

St. Clair Senior Center

March/April 2019



ST. CLAIR'S VOLUNTEER LUNCHEON

Friday, April 26 • 11:30 am-1:00 pm

All registered volunteers from July 2018 to the present are cordially invited.

All attendees must RSVP before April 12 by calling 615-848-2550.

Make plans to join us for a wonderful time.

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

Mission

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

St. Clair Senior Center Access

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. Title VI of the Civil Rights Act of 1964.

St. Clair Senior Center Advisory 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 Facility Superintendent and staff. It consists of five senior participants serving a rotating two-year term. The committee meets monthly on the second Wednesday at 10:00 a.m. Members are: Lynn Nolan, Billy Vaughn, Yolanda Lozano, Rose Hernandez and Fred Massey.

OOPS!

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

Parking

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

FAREWELL



As most of you know, I have retired. Thank you for the wonderful retirement gathering on my last day, January 4. I loved my job as Program Coordinator. Planning the parties and dances was my favorite part. I've met so many sweet people over the years. You will always be in my heart for giving me the most wonderful career ever.

Thank you, Brenda Kiskis Elliott, Retired.



Everyone enjoyed the Eighth Day Concert & Dance on January 19. Photo by Jim Davis.

CHECK THESE OUT!

Look in the program news section for more information on the following exciting new programs!

Health Break: Stress Management

Thursday, March 7 • 10:00-11:00 am

Hand Massages

Thursday, March 14 • 10:00-11:00 am

Human Trafficking

Tuesday, March 19 • 10:00-11:30 am

Health Break:

Love One Another When It's Hard to Love

Tuesday, April 16 • 10:00-11:00 am

Lunch & Learn: Positive Thinking

When Life Gives Us Lemons

Thursday, April 25 • 10:00 am 12:00 pm

“WEE” READ PROGRAM



Susan Turner volunteers to read to students in St. Clair's "Wee" Read Program at Mitchell-Neilson School. For more information on the program check out page 6. If you would like to volunteer for the program, stop by and see Paula Faist in the Social Service wing.

SENIOR PROM: DECADES DAY

Our friends from Oakland High School will be sponsoring a day full of teenage memories on March 23 with “decades day” themed bingo and a dance reminiscent of your high school prom with musical guest, Bill Sleeter and his band. Come out and relive the nostalgia of your teenage years!

Age: 60+

Date: Saturday, March 23

Time: 1:00-2:00 pm Bingo

2:00-5:00 pm Senior Dance

Fee: \$5.00 Dance ONLY!



Do you like putting together puzzles? We have an entire room dedicated to your favorite hobby.

Photo by Joe Cole

New Participant Orientation

If you are new to St. Clair Street Senior Center and would like more information about the Center. . .Who works here? Where they work? How to maneuver the newsletter? Where classes are located? How and where to sign up for trips? Be sure to come to one of the new participant orientations. They are held every Tuesday from 10:00-10:30 a.m. Tours will also be given at this time to those who are interested. Please call to register at 615-848-2550.

EMAIL UPDATES FROM ST. CLAIR

The St. Clair Senior Center will be adding a weekly email update for programs, trips, classes, and special events. If you would like to be added to the email list please fill out a facility survey and provide your email to that. If you are uninterested in receiving weekly emails you can still fill out a facility survey, just leave out an email address. Thank you.



Card games and pool in the social room. Stop by if you are looking for something fun to do.

Photo by Joe Cole.



“TIMELESS ART” ART IN THE ROTUNDA

Attention Artists: Entries are NOW being accepted for the May 6 to June 14 A “Timeless Art” display in the City Hall Rotunda. The deadline to display your paintings or photos is April 26.

Please see Kathy Herod in the programming office to get a registration form and more instructions.

Thank you to our artists who do such an amazing job!

“CREATIVE MOVEMENT”

a new fitness class at St. Clair

Drawing from the fundamentals of dance, Creative Movement, incorporates creative exploration and physical activity. Light stretching and basic dance steps allow you to loosen up and get the blood flowing. Exploring your independent artistic choices within each activity helps you move more freely and build confidence!

