

January | February 2023

Senior Connection

Program Guide



Welcome to
St. Clair Senior Center



www.MurfreesboroParks.com



@StClairSeniorCenter



@boroparksandrec

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St. Clair Street Senior Center

The center is located at 325 St. Clair Street, Murfreesboro, TN. Hours of operation are Monday-Friday, 6:00 am-7:00 pm, Saturday, 8:00 am-5:00 pm, and Sunday, 1:00-5:00 pm.

Mission

To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of your community.

St. Clair Senior Center Access

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.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events and on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

Commission Members: Mr. Eddie Miller, Chair; Mr. Tim Roediger, Vice Chair; Mr. Ricky Turner.; Mr. Bill Shacklett, City Council; Mr. Shawn Wright, City Council; Dr. Gloria Bonner; Mr. Leroy Cunningham; Dr. Trey Duke, Murfreesboro City Schools; Mr. Don Turner, Ex-Officio.

Parking

Just a reminder to park only in St. Clair parking spots when you come to visit the Center. Parking in spots at Westbrook Towers is not allowed for those visiting the Center. Violators may be subject to towing.

Media

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

Find us on 

@StClairSeniorCenter

Registration

Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register and pay with cash, card or check.

Inclement Weather

St. Clair will close only in the event that City Hall closes. We can choose to cancel or postpone programs and events as we deem for the safety of the participants and staff.



This project is funded under agreement with Greater Nashville Regional Council.

HOURS OF OPERATION

Monday-Friday • 6:00 am-7:00 pm

Saturday • 8:00 am-5:00 pm

Sunday • 1:00-5:00 pm

The center will be closed January 1, 16 & February 20.

FORMS OF PAYMENT

You can purchase our program classes and daily trips with your credit or debit card.

DAILY ACTIVITIES

- Billiards, cards, canasta, Rook and other games are played daily in Room 501. Spades in Room 402.
- Books and puzzles are available to take home.
- Check out our library which is open when the center is open. It is full of books, magazines and movies to check out on the honor system.
- **Everyone must sign up to participate in a program due to limited space. If you cannot attend a program, please call to let us know.**
- All programming and events are subject to change. Please check emails and Facebook for updates.
- Stop by or call the front desk for more information on any senior center program.

NEW & SPECIAL EVENTS

Citizens Police Academy for Senior Citizens Wednesdays, January 11-February 8 • 9-11 am

The program seeks to educate, exchange ideas, and familiarize citizens with primary law enforcement operations and training. It will cover various topics such as:

- Uniformed Division policies and procedures, traffic enforcement and investigation
- Patrol procedures
- Criminal investigations
- Search and seizure laws and procedures
- K-9 Corps
- Officer survival
- Public Info
- Overview of the Special Ops Unit, and Gang, Vice, and Narcotic Investigation Procedures

While the academy is not intended to certify a civilian as a police officer it is to better inform you about our Police Department.

Classes will be held 1x a month for 12 months, those who attend at least 9 classes will attend a graduation from the academy to be held here at St. Clair. There will also be occasional field trips to get close up and current information from our local police department.

Space will be limited to the first 15 people to sign up so be sure and register by January 10.

Limit 15 Room 104

Sweetheart Dance

Saturday, February 11 • 1-3 pm

Grab your favorite sweetheart and head to St. Clair on February 11 from 1-3 pm to celebrate Valentine's Day with the Bill Sleeter Band. The cost is only \$5 a person and you can dance the afternoon away! Tickets will be sold the day of the dance.

Limit 150 Room 105

Mardi Gras Social

Tuesday, February 21 • 1-2 pm

Come one, come all seniors to our Mari Gras Social. There will be games, beads, and ice cream floats. The best Mardi Gras mask will win a prize.

Limit 60 Room 104

Heart Health in Heart Month

Wednesday, February 22 • 10 am

Dr. Minar Gharti Chhetry, a cardiologist at Ascension St. Thomas Heart, will speak on different issues of cardiac health and how you can care for your heart.

Limit 40 Room 104

MTSU Decades Celebration

Friday, February 24 • 2-3 pm

MTSU students are inviting you to a celebration of the decades. Dress as someone from your favorite decade and join us in a time of food, fun, and togetherness.

Limit 50 Room 105

HEALTH & SOCIAL SERVICE**Harmonicas for Health****Wednesdays in January & February****12:00-1:00 pm**

Are you looking for something fun and interesting to do while improving your lung health? The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, and meet new friends. No music background is needed! Bring a harmonica in the key of C to participate. See Laura if you are unable to get one. No class 1/4.

Limit 30 Room 303**Choose to Lose Weight Loss Program****Wednesdays, January 4 & 18 &****February 15 • New Time! 9-9:45 am**

A weight loss/maintenance program to help you get/stay healthy! Let's come together to learn, encourage, and motivate one another to be our healthiest selves. We will weigh in between 9:00-9:15 then have a time of sharing, tips, and goal setting.

Limit 40 Room 104**Grief Support Group****Wednesdays, January 4 & February 1****10-11 am**

Grief may come from many life changes including death, divorce, health, and more. Take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment.

