Brenda Elliott
Program Coordinator
belliott@murfreesborotn.gov

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See you there!

VARIETY SHOW ACTS NEEDED

Formerly Talent/No Talent Show

We are looking for acts to perform in our variety show at Patterson Park Community Center on March 22. Grab a friend! If you have a talent/act or want to come up with a skit, songs, poetry, or any other type of performance, you qualify to perform in our show! Grab a few friends and practice and create an act, or if you are in a group such as dancing, singing, just having laughable fun, you may also register to perform; just let us know. To make your reservation to perform in the Variety Show e-mail Brenda Kiskis Elliott belliott@murfreesborotn.gov with "Variety Show" in the subject line. You may also sign up to perform by seeing Brenda Elliott at Patterson Park Community Center Mondays, Wednesdays and Thursdays from 10:00 a.m.-2:00 p.m.



Lisa Foster
Program Coordinator
lfoster@murfreesborotn.gov

The senior center sign-in table at Patterson cannot reserve your spot to perform. You must e-mail or speak to Brenda herself, please do not call Patterson Park Community Center. Thanks! We'd like to know how many persons are going to participate in the show by February 1st, so please sign up early. Space is limited.

When you secure your spot in the show, be prepared to provide how many people you anticipate in your act and type of entertainment. On March 1st you will be contacted to provide the exact name of your act, the time needed for your performance, any technical needs for your act, what props you plan to bring, if you need chairs or a CD player, etc. Absolute deadline to sign up to perform is March 10, if space is still available. The show will take place March 22 with a rehearsal on March 20. More details for the audience to see the show will be in our March Newsletter.

Thank you, Brenda

STAGE HANDS/BEHIND THE SCENES VOLUNTEERS NEEDED

If you would like to help behind the scenes with the Variety Show, e-mail Carol Ransom or see her at Patterson Community Center on Mondays, Wednesdays and Thursdays from 10:00 a.m.-2:00 p.m. If Carol is not available, you may e-mail or speak to Brenda Kiskis Elliott. Stage hands will be helping with seating the audience, signing in people as they come into the Theatre, and moving chairs or other props on the stage. The senior center sign-in table at Patterson cannot reserve your spot to volunteer. You must e-mail or speak to Carol Ransom or Brenda Kiskis Elliott.

Carol Ransom's e-mail is cransom@murfreesborotn.gov Brenda Kiskis Elliott's e-mail is belliott@murfreesborotn.gov

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

ADS HAPPENINGS

By Amanda Pullias, Adult Day Service Program Coordinator

As we celebrate Martin Luther King Day in January, it is appropriate to acknowledge those who have made a difference in our communities. A few months ago we highlighted Renee Crenshaw's volunteerism, but Renee also has a famous grandmother whose faith and heart for peace was passed on as a legacy to Renee. If you look up Sallie Crenshaw's name on your search engine

you'll find much more information but below is a little glimpse into her life:

Reverend Sallie Crenshaw (1900-1986), of Irish, Cherokee and African American descent, was a woman of faith who was ahead of her time. She was the first African American woman to attend Tennessee Wesleyan College and University of Nebraska. After years of missions, she was the first African American woman to attain full clergy status. Crenshaw spent her life in service to the coal miners in Virginia, and to many churches, both black and white in the East Tennessee Methodist conference, promoting desegregation as she loved and served. She is noted for starting a mission Sunday School to poor children in the St. Elmo community of Chattanooga in a tavern which was closed on Sundays. It eventually grew into a full time day care for children. Her portrait hangs in the Sallie Crenshaw Bethlehem Center in Chattanooga's Alton Park today as a tribute to her work. She retired in 1971 from the Holston Conference after a full life of service to her fellow human beings of all races. Crenshaw is well known for her contributions within the Methodist Church and in East Tennessee. She embodied the spirit of those who have worked for a better life and peace for all races. We salute Reverend Sallie Crenshaw.

ADS had a whirlwind December with holiday activities. Randy Huffman made sure we played plenty of his favorite holiday music and nostalgic Christmas carols. We made our own ornaments for our tree. We enjoyed a wonderful Christmas brunch prepared by Kathy Herod and Amanda Pullias, with a breakfast casserole, ham and

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biscuits, hot spiced fruit and wonderful brunch bread. The ADS staff had a gift for each participant. Gary Pailer and Renee Crenshaw provided their original music along with old favorites throughout the month. The ADS staff and participants also were able to host the Senior Center employee holiday dinner and visit with the employees who we've not seen lately. It was wonderful to have the employees visit us.

We enjoyed some outings as well. The Yankee Girl entertained us with a lively show at Patterson Park and we went to the holiday dinner at Patterson Park, where it was wonderful to see many of the senior center participants. We attended the Noon Years Luncheon to bring in the year 2017.



ADS Participant Iantha Jones makes a wish before blowing out her candles.

We've shared our nostalgic memories but we also look forward always to the future. We are excited that work has begun on the Senior Center as we continue to make new friends of people at St. Mark's United Methodist Church. We know that the inconvenience of relocation has been made easier by the wonderful staff at the church and that the future of ADS will include a new cozy space for our program participants. We also know that our beautifully refurbished center will be a welcoming haven for seniors to make new friends and pursue healthy activities. This is why LIFE IS GOOD in the ADS. We wish for all a wonderful, healthy New Year 2017!

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." Martin Luther King Jr.

If you know someone in need of caregiver respite, please tell them about our excellent program for people with mild to moderate dementia. For more information of the Adult Day Service, you may continue to call the St. Clair Street Senior Center telephone number, 615-848-2550, or you may call the ADS staff at 615-785-2371 between the hours of 8:00 a.m.-4:30 p.m. Monday through Friday while we are located at St. Mark's.

CARE SPECIALIST

MEDICARE: ARE YOU A HOSPITAL INPATIENT OR OUTPATIENT?

Your hospital status, whether you are inpatient or outpatient, affects how much you pay for hospital services (like x-rays, drugs, and lab tests) and may also affect whether or not Medicare will pay for your care in a skilled nursing facility should you need rehabilitation after your hospital stay.

When you have Medicare, you have two parts to your coverage. Part A covers hospital care and Part B pays for outpatient care. When you are admitted to a hospital as an inpatient your Part A covers all your care for the first 60 days of a benefit period after you pay your deductible, which is \$1,288 in 2016. If you are not fully admitted and remain in the hospital as an “observation” patient, you are considered an outpatient and your Medicare Part A will not pay for your stay. Only Part B Medicare will cover your care as an outpatient while you are in the hospital covering costs such as doctor visits, tests, x-rays, etc. at the usual 80% and you will pay the remaining 20%. Your room costs, meals, nursing care and other costs generally covered by Part A, while you are in the hospital, will be your responsibility when you are classified as an “observation” patient. If you have a Medicare Advantage Plan, there could be differences in how this is paid, so you should check with your plan. Your routine home medications (while in the hospital under observation care) will also not be covered.

Observation status has been used in hospitals in the past when the emergency department physician was not sure if a patient needed to be admitted, but felt that they should be “observed” first. This was generally intended to be for a very short period of time, but in the past few years observation has, in many cases, gone on for several days and some say that the use of observation status has roughly doubled in the past 6 years. This practice has caused some financial burdens for some Medicare beneficiaries.