Class is safe for people of all abilities and meets Thursdays from 1:00-2:00 pm The cost for the class is \$20 per month and is instructed by Annah Slayton. (Ms. Slayton accepts both checks and cash for payment.)

POOL TOURNAMENT WINNERS

January	February
1st Jerry Parker 2nd Jack Hughes 3rd Tom Michal	1st Jack Hughes 2nd Jerry Parker 3rd Joe Cox

LEARN TO READ

Have you never had an opportunity to learn how to read, but would like to? We can help and have a very patient and understanding teacher. Sign up with Kathy Herod in the program office and you can have one-on-one instruction with a fantastic teacher.

PINOCHLE TOURNAMENT

Tuesday, March 12 • 9:00 am-2:00 pm

Test your skills in this partners tournament. Everyone is welcome. Please pre-register for the tournament.

DOLLY PARTON IMPERSONATOR

Thursday, March 14 • 2:00-3:00 pm

Join us for an enjoyable afternoon where you will swear that Dolly Parton herself is in the house! Ms. Carla Gill, a well-known impersonator, is sure to bring a smile to every Dolly fan here at St. Clair!

UPCOMING DANCES

March 15
St. Patrick's Day Dance
10:00-11:30 am
Billy Kitchen Band
FREE!

March 23
Senior Prom
2:00-5:00 pm
Bill Sleeter Band
\$5

April 6
Spring Fling
6:00-9:00 pm
231 South Band
\$5

May 30
Springapalooza
8:30-11:30 am
FREE!

June 1
Summer Afternoon Dance
1:00-4:00 pm
Beech Grove Bob Band
\$5

PLASTIC BAG MATS

There is a need in our community to help the less fortunate. Everyone has plastic grocery bags that are being thrown away and filling up the landfill. We can put these bags to good use with this project.

The only thing you will need to bring to this FREE class is plastic bags, a size K crochet needle, scissors and your time. The instructor will show us the pattern. If you have questions, please see Peggy Barrett (she can usually be found playing chicken foot) or call 615-896-2523 for more information.

We need LOTS of bags as it takes from 500 to 700 bags per 3 x 6 mat. Please consider donating your extras to St. Clair. Kathy Herod will be glad to take them off your hands. We can also use people interested in just cutting the bags and helping to make the balls the crotcher's will be using. This is definitely a TEAM effort!

This 4-week project will meet on Wednesday, March 13, 20, 27 & April 3 from 10:00-11:00 am in room S405.

SINGING SENIORS SPRING CONCERT

Monday, March 25 • 12:30-1:30 pm

Light refreshments will be served.

LUNCH & LEARN:

FOUNDATIONS OF INVESTING

Tuesday, March 26 • 11:30 am-1:00 pm

Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, this presentation will discuss the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals. Come join Shaneesa Freshour from Edward Jones and enjoy lunch on her! You must sign up for this class by March 22.

MARK YOUR CALENDARS!

Seniors Acting Up! Spring Performance

Play Title: "Senior TV"

Dates: Friday, May 10, meal at 5:00 pm, play at 6:00 pm

Saturday, May 11, meal at 11:00, play at 12:00 pm

Friday, May 17, meal at 5:00 pm, play at 6:00 pm

Cost: \$5.00 for meal and the play

Place St. Clair Street Senior Center

TICKETS GO ON SALE APRIL 1

SOCIAL, HEALTHY & WELL

with Paula Faist, Assistant Program Coordinator

It is an honor, along with some fun, to be working alongside Dee Brown and Laura Grissom in the Health and Wellness/Social Service wing of the Senior Center. I am excited to be a part of the senior staff team and looking forward to meeting with you all.

We have two teachers at Mitchell-Neilson School who would love to have a few seniors read to their classes on a weekly basis. It would be a pre-K class, young little 4-year-old toddlers. I thought this would be a great intergeneration event to partake in. If you are interested in reading out loud to children with 15-20-minute attention span, please stop by and chat with me. This “club” started on February 6 and the big kids and the little kids love it!

I am starting up a Caregiver Circle which will be a gathering of caregivers who can sit and chat with their peers about the ups and downs of being a primary caregiver. We need to remember to take care of us, so that we can take care of others. This can be a hard task so hopefully making some new friends and sharing our questions and support can be helpful. Our first gathering will be in room E301 on March 19 at 3:00 pm.