Limit 10 Room 301**Parkinson Support Group****Fridays, January 6 & February 3****10-11:30 am**

In this group we share stories about our experiences with Parkinson's, practical tips on how to deal with Parkinson's, learn from speakers, and enjoy friendships with people who understand. Please join us!

Limit 40 Room 104**Widow's Support Group****Fridays, January 13 & 17 and February 10 & 24****9:30-11:00 am**

Widowhood is more than a label, it is a journey that is better traveled with friends. Our focus is: life can be good again, maybe not perfect, but good. Judy Jennings, author & speaker, will lead, showing you how to maneuver through different difficult areas.

Limit 25 Room 303**New! Pelvic Floor Health****Tuesday, January 17 • 9:30 am**

Physical Therapist Annie Dean specializes in pelvic floor issues so sign up to hear her speak on the types of urinary incontinence, good bladder health and habits, bladder irritants, how to control urge to void, and even learn a few exercises.

Limit 40 Room 104**Parkinson Meeting 2****Fridays, January 20 & February 17****10-11 am**

This is a smaller group from our Parkinson's Support Group that meets to talk about personal issues dealing with Parkinson's.

Limit 20 Room 303**Let's Talk About That****Mondays, January 23 & February 27****9:30-10:30 am**

Join us for a casual get together and group discussion on a variety of topics. This is a chance to get to know others here at the center as well as some different viewpoints. We will supply snacks and a moderator.

Limit 20 Room 104



**Mid-Cumberland Resources for the Community
Tuesday, January 24 • 10 am-2 pm**

Mid Cumberland offers a wide variety of benefits to homeowners and renters. Make plans to attend this very beneficial and informative workshop where folks from Mid Cumberland will assist and inform you of the benefits, resources and help you fill out the necessary paperwork to see if you are eligible.

Limit 20 Room 104

**What is Pulmonary Rehab?
Wednesday, January 25 • 10 am**

Ascension St. Thomas pulmonary rehab therapist Jennifer Harlan will educate us on: What is pulmonary rehab, who can benefit from it, what do I need to get into it, and what happens when I finish it?

Limit 40 Room 104

**New! Care for the Caregiver Series
Meets second Tuesday of each month
10:00-11:30 am**

Lee Ann Hyatt, RN, BSN has provided education and support for family caregivers of persons living with Alzheimer's and/or dementia. She is president of the nonprofit "We Remember You."

Limit 15 Room 301

**New! Diabetes Management Class
Thursdays beginning February 2 for 6-weeks
10-11 am**

In this six week class for diabetics we discuss: what diabetes is, A1C goals, rules of 15 (treatment of hypoglycemia), lowering risk of complications via exercise, stress relief, care of heart, eyes, and feet, and monitoring. Sign up required by January 26.

Limit 25 Room 301

**Independent & Assisted Living & Memory Care:
Who Needs It?**

Tuesday, February 7 • 10:30 am-12 n

If you are confused about the differences in independent living, assisted living, and memory care, join Cindy Clark of Traditions as she explains what each is and who would benefit. Lunch will be served. Registration required by February 2.

Limit 20 Room 104

**New! Diabetes Prevention Program
Wednesdays beginning February 8**

10-11 am

If you have pre-diabetes or are at risk for diabetes, this is a great class for you. Class will meet every week for 2 months, then bi-weekly x4 months, then once a month for the last 6 months. Learn the skills you need, take advantage of a lifestyle coach, and enjoy support from others. Sign up required by January 26.

Limit 25 Room 303

New! Vegan Health

Thursday, February 9 • 3-4 pm

Join Anna and Don as they share their story of going vegan to improve their health. They will also share samples of some of their favorite recipes!

Limit 20 Room 104



FREE FITNESS CLASSES

You must sign up for all classes due to the limited number of spaces available.

Get Fit/Stay Fit on Monday-Friday**8:00-9:00 am**

This intermediate to advanced exercise class focuses on strength, balance, cardio, core, and range of motion. No class 1/2, 1/16 & 2/20.

Limit 35**Room 105****Zumba Gold AM**

**Mondays & Wednesdays or
Tuesdays & Thursdays or Saturdays**

9:15-10:00 am

If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Sign up for M/W or T/TH class. No class 1/2, 1/16 & 2/20.

Limit 20**Room 204****Gentle Fitness AM**

Mondays, Wednesdays & Fridays

10:15-11:00 am

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while. No class 1/2, 1/16 & 2/20.

Limit 35**Room 105****Chair Yoga**

Mondays • 11:00 am-noon

Tuesdays & Thursdays • 9:15-10:15 am

Improving flexibility, relieving stiffness, and creating a happy mental state are a few benefits that chair yoga provides for our bodies. You may sign up for two days only; not all three. Registration is required due to limited space. No class 1/2, 1/3, 1/16 & 2/20.

Limit 20**Room 206****Gentle Fitness PM**

Mondays, Wednesdays & Fridays

1:00-2:00 pm

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while. No class 1/2, 1/16 & 2/20.

Limit 20**Room 204****Go4Life with Laura**

Mondays & Wednesdays • 1:00-2:00 pm

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance. You must sign up for all classes due to restrictions on the number of people allowed in a room. No class 1/2, 1/16 & 2/20.

