

St. Clair Senior Center

July/August 2018



Happy 4th of July!

The center will be closed Wednesday, July 4th.

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

Be sure to check out the Center's television show,
Life After 60, on City Cable Channel.

Mission

St. Clair Senior Center is creating a better quality of life for residents of Murfreesboro and Rutherford County who are sixty years of age or older, through lifelong learning, promotion of health and well-being, socialization, and volunteer opportunities.

The Center's staff is dedicated to the goal of enhancing the quality of life for our community's seniors through prompt, efficient, and courteous service.

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.

St. Clair Senior Center Commission

The purpose of the St. Clair Senior Center is to ensure that the opportunities set forth in the Center's Mission statement are available to all members of the community 60 and over. The commission has jurisdiction over the St. Clair Senior Center which is set aside for senior services and programs in the City of Murfreesboro. The commission meets on the fourth Monday of each month at 8:30 a.m.

St. Clair Senior Center Program Committee

The Program Planning Committee brings program suggestions keeping with the Center's mission, vision and strategic plan utilizing a Program Tool to the attention of the Director and staff. It consists of five senior participants serving a rotating two-year term. The committee meets monthly on the second Wednesday at 10:00 a.m. Members are: Lynn Nolan, Billy Vaughn, Yolanda Lozano, Rose Hernandez and Fred Massey.

OOPS!

Occasionally there may be an error in days, time, registration, requirements or fees in this newsletter. We will try to correct the errors promptly. Check the website at www.murfreesborotn.gov/seniorcenter for updates and changes.

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.

From the Director:

Welcome everyone to the start of our new fiscal year July 1st. Going into this new fiscal year we are in negotiations with MySeniorCenter to offer our seniors the capability of using credit cards when making payments. We hope that by mid/late September we will have the system up and working. This change will allow seniors the ability to sign up for classes online through MyActiveCenter as well as pay by credit card. As we work out the training schedule for our full staff and the behind the scenes data collection for financial reporting you may see our facility closed for a few days as we change over to the

new process sometime between now and when we go live with the system. With these changes we are reviewing our payment and refund policies to align with the use of credit cards. Prior to going live with the system we will provide our participants with some training and informational classes on how to use the system when paying with a debit or credit card.

Congratulations to Cindi Thomas as the new full time LPN, Certified Dementia Practitioner in Advanced Care at Stones River Manor. We have been blessed with the opportunity to work with Cindi the past six years here at St. Clair and wish her the very best of luck in her

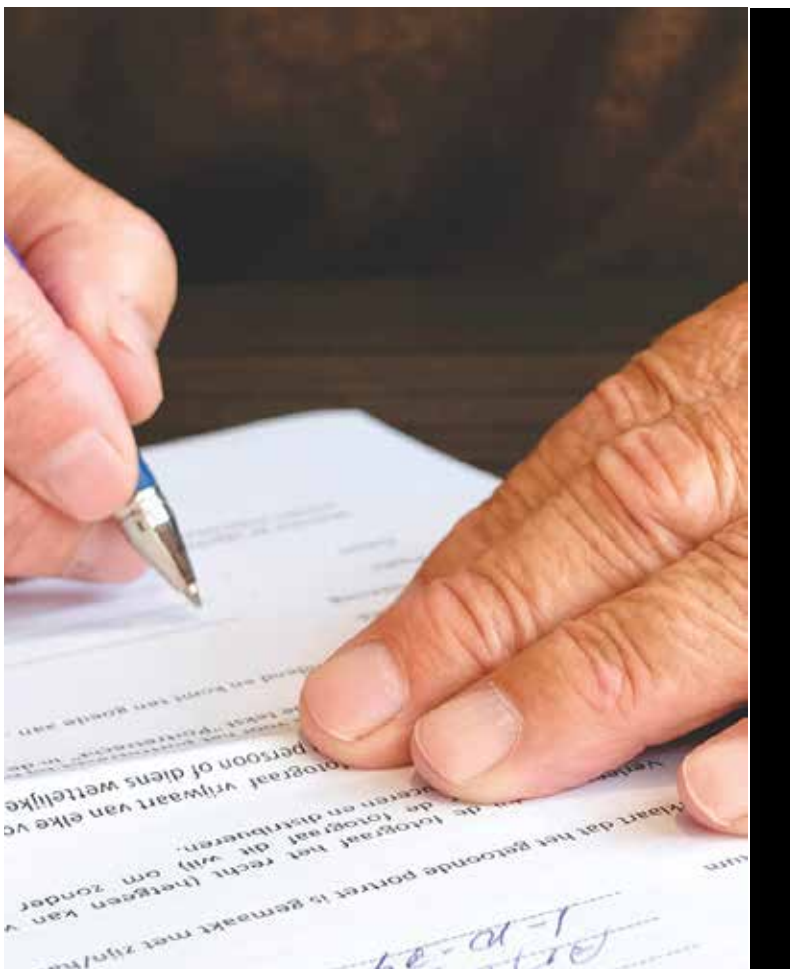
new endeavor. We will truly miss her and the work she has provided to improve the lives of caregivers and families dealing with Alzheimer's in Rutherford County.

The Center will be closed Wednesday July 4th to celebrate with our Nation. Check out the fun things we have to offer in this summer edition on the newsletter.

Your Director, *Connie C. Rigsby*



Connie C. Rigsby
Center Director



FREE LEGAL HELP FOR SENIORS

*Meet with a lawyer for advice and get a
LEGAL WELLNESS CHECKUP*

Saturday July 14
from 10:00 am-12:00 n

at St. Clair Senior Center
325 St. Clair Street, Murfreesboro, TN

Call 615-844-7158 for an appointment.





Paula Faist
Adult Day Service
Coordinator

St. Clair Adult Day Service Welcomes Summer!

Happy Summer one & all! We are happy to be up and running and enjoying one another's company. It is a pleasure for me to be among such a great group of individuals with so many adventurous life experiences to share with us all.

We are hoping to use the wonderful van drivers, Phil and Kirby and get out into the community on a few field trips this

Summer!

We keep engaged with our friends throughout our daily activities. The games we are playing are keeping our minds and bodies healthy and young at heart. We welcome folks to stop by and visit and share their talent, memories and laughter with us. We are happy to have Essense, MTSU intern with us this summer.



It is good to keep our brains working and thinking so I thought I would share some Patriotic Trivia with you which has to do with, you

guessed it, my hometown Boston area. Here we go:

- To show their dislike and disgust regarding British taxes, the colonists threw what imported commodity into the Boston Harbor in 1776?
- This legendary protest is now more famously known in history as....?
- Where was the first battle of the Revolutionary War fought?
- The name of this 221 foot granite monument in Boston commemorates what famous Revolutionary War Battle?
- Who sounded the alarm "The British are coming, the British are coming?"

Come on down for a visit and to say hello to my pals and I'll check your answers. Check in with Susan Hall, Volunteer Coordinator, about volunteering with us.

And finally I will try to keep up with some of my humorist accent with you all/y'all. :)

"Don't fohget to get yah July 4th decorations from the cella before you sit to relax with a beeah."



GARDENING IN TENNESSEE IN JULY 2018

By Master Gardener, Jack Smith

The summer garden is pretty much our reward for all the hard work from March through June. During these lazy warm days the perennial and annual gardens are strutting their colors and the harvest of the first tomatoes and cucumbers means BLT's, thick juicy sandwiches and robust salads. The following are some tips for your July gardening calendar:

This is a great month to watch for cutflowers to enjoy inside your home as well as those to dry for everlasting.

Purchase fall blooming perennials for this year's garden such as anemone, hardy sunflowers (*Helianthus* spp.), Goldenrod

(*Solidago*), sedums, and toad lily (*Tricyrtis*). There are some fantastic sales on unsold perennials in July and August which can beautify your garden this year and next. Take advantage of price cuts and shop early for the best selection. Again, be sure to water these plants well until they become established in your garden.

Prune hydrangeas right after bloom if you need to cut them back. Flower buds are formed in late summer and early fall, so late fall and winter pruning removes these buds and eliminates next year's flowers.

If your garden is overflowing with zucchini and cucumbers, and you've made all the pickles you can stand, consider taking your extra produce

to your local food pantry. July 10th is the last planting date for green beans to be sown in the garden.

Begin preparing for the fall garden in July. That's right! It may seem odd to start a fall garden in the summertime, but you need to get plants started in time for harvests before first freeze. Late July or early August set out broccoli, cabbage, and cauliflower transplants. Also sow seed of lettuce, collards, kale, spinach. Its okay to not water your lawn and let it go dormant. As cooler weather and rainfall return, it will be revived. If you desire your lawn to be green and lush through summer, mow at a higher height and water deeply. Applying water in early morning is best.

Advance Directives and Tennessee Choices Program

Advance Directive or Living Will, whatever you choose to call this document, it is important for everyone to possess. This legal document allows you to choose the medical care you want, if sometime in the future, you are unable to make health care decisions and names a family member or friend to make sure your wishes are honored. This is a simple, but powerful legal document. Andrea Crismon, Managing Attorney of Middle Tennessee Legal Aid Society will explain the document, have the forms available, assist with any questions you may have in filling them out and will be able to notarize them during this session, if you choose to fill out the papers then, but there is absolutely no pressure to do so. Space is limited for this meeting, so please call to make a reservation for Tuesday, July 17th at 10:00 am.

Tennessee Choices Program will be explained and questions answered on Friday, August 17th at 10:00 am also by Legal Aid attorney Andrea Crismon. Tennessee Choices is the way Tennessee delivers Medicaid assistance to eligible individuals needing financial assistance with long term care services. The “Choices” part of the title simply means that sometimes individuals needing and qualifying for

assistance may be able to receive that assistance in home rather than a nursing home. Come join us to learn more about how this program works.

Parkinson’s Support Group Changes

The Parkinson’s Support Group is open to all individuals diagnosed with Parkinson’s Disease as well as family and friends that offer support. The group meeting focus is on socialization and education and usually includes a guest speaker. We encourage you to join us, you do not need to make a reservation. For more information, contact Dee Brown at 615-848-2550 or dbrown@murfreesborotn.gov.

The Parkinson’s Support Group meets at the St. Clair Senior Center on the third Saturday every month from 12:00 n-2:00 pm. We look forward to seeing you there.

New Medicare Cards Being Issued

Beginning in June, new Medicare cards were being sent out to some Tennessee residents. The new Medicare cards will no longer have your Social Security number on them, but will instead have a personal ID that will consist of letters and numbers. It is the hope that these new numbers will cut down on identity theft. Please watch your mailboxes for these new cards, they are being sent out randomly, there

is no pattern as to when yours will arrive. Your spouse or friend may get one and you may not get yours until several months later.

