

March | April 2023

Senior Connection

Program Guide



www.MurfreesboroParks.com



[@StClairSeniorCenter](https://www.facebook.com/StClairSeniorCenter)



[@boroparksandrec](https://www.instagram.com/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; Dr. Gloria Bonner; Mr. Leroy Cunningham; Dr. Trey Duke, Murfreesboro City Schools Liaison; Mr. Charlie Montgomery; Mr. Bill Shacklett; Mr. Kent Syler; Mr. Shawn Wright; Dr. 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

FORMS OF PAYMENT

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

You must sign up for all programs to reserve your spot. If you are more than 15 minutes late to the program, you are not guaranteed that spot and you may be denied admittance, at the discretion of staff.

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

Preparing for the Future

Thursday, March 16 • 10-11 am

This presentation will be full of valuable information that seniors need to think about and take action to get ready for our future. The presenters will be:

- Jennifer Ellison, Keller Williams, Certified Senior Real Estate Specialist, "When is the best time to sell your home?"
- Todd Howell, Woodfin Chapel, "Funeral Preplanning"
- Nancy Releford "Reverse Mortgages: The Pros and Cons"

COFFEE & DONUTS WILL BE SERVED Call St. Clair Senior Center to sign up 615-848 2550 to reserve your seat.

Limit 50 Room 104

St. Patrick's Day Party

Friday, March 17 • 2-5 pm

Wear your green for a fun St. Patrick's Day Party. The Wild West Boro Boys will be performing. Light snacks and green punch will be served. Pay at the front desk the day of the party. No sign up is required for this event. **Limit 140 Room 105 Cost: \$5**

MTSU Nursing Mini Health Fair

Monday, March 20 • 1-4 pm

April 3 & 24 • 10:30 am-1:30 pm

MTSU students will have "booths" with health information or screenings for you to select from. They will check BP or BMI, have a foot screening, exercise demos, and lots of health information. No sign up required. **Room 104**

MTSU Spring Party

Friday, April 14 • 2-3 pm

Join us for "This Land Is Your Land" as we will focus on different areas of our great country with activities, food, and fun

Limit 50 Room 104

Trip Escort Sign-Ups

Tuesday, April 18 • 9:30-10:30 am

Seniors can sign up to be a trip escort for the months of May & June

Limit 50 Room 104

Murfreesboro Little Theatre presents

"Spirit Level" at St. Clair Senior Center

Friday, April 21 • snacks at 5 pm • play at 6 pm

Saturday, April 22 • snacks at 12 pm • play at 1 pm

Enjoy this fun performance of, "Spirit Level"

performed by the Murfreesboro Little Theater. "Spirit Level" is described as a Lifetime Christmas movie, mixed with Beetlejuice! Tickets will be on sale for only \$5 per ticket.

Limit 120 Room 105

Mother Daughter Tea "A Hat Affair"

Saturday, May 6 • 11:30 am-12:30 pm

Join us for our first Mother Daughter Tea, "It's a Hat Affair." Show off your hats. Hats can be big, small, or unique. A light lunch will be served. Pictures will be taken. Participants must sign up their daughter, family member or friend with **Caroline or Kathy** between April 1-April 26 at 615-848-2550. **Space is very limited!** Please be mindful to only sign up one guest.

Limit 25 Room 105

HEALTH & SOCIAL SERVICE**Harmonicas for Health****Wednesdays in March & April • 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.

Limit 30 Room 303**Choose to Lose Weight Loss Program****Wednesdays, March 1 & 15 and April 19 @ 9 am****Wednesday, April 5 @ 8:30 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, March 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**Eat Well, Feel Well****Tuesdays, March 7, 14, 21 & 28 • 10-11 am**

This is a series of lessons covering the topics of nutrition, physical activity, & food safety, focusing on the unique needs of older adults.

Limit 16 Room 104**Widow's Support Group****Fridays, March 10 & 24 and April 14 & 28
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**Care for the Caregiver Series****Tuesdays, March 14 & April 11 • 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." Meets second Tuesday of every month.