Limit 35**Room 105****Core Basic**

Mondays & Fridays • 2:15-3:00 pm

This class focuses on internal core stability, balance and range of motion. The purpose is to train the internal core (center of gravity) and improve balance and stability. Exercises will be done seated and standing. No class 1/2, 1/16 & 2/20.

Limit 20**Room 204****Core Galore**

Tuesdays, Thursdays & Saturdays • 10:15-11:00 am

In this class we will focus on core, balance, and range of motion. Some resistance techniques may be used in the form of elastic bands or free weights. You must be able to transfer to and from a mat.

Limit 15**Room 204****SAIL: Stay Active & Independent for Life with Laura**

Tuesdays & Thursdays • 1:00-2:00 pm

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. *You must have an assessment done by Laura Grissom before starting the class.*

Limit 15**Room 105****CLASS IS FULL**

PAID FITNESS CLASSES

Forever Fit

Tuesdays & Thursdays • 2:00-3:00 pm

This is an intermediate circuit class with interval training. We will use various types of equipment for a total body workout.

Limit 20

Room 206

Zumba Gold PM

Mondays, Tuesdays & Thursdays • 3:15-4:00 pm

If you are an active adult looking for a modified Zumba class that recreates the original moves you love at a lower intensity, try this one. This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. No class 1/2, 1/16 & 2/20.

Limit 20

Room 204

FREE LINE DANCE CLASSES

Beginning Line Dance with Catrina

Mondays • 5:30-6:30 pm

Have fun in this beginning line dance class with Catrina Daniel, who has been teaching for 15 years. We are excited to offer an evening class for those who are working or just have busy days. No class 1/2, 1/6 or 2/20.

Limit 40

Room 105

Intermediate Line Dance Practice

Tuesdays • 9:30-11:15 am

Phyllis Petty is leading this intermediate line dance class for those who already know the basics. You must sign up for all classes due to the limited number of people we can have in a room.

Limit 35

Room 105

Sunday Line Dance

Sundays • 2:00-4:00 pm

Join us for line dance lessons on Sunday afternoons. Beginner and intermediate dancers will learn dance steps to fun country songs with your instructor, Janet Morgan. No class 1/8.

Limit 18

Room 204

Saturday Line Dance

Saturdays, January 7 & February 4

1:00-4:30 pm

Line dancing to recorded music for all levels, including beginners.

Limit 40

Room 105

Yoga with Larry

Mondays, Wednesdays & Fridays

9:00-10:00 am

Intermediate yoga for seniors. Is also suitable for beginners who are able to adjust moves to fit their abilities. You must be able to lie down and stand up without assistance for this class. Mats are provided or you may bring your own. No class 1/2, 1/16 & 2/20.

Cost: \$10/ month

Limit 25

Room 206

Ballroom Dancing

Tuesdays • 3:00-4:00 pm

Deborah Sullivan welcomes those with no dance experience as well as experienced students to her class. Each month you will start at the beginning & build on. In January we will do the Rumba and in February the Foxtrot. No partner necessary! No class 1/3.

Cost: \$26/mo

Limit 25

Room 105

Physical Fitness Calendar located on page 8.



Physical Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105
9:00 am Yoga with Larry Room 206	8:00 am Tai Chi in a Chair Room 206 Begins 2/4	9:00 am Yoga with Larry Room 206	9:15 am Chair Yoga Room 206	9:00 am Yoga with Larry Room 206
9:15 am Zumba Gold AM Room 204	9:15 am Chair Yoga Room 206	9:15 am Zumba Gold AM Room 204	9:15 am Zumba Gold AM Room 204	10:15 am Gentle Fitness AM Room 105
10:15 am Gentle Fitness AM Room 105	9:15 am Zumba Gold AM Room 204	10:15 am Gentle Fitness AM Room 105	10:15 am Core Galore Room 204	1:00 pm Gentle Fitness PM Room 204
11:00 am Chair Yoga Room 206	9:30 am Intermediate Line Dance Room 105	12:00 pm Harmonicas for Health Room 303	1:00 pm SAIL Room 105	2:15 pm Core Basic Room 204
1:00 pm Go4Life Room 105	10:15 am Core Galore Room 204	1:00 pm Go4Life Room 105	2:00 pm Forever Fit Room 206	
1:00 pm Gentle Fitness PM Room 204	1:00 pm SAIL Room 105	1:00 pm Gentle Fitness PM Room 204	3:15 pm Zumba Gold PM Room 204	SATURDAY
2:15 pm Core Basic Room 204	Forever Fit Room 206			9:15 am Zumba Gold AM Room 204
3:15 pm Zumba Gold PM Room 204	3:00 pm Ballroom Dance Room 105			10:15 am Core Galore Room 204
5:30 pm Beginning Line Dance with Catrina Room 105	3:15 pm Zumba Gold PM Room 204			1:00 pm Saturday Line Dance 1/7 & 2.4 Room 105
		Please consult with your doctor before starting any fitness program.		SUNDAY
				2:00 pm Sunday Line Dance Room 204

CREATIVE ARTS

Social Ceramics

Tuesdays in January & February

8:30-11:30 am

You will pay the instructor for the piece you are working on. There is a \$5.00 fee for supplies that is paid to St. Clair Senior Center. Learn different techniques for painting on ceramics in this class. Cash and checks are accepted.