No one is going to call you about this new card. If someone does, it is a scam! You will not be called by Social Security or Medicare about these new cards, and there is no cost for the new cards. There is nothing you are required do, you will automatically be sent a new card. So please tell your family and friends to be careful if someone calls and tries to get information for the new card. Tell them to just hang up!

Tennessee Senior Legal Hotline 1-844-435-7486

This new hotline is available to seniors age 60+. With this phone call you can get legal questions answered, advice and referrals. They do not take cases or offer advice in criminal matters, but if you need a question answered or assistance in knowing how to handle a situation, you can call this number for help. This is a wonderful new resource for Tennesseans.



By Dee Brown
Care Program Specialist



Laura Grissom, LPN
Nurse

GET MOVING

We all know we should exercise, but the thought of it is often as far as we get. Did you realize that just moving more during your everyday activities can add up and be beneficial? Here are some simple ways to add movement to your day.

Get up at least once an hour- go to the bathroom, get some water, walk around the room, do some stretches or even simple exercises like bicep curls. Buy a pedometer. Once you have the pedometer, find ways to add extra steps to your day; you may be surprised how motivated you will be to see that number increase! Park toward the back of parking lots, get off the bus a stop before yours and walk the rest of the way, take the stairs rather than the elevator, walk around while talking on your phone.

Other ways to add some activity can include putting on some music and dancing as you clean your house. When you are riding in a car, stop at least every two hours and walk around some. Do toe and heel raises while you are sitting. Do calf raises while you are standing in line, cooking, brushing your teeth. Go into a restaurant and order rather than using the drive through. To help with arthritis in your hands, keep a squeeze ball next to your chair and use it while watching TV or talking on the phone.

Be creative and find ways to put a little movement into your day and you'll decrease stiffness, boost energy, and burn calories as well as decrease your chances of getting a blood



clot.

HEALTH ALERT:

We have someone placing their insulin needles in the trash can in the men's restroom and we need that to stop. This can be a very hazardous situation and one that can cause health risks for someone who is accidentally stuck. We provide a sharps container in the nurse's lab room 103B. You can give them to the nurse or have another staff member let you in the room to dispose of your needles properly. Thanks!

Blood Pressure Clinic

Mondays in July/August • 9:30-11:30 am

Did you know high blood pressure, also known as hypertension, is called a "silent killer" because it often has no symptoms and goes undetected in a high percentage of people? Untreated high blood pressure can lead to stroke, heart attack, kidney failure and heart failure. Come to the nurse's station on Mondays from 9:30 a.m. – 11:30 a.m. for a blood pressure check by our wonderful volunteers and ask them about getting a card to keep track of your BP readings (great to take to your doctor).

Look in the travel news section of the newsletter for information on:

TCAT nail/hair care trip on Wednesday, August 8

TCAT Trip Special Note

Due to low attendance we will now go to the Tennessee College of Applied Technology every other month for non-medical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip and each service is \$5. We leave the center at 9:00 am. Payment is required at sign up. Please let the staff member signing you up know what services you want done when you pay.

If you would rather go on your own or on a different day, call 615-898-8010 ext 118 to make an appointment. If you want more than two services done, you will need to go on your own.

Look in the program news section or the calendar of the newsletter for information on:

- Lunch and Learn: The Habits of Happy People on Tuesday, July 17
- Health Break: Orthopedic on Thursday, August 30

Words to Live By

Cindi Thomas, Caregiver Information Coordinator

1. Life is too short to waste time hating anyone.
2. Life isn't fair, but it's still good.
3. Cry with someone. It's more healing than crying alone.
4. When it comes to chocolate, resistance is futile.
5. Make peace with your past so it won't mess up the present.
6. It's OK to let your children see you cry.
7. Don't compare your life to others. You have no idea what their journey is all about.
8. Life is too short for pity parties. Get busy living -- or get busy dying.
9. It's never too late to have a happy childhood -- but the second one is up to you and no one else.
10. When it comes to going after what you love in life, don't take "no" for an answer.
11. No one is in charge of your happiness except you.
12. Frame every so-called disaster with these words: "In five years, will this matter?"
13. Always choose life.
14. Forgive everyone everything.
15. What other people think of you is none of your business.
16. Time heals almost everything -- give time -- time.
17. However good or bad a situation is, it will change.
18. Believe in miracles.
19. Whatever doesn't kill you really does make you stronger.
20. Growing old beats the alternative -- dying young.
21. Get outside every day. Miracles are waiting everywhere.
22. If we all put our problems in a pile and saw everyone else's, we'd grab ours back.
23. Get rid of anything that isn't useful, beautiful, or joyful.
24. All that truly matters in the end is that you loved.
25. Envy is a waste of time. You already have all you need.
26. The best is yet to come.
27. No matter how you feel, get up, dress up, and show up.
28. Take a deep breath. It calms the mind.

29. If you don't ask, you don't get.
30. Life isn't tied with a bow -- but it's still a gift.

“Share the Care” Alzheimer’s Support Group Friday July 13 & Friday, August 10 from 10:00-11:00 am

This support group provides emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or Dementia.

Grief Relief Support Group Friday July 20 • 10:00-11:00 am Friday, August 17 • 10:00-11:00 am

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

Call 615-848-2550 ext 2506 for more information.

Care Connection - Caregiver Support Friday July 27 • 10:00-11:00 am Friday, August 24 • 10:00-11:00 am

This support group provides emotional, educational and social support to family caregivers of those with chronic conditions or disabilities. No sign up required.

WINGS OF HOPE

“Widows in Need of Giving Services”

Pat Brandenstein, Cofounder



Wings of Hope Ministry meets on the first Monday of each month, from 12:00 noon (for luncheon at no charge & information period) until 1:30 p.m. at St. Marks United Methodist Church Fellowship Hall, 1267 Rutherford Blvd., Murfreesboro TN.

Reservations for the luncheon can be made at the website: www.wingsofhopewidowsministry.com or by texting to (931) 636-4359.

For more information contact the St. Clair Senior Center at 615-848-2550 ext. 2504. A widow is any women who has lost the protection and provision of her husband through death, divorce, desertion or imprisonment.



Brenda Elliott
Program Coordinator

LUCKY LUAU DANCE

FRIDAY, July 13

\$5 at the door

Join us for hors'douevres at 5:00 pm

Thanks to your sponsors:

Blue Cross/Blue Shield
Clark Maples Realty & Auction Co.
Willowbrook Home Health & Hospice
Carolyn's Creations

Dance from 6:00-9:00 pm to the music of the **Nashtones.**

Hope to see you there!

Be sure to bring your scan card to the dances or other activities put on by the senior center. Make sure you touch "Sign In Today" along with the other activities in which you plan to participate.

VETERANS

If you are a Veteran, please bring a photo of you in uniform to Brenda Elliott to use in a presentation at our November Salute to Veterans event. Do not leave

originals on her desk. Brenda will scan the photo, have you fill out an informational sheet and give you back the original photo.



Happy Clown News!

July & August



Clown Gig on Monday, July 16

9:45 am head to Life Care Center of Hickory Woods

Meetings

Wednesday, July 18 at 1:00 pm
Wednesday, August 15 at 1:00 pm

Rehearsal for Clown Show

Monday, August 27
Do Not Dress in Clown



Clown Show

Wednesday, August 29 from 1:30-3:30 pm
with guest Bill Sleeter
Co-sponsored by Broadmore Senior Living.

GARDENING IN TENNESSEE IN AUGUST 2018

By Master Gardener, Jack Smith

August is peak time for backyard gardeners. There's an abundance to harvest and plenty to do. It's a great month to be out in your garden, both enjoying the fruits of your labor and starting to prepare for the fall growing season and for next year.

Begin collecting seed of annuals and perennials for next year's garden. Cut seed heads and place in brown paper bags to dry, labeling each bag with the name of the plant. Sow pansies, ornamental kale and cabbage, and Swiss chard seed in a good quality potting medium. After seedlings develop true leaves, transplant them into individual cell packs or pots. Feed with a water-soluble fertilizer. By late September or early October they should be ready to transplant into the garden.

Divide and transplant iris during the month of August. Cut back the foliage by two-thirds, dig and divide rhizomes, removing any dead portions. Check for iris borers and replant in a sunny, well drained location with one-third of the rhizome above the existing soil level. Water well. August is also a good time to dig and divide daylilies, using a sharp shovel to split the clumps



into desirable sizes. Cut back foliage to five inches and replant in a sunny location. During dry spells, continue to mow the lawn on the high-level setting.

Avoid pruning trees and shrubs starting in late August. Particularly hedging plants such as boxwood, hemlock and hollies — since doing so this late in the season can stimulate new growth that will not harden off before frost. If spring-flowering shrubs are pruned now you will be sacrificing next year's flowers. Delay pruning any tree or shrub until the plant is dormant. Any major pruning should be done in late winter.

And most important as the mercury continues to climb this month, sit back and enjoy the bounty from the garden.

Meet the Rep!
Savvy Women: Because Time Matters

Wednesday, August 15
 10:00-11:00 am
 Cost: Free!

Women typically live longer than men, so their retirement income may need to last longer. Shanessa M. Freshour, from Edward Jones Investments, helps her clients grow, protect, and give their wealth on their terms. Join her in this women focused discussion on retirement on the following subjects.

- Income
- Social Security
- Withdrawal Rates
- Preparing for the Unexpected
- Inflation Risks
- Costs of Healthcare and Long Term Care

Meet the Rep!
Technology for Active Aging

Wednesday, August 22
 10:00-11:00 am
 Cost: Free!

Why would you want a smartphone or tablet anyway? Come to this presentation given by Lorie Lovelady from, "Social Media 4 Seniors" and find out what technology can do for you!

- Android vs. Apple
- Smart phones vs. Tablets
- Staying Connected to Family & Friends
- Apps for Health & Apps for Seniors
- Other Conveniences of Using Today's Technology



Kathy Herod
 Program Director



Pictured Above: Our volunteer quilters hard at work!



Pictured Above: Janice Hogan shows off her finished stained glass project.

SENIORS & PHYSICAL ACTIVITY

by Essense Dean, MTSU Intern

Hello, my name is Essense Dean. I am interning here at the Center from MTSU, and I have only been here for 4 weeks, but I must say I have been having a blast working with all the staff and the seniors who participate here every day. I am a Community and Public Health Major with a Minor in Family Studies. My ultimate goal is to help eliminate health disparities and increase people's quality of life.

Seniors are our pride and joy and we want to keep them around for a long time. For us to do that, we as a team must inform our seniors on the importance of remaining physically active which helps them live a long and healthy life.

