

St. Clair Senior Center

September/October 2017

education • foot • memory • specialist • hearing • information • education • fitness • learning • friendship • screening • games • fitness • learning • massage • exercise • doctors • reflexology • massage • exercise • doctor • balance • blood pressure • flu shot • sleep • balance • blood pressure •

Join us for St. Clair's Annual Senior Health Expo

Thursday, September 28

8:30 a.m.-12:00 noon



Be sure to check out LIVE concert of the Million Dollar Quartet on Monday, September 11 at 11:45 a.m.

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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, Pat Esposito and Fred Massy.

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 to the fall edition of the newsletter. This edition will bring you the programs available in September and October at St. Clair. Join us for all our fall programming and remember to drop by often as some programs may be added to our schedule that do not make the newsletter deadline. We strive to offer new programs, classes and fun opportunities. Just since we reopened in July we have seen over 300 new senior participants and well over 1300 seniors that have updated their Participant Registration Forms (PRF). Please remember if you are returning to the center for the first time since the renovation make time to stop by the front desk to properly update your PRF. Give yourself some extra time to complete your forms before joining classes and events.

Join us in September for a senior assembly meeting on Friday, September 22nd at 10:30 a.m. Topics: honoring instructors and suggestions for naming the newsletter. Please join our staff for the discussion “no sign up” required. We recently met with the Senior Programming Committee to discuss all things Newsletter. The seniors told us of the features they liked, loved and needed to see each time we go to print. You will start to see changes in the newsletter as we move to a six session edition. This means your newsletter will only be printed six times a year for the Summer, Fall, Holiday, Winter, Spring and Older American Month editions. So hang on to your newsletter, if you lose it, you can always go to the city website at murfreesborotn.gov and look under Senior Center for current and past editions. If you selected email as your option to receive the newsletter this will continue to be sent to a correct email address. Please beware that if you selected mail as your preferred way to receive the newsletter we do not provide a second copy of the newsletter at the front desk as we only print extra copies for new participants and guest of the facility. We strive to provide needed class information at the front desk so if you forget a class title or need a loaner newsletter to look up details one will be provided.

I wanted to share an article from one of my favorite writers, Pat Nicol from the Inspired Senior Living magazine titled: Changes, Choices and Challenges

I was 42 when grey sparkles appeared in my hair. Actu-

ally, it was more of a streak on the right side of my head. For months, people asked how and where I got my hair done. When I explained that it was totally natural, they were shocked. Interestingly, my eldest daughter had a similar experience. She turned 42 and this glorious grey began to spring from the center of her head. She went with it.

What was your reaction when you first noticed grey sparkles in your hair?

Did you –

- A) Shriek and run for the hair dye?
- B) Swear to wear a hat forever?
- C) Not even notice because too much else was happening in your life?
- D) Create a new style that blended the grey into all the beauty that was already there?

Today, 34 years later, my hair is totally white, with a purple streak where the white began. It has become my signature. When I get lazy and don't renew the color quickly enough, people notice: “Where is the purple?” “What happened to your hair?”

What are the changes, choices and challenges you are facing (or don't want to face) in this stage of your life? The example I share this month is fun and fluffy, but sometimes those changes, choices and challenges are exactly that; more challenge than choice in the changes that appear.

One of the things I am learning these days is to enjoy the fun changes, knowing the choices are mine to make and take. With each day that passes, I acknowledge the gifts I have been given with these additional years and the opportunity to share with those around me. Part of the reason for this is that my younger brother (by eight years) recently died of a heart attack. Talk about a shock! It does bring it all home.

So, play with the fun changes, know that you are in charge of the choices you make and, if necessary, ask for help with the challenges. You are surrounded by friends that want to share. Even if it is just their purple hair dye.

From August 2017 INSPIRED Senior Living



Connie C. Rigsby
Center Director
crigsby@murfreesborotn.gov

ADS HAPPENINGS

By Amanda Pullias,
Adult Day Service Program Coordinator

ADS Participants enjoyed an outing to Samurai for a hibachi lunch in August. We also celebrated several birthdays with individual celebrations for all. We found out that Pat is a sharp pool player and Larry continued to show us all up in Corn Hole. We enjoyed the eclipse along with many participants at the center. We continued to do our MOVE IT program to strengthen our lower limbs, increase flexibility and strengthen our hands. We painted flower pots and planted geraniums in them.

We are happy to celebrate National Adult Day Services Week from September 17-23, 2017. We will celebrate exciting developments in the health care community that are bringing attention to adult day services as a great option in the continuum of care. Emerging research studies are revealing that caregivers of people with dementia who are in adult day service programs at least 2 days a week are experiencing caregiver health benefits. Studies at Penn State and the University of Texas at Austin show that DHEA-S can be modified by an intervention, which, in



Diane enjoys a chocolate birthday cake in ADS.

Happening at St. Clair

our case, was the use of an adult day care service,” said Steven Zarit, Distinguished Professor of Human Development and Family Studies, Penn State. (DHEA controls the harmful effects of cortisol on the body.) This increase in DHEA contributes to better physical management of stress; in this study, the results are directly related to the use of adult day service. This is exciting news for adult day service programs and at last we are being taken seriously by CMS, HMOs and MCOs. You may read more about this study at: <https://www.nadsa.org/adult-day-services-boosts-beneficial-stress-hormones-in-caregivers/>

One opportunity for consumers to act upon is the opportunity to comment on a new proposed CMS regulation regarding Alzheimer’s research. It specifically mentions adult day services in the Federal Register. You can help by commenting on the proposed rule. To read about it further, go to: <https://www.nadsa.org/opportunity-to-comment-on-cms-proposed-rule-affecting-ads/>

ADS will plan a “Family Night” for September to celebrate the friendships and positive effects of St. Clair Street Adult Day Services program. These friendships are why LIFE IS GOOD in the ADS.



ADS celebrates Pat’s birthday.

In The Garden By Jack Smith

It’s time to start thinking about spring flowering bulbs. You may want to consider crocus, hyacinth and tulip bulbs. For best the flowering results store them in a paper bag in the crisper section of your refrigerator (away from apples) for at least six weeks before planting.

As you plant your spring bulbs remember that a mass planting of one flower type or color will produce a better visual effect than a mixture of many colors.

You may want to make a long-range plan to gradually convert your current landscape to one you may desire more. Don’t pull out any ornamental plantings until you have the time and results to replace them.

Vegetables that like cool weather you can start to plant now like beets, cauliflower, brussel sprouts, cabbage, kale, chives, collards, onions, parsnips, peas, radish, spinach, lettuce, turnips and Swiss chard.

Fall is usually cool and moist and a good time to plant trees and shrubs. Research has shown that roots will continue to grow until the soil may freeze.

Rejuvenate cool-season lawns by reseeding and fertilizing. Fall is a great time to plant and divide perennials and shrubs

for next year’s garden. By planting in the fall, your plants do not have to endure the stressful summer heat during establishment and will have time to form sufficient root systems before the onset of winter dormancy.

As the nights become cool caladiums and other warm summer bulbs will begin to lose leaves. Dig them up, allow them to dry, and store them in a warm, dry space.

Garlic is harvested when the tips die down.

Don’t retire your lawn mower when the grass slows down growing. As long as it continues to grow, it should be mowed.

Don’t allow falling leaves to accumulate on the lawn. Rake them up regularly and store in a pile for use as mulch in your garden next summer. If leaves accumulate on your lawn and become matted down by rain they may kill the grass.

You can help leaves break down more easily by running a lawn mower back and forth over the pile and place the shredded leaves directly onto the compost pile or in the garden.

It is time to maintain your lawn for winter annual or perennial weeds that germinate or form in the turf during the fall by applying a commercial pre-emergent fertilizer.

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

Care Connection

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

Date: Saturday, September 16 from 12:30-2:00 p.m. or Friday, September 22 from 11:00 a.m.-12:00 n
Fee: No Fee
Contact: Cindi Thomas, 615-848-2550 ext. 2506 or cthomas@murfreesborotn.gov

Caregiver Corner

WORLD ALZHEIMER'S DAY

World Alzheimer's Day, September 21st of each year, is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia. Alzheimer's disease is the most common form of dementia, a group of disorders that impairs mental functioning.



Every 68 seconds, someone develops Alzheimer's disease. At current rates, experts believe the number of Americans living with Alzheimer's will quadruple to as many as 16 million by the year 2050.

Alzheimer's disease is often called a family disease, because the chronic stress of watching a loved one slowly decline affects everyone. 5.4 million Americans are living with Alzheimer's. Alzheimer's disease is the sixth-leading cause of death in the United States and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed. With the increases in life spans and baby boomers coming of age, support for Alzheimer's research is more critical to our families than ever.

You can help to end this mind stealing disease by raising awareness, donating to the Alzheimer's Association for research or join the Rutherford County Alzheimer's Walk this year.

For Information please contact Cindi Thomas, Caregiver Information Coordinator.

Community Care Visitation

Date: Tuesdays, September 5 & 19, October 3 & 17
Time: 12:30-2:00 p.m.
Contact: Dee Brown, 615-848-2550 ext. 2504 or dbrown@murfreesborotn.gov

One Tuesday volunteers will visit residents as they like and one Tuesday we will host Bingo and help the residents that require assistance.

This is a very meaningful trip, both to the residents and our volunteers. If you haven't joined us, we encourage you to do so, we would love to have you come with us! We leave the Senior Center at 12:30 p.m. in the van and return at approximately 2:00 p.m. There is no cost for transporta-

tion.

Grief Relief Support Group

This support group is for those individuals that are in need of emotional and physical support in a safe and nonjudgmental environment. Grief can be: death, marriage/ divorce, retirement, health, work, living condition, financial state, relationship with family, friends or coworkers. *No sign up required.*

Date: Friday, September 15
Time: 11:00 a.m.-12:00 noon
Fee: No Fee
Contact: Cindi Thomas, 615-848-2550 ext. 2506

Lunch & Learn: End of Life Issues

Join us for this free community event by Alive Hospice that offers education, lunch and community resources about End of Life Issues. Contact Cindi Thomas at cthomas@murfreesborotn.gov to register!

Date: Thursday, September 21
Time: 11:30 a.m.-1:00 p.m.
Fee: No Fee **Limit:** 50
Deadline: September 18
Contact: Cindi Thomas, 615-848-2550 ext. 2506 or cthomas@murfreesborotn.gov

Medicare Workshop

Date: Wednesday, October 4
Time: 9:00-10:30 a.m.
Contact: Dee Brown, 615-848-2550 ext. 2504 or dbrown@murfreesborotn.gov

Please mark your calendar and plan to join us to learn more about basic Medicare, Medicare Advantage, Part D Prescription Plans and Supplement insurance. This is a workshop we have each year prior to the Medicare Annual Enrollment Period that begins on October 15th.

The information you will gain will help you have a better understanding of how all the parts of Medicare work. This information is good for individuals not yet 65 and individuals already on Medicare. For persons' already on Medicare you have the Annual Enrollment Period (October 15-December 7) each year to make changes to your Medicare coverage if you wish.

This information will be presented by Lori Galbreath, Tennessee State Health Insurance Volunteer Coordinator and Aging and Disability Counselor which is a part of the Greater Nashville Regional Council on Aging and Disability. She will present basic information and after the presentation will be able to answer some specific questions you may have. This is the only state agency that works specifically with Medicare beneficiaries, helping to educate to ensure that individuals have the information they need to make informed decisions about Medicare choices. *You do not need to make a reservation for this workshop.*

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

Memory Cafe

This group provides a relaxed, friendly occasion for persons with Alzheimer's or other memory loss issues and their caregivers to talk, laugh and experience friendship. Dessert, coffee and iced tea will be served. *No sign up required.*

Date: Monday, September 18

Time: 2:00-3:00 p.m.