Limit 20

Room 406

Quilting

**Tuesdays & Thursdays from 10:00 am-noon
in January & February**

Volunteers do quilting for people in the community for a donation to the center. **Room 405**

Open Knit & Crochet

**Tuesdays & Thursdays from 10:00 am-noon
in January & February**

This very welcoming group of knitters and crocheters offers inspiration and motivation with your projects. No sign-up is required. Bring your own supplies.

Room 405

Art Connection

Wednesdays in January & February

1:00-4:00 pm

Bring your own supplies and projects and work alongside like-minded artists for inspiration and creativity.

Limit 10

Room 406

Social Art

Thursdays in January & February

9:00 am-3:00 pm

Bring in your favorite art projects, and let's create together. We can share ideas and have a fun and relaxing time through sharing art.

Limit 20

Room 406

AM Stained Glass Class AM

Mondays, January 9, 23 & 30 and

February 6, 13 & 27 from 10:00 am-noon

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials provided for beginners. Class space is limited. Sign up early.

Limit 8

Room 406

Cost: \$45 for January & \$45 for February

Stained Glass Class PM

Mondays, January 9, 23 & 30 and

February 6, 13 & 27 from 1:00-3:00 pm

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials will be provided for beginners. Class space is limited. Sign up by April 29 and June 3.

Limit 8

Room 406

Cost: \$45 for January & \$45 for February

Oil Painting by Video

Friday, January 13 and February 10 • 9 am-1 pm

Have you ever wanted to oil paint like Bob Ross or Daryl Crowe? Now is your chance! For the low price of \$30 you can join us for a fun filled class following along with a video and teacher Vivian Karros. All materials will be provided for you. Bring a sack lunch and drink.

Limit 12

Room 406

Cost \$25 for 2-day class

Acrylic Techniques PM

Tuesdays, January 3, 10 & 31 and February 7

from 1:00-4:00 pm

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12

Room 406

Cost \$25 for 2-day class

Acrylic Techniques AM

Wednesdays, January 4 & 11 and

February 1 & 8 from 9 am-noon

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12

Room 406

Cost \$25 for 2-day class

Beginner Crafts

Fridays, January 20 & February 17 from 10 am-12

pm and Mondays, January 30 & February 27 from 2-4 pm

We make crafts you may see on Pinterest. Did you ever wonder how they did that? Sign up for the Beginner Crafts class and learn how! PLEASE SIGN UP FOR ONLY ONE CLASS. No wait list.

Limit 8 each class Room 405 & 406

More Creative Arts on page 10.

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CREATIVE ARTS CONTINUED**Art with Vivian PM****Tuesday, January 17 & 24 and February 14 & 21****1:00-4:00 pm**

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee. No wait list.

Limit 12 Room 406**Cost: \$25 for 2-day class per month****Art with Vivian AM****Wednesdays, January 18 & 25 and February 15 & 22 • 9:00 am-12:00 pm**

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee.

Limit 12 Room 406**Cost: \$25 for 2-day class per month****REC ED PROGRAMS****Chicken Foot****Daily from 8:00 am-2:00 pm**

Dominoes! Learn to play Chicken Foot with this fun group.

Room 502**Duplicate Bridge****Mondays & Fridays in January & February****12:00-4:30 pm Room 303****Bid Whist****Mondays in January & February****1:00-4:00 pm**Learn an age-old card game, Bid Whist at St. Clair. **Room 402****Mahjong****Mondays & Thursdays in January & February • 1:00-3:00 pm**Stop in for a game of Mahjong. **Room 304****Hand & Foot Game #1****Tuesdays in January & February****12:30-4:00 pm**Learn the art of playing the card game, Hand & Foot. **Room 303****Hand & Foot Game #2****Tuesdays in January & February****12:30-4:00 pm**Learn the art of playing the card game, Hand & Foot. **Room 304****Party Bridge****Thursdays in January & February****12:30-4:00 pm**

Curious as to how to play bridge? Join this group who are open to teaching you the skills to play.

Room 303**Seniors Acting Up Practice****Thursdays in January & February • 1-2 pm**

Join this fun group as they bring laughter, mystery and drama into the lives of others. Everyone is welcome! NO prior experience is needed. Hope to see you there!

Room 104**Euchre****Fridays in January & February****1:00-4:00 pm** Stop in and play a game.**Room 304****Ultimate Bingo Thursdays****Thursdays, January 5, 12, & 26 and****February 2, 9 & 23 • 10:00-11:00 am**

Try your luck at ultimate bingo with a twist! No bingo 1/19 and 2/16.

Limit 70 Room 105**Music Jam Session****Fridays, January 6 & 20 and February 3 & 17****1-3:30 pm**

Bring your instrument and play along with our group. We take turns in the round playing and singing with everyone else accompanying.

Room 105**Book Club****Fridays, January 6 & February 3 • 9:30-10:30 am**

Reading list to be announced.

Limit 20 Room 301

The Art of Playing Pool

**Mondays, January 9, 23, 30 & February 6 & 13
2-3 pm**

If you always want to learn to play the game of pool. Now is your time. Learn everything you need to know about the game. Tournament at the end of the class with prizes will be awarded.