Here at the Center we have a great number of educational and active activities for seniors to be more involved in and to increase their quality of life. Listed below are some facts on why being physically active is very important.

Facts on seniors who participate in Physical Activity.

(<https://www.health.govt.nz/system/files/documents/publications/physical-activity-for-older-people-factsheet-v2.pdf>)

- Increases muscle strength, flexibility, balance and coordination.
- Helps to reduce the risk of premature death.
- Helps to reduce the risk of falls.
- Helps to prevent and manage health conditions like: stroke, heart disease, obesity, type 2 diabetes, osteoarthritis, certain cancers, and depression.
- Enhances sleep, wellbeing and quality of life increases social interaction.

Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

Monday	Tuesday	Wednesday	Thursday	Friday
Get Fit/Stay Fit! 8:15-9:15 am	Senior Challenge 8:30-9:30 am	Get Fit/Stay Fit! 8:15-9:15 am	Senior Challenge 8:30-9:30 am	Get Fit/Stay Fit! 8:15-9:15 am
Dot's Gentle Yoga 9:00-10:00 am	Line Dance w/Delia 9:00-11:00 am	Dot's Gentle Yoga 9:00-10:00 am	Zumba Gold Toning 8:30-9:30 am	Jazzercise 9:00-10:00 am
Zumba Gold 9:00-9:50 am	Dancercise w/Marjorie 9:30-10:30 am	Jazzercise 9:00-10:00 am	Line Dance/w Judy 9:30 am-12:30 pm	Yoga with Larry 9:30-10:30 am
Tap Dance 10:00-10:50 am	Senior Challenge 10:30-11:30 am	Walk with Ease 10:00-11:00 am	Dancercise w/Marjorie 9:30-10:30 am	Walk with Ease 10:00-11:00 am
Walk with Ease 10:00-11:00 am	Bingocize 10:30 am	Dot's Gentle Yoga 10:30-11:30 am	Senior Challenge 10:30-11:30 am	Go4Life 11:00 am-12:00 n
Dot's Gentle Yoga 10:30-11:30 am	Intermediate Tai Chi 1:00-2:00 pm	Go4Life 11:00 am-12:00 n	Intermediate Tai Chi 1:00-2:00 pm	Go4Life 1:00-2:00 pm
Go4Life 1:00-2:00 pm	Adv. Line Dance Class 1:15-2:45 pm	Go4Life 1:00-2:00 pm	Line Dance w/Phyllis 1:00-3:00 pm	Saturday Classes CIRCUIT TRAINING 10:30-11:30 am OPEN TAI CHI 1:00-2:00 pm See page 11 for more information on these classes.
Fun-n-Fitness Line Dance 2:00-3:00 pm	Beginning Tai Chi 2:15-3:15 pm	Int. Line Dance Class 1:15-2:45 pm	Beginning Tai Chi 2:15-3:15 pm	
Consult your physician before starting any exercise program.	Ballroom Dance 3:00-4:00 pm	New for You! Gentle Joints Water Aerobics @ Sports*Com or Patterson See page 11 for information.		

FREE FITNESS CLASSES

Bingocize - low impact

Class combines the fun of playing bingo with exercise. Safe for all abilities.

Date: Tuesdays in July & August Limit: 25
Time: 10:30 am

Circuit Training - moderate impact

Instructor, Mark Chambers, offers individualized workouts that are scaled to your ability using 3-6 compound movements for 10-20 minutes each.

Date: Saturdays in July & August
Time: 10:30 am Limit: 12

Dancercise with Marjorie - high impact

High energy, fast moving advanced exercise class. Best for those with a lot of aerobic exercise experience.

Date: Tuesdays & Thursdays in July & August
Time: 9:30-10:30 am Limit: 25

Get Fit/Stay Fit - moderate impact

Instructed by Mark Chambers this class is a great intermediate aerobic and strength fundamental exercise class.

Date: Mondays, Wednesdays & Fridays in July & August
Time: 8:15-9:15 am **Limit:** 40 **NO** class July 2, 4 or 6

Special Instructions: Hand weights are used in class.

Go4Life - low impact

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. Class focuses on strength, flexibility and balance.

Times: 11:00 am-12:00 noon on Wednesdays & Fridays or 1:00-2:00 pm on Mondays, Wednesdays & Fridays in July & August

Fee: NONE **Limit:** 25 per class time

Open Gym

Exercise Equipment may be used when the center is open & includes weight machine, treadmill, elliptical machine & cycle machine among other equipment for workouts. You may contact Laura Grissom or Zach Harrison for an orientation prior to your first workout.

Senior Challenge with Marjorie - high impact

This is an advanced fitness class that is great for someone that is already in good shape and needs a big challenge.

Students should have experience in exercise and strength training before joining this class.

Date: Tuesdays & Thursdays in July & August
Time: 8:30-9:30 am or 10:30-11:30 am
Fee: NONE **Limit:** 25

Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

FREE FITNESS CLASSES

Walk with Ease - low impact

A 6-week class by the Arthritis Foundation to help you improve your physical fitness level by walking on a regular basis as well as learn how to better live with arthritis. You will learn the relationship between arthritis, exercise and pain, develop and implement a personal walking plan with realistic goals and get tips strategies and resources for maintaining a long-term exercise routine.

Date: Monday, Wednesday & Friday, July 2-August 13
Time: 10:00-11:00 am **Limit:** 12

LINE DANCE AT ST. CLAIR - FREE

Advanced Line Dance Class - moderate impact

Tom Robeson instructs this class for the experienced student of line dance.

Date: Tuesdays in July & August
Time: 1:15-2:45 pm **Limit:** 40

Fun-n-Fitness Line Dance with Phyllis

Beginner class for anyone who has never line danced before or anyone who needs a refresher course.

Date: Mondays in July & August
Time: 2:00-3:30 pm **Limit:** 25

Intermediate Line Dance Class - moderate impact

Tom Robeson this intermediate class teaching different styles of line dance.

Date: Wednesdays in July & August *NO class 8/29
Time: 1:15-2:45 pm **Limit:** 40

Line Dance Practice with Phyllis - moderate impact

Any level is welcome to practice & enjoy line dance with Phyllis Petty.

Date: Thursdays in July & August
Time: 1:00-3:00 pm **Limit:** 25

Line Dance Practice with Delia - moderate impact

Practice line dances learned in past line dance classes with Delia Robeson.

Date: Tuesdays in July & August
Time: 9:00-11:00 am **Limit:** 25

Line Dance Practice with Judy - moderate impact

All level welcome. Judy Fairbanks will teach a couple of line dances and then you will have time to practice.

Date: Thursdays in July & August
Time: 9:30 am-12:30 pm **Limit:** 25

FITNESS CLASSES WITH FEES

Ballroom Dance Class - low impact

Deborah Sullivan welcomes beginners & experienced students. Learn the 4-Count Swing in July and Tango in August.

Date: Tuesdays in July & August *NO class 7/24
Time: 3:00-4:00 pm **Deadline:** 7/10
Fee: \$40 for July/August session **Limit:** 26

Dot's Gentle Yoga - low impact

Class concentrates on breathing, stretching & relaxing. Class utilizes props such as chairs, weights, blocks and bands.

Date: Mondays & Wednesdays in July & August
Time: 9:00-10:00 am OR 10:30-11:30 am
Fee: \$40 for July/August Session **Limit:** 25 per class time
Floor mats are furnished but you may bring your own.

NEW! Gentle Joints Water Aerobics

Perfect class for those who require impact free exercise. Classes taught at Sports*Com or Patterson.

Date: M/W/F in July & August
Time: 9:00-10:00 am **Limit:** 20
Fee: \$4 each visit or facility or Silver Sneaker Pass

*You will drive on your own to Sports*Com, 2310 Memorial Blvd. or Patterson Community Center, 521 Mercury Blvd. See Brenda Elliott for information.*

Jazzercise - moderate impact

Marie Littrell teaches this medium impact & intensity aerobic class to get your blood pumping.

Date: Wednesdays & Fridays in July & August
Time: 9:00-10:00 am **Deadline:** 7/6
Fee: \$50 for July/August session **Limit:** 24

Tai Chi, Beginner - low impact

Smooth moves to improve stress, breathing and overall fitness with instructor, Eli Smith.

Date: Tuesdays & Thursdays in July & August
Time: 2:15-3:15 pm **Limit:** 15
Fee: \$30 for July/August session

Tai Chi, Intermediate - low impact

Advanced moves to improve stress, breathing and overall fitness with instructor, Eli Smith.

Date: Tuesdays & Thursdays in July & August
Time: 1:00-2:00 pm **Limit:** 15
Fee: \$30 for July/August session

Tai Chi, Open Class - low impact

Eli Smith leads this class on Saturdays open to all levels to improve stress, breathing & overall fitness.

Date: Saturdays in July & August
Time: 1:00-2:00 pm **Limit:** 20
Fee: \$20 for July/August session

Tap Dance - moderate impact

Michelle Palmer leads this class for those who have had prior lessons in tap.

Date: Mondays in July & August NO class 7/2 or 8/27
Time: 10:00-10:50 am **Limit:** 20
Fee: \$28 for July/August session

Yoga with Larry - low impact

Larry Spangler leads this low impact yoga for seniors concentrating on posture, breathing, stretching & relaxing.

Date: Fridays in July & August
Time: 9:30-10:30 am
Fee: \$20 for July/August session **Limit:** 24

Zumba Gold - moderate impact

Michelle Palmer leads this aerobic class with Latin dance styles adapted for seniors to get your heart pumping.

Date: Mondays in July & August NO class 7/2 or 8/27
Time: 9:00-9:50 am
Fee: \$28 for July/August Session **Limit:** 24

Zumba Gold Toning - moderate impact

Class combines the Latin rhythms of Zumba Gold with light hand weights to tone the arms.