Fee: No Fee

Contact: Cindi Thomas, 615-848-2550 ext. 2506 or cthomas@murfreesborotn.gov

Location: Through the Grapevine, 630 Broadmore Blvd., Ste. 190, Murfreesboro, TN 37129

Parkinson Support Group

Date: Saturday, September 16

Time: 12:30-2:00 p.m.

This group is very informal and we generally have a speaker that will address topics that are relevant to Parkinson's Disease. This group is open to individuals with Parkinson's Disease, friends and family members that are interested in learning more about the disease, to gain support, to learn from one another and to make new friends. *You do not need to register to attend.*

Parkinson Support Group to Attend "Blazing Toward a Cure" Symposium at Vanderbilt University

Date: Saturday, October 21

Time: 7:30 a.m.-1:00 p.m.

The Movement Disorder Clinic at Vanderbilt University Medical Center is hosting this annual educational event on October 21st this year. Each year, we travel as a group, to hear to some of the very best medical experts in the country discuss the challenges of individuals with Parkinson's Disease. This is a half day event, with breakfast included, and there is no cost to attend, there will be a minimal cost for our bus transportation.

If you would like to attend this event, please call Dee Brown at 615-848-2550 by October 13th to reserve a spot. Of course, you can attend on your own if you wish to do your own driving.

Contact: Dee Brown, 615-848-2550 ext. 2504 or dbrown@murfreesborotn.gov for information about the Parkinson Support Group.

Powerful Tools for Caregivers

This is a six-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Date: Tuesdays, September 5, 12, 19 & October 3, 10 & 17

Time: 9:00-11:30 a.m.

Fee: No Fee **Deadline:** September 5

Contact: Cindi Thomas, 615-848-2550 ext. 2506 or cthomas@murfreesborotn.gov

Share the Care Alzheimer's Support Group

The group's goal is to provide emotional, educational and social support for family caregivers of those diagnosed with Alzheimer's or dementia. *No sign up required.*

Date: Friday, September 8

Time: 11:00 a.m.-12:00 noon

Fee: No Fee

Contact: Cindi Thomas, 615-848-2550 ext. 2506 or cthomas@murfreesborotn.gov

alzheimer's  association

the compassion to care, the leadership to conquer

Senior Health Expo in September!

The annual St. Clair Street Senior Center Health Expo is almost here! Make sure you join us on Thursday, September 28, 8:30 a.m. – 12:00 p.m. for lots of fantastic healthcare information as well as screenings and tests.

We will have about 25 doctors and other professionals checking your balance, hearing, vision, teeth, memory, feet, sleep habits, kidney health, and more! Bring your Medicare card and get your flu shot! Speak with a professional about nutrition and weight loss or about mental health issues or how to meditate or relax. There will be a massage therapist and a reflexologist here and you may even be leaving with a door prize! An ounce of prevention is worth a pound of cure so come to the expo and be proactive with your health.

There is no charge to participate in the health expo and maps will be provided a few days before so you can prioritize who to see first. We will run a shuttle from CiCi's Pizza from 8:00 a.m.-1:00 p.m. *No need to sign up, just come enjoy the day with us!*



Health Education Programs

Blood Pressure Clinic

Date: Mondays in September & October

Time: 9:30-11:30 a.m.

Yes, our wonderful volunteers are back every Monday to take your blood pressure. Ask them about getting a card to keep track of your BP readings. It's great to have to show your doctor. No clinic September 4. *No sign up required.*

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

Health Break: Fighting Depression

Date: Wednesday, September 13
 Time: 9:30-10:30 a.m.
 Deadline: Monday, September 11
 Limit: 40
 Fee: No Fee

Debi Russell with Branches Counseling Center will present "Three Ways to Fight Depression: Tools Anyone Can Use." Debi has been a counselor for 10 years and is trained in Temperament Therapy and Grief Therapy and has worked with all client populations.

Health Break: Dental Health

Date: Wednesday, October 16
 Time: 12:30-1:30 p.m.
 Deadline: None Limit: None
 Fee: No Fee No registration required.

This will be a fun and interactive workshop with Interfaith Dental teaching about dental health and even bringing some give-aways.

Go4Life: September/October

Go4Life is a class from the National Institute on Aging that works on strengthening the body, flexibility and balance. Go at your own pace in this class for those who haven't exercised in some time or have never exercised. Talk with the nurse if you are interested in this class or would like more information. As with all fitness classes, make sure you speak with your doctor before starting this exercise program to make sure you are healthy enough to do so and to know any limitations or restrictions you may have. Check out the exercise calendar on page 9 for days and times.

Living Well with Chronic Conditions

Date: Thursdays from October 5-November 9
 Time: 1:00-3:00 p.m.
 Deadline: October 2 Limit: 15
 Fee: No Fee

If there is an on-going health problem or disease (such as asthma, heart disease, diabetes, arthritis) that you are dealing with, sign up for this six week workshop. Living Well with Chronic Conditions is designed to complement and enhance medical treatment and disease management. Research has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones. People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

Stepping On: A Fall Prevention Program

Have you ever fallen? Most of us can say yes to that question but how many of us have done something to keep from falling again? September 22 is Fall Prevention Awareness Day (the first day of fall!) so let's take a few moments to see how we can protect ourselves against falls.

Is your home safe? Do you have plenty of lighting, grab bars wherever they are needed, tripping hazards removed (including rugs)? Are you having your vision and hearing checked on a regular basis and getting new glasses and/or hearing aids as needed? Get involved in a program or do exercises on your own that will improve your balance. Strengthening your body and taking steps to have better balance can possibly keep you from a devastating fall. Talk with your doctor about your risk of falling and what is contributing to that risk. Let him/her know if you do fall. Also talk with your doctor or your pharmacist about the medications you are taking and how they could increase your risk of a fall. Do this each time you get a new med and also include any vitamin, herb, or over the counter product you are taking.

If you are interested in learning more about fall prevention stop by my office to talk with me. I, along with Kathy Herod, will be leading a class on fall prevention called Stepping On. It will start October 3. See below for more information.

Nurse, Laura Grissom

Stepping On: Program Details

Date: Tuesdays, October 3-November 14
 Time: 1:00-3:00 p.m.
 Deadline: Monday, September 25 Limit: 12
 Fee: \$15

This is a program that empowers older adults to carry out healthy behaviors that reduce the risks of falls as well as maintain active and fulfilling lives. Subjects covered include: improving balance and strength, home hazards, moving about safely, community safety, vision and falls, medication management, bone health, footwear, and sleeping better.

Professionals, including physical therapists, vision experts, and pharmacists are a part of several classes. The fee for the class covers materials received as well as snacks. **You must speak with the nurse before signing up for this program to make sure you are a candidate.**



Monday	Tuesday	Wednesday	Thursday	Friday
Get Fit/Stay Fit! 8:15-9:15 a.m. Room 105	Senior Challenge 8:30-9:30 a.m. Room 204	Get Fit/Stay Fit! 8:15-9:15 a.m. Room 105	Senior Challenge 8:30-9:30 a.m. Room 204	Get Fit/Stay Fit! 8:15-9:15 a.m. Room 105
Dot's Gentle Yoga 9:00-10:00 a.m. Room 206	Line Dance with Delia 9:00-11:00 a.m. Room 206	Dot's Gentle Yoga 9:00-10:00 a.m. Room 206	Zumba Gold Toning 8:30-9:30 a.m. Room 105	Yoga with Larry 9:00-10:00 a.m. Room 206
Zumba Gold 9:00-9:50 a.m. Room 204	Dancercise with Marjorie 9:30-10:30 a.m. Room 204	Dot's Gentle Yoga 10:30-11:30 a.m. Room 206	Line Dance Practice with Judy 9:30-10:30 a.m. Room 206	Go4Life 1:00-2:00 p.m.
Tap Dance 10:00-10:50 a.m. Room 204	Senior Challenge 10:30-11:30 a.m. Room 204	Beginning Line Dance Class 1:15-2:15 p.m. Room 105	Dancercise with Marjorie 9:30-10:30 a.m. Room 204	Jazzercise 3:00-4:00 p.m.
Dot's Gentle Yoga 10:30-11:30 a.m. Room 206	Intermediate Line Dance Class 12:45-2:45 p.m. Room 105	Go4Life 1:00-2:00 p.m.	Senior Challenge 10:30-11:30 a.m. Room 204	Sign Up Required for all fitness classes.
Go4Life 1:00-2:00 p.m.	Intermediate Tai Chi 1:00-2:00 p.m. Room 204	Jazzercise 3:00-4:00 p.m.	Fitness Program Descriptions are listed below and on page 10.	
Jazzercise 3:00-4:00 p.m.	Beginning Tai Chi 2:15-3:15 p.m. Room 204	Ask Your Doctor: Be sure to consult your physician before starting any exercise program.		
Classes with fees require registration in person.	Ballroom Dance Class 3:00-4:00 p.m. Room 206	ALL: ALL fitness classes require sign up at the front desk to reserve your spot and pay for the class, if necessary.		
		Exercise Equipment Room: Includes weight machine, treadmill, elliptical machine and cycle machine among other equipment for workouts. Contact Lisa Foster or Laura Grissom for an orientation prior to your first workout.		

Ballroom Dance Class - low impact

Beginners and experienced ballroom dance students are welcome. Deborah Sullivan is the instructor. Students will learn the Foxtrot in September and Cha Cha in October.

Date: Tuesdays in September & October

Time: 3:00-4:00 p.m.

Fee: \$40 for September & October (No class 10/31)

Limit: 25

Deadline to register: September 5

Beginning Line Dance Class - low impact

For the beginning student. Learn basic steps to line dance to different styles of music. Instructed by Tom Robeson.

Date: Wednesdays in September & October

Time: 1:15-2:15 p.m.

Fee: NONE Limit: 40

Deadline to register: September 5

Dancercise with Marjorie - high impact

This is a very high energy, fast moving advanced exercise

class. If you've had a lot of aerobic exercise experience recently, this is the class for you. You will get your heart rate up.

Date: Tuesdays & Thursdays in September & October

Time: 9:30-10:30 a.m.

Fee: NONE Limit: 24

Deadline to register: September 5

Dot's Gentle Yoga - low impact

Wonderful for your mind, body and spirit. It concentrates on breathing, stretching and relaxing. Movements in class utilize props such as chairs, weights, blocks and bands.

Date: Mondays & Wednesdays in September & October

Time: 9:00-10:00 a.m. OR 10:30-11:30 a.m.

Fee: \$40 September & October

Special Instructions: Floor mats are furnished but you may bring your own.

Limit: 24

Deadline to register: September 6

Fitness Program Descriptions: Sign Up Required. Those with fees must sign up in person.**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 September & October

Time: 8:15-9:15 a.m.

Fee: NONE

Limit: 24

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.

Date: Mondays, Wednesdays & Fridays in September & October

Time: 1:00-2:00 p.m.

Fee: NONE

Limit: 24

Intermediate Line Dance Class - moderate impact

Brush up on old steps and learn some new steps to line dance to different styles of music. Instructed by Tom Robeson.

Date: Tuesdays in September & October

Time: 1:15-2:45 p.m.

Fee: NONE

Limit: 40

Jazzercise - moderate impact

This is a medium impact, medium intensity aerobic class that really gets your blood pumping. Instructed by experienced teacher Marie Littrell.