Room 501

Trivia Games

**Tuesdays, January 10, 17, 24 & 31 and
February 7, 14 & 28 • 4:00-5:00 pm**

Join us for beginners trivia! Easier questions for people interested in playing trivia for the first time. Teams compete by answering questions ranging from a variety of topics. Snacks, drinks, music and fun supplied! Prizes for the winning team.

Limit 40 Room 104

8-Ball Pool Tournament

**Wednesdays, January 11 and February 8
9:00 am-noon**

See how your talent measures up in our monthly pool tournament. Deadline to sign up is 8:45 am the morning of. Everyone is welcome to play.

Room 501

Senior Feud

Wednesday, January 11 • 3:00-4:00 pm

Two teams compete to name the most popular answers to survey questions and win prizes. Try your luck! Must sign up at the front desk. Prizes awarded to winners.

Limit 20 Room 104

Karaoke

**Fridays, January 13 & 27 & February 10 & 24
1:00-3:00 pm**

Do you like to sing? Share your talents with this fun group. Sing along with your favorite musicians while reading the lyrics from a large screen TV.

Room 105

Butter Bean Auction

**Wednesdays, January 18 & February 15
2:30-3:30 pm**

Going once, going twice, sold! We'll have fun while bidding on your favorite items with butter beans. All prizes will be supplied by St. Clair Senior Center.

Limit 50 Room 104

Pinochle Tournament

**Saturdays, January 28 & February 25
8:30 am-2 pm**

Monthly tournament to test your skills.

Limit 28 Room 104

Spin That Wheel

Wednesday, February 1 • 3:00-4:00 pm

Do you like to play along with the TV game show Wheel of Fortune? Join us for St. Clair's own version, Spin that Wheel. Try your luck! Must sign up at the front desk. Prizes awarded to winners.

Limit 15 Room 104

SEMINARS/EDUCATION

In the Garden: Planning Your Spring & Summer Garden

Monday, January 9 • 10-11 am

This month Master Gardener, Carol Reese will be showing us how to plan out our gardens for spring and summer and also what to do about moles and voles! Join us and be sure to register as the class space is limited

Limit 28 Room 104

Simple Wills for Seniors

**Wednesday, January 18 & Thursday, January 19
8:30 am-12:30 pm**

Class is full. Please call June Nicdao at 615-848-2440 to be put on waiting list for next session by John Robert Toy II, Attorney.

Limit 8 Room 303 Cost \$25/document

In the Garden: Gardening for Butterflies

Monday, February 13 • 10-11 am

This month Master Gardener, Carol Reese will be showing us how to attract beautiful butterflies to our gardens and the benefits of having them come for a visit. Come join us and be sure to register as the class space is limited.

Limit 28 Room 104

TRAVEL WITH ST. CLAIR

- **We no longer pick up at Westbrooks Towers. All travelers will board at St. Clair Senior Center.**
- Special requests (ex: wheelchair) must be noted at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.
- All trip cancellations are final.

Tennessee State Museum & Nashville Farmers' Market, Nashville

Friday, January 20 • 9:30 am-4:45 pm

Will you spend your day at the Tennessee State Museum or Nashville Farmers' Market, or split your time between the two? The choice is yours. Fee includes transportation. Admission is free. Bring money for shopping and lunch.

Cost: \$18 Limit: 15 Deadline: January 12

Frist Art Museum, Nashville

Monday, January 23 • 9:30 am-4 pm

Plenty of time to take in the finest visual art from local, state, and regional artists with an optional docent-led walk-up tour in the early afternoon. Fee includes transportation only. Bring \$10 cash for admission and money for lunch.

Cost: \$17 Limit: 15 Deadline: January 15

Marathon Village & Motorworks Tour, Nashville

Wednesday, January 25 • 9:30 am-3:15 pm

Free time to shop in a retail experience like no other, including flagship stores from the History Channels' American Pickers, followed by a guided Marathon Motorworks tour. Fee includes transportation. Bring \$10 for guided tour and money for lunch and shopping.

Cost: \$17 Limit: 15 Deadline: January 8

"Into the Woods" at the Arts Center of Cannon Co., Woodbury

Saturday, February 4 • 4:45-10:45 pm

The story follows a baker and his wife who wish to have a child, Cinderella, who wishes to attend the King's Festival, and Jack, who wishes his cow would give milk. Everyone's wish is granted, but the consequences of their actions return to haunt them with disastrous results. Fee includes transportation and production. Bring money for dinner.

Cost: \$29 Limit: 15 Deadline: January 9

Chocolate Walk, Winchester

Saturday, February 11 • 8:45 am-3 pm

Stroll the streets of downtown historic Winchester as you collect 20+ mouth-watering chocolate themed treats from participating businesses. Live music, vendors, and artists. This event is held rain or shine. Fee includes transportation and Chocolate Walk ticket. Bring money for lunch.

Cost: \$29 Limit: 15 Deadline: January 10

Kimmi's Luxury Tea & Antiquing

Wednesday, February 15 • 9:45 am-3 pm

Stop at a couple of antique shops and enjoy a luxury tea at Kimmi's to include soup, salad, finger sandwiches, mini quiche, mini desserts, and, of course, specialty tea. Fee includes transportation and complete tea. Bring money for shopping.