I have also met many of you in Laura’s Go4Life class. What a fun, lively class you all have! I am happy to let you know that I will be offering a Go4Life class on Tuesday and Thursday mornings. So everyone who would like to bend and stretch but can’t make Laura’s class can give it a try on Tuesday and Thursday.

Our department is all about keeping our mind, body and spirit engaged and healthy. We hope the many programs we offer will do just that.

FREE LAMINATION OF MEDICARE CARD

Susan Highfill, Benefit Advisor of Cigna Health Spring will be at senior center, on Wednesday, March 13 and

March 27 from 11:00 am to 1:00 pm to offer free lamination of your new Medicare card. No sign up needed. Stop by the dining room and don’t forget your Medicare card!

STEPPING ON: Fall Prevention Class **Tuesdays, April 9-May 21 • 3:30-5:30 pm**

This is a seven-week workshop to build confidence and help reduce falls in older adults. This is an evidence-based program that meets two hours a week and will include expert speakers such as a pharmacist, a physical therapist and a vision expert. All offering tips on living a safe and healthy life as we age.

Please note that all who are interested must speak with Laura Grissom before signing up for the class. She may be reached by calling 615-848-2550 or stop by her office at the senior center.

REFIRE: AGING WITH PURPOSE **Wednesdays, May 8-June 19 • 9:30-11:30 am**

To refire: An attitude of embracing the years ahead with enthusiasm rather than apathy.

Refire: Aging with Purpose is a new program that will address important topics that are relevant as we age, to keep mind, body and spirit healthy. This program is structured as seven weeks of classes, with each class focusing on a different topic. Some examples of the topics to be covered are: sleep, nutrition and financial fitness. These classes will include speakers from the community, interactive learning, discussion and incentives that will encourage participation in the entire series.

This program is structured as a series of classes with the intention that individuals who begin the classes will plan on attending most, if not all sessions. The program will begin on Wednesday, May 8 and continue each Wednesday through June 19 from 9:30-11:30 am. There is no cost to attend. You may sign up for the program from April 1-30. Registration is required.

We hope that you will join us for this uplifting and informative program. If you have any questions, please stop by the offices of Dee Brown, Paula Faist or Laura Grissom. They may also be reached by calling the center at 615-848-2550.

BLOOD PRESSURE CLINIC NEW DATES!

Mondays, March 11 & 25 and April 8 & 22

Did you know high blood pressure, also known as hypertension, is called a “silent killer” because it often has no symptoms and goes undetected in a high percentage of people? Untreated high blood pressure can lead to stroke, heart attack, kidney failure and heart failure. Come to the nurse’s lab, 103B, on the **second & fourth Mondays of the month from 9:30 a.m. – 11:30 a.m.** for a blood pressure check by our wonderful volunteers and ask them about getting a card to keep track of your BP readings (great to take to your doctor).

PARKINSON SUPPORT GROUP

**Fridays March 1 & April 5
10:00-11:30 am • Room S104**

The Parkinson Support group meets the first Friday of each month at 10:00 am here at St. Clair. The group shares stories about their experiences with Parkinson’s, practical tips on how to deal with Parkinson’s, learn from speakers and enjoy friendships with people who understand. For more information on this group, call or speak to Laura Grissom, Health & Wellness Program Coordinator.

DIABETES EDUCATION CLASS

**Wednesdays, March 6-June 26
10:00-11:00 am • Room E303**

Brought to us by the Rutherford County Health Department is a class is for people with Type 2 (T2) diabetes or those at risk for T2 diabetes. It is a prevention class/support group designed to teach us how to prevent T2 diabetes and/or how to prevent the complications of T2 diabetes.

Please sign up only if you are committed to coming regularly. Discussion in the class will include nutrition, mental and physical health and cooking demos. Please see Laura Grissom for more information on this class.

GRIEF RELIEF SUPPORT GROUP

**Fridays, March 15 & April 19
10:00-11:00 am • Room E301**

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

ment.