Date: Mondays, Wednesdays, Fridays in September & October

Time: 3:00-4:00 p.m.

Fee: \$70 for September & October **Limit:** 24

Deadline to register: September 1

Line Dance Practice with Delia - moderate impact

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

Date: Tuesdays in September & October

Time: 9:00-11:00 a.m.

Fee: NONE

Limit: 25

Line Dance Practice with Judy - moderate impact

Practice line dances with Judy.

Date: Thursdays in September & October

Time: 9:30 a.m.-12:30 p.m.

Fee: NONE

Limit: 25

Senior Challenge with Marjorie - high impact

Well we thought about it and thought about it and decided the name "Senior Fit" just doesn't adequately describe Marjorie Miller's fitness class. This is an advanced fitness class that is great for someone that is already in good shape and needs a big challenge. If you are very experienced in fitness classes and work out regularly, then welcome to Senior Challenge (with Marjorie)! This class will do just what the name says it will do...challenge you to become better and even more fit. If you think you can handle it...join us!

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

Date: Tuesdays & Thursdays in September & October

Time: 8:30-9:30 a.m. or 10:30-11:30 a.m.

Fee: NONE

Limit: 24

Tai Chi, Intermediate - low impact

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

Date: Tuesdays & Thursdays in September & October

Time: 1:00-2:00 p.m.

Limit: 15

Fee: \$30 for September & October

Deadline to register: September 5

Tai Chi, Beginner - low impact

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

Date: Tuesdays & Thursdays in September & October

Time: 2:15-3:15 p.m.

Limit: 15

Fee: \$30 for September & October

Deadline to register: September 5

Tap Dance - moderate impact

Class is for those who have had prior lessons in tap. This is not a beginner class. Class instructor is Michelle Palmer.

Date: Mondays in September & October

Time: 10:00-10:50 a.m.

Limit: 20

Fee: \$28 for September & October

Deadline to register: September 11

Yoga with Larry - low impact

Wonderful for your mind, body and spirit. This class concentrates on breathing, stretching and relaxing. Movements in class utilize props such as chairs, weights, blocks and bands.

Date: Fridays in September & October

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

Fee: \$20 for September & October

Special Instructions: Floor mats are furnished but you may bring your own.

Limit: 24

Deadline to register: September 1

Zumba Gold - moderate impact

A great aerobic training class that uses Latin dance styles adapted for those with less exercise experience. Instructor Michelle Palmer helps you work your hips, legs and arms to build your cardiovascular health. All levels are welcome.

Date: Mondays in September & October

Time: 9:00-9:50 a.m.

Fee: \$28 for September & October **Limit:** 25

Deadline to register: September 11

Zumba Gold Toning - moderate impact

Class combines the Latin rhythms of Zumba Gold with the use of light hand weights to help tone the arms. Michelle Palmer is the instructor.

Date: Thursdays in September & October

Time: 8:30-9:30 a.m.

Fee: \$28 for September & October **Limit:** 25

Deadline to register: September 7

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

Amateur Radio Class

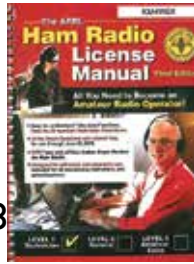
Become a HAM! in this fun 8-week class taught by the Stones River Amateur Radio Club which will help you qualify for the Technician Level Amateur Radio Test for licensure.

Date: Saturdays, September 23-November 18

Time: 10:30 a.m.-12:30 p.m.

Fee: \$6 for 8-week session

Deadline: September 19 **Limit:** 30



Time: 9:00 a.m.-12:00 noon

Fee: \$10

Deadline: None

Limit: 16

Art with Vivian: Shopping Bag

Fabric painting is fun and easier than you think! Create your own hand painted shopping bag that you can proudly enjoy using. All supplies provided.

Date: Tuesday, October 17

Time: 9:00 a.m.-12:00 noon

Fee: \$10

Deadline: None

Limit: 16



Android Basics

Got an Android phone or tablet? This 2-day class will teach you all the powerful features offered. Lori Lovelady & Allison Voss are the instructors.

Date: Tuesday & Wednesday, September 5 & 6

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: August 31 **Limit:** 5

Date: Monday & Tuesday, September 11 & 12

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: September 6 **Limit:** 5

Date: Monday & Tuesday, September 18 & 19

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: September 13 **Limit:** 5

Date: Monday & Tuesday, October 2 & 3

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: September 27 **Limit:** 5

Date: Monday & Tuesday, October 9 & 10

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: October 4 **Limit:** 5

Date: Monday & Tuesday, October 23 & 24

Time: 12:30-2:30 p.m.

Fee: \$25 for 2-day session

Deadline: October 18 **Limit:** 5

Art Group - Open Studio

This group of talented artists meets on Wednesdays from 12:30-3:30 p.m. See Lisa Foster for more information.

Art with Vivian: Decorative Bottle

Tole painting techniques are used to create a "Fall Season" decorated bottle that you can be proud to use to decorate your home for years to come. All supplies provided.

Date: Tuesday, October 10



Awesome Apps Workshop

Do you have apps all over your smartphone or tablet? Maybe several pages of them? Wanna organize them better? Join this class to learn how to manage your Apps.

Date: Wednesday, September 27

Time: 10:00 a.m.-12:00 noon

Fee: \$15

Deadline: September 20 **Limit:** 5

Special Instructions: You must bring a device (Apple or Android) with you to this class and you must also know how to use the device confidently as this is not a workshop on how to use your device.

Ballet Plata y Oros

12 senior Hispanic dancers from San Antonio will entertain you with cultural dances. Afterwards the group will stay for Karaoke. Make plans to join them.

Date: Friday, October 27

Time: 1:00-2:00 p.m.

Fee: FREE

Deadline: October 20 **Limit:** 120

Belly Dancing Class

Get a unique & fun aerobic workout while learning the ancient art of belly dancing. You will gently massage the joints and organs with the slow flowing movements that come naturally to the female form. This class is suitable for all levels. You may bring a hip scarf or coin belt.

Date: Mondays, September 11-October 30

Time: 2:30-3:30 p.m.

Fee: \$80 for two month session

Deadline: September 7 **Limit:** 25

Ceramics: A Social Class

Pick a piece to work on from the stock on hand with help from Ms. Vivian Karros.

Date: Wednesdays, September 6-October 28

Time: 8:30-11:30 a.m.

Fee: Price per piece

Deadline: None

Limit: 16

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

Ceramics: The Joy of Class

Learn all you need to know about how ceramics pieces are created, basic painting and shading and how to use a variety of different techniques all while making your own unique and interesting pieces. All materials provided.

Date: Tuesdays, September 12-October 31

Time: 1:00-4:00 p.m.

Fee: \$80 for two-month session

Deadline: None **Limit:** 16

Crafting with Susanne: Button Tree on Painted Canvas

Fun craft project! Bring old buttons.

Date: Friday, September 29

Time: 1:00-3:00 p.m.

Fee: \$5 **Deadline:** September 22 **Limit:** 10

Crafting with Susanne: Gauze Ghosts

Fun project for the season. Learn with us and do a project with your grandkids later. Projects must dry overnight so be prepared to come and pick up completed ghosts the next day.

Date: Thursday, October 5

Time: 1:00-3:00 p.m.

Fee: \$5 **Deadline:** September 29 **Limit:** 10

Crochet Class: Beginning

Class for beginners or those who have never crocheted before. Bring cotton crochet yarn "Sugar & Cream," a size J hook and a small pair of scissors to first class.

Date: Wednesdays, September 6-October 25

Time: 10:00-11:00 a.m.

Fee: FREE

Deadline: September 5 **Limit:** 5

Dating After 60-Your Health

Many people age 60 and over date. This presentation by De-lon Eckles of the Rutherford County Health Department is on healthy dating, consent, communication strategies, risky behavior and STDs.

Date: Friday, October 27

Time: 9:30-11:00 a.m.

Fee: FREE

Deadline: None **Limit:** 40

Do This, Not That! Protect Yourself

Learn what to do and what NOT to do at the mall, the grocery store, a hotel or motel to keep yourself safe from thugs and thieves. Officer Amy Norville with MPD is the guest speaker.

Date: Monday, September 25

Time: 10:00-11:00 a.m.

Fee: FREE **Deadline:** None **Limit:** None

Do This, Not That! Caregiving with Respect

Persons with limitations are sometimes treated unknowingly without respect. Learn how to approach a person with disabilities in a manner that is appropriate and respectful. Cindi

Thomas is the guest speaker.

Date: Monday, October 16

Time: 10:00-11:00 a.m.

Fee: FREE **Deadline:** None **Limit:** None

The Drawing Basics Class

This beginner, 2-month course will teach you the fundamentals of drawing including various ways of holding your materials, how to draw basic shapes, how to measure for accurate proportions, rules of composition, shading and more. We welcome Patricia Tenpenny who has a Masters Degree in Art from Louisiana State.

Date: Mondays, September 11-October 30

Time: 1:00-2:00 p.m.

Fee: \$80 for two-month session

Deadline: September 7

Limit: 12

Dulcimer - Beginning

The mountain dulcimer is a beautiful, simple instrument to play. Jane McNulty makes learning fun. Instructor will help you purchase or borrow an instrument.

Date: Tuesdays, September 5-October 24

Time: 12:00 n-12:45 p.m.

Fee: \$110 for two-month session

Dulcimer - Intermediate

The mountain dulcimer is a beautiful, simple instrument to play. Jane McNulty makes learning fun. Instructor will help you purchase or borrow an instrument.

Date: Tuesdays, September 5-October 24

Time: 10:00-10:45 a.m.

Fee: \$110 for two-month session

Duplicate Bridge

Meets Mondays & Fridays at 9:30 a.m. If you would like to play duplicate bridge, give Lisa Foster a call at 615-848-2550.

Everybody Drums Some

Ross Lester brings us this unique program of drumming which is an easy, but powerful way to get energized, release stress, connect and communicate with others and have a lot of fun! Ross makes it easy for you to find and keep the beat to create great rhythms all around.

Date: Thursday, October 19

Time: 10:00-11:00 a.m.

Fee: None **Deadline:** October 16 **Limit:** 120

Facebook 101

Facebook is a great way to keep us with the daily lives of those you love, be it kids, grandkids or friends. Social Media 4 Seniors brings us this wonderful program. You must bring your own device (phone, laptop, etc. & be able to use it.