Date: Thursdays in July & August NO class 7/5 or 8/23
Time: 8:30-9:30 am
Fee: \$28 for July/August session **Limit:** 24


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>9:30 am Blood Pressure Clinic</p> <p>9:30 am Duplicate Bridge</p> <p>1:00 pm Singing Seniors</p>	<p>3</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am New Participant Orientation</p> <p>10:00 am Quilting</p> <p>12:30 pm CCRC Visitation</p> <p>1:00 pm Beginning Spanish</p> <p>1:15 pm Hand & Foot</p>	<p>4</p> <p>Center Closed</p> <p>Happy 4th of July!</p>	<p>5</p> <p>9:00 am Learn to Read</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>10:30 am Bingo with At Home Health Care</p> <p>12:30 pm Party Bridge</p> <p>1:00 pm Seniors Acting Up!</p> <p>1:00 pm Trivia Team Mtg.</p>	<p>6</p> <p>9:30 am Duplicate Bridge</p> <p>1:00 pm Bunco</p> <p>1:00 pm Music Jam Session</p>	<p>7</p> <p>9:00 am Kirby's Nashville Tour</p> <p>10:00 am Center Open</p>
<p>9</p> <p>9:30 am Duplicate Bridge</p> <p>9:30 am Blood Pressure Clinic</p> <p>10:00 am In the Garden: Pest & Disease Management</p> <p>1:00 pm Singing Seniors</p> <p>1:00 pm The Drawing Basics</p>	<p>10</p> <p>8:30 am Social Ceramics</p> <p>9:00 am Intermediate Piano</p> <p>10:00 am FCE Better Living</p> <p>10:00 am New Participant Orientation</p> <p>10:00 am Inter. Dulcimer</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>11:00 am Beginning Piano</p> <p>12:00 n Beginning Ukulele</p> <p>1:00 pm Beginning Spanish</p> <p>1:15 pm Hand & Foot</p>	<p>11</p> <p>9:00 am Art with Vivian: Windchimes</p> <p>9:00 am 8 Ball Pool Tournament</p> <p>12:00 n Open Studio</p>	<p>12</p> <p>7:00 am Summer Celebration Trip</p> <p>9:00 am St. Rose Bridge</p> <p>9:00 am Learn to Read</p> <p>10:00 am Trivia with Donni</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>10:30 am Bingo with Smith Family Funeral & Cremation Services</p> <p>12:30 pm Party Bridge</p> <p>1:00 pm Bunco</p> <p>1:00 pm Seniors Acting Up!</p> <p>1:00 pm Trivia Team Mtg.</p>	<p>13</p> <p>9:30 am Duplicate Bridge</p> <p>10:00 am AARP Meeting with guest speaker Nancy Pirtl, BSW, Aging Services Coordinator with Mental Health America of Middle Tennessee</p> <p>10:00 am Share the Care Alzheimer's Support Group</p> <p>1:00 pm Karaoke</p> <p>6:00 pm LUAU Dance with music by Nashtones Band</p>	<p>14</p> <p>10:00 am Center Open</p>
<p>16</p> <p>9:30 am Duplicate Bridge</p> <p>9:30 am Blood Pressure Clinic</p> <p>9:45 am Clowns to Life</p> <p>Care Center of Hickory Woods</p> <p>1:00 pm Singing Seniors</p> <p>1:00 pm The Drawing Basics</p>	<p>17</p> <p>8:30 am Social Ceramics</p> <p>9:00 am Intermediate Piano</p> <p>10:00 am Advanced Directives Seminar</p> <p>10:00 am New Participant Orientation</p> <p>10:00 am Inter. Dulcimer</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>10:30 am Lunch & Learn: Habits of Happy People</p> <p>11:00 am Beginning Piano</p> <p>12:00 n Beginning Ukulele</p> <p>12:30 pm CCRC Visitation</p> <p>1:00 pm Beginning Spanish</p> <p>1:15 pm Hand & Foot</p>	<p>18</p> <p>9:00 am Acrylic Techniques</p> <p>9:30 am Lunch Outing Trip</p> <p>12:00 n Open Studio</p> <p>1:00 pm Clown Class</p>	<p>19</p> <p>8:45 am Harrah's Metropolis Casino departs from Lower Level City Hall Parking Garage</p> <p>9:00 am Acrylic Techniques</p> <p>9:00 am Learn to Read</p> <p>10:00 am Money Management: How to Outsmart the Scammer</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>10:30 am Bingo with ALWAYS BEST CARE</p> <p>12:30 pm Party Bridge</p> <p>1:00 pm Seniors Acting Up!</p> <p>1:00 pm Trivia Team Mtg.</p>	<p>20</p> <p>9:30 am Duplicate Bridge</p> <p>10:00 am Grief Relief Support Group</p> <p>1:00 pm Music Jam Session</p>	<p>21</p> <p>7:45 am Grinders Switch Hour Trip</p> <p>10:00 am Center Open</p> <p>12:00 n Parkinson Support Group</p>
<p>23</p> <p>9:00 am Inspired by Nature: Stained Glass Pendant</p> <p>9:30 am Duplicate Bridge</p> <p>9:30 am Blood Pressure Clinic</p> <p>9:45 am Clowns to Life</p> <p>Care Center of Hickory Woods</p> <p>12:30 pm Singing Seniors Concert</p> <p>1:00 pm Singing Seniors</p> <p>1:00 pm The Drawing Basics</p>	<p>24</p> <p>8:30 am Beechcraft Heritage Museum Trip</p> <p>8:30 am Social Ceramics</p> <p>9:00 am Intermediate Piano</p> <p>10:00 am New Participant Orientation</p> <p>10:00 am Inter. Dulcimer</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>11:00 am Beginning Piano</p> <p>12:00 n Beginning Ukulele</p> <p>1:00 pm Senior Learning Network: Eleanor Roosevelt</p> <p>1:00 pm Beginning Spanish</p> <p>1:15 pm Hand & Foot</p>	<p>25</p> <p>9:00 am Pinochle Tourney</p> <p>9:00 am Art with Vivian: Amaryllis</p> <p>9:00 am Shopping at Opry Mills Trip</p> <p>10:00 am Meet the Rep: Introduction to the Red Cross</p> <p>12:00 n Open Studio</p>	<p>26</p> <p>7:30 am Tennessee Aquarium Trip</p> <p>9:00 am Learn to Read</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>10:30 am Bingo with Senior Solutions Home Care</p> <p>12:00 Mixed Media Art: Bedazzled Mandala</p> <p>12:30 pm Party Bridge</p> <p>1:00 pm Seniors Acting Up!</p> <p>1:00 pm Trivia Team Mtg.</p> <p>1:00 pm Butter Bean Auction</p>	<p>27</p> <p>7:30 am Amish Country Trip</p> <p>9:30 am Duplicate Bridge</p> <p>10:00 am Caregiver Connection Caregiver Support Group</p> <p>1:00 pm Karaoke</p> <p>1:00 pm Movie Afternoon</p>	<p>28</p> <p>10:00 am Center Open</p>
<p>30</p> <p>9:30 am Blood Pressure Clinic</p> <p>9:30 am Duplicate Bridge</p> <p>10:00 am Armchair Traveler: Paris & Rome</p> <p>10:00 am Android Advanced</p> <p>12:30 pm Music for Your Smart Device</p> <p>1:00 pm Singing Seniors</p> <p>1:00 pm The Drawing Basics</p>	<p>31</p> <p>8:30 am Social Ceramics</p> <p>9:00 am Intermediate Piano</p> <p>9:45 am General Jackson Showboat Trip</p> <p>10:00 am New Participant Orientation</p> <p>10:00 am Inter. Dulcimer</p> <p>10:00 am Android Advanced</p> <p>10:00 am Knit & Crochet</p> <p>10:00 am Quilting</p> <p>11:00 am Beginning Piano</p> <p>12:00 n Beginning Ukulele</p> <p>12:30 pm Introduction to Windows 10</p> <p>1:00 pm Beginning Spanish</p> <p>1:15 pm Hand & Foot</p> <p>4:30 pm Summer Nite Out: BUNCO</p>	<p>8-Ball Tournament Winners APRIL</p> <p>1st Jerry Parker</p> <p>2nd Jerry Howell</p> <p>3rd Tom Michal</p> <p>CONGRATULATIONS!</p>	<p>8-Ball Tournament Winners MAY</p> <p>1st Joe Cox</p> <p>2nd Ed Pater</p> <p>3rd Goose Davenport</p> <p>CONGRATULATIONS!</p>	<p>8-Ball Tournament Winners JUNE</p> <p>1st Jerry Parker</p> <p>2nd Donny Arnold</p> <p>3rd Jack Hughes</p> <p>CONGRATULATIONS!</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ST. CLAIR LIBRARY is open whenever the Center is open. Book loans are on the honor system. The library is accepting book donations of books not older than 8 years.		1 9:00 am Acrylic Techniques 10:00 am Facebook 101 11:30 am Lunch & Learn: Property Auctions - Selling & Buying 12:00 n Open Studio 12:30 pm Awesome Apps	2 9:00 am Learn to Read 9:00 am Dutch Maid Bakery Tour 10:00 am Knit & Crochet 10:00 am Quilting 10:30 am Bingo with Willowbrook 12:30 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Mtg.	3 9:30 am Duplicate Bridge 1:00 pm Music Jam Session	4 9:00 am Kirby's Nashville Tour 10:00 am Center Open
6 7:15 am Arnold Engineering Development Complex Trip 9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 10:00 am iPhone/iPad Basics Part I 12:30 pm Android Basics 1:00 pm Singing Seniors 1:00 The Drawing Basics	7 8:30 am Social Ceramics 9:00 am Intermediate Piano 10:00 am iPhone/iPad Basics Part I 10:00 am Knit & Crochet 10:00 am Quilting 10:00 am New Participant Orientation 10:00 am Inter. Dulcimer 11:00 am Beginning Piano 12:00 n Beginning Ukulele 12:30 pm CCRC Visitation 12:30 pm Android Basics 1:00 pm Beginning Spanish 1:15 pm Hand & Foot	8 8:45 am Rippavilla Plantation Trip 9:00 am Art with Vivian: Bessie 9:00 am TCAT Hair/Nail Trip 9:00 am 8 Ball Pool Tournament 10:00 am Easy Home Repair: Your Toilet 12:00 n Open Studio	9 9:00 am Learn to Read 9:00 am St. Rose Bridge 10:00 am Knit & Crochet 10:00 am Quilting 10:30 am Bingo with Health South of Franklin 12:30 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Mtg. 1:00 pm Bunco	10 9:30 am Duplicate Bridge 10:00 am AARP Meeting with special guest from Alive Hospice 10:00 am Share the Care Alzheimer's Support Group 1:00 pm Karaoke 4:15 pm "South Pacific" @ Pull-tight Theatre Trip 4:30 pm Summer Night Out: Line Dance Fun!	11 7:00 am Del Monaco Winery Excursion Train Trip 10:00 am Center Open
13 8:00 am Loretta Lynn's Ranch Trip 9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 10:00 am In the Garden: Easy Ideas for Shade Gardens 1:00 pm Singing Seniors 1:00 The Drawing Basics	14 8:30 am Rutherford County Farmer's Market Trip 8:30 am Social Ceramics 9:00 am Intermediate Piano 10:00 am FCE Better Living 10:00 am Smartphone/ Tablet Camera 10:00 am Knit & Crochet 10:00 am Quilting 10:00 am New Participant Orientation 10:00 am Inter. Dulcimer 11:00 am Beginning Piano 12:00 n Beginning Ukulele 12:30 pm Music for Your Smart Device 1:00 pm Beginning Spanish 1:15 pm Hand & Foot	15 10:00 am Meet the Rep: Savvy Women; Because Time Matters 10:00 am Science Spectacular: Chemical Reactions 12:00 n Open Studio 1:00 pm Cooking for 1 or 2 1:00 pm Clown Class	16 9:00 am Learn to Read 9:00 am Inspired by Nature: Hoppy Summer 9:15 am Shopping at The Mall at Green Hills Trip 10:00 am Knit & Crochet 10:00 am Quilting 10:30 am Bingo with Adoration Home Health 12:30 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Mtg.	17 9:30 am Duplicate Bridge 10:00 am Grief Relief Support Group 10:00 am Tennessee Choices Program 1:00 pm Music Jam Session	18 10:00 am Center Open 12:00 n Parkinson Support Group
20 9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 9:30 am Senior Mondays at the Frist Trip 10:00 am Do This, Not That: What's Buggin' You 10:00 am Android Basics 12:30 pm iPhone/iPad Basics Part I 1:00 pm Singing Seniors 1:00 The Drawing Basics	21 8:30 am Social Ceramics 9:00 am Intermediate Piano 10:00 am Senior Learning Network: American Indians 10:00 am Android Basics 10:00 am Knit & Crochet 10:00 am Quilting 10:00 am New Participant Orientation 10:00 am Inter. Dulcimer 11:00 am Beginning Piano 12:00 n Beginning Ukulele 12:30 pm CCRC Visitation 12:30 pm iPhone/iPad Basics Part I 1:00 pm Beginning Spanish 1:15 pm Hand & Foot	22 9:00 am Art with Vivian: Sunflower 9:30 am Lunch Outing Trip 10:00 am Meet the Rep: Technology for Active Aging 12:00 n Open Studio 1:00 pm Butter Bean Auction	23 9:00 am Learn to Read 9:45 am "Sister Act- The Musical" @ Chaffin's Barn Trip 10:00 am Trivia with Donni 10:00 am Knit & Crochet 10:00 am Quilting 10:30 am Bingo with DIVERSICARE 12:00 n Mixed Media Art: Angelic 12:30 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Mtg. 1:00 pm Bunco	24 9:30 am Duplicate Bridge 10:00 am Caregiver Connection Caregiver Support Group 1:00 pm Karaoke	25 10:00 am Center Open
27 7:45 am Cumberland Kayak Trip 9:00 am Stained Glass Class 9:30 am Blood Pressure Clinic 9:30 am Duplicate Bridge 10:00 am iPhone/iPad Basics Part 2 12:30 pm Introduction to Windows 10 1:00 pm Singing Seniors 1:00 The Drawing Basics	28 8:30 am Social Ceramics 9:00 am Intermediate Piano 10:00 am iPhone/iPad Basics Part 2 10:00 am Knit & Crochet 10:00 am Quilting 10:00 am New Participant Orientation 10:00 am Inter. Dulcimer 11:00 am Beginning Piano 12:00 n Beginning Ukulele 12:30 pm Google Apps & Drive 1:00 pm Beginning Spanish 1:15 pm Hand & Foot	29 9:00 am Acrylic Techniques 10:00 am News, Books & Newspapers 12:00 n Open Studio 12:30 pm Google Apps & Drive 1:30 pm Clown Show with Bill Sleeter	30 8:45 am Harrah's Metropolis Casino departs from Lower Level City Hall Parking Garage 9:00 am Learn to Read 10:00 am Knit & Crochet 10:00 am Quilting 10:30 am Bingo with Life Care Center of Hickory Woods 12:30 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Mtg. 1:00 pm Health Break: Ortho	31 9:30 am Duplicate Bridge 10:00 am Windows 10, Outlook Mail & Calendar 1:00 pm Mystery Movie 5:30 pm Nashville Sounds vs. Memphis Redbirds Baseball Trip	



Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

OPERATING HOURS MON-SAT	BILLIARDS-PUZZLES-CARDS-GAMES-LIBRARY-CHICKEN FOOT Open during regular operation hours 8:00 a.m.-4:30 p.m. Monday-Friday & 10:00 a.m.-2:00 p.m. Saturdays. Closed on holidays. No sign up required.	No Cost No Limit No Deadline
MONDAYS JULY 2-AUG 27 1:00-2:00 pm	SINGING SENIORS If you love to sing, join this amazing group. There is no audition, just come, join in and sing. The only requirement is to be able to show up! No sign up required.	No Cost No Limit No Deadline
TUE & THUR JULY 3-AUG 30 10:00 am-2:00 pm	QUILTING Volunteer quilters do quilting for the public for a donation to the center. Stop by and visit if you want to know more about quilting. No sign up required.	No Cost No Limit No Deadline
TUE & THUR JULY 3-AUG 30 10:00 am-2:00 pm	KNIT & CROCHET Welcoming group of knitters & crocheters offering motivation and inspiration with your projects. Bring your own supplies. No sign up required.	No Cost No Limit No Deadline
TUESDAYS JULY 3-AUG 28 10:00-10:30 am	NEW PARTICIPANT ORIENTATION If you are new to the center plan to stop by for a great time and learn more about the center including an informative tour of the facility.	No Cost No Limit No Deadline
TUESDAYS JULY 3-AUG 28 1:00-2:00 pm	BEGINNING SPANISH We welcome native South American teacher, Marta Rady, as instructor in this TPR Class (total, physical, response). You will learn in a FUN, interactive way!	\$50 PER SESSION Limit 10 No Deadline
TUESDAYS JULY 3-AUG 28 1:15-4:00 pm	HAND & FOOT Join a group of folks playing this fun game. All are welcome. No sign up required.	No Cost Limit 20 No Deadline
THURSDAYS JULY 5-AUG 30 1:00-3:30 pm	SENIORS ACTING UP! If you have an interest in acting and theatre, check out our seniors "acting up" on Thursdays. Newcomers welcome. No sign up required.	No Cost No Limit No Deadline
THURSDAYS JULY 5-AUG 30 1:00-2:30 pm	TRIVIA TEAM MEETING If you have trivia knowledge and love competition. . . Catch the fever and join the competition trivia team, who advanced to the state finals in 2016. Newcomers welcome.	No Cost No Limit No Deadline
FRIDAYS 7/6, 7/20, 8/3, 8/17 1:00-3:30 pm	MUSIC JAM SESSION Bring your instrument & play along with the jam group who take turns playing in the round & singing. No sign up required.	No Cost No Limit No Deadline
FRI & THUR 7/6 & 7/12 1:00-3:00 pm	BUNCO Learn to play Bunco or if you know how to play just come and join us. Game starts right at 1:00 pm. Join us for fun, fun, fun!	No Cost Limit 24 No Deadline
MONDAY JULY 9 10:00-11:30 am	IN THE GARDEN: PEST & DISEASE MANAGEMENT Find out how to manage your pests! Master Gardener, Jack Smith tells us how. Be sure to sign up to reserve a handout.	No Cost No Limit No Deadline
MONDAYS JULY 9-AUG 27 1:00-2:00 pm	DRAWING BASICS: CHARCOAL Learn the basics of charcoal and the tools used with it. All supplies provided.	\$80 PER SESSION Min 5/Max 20 7/9
TUESDAYS JULY 10-AUG 28 8:30-11:30 am	SOCIAL CERAMICS Vivian Karros teaches different techniques in this fun class. . . Bubble painting anyone? Students pay for pieces selected from stock.	PRICED PER PIECE Min 5/Max 16 No Deadline



Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

<p>TUESDAYS JULY 10-AUG 28 9:00-9:45 am</p>	<p>INTERMEDIATE PIANO Taught by Jane McNulty, this class is for those who have some piano experience. Electric pianos provided for in-class use.</p>	<p>\$110 PER SESSION No Limit Deadline 7/9</p>
<p>TUESDAYS JULY 10-AUG 28 10:00-10:45 am</p>	<p>INTERMEDIATE DULCIMER Taught by Jane McNulty, this class is for those who have some dulcimer experience.</p>	<p>\$110 PER SESSION No Limit Deadline 7/9</p>
<p>TUESDAY JULY 10 10:00-11:30 am</p>	<p>FCE BETTER LIVING MEETING The Family and Community Education (FCE) meeting is focused on growth through education to strengthen families. Stop by the meeting for more information.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAYS JULY 10-AUG 28 11:00-11:45 am</p>	<p>BEGINNING PIANO Taught by Jane McNulty, this class is for persons who have little or no piano experience.</p>	<p>\$110 PER SESSION No Limit Deadline 7/9</p>
<p>TUESDAYS JULY 10-AUG 28 12:00-12:45 pm</p>	<p>BEGINNING UKULELE Taught by Jane McNulty, this class is open to all beginners.</p>	<p>\$110 PER SESSION No Limit No Deadline</p>
<p>WEDNESDAYS 7/11 & 8/8 9:00 am-12:00 n</p>	<p>8 BALL POOL TOURNAMENT See how your talent measures up in our monthly pool tournament! Sign up in the program office. Deadline is 8:45 am the morning of the event. Everyone is welcome!</p>	<p>No Cost No Limit Deadline 7/11 & 8/8</p>
<p>WEDNESDAY JULY 11 9:00 am-12:00 n</p>	 <p>ART WITH VIVIAN: WINDCHIMES Vivian Karros teaches this fun craft class with projects designed for every level. All supplies provided.</p>	<p>\$15 Min 5/Max 12 Deadline 7/9</p>
<p>WEDNESDAYS JULY 11-AUG 29 12:00 n-3:00 pm</p>	<p>ARTISTS OPEN STUDIO Bring your own supplies and projects and work with like-minded individuals for inspiration and creativity. NO meeting on 7/4.</p>	<p>No Cost No Limit No Deadline</p>
<p>THURSDAY 7/12 & 8/23 10:00-10:30 am</p>	<p>TRIVIA WITH DONNI Join Donni Mize of Smith Family Funeral and Cremation Services with some fun trivia before bingo and exercise your brain!</p>	<p>No Cost No Limit No Deadline</p>
<p>FRIDAY 7/13, 27, 8/10 & 24 1:00-3:30 pm</p>	<p>KARAOKE Do you like to sing? Share you talents with this fun group. You can sing along with your favorite musicians while reading the lyrics from a large screen TV.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAY JULY 17 10:00-11:30 am</p>	<p>ADVANCED DIRECTIVES Legal aid attorney Andrew Crismon provides information on advance directives (living wills) & will have the forms available if you are interested in completing this document.</p>	<p>No Cost Limit 15 Deadline 7/16</p>
<p>TUESDAY JULY 17 10:30 am-12:00 n</p>	<p>LUNCH & LEARN: HABITS OF HAPPY PEOPLE Happiness is a choice & a way of living that anyone can learn. Discover how you can find more joy in every part of your life & tips for staying positive during life's challenges. Lunch is provided.</p>	<p>No Cost Limit 40 Deadline 7/12</p>
<p>WED & THUR 7/18 & 19 9:00 am-12:00 n</p>	<p>ACRYLIC TECHNIQUES New for beginners! Vivian Karros teaches us how to create with acrylic paints in this two-day class.</p>	<p>\$15 Limit 12 No Deadline</p>
<p>THURSDAY JULY 19 10:00-11:00 am</p>	<p>MONEY MANAGEMENT: HOW TO OUTSMART THE SCAMMER Learn how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you are targeted & steps to protect yourself and loved ones.</p>	<p>No Cost No Limit Deadline 7/16</p>

Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

MONDAY JULY 23 9:00 am-12:00 n	INSPIRED BY NATURE: STAINED GLASS PENDANT A three-hour workshop to learn how to make a stained glass pendant to wear home that same day. All supplies provided.	\$35 Min 5/Max 16 Deadline 7/19
MONDAY JULY 23 12:30 pm	SINGING SENIORS CONCERT Enjoy the wonderful Singing Seniors Summer concert under the direction of Charlie Parker.	No Cost No Limit No Deadline
TUESDAY JULY 24 1:00-2:00 pm	SENIOR LEARNING NETWORK: ELEANOR ROOSEVELT Learn about the life of Eleanor Roosevelt, a very interesting lady. Offered by the Franklin D. Roosevelt Presidential Library and Museum.	No Cost Limit 50 No Deadline
WEDNESDAY JULY 25 9:00 am-12:00 n	 ART WITH VIVIAN: AMARYLLIS Vivian Karros teaches this beginner friendly fun class turning a 16 x 20 blank canvas into a beautiful Amaryllis. All supplies provided.	\$15 Min 5/Max 12 No Deadline
WEDNESDAY JULY 25 9:00 am-2:00 pm	PINOCHLE TOURNAMENT Test your skills in this partners tournament. Everyone is welcome.	No Cost Limit 36 Deadline 7/23
WEDNESDAY JULY 25 10:00-11:30 am	MEET THE REP: INTRODUCTION TO THE RED CROSS Learn about the five areas of the Red Cross and volunteer opportunities that allow anyone to help in some way.	No Cost Limit 50 No Deadline
THURSDAY JULY 26 12:00-3:30 pm	MIXED MEDIA ART: BEDAZZLED MANDALA Combine paint, markers, glitter & beads on canvas to create a bold colorful circular design. All supplies provided, but you're welcome to bring your own. See example in room 406.	\$25 Min 6/Max 20 Deadline 7/19
THURSDAY JULY 26 1:00-2:00 pm	BUTTER BEAN AUCTION Yolanda is such a fun auctioneer! Bid on your favorite item with butter beans. All prizes and beans supplies by Tennova Home Care. Fun, fun, fun!	No Cost Limit 50 No Deadline
FRIDAY JULY 27 1:00-2:30 pm	MOVIE AFTERNOON We are showing a cartoon movie rated G that's appropriate for you and your grandchildren. Popcorn will be served. Be sure to sign up so we will know you are coming.	No Cost Limit 40 No Deadline
TUESDAY JULY 31 4:30-7:00 pm	SUMMER NITE OUT: BUNCO Learn to play Bunco and have a grand ole time! You may also play billiards, cards and do puzzles during this time. Welcome to our summer nite out!	No Cost No Limit No Deadline
WEDNESDAY 8/1 & 29 9:00 am-12:00 n	ACRYLIC TECHNIQUES New for beginners! Vivian Karros teaches us how to create with acrylic paints in this two-day class.	\$15 Limit 12 No Deadline
WEDNESDAY AUGUST 1 11:30 am-12:30 pm	LUNCH & LEARN: PROPERTY AUCTIONS - SELLING & BUYING Learn about the auction process with Betsy Maples Taylor & Brad Muse with Maples Realty & Auction. Lunch provided.	No Cost Limit 40 Deadline 7/27
MONDAYS AUG 6-27 9:00 am-12:00 n	STAINED GLASS CLASS Join in this 4-week, 3-hour class to make a copper foiled stained glass sun catcher. All materials provided. Instructed by Fiona Dowd. NO class in July.	Cost \$50 min 5/max 12 No Deadline
WEDNESDAY AUGUST 8 9:00 am-12:00 n	 ART WITH VIVIAN: BESSIE Vivian Karros teaches this beginner friendly class bringing "Bessie" to life on a 16 x 20" canvas with acrylic paint. All supplies provided.	Cost \$15 Min 5/Max 12 Deadline 8/3

Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

<p>WEDNESDAY AUGUST 8 10:00-11:00 am</p>	<p>EASY HOME REPAIR: YOUR TOILET Louis Rosario of Premier Quality Home Improvement will talk to us about our commodes, water bill and simple fixes for problems we may have.</p>	<p>No Cost No Limit No Deadline</p>
<p>THURSDAYS AUG 8 & 23 1:00-3:00 pm</p>	<p>BUNCO Join us for bunco whether you know how to play or would like to learn. Game starts right at 1:00 pm.</p>	<p>No Cost Limit 24 No Deadline</p>
<p>FRIDAY AUGUST 10 4:30-7:00 pm</p>	<p>SUMMER NITE OUT: LINE DANCE FUN! Come & enjoy a summer nite out doing line dancing with the wonderful instructor, Tom Robeson after hours. All levels are welcome.</p>	<p>No Cost No Limit No Deadline</p>
<p>MONDAY AUGUST 13 10:00-11:30 am</p>	<p>IN THE GARDEN: EASY IDEAS FOR SHADE GARDENS Do you have a shady spot you would like to turn into a garden? Master Gardener, Jack Smith tells us how. Be sure to sign up to reserve a handout.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAY AUGUST 14 10:00 am-12:30 pm</p>	<p>FCE BETTER LIVING GROUP MEETING The Family and Community Education (FCE) meeting is focused on growth through education to strengthen families. Stop by the meeting for more information.</p>	<p>No Cost No Limit No Deadline</p>
<p>WEDNESDAY AUGUST 15 10:00-11:00 am</p>	<p>MEET THE REP: SAVVY WOMEN - BECAUSE TIME MATTERS Meet Shanessa M. Freshour from Edward Jones Investments to discuss retirement, Social Security, withdrawal rates, inflation risks and the costs of healthcare and long term care.</p>	<p>No Cost No Limit No Deadline</p>
<p>WEDNESDAY AUGUST 15 10:00-11:00 am</p>	<p>SCIENCE SPECTACULAR: CHEMICAL REACTIONS Rich Askey with Super Science Tennessee creates chemical reactions, bubbling potions, explosions, playdough, smoking drinks and more, that you can do at home with your grandkids.</p>	<p>\$5 Limit 24 Deadline 8/13</p>
<p>WEDNESDAY AUGUST 15 8:30-11:30 am</p>	<p>COOKING FOR ONE OR TWO Join TSU, SNAP Ed. Extension Agent, Tiffany Schmidt for ideas and a hands-on demo in making easy food that can be used for many meals. Also FOOD BINGO for all!</p>	<p>No Cost Min 6/ Max 24 Deadline 8/8</p>
<p>THURSDAY AUGUST 16 9:00 am-12:00 n</p>	<p> INSPIRED BY NATURE: HOPPY SUMMER Vivian Karros teaches this beginner friendly art class. All supplies are provided to create this whimsical 8" x 10" wooden door hanger to brighten your doorway.</p>	<p>\$15 Limit 12 No Deadline</p>
<p>FRIDAY AUGUST 17 10:00-11:30 am</p>	<p>TENNESSEE CHOICES PROGRAM Learn about the Tennessee Choices Program that assists Tennesseans with long-term care. Presented by Legal Aid Attorney, Andrea Crismon.</p>	<p>No Cost No Limit No Deadline</p>
<p>MONDAY AUGUST 20 10:00-11:00 am</p>	<p>DO THIS NOT THAT: WHAT'S BUGGIN' YOU? A representative from Americare Services will cover bug season, seasonal pests, climate & insects, bed bugs, termites, mosquitos, rodents & how to minimize pest invasions.</p>	<p>No Cost Limit 40 No Deadline</p>
<p>TUESDAY AUGUST 21 10:00 am</p>	<p>SENIOR LEARNING NETWORK: AMERICAN INDIANS Explore the histories & cultures of some of the American Indians as we video conference to view and discuss artworks from the American Indian Museum.</p>	<p>No Cost No Limit No Deadline</p>
<p>WEDNESDAY AUGUST 22 9:00 am-12:00 n</p>	<p> ART WITH VIVIAN: SUNFLOWER Vivian Karros teaches this beginner friendly art class. All supplies are provided to create this beautiful 10" x 12" acrylic painted sunflower on wood.</p>	<p>\$15 Limit 12 Deadline 8/17</p>
<p>WEDNESDAY AUGUST 22 10:00-11:00 am</p>	<p>MEET THE REP: TECHNOLOGY FOR ACTIVE AGING Why would you want a smartphone or tablet anyway? Join Lorie Lovelady with Social Media for Seniors and find out what technology can do for you!</p>	<p>No Cost Limit 40 No Deadline</p>

Sign up required unless otherwise noted. Fees must be paid in person. Classes may be limited in space.

WEDNESDAY AUGUST 22 1:00-2:00 pm	BUTTER BEAN AUCTION Brought to us by Tennova Home Health Care and with Yolanda the auctioneer. You bid on your favorite item with butter beans. What fun!	No Cost Limit 50 No Deadline
THURSDAY AUGUST 23 10:00-10:30 am	TRIVIA WITH DONNI Join Donni Mize of Smith Family Funeral & Cremations Services with some fun trivia before bingo. Exercise your brain!	No Cost No Limit No Deadline
THURSDAY AUGUST 23 12:00 n-3:00 pm	MIXED MEDIA ART: ANGELIC Create a stunning abstract angel using a combination of materials on canvas. All materials are supplied. See example in the art room (406).	\$25 Min 6/Max 20 Deadline 8/16
WEDNESDAY AUGUST 29 1:30-3:00 pm	CLOWN SHOW WITH BILL SLEETER The Happy Clowns of St. Clair Clowns of America entertain with special musical guest, Bill Sleeter. NO line dancing today, come enjoy the show. Sponsored by Broadmore Senior Living.	No Cost Limit 125 No Deadline
THURSDAY AUGUST 30 1:00-2:30 pm	HEALTH BREAK: ORTHO Dr. Jonathan P. Cornelius will discuss the most common causes of pain & the latest treatment options, from diet & exercise to medications as well as the benefits of robotic assisted joint replacement surgery.	No Cost Limit 40 Deadline 8/27
FRIDAY AUGUST 31 1:00-3:30 pm	MYSTERY MOVIE A new superior Soviet nuclear sub is heading for the U. S. coast. A lone CIA analyst has only hours to figure out why? The hunt is on!	No Cost Limit 40 No Deadline

LET'S COMPUTE: Technology Classes @ St. Clair

Sign up required. Fees must be paid in person. Classes may be limited in space.