The Grief Relief Support groups meets on the third Friday of each month at 10:00 am. Contact Laura Grissom, Health & Wellness Coordinator at 615-848-2550 for information or if you have questions about the group.

ARTHRITIS SUPPORT GROUP

**Saturdays, March 30 (room P206)
& April 27 (room S104) • 10:00-11:30 am**

This group will share tips of care with each other, learn from others in the group, professional speakers, like a rheumatologist, will present up to date information, the group will go on outings and participate in fitness classes designed for arthritis.

If you have a form of arthritis or care for someone who does, join us and bring your thoughts about the kind of activities you would like for us to share with the group.

TCAT Hair/Nail Care Trip

Wednesday, April 10 • 9:00 am

Travel with us to the Tennessee College of Applied Technology (TCAT) every other month for non-medical foot care, manicures, hair wash and style or haircuts. An annual fee of \$5 is due your first trip and each service is \$5. We leave the center at 9:00 am. Please let the staff member signing you up know what services you want done when you pay. Deadline to sign up is April 7. **There is a \$5 transportation fee. You will pay for your services at the TCAT center.**

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

Living Well with Chronic Conditions

**Tuesdays, April 23-May 28 • 9:00-11:00 am
in Room E303**

If you have 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. 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.

Call center to reserve your spot in the following classes. Fees are paid to the instructor.

MONDAYS IN MARCH & APRIL 9:00 am-12:00 n	STAINED GLASS CLASS Beginners & intermediate levels are welcome to join this class to make a copper foiled stained glass window sun catcher. All materials provided for beginning students. Payment (cash or check) made to instructor Fiona Dowd on the first day of class. No class April 22.	Room R406	\$65 Limit 12 No Deadline
WEDNESDAY MARCH 6 & 27 8:45 am-12:00 n	2-DAY ACRYLIC TECHNIQUES CLASS Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies provided. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros.	Room R406	\$25 Limit 12 No Deadline
TUESDAYS IN MARCH & APRIL 8:30-11:30 am	SOCIAL CERAMICS Learn different techniques for painting on ceramics in this fun class. Pay the instructor for the piece you choose to work on. Price includes piece, paint and firing. Instructor Vivian Karros accepts cash, checks and credit cards.	Room R406	\$ PER PIECE Limit 16 No Deadline
MONDAYS MARCH 11, 18 & 25 APRIL 8, 15 & 29 4:30-6:30 pm	6-WEEK STAINED GLASS WORKSHOP Beginners & intermediate levels are welcome to join this class to make a copper foiled stained glass window sun catcher. Payment (cash or check) made to instructor, Fiona Dowd, first day of class.	Room R406	\$65 Limit 8 No Deadline
WEDNESDAY MARCH 13 8:45 am-12:00 n	ART WITH VIVIAN: BUTTERFLY OF SPRING Students will paint on a custom art piece on 9 3/4" x 14 1/2" piece of cut wood pallet. This beautiful art work can be displayed on a stand or hung on the wall. All skill levels. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 3/11
THURSDAY MARCH 14 8:45 am-12:00 n	INSPIRED BY NATURE: MAJESTIC MONARCH The genesis of nature portrayed on a 8" x 10" canvas using acrylic paints. All skill levels. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 3/12
FRIDAYS MARCH 15, 22 & 29 APRIL 5, 12 & 19 10:00-11:00 am	INTRO TO PIANO: 6 WK WORKSHOP Want to learn how to play the piano? This class is offered for all beginners who will learn to play and understand basic chords and songs for immediate enjoyment. Loaner instruments will be available on a first come, first serve basis. Payment (cash or check) to instructor, Jane McNulty on the first day of class.	Room E304	\$60 Limit 10 Deadline 3/12
WEDNESDAY MARCH 20 8:45 am-12:00 n	ART WITH VIVIAN: PERFECT LOVE TULIP An open tulip blossom invites imagination, dreaminess and perfection which is painted on a custom cut 7 1/2" x 9 3/4" wood pallet. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 3/18
WEDNESDAY APRIL 3 & 24 8:45 am-12:00 n	2-DAY ACRYLIC TECHNIQUES CLASS Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies provided. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros.	Room R406	\$25 Limit 12 No Deadline
SATURDAYS APRIL 6, 13, 20 & 27 1:00-4:00 pm	4-WEEK STAINED GLASS WORKSHOP Beginners & intermediate levels are welcome to join this class to make a copper foiled stained glass window sun catcher. Payment (cash or check) made to instructor, Fiona Dowd, first day of class.	Room R406	\$65 Limit 8 No Deadline