Date: Wednesday, September 13

Time: 10:00 a.m.-12:00 noon

Fee: \$15 **Deadline:** September 6 **Limit:** 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>YOGA WITH LARRY Larry says he can teach a 10:30 a.m. yoga class if you want one! If you're interested in a 10:30 a.m. yoga class on Fridays, please see Lisa Foster, Program Coordinator.</p>	<p>Line Dance Time Change Tuesday Intermediate Line Dance Wednesday Beginning Line Dance New times: 1:15-2:45 p.m.</p>	<p>Jazzercise is Coming to St. Clair Senior Center Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling dance party with a hot playlist to distract you from the burn. We will be offering a low-impact dance mix class every Monday, Wednesday, Friday from 3:00pm-4:00pm. Wear comfortable clothes, and bring water and a sweat towel. Classes will be taught by Marie Littrell, a franchised, certified jazzercise instructor for over 11 years. Come prepared to have fun doing something that is so good for you!</p>		<p>1 9:30 a.m. Duplicate Bridge 1:00 p.m. Music Jam</p>	<p>2 10:00 a.m. Center Open</p>
<p>4 CENTER CLOSED Happy Labor Day!</p>	<p>5 9:00 a.m. Powerful Tools for Caregivers 9:00 a.m. Inter. Piano 10:00 a.m. New Participant Orientation 10:00 a.m. iPad/iPhone Basics 10:00 a.m. Inter. Dulcimer 11:00 a.m. Beginning Piano 12:00 n Beginning Dulcimer 12:30 p.m. Android Basics 12:30 p.m. Comm. Care Visit 1:00 p.m. Hand & Foot 1:00 p.m. Intro to Spanish 2:15 p.m. Spanish I</p>	<p>6 8:30 a.m. Ceramics: Social 10:00 a.m. iPad/iPhone Basics 10:00 a.m. Beginning Crochet 12:30 p.m. Android Basics 12:30 p.m. Open Studio: Art</p>	<p>7 9:00 a.m. Learn to Read 10:00 a.m. Pinterest 101 10:00 a.m. Chess 12:30 p.m. Instagram & Twitter Workshop 1:00 p.m. Trivia Group 1:00 p.m., Seniors Acting Up</p>	<p>8 9:30 a.m. Duplicate Bridge 10:00 a.m. AARP Chapter Meeting welcomes Ms. Cheap 11:00 a.m. Share the Care Alzheimer's Support Group 1:00 p.m. Karaoke</p>	<p>9 10:00 a.m. Center Open</p>
<p>11 9:00 a.m. Inter Stained Glass 9:30 a.m. Blood Pressure Clinic 9:30 a.m. Duplicate Bridge 10:00 a.m. iPad/iPhone Basics 10:00 a.m. In the Garden with Jack: Lawn Care 11:45 a.m. FREE Live Concert featuring Million Dollar Quartet Live: music of Elvis, Cash & Lewis 12:30 p.m. Android Basics 1:00 p.m. Drawing Basics 1:00 p.m. Singing Seniors 2:30 p.m. Belly Dancing Class</p>	<p>12 9:00 a.m. Powerful Tools for Caregivers 9:00 a.m. Inter. Piano 10:00 a.m. New Participant Orientation 10:00 a.m. iPad/iPhone Basics 10:00 a.m. Inter. Dulcimer 11:00 a.m. Beginning Piano 12:00 n Beginning Dulcimer 12:30 p.m. Android Basics 1:00 p.m. Ceramics: Joy of 1:00 p.m. Intro to Spanish 2:15 p.m. Spanish I</p>	<p>13 8:30 a.m. Ceramics: Social 9:30 a.m. Health Break: Fighting Depression 10:00 a.m. Beginning Crochet 10:00 a.m. Facebook 101 12:30 p.m. Open Studio: Art</p>	<p>14 9:00 a.m. St. Rose Bridge 9:00 a.m. Learn to Read 10:00 a.m. Chess 10:00 a.m. FCE Better Living 1:00 p.m. Trivia Group 1:00 p.m., Seniors Acting Up</p>	<p>15 9:30 a.m. Duplicate Bridge 11:00 a.m. Grief Relief Support Group 1:00 p.m. Music Jam</p>	<p>16 10:00 a.m. Center Open 12:30 p.m. Care Connection 12:30 p.m. Parkinson Support Group</p>
<p>18 9:00 a.m. Inter Stained Glass 9:30 a.m. Blood Pressure Clinic 9:30 a.m. Duplicate Bridge 10:00 a.m. iPad/iPhone Basics 12:30 p.m. Android Basics 1:00 p.m. Drawing Basics 1:00 p.m. Singing Seniors 2:00 p.m. Memory Cafe at Through the Grapevine 2:30 p.m. Belly Dancing Class</p>	<p>19 9:00 a.m. Powerful Tools for Caregivers 9:00 a.m. Inter. Piano 10:00 a.m. Our Town Growth 10:00 a.m. New Participant Orientation 10:00 a.m. iPad/iPhone Basics 10:00 a.m. Inter. Dulcimer 11:00 a.m. Beginning Piano 12:00 n Beginning Dulcimer 12:30 p.m. Comm. Care Visit 12:30 p.m. Android Basics 1:00 p.m. Ceramics: Joy of 1:00 p.m. Hand & Foot 1:00 p.m. Intro to Spanish 2:15 p.m. Spanish I</p>	<p>20 8:30 a.m. Ceramics: Social 10:00 a.m. Pinterest 101 10:00 a.m. Beginning Crochet 10:00 a.m. Science Class: Backyard Birds 12:30 p.m. Open Studio: Art 12:30 p.m. Instagram & Twitter Workshop 1:00 p.m. Happy Clowns Class & Rehearsal</p>	<p>21 9:00 a.m. Mixed Media: Dynamic Trees on Cork 9:00 a.m. Learn to Read 10:00 a.m. Trip Escort Training 10:00 a.m. Chess 10:00 a.m. Facebook 101 11:30 a.m. Lunch & Learn: End of Life Issues 12:30 p.m. Facebook 101 1:00 p.m. Trivia Group 1:00 p.m., Seniors Acting Up</p>	<p>22 9:30 a.m. Duplicate Bridge 10:30 a.m. Senior Assembly 11:00 a.m. Care Connection 1:00 p.m. Karaoke</p>	<p>23 10:00 a.m. Center Open 10:30 a.m. Amateur Radio Class</p>
<p>25 9:00 a.m. Inter Stained Glass 9:30 a.m. Blood Pressure Clinic 9:30 a.m. Duplicate Bridge 10:00 a.m. Google Drive & Apps 10:00 a.m. Do This, Not That! Protect Yourself! 12:30 p.m. Google Drive & Apps 1:00 p.m. Drawing Basics 1:00 p.m. Singing Seniors 2:30 p.m. Belly Dancing Class</p>	<p>26 9:00 a.m. Inter. Piano 10:00 a.m. New Participant Orientation 10:00 a.m. Google Drive & Apps 10:00 a.m. Inter. Dulcimer 11:00 a.m. Beginning Piano 12:00 n Beginning Dulcimer 10:00 a.m. Google Drive & Apps 1:00 p.m. Ceramics: Joy of 1:00 p.m. Intro to Spanish 2:15 p.m. Spanish I</p>	<p>27 8:30 a.m. Ceramics: Social 9:30 a.m. Clowns Trip 10:00 a.m. Awesome Apps 10:00 a.m. Beginning Crochet All afternoon activities are cancelled from 12:00 noon-4:30 p.m.</p>	<p>28 8:30 a.m. HEALTH EXPO ALL ACTIVITIES CANCELLED from 8:00 a.m.-1:00 p.m. 1:00 p.m. Trivia Group 1:00 p.m., Seniors Acting Up</p>	<p>29 9:30 a.m. Duplicate Bridge 1:00 p.m. Crafting with Susanne</p>	<p>30 10:00 a.m. Center Open 10:30 a.m. Amateur Radio Class 6:00 p.m. Dance with Nashtones Band</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>9:00 a.m. Inter Stained Glass</p> <p>9:30 a.m. Blood Pressure Clinic</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Drawing Basics</p> <p>1:00 p.m. Singing Seniors</p> <p>2:30 p.m. Belly Dancing Class</p>	<p>3</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Inter. Piano</p> <p>10:00 a.m. New Participant Orientation</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>10:00 a.m. Inter. Dulcimer</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Beginning Dulcimer</p> <p>12:30 p.m. Comm. Care Visit</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Ceramics: Joy of</p> <p>1:00 p.m. Intro to Spanish</p> <p>1:00 p.m. Stepping On Class</p> <p>2:15 p.m. Spanish I</p>	<p>4</p> <p>8:30 a.m. Ceramics: Social</p> <p>9:00 a.m. Medicare Workshop</p> <p>10:00 a.m. Beginning Crochet</p> <p>10:00 a.m. Facebook 101</p> <p>12:30 p.m. Open Studio: Art</p> <p>12:30 p.m. Facebook 101</p>	<p>5</p> <p>9:00 a.m. Learn to Read</p> <p>10:00 a.m. Chess</p> <p>1:00 p.m. Trivia Group</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. Crafting with Susanne: Gauze Ghosts</p> <p>1:00 p.m. Living Well with Chronic Conditions</p>	<p>6</p> <p>9:30 a.m. Duplicate Bridge</p> <p>1:00 p.m. Music Jam</p> <p>1:00 p.m. UpCycling: Halloween Craft</p>	<p>7</p> <p>10:00 a.m. Center Open</p> <p>10:30 a.m. Amateur Radio Class</p>
<p>9</p> <p>9:00 a.m. Inter Stained Glass</p> <p>9:30 a.m. Blood Pressure Clinic</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>10:00 a.m. In the Garden with Jack: About Blueberries</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Drawing Basics</p> <p>1:00 p.m. Singing Seniors</p> <p>2:30 p.m. Belly Dancing Class</p>	<p>10</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Art with Vivian: Wine Bottle</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Inter. Piano</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>10:00 a.m. New Participant Orientation</p> <p>10:00 a.m. Inter. Dulcimer</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Beginning Dulcimer</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Hand & Foot</p> <p>1:00 p.m. Intro to Spanish</p> <p>1:00 p.m. Stepping On Class</p> <p>2:15 p.m. Spanish I</p>	<p>11</p> <p>8:30 a.m. Ceramics: Social</p> <p>10:00 a.m. RCCOA Fall Forum</p> <p>10:00 a.m. Pinterest 101</p> <p>10:00 a.m. Beginning Crochet</p> <p>12:30 p.m. Instagram & Twitter Workshop</p> <p>12:30 p.m. Open Studio: Art</p>	<p>12</p> <p>9:00 a.m. St. Rose Bridge</p> <p>9:00 a.m. Learn to Read</p> <p>10:00 a.m. Chess</p> <p>10:00 a.m. FCE Better Living</p> <p>1:00 p.m. Trivia Group</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. Living Well with Chronic Conditions</p>	<p>13</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. AARP meeting</p> <p>10:00 a.m. Heritage Arts: Learn to Make Goat Soap</p> <p>11:00 a.m. Share the Care Alzheimer's Support Group</p> <p>1:00 p.m. Karaoke</p> <p>6:00 p.m. Dance with Uptown Country Band</p>	<p>14</p> <p>10:00 a.m. Center Open</p> <p>10:30 a.m. Amateur Radio Class</p>
<p>16</p> <p>9:00 a.m. Inter Stained Glass</p> <p>9:30 a.m. Blood Pressure Clinic</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. Do This, Not That! Caregiving with Respect</p> <p>10:00 a.m. Western Music Historian: Fred Goodwin</p> <p>10:00 a.m. Set up Ageless Art</p> <p>10:00 a.m. In the Garden with Jack: Lawn Care</p> <p>12:30 p.m. Health Break: Interfaith Dental</p> <p>1:00 p.m. Drawing Basics</p> <p>1:00 p.m. Singing Seniors</p> <p>2:30 p.m. Belly Dancing Class</p>	<p>17</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Art with Vivian: Shopping Bag</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Inter. Piano</p> <p>9:30 a.m. Your Story Through Media</p> <p>10:00 a.m. New Participant Orientation</p> <p>10:00 a.m. Inter. Dulcimer</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Beginning Dulcimer</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Ceramics: Joy of</p> <p>1:00 p.m. Intro to Spanish</p> <p>1:00 p.m. Stepping On Class</p> <p>2:15 p.m. Spanish I</p>	<p>18</p> <p>8:30 a.m. Ceramics: Social</p> <p>10:00 a.m. Beginning Crochet</p> <p>11:30 a.m. Lunch & Learn: Downsizing</p> <p>12:30 p.m. Open Studio: Art</p> <p>1:00 Happy Clown Meeting & Rehearsal</p>	<p>19</p> <p>9:00 a.m. Learn to Read</p> <p>10:00 a.m. Chess</p> <p>10:00 a.m. Everybody Drums Some</p> <p>1:00 p.m. Trivia Group</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. Living Well with Chronic Conditions</p>	<p>20</p> <p>9:30 a.m. Duplicate Bridge</p> <p>11:00 a.m. Grief Relief Support Group</p> <p>1:00 p.m. Music Jam</p>	<p>21</p> <p>7:30 a.m. Parkinson Support Group to Vanderbilt University Symposium</p> <p>10:00 a.m. Center Open</p> <p>10:30 a.m. Amateur Radio Class</p> <p>12:30 p.m. Care Connection</p>
<p>23</p> <p>9:00 a.m. Inter Stained Glass</p> <p>9:30 a.m. Blood Pressure Clinic</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>12:30 p.m. Android Basics</p> <p>1:00 p.m. Drawing Basics</p> <p>1:00 p.m. Singing Seniors</p> <p>2:00 p.m. Memory Cafe at Through the Grapevine</p> <p>2:30 p.m. Belly Dancing Class</p>	<p>24</p> <p>9:00 a.m. Powerful Tools for Caregivers</p> <p>9:00 a.m. Inter. Piano</p> <p>10:00 a.m. iPad/iPhone Basics</p> <p>10:00 a.m. New Participant Orientation</p> <p>10:00 a.m. Inter. Dulcimer</p> <p>11:00 a.m. Beginning Piano</p> <p>12:00 n Beginning Dulcimer</p> <p>12:30 p.m. Comm. Care Visit</p> <p>1:00 p.m. Ceramics: Joy of</p> <p>1:00 p.m. Intro to Spanish</p> <p>1:00 p.m. Stepping On Class</p> <p>2:15 p.m. Spanish I</p>	<p>25</p> <p>8:30 a.m. Ceramics: Social</p> <p>10:00 a.m. Facebook 101</p> <p>10:00 a.m. Beginning Crochet</p> <p>12:30 p.m. Meet the Rep! Tornadoes & Safety</p> <p>12:30 p.m. Open Studio: Art</p> <p>12:30 p.m. Facebook 101</p>	<p>26</p> <p>9:00 a.m. Mixed Media: Daffodils on Gold</p> <p>9:00 a.m. Learn to Read</p> <p>10:00 a.m. Chess</p> <p>1:00 p.m. Trivia Group</p> <p>1:00 p.m. Seniors Acting Up</p> <p>1:00 p.m. Living Well with Chronic Conditions</p>	<p>27</p> <p>9:30 a.m. Duplicate Bridge</p> <p>9:30 a.m. Dating After 60</p> <p>11:00 a.m. Care Connection</p> <p>1:00 p.m. Ballet Plata y Oros</p> <p>1:00 p.m. Karaoke</p>	<p>28</p> <p>10:00 a.m. Center Open</p> <p>10:30 a.m. Amateur Radio Class</p>
<p>30</p> <p>9:00 a.m. Inter Stained Glass</p> <p>9:30 a.m. Blood Pressure Clinic</p> <p>9:30 a.m. Duplicate Bridge</p> <p>10:00 a.m. Google Drive & Apps</p> <p>12:30 p.m. Google Drive & Apps</p> <p>1:00 p.m. Drawing Basics</p> <p>1:00 p.m. Singing Seniors</p> <p>2:30 p.m. Belly Dancing Class</p>	<p>31</p> <p>9:30 a.m. Halloween Party</p> <p>10:00 a.m. New Participant Orientation</p> <p>10:00 a.m. Google Drive & Apps</p> <p>12:30 p.m. Google Drive & Apps</p> <p>1:00 p.m. Ceramics: Joy of</p> <p>1:00 p.m. Intro to Spanish</p> <p>1:00 p.m. Stepping On Class</p> <p>2:15 p.m. Spanish I</p>	<p>Rutherford County Council on Aging presents Fall Forum 2017 on Wednesday, October 11 at 10:00 a.m. with Keynote Speaker Dr. Ron Messier, Ph.D "Active Retirement" <i>Register by October 5 at 615-848-2550. Lunch provided for those who pre-register.</i></p> <p>Guest Speakers include:</p> <ul style="list-style-type: none"> • Welcome & Active Murfreesboro with Honorable Mayor Shane McFarland • Staying Physically Active with Allison Davidson and Rick Canada • Brain Activity: Exercising Your Mind with Michelle Thomas & Cindi Thomas • "Living" with a Disability with Darlene Kemp & Barbara Batson • Staying Active in Retirement with Dr. Ron Messier, Ph. D. 			