Hospitals blame this overuse of “observation” on the government. Auditors go through hospital records and decide if the hospital should have classified a patient as inpatient or outpatient (observation). If it is decided that an inpatient should have been observation, the hospitals will have to return any money they were paid. Obviously this puts the hospitals in a bind and they have complained that Medicare has not given them clear rules and they are often guessing on whether or not they will get paid. For this reason, observation status is used more often. The hospital knows that if a patient is in observation care they will get some reimbursement, although it will be a reduced amount compared to payment for inpatient care. Hospitals are also penalized for individuals that are admitted inpatient, discharged and then readmitted within 30 days. Clearly, Medicare is trying

to reduce waste, by limiting costly and possibly unneeded inpatient care, but the confusion has put the burden on the senior community.

One of the biggest concerns that surround inpatient care vs. observation care is that if you are not inpatient for at least 3 days in a hospital you will not qualify for Medicare payment of a rehabilitation facility. You could be observation for 1 day, then inpatient for 2 days and plan on being transferred to a skilled nursing facility for rehabilitation care only to find that it will not be covered. You did not meet the 3 day inpatient criteria. In that case, you will be paying for your rehabilitation care out of your pocket, this is where it can become a huge financial burden on the individual.

Under Medicare rules that took effect on October 1, 2013 doctors should admit as inpatient those they expect to stay in the hospital for 2 or more nights. This new policy responds to both hospital calls for more guidance about when a beneficiary is appropriately treated (and paid for by Medicare as an inpatient) and beneficiaries’ concerns about increasingly long stays in observation care due to hospitals’ uncertainties about payment.

This ruling is intended to help both the hospitals and the beneficiaries. But it is important to understand that no matter how this new rule functions, you can still be considered an observation patient and responsible for more costs during your hospital stay, and the 3-day hospital “inpatient” criteria still stands before you can qualify for follow-up rehabilitation care.

On August 1, 2016 President Obama signed the Notice of Observation Treatment and Implications for Care Eligibility Act. This Act went in to effect October 1, 2016 and requires hospitals to provide oral and written notification within 36 hours for patients in observation status for more than 24 hours. This written notification is called the Medicare Outpatient Observation Notice and outlines what will and will not be paid for by Medicare if you are an observation patient. This will obviously not solve all the problems associated with inpatient vs. observation care, but does make sure the beneficiary understands the implications of being considered “observation” rather than inpatient. In the past, patients often had no clue that they were considered outpatient, so this new rule will definitely help with clarifying that confusion.



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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Happy New Year! The new year brings out thoughts of what to do to change my life. How can I make it better? How can I make a difference in the world? Volunteering is a great way to make a difference and to know that your gift of time matters. Make 2017 your year to volunteer!

I have more ideas of who to contact about volunteering while we are closed for renovation. I met all of these contacts personally and they are top notch organizations to volunteer with. While we are closed you can still reach me by e-mail at cransom@murfreesborotn.gov.

HANDS ON NASHVILLE • Contact: Julie Abbott at 615-298-1108 extension 406.

BOYS & GIRLS CLUBS • Contact: Maggi Fisher at 615-890-2582.

UNITED WAY • Contact: McKenna Moore at 615-893-7303.

AARP TAX AIDE CHANGES LOCATION IN 2017

Due to the St. Clair renovations the AARP Tax-Aide Program will prepare income tax forms at the LINEBAUGH LIBRARY 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.

Call 615-848-2550 beginning Tuesday, January 3 for an appointment. Appointments are available on Tuesdays from 9:00 a.m.-1:30 p.m., Wednesdays from 12:00 noon-4:00 p.m. and Thursdays from 9:00 a.m.-5:30 p.m. from February 1-April 15. Remember that the location for the tax service has changed this year due to the renovations at St. Clair Street Senior Center. The AARP Tax Aide service will be held at the LINEBAUGH LIBRARY, 2nd Floor, 105 West Vine St., Murfreesboro.

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. Please be sure to bring any and all of the information listed below and that pertains to you and filing your taxes.

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.

CARING FOR THE CAREGIVER

APPROACHES TO DIFFICULT BEHAVIORS

When dealing with difficult behaviors from someone with traumatic brain injury, memory loss or dementia, it's important to remember that they are not deliberately being difficult.

Our loved one's sense of reality may be different from ours, but it is still real to him or her. As caregivers, we can't change the person with dementia, but we can educate ourselves with strategies to better accommodate any problem behaviors. The peaceful environment at home and the way you communicate with your loved one can make a big difference. People with Alzheimer's or dementia often exhibit behaviors that are unpredictable and may be outside the bounds



of what others consider "normal" or socially acceptable. It may be tough to know when to worry and when to be flexible. Try to remember that behaviors do not define a person, they are just a product of the disease. If your loved one had the ability, they would probably choose to act differently

Also, remember to practice patience and forgiveness. The disease, not the person, is likely causing these things to occur. Try to let things go and avoid holding a grudge over something they may not have meant to do or say, or even remember doing. The exception is if your loved one becomes a physical danger to themselves or others. Physically abusive behavior is not okay. Even a one-time occurrence should be communicated to your physician or other healthcare provider immediately to ensure your loved one's safety as well as your own.

There are many more behavior interventions, treatments and specialty care providers now than in the

past, including resources such as St. Clair Senior Center that are there to educate, inform and assist you in your caregiving journey. Do not be afraid to reach out.

Telling someone what's really happening at home doesn't mean a one-way ticket for your loved one into a behavioral unit or a "no questions asked" prescription for more medications. It's just the start of a needed conversation with professional providers who may be able to add some value by identifying more ways of helping you and your loved one have better days.

Wishing you a Happy New Year!

Cindi



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

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CAREGIVER PROGRAMS

GRIEF SUPPORT



**Thursday, January 19
10:00-11:30 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, January 26 at 1:30 p.m. at St. Marks Methodist Church, 1267 N. Rutherford Blvd. 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.

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.

Grief Relief Support Group meets Thursday, January 19 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 until the renovation at the senior center is completed. Please watch the newsletter for information about when the group will resume. Current group members will also be contacted by mail or e-mail for updates. If you would like information about other groups that are meeting in the area please give Dee Brown a call at 615-848-2550.

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, January 26
1:30-2:30 p.m.**

St. Marks Methodist Church

NURSE LAURA SAYS

Here we are in one of the greyest months of the year, one with short days and long, dark nights. With less daylight, more cold weather, and less sunshine, it is understandable that some of us have SAD. While some of us are sad, some actually have SAD, which is Seasonal Affective Disorder. SAD is not just feeling blue occasionally; it is feeling sluggish, not having interest in activities you previously enjoyed, craving carbs, and feeling sad throughout a season. Most folks suffer with this type of depression in the fall and/or winter months, but occasionally spring or summer is a problem for some. If you have SAD you may feel moody, sleepy more often than usual, or even feel like hibernating. Has anyone told you that you are more irritable than usual or that you are harder to get along with? This, along with the other symptoms, could mean you have SAD. People who live in the southern part of the U.S. are less likely to suffer with it while folks in the northern area are more likely. Women have SAD four times as often as men yet men have more severe symptoms. People with depression or a family history of it are more likely to feel the effects and younger adults are more at risk than older adults.