Limit 15 Room 301**Nutritional Evaluation & Coaching****Wednesdays, March 15, 22, 29 & April 5, 12 & 19
1 & 2 pm sessions**

Senior MTSU dietetic students, under the guidance of a registered dietitian, offer one to one coaching and provide individualized nutrition education then schedule a follow up session to see how the participant is doing with their goals and behavior changes. The initial education session would last about 1 hour, and the follow ups would be 15-30 minutes. Meets in Room 303 on March 29.

Limit 3 seniors/session Room 104**Parkinson Support Group****Friday, April 14 • 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! No meeting in March.

Limit 40 Room 104**Parkinson Meeting 2****Fridays, March 17 & April 21 • 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, March 20 & April 17
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

Hand ONLY CPR

Wednesday, April 5 • 10 am

This 30-minute course presented by the American Red Cross will teach participants learn how to check for consciousness, call 911 (or the local emergency number), and give continuous chest compressions. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance.

Limit 30 Room 104

Dealing with Loss

Wednesdays, April 5, 12, 19 & 26 & May 3 & 10 • 10 am

This six-part series will include handouts and activities that facilitate the grieving process. Topics will include coping strategies, family dynamics, and other practical considerations when dealing with loss. All materials will be provided. You must join by April 12 to participate in this group.

Limit 10 Room 301

Stress Management for Seniors, Caregivers and Others

Wednesday, April 26 • 10 am

Do you feel the effects of stress in your daily life? Is stress wearing you out? Do you want to learn more about how to manage stress yourself and also ways to help others cope with stress? This class will look at stress, examine how stress shows up, review some of the main types of stressors, investigate whether stress is good or bad, and most importantly, tackle the question of what can be done about stress.

Limit 40 Room 104

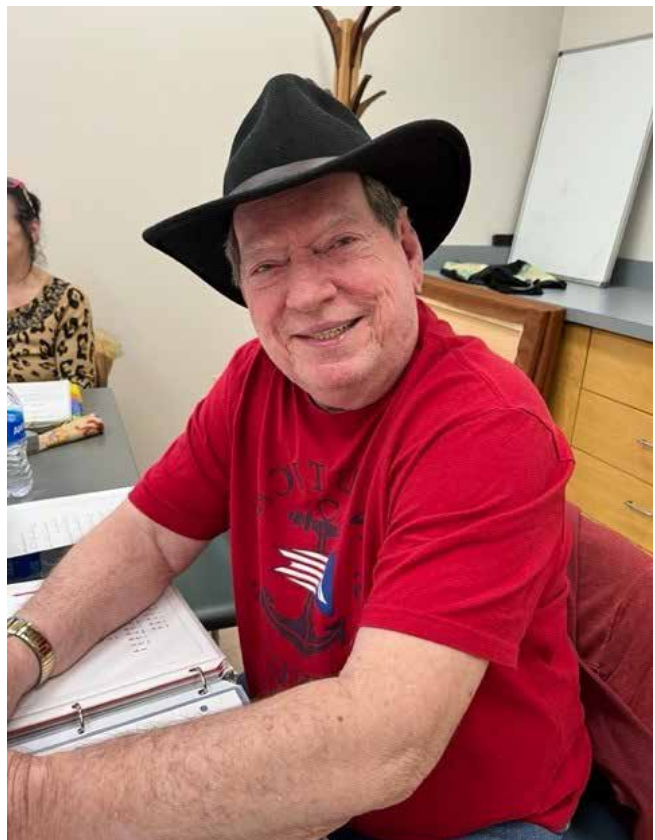
Program Spotlight: Harmonicas for Health

Do you have COPD or other chronic lung condition?

St. Clair's Harmonicas for Health class is a good way to exercise your lungs, learn how to play the harmonica, & meet new friends.

You will learn how to have better control of your breathing and exercise the muscles used in breathing and effective coughing. No music background is needed! Just buy a harmonica in the key of C and join us!

We meet on Wednesdays 12-1 pm. Contact Laura Grissom with any questions at lgrissom@murfreesborotn.gov or 615-848-2550.