Cost: \$48 Limit: 15 Deadline: January 15

Ultimate Oldies-70s & 80s Show, South Jackson Civic Center, Tullahoma

Saturday, February 18 • 4-10:30 pm

Ultimate oldies takes you on a fun and exciting musical journey to the past. Fee includes transportation and production. Bring money for dinner.

Cost: \$38 Limit: 15 Deadline: January 6

"You Can't Take It With You" at the Springhouse Theatre Company, Smyrna

Friday, February 24 • 6:15-10:30 pm

A story of a love affair in which the couple must overcome obstacles—usually with comic results—before they can marry. Fee includes transportation and production. No meal stop.

Cost: \$29 Limit: 15 Deadline: January 19



Kirby's Nashville Tour

Saturday, March 4 • 9 am-4 pm

Historic East Nashville tour includes Five Points, Richland off West End, Belle Meade, Germantown, and Downtown Nashville between 8th Avenue, the Cumberland River, and Music Row. Fee includes transportation and riding guided tour. Bring money for lunch.

Cost: \$18 Limit: 15 Deadline: February 23

Country Music Cluster Dog Show, Franklin

Friday, March 10 • 11:30 am-4:45 pm

Over 2000 dogs in over 160 breeds compete at the largest dog show in Tennessee. Fee includes transportation. Admission is free. No meal stop.

Cost: \$16 Limit: 15 Deadline: January 31

Irish Festival, Castalian Springs

Saturday, March 11 • 9 am-3:30 pm

Celebrate the Irish with live music, food, games, and more! For even more fun, wear your favorite Irish-themed attire. Fee includes transportation and admission. Bring money for lunch.

Cost: \$20 Limit: 15 Deadline: February 15

The Bellamy Brothers, Franklin H.S.. Auditorium, Winchester

Saturday, March 11 • 3:45-10:30 pm

The legendary Bellamy Brothers have forty plus years of hit after hit. Special guest Lauren Lucas. Fee includes transportation and concert. Bring money for dinner.

Cost: \$58 Limit: 15 Deadline: January 23

Olive & Sinclair Chocolate Company Tour, Nashville

Saturday, March 18 • 10 am-2 pm

Learn about Olive and Sinclair while tasting your way through their unique process of making bean-to-bar chocolate. Fee includes transportation and guided tour. Bring money for lunch.

Cost: \$23 Limit: 15 Deadline: January 15

"Ain't Too Proud" at Tennessee Performing Arts Center, Nashville

Saturday, March 25 • 12:15-5:45 pm

The electrifying new smash hit Broadway musical that follows The Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. Fee includes production and transportation. No meal stop planned.

Cost: \$78 Limit: 15 Deadline: January 8

Rhonda Vincent & the Rage, Manchester Conference Center, Manchester

Friday, March 31 • 4:15-10:15 pm

Rhonda Vincent is an American bluegrass singer, songwriter, and multi-instrumentalist. Fee includes transportation and show. Bring money for dinner .

Cost: \$61 Limit: 15 Deadline: January 10



HITS The Musical, Tennessee Performing Arts Center, Nashville**Friday, April 7 • 5:15-10:45 pm**

You'll be taken on a musical journey through the decades highlighting the biggest hits of all time in Pop, Country, Rock, and Broadway. Fee includes production and transportation.

No meal stop.

Cost: \$70 Limit: 15 Deadline: January 15

Artimus Pyle at the Park Theatre, McMinnville, TN**Saturday, April 15 • 4-10:30 pm**

One of the last two living original members of Lynyrd Skynyrd, Artimus Pyle appeared on four of the six albums by the original band.

Fee includes transportation and show. Bring money for dinner

Cost: \$60 Limit: 15 Deadline: January 10

"Arsenic & Old Lace" at the Larry Keeton Theatre, Nashville**Friday, April 21 • 5-10:45 pm**

When the mild-mannered Brewster sisters' macabre secret is discovered, a hilarious chain of events ensues. Fee includes transportation, dinner and performance.

Cost: \$51 Limit: 15 Deadline: February 25

"Aladdin" Tennessee Performing Arts Center, Nashville**Saturday, May 6 • 12:15-5:45 pm**

It's an extraordinary theatrical event where one lamp and three wishes make the possibilities infinite. Fee includes production and transportation. No meal stop planned.

Cost: \$78 Limit: 15 Deadline: January 15

"Here You Come Again" at the Franklin Theatre, Franklin**Saturday, May 20 • 12:30-5:30 pm**

A rollicking and touching new musical about a has-been-who-never-was comedian and his unusual relationship with his long time idol—Dolly Parton, featuring songs written and recorded by Dolly Parton and others. Fee includes production and transportation. No meal stop.

Cost: \$85 Limit: 15 Deadline: January 9

"1776" at the Tennessee Performing Arts Center, Nashville**Saturday, June 24 • 12:15-5:45 pm**

Fed up with living under British rule, John Adams attempts to persuade his fellow members of the Continental Congress to vote in favor of American Independence. No meal stop planned.

Cost: \$83 Limit: 15 Deadline: January 26

LUNCH OUTINGS

Please note lunch and dinner locations are planned months in advance and as such are subject to change.