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

Facebook 101

See description on page 11..

Date: Thursday, September 21 (2 class times)
Time: 10:00 a.m.-12:00 noon or 12:30-2:30 p.m.
Fee: \$15 **Deadline:** September 13 **Limit:** 5

Date: Wednesday, October 4 (2 class times)
Time: 10:00 a.m.-12:00 noon or 12:30-2:30 p.m.
Fee: \$15 **Deadline:** September 27 **Limit:** 5

Date: Wednesday, October 25 (2 class times)
Time: 10:00 a.m.-12:00 noon or 12:30-2:30 p.m.
Fee: \$15 **Deadline:** October 18 **Limit:** 5

FCE Better Living Group

Meets on Thursdays, September 14 and October 12 at 10:00 a.m. Contact Lisa Foster at 615-848-2550 for more information on this group.

Google Drive & Apps (2-day class)

In this class you will learn to use your Google account: the Google Drive (cloud storage), navigate in Gmail (send, search, sort), create Google Docs (letters/reports), Sheets (spreadsheets) and Slides (slide shows). If you already have an account have your username & password ready for class. Bring your laptop or computers in lab will be available.

Date: Monday & Tuesday, September 25 & 26
Time: 10:00 a.m.-12:00 noon
Fee: \$25 **Deadline:** September 20 **Limit:** 5

Date: Monday & Tuesday, September 25 & 26
Time: 12:30-2:30 p.m.
Fee: \$25 **Deadline:** September 20 **Limit:** 5

Date: Monday & Tuesday, October 30 & 31
Time: 10:00 a.m.-12:00 noon
Fee: \$25 **Deadline:** October 25 **Limit:** 5

Date: Monday & Tuesday, October 30 & 31
Time: 12:30-2:30 p.m.
Fee: \$25 **Deadline:** October 25 **Limit:** 5

Hand & Foot Game: Learn & Play

Join us for a friendly game of Hand & Foot. What is that you ask? If you have never played before, the group will teach you.

Date: Tuesdays, September 5 & 19 and October 10 & 24
Time: 1:00-4:00 p.m.
Fee: None **Deadline:** 9/4 & 10/9 **Limit:** 16

Happy Clown Class

Happy clowns meet Wednesday, September 20 & October 18 from 1:00-3:30 p.m. Bring your Clown Basics Books. Anyone interested in becoming a clown may attend this meeting or contact Brenda Elliott at 615-848-2550 for more information on becoming a clown.

Instagram & Twitter Workshop

Learn the basics of these fun sites and stay up to date in

this modern world. What is a hashtag? What is a tweet? #don'tmissthisclasstofindout

Date: Thursday, September 7
Time: 12:30-2:30 p.m.
Fee: \$15
Deadline: August 31 **Limit:** 5

Date: Wednesday, September 20
Time: 12:30-2:30 p.m.
Fee: \$15
Deadline: September 13 **Limit:** 5

Date: Wednesday, October 11
Time: 12:30-2:30 p.m.
Fee: \$15
Deadline: October 4 **Limit:** 5

Special Instructions: You must bring a laptop, tablet, iPad or smartphone with you to this workshop. You must also know how to use this device confidently. It would be helpful for you to set up an account before the workshop go to www.twitter.com and/or www.instagram.com and remember your password.

In the Garden with Jack: Lawn Care & Grass Maintenance: When establishing or renovating your lawn, select a lawn grass species for variety appropriate for your specific site and needs. Considerations include the level of care, soil type, exposure and location requirements. Taught by Master Gardener, Jack Smith.

Date: Monday, September 11
Time: 10:00-11:30 a.m.
Fee: FREE **Deadline:** None **Limit:** None

In the Garden with Jack: How About Blueberries?

There is nothing so good as eating fresh fruit from your yard. Learn the needs of blueberries and how to grow them on your land. Taught by Master Gardener, Jack Smith.

Date: Monday, October 9
Time: 10:00-11:30 a.m.
Fee: FREE **Deadline:** None **Limit:** None

iPad/iPhone Basics (2-day class)

Want to learn how to use you Apple product? Lori Lovelady, with Social Media 4 Seniors will teach you how to make the most of their functions in this 2-day class. Bring your Apple account information to this class with your device.

Date: Tuesday & Wednesday, September 5 & 6
Time: 10:00 a.m.-12:00 n
Fee: \$25 for 2-day session
Deadline: August 31 **Limit:** 5

Date: Monday & Tuesday, September 11 & 12
Time: 10:00 a.m.-12:00 n
Fee: \$25 for 2-day session
Deadline: September 6 **Limit:** 5

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

iPad/iPhone Basics (2-day class)

See description on page 14.

Date: Monday & Tuesday, September 18 & 19

Time: 10:00 a.m.-12:00 n

Fee: \$25 for 2-day session

Deadline: September 13 **Limit:** 5

Date: Monday & Tuesday, October 2 & 3

Time: 10:00 a.m.-12:00 n

Fee: \$25 for 2-day session

Deadline: September 27 **Limit:** 5

Date: Monday & Tuesday, October 9 & 10

Time: 10:00 a.m.-12:00 n

Fee: \$25 for 2-day session

Deadline: October 4 **Limit:** 5

Date: Monday & Tuesday, October 23 & 24

Time: 10:00 a.m.-12:00 n

Fee: \$25 for 2-day session

Deadline: October 18 **Limit:** 5

Learn to Make Goat Milk Soap

This class and demonstration on making soap taught by Elizabeth from Windrow Farms is part of our Heritage Arts program. If you sign up and show up you will be eligible for a door prize drawing from Windrow Farms.

Date: Friday, October 13

Time: 10:00-11:30 a.m.

Fee: FREE

Deadline: None **Limit:** 12



Learn To Read

Meets on Thursdays at 9:00 a.m. in September & October. Contact Lisa Foster at 615-848-2550 for information on this program.

Library at St. Clair

The library is open whenever the center is open. Books are loaned out on the honor system. We trust that you will bring them back. Currently we are not accepting book donations. Check for updates in future issues of the newsletter.

Lunch & Learn: Downsizing

Most of us need to do it, but really don't know where to begin. Cindy Natsch, founder of "Let's Get Moving!" is an expert on downsizing. **Bring a sack lunch.**

Date: Wednesday, October 18

Time: 11:30 a.m.-1:00 p.m.

Fee: FREE

Meet the Representative: Tornadoes & Safety

Fire Marshall Carl Peas will give us tips on how to respond and prepare when there is a tornado watch or warning. Plus, see a video of the tornadoes that have passed through our area.

Date: Wednesday, October 25

Time: 12:30-1:45 p.m.

Fee: FREE

Mixed Media: High Detail Pen & Ink Drawings

All levels are welcome. Sign up for both classes for \$40. See picture samples in Room 406.

Dynamic Trees on Cork

Date: Thursday, September 21

Time: 9:00 a.m.-3:00 p.m.