So what causes this disorder? Well you probably realize a lack of sunlight plays a role. Darkness signals melatonin, which is a hormone, to be released in our bodies and this makes us want to sleep. Too much melatonin can make us sleepy and cause a lack of energy. Less sunlight also means lower levels of vitamin D, which is thought to play a role in serotonin activity. Serotonin is a neurotransmitter that is produced in the brain and has roles in many brain and body functions, including your mood and how you interact socially.

So, if you are feeling depressed for a number of days and you can't seem to get motivated to do your normal activities, it may be time for you to see your doctor. While there is not a specific test done to diagnose SAD, your doctor will probably do a physical exam, some lab work, and ask you some questions about your symptoms. Go to your appointment prepared. Write down a list of your symptoms, including when they started; think about any

life changes you have had recently; have a list of all medications you take, including over the counter items; and be ready to ask questions you may have, including what are your treatment options.

The primary treatment is light therapy or phototherapy, usually sitting in front of a special light daily for 30 minutes first thing in the morning. This actually seems to work for many folks but the problem lies in people sticking with the regimen. Some doctors may prescribe antidepressants, especially if the symptoms are severe. You need to realize that it takes time for either of these treatments to take affect and for you to feel a difference. Talk therapy is another possible help for those who suffer with SAD. With this option you can receive tools that can help you deal with stress as well as learn how to identify and deal with thoughts and behaviors that affect your mood.

If going to the doctor is not a step you are ready to take, there are some things you can do on your own which may improve your symptoms. Something as simple as opening blinds and curtains in your home to let more sun in can make a difference. Sit right next to a window as you read or watch TV and feel the warmth of the sun. Go outside more often. Even if it is cold, getting outdoors can help, especially if you do so within the first two hours of your day. And my favorite- get some exercise! This helps with stress and anxiety, makes you feel better about yourself, and releases endorphins, which make you feel better. Don't isolate yourself; get out and socialize. You may even want to take a trip to somewhere sunny if that is a possibility for you.

There is no need to suffer with any type of depression, including SAD, when there is help available. So start by opening your blinds, taking a walk outside, and going to an exercise class with friends; you are sure to feel at least a little better.



Laura Grissom, LPN
Nurse
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Tennessee Technology

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

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.**

WALK WITH EASE BEGINS AT PATTERSON



The beginning of a new year is the perfect time to start a new habit – a healthy one! Time to put on those walking shoes and join us for a fun, free, and educational six week class that will not only get you motivated to walk on a regular basis, but will even do it with you!

We will meet three times a week, on Mondays, Wednesdays, and Thursdays, from 1:00 – 2:00 p.m. starting Monday, January 9 and ending Wednesday, February 22. This class will take place at Patterson Park, starting out in the training room then walking on the track. Walk with Ease is a program through the Arthritis Foundation that will also educate you on arthritis and ways to manage it.

If you have been looking for a kick-start or just enjoy walking with a group this class is for you! See me at Patterson Park or e-mail me at lgrissom@murfreesborotn.gov if you would like more information. There is a limit of 12 so sign up by January 5.

HYPOTHERMIA

Hypothermia is a potentially dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures. Normal body temperature averages 98.6 degrees. With hypothermia, core temperature drops below 95 degrees. In severe hypothermia, core body temperature can drop to 82 degrees or lower. Accidental hypothermia usually happens after cold temperature exposure without enough warm, dry clothing for protection. Milder environments can also lead to hypothermia, depending on a person’s age, body mass, body fat, overall health, and length of time exposed to cold temperatures. An older adult in a 60-degree house after a power outage can develop mild hypothermia overnight. Certain medical conditions such as diabetes and thyroid conditions, some medications, severe trauma, or using drugs or alcohol all increase the risk of hypothermia.

The warning signs of Hypothermia are confusion, shivering, difficulty speaking, sleepiness and stiff muscles. Seek medical help if you suspect you or a loved one has hypothermia.



Information obtained at weather.gov.

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

AT ST. CLAIR

“The Gardener’s Corner”

It’s easy to find amaryllis bulbs at retail stores this time of year. If you didn’t receive one for the holidays, go out and buy one. These bulbs make a beautiful show indoors, and can help to make up for the loss of color now that the holiday decorations are being put away. Put your bulbs in a bright sunny location and water lightly until growth begins. Once you see signs of growth, make sure there is ample water but don’t keep it saturated. Within six weeks you should have a stunning bloom.

Continue to feed the birds! Birds will continue to need nourishment.

If your winter landscape is a bit dull, consider what plants you could add to make it more interesting. Plants with berries can brighten a winter landscape, and some have interesting bark and foliage. Hollies are loaded with berries, and so are many Nandinas. Nandinas also have the advantage of red winter foliage.

If you had terrible insect problems in your veg-



etable garden this year, particularly grubs, squash vine borers, and other soil insects, tilling your garden in the winter can help to control them.

You may not have gotten to all the fallen leaves. Raking can still be done this month. Shredded leaves can be added as a mulch to flower beds or even the vegetable garden.

Hopefully you have planted all of your spring bulbs by now, but if you find a bag of bulbs that didn’t get planted, plant them as soon as possible. Keep in mind that all spring bulbs must go through a chilling process of a minimum of twelve weeks to be able to grow tall and give you the best results.

If you have plants that need to be relocated to a different part of your landscape, we are smack dab in the middle of the dormant period, so move at will. You may want to pick a day that is not terribly cold. Not only will it be easier on you, but also on your plants.

Powerful Tools FOR Caregivers

RECOGNITION

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me... and a healthier us!”

An educational program designed to help family caregivers. This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

The class is a six-week commitment and meets, Mondays, January 23, 30, February 6, 13, 27 and Wednesday, February 22 from 10:00 a.m.-12:30 p.m. The class is limited to 10 so sign up is required. The class will be held at Patterson Park, 521 Mercury Blvd.

You may sign up with Dee Brown or Cindi Thomas. Dee’s e-mail is dbrown@murfreesborotn.gov and Cindi’s is cthomas@murfreesborotn.gov. Also you may call the office number at 615-848-2550 and leave a message for Dee or Cindi.