Lunch Outing: Sorelles Italian Restaurant & Pizzeria, Eagleville**Tuesday, January 17 • 10:45 am-1:30 pm**

Cooking up favorite Italian family recipes. Fee includes transportation. Bring money for lunch.

Cost: \$10 Limit: 15 Deadline: January 9

Lunch Outing: Puffy Muffin, Brentwood**Monday, January 30 • 10:30 am-1:45 pm**

Imaginative and delightful food and bakery items. Fee includes transportation. Bring money for lunch.

Cost: \$12 Limit: 15 Deadline: January 15

Lunch Outing: Noshville Delicatessen, Nashville**Wednesday, February 8 • 10:30 am-1:45 pm**

An authentic New York style delicatessen preparing and serving the highest quality food in a friendly, comfortable atmosphere. Fee includes transportation. Bring money for lunch.

Cost: \$12 Limit: 15 Deadline: January 31

Lunch Outing: The Bell Buckle Cafe, Bell Buckle**Thursday, February 23 • 11 am-1:30 pm**

Offering home cooked food down home style. Fee includes transportation. Bring money for lunch.

Cost: \$10 Limit: 15 Deadline: February 8

Travel with St. Clair

Flyers available at the front desk & travel office.

Transfer to and from Nashville Airport provided for dates listed.



2023 Travel Destinations

COLLETTE

- Roaming Coastal Maine · 7 Days · August 18-24 · \$3799/pp double
- Spotlight on San Antonio Holiday · 5 Days · December 14-18 · \$1999/pp double
- Tropical Costa Rica · 9 Days · January 25-February 2, 2024 · \$2999/pp double

DIAMOND TOURS

- Albuquerque & Santa Fe · 9 Days · April 23-May 1 · \$969/pp double
- Niagara Falls, USA · 7 Days · October 1-7 · \$820/pp double

MAYFLOWER CRUISES & TOURS

- Splendid Scotland · 9 Days · April 15-23 · \$4199/pp double
- Colorado's Historic Trains · 9 Days · June 16-24 · \$3549/pp double
- Lakes & Majestic Mountain Adventures featuring Italy, France & Switzerland · 10 Days
October 3-12 · \$4599/pp double

PREMIER WORLD DISCOVERY

- Mt. Rushmore, Yellowstone & Western Frontiers · 9 Days · September 13-21 · \$3775/pp double

WHITE STAR TOURS

- Holland Tulip Festival, Michigan · 4 Days · May 8-11 · \$659/pp double
- Finger Lakes, New York · 5 Days · July 31-August 4 · \$749/pp double
- Savannah New Year's Eve · 3 Days · December 30, 2023-January 1, 2024 · \$589/pp double

JANUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.</p> <p>Spades is played daily from 6 am-7 pm in room 402.</p>	<p>*Due to an ongoing wait list the "Simple Wills" program is already full. Please call June Nicdao at 615-848-2550 to put on a wait list for the next available session.</p>	
2	3 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm PM Acrylic Techniques Rm 406	4 8 am Pinochle Rm 402 9 am AM Acrylic Techniques Rm 406 9 am Choose to Lose Rm 104 10 am Grief Support Group Rm 301 1 pm Art Connection Rm 406
9 10 am AM Stained Glass Class Rm 406 10 am In the Garden: Planning Your Spring & Summer Garden Rm 104 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 1 pm Mahjong Rm 304 2 pm Art of Playing Pool Rm 501	10 8:30 am Social Ceramics Rm 406 10 am Care for the Caregivers Rm 301 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm PM Acrylic Techniques Rm 406 4 pm Trivia Games Rm 104	11 8 am Pinochle Rm 402 9 am Pool Tournament Rm 501 9 am Citizens Police Academy Rm 104 9 am AM Acrylic Techniques Rm 406 1 pm Art Connection Rm 406 3 pm Senior Feud Rm 104
16 CENTER CLOSED FOR Martin Luther King, Jr. Day	17 8:30 am Social Ceramics Rm 406 9:30 am Pelvic Floor Health Rm 104 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10:45 am Lunch Outing 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	18 8 am Pinochle Rm 402 *8:30 am Simple Wills for Seniors Rm 301 9 am Art with Vivian AM Rm 406 9 am Choose to Lose Rm 10404 1 pm Art Connection Rm 406 2:30 pm Butter Bean Auction
23 9:30 am Let's Talk About That Rm 104 9:30 am Frist Art Museum Trip 10 am AM Stained Glass Class Rm 406 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 1 pm Mahjong Rm 304 2 pm Art of Playing Pool Rm 501	24 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Mid-Cumberland Resources for the Community Rm 104 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	25 8 am Pinochle Rm 402 9 am Art with Vivian AM Rm 406 9:30 am Marathon Village & Motorworks Trip 10 am What is Pulmonary Rehab? Rm 104 1 pm Art Connection Rm 406
30 10 am AM Stained Glass Class Rm 406 10:30 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 1 pm Mahjong Rm 304 2 pm Beginner Craft Rm 405 2 pm Art of Playing Pool Rm 501	31 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm PM Acrylic Techniques Rm 406 4 pm Trivia Games Rm 104	