Program Leader, David Lytle



FREE FITNESS CLASSES

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.

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.

Limit 25**Room 204****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.

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.

Limit 45**Room 105****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.

Limit 30**Room 204*****Chair Yoga in March****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.

Limit 20**Room 206****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.

Limit 55**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.

Limit 30**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 • 1-2 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****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****CLASS IS FULL**

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.

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 • 2-4 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.

Limit 18 Room 204

Saturday Line Dance

Saturdays, March 4 & April 1

1:00-4:30 pm

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

Limit 40 Room 105

PAID FITNESS CLASSES

*Chair Yoga in April

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. Participants may choose one or two days of the week for chair yoga.

*Class fee is \$5 a month for each day a week. If a student chooses two day week, the fee is \$10 a month. If a student chooses one day, it will be \$5 a month. Sign up for April's class begins April 1.

Limit 20 Room 206 Cost: *\$5 or \$10

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.

Cost: \$10/ month Limit 24 Room 206

Tai Chi in a Chair

Tuesdays • 8-8:30 am

A great class for anyone unable to stand for an exercise class- all moves will be done in a chair. We will work on stretching, breathing, and stress relief.

Cost: \$10/mo Limit 10 Room 206

Intermediate Tai Chi

Tuesdays & Thursdays • 1-2 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$15/mo Limit 20 Room 204

Beginning Tai Chi

Tuesdays & Thursdays • 2:15-3:15 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$15/mo Limit 20 Room 204

Open Tai Chi Saturdays

Saturdays • 1-2 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$10/mo Limit 20 Room 204

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 March we will do the Swing and in April the Waltz. No partner necessary!

Cost: \$26/mo Limit 25 Room 105

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	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 CLASS IS FULL	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	1:00 pm Intermediate Tai Chi Room 204	SATURDAY
1:00 pm Gentle Fitness PM Room 204	1:00 pm SAIL Room 105 CLASS IS FULL	1:00 pm Gentle Fitness PM Room 204	2:00 pm Forever Fit Room 206	9:15 am Zumba Gold AM Room 204
2:15 pm Core Basic Room 204	1:00 pm Intermediate Tai Chi Room 204		2:15 pm Beginning Tai Chi Room 204	10:15 am Core Galore Room 204
3:15 pm Zumba Gold PM Room 204	2:00 pm Forever Fit Room 206		3:15 pm Zumba Gold PM Room 204	1:00 pm Saturday Line Dance 3/4 & 4/1 Room 105
5:30 pm Beginning Line Dance with Catrina Room 105	2:15 pm Beginning Tai Chi Room 204	<p>Please consult with your doctor before starting any fitness program.</p>		1:00 pm Open Tai Chi Room 204
	3:00 pm Ballroom Dance Room 105			SUNDAY
	3:15 pm Zumba Gold PM Room 204			2:00 pm Sunday Line Dance Room 204

CREATIVE ARTS

Social Ceramics

Tuesdays in March & April • 8:30-11:30 am

You will pay the instructor for the piece you are working on. There is a \$5 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 am-noon in March & April

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

Open Knit & Crochet

Tuesdays & Thursdays from 10 am-noon in March & April

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 March & April • 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 March & April • 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

Conversational Spanish Class

Fridays, March 3-31 and April 7-28 • 10-11:30 am

For those who want to brush up on your Spanish or just want to speak to your neighbor, come join this Beginning Spanish Course with instructor Gloria Arndt. This course will continue for 6 months (March-August) for the onetime fee of \$15.

Limit 12

Room 304

Cost: \$15/mo

Stained Glass Class AM

Mondays, March 6, 13, 20 & 27 and April 3, 10, 17 & 24 from 10 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: \$60/mo

Stained Glass Class PM

Mondays, March 6, 13, 20, 27 and April 3, 10, 17 & 24 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.