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

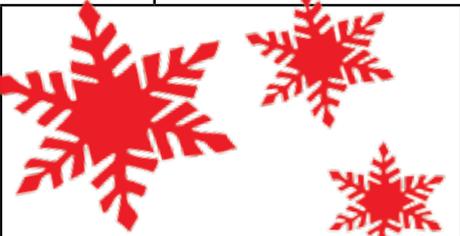
ST. CLAIR @ PATTERSON

January Calendar of Events

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

MONDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>No St. Clair Activities Today No MCHRA Lunch Today Happy New Year!</p>	<p>4</p> <p>10:00 a.m. National Trivia Day in C 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Learn a Game Day in C 12:45 p.m. Open Play/Open Games in C</p>	<p>5 DEADLINE 01/09 WALK WITH EASE</p> <p>10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Line Dancing in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in PGR 1:15 p.m. Beginning Tai Chi in SB</p>
<p>9</p> <p>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 1:00 p.m. Walk with Ease in T</p>	<p>11</p> <p>10:00 a.m. Wonderful Wednesday: Winter Wonderland Wine Glass Candleholder in C 11:30 a.m. MCHRA Lunch in C 12:30 p.m. How to Make an Outdoor Winter House for Your Cat Workshop in C 12:45 p.m. Open Play/Open Games in C 1:00 p.m. Walk with Ease in T</p>	<p>12</p> <p>10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Line Dancing in DS 12:30 p.m. Advanced Tai Chi in SB 1:00 p.m. Walk with Ease in T 1:15 p.m. Beginning Tai Chi in SB</p>
<p>16</p> <p>No St. Clair Activities Today No MCHRA Lunch Today <i>in observance of Martin Luther King, Jr. Day</i></p>	<p>18</p> <p>10:00 a.m. Show & Tell Day in C 11:30 a.m. MCHRA Lunch in C 12:45 p.m. Open Play/Open Games in C 1:00 p.m. Walk with Ease in T</p>	<p>19 DEADLINE 01/25 MORSE CODE</p> <p>10:00 a.m. Grief Relief Support Group in Westbrook Tower Library 10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Line Dancing in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in PGR 1:00 p.m. Walk with Ease in T 1:15 p.m. Beginning Tai Chi in SB</p>
<p>23</p> <p>10:00 a.m. Child Advocacy Center in C 10:00 a.m. Powerful Tools for Caregivers in CA 10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 1:00 p.m. Singing Seniors in C 1:00 p.m. Walk with Ease in T</p>	<p>25</p> <p>10:00 a.m. Learn to Spell Your Name in Morse Code in C 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Military Use of Morse Code in C 12:45 p.m. Open Play/Open Games in C 1:00 p.m. Walk with Ease in T</p>	<p>26</p> <p>10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 12:30 p.m. Line Dancing in DS 12:30 p.m. Advanced Tai Chi in SB 12:45 p.m. Open Play/Open Games in PGR 1:00 p.m. Walk with Ease in T 1:15 p.m. Beginning Tai Chi in SB 1:30 p.m. Share the Care Alzheimer's Support Group at St. Marks Methodist Church</p>
<p>30</p> <p>10:00 a.m. Powerful Tools for Caregivers in CA 10:00 a.m. Go4Life in AG 11:30 a.m. MCHRA Lunch in C 1:00 p.m. Singing Seniors in C 1:00 p.m. Walk with Ease in T</p>	<p>If City Schools are closed for SNOW or inclement weather St. Clair Programs at Patterson are cancelled. Please listen to WGNS, Channel 2 and 5 for updates throughout the winter months.</p>	<p>KEY: SB = Studio B CA = Classroom A C = Cafeteria AG = Adult Gym T = Training Room DS = Dance Studio PGR = Patterson Game Room</p>

PATTERSON PARK
521 Mercury Blvd.
Murfreesboro, TN 37130
in the cafeteria.
Please call 615-895-1870
to make Lunch Reservations.



CANCELLED UNTIL FURTHER NOTICE:
Labor of Love Caregiver Support Group & Memory Cafe
Share the Care Alzheimer's Support Group & Lunch & Learn

Remember:
All trips leave from
New Vision Baptist Church
1750 N. Thompson Ln.
Murfreesboro, TN

EVENTS

The following list contains classes and events with **NO FEES**. You may make a reservation for them by calling 615-848-2550 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

WEDNESDAY JANUARY 4 10:00-11:15 a.m.	NATIONAL TRIVIA DAY Today is National Trivia Day and Roselawn Funeral Home is bringing lots of trivia questions and prizes for correct answers. This event is in the Cafeteria at Patterson Park.	No Limit No Deadline Door prizes!
WEDNESDAY JANUARY 4 12:30-1:30 p.m.	LEARN A GAME DAY Let's play some games! We have Yahtzee, Monopoly, Apples to Apples, & Tumbling Tower. You may also bring your favorite games to share.	No Limit No Deadline
THURSDAYS IN JANUARY 5, 12, 19, 26	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>
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?	No Limit No Deadline
BEGINS MON JANUARY 9 1:00-2:00 p.m.	WALK WITH EASE This six-week program from the Arthritis Foundation will teach you ways to deal with all forms of Arthritis and get you up and walking. Meets Mondays, Wednesday & Thursdays.	Limit 12 Deadline 01/05
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 at Patterson Park cafeteria.	No Sign Up Required Limit 25
WEDNESDAY JANUARY 11 12:30-1:30 p.m.	HOW TO MAKE AN OUTDOOR WINTER HOUSE FOR YOUR OUTDOOR CAT Learn how to make a winter house/box for your outdoor cat or a feral cat to get in out of the rain and snow. Also, learn how to care for a feral cat in your area. Our guest speaker is Colleen Bowles of Rutherford County Cat Rescue.	No Limit No Deadline
WEDNESDAY JANUARY 18 10:00-11:00 a.m.	SHOW & TELL DAY Remember sending your children to school with something for show and tell? Well, now it's your turn. Bring something from home (please keep it family friendly) that's special to you and tell us all about it along with a short story about it!	Limit 30 No Deadline
MONDAY JANUARY 23 10:00-11:00 a.m.	CHILD ADVOCACY CENTER Learn about the Child Advocacy Center of Murfreesboro. Rebecca Stamps, Community Education Coordinator, tells us about the Center, its history and its vital mission.	Limit 80 No Deadline
WEDNESDAY JANUARY 25 10:00-11:00 a.m. 12:30-1:30 p.m.	LEARN TO SPELL YOUR NAME IN MORSE CODE & MILITARY USE OF MORSE CODE President of the Stones River Amateur Club, Frank Capley, shows us how to spell our names in Morse Code and has fascinating stories about this invention. Do we have any "hams" out there? Over and out. At 12:30 p.m. See machines from the Civil War, WWI and II, Chinese, German and Russian models and hear fascinating stories.	No Limit Deadline 01/19
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
WEDNESDAY FEBRUARY 8 10:00-11:00 a.m.	MORNING CHAT WITH AN OFFICER Take a glimpse into CSI in real life! Officer Amy Norville of the Murfreesboro Police Department is scheduled to talk about how the police department solves crimes. You will even get to play with fingerprint dust.	No Limit No Deadline

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

MORE TO DO

The following list contains classes and events with NO FEES. You may make a reservation for them by calling 615-848-2550 or in person at Patterson Park: Monday, Wednesday and Thursday from 10:00 a.m.-2:00 p.m.