MON & TUE JULY 30 & 31 10:00 am-12:00 n	ANDROID ADVANCED Have you had your Android smartphone or tablet for a while now and feel pretty comfortable with it but know that there's more you could be doing with it? Register for this two-day class to learn even more about the ins and outs of your Android. You must bring your Android device. This class is NOT for Apple devices (iPhones or iPads)!	\$25 Min 4/Max 5 Deadline 7/26
MONDAY JULY 30 12:30-2:30 pm	MUSIC FOR YOUR SMART DEVICE Learn how to upload music to your laptop, get music from your laptop to iTunes, how to create playlists of all your music, get apps that are free, and learn how to use a Bluetooth speaker with your device to listen to your music at home. **You MUST bring a device (Apple or Android) with you to this workshop as well as a laptop & several CDs that you would like on your device. You must know how to use your device confidently as this workshop is not on how to use your device.	\$15 Min 3/Max 5 Deadline 7/23
TUESDAY JULY 31 12:30-2:30 pm	INTRODUCTIONS TO WINDOWS 10 Have you recently upgraded to Windows 10? Does it look foreign to you compared to the Windows you were using? Have no fear! We will walk you through the entire layout of Windows 10, show you the updates from Windows 8, and answer any questions you might have. Register today for this 2-hour workshop. Every student needs to bring their own laptop with Windows 10 already installed on it.	\$15 Min 3/Max 5 Deadline 7/27
WEDNESDAY AUGUST 1 10:00 am-12:00 n	FACEBOOK 101 Facebook is a great way to keep up with the daily lives of those you love. You must bring and know how to use a device (laptop, iPad, or smartphone). This is NOT a workshop on how to use your device.	\$15 Min 3/Max 5 Deadline 7/27

LET'S COMPUTE: Technology Classes @ St. Clair













Sign up required. Fees must be paid in person. Classes may be limited in space.

<p>WEDNESDAY AUGUST 1 12:30-2:30 pm</p>	<p>AWESOME APPS Want to learn how to manage your Apps? You must bring and be able to confidently use a device (Apple or Android). This is NOT a workshop on how to use your device.</p>	<p>\$15 Min 3/Max 5 Deadline 7/27</p>
<p>MON & TUES AUG 6 & 7 10:00 am-12:00 n</p>	<p>iPHONE/iPAD BASICS PART I (2-DAY CLASS) Would you like to take advantage of your device's powerful features? Bring your Apple account information and your device with you to this class.</p>	<p>\$25 Min 3/Max 5 Deadline 8/2</p>
<p>MON & TUES AUG 6 & 7 12:30-2:30 pm</p>	<p>ANDROID BASICS Have an Android phone or tablet? Would you like to know how to take advantage of its powerful features? NOT a class for iPhones or iPads. You must bring your Android device to class.</p>	<p>\$25 Min 3/Max 5 Deadline 8/2</p>
<p>TUESDAY AUGUST 14 10:00 am-12:00 n</p>	<p>SMARTPHONE/TABLET CAMERA Have you ever tried to take a picture, only to see yourself? Have you accidentally taken 20 of the same picture? Would you like to organize your pictures into albums? ** You must bring a device (Apple or Android) with you to this workshop. You must also know how to use this device confidently as this is not a workshop on how to use your device.</p>	<p>\$15 Min 3/Max 5 Deadline 8/10</p>
<p>TUESDAY AUGUST 14 10:00 am-12:00 n</p>	<p>MUSIC FOR YOUR SMARTPHONE OR TABLET Learn all there is to know about playing & saving music on your favorite device. See complete description of this class on page 18.</p>	<p>\$15 Min 3/Max 5 Deadline 7/23</p>
<p>MON & TUES AUG 20 & 21 10:00 am-12:00 n</p>	<p>ANDROID BASICS Have an Android phone or tablet? Would you like to know how to take advantage of its powerful features? NOT a class for iPhones or iPads. You must bring your Android device to class.</p>	<p>\$25 Min 3/Max 5 Deadline 8/16</p>
<p>MON & TUES AUG 20 & 21 12:30-2:30 pm</p>	<p>iPHONE/iPAD BASICS PART I (2-DAY CLASS) Would you like to take advantage of your device's powerful features? Bring your Apple account information and your device with you to this class.</p>	<p>\$25 Min 3/Max 5 Deadline 8/16</p>
<p>MON & TUES AUG 27 & 28 10:00 am-12:00 n</p>	<p>iPHONE/iPAD BASICS PART 2 (2-DAY CLASS) We will dive deeper into all that your iPad, iPhone or both can do for you. You must bring your device and Apple account information with you to class.</p>	<p>\$25 Min 3/Max 5 Deadline 8/22</p>
<p>MONDAY AUGUST 27 12:30-2:30 pm</p>	<p>INTRODUCTION TO WINDOWS 10 See page 18 for complete description of this 2-hour workshop. Every student must bring their own laptop with Windows 10 already installed on it.</p>	<p>\$15 Min 3/Max 5 Deadline 8/23</p>
<p>TUES & WED AUG 28 & 29 12:30-2:30 pm</p>	<p>GOOGLE APPS & DRIVE Learn how to use Google Drive, Gmail, Google Docs, Sheets and Slides. If you have a Google account bring your username & password. If you have a laptop, bring it or you can use a computer in the lab.</p>	<p>\$25 Min 3/Max 5 Deadline 8/24</p>
<p>WEDNESDAY AUGUST 29 10:00 am-12:00 n</p>	<p>NEWS, BOOKS & NEWSPAPERS Learn how to find news sources, read newspapers & magazines, find books, e-books, audio books & magazines for free. You must bring your smart device to class.</p>	<p>\$15 Min 3/Max 5 Deadline 8/28</p>
<p>THURSDAY AUGUST 30 10:00 am-12:00 n</p>	<p>WINDOWS 10, OUTLOOK MAIL & CALENDAR Are you using Windows 10 & wanting to learn more about accessing your outlook e-mail? Want to use the calendar to organize your life? In this class you will learn to send/receive e-mails, manage contacts & manage calendars & print calendars. Students must bring their own laptop with Windows 10 already installed.</p>	<p>\$15 Min 3/Max 5 Deadline 8/28</p>













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WALKING:  easy stroll  moderate walking  physical effort required COST: \$=\$8-\$15 \$\$=\$15-\$30 \$\$\$=\$30 and up <i>This key offers an estimate. The true cost of a meal may vary.</i>		
WEDNESDAY JULY 18 9:30 am-2:15 pm Deadline: 7/9	LUNCH OUTING-JULY Each sandwich plate comes with a surprise to satisfy every sweet tooth. Fee includes transportation. Bring money for lunch.	COST: \$10 Limit 22 \$\$ 
THURSDAY JULY 19 8:45 am-9:00 pm Deadline: 7/11	HARRAH'S METROPOLIS CASINO Harrah's bright & inviting casino offers you ways to win beyond your wildest dreams. Fee includes transportation, \$5 in free play & buffet lunch. Trip departs from the City Hall garage on Tommy Martin Dr. off NW Broad St.	COST: \$10 Limit 55 \$\$ 
SATURDAY JULY 21 7:45 am-3:00 pm Deadline: 7/9	GRINDERS SWITCH HOUR Hosted by KiX 96 morning host Mickey Bunn and featured on Nashville Public Television, this live Saturday morning music variety show features regional talent. Fee includes transportation. Bring money for lunch.	COST: \$15 Limit 22 \$\$ 
TUESDAY JULY 24 8:30 am-2:45 pm Deadline: 7/9	BEEHCRAFT HERITAGE MUSEUM This one-of-a-kind aviation museum promotes education & preserving the heritage nurtured by generations of enthusiasts of all Beechcraft models from 1932 to the present. Fee includes transportation, admission & guided tour. Bring money for lunch.	COST: \$18 Limit 22 \$\$ 
WEDNESDAY JULY 25 9:00 am-5:00 pm Deadline: 7/18	SHOPPING AT OPRY MILLS Shop, dine or catch an afternoon movie. You've got time for it all. Fee includes transportation. Bring money for shopping and lunch.	COST: \$10 Limit 20 \$\$ 
THURSDAY JULY 26 7:30-5:30 pm Deadline: 7/9	TENNESSEE AQUARIUM Begin with the freshwater exhibits in River Journey and then continue the adventure viewing freshwater species at Ocean Journey. Fee includes transportation and aquarium admission. Bring money for lunch and souvenirs.	COST: \$41 Limit 21 \$\$ 
FRIDAY JULY 27 7:30 am-3:30 pm Deadline: 7/9	AMISH COUNTRY Experience Amish life with a 1 1/2 hour horse drawn wagon tour of the area with several stops throughout the route at Amish homes or businesses where cash will be required to purchase items. Fee includes transportation and tour. Bring money for lunch & shopping.	COST: \$23 Limit 21 \$\$ 
MONDAY JULY 30 10:00-11:00 am Deadline: 7/16	ARMCHAIR TRAVEL: PARIS & ROME Sit back, relax and go on a short video journey with your travel host, Christine van Blockland, host of <i>Curious Traveler</i> . You are sure to enjoy your educational journey to faraway places without ever leaving your chair.	No Cost Limit 20 \$ 
TUESDAY JULY 31 9:45 am-4:00 pm Deadline: 7/9	GENERAL JACKSON SHOWBOAT Enjoy a southern style meal and live entertainment on the General Jackson paddlewheel riverboat as you experience Nashville from the beautiful Cumberland River. Fee includes transportation, cruise and lunch.	COST: \$72 Limit 22 \$\$\$ 