Limit 8

Room 406

Cost: \$60/mo

Oil Painting by Video

Fridays, March 10 & April 14 • 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 5** **Room 406** **Cost \$30/mo**

Acrylic Techniques AM

Wednesdays, March 8 & 15 and April 5 & 12 from 9 am-noon

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

Limit 12

Room 406

Cost \$25/2-day class

Acrylic Techniques PM

Tuesdays, March 7 & 14 and April 4 & 11 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 \$25/2-day class

Beginner Crafts

Monday, March 6 & April 3 • 2 pm

Friday, March 24 • 10 am

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 10

Room 405 or 406

More Creative Arts on page 10.

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CREATIVE ARTS CONTINUED**Art with Vivian AM****Wednesdays, March 22 & 29 and April 19 & 26 • 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****Art with Vivian PM****Tuesday, March 21 & 28 and April 18 & 25
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****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 March & April
12:00-4:30 pm Room 303****Bid Whist****Mondays in March & April
1:00-4:00 pm**Learn an age-old card game, Bid Whist at St. Clair. **Room 402****Mahjong****Mondays & Thursdays in March & April
1:00-3:00 pm**Stop in for a game of Mahjong. **Room 304****Hand & Foot Game #1****Tuesdays in March & April • 12:30-4:00 pm**
Learn the art of playing the card game, Hand & Foot. **Room 303****Hand & Foot Game #2****Tuesdays in March & April
12:30-4:00 pm**Learn the art of playing the card game, Hand & Foot. **Room 304****Party Bridge****Thursdays in March & April
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 March & April • 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 March & April • 1:00-4:00 pm** Stop in and play a game. **Room 304****Ultimate Bingo****Thursdays, March 2, 9 & 23 and
April 6, 13 & 20 • 10:00-11:00 am**

Try your luck at ultimate bingo with a twist! No bingo 3/9, 3/30 & 4/27.

Limit 70 Room 105**Book Club****Fridays, March 3 & April 7 • 9:30-10:30 am**

In March we are proud to support our very own Linda Horton and Agness Stewart the author and subject of the book "The Devil from Madison County. This is a non-fiction book. In April we will be discussing Danielle Steele's "Silent Honor. The February-July Book Club Reading List is in the lobby.

Limit 20 Room 301**Music Jam Session****Fridays, March 3 & 31 and April 28
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**Pool Tournament****Wednesdays, March 8 and April 12
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

Learn How to Play Pinochle

Fridays, March 10-31 • 9-11 am

Class for beginners or anyone wanting to brush up on their Pinochle skills. **Room 104**

Karaoke

Fridays, March 10 & 24 & April 7 & 21

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 or 104

Trivia Games

Tuesday, April 11 • 4:00-5:00 pm

Join us for beginner 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 teams.

Limit 40 Room 104

Extreme Trivia

Tuesdays, March 21 • 4:00-5:00 pm

Join us for Extreme Trivia Game! Teams will compete while answering questions ranging from all different topics. The team must consist at least 2 people. If you do not have a team, do not worry, you can be assigned to a team. Snacks will be supplied. Please sign up at the front desk.

Limit 40 Room 104

Butter Bean Auction

Wednesdays, March 29 • 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. No Butter Bean Auction in April.

Limit 50 Room 104

Pinochle Tournament

Saturday, April 29 • 8:30 am-2 pm

Monthly tournament to test your skills.

Limit 28 Room 104

Guess that Price

Tuesday, April 18 • 3:00-4:30 pm

Are you ready to play the most popular game show St. Clair Senior Center style "The Guess that Price Game"? Contestants will compete by identifying accurate pricing of merchandise to win prizes.

Participants must sign up at the front desk. Space is limited. **Limit 50 Room 104**

SEMINARS/EDUCATION

In the Garden: Container Gardening

Monday, March 13 • 10-11 am

Container gardening lets you enhance your entryway, solve a landscape challenge or beautify a deck. Learn how to choose your container, design a container planting and maintain your mini garden throughout the summer. Register as the class space is limited. **Limit 28 Room 104**

In the Garden: Garden to Table Vegetables

Monday, April 10 • 10-11 am

Learn how to choose the right location, prepare your soil and decide between seeds or transplants. Join us and be sure to register as the class space is limited.

Limit 28 Room 104

Simple Wills for Seniors

Wednesday, March 22 & Friday, March 24

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.