Fee: \$20 **Deadline:** September 18 **Limit:** 12

Supplies: 30 x 16" Cork board, 2 white gel pens, 1 medium black Sharpie and 1 fine tip black Sharpie.



Daffodils on Gold

Date: Thursday, October 26

Time: 9:00 a.m.-3:00 p.m.

Fee: \$20 **Deadline:** October 23 **Limit:** 12

Supplies: Canvas board (size is your choice) already painted with 2 coats of iridescent gold acrylic paint using a painter's sponge (for very smooth surface) and 1 fine tip black Sharpie. Instructor will provide pastels.



New Participant Orientations

If you are new to St. Clair Street Senior Center and would like more information about the Center . . . Who works where? How to maneuver the Newsletter? Where classes are located? How & where to sign up for trips. . . then this is for you! Tours will also be given at this time to those who are interested.

Date: Tuesdays in September & October

Time: 10:00-10:30 a.m.

News, Books & Newspapers

Would you like to learn how to find news sources and read newspapers and magazines on your mobile device? What about finding that great book using the Kindle App? We will also talk about using the local library website to find and check out e-book, audio books and magazines for free. Bring your iPad/iPhone or Android device.

Date: Wednesday, November 1

Time: 10:00 a.m.-12:00 noon

Fee: \$15

Deadline: October 25 **Limit:** 5

Our Town Growth

Gloria Shacklett Christy of Shacklett's Photography shares historical photos of the early history of Murfreesboro. If you have lived in the 'boro all your life you will enjoy this for sure and if you are a transplant what a good way to learn more about you new town.

Date: Tuesday, September 19

Time: 10:00-11:30 a.m.

Limit: 40

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

Party Bridge

Learn and play party bridge on Thursdays at 11:30 a.m. Contact Lisa Foster at 615-848-2550 for more information on this program.

Piano: Beginning

If you've ever thought about learning piano, now is your chance. Jane McNulty instructs & keyboards are provided.

Date: Tuesdays, September 5-October 24

Time: 11:00-11:45 a.m.

Fee: \$110 for 2-month session

Piano: Intermediate

If you've already been studying piano with Jane, this is your class to continue your musical journey.

Date: Tuesdays, September 5-October 24

Time: 9:00-9:45 a.m.

Fee: \$110 for 2-month session

Pinterest 101

Pinterest is a wonderful way to find, keep, share & "pin" your interests on this fun social media site.

Date: Thursday, September 7

Time: 10:00 a.m.-12:00 noon

Fee: \$15

Deadline: August 31

Limit: 5

Date: Wednesday, September 20

Time: 10:00 a.m.-12:00 noon

Fee: \$15

Deadline: September 13

Limit: 5

Date: Wednesday, October 11

Time: 10:00 a.m.-12:00 noon

Fee: \$15

Deadline: October 4

Limit: 5

Special Instructions: You must bring a laptop, tablet, iPad or smartphone with you to this workshop. You must also know how to use this device confidently. If you want to set up a Pinterest account before the workshop go to www.pinterest.com and remember your password.

Science Class: Backyard Birds

Brought to you by Polly Rooker, Biologist II with the Tennessee Wildlife Resource Agency, a presentation on all the beautiful birds we are lucky to have in TN. Learn how to make your backyard bird friendly.

Date: Wednesday, September 20

Time: 10:00-11:00 a.m.

Fee: FREE

Deadline: None

Limit: 50

Seniors Acting Up!

Meets Thursdays from 1:00-3:00 p.m. Under the direction of Charlie Parker, the group rehearses and performs plays throughout the year. Contact Lisa Foster for more information on this group. No sign up required.

Singing Seniors

Meets Mondays at 1:00 p.m. St. Clair Singing Seniors is a choral group under the direction of Charlie Parker. The group meets regularly to rehearse a program and then perform in the community and at the Center throughout the year. Call Lisa Foster at 615-848-2550. No sign up required.

Spanish I

Cynthia Borzick teaches this Spanish class with more focus on the language and grammar.

Date: Tuesdays in September & October

Time: 2:15-3:30 p.m.

Fee: \$50 for 2-month session

Spanish I: Learn how to read, write, speak and hear your new language in a traditional classroom setting. Converse about practical subjects like travel, entertainment, eating in a restaurant, going to the store or bank and visiting the doctor or hospital. No experience necessary. The course lasts 6 months and will prepare you for further instruction at St. Clair or continuing self-study. We will be using Barron's Learn Spanish the Fast and Fun Way, ISBN number 978-1-4380-7497-9, & can be purchased new at any participating bookstore or ordered online at amazon.com.

Spanish an Introduction

Learn the basics of conversation in Spanish in this fun & informative class taught by Cynthia Borzick.

Date: Tuesdays in September & October

Time: 1:00-2:15 p.m.

Fee: \$50 for 2-month session

Special Notes: the class is taught in 8 week increments covering a variety of subjects. It's light on the grammar and focused on conversation. The basic class includes lots of fun activities. Speak with your neighbors about everyday life – the weather, your home and family, what you do and where you go. No experience necessary. Use as a launching for Spanish I. No book needed. Handouts provided. Required for class: 3-ring binder, paper, & pen.

Stained Glass Intermediate Level

Session now includes a Technique tutorial in each class. Tutorial materials are provided. The new techniques will enhance student projects. After the tutorial, students may work on their own project. No class September 4.

Date: Monday in September & October

Time: 9:00 a.m.-12:00 p.m.

Fee: \$100 for 2-month session

Deadline: September 8

Limit: 8

September Technique Tutorial: Learn how to attach rod and tube hinges, brass hinges for making lids for boxes, hinged doors and wing hinges.

October Technique Tutorial: Learn fine wire technique with or without solder for making a pendant and an ornament.



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

St. Rose Bridge

Meets on September 14 and October 12 from 9:00 a.m.-12:00 noon. Please see Lisa Foster for more information on this group.

Trivia Group

St. Clair trivia group meets on Thursdays at 1:00 p.m. If you love trivia we'd love to have you join in! Each week we test our knowledge with questions and answers. We'll be picking 3 of us to represent the St. Clair center in the Tennessee Senior Brain Games. Come and play Brain Games with us! Contact Lisa Foster at 615-848-2550 for more information.

UpCycling: A Halloween Craft

This is a fun easy craft class and you will be recycling which makes a positive impact on our planet. Facilitated by Susanne Hebden.

Date: Friday, October 6

Time: 1:00-3:00 p.m.

Fee: FREE

Deadline: September 29

Limit: 10

Western Music Historian

Meet Western Music Historian, Fred Goodwin in this informative seminar for those who love songs like "Tumblin' Tumbleweeds" and other music by the Sons of the Pioneers. Mr. Goodwin produced 37 albums, appeared on the History Channel, PBS, Discovery, A & E Network, and 60 minutes with his "cattle music."

Date: Monday, October 16

Time: 10:00-11:00 a.m.

Fee: FREE

Limit: 50

Your Story Through Media

Gloria Shacklett Christy of Shacklett's Photography has the know-how on preservation and conservation of your own family history with media. Bring some of your old family photos for show and tell.

Date: Tuesday, October 17

Time: 9:30-11:30 a.m.

Fee: FREE

Limit: 40.

WHAT'S IN THE NEWS?

"Ageless Art" in the City Hall Rotunda

Attention Artists: Entries are being accepted NOW for the October 16-November 27 "Ageless Art" display in the City Hall Rotunda. Deadline to submit your paintings or photos is September 1. See Brenda Kiskis Elliott to get a registration form and instructions. Thank You to our artists who do such an amazing job! Set up for the event will be October 16 at 3:30 p.m.

Are You a Bibliophile?

A lover of books? Do you simply enjoy relaxing and reading a good book? We're thinking about starting a book

group; the type of group that reads the same book together and discusses it. Now we won't delve into the books like you did in high school, but we'll learn major themes and points.

If you think you might be interested in exploring some classics: The Great Gatsby, The Innocents Abroad, Sherlock Holmes, books by Dickens, Christie, Twain...just let Lisa Foster, Program Coordinator know. We'll get folks together and start reading!

Amateur Radio Class Offered at St. Clair

Amateur Radio (also known as ham radio) is a popular hobby and service that brings people, electronics and communication together. People use ham radio to talk across town, around the world, or even into space, all without the Internet or cell phones. It's fun, social, educational, and can be a lifeline during times of need. Before you can get on the air, you need to be licensed and know the rules to operate legally. It is easier than you think!

Our new class runs September 23-November 18 and will provide students with the basics to successfully pass the Technician class license test and with a little more study, to successfully pass the General class license. The instructors are all amateur radio license holders. Each time an exam is taken you will pay \$15 to AARL. Class fee is \$6.

Beginning Crochet Class Starts in September

A new Beginning Crochet class is being offered on Wednesdays from 10:00-11:00 a.m. This class is for those who are beginners or have never learned to crochet. Ms. Janice Lewis is the instructor. Ms. Lewis stated she has been crocheting for six years. It is "one of my obsessions." She loves crochet and loves teaching others to learn the craft. See page 11 for sign up information and what materials you need to bring to class the first day. This will be a free two-month long class. Space is limited.

Brenda is Looking for Buttons

If you have old buttons you do not want, please drop them by the senior center before September 25th . We need buttons for a craft project. Ask for Brenda when you drop them off. Thank you!

Scents & Fragrances

Scents are lovely and can make us feel so fresh. The problem is, some people are allergic to fragrance. Symptoms of fragrance sensitivity can include headaches, nausea, and a skin allergy like contact dermatitis, which causes redness, itching, and burning, watery, itching, burning, and red eyes; sneezing; runny nose; and congestion are also common. Fragrance can even cause sensitive persons to go into an asthma attack. If you choose not to use perfume when coming to class or going on a trip, those who are sensitive will surely appreciate it. *Thanks! Brenda K. Elliott*

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

BINGO in September & October

No sign up required.

Meets Thursdays at 10:30 a.m. on the following dates.

09/07 Bingo with Adoration Home Health

09/14 Bingo with Willowbrook

09/21 Bingo with At Home Health Care

09/26 TUESDAY with Health South of Franklin

10/05 Bingo with Willowbrook

10/12 Bingo with Murfreesboro Funeral Home

10/18 WEDNESDAY with Life Care Center of Hickory Woods

10/26 Bingo with At Home Health care

NO Bingo on 09/28 and 10/19.

Cards, Chicken Foot, Board Games, Etc.

Calling all card players! St. Clair is the place for you to be! We keep plenty of cards for Spades, Rook, Hearts, and others!

- Hand and Foot players meet here on the 2nd and 4th Tuesdays from 1:00-4:00 p.m.
- A group of Pinochle players get together every Tuesday and Thursday at 8:00 a.m. and play until about Noon.
- We've had some folks inquire about starting a Euchre group!
- Some tournaments will be held!
- If you're interested in playing a type of card game, please get in touch with Lisa Foster, Program Coordinator, and give her your contact information. She'll get you together with others that have the same interest!

All this fun and more is available all day, every day (specific games at the times noted above) in the Room 402 & 501. Just stop by and say hi, socialize and have fun, fun, fun! **No sign up required.**

DANCES in September & October

No sign up required.

SEPTEMBER Dance features great music by the **Nashtones Band.**

Date: Saturday, September 30

Time: 6:00-9:00 p.m.

Fee: \$5 at the door

The band plays 60s & 70s music. Light refreshments served, but be sure to eat dinner before you come. Bring your scan card.

OCTOBER Dance features great music by the **Uptown County Band.**

Date: Friday, October 13

Time: 6:00-9:00 p.m.