JANUARY CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
St Clair will close only in the event that City Hall closes. We can choose to cancel or postpone programs and events as we deem for the safety of the participants and staff.		1 Center Closed Happy New Year!
5 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104 4:15 pm Zoolumination Trip	6 8 am Pinochle Rm 402 9:30 am Book Club Rm 303 10 am Parkinson Support Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	7 9 am Kirby's Nashville Tour
12 *8:30 am Basic Wills for Seniors Rm 301 9 am Social Art Rm 406 9 am St. Rose Bridge 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	13 8 am Pinochle Rm 402 9 am Oil Painting by Video Rm 406 9:30 am Widow Support Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304 5:45 pm Menopause the Musical Trip	14 12:15 pm "Les Miserables" Trip
19 *8:30 am Simple Wills for Seniors Rm 301 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	20 8 am Pinochle Rm 402 9:30 am Tennessee State Museum & Nashville Farmers' Market Trip 10 am Beginner Craft Rm 406 10 am Parkinson Mtg 2 Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	15 21
26 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	27 8 am Pinochle Rm 402 9:30 am Widow Support Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304	22 28 8:30 am Pinochle Tournament Rm 104
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FEBRUARY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.</p>	<p>Spades is played daily from 6 am-7 pm in room 402.</p>	<p>1 8 am Pinochle Rm 402 9 am AM Acrylic Techniques Rm 406 10 am Grief Support Group Rm 301 1 pm Art Connection Rm 406 3 pm Spin that Wheel Rm 104</p>
<p>6 10 am AM Stained Glass Class Rm 406 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 1 pm Mahjong Rm 304 2 pm Art of Playing Pool Rm 501</p>	<p>7 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10:30 am Independent & Assisted Living & Memory Care Rm 104 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm PM Acrylic Techniques Rm 406 4 pm Trivia Games Rm 104</p>	<p>8 8 am Pinochle Rm 402 9 am Pool Tournament Rm 501 9 am Citizens Police Academy Rm 104 9 am AM Acrylic Techniques Rm 406 10 am Diabetes Prevention Rm 303 10:30 am Lunch Outing 1 pm Art Connection Rm 406</p>
<p>13 10 am AM Stained Glass Class Rm 406 10 am In the Garden: Gardening for Butterflies Rm 104 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 1 pm Mahjong Rm 304 2 pm Art of Playing Pool Rm 501</p>	<p>14 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Care for the Caregivers Rm 301 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104</p>	<p>15 8 am Pinochle Rm 402 9 am Art with Vivian AM Rm 406 9 am Choose to Lose Rm 104 9:45 am Kimmi's Tea Trip 10 am Diabetes Prevention Rm 303 1 pm Art Connection Rm 406 2:30 pm Butter Bean Auction</p>
<p>20 CENTER CLOSED FOR PRESIDENTS DAY</p>	<p>21 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 1 pm Mardi Gras Social Rm 104 1 pm Art with Vivian PM Rm 406</p>	<p>22 8 am Pinochle Rm 402 9 am Art with Vivian AM Rm 406 10 am Heart Health in Heart Month Rm 104 10 am Diabetes Prevention Rm 303 1 pm Art Connection Rm 406</p>
<p>27 9:30 am Let's Talk About That Rm 104 10 am AM Stained Glass Class Rm 406 12 pm Duplicate Bridge Rm 303 1 pm PM Stained Glass Class Rm 406 1 pm Bid Whist Rm 402 2 pm Beginner Crafts Rm 405 1 pm Mahjong Rm 304</p>	<p>28 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand and Foot #1 Rm 303 12:30 pm Hand and Foot #2 Rm 304 4 pm Trivia Games Rm 104</p>	

FEBRUARY CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 9 am Social Art Rm 406 10 am Diabetes Mgt Class Rm 301 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	3 8 am Pinochle Rm 402 9:30 am Book Club Rm 303 10 am Parkinson Support Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	4 4:45 pm "Into the Woods" Trip
9 9 am Social Art Rm 406 9 am St. Rose Bridge 10 am Diabetes Mgt Class Rm 301 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104 3 pm Vegan Health Rm 104	10 8 am Pinochle Rm 402 9 am Oil Painting by Video Rm 406 9:30 am Widow Support Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304	11 8:45 am Chocolate Walk Trip 1 pm Sweetheart Dance with Bill Sleeter Band
16 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Diabetes Mgt Class Rm 301 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	17 8 am Pinochle Rm 402 10 am Beginner Crafts Rm 406 10 am Parkinson Mtg 2 Rm 303 10:45 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105 5 pm "Newsies" Trip	18 4 pm Ultimate Oldies Trip
23 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Diabetes Mgt Class Rm 301 11 am Lunch Outing 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Rm 104	24 8 am Pinochle Rm 402 9:30 am Widow Support Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304 2 pm MTSU Decades Celebration Rm 105 6:15 pm "You Can't Take It With You" Trip	25 8:30 am Pinochle Tournament Rm 104
St Clair will close only in the event that City Hall closes. We can choose to cancel or postpone programs and events as we deem for the safety of the participants and staff.		26



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City of Murfreesboro – Bradley Academy Museum
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Murfreesboro Patterson Park
Sports Com Murfreesboro
Murfreesboro Athletics
The Better Boro Project
Murfreesboro Greenway
Miracle Field of Murfreesboro
St Clair Street Senior Center**



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