Limit 15 Room 301 Cost \$25/document

Cooking for 1 or 2

Mondays, April 3-May 15 • 10-11 am

Sometimes cooking for one or two may seem like it's not worth the trouble; however, everyone needs a variety of foods to stay healthy. Homemade meals usually are more nutritious, better tasting, and more economical, compared with restaurants. During these interactive sessions, we will discuss quick, low-cost recipes, smart shopping, and how to reduce food waste. Attend to receive free items to help you plan & prepare meals including meat & refrigerator thermometers, a lunch container, a can strainer, and much more! You MUST register for this class at the front desk to reserve your spot.

Limit 20 Room 303

Citizen Police Academy: March & April

Wednesday, March 8 • 9-11 am

We will be talking about "Traffic" investigations and distracted driving tips. **Room 104**

Wednesday, April 11 • 8:45-11 am

We will be talking about Emergency Communications and taking a field trip to dispatch to see firsthand how things operate. Students MUST be at St. Clair by 8:45 to ride the bus together.

CLASS IS FULL

TRAVEL WITH ST. CLAIR

- ALL TRAVELERS MUST SCAN INTO MYSENIORCENTER FOR ALL TRIPS.
- 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.

McKay's, Nashville

Monday, March 13 • 9:15 am-2:45 pm

Not just a bookstore, McKay's includes music, movies, electronics, games, musical instruments, collectibles and more! Fee includes transportation. Bring money for lunch.

Cost: \$16 Limit: 15 Deadline: March 7

Shopping at CoolSprings Galleria, Franklin

Tuesday, March 21 • 9:15 am-4 pm

With four anchor stores and more than 150 specialty stores, there's sure to be something for everyone. Fee includes transportation. Bring money for lunch.

Cost: \$17 Limit: 15 Deadline: March 16

Historic Nolensville School Museum, Nolensville

Thursday, March 23 • 9:15 am-2 pm

Your guided tour will include the historic classroom, 1937 kitchen, workshop, the 4-H history room, and Nolensville Sports Hall of Fame. Fee includes transportation and guided tour. Bring money for lunch.

Cost: \$13 Limit: 15 Deadline: March 8

National Museum of African American Music, Nashville

Wednesday, March 29 • 9 am-3:15 pm

Your experience begins in the Roots Theater. From there, enter the Rivers of Rhythm corridor and dive into music genres on large screens. Let the music guide you through this highly immersive experience at your own pace. Fee includes transportation and admission. Bring money for lunch.

Cost: \$39 Limit: 15 Deadline: March 7

Cheekwood Estate & Gardens, Nashville

Tuesday, April 4 • 9 am-3:30 pm

Celebrate spring on a guided tour of the East and West Gardens, then tour the mansion and learn about the Cheek family as you're guided through each restored period room. Fee includes transportation, admission, and guided tours. Significant amount of walking. Bring money for lunch.

Cost: \$47 Limit: 15 Deadline: March 6



Harmony Lane Farm & Creamery Tour, Smithville

Thursday, April 6 • 9:15 am-3:15 pm

Take a riding guided tour of this 64-acre dairy goat farm. A minimum amount of walking is involved. This is a working farm so dress accordingly. Fee includes transportation and guided tour. Bring money for lunch.

Cost: \$38 Limit: 15 Deadline: March 8





Tim's Backroads of Rutherford County Tour
Thursday, April 13 • 9 am-3 pm
 Bus tour of nearby places that newcomers to Murfreesboro (and even some long-term residents) may not yet have discovered, with lunch at one of the area's rural restaurants. Fee includes transportation and guided bus tour. Bring money for lunch.
Cost: \$15 Limit: 15 Deadline: March 22

"Moon Over Buffalo," Arts Center of Cannon County, Woodbury
Friday, April 14 • 6:15-10:45 pm
 George and Charlotte, fading stars of the 1950s, receive word they might have one last shot at stardom. Fee includes transportation & production. No meal stop.
Cost: \$27 Limit: 15 Deadline: March 7