Fee: \$5 at the door

The band plays country & rock n' roll music. Light refreshments served, but be sure to eat dinner before you come. Bring your scan card.

Dew Drop Jamboree Coming in November

No sign up required.

Date: Friday, November 3

Time: 7:00-9:00 p.m.

Fee: \$5 at the door

14 band members play country music. Light refreshments served, but be sure to eat dinner before you come. Bring your scan card.

Halloween Party

You loved Sam Mullins & Jim Frazier at our Birthday Party in June. Let's see what they come up with for a Halloween Party! You may dress up if you like, but costumes are optional. Refreshments provided. Wonder who's gonna be dressed like Eddie Munster?

Date: Tuesday, October 31

Time: 9:30-11:00 a.m. **Fee:** FREE **Limit:** 130

Karaoke

Meets Fridays, September 8 & 22 and October 13 & 27 from 1:00-3:00 p.m. in Room 105. Join in for some Karaoke fun. Contact Lisa Foster at 615-848-2550 for more information on this group. *No sign up required.*

Knit & Crochet: Open Studio

The times for Knit & Crochet: Open Studio has changed. The Knitters and Crochet folks meet on Tuesdays and Thursdays from 10:00 a.m. until 2:00 p.m. Bring your supplies and stop in to knit or crochet. *No sign up required.*

Music Jam Session

Meets Fridays September 1 & 15 and October 6 & 20 from 1:00-3:00 p.m. in Room 105. Everyone is welcome to listen, play their own instruments or sing along. *No sign up required.*

Pool (Billiards)

Available all day & every day that the center is open for general programming in Room 501. Stop by and introduce yourself to get in on the games. *No sign up required.*

Puzzles

Are available all day, every day that we are open for general programming in the Room 401. Just stop by and say hi and start working the puzzle. *No sign up required.*

Quilters

Meet Tuesdays and Thursdays from 10:00 a.m.-2:00 p.m. This talented group quilts masterpieces. Stop by the quilt room for more information on joining in or having a piece quilted. *No sign up required.*









Salute to Veterans Party with Wilson Sharpe

With honor we salute our Veterans with a Pancake Breakfast. AARP Chapter 4599 serves. Oakland ROTC posts colors.









Date: Thursday, November 9

Time: 9:00-11:00 a.m. **Fee:** FREE **Limit:** 130







The following trips require payment at registration and registration for the following trips must be handled in person. Payment is accepted via check or cash only. Please note deadlines, participant limits and other costs involved. If a trip is sold out, please ask to put your name on the wait list in case of a cancellation. Thanks!

<p>THURSDAY SEPTEMBER 21 10:00-11:30 a.m.</p>	<p>MANDATORY TRIP ESCORT TRAINING If you are currently a trip escort or would like to learn more about this volunteer position you MUST attend this updated training. Please let us know you are coming by September 19. Thanks!</p>	
<p>WEDNESDAY SEPTEMBER 6 2:00 p.m. 4:30 p.m. Deadline: None</p>	<p>PREMIER WORLD DISCOVERY TRIP REVEAL & DAY TRIP INTEREST MTG We will have a day trip interest meeting and Bob Levy from Premier World Discovery will present and reveal the 2018 travel destinations for Premier. This meeting is for anyone who is interested in 2018 travel opportunities with St. Clair and who would like to give input for day trips.</p>	<p>No Cost No TRANSPORTATION No Limit </p>
<p>THURSDAY SEPTEMBER 7 8:00 a.m. 2:00 p.m. Deadline: 09/05</p>	<p>DOWNTON ABBEY AT CHEEKWOOD One of the most widely watched dramas in the world is touring its wardrobe in an exhibition showcasing 36 period costumes from Downton Abbey®. Cheekwood is proud to announce that it will host Dressing Downton™: Changing Fashion for Changing Times. The remodeled mansion and gardens are open as well. Bring \$18.00 for admission.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>FRIDAY SEPTEMBER 8 4:00 p.m. 10:30 p.m. Deadline: 09/04</p>	<p>LINE DANCE AT THE NASHVILLE PALACE Travel to a new dance floor in Tennessee, meet new friends and learn some new steps on this Line Dance trip. We will stop for dinner before dancing.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 9 9:00 a.m. 4:00 p.m. Deadline: 09/05</p>	<p>KIRBY'S GREAT TOUR OF NASHVILLE IV By popular demand Kirby's Great Tour of Nashville has been brought back again for the many who were unable to make the other tours. This trip is a great way to meet Kirby and Nashville. Join Kirby as he guides you through the streets of Music City's iconic history, lore and legend. From decades past and modern day. Growing up in Nashville has given Kirby a love for the city and its people.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 13 COST: \$-\$\$ </p>
<p>SATURDAY SEPTEMBER 9 10:00 a.m. 4:30 p.m. Deadline: 09/04</p>	<p>CITYSCAPES: COOKEVILLE Discover, learn and shop Downtown Cookeville, Tennessee with Fall Fun Fest that includes live music, arts and craft vendors. The festival also has a sanctioned Kansas City Barbecue Society competition.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>TUESDAY SEPTEMBER 12 9:00 a.m. 5:00 p.m. Deadline: 09/06</p>	<p>TENNESSEE STATE PARKS: FALL CREEK FALLS Discover the swinging bridge at Fall Creek Falls State Park. Tennessee's largest and most visited state park. The park encompasses more than 26,000 acres on the Cumberland Plateau. The park beckons those who enjoy nature with multiple waterfalls and gorges. Fall Creek Falls, at 256 feet, is one of the highest waterfalls in the eastern United States. The park also features Piney Falls, Cane Creek Falls and Cane Creek Cascades.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>THURSDAY SEPTEMBER 14 8:00 a.m. 10:30 a.m. Deadline: 09/09</p>	<p>MYSTERY BREAKFAST Mmm.... Mmm... Breakfast is good. It's even better when it's home cooked in a unique mystery restaurant setting.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>FRIDAY SEPTEMBER 15 6:00 p.m. 10:00 p.m. Deadline: 09/07</p>	<p>MILLION DOLLAR QUARTET PLAY AT CANNON CO. ARTS CENTER Million Dollar Quartet is the new smash-hit musical Play that inspired the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. Be sure to check out LIVE concert featuring the Million Dollar Quartet on Monday, September 11 at 11:45 a.m. at the Center.</p>	<p>ADMISSION \$13 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>








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TUESDAY SEPTEMBER 19 9:30 a.m. 1:30 p.m. Deadline: 09/14	MURFREESBORO WHAT'S NEW What's new in Murfreesboro Tennessee? Many things. Murfreesboro has been blessed with some of the fastest growth in the nation as a city. With that growth, has come many new destinations to shop, eat and enjoy right here in your hometown. This is a discovery trip to find out just where the new restaurant featured on ABC's Shark Tank is located and where you can find one of the largest furniture stores in Tennessee.	BRING \$ TRANSPORTATION \$2 Limit 23 
FRIDAY SEPTEMBER 22 9:30 a.m. 3:30 p.m. Deadline: 09/16	39th ANNUAL FALL TENNESSEE CRAFT FAIR With the Parthenon in the background and over 200 fine craft artists take over Centennial Park. Watch live craft demonstrations and learn from various artists who attend the show. Bring money for food and shopping.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
SATURDAY SEPTEMBER 23 10:00 a.m. 4:30 p.m. Deadline: 09/19	NATIVE AMERICAN POW WOW IN MT. JULIET, TN Learn about Native American Indian tradition and culture at the 36 annual Pow Wow. There will be Native American food, arts, crafts, music and Hoop dancing including intertribal dancing. Bring a chair to sit in.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
TUESDAY SEPTEMBER 26 9:30 a.m. 2:00 p.m. Deadline: 09/16	MYSTERY LUNCH Mystery Lunch. Leave at 9:45 a.m. Eat around 11:00 a.m.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ 
FRIDAY SEPTEMBER 29 10:45 a.m. 12:30 p.m. Deadline: 09/23	KIRBY'S FAVORITE MEAT & THREE Georgia's Sports Bar and Grill is Kirby's favorite meat & three that he would like for everyone to enjoy. Friday is a special feature day with home-made meatloaf, hamburger steak with grilled onions and gravy, chicken fried chicken with country white gravy, fried or grilled catfish, cornbread patty topped with Pork BBQ. Warning: This is a bar and smoking is allowed.	BRING \$ TRANSPORTATION \$6 Limit 23 COST: \$-\$\$ 
TUESDAY OCTOBER 3 9:00 a.m. 9:00 p.m. Deadline: 09/28	TROPICANA GAMBLING IN A BRAND NEW CASINO! Leaving from city parking garage: Enjoy hot, Las Vegas-style gaming at Tropicana's premier brand new Indiana casino. Tropicana's new casino offers you ways to win beyond your wildest dreams with the hottest slot machines your favorite table games. Reel Slots – FREE BUFFET and FREE \$5 in PLAY!!! Please park in the rear of the lower parking garage located underneath City Hall between Tommy Martin Dr. and 111 West Vine St. The buffet is open for lunch! A new state of the art ventilation system has been installed to help those with irritations to second hand smoke.	ADMISSION \$5 Transportation Included Limit 52 COST: \$-\$\$ 
WEDNESDAY OCTOBER 4 8:30 a.m. 12:00 n Deadline: 09/20	LUCKY LADD FARM Lucky Ladd Farm invites you to their outdoor adventure fun park. The park features many seasonal activities including a petting zoo, pony rides, pumpkin patch, corn maze, AG Venture fun park, Cedar Glade Wilderness Trail and more. This popular destination has been requested and October is one of the top months to go.	ADMISSION \$13 Transportation \$6 Limit 23 COST: \$-\$\$ 
THURSDAY OCTOBER 5 4:00 p.m. 10:30 p.m. Deadline: 09/22	PARK THEATRE PRESENTS: THE WANNABEATLES CONCERT When it comes to recreating the fun and excitement of the most popular band in music history, The WannaBeatles more than live up to their name. As befits their Grammy finalist status, they are the only tribute act to have written songs for fellow nominees Paul McCartney and Betty White. If you love the music of the Beatles than this night is for you!	ADMISSION \$15 Transportation \$8 Limit 23 COST: \$-\$\$ 