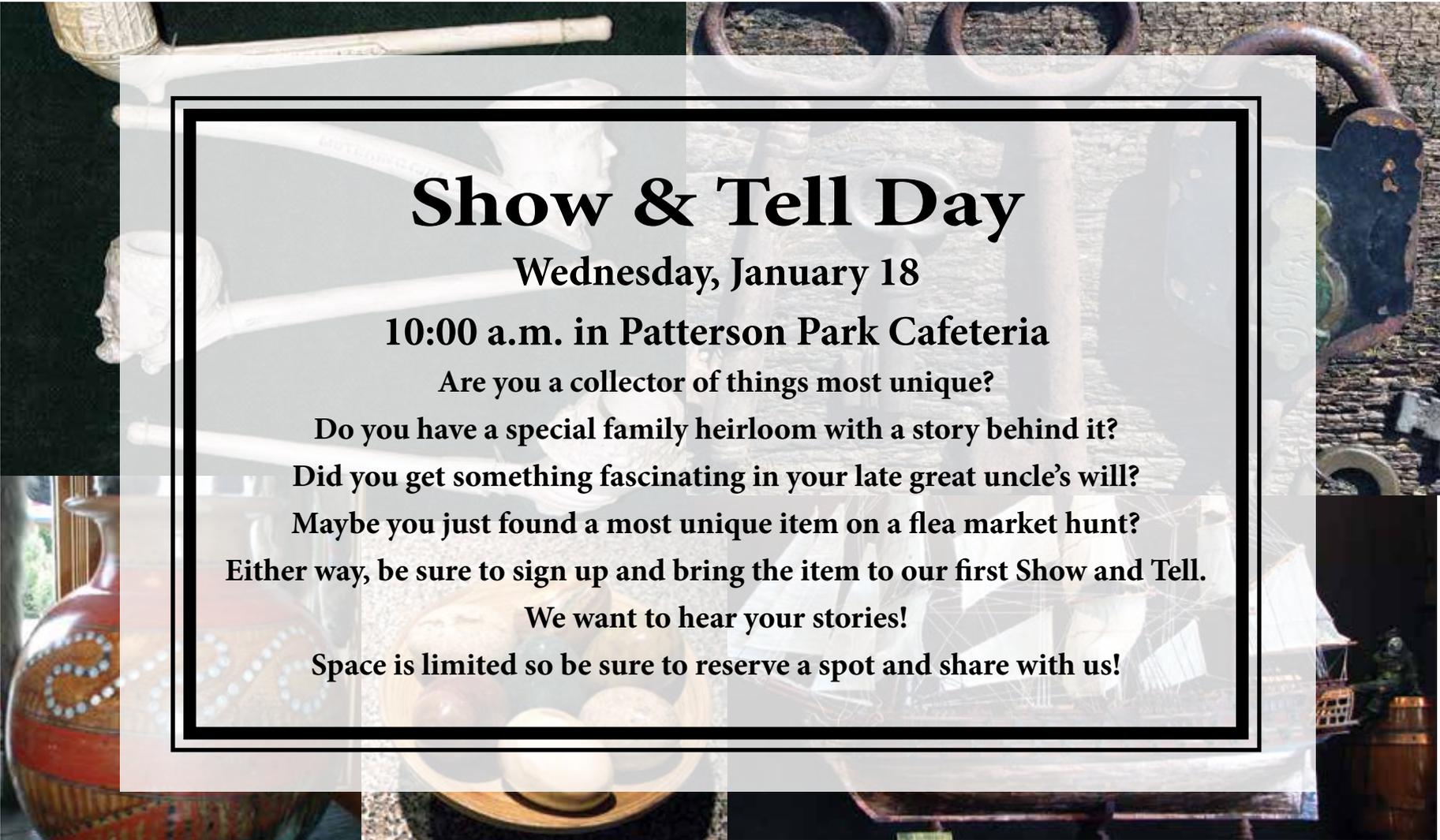
SIGN UP FOR ST. CLAIR ACTIVITIES @ PATTERSON PARK

<p>MONDAY FEBRUARY 13 1:00-2:00 p.m.</p>	<p>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</p>	<p><i>Limit 40 No Deadline</i></p>
<p>WEDNESDAY FEBRUARY 15 10:00-11:00 a.m.</p>	<p>DO IT YOURSELF WORKSHOP Murfreesboro Electric is conducting a hands-on workshop with calking and energy efficient ways for you to save on your electric bill. This is a fun workshop with lots of do-it-yourself practice. Amy Byers of Murfreesboro Electric Department is the facilitator.</p>	<p><i>No Limit No Deadline</i></p>
<p>WEDNESDAY FEBRUARY 15 12:45-1:45 p.m.</p>	<p>AFTER VALENTINES CONCERT Come and enjoy a great after Valentine’s Concert by the wonderful Billy Kitchen Band! Be sure and sign up with Debbie Willis if you are eating lunch with us before the show.</p>	<p><i>Limit 100 Deadline 02/08</i></p>

Art in the Rotunda Set for 2017

Mark your calendars: for the artists who would like to put art in the Rotunda at City Hall next year, the dates for 2017 are June 13 through July 21. We are letting you know ahead

of time so you can create some wonderful paintings to add to St. Clair’s display next year. More information will come as the 2017 season approaches.



Show & Tell Day
Wednesday, January 18
10:00 a.m. in Patterson Park Cafeteria
 Are you a collector of things most unique?
 Do you have a special family heirloom with a story behind it?
 Did you get something fascinating in your late great uncle’s will?
 Maybe you just found a most unique item on a flea market hunt?
 Either way, be sure to sign up and bring the item to our first Show and Tell.
 We want to hear your stories!
 Space is limited so be sure to reserve a spot and share with us!

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 interest 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

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



On November 28 the members of the **Mind Benders**, St. Clair's Trivia Team, were recognized by the St. Clair Street Senior Center Commission with certificates for their third place win the state finals of the Brain Games.

**Congratulations team.
We are proud of you!**

Pictured (L to R): Chantho Sourinho, Margaret Moore, Lynn Nolan, Connie Rigsby, Carol Anne Beasley, Carolyn Farrar, Kris Delene, Jim Getzinger, and Madelyn Scales.

Happy New Year! And Happy New Year again on January 28 as the Chinese celebrate their New Year as well. I always refer to Chinese New Year as the second chance holiday to reset any failed New Year's Resolutions that may have already been tried, hated, too restrictive or just plain mean (no doughnuts for six months) as example. Whatever your 2017 outlook may be, I hope it is a prosperous and fulfilling year in your life. May you seek out a challenge every day to explore new things, new opportunities, new relationships and a greater role in your community.

2016 held many exciting and adventurous trips for participants away from the center. We visited all three grand divisions in Tennessee through our day trip program. With various trips offering a chance to learn Tennessee if you were new to the area or explore a place that you may have otherwise never visited if you are a native Tennessean. Our long motor coach trips finished 2016 strong with visits to New Orleans, Chicago, West Virginia and Washington D.C. One thing many learned is that you always get more than you pay for when traveling on our long trips. Yes, these trips had a destination before we left but the real destination was in every mountain, valley or river delta crossed. Travelers who experienced these trips saw their America unfolding from the rolling hills of Tennessee to the flat

piney stands of Mississippi and the marshy delta in Southern Louisiana in the South at New Orleans. On our way to Chicago, we drove past our nations vast farms that support millions of Americans and witnessed the vast expanse that a wind farm can take up. We found out why West Virginia is called the Switzerland of America with beautiful views at Seneca Rocks and exciting downhill grades. The trip to D.C. offered a chance to drive through the Blue Ridge Mountains and experience the landscape that surrounds our Nation's Capital and its history. North, South, East and West we traveled and we learned that American landscape, cities and regions have something to interest anyone looking for a place to love. We discovered that Americans are both similar and very alike in all places of America. We had a very special Mission Moment for the center in New Orleans where nearly 200 individuals from nearly all races stood up to honor our Nations Veterans and then held hands and sung America the Beautiful and God Bless America. I understand it is hard to convey the emotion that was in the room in this article. However, for many who were there it signified that no matter our many differences we are still one America, united and stronger together.