Douglass-Clark House, Gallatin
Wednesday, April 19 • 8:45 am-1:30 pm
 The house, listed on the National Register of Historic Places, was established as a home in 1786, and used as an early courthouse for the county. Fee includes transportation. Admission is free. Bring money for lunch.
Cost: \$17 Limit: 15 Deadline: March 21

"The Three Musketeers" at Millennium Repertory Co., Manchester
Saturday, April 22 • 4:45-10:45 PM
 Ken Ludwig's adaptation of the timeless swashbuckler filled with villains, heroes, sword fights, and, above all, honor. Fee includes transportation and production. Bring money for dinner.
Cost: \$32 Limit: 15 Deadline: March 9

Cornbread Festival, South Pittsburg
Saturday, April 29 • 9 am-4 pm
 Celebrate the cornerstone of southern cuisine—cornbread—at this yearly festival packed with delicious food, arts and crafts, and more! Fee includes transportation. Bring \$10 for admission and money for lunch.
Cost: \$21 Limit: 15 Deadline: April 13

Buc-ee's, Crossville
Tuesday, May 2 • 8:30 am-3 pm
 This 53,000 square foot travel center is like nothing you've ever seen—it's a rest stop, gas station, souvenir shop, and restaurant all rolled into one. Fee includes transportation. Pack a lunch or pick something up at Buc-ee's for a picnic-style lunch at a state park. Bring money for lunch and shopping.
Cost: \$24 Limit: 15 Deadline: April 23

Fall Creek Falls, Spencer
Wednesday, May 3 • 7:30 am-3:15 pm
 If you enjoy nature, this is the trip for you! Spend a few hours at one of the most scenic and spectacular outdoor recreation areas in America, including a guided pontoon boat tour. Fee includes transportation and pontoon boat tour. Bring money for lunch.
Cost: \$48 Limit: 9 Deadline: March 12



Bedford Byways & Waterways

Thursday, May 11 • 9:30 am-2:15 pm
 Stops along the way include a campground, lake, dam, and fish hatchery. Fee includes transportation. Bring money for lunch.
Cost: \$15 Limit: 15 Deadline: April 19

Kirby's Nashville Tour

Saturday, May 13 • 9am-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: April 30

Sweetwater Valley Farm Tour, Philadelphia

Tuesday, May 16 • 6:30 am-3:30 pm
 See Tennessee's first robotic dairy facility and learn about dairy operation and cheese making. Fee includes transportation, guided tour, and lunch. Wear tennis shoes or other comfortable shoes.
Cost: \$63 Limit: 15 Deadline: March 15

Loretta Lynn's Ranch, Hurricane Mills

Thursday, May 18 • 8:15 am-5:30 pm
 Loretta's legendary career and life are preserved at her ranch for all to see including Butcher Holler home replica, the Doll and Fan Museum, the Native American Artifact Museum, and Loretta's historic home. Fee includes transportation, admission, and guided home tour. Bring money for lunch.
Cost: \$64 Limit: 15 Deadline: March 14

Antique Tractor, Truck & Gas Engine Show

Saturday, May 20 • 8:45 am-1:15 pm
 The show features exhibits of antique tractors, gas engines, antique trucks, farm implements, corn meal grinding, blacksmithing and saw-milling. Fee includes transportation. Admission is free. Bring money for lunch.
Cost: \$14 Limit: 15 Deadline: April 30

"Memphis: The Musical" at the Larry Keeton Theatre, Nashville

Friday, June 16 • 5-10:45 pm
 Inspired by actual events, Memphis is a thrilling tale of a radio DJ who wants to change the world and a club singer who is ready for her big break. Fee includes transportation, dinner and performance.
Cost: \$51 Limit: 15 Deadline: April 10

Nashville Sounds vs Norfolk Tides, Nashville

Sunday, June 25 • 12:30-6:15 pm
 Fee includes transportation and game ticket.
Cost: \$56 Limit: 15 Deadline: April 1

LUNCH OUTINGS

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

Lunch Outing: Lugo's, Dickson, TN

Thursday, March 16 • 10:15 am-2:00 pm
 American cuisine with added influences from the Caribbean and countries around the world. Fee includes transportation.
Cost: \$16 Limit: 15 Deadline: March 8