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THURSDAY AUGUST 2 9:00 am-1:45 pm Deadline: 7/25	DUTCH MAID BAKERY TOUR Founded in 1902, this is Tennessee's oldest family owned bakery. Tour this facility where the tradition of baking from scratch continues. Fee includes transportation and guided tour. Bring money for lunch.	COST: \$10 Limit 22 \$\$ 
SATURDAY AUGUST 4 9:00 am-4:00 pm Deadline: 7/28	KIRBY'S NASHVILLE TOUR Historic East Nashville tour includes Five Points, Richland off West End, Belle Meade, Germantown and downtown Nashville between 8th Avenue and the Cumberland River. Fee includes transportation & riding guided tour. Bring money for lunch.	COST: \$10 Limit 22 \$ 
MONDAY AUGUST 6 7:15 am-3:15 pm Deadline: 7/9	ARNOLD ENGINEERING DEVELOPMENT COMPLEX AEDC is the nation's largest flight simulation test facility complex. Fee includes transportation & guided walking tour. The facility is NOT handicapped accessible. You must be able to walk without assistance or aids. NO open toed shoes or sandals. All going must complete an AEDC Hold Harmless Agreement at the time of registration. Bring money for lunch.	COST: \$10 Limit 21 \$ 
WEDNESDAY AUGUST 8 8:45 am-2:15 pm Deadline: 7/18	RIPPAVILLA PLANTATION Journey through more than 150 years of Tennessee history at Rippavilla Plantation. Fee includes transportation, admission and guided tour. Bring money for lunch.	COST: \$20 Limit 22 \$\$ 
WEDNESDAY AUGUST 8 9:00 am Deadline: 8/3	TENNESSEE COLLEGE OF APPLIED TECHNOLOGY Nonmedical foot care, manicures, hair wash, style or haircut. An annual fee of \$5 is due on your first trip and each service is \$5. If you want more than two services done, you will need to go on your own. Payment is required at sign up and let us know what services you want.	COST: \$5 PER SERVICE Limit 10 
FRIDAY AUGUST 10 4:15-11:00 pm Deadline: 7/13	"SOUTH PACIFIC" @ PULL-TIGHT THEATRE, FRANKLIN, TN This Tony Award winning musical includes beloved songs such as "I'm Gonna Wash That Man Right Outta My Hair," "Some Enchanted Evening," "I'm in Love with a Wonderful Guy" and more! Fee includes transportation & show. Bring money for dinner.	COST: \$26 Limit 22 \$\$ 
MONDAY AUGUST 13 8:00 am-6:00 pm Deadline: 7/16	LORETTA LYNN'S RANCH, HURRICANE MILLS, TN See Loretta Lynn's legendary life & career up close & personal as you take a guided tour through the mansion and visit the museum that showcases the vast collection of this country music icon. Cost includes transportation & admission. Bring money for souvenirs and lunch.	COST: \$35 Limit 21 \$\$ 
TUESDAY AUGUST 14 8:30 am-12:45 pm Deadline: 7/31	RUTHERFORD COUNTY FARMERS' MARKET Visit the market & attend the (optional) class, "Seasonal Eating," a food demonstration offering tips on how to select and prepare local fresh food. Fee includes transportation and free class. Bring money for shopping & lunch.	COST: \$10 Limit 20 \$\$ 
THURSDAY AUGUST 16 9:15 am-3:45 pm Deadline: 8/9	SHOPPING AT THE MALL AT GREEN HILLS & TRADER JOE'S Enjoy some of Nashville's finest specialty shops at the Mall at Green Hills, then stop by Trader Joe's, your neighborhood grocery store with amazing food and drink offerings, before heading home. Fee includes transportation. Bring money for lunch & shopping.	COST: \$10 Limit 20 \$\$ 

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MONDAY AUGUST 20 9:30 am-4:00 pm Deadline: 8/5	SENIOR MONDAYS AT THE FRIST A docent-guided tour of a current exhibit, in-gallery activities, live music by Snappy Pappy and a discount at the gift shop & cafe make this day out a real treat. Fee includes transportation only. Bring \$6 cash for admission and money for lunch.	COST: \$10 Limit 22 \$ 
WEDNESDAY AUGUST 22 9:30 am-2:15 pm Deadline: 8/8	LUNCH OUTING - AUGUST This family-style restaurant has been serving up good home cooking since 1908. Fee includes transportation. Bring money for lunch.	COST: \$10 Limit 22 \$\$ 
THURSDAY AUGUST 23 9:45 am -3:45 pm Deadline: 7/9	“SISTER ACT - THE MUSICAL” @ CHAFFIN’S BARN, NASHVILLE, TN This feel-good musical comedy, based on the hit 1992 film, is filled with powerful gospel music, dancing and a truly moving story of friendship and sisterhood. Fee includes boxed lunch, show and transportation.	COST: \$39 Limit 22 \$\$ 
MONDAY AUGUST 27 7:45 am-2:00 pm Deadline: 7/13	CUMBERLAND KAYAK Float along Shelby Park as you journey to downtown Nashville on this self-guided paddle. Bring sunscreen, hat, sunglasses, water bottle, Ziploc bag for phone and other items, & wear shoes & clothes that can get wet. Fee includes transportation & complete kayak adventure. Weight capacity is 300 lbs for single and 450 for tandem. Bring money for lunch.	COST: \$39 Limit 20 \$\$ 
THURSDAY AUGUST 30 8:45 am -9:00 pm Deadline: 8/16	HARRAH’S METROPOLIS CASINO Harrah’s bright & inviting casino offers you ways to win beyond your wildest dreams. Fee includes transportation, \$5 in free play & buffet lunch. Trip departs from the City Hall garage on Tommy Martin Dr. off NW Broad St.	COST: \$10 Limit 55 \$\$ 
FRIDAY AUGUST 31 5:30-11:30 pm Deadline: 7/9	NASHVILLE SOUNDS VS. MEMPHIS REDBIRDS Watch Minor League Baseball’s Nashville Sounds go up against the Memphis Redbirds. Fee includes transportation and ticket. Bring money for concessions.	COST: \$36 Limit 22 \$\$ 
WEDNESDAY SEPTEMBER 5 8:30 am-2:30 pm Deadline: 7/9	FONTANEL MANSION Originally built in 1988 for country music superstar Barbara Mandrell, Fontanel was envisioned to be a place of peace and harmony set in the beautiful Whites Creek Valley of Nashville. Fee includes transportation and guided tour. Bring money for lunch.	COST: \$31 Limit 22 \$\$ 
FRIDAY SEPTEMBER 7 4:15-11:00 pm Deadline: 7/9	“MINNIE PEARL: ALL THE NEWS FROM GRINDER’S SWITCH” @ CHAFFIN’S Hear all the news from Grinder’s Switch and follow Minnie and the rest of the Opry gang in a musical extravaganza that is sure to leave a smile on your face and a song in your heart. Fee includes dinner, show and transportation.	COST: \$65 Limit 22 \$\$ 
MONDAY OCTOBER 8 8:15 am-2:15 pm Deadline: 7/31	THE BLUEBIRD CAFE- SENIOR SHOW The Bluebird Cafe is opening its doors to the senior community for free donuts, coffee and an hour of live entertainment. Fee includes transportation only. Bring money for lunch.	COST: \$10 Limit 18 \$ 

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WALKING:  easy stroll  moderate walking  physical effort required
 COST: \$=\$8-\$15 \$\$=\$15-\$30 \$\$\$=\$30 and up *This key offers an estimate. The true cost of a meal may vary.*

<p>SATURDAY OCTOBER 13 7:30 am-7:30 pm Deadline: 7/9</p>	<p>THE OLD MAN & THE OLD MOON: A MUSICAL FABLE @ CUMBERLAND CO. PLAYHOUSE, CROSSVILLE, TN The old man's job is to periodically fill the leaky moon with light, but when his wife sails off in search of a mysterious song, he abandons his duties, throwing the world into chaos. Fee includes transportation & show. Must be able to climb stairs. Bring money for lunch. No dinner stop.</p>	<p>Cost: \$40 Limit 22 \$\$\$ </p>
<p>THURSDAY OCTOBER 18 7:45 am-4:00 pm Deadline: 7/25</p>	<p>THE SOUTHERN BELLE RIVERBOAT CRUISE Enjoy a one time through buffet style lunch during your 2-hour narrated cruise down the Tennessee River including live entertainment and BINGO. Fee includes transportation & complete lunch cruise.</p>	<p>Cost: \$49 Limit 21 \$\$ </p>

Please note that we strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.

2018 & 2019 Travel Destinations

Fliers available in the welcome center and room 404.

<p>WHITE STAR TOURS <i>presents</i> Black Hills of South Dakota September 27-October 5 \$1220/pp double</p>		<p>2018 & 2019 Travel Destinations</p>	<p>GRAND AMERICAN TOURS <i>presents</i> Alaska Cruise • May 23-31, 2019 Starting at \$2997/pp double</p>
<p>DIAMOND TOURS <i>presents</i> Washington, DC May 2-7, 2019 \$630/pp double</p>			<p>DIAMOND TOURS <i>presents</i> Biltmore Estate & Asheville, NC • November 25-28, 2019 \$470/pp double</p>

	<p style="text-align: center;">PREMIER WORLD DISCOVERY</p> <p>2019 Premier Trips Presentation <i>Tuesday, August 21 • 1:30-3:30 pm</i> It's time to start making your travel plans! Our friendly representatives from Premier World Discovery will be on site to present these 2019 trips and answer any questions you may have.</p> <p>Panama Canal Cruise <i>15 days • Departs January 4, 2019 • Starting at \$3200/pp double</i></p> <p>Holland Windmills, Waterways & Tulips River Cruise <i>11 days • Departs April 2, 2019 • Starting at \$4995/pp double</i></p> <p>Yosemite & California Coast by Rail <i>8 days • Departs July 13, 2019 • \$3699/pp double</i></p> <p>Scotland & Northern Ireland Explorer <i>9 days • Departs October 14, 2019 • \$3895/pp double</i></p> <p>Rose Parade New Year's <i>6 days • Departs December 30, 2019 • \$2799/pp double</i></p>	<p>WHITE STAR TOURS</p> <p>Savannah GA & Charleston, SC <i>April 22-26, 2019</i> \$725/pp double</p> <p>Pittsburgh, PA & Cleveland, OH <i>June 17-21, 2019</i> \$795/pp double</p> <p>Virginia Beach Neptune Festival & Williamsburg <i>September 26-30, 2019</i> \$615/pp double</p>
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JULY/AUGUST 2018
St. Clair
Senior Center

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Permit No. 781

325 St. Clair Street • PO Box 332369
Murfreesboro, TN 37133-2369
615-848-2550

Hours of Operation:

Monday - Friday
8:00 am - 4:30 pm

Saturday 10:00 am-2:00 pm

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

SENIOR DINING/MEALS ON WHEELS

Debbie Willis, Site Coordinator
Call 615-895-1870 for lunch reservations.

MCHRA TRANSPORTATION

615-890-2677

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance.

(Title VI of the Civil Rights Act of 1964)



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