Our Premier trips are a step up from our motor coach trips and were a hit for everyone who participated. "Yes,

they lived up to their name" and "they are wonderful!" were the responses I received after each trip. Those who traveled far experienced the Canadian Rockies and Glacier

National Park. Exciting train rides through the Grand Canyon and a visit to the French Riviera. 2017 Premier trips will take place with a 15 day cruise through the Panama Canal, California Rail Discovery, Albuquerque Balloon Festival and Nova Scotia.

2017 holds many new opportunities in travel through the center. We are bringing on new partners and expanding our programs.

Please watch as some of the deadlines for February may be this month!

Deadline dates to keep in mind are San Antonio Texas deadline is January 26, 2017; California Rail Discovery February 17, 2017; Biltmore Estate March 8, 2017; Beautiful Maine March 27, 2017; Nova Scotia and the Canadian Maritime April 28, 2017; Castles of New York May 9, 2017.

Remember to get your payment in early and reserve your spot today! Happy New Year and a Prosperous 2017!



Drew Anderson
Program Coordinator
danderson@
murfreesborotn.gov

ST. CLAIR STREET SENIOR CENTER PRESENTS
San Antonio, TX

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the San Antonio area
- 10 meals: 6 breakfasts and 4 dinners
- Guided Tour of San Antonio
- Crucifix of San Antonio's famous River Walk District
- Visit to the famous ALAMO and IMAX Theater presentation: "ALAMO...The Price of Freedom"
- Visit to the Institute of Texas Culture and San Antonio Missions
- Tour of the LBJ Ranch
- For more pictures, video and information visit: www.GroupTrips.com/SCSCLairStreet

\$594 *

7 DAYS & NIGHTS
 PER PERSON, DOUBLE OCCUPANCY
 (Sun - Sat)
April
2 - 8, 2017

Departure: City Garage, 111 W Vine St, Murfreesboro, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped Motorcoach, enjoying the great scenery along the way. Then, settle into a comfortable en route hotel for a good night's rest.
 Day 2: Today, you'll arrive in beautiful San Antonio, TX - Home of the Alamo! Later that day, enjoy a relaxing Dinner and check into your San Antonio area hotel for a 6-night stay.
 Day 3: After enjoying a Continental Breakfast, your adventure begins with a Guided Tour of San Antonio. The tour includes visits to San Fernando Cathedral, the King William Historical District, and El Mercado, an area patterned after an authentic Mexican market. This afternoon you will visit the Institute of Texas Culture. The Institute is devoted to the 26 different cultures that settled Texas. After Dinner, you'll go to the famous River Walk for a scenic cruise!
 Day 4: Enjoy a Continental Breakfast before departing for Fredericksburg, "Jewel of the Texas Hill Country". Start with a visit to the National Museum of the Pacific War, including the George Bush Gallery. Here, visitors become quickly engaged in the personal stories of Americans from all branches of the military involved in the Pacific Theatre of World War II. Then, depart for the Lyndon B. Johnson National Historical Park where you will go on a tour of the LBJ Ranch, and see the "Texas White House." This evening, enjoy a lovely Dinner complete with entertainment.
 Day 5: Start the day with a Continental Breakfast. Afterwards, depart for a visit to the San Antonio Missions National Historical Park. Experience the "Queen of the Missions" - Mission San Jose, established in 1726. Later, go to the IMAX Theatre at San Antonio Rivercenter to see "ALAMO... The Price of Freedom". Then, stand where history took place when you visit the buildings and grounds of the ALAMO - "The Shrine of Liberty". This evening, you will relax and enjoy Dinner.
 Day 6: Enjoy a Continental Breakfast at your hotel before leaving for "The Sixth Floor" Museum, located in the former Texas School Book Depository in Dallas, TX. Dedicated to President John F. Kennedy, the museum holds genuine artifacts from that fateful day, various media clips and a perfectly restored view of what the room looked like that day. This evening, relax at your en route hotel.
 Day 7: Today, after enjoying a Continental Breakfast, you will depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tours Exclusive Travel Guarantee!! Protection Plan if you have to unexpectedly cancel or not your group short. See back for details.

575 Due Upon Signing. *Price per person, based on double occupancy. Add \$180 for single occupancy. Final Payment Due: 1/26/2017

FOR INFORMATION & RESERVATIONS CONTACT:
Drew Anderson @ (615) 848-2550

Diamond Tours INC.
 Bringing Group Travel to a Higher Standard®

File # of Travel Kit No. 1022015

ST. CLAIR STREET SENIOR CENTER PRESENTS
Biltmore Estate & Asheville, NC

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 3 nights lodging
- 6 meals: 3 breakfasts and 3 dinners
- GUIDED TOUR OF ASHEVILLE, NC
- Full day visit to the BILTMORE ESTATE
- GUIDED Drive along the Blue Ridge Parkway
- Visit to the famous FOLK ART CENTER
- Visit to the Blue Ridge Parkway Visitor Center
- For more pictures, video and information visit: www.GroupTrips.com/SCSCLairStreet

\$414 *

4 DAYS 3 NIGHTS
 PER PERSON, DOUBLE OCCUPANCY
 (Mon - Thu)
May
15 - 18, 2017

Departure: City Garage, 111 West Vine St, Murfreesboro, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Asheville, North Carolina, nestled among the Blue Ridge Mountains! Later that day, enjoy a relaxing Dinner and check into your Asheville area hotel.
 Day 2: Begin the day by enjoying a Continental Breakfast, before departing for a visit to the spectacular BILTMORE ESTATE, America's largest privately owned home. Your visit will include experiencing the Biltmore House and Gardens. You will also visit the new Antler Village and Winery. This is Biltmore's new village that connects the estate's present and past, providing a relaxing place for dining, shopping, historical exhibits, and new ways to experience Biltmore's hospitality. This is a "must see" destination in America. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.
 Day 3: Enjoy a Continental Breakfast before departing for a GUIDED TOUR OF ASHEVILLE. Downtown Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. You will also see the magnificent ST. LAWRENCE BASILICA. This afternoon, you will go with your guide for a drive on the scenic Blue Ridge Parkway, America's most visited National Park unit and known as "America's favorite drive". You will visit the Blue Ridge Parkway Visitor Center and see "The Blue Ridge Parkway - America's Favorite Journey", a 24-minute film shown in High Definition surround sound and using breathtaking aerial photography. Later, you will visit the famous FOLK ART CENTER. This evening, you will enjoy Dinner before returning to your hotel to relax and recall the highlights of the day.
 Day 4: Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the spectacular sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tours Exclusive Travel Guarantee!! Protection Plan if you have to unexpectedly cancel or not your group short. See back for details.