Lunch Outing: J. Alexanders, Franklin, TN

Tuesday, March 28 • 10:45 am-1:30 pm
 Contemporary American restaurant, known for its wood-fired cuisine. Fee includes transportation. Bring money for lunch.
Cost: \$12 Limit: 15 Deadline: March 13

Lunch Outing: Martin's BBQ Joint, Nolensville

Tuesday, April 11 • 10:45 am-1:30 pm
 West Tennessee-style whole hog BBQ along with made-from-scratch in-house sides and pies. Fee includes transportation. Bring money for lunch.
Cost: \$10 Limit: 15 Deadline: March 27

Lunch Outing: Succotash, Guild, TN

Wednesday, April 26 • 10 am-2:15 pm
 Made from scratch, authentic Cajun food. Fee includes transportation. Bring money for lunch.
Cost: \$18 Limit: 15 Deadline: April 10

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

MARCH 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>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.</p>	<p>1</p> <p>8 am Pinochle Rm 304</p> <p>9 am Choose to Lose Rm 104</p> <p>10 am Grief Support Group Rm 301</p> <p>1 pm Art Connection Rm 406</p>
<p>6</p> <p>10 am Stained Glass AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p> <p>2 pm Beginner Crafts Rm 405</p>	<p>7</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Eat Well, Feel Well Rm 104</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques PM Rm 406</p>	<p>8</p> <p>8 am Pinochle Rm 304</p> <p>9 am Pool Tournament Rm 501</p> <p>9 am Citizens Police Academy for Senior Citizens: Traffic</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>1 pm Art Connection Rm 406</p>
<p>13</p> <p>9:15 am McKay's Trip</p> <p>10 am In the Garden: Container Gardening Rm 104</p> <p>10 am Stained Glass AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p>	<p>14</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Care for the Caregiver Rm 301</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Eat Well, Feel Well Rm 104</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques PM Rm 406</p>	<p>15</p> <p>8 am Pinochle Rm 304</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>9 am Choose to Lose Rm 104</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p>
<p>20</p> <p>9:30 am Let's Talk About That Rm 104</p> <p>10 am Stained Glass AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm MTSU Mini Health Fair Rm 104</p>	<p>21</p> <p>8:30 am Social Ceramics Rm 406</p> <p>9:15 am Shopping at CoolSprings Galleria Trip</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Eat Well, Feel Well Rm 104</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>4 pm Extreme Trivia Rm 104</p>	<p>22</p> <p>8 am Pinochle Rm 304</p> <p>*8:30 am Basic Wills for Seniors Rm 303</p> <p>9 am Art with Vivian AM Rm 406</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p>
<p>27</p> <p>10 am Stained Glass AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p>	<p>28</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Eat Well, Feel Well Rm 104</p> <p>10:45 am Lunch Outing</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p>	<p>29</p> <p>8 am Pinochle Rm 304</p> <p>9 am National Museum of African American Music Trip</p> <p>9 am Art with Vivian AM Rm 406</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p> <p>2:30 pm Butter Bean Auction</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>		

MARCH CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 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 Practice Rm 104	3 9 am Book Club Rm 301 10 am Conversational Spanish Rm 304 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Music Jam Session Rm 105	4 9 am Kirby's Nashville Tour 5
9 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 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 Practice Rm 104	10 9 am Learn to Play Pinochle Rm 104 9 am Oil Painting by Video Rm 406 9:30 am Widow Support Grp Rm 303 10 am Conversational Spanish Rm 304 11:30 am Country Music Cluster Dog Show Trip 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304	11 9 am Irish Festival Trip 3:45 pm The Bellamy Brothers Trip 12
16 9 am Social Art Rm 406 10 am Preparing for the Future Rm 104 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10:15 am Lunch Outing 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	17 9 am Learn to Play Pinochle Rm 104 10 am Conversational Spanish Rm 304 10 am Parkinson's Mtg 2 Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 2 pm St. Patrick's Day Party Rm 105	18 10 am Olive & Sinclair Chocolate Company Tour 19
23 9 am Social Art Rm 406 9:15 am Historic Nolensville Museum Trip 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 Practice Rm 104	24 *8:30 am Basic Wills for Seniors Rm 303 9 am Learn to Play Pinochle Rm 104 9:30 am Widow Support Grp Rm 303 10 am Conversational Spanish Rm 304 10 am Beginner Crafts Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Euchre Rm 304	25 12:15 pm "Ain't Too Proud" Trip 26
30 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 Practice Rm 104	31 9 am Learn to Play Pinochle Rm 104 10 am Conversational Spanish Rm 304 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Music Jam Session Rm 105 4:15 pm Rhonda Vincent & the Rage Trip	

APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.	Spades is played daily from 6 am-7 pm in room 402.	
<p>3</p> <p>10 am Stained Glass AM Rm 406</p> <p>10 am Cooking for 1 or 2 Rm 303</p> <p>10:30 am MTSU Mini Health Fair Rm 105</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p> <p>2 pm Beginner's Crafts Rm 405</p>	<p>4</p> <p>8:30 am Social Ceramics Rm 406</p> <p>9 am REAL ID Mobile Unit</p> <p>9 am Cheekwood Estate & Gardens Trip</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques PM Rm 406</p>	<p>5</p> <p>8 am Pinochle Rm 304</p> <p>8:30 am Choose to Lose Rm 104</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Dealing with Loss Rm 301</p> <p>10 am Hands ONLY CPR Rm 104</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p>
<p>10</p> <p>10 am Stained Glass AM Rm 406</p> <p>10 am In the Garden: Garden to Table Vegetables Rm 104</p> <p>10 am Cooking for 1 or 2 Rm 303</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p>	<p>11</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Care for the Caregiver Rm 301</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10:45 am Lunch Outing</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>12</p> <p>8 am Pinochle Rm 304</p> <p>8:45 am Citizens Police Academy for Senior Citizens: Dispatch Trip</p> <p>9 am Pool Tournament Rm 501</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Dealing with Loss Rm 301</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p>
<p>17</p> <p>9:30 am Let's Talk About That Rm 104</p> <p>10 am Stained Glass AM Rm 406</p> <p>10 am Cooking for 1 or 2 Rm 303</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p>	<p>18</p> <p>8:30 am Social Ceramics Rm 406</p> <p>9:30 am Trip Escort Sign Up Rm 104</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>3 pm Guess That Price Rm 104</p>	<p>19</p> <p>8 am Pinochle Rm 304</p> <p>8:45 am Douglass-Clark House Trip</p> <p>9 am Choose to Lose Rm 104</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Dealing with Loss Rm 301</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Nutritional Evals & Coaching Rm 104</p> <p>2 pm Nutritional Evals & Coaching Rm 104</p>
<p>24</p> <p>10 am Stained Glass AM Rm 406</p> <p>10 am Cooking for 1 or 2 Rm 303</p> <p>10:30 am MTSU Mini Health Fair Rm 105</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass PM Rm 406</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Mahjong Rm 304</p>	<p>25</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p>	<p>26</p> <p>8 am Pinochle Rm 304</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Dealing with Loss Rm 301</p> <p>10 am Lunch Outing</p> <p>10 am Stress Management for Seniors, Caregivers and Others Rm 104</p> <p>1 pm Art Connection Rm 406</p>



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**Murfreesboro Parks and Recreation
Cannonsburgh Village
Outdoor Murfreesboro
City of Murfreesboro – Bradley Academy Museum
McFadden Community Center, Murfreesboro
The Washington Theatre Murfreesboro
Cultural Arts Murfreesboro
Murfreesboro Patterson Park
Sports Com Murfreesboro
Murfreesboro Athletics
The Better Boro Project
Murfreesboro Greenway
Miracle Field of Murfreesboro
St Clair Street Senior Center**



Scan this code with your smartphone camera for a list of links to all of our social media.

**Calendar of
Programs and
Events**



www.MurfreesboroParks.com
615-890-5333