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<p>SATURDAY OCTOBER 7 9:00 a.m. 4:00 p.m. Deadline: 10/03</p>	<p>KIRBY'S GREAT TOUR OF NASHVILLE IV By popular demand Kirby's Great Tour of Nashville has been brought back again for the many who were unable to make on the other tours. This trip is a great way to meet Kirby and Nashville. Join Kirby as he guides you through the streets of Music City's iconic history, lore and legend. From decades past and modern day. Growing up in Nashville has given Kirby a love for the city and its people.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 13 COST: \$-\$\$ </p>
<p>SATURDAY OCTOBER 7 9:30 a.m. 3:30 p.m. Deadline: 10/04</p>	<p>FESTIVAL OF NATIONS This FREE Festival features a variety of dance and music performance on 5 different stages, food vendors offering authentic and exotic tastes from around the world, a marketplace, and so much more! From traditional cultural dances from Aztec dancers to modern fusion & Blues, dance groups will showcase over 60 music and dance performances on 6 different stages! The World Market is filled with booths selling unique hand-crafted and imported items from around the world. As you walk through the Global Village, you'll hear traditional music as the native language of each area is spoken. You'll see colorful clothing and decorations that are customary for each country. Where else can you sample everything from empanadas, falafels, and hot chicken to injer (Ethiopian bread), gyros, and Mexican popsicles all in one place?</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>TUESDAY OCTOBER 10 10:00 a.m. 11:00 a.m. Deadline: None</p>	<p>TALKING TRAVEL WITH DREW Join us as we walk through Christy Woodrow's 25 Best Travel Trips After 10 Years of Traveling the World! We will also have an Arm Chair Traveler's talk as avid travelers Don and Diane Cauwels will present on their travel experiences with White Star Tours trip to West Virginia and Diamond Tours trip to New York City. This talk will contrast the different experiences you can have while traveling the mountains or visiting a large city.</p>	<p>Seminar at St. Clair Center MP Room</p>
<p>WEDNESDAY OCTOBER 11 10:00 a.m. 4:30 p.m. Deadline: 10/03</p>	<p>GRANVILLE SCARE CROW CELEBRATION Enjoy Lunch at the Iconic TB Sutton General Store before you experience the huge boost in population. About three hundred life size fabulous, funny, small, and tall, sweet and scary, silly and sophisticated historic folk art characters and traditional scarecrows will take up residence in the historic buildings and in the most unexpected places. These creative and diverse character scarecrows tell the story of this rural riverboat and farming community through the decades. A docent and/or a free printed guide will assist the characters in telling the colorful story and the role of each in the history of Granville. Admission includes your meal.</p>	<p>ADMISSION \$20 TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>SATURDAY OCTOBER 14 9:00 a.m. 4:00 p.m. Deadline: 10/09</p>	<p>KIRBYS GREAT TOUR OF NASHVILLE IV By popular demand Kirby's Great Tour of Nashville has been brought back again for the many who were unable to make the other tours. This trip is a great way to meet Kirby and Nashville. Join Kirby as he guides you through the streets of Music City's iconic history, lore and legend. From decades past and modern day. Growing up in Nashville has given Kirby a love for the city and its people.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 13 COST: \$-\$\$ </p>
<p>TUESDAY OCTOBER 17 8:00 a.m. 2:30 p.m. Deadline: 10/02</p>	<p>TENNESSEE STATE PARKS: BURGESS FALLS Burgess Falls State Park, located on the Falling Water River, is a day use park, noted for its natural beauty and four waterfalls that cascade down from over 250 feet in elevation. The last of these falls is the most spectacular, plunging more than 130 feet into the gorge. The area was originally populated by Native Americans of the Cherokee, Creek and Chickasaw tribes. These tribes used the land as a hunting ground until the late 19th century when a gristmill and sawmill began operating on the river. The Falling Water River was used to generate hydroelectric power for the city of Cookeville from 1928-1944. In 1973, the territory became a designated Tennessee State Natural Area, protecting the diverse forest and aquatic habitats. This is a medium hike on uneven surface but the waterfalls reward you for your effort.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>
<p>SATURDAY OCTOBER 18 9:30 a.m. 2:30 p.m. Deadline: 10/13</p>	<p>MYSTERY LUNCH Hint. . . It's a favorite restaurant located in a perfect October location.</p>	<p>BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$\$ </p>

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THURSDAY OCTOBER 19 9:45 a.m. 5:00 p.m. Deadline: 09/25	CHAFFIN'S DINNER THEATRE PRESENTS "MAMMA MIA" Chaffin's Dinner Theater Presents Mamma Mia! Featuring the music of ABBA, this musical tells the story of a teen's search for her birth father on a Greek island paradise.	ADMISSION \$20.25 TRANSPORTATION \$7.75 Limit 23 COST: \$-\$ 
FRIDAY OCTOBER 20 9:00 a.m. 2:30 p.m. Deadline: 08/24	COFFEE & CLASSICS WITH THE NASHVILLE SYMPHONY Nashville Symphony at Schermerhorn Coffee and Classics series presents: Tobias Picker – Opera Without Words Live Recording and Beethoven – Piano Concerto No. 3. Internationally recognized as one of today's most acclaimed and admired pianists, GRAMMY winner Yefim Bronfman has performed around the world with all the major orchestras. He'll return to Nashville to perform Beethoven's Piano Concerto No. 3.	ADMISSION \$27 TRANSPORTATION \$8 Limit 23 COST: \$-\$ 
TUESDAY OCTOBER 24 7:45 a.m. 5:00 p.m. Deadline: 10/12	SOUTHERN BELLE FALL LEAF RIVER CRUISE October Fall Foliage Cruise - Cruise The Grand Canyon Of The Tennessee River & See One Of Nature's Most Magnificent Wonders Dressed In All Of Its Fall Splendor. The Southern Belle Riverboat Will Take You On A Three Hour Cruise To The Famous Tennessee River Gorge, Also Known As The Grand Canyon Of The South, To See Nature's Brilliant Canvas Of Vivid Fall Colors. We'll Have Live Entertainment For A Foot Stompin' Good Time, Live Narration For All You History Buffs, Pilot House Tours To Hang Out With The Captain, Free Bingo With Gift Shop Prizes And A Delicious One Time Through Buffet Style Lunch!	ADMISSION \$34 TRANSPORTATION \$8 Limit 23 COST: \$-\$ 
WEDNESDAY OCTOBER 25 8:30 a.m. 2:00 p.m. Deadline: 10/16	PARTHENON, NASHVILLE, TN The Parthenon stands proudly as the centerpiece of Centennial Park, Nashville's premier urban park. The re-creation of the 42-foot statue Athena is the focus of the Parthenon just as it was in ancient Greece. The building and the Athena statue are both full-scale replicas of the Athenian originals.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$ 
SATURDAY OCTOBER 28 8:45 a.m. 4:30 p.m. Deadline: 10/23	PUMPKINFEST 2017 Presented by Bank of America, Middle Tennessee's largest FREE family fall festival returns to Franklin, TN. Tons of festive fun for families! The XFINITY Main Stage will feature full lineups of music and dance performances. Mafiaoza's Music Corner will be located in the beer tent on 4 th Avenue South featuring great acoustic artists! More than 80 artists and crafts people will feature booths along with street festival food and beer garden. Also there will be performances by Circus Entertainment group Beyond Wings will perform Halloween-themed hula hooping, juggling, and aerial arts! There will be a giant pumpkin presented along with Extreme Pumpkin Carving presented by Leiper's Fork.	BRING \$ TRANSPORTATION \$8 Limit 23 COST: \$-\$ 
MONDAY- WEDNESDAY October 30- November 1 Deadline: 10/01	MYSTERY TRIP Join us as we depart on an exciting mystery trip with many requested stops. This trip has been put together with you in mind, First, you will be closer than you think as you travel on a deluxe motor coach with personalized tour guide. Second, you will be in another state and third, well you'll have to join the trip to find out. We are excited about this trip and the new tour company working with us, Jim Mulvihill Tours. For decades the company has been a leader in personalized chartered trips. Included in the price is admission to all entertainment & tours, baggage handling, 2 dinners, & 2 deluxe continental breakfasts.	\$495 DOUBLE \$600 SINGLE Limit 52 COST: \$-\$-\$ 
FRIDAY NOVEMBER 3 6:00 p.m. 11:00 p.m. Deadline: 09/22	NASHVILLE SYMPHONY AT SCHERMERHORN HAYDN – THE CREATION: The Creation is considered by many to be Haydn's masterpiece. The oratorio depicts the creation of the world as described in the book of Genesis. This piece is very dramatic, as the opening captures the emergence of life and light from chaos and darkness. One part of the work depicts the creation of the animals, with different musical motifs representing a lion, a tiger, insects and more. British conductor Nicholas McGegan is one of the finest Baroque conductors of his generation and an early music expert. Soprano Ashley Valentine, tenor Isaiah Bell, and bass Anthony Reed are all very talented singers and early music specialists.	ADMISSION \$30 TRANSPORTATION \$8 Limit 23 COST: \$-\$ 

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<p>THURSDAY DECEMBER 14 4:30 p.m. 10:30 p.m. Deadline: 10/24</p>	<p>NASHVILLE SYMPHONY AT SCHERMERHORN Handel's Messiah with the Nashville Symphony & Chorus: Featuring the resounding Hallelujah Chorus, it's Nashville's grandest Messiah – full of passion, drama and passages of stunning beauty. Celebrate the season as your Nashville Symphony & Chorus perform one of the most inspiring works of music ever written. Featuring: 100 choristers, 30 musicians & 4 soloists.</p>	<p>ADMISSION \$45 TRANSPORTATION \$8 Limit 23 COST: \$-\$ </p>
<p>SATURDAY 01/13/18 11:00 a.m. 6:00 p.m. Deadline: 10/02</p>	<p>TPAC BROADWAY SPECIALS PRESENTS JERSEY BOYS Thousands of theatergoers cheered when Jersey Boys made its premiere in Nashville in 2009. Worldwide, more than 14 million people have seen Jersey Boys. And now, the show that made critics and audiences cheer is "Working Its Way Back" to TPAC! Jersey Boys is the Tony®, Grammy® and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi.</p>	<p>ADMISSION \$62.50 TRANSPORTATION \$7.50 Limit 23 COST: \$\$-\$\$\$ </p>
<p>SATURDAY 03/31/18 10:45 a.m. 5:45 p.m. Deadline: 10/24</p>	<p>TPAC BROADWAY PRESENTS WICKED Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships...until the world decides to call one "good," and the other one "wicked." Bring money for lunch on the way at Hickory Falls.</p>	<p>ADMISSION \$88.50 TRANSPORTATION \$7.50 Limit 23 COST: \$\$-\$\$\$ </p>

Tickets on Sale NOW!

Friday, September 15
Meal at 5 pm Play at 6 pm

Saturday, September 16
Meal at noon Play at 1 pm

Friday, September 22
Meal at 5 pm Play at 6 pm

My dysfunctional Family Reunion
A play put on by
ST. CLAIR STREET SENIORS ACTING UP
Written and Directed by Charlie Parker

Ticket \$5.00 including Meal

TRAVEL 2018
COSTA RICA - FEBRUARY 2018

Heat up your life in the winter and travel with Premier World Discovery to Beautiful Costa Rica in February 2018. This amazing trip of a lifetime includes visits to Poas Volcano National Park, Jungle Crocodile Safari Cruise, Coffee Plantation visit, Arenal Volcano National Park, Monteverde Cloud Forest, Selvatura Park and Hanging Bridges, Butterfly Garden, Hummingbird Garden, Carara National Park, Orchid Garden Tour, Sarchi Artisan Village.

Round trip air fare is included along with 16 meals a professional Naturalist tour director, motor coach transportation, comprehensive sightseeing and more. \$2,995 per person, double occupancy. Add an additional \$650 for single supplement. Deadline is December 1, 2017.

ICELAND'S MAGICAL NORTHERN LIGHTS
FEBRUARY 2018

Immerse yourself in Iceland culture as you dance to the Northern Lights with Collette World Tours. You will explore Skogar Folk museum, experience the energy at the geothermal fields of Geysir and Strokkur, savor gourmet Icelandic cuisine, search for nature's dazzling display on a Northern Lights cruise, see Jokulsarlon glacial lagoon, filled with floating icebergs and relax in the mineral rich waters of the blue lagoon. The capital Reykjavik, Golden Circle, Thingvellir National Park, Skaftafell National Park and more is included in this amazing trip. Double occupancy \$3,499 & single rate is \$3,799. Sign up today. Seating is limited. Deadline is December 1, 2017.

SEPTEMBER/OCTOBER 2017

St. Clair Senior Center

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Nashville, TN
Permit No. 781

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

Hours of Operation: Monday - Friday
8:00 a.m. - 4:30 p.m.
Saturday from 10:00 a.m.-2:00 p.m.

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)



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