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$80 for single occupancy. Final Payment Due: 1/26/2017

FOR INFORMATION & RESERVATIONS CONTACT:
Drew Anderson @ (615) 848-2550

Diamond Tours INC.
 Bringing Group Travel to a Higher Standard®

File # of Travel Kit No. 1022015

TRAVEL 2017

Premier World Discovery

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

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

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 Paddlewheel 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 (6-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

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

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

TRAVEL

ST. CLAIR STREET SENIOR CENTER PRESENTS
Beautiful Maine

INCREDIBLE PRICE INCLUDES:

- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in Maine
- 14 meals: 9 breakfasts and 5 dinners
- Guided Tour of Portland, Maine's largest city-by-the-sea
- Guided Tour of quaint Kennebunk and Kennebunkport
- Tour of historic Victoria Mansion
- Guided Tour of Pleasant Farms, a picturesque working farm
- Visit to Boothbay Railway Village
- Visit to the Seaboard Trolley Museum and countryside trolley ride
- For more pictures, video and information visit: www.GroupTours.com/2017Maine

\$850*

9 DAYS 8 NIGHTS
PER PERSON PER PERSON (Sat - Sun)
June
3 - 11, 2017

Departure: City Garage, 111 West Vine St, Murfreesboro, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach and set off on your exciting night tonight, settle into a comfortable en route hotel for a good night's rest.
 Day 2: After enjoying a Continental Breakfast, you will depart for the Smithsonian Air & Space Museum in Chantilly, VA. Later in the day, enjoy Dinner and check into your en route hotel.
 Day 3: Today, you'll arrive in beautiful Maine! Later that day, enjoy a relaxing Dinner and check into your accommodations in Maine for a four-night stay.
 Day 4: After a Continental Breakfast, take a Guided Tour of the seaside city of Portland. View Longfellow's boyhood home and sea captain's houses, and stop at Portland Head Lighthouse, the most photographed lighthouse in America. Enjoy free time at the historic Portland waterfront, home to unique shops and eateries. Next, tour Victoria Mansion, an elegant historic home featuring spectacular architecture, stunning interiors, and exquisite, original furnishings. This evening, enjoy Dinner with entertainment.
 Day 5: Enjoy a Continental Breakfast before departing for a Guided Tour of picturesque Pleasant Farms! This beautiful rural landscape houses a working farm. Visit the Hobbiton Dairy Barn with your guide, and see the award-winning dairy cows. Next, go to the cemetery and watch the award-winning cheese being made before your eyes. Then, see the nationally-ranked horses at their equestrian center. Shop at Pleasant Farms' Market, offering Maine-made gifts and gourmet food. Next, explore Boothbay Railway Village, featuring 28 historic structures. You can take a ride aboard the Narrow Gauge Steam Train, marvel at the antique auto exhibit, see an impressive model railroad exhibit, authentic boozers, and much more! Then continue on to Dinan.
 Day 6: Today, after a Continental Breakfast, enjoy a Guided Tour of the Maine coastal village of Kennebunk and Kennebunkport. See Duck Square in Kennebunkport, and follow Ocean Avenue along the Atlantic Ocean. Drive by the estate of President George H.W. Bush at Walker's Point, and see the coastal communities of Kennebunk Beaches. Explore the gardens and shrines of the Franciscan Monastery. During free time, visit the quaint shops and eateries in downtown Kennebunkport. Next, visit the Seaboard Trolley Museum, where you can enjoy a trolley ride on an authentically restored streetcar through the Maine countryside. Later, enjoy a Lobster Dinner, and then visit the U.S. Bean flagship store.
 Day 7: Enjoy a Continental Breakfast before leaving for the Bowdoin College Museum in Lewish, ME. Later that day, after a relaxing Dinner, you'll check into your en route hotel.
 Day 8: Today you will have Continental Breakfast and then go to the Baltimore Inner Harbor, a historic seaport transformed into a world-class center of shopping, dining, and more. Tonight, relax in your en route hotel.
 Day 9: Today, after enjoying a Continental Breakfast, you depart for home—a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PLACE OF MIND TO YOUR TRIP...
 With Diamond Tour's Inclusive Travel Guarantee (ITG) Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details.

FOR INFORMATION & RESERVATIONS CONTACT:
Drew Anderson @ (615) 848-2550

Diamond Tours Inc.
 Bringing Group Travel to a Higher Standard!

Form ID: 6009-590406 TN Tour#: 1349098

Please Note: All Day Trips leave from New Vision Baptist Church
 Location: 1750 N Thompson Ln, Murfreesboro, TN 37129
 Please park in the farthest parking lot facing Thompson Lane away from the church.
 Gambling trips will still leave from the City Hall Parking Garage.



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 us know if you are in a wheelchair. Thank you

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: Mondays, Wednesdays, Thursdays 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>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 Limit 23 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 & National 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 Limit 13 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.</p>	<p>BRING \$ TRANSPORTATION \$6 Limit 23 COST: \$-\$\$</p> 

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TRAVEL

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<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. We will eat at 11:30 a.m.</p>	<p>BRING \$ TRANSPORTATION \$6 <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. 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 and \$5 for admission.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>FRIDAY JANUARY 20 9:15 a.m. 3:00 p.m. Deadline: 01/12</p>	<p>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.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>SATURDAY JANUARY 21 3:00 p.m. 9:30 p.m. Deadline: 01/12</p>	<p>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.</p>	<p>ADMISSION \$15 TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>TUESDAY JANUARY 24 2:30 p.m. 5:30 p.m. Deadline: 01/20</p>	<p>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.</p>	<p>ADMISSION \$8 TRANSPORTATION \$8 <i>Limit 13</i> COST: \$-\$\$ </p>
<p>WEDNESDAY JANUARY 25 10:30 a.m. 4:00 p.m. Deadline: 01/20</p>	<p>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 of-fering a sports-bar-style setting for American food & arcade games. Bring money for food and fun. Dave and Buster's is located in Opry Mills Mall.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>
<p>FRIDAY JANUARY 27 11:15 a.m. 6:00 p.m. Deadline: 01/23</p>	<p>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 \$5 for admission at the gate.</p>	<p>BRING \$ TRANSPORTATION \$8 <i>Limit 23</i> COST: \$-\$\$ </p>

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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 Artisan's gallery is your source for original artwork by local artists. Housed in a wonderfully renovated 1950s 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 10:45 a.m. 4:00 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: \$-\$\$ 
FRIDAY FEBRUARY 3 10:45 a.m. 5:00 p.m. Deadline: 01/29	ANTIQUES AND GARDEN SHOW NASHVILLE If you love and long for garden luxury then The Antiques and Garden Show of Nashville is for you. Now the longest-running, largest and most respected event of its kind in the country. Held at the award-winning Music City Center in the epicenter of Nashville's thriving downtown entertainment district. This show will once again breathe its warmth, life and style into the heart of winter with over 150 antiques, art and horticultural dealers, featuring magnificent gardens. Admission is \$15.00 paid at the entrance.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
TUESDAY FEBRUARY 7 4:00 p.m. 9:45 p.m. Deadline: 02/02	WILD HORSE COUNTRY LINE DANCING Calling all dancer's to the world famous Wild Horse! David Oakleaf will be performing this night. You're cordially invited to Let Go of the Reins. At the Wild Horse you have permission to get lost in the music, on the dance floor, or with the taste of their award-winning BBQ. You will become part of the show, not just part of the audience. Because there's little distinction between dance floor and stage door. Admission is free before 6:00 p.m. and \$6 after.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
WEDNESDAY FEBRUARY 8 12:45 p.m. 3:15 p.m. Deadline: 02/02	VALENTINE'S MYSTERY TEA Enjoy an early Valentine's Day Mystery Timeless Tea... Come and have tea, tea cakes and scones. Bring your favorite tea cup, if you want. What is the difference between High Tea and Low tea? You'll find out as this mystery unfolds!	TRANSPORTATION \$2 Limit 20 COST: \$ 
WEDNESDAY FEBRUARY 9 11:15 a.m. 1:30 p.m. Deadline: 02/03	MYSTERY LUNCH Mystery Lunch... We will eat around 11:30!	BRING \$ TRANSPORTATION \$6 Limit 23 COST: \$-\$\$ 

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<p>FRIDAY FEBRUARY 10 6:15 p.m. 10:00 p.m. Deadline: 01/26</p>	<p>SISTER ACT THE MUSICAL AT THE ARTS CENTER OF CANNON COUNTY Sister Act is about a Reno lounge singer named Deloris Van Carter who witnesses her mobster boyfriend killing an employee. She is then hidden in a convent under a witness protection program. She is soon ordered to join the church choir. Only to find herself coaching the choir and turning them into swinging singing sisters. The choir proves to be a big success with the surrounding neighborhood, but will Deloris' boyfriend track her down... Find out as you enjoy this wonderful musical at the Arts Center of Cannon County. Please note the early deadline and eat dinner before arriving.</p>	<p>ADMISSION \$12 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>WEDNESDAY FEBRUARY 15 10:30 a.m. 5:45 p.m. Deadline: 02/09</p>	<p>FIDDLER'S ANTIQUE SHOW Fiddler's Antique Show is an annual buying event held rain or shine in rooms and outside at the Fiddler's Inn. Wonderful selection of country and primitive furniture, quilts, wooden ware, crocks, firkins, lighting, clocks, holiday collectibles, books, jewelry, silver, and whatever else you might desire. Exhibitors have been saving their best for this event. Bring \$10 for admission and money to shop.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>THURSDAY FEBRUARY 16 5:00 p.m. 11:00 p.m. Deadline: 02/09</p>	<p>MY FAIR LADY AT LARRY KEATON THEATRE Larry Keaton Theatre Presents My Fair Lady this Tony and Oscar award winning show follows linguistic enthusiast and scholar, Henry Higgins, as he wages a bet that he can improve the speech and manner of poor flower girl, Eliza Doolittle. Dinner is included and will be provided at the theatre.</p>	<p>ADMISSION \$27 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>FRIDAY FEBRUARY 17 10:45 a.m. 4:00 p.m. Deadline: 02/09</p>	<p>THE CARL VECHTEN GALLERY AT FISK UNIVERSITY Housed in a late 19th century Victorian building, The Carl Van Vechten Gallery was established in 1949, when the acclaimed American painter Georgia O'Keeffe donated to Fisk the extraordinary group of works that form The Alfred Stieglitz Collection. The Gallery houses a changing schedule of traveling exhibitions and temporary installations from Fisk University's permanent art collections. Bring money for lunch. Bring \$6 for admission.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>TUESDAY FEBRUARY 21 10:30 a.m. 4:00 p.m. Deadline: 02/16</p>	<p>DREAM TO REALITY: CIVIL RIGHTS HERITAGE & LEGACY I Have a Voice: Tennessee's African American Musical Heritage. The Tennessee State Museum and the Tennessee Performing Art Center (TPAC) have collaborated to present museum visitors and theater audiences with an exhibition that gives a snapshot of Tennessee's rich African American musical heritage. Also, Road through Midnight: A Civil Rights Memorial. Photographs and Oral Histories by Jessica Ingram: An exhibition inspired by the Civil Rights Movement. Ingram traveled to various locations in the American South associated with the turbulence of the 20th century Civil Rights era to document these important historic sites. Bring money for lunch.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>WEDNESDAY FEBRUARY 22 11:00 a.m. 5:30 p.m. Deadline: 02/10</p>	<p>MCKAY'S USED BOOKS, MOVIES, CDs AND MORE If you have never been to a McKay's then you will not understand how large these stores are. McKay's is a one-of-a-kind shopping experience. People bring them their previously loved books, movies, video games, music, amps, guitars, etc... Everything you find on their shelves was brought to them by other customers like you! And because of that, you truly never know what you're going to find. Every visit to McKay's is a unique adventure. Excellent finds in old, new and interesting books, movies and music at a great price. Lunch will precede the experience.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$</p> 
<p>THURSDAY FEBRUARY 23 9:30 a.m. 8:30 p.m. Deadline: 02/16</p>	<p>HARRAH'S GAMBLING Enjoy hot, Las Vegas-style gaming at Harrah's Metropolis. Harrah's bright and inviting 36,000 square foot casino offers you ways to win beyond your wildest dreams with over 1,100 of the hottest slot machines and 28 of your favorite table games. Reel Slots – FREE BUFFET and FREE \$5.00 in PLAY!!! Please park in the rear of the lower parking garage located underneath City Hall between Tommy Martin Dr. and 111 West Vine St. Notice the times have changed due to a change in restaurant hours. Please bring a snack lunch to tide you over for the buffet. It will open at 3:00 p.m.</p>	<p>ADMISSION \$5 TRANSPORTATION INCL. Limit 52 COST: \$-\$\$</p> 

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TRAVEL

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

<p>FRIDAY FEBRUARY 24 10:30 a.m. 5:00 p.m. Deadline: 02/16</p>	<p>THE FACTORY AT FRANKLIN The Factory at Franklin is a one-of-a-kind retail and entertainment complex listed in the National Register of Historic Places. Its restaurants and storefronts present distinct and varied offerings showcasing local culture and unique artisan goods. Bring money for lunch and shopping.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>MONDAY FEBRUARY 27 10:30 a.m. 2:00 p.m. Deadline: 02/23</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 Limit 23 COST: \$-\$\$ </p>
<p>TUESDAY FEBRUARY 28 9:15 a.m. 4:15 p.m. Deadline: 02/23</p>	<p>IMAX 20 AND OPRY MILLS Brrr.... It's cold outside but it's cozy inside Opry Mills Mall where they present something for everyone! This is a shopping and movie outing. Men and women can both enjoy over 200 stores including Bass Pro Shops, Bed Bath & Beyond, Gibson Showcase, Saks Fifth Avenue Off 5th, Barnes & Noble and on and on. There is also a large food court that contains Which Wich, Chili's Too, T.G.I. Friday's, Burger King, and Villa Pizza. Johnny Rockets, Tony Roma's, Rainforest Café and more! If you don't care to shop? Enjoy Regal Opry Mills 20 IMAX & RPX Movie Theater. From the big screen to the giant screen I'm sure there is a flick showing for everyone. Bring money for movie and tickets and shopping.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>



**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 Rigsby and Debbie Willis for this service and the continuation of meals.

FUN NATIONAL DAYS IN JANUARY

National Trivia Day

January 4 is National Trivia Day. Roselawn Funeral Home and Memorial Gardens is having a fun morning of trivia on Wednesday, January 4 from 10:00-11:00 a.m. We'll also have some door prizes for those who attend the seminar. Join us for some brainy fun!

**How to Spell Your
 Name in Morse Code Day**

On Wednesday, January 25th we'll celebrate "National How to Spell Your Name in Morse Code Day" from 10:00-11:00 a.m. with Frank Capley, President of Stones River Amateur Radio Club. From 12:30-1:45 p.m. on January 25 Mr. Capley and members of his Radio Club will talk about Morse Code Machines. Mr. Capley is bringing in several machines used in the military for Morse Code dating back to the Civil War period. He has machines from WWI, WWII, Chinese models, Russian models and German models of the machine to show you.

JANUARY 2017



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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Permit No. 781

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)



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