Call center to reserve your spot in the following classes. Fees are paid to the instructor.			
WEDNESDAY APRIL 10 8:45 am-12:00 pm	ART WITH VIVIAN: WELCOME BUTTERFLY Welcome Spring and friends inside with this wooden 10" x 11 1/4" pallet door hanger. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 4/8
WEDNESDAY APRIL 17 8:45 am-12:00 n	ART WITH VIVIAN: WELCOME TO SPRING BUNNY BOARD Cute, fun and cheerful this custom board, 7" x 10 1/2" can be hung or stood up welcoming spring back again. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 4/15
THURSDAY APRIL 18 9:30 am- 12:00 n	CREATIVE DESIGN SPRING WREATH What a wonderful way to welcome guests to your home with this beautiful handmade wreath crafted by your own hands. Join instructor, Marian James, as she helps to bring spring into your home! Please register for this class so Ms. James can purchase the appropriate letter for your wreath. Payment accepted the day of class by cash or check.	Room R406	\$30 Limit 15 Deadline 4/12
THURSDAY APRIL 25 8:45 am-12:00 n	INSPIRED BY NATURE: POPPY WINDOW A colorful poppy blossom viewed through a custom cut 11" x 11" golden window frame. Fee collected by 8:45 am. Cash, check or credit card accepted by the instructor, Vivian Karros. Sign up by deadline.	Room R406	\$25 Limit 12 Deadline 4/23
Photos of the crafts can be seen at the center or online at www.murfreesborotn.gov/seniorcenter and look for the event in the center's calendar.			

2019 TRAVEL DESTINATIONS

The following trips require a deposit to secure your space on the trip. Final payment is due before the deadline on the trip brochure. Brochures are available at the center. Registration for the following trips must be handled in person. Payment is accepted via check 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! Transfer to and from BNA is provided.

2019 DIAMOND TOURS

Washington, DC

May 2-7 • \$630/pp double

Cape Cod

June 15-23 • \$830/pp double

Biltmore Estate & Asheville, NC

November 18-21 • \$470/pp double

2019 WHITE STAR TOURS

Savannah GA & Charleston, SC

April 22-26 • \$725/pp double

Pittsburgh, PA & Cleveland, OH

June 17-21 • \$795/pp double

2019 WHITE STAR TOURS

Neptune Festival & Williamsburg

September 26-30 • \$615/pp double

2019 PREMIER WORLD DISCOVERY

Yosemite & California Coast by Rail

8 days • Departs July 13 • \$3699/pp double

Scotland & Northern Ireland Explorer

9 days • Departs October 14 • \$3895/pp double

Rose Parade New Year's

6 days • Departs December 30 • \$2799/pp double

Sign up now for these trips. Brochures are available in the Welcome Center and in Room S404.

FITNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Get Fit/Stay Fit! 8:15-9:15 am Room S105	Gentle Fitness 8:30-9:30 am Room P204	Get Fit/Stay Fit! 8:15-9:15 am Room S105	Gentle Fitness 8:30-9:30 am Room P204	Get Fit/Stay Fit! 8:15-9:15 am Room S105
Blood Pressure Clinic 9:30-11:30 am Room S103B	Line Dance w/Delia 9:00-11:00 am Room P206	Dot's Gentle Yoga 10:00-11:00 am Room P206	Zumba Gold 9:45-10:50 am Room P204	Yoga with Larry 9:30-10:30 am Room P206
Dot's Gentle Yoga 10:00-11:00 am Room P206	Zumba Gold 9:45-10:50 am Room P204	Go4Life 1:00-2:00 pm Room P204	Go4Life 10:30-11:30 am Room P204	Go4Life 1:00-2:00 pm Room P204
Go4Life 1:00-2:00 pm Room P204	Go4Life 10:30-11:30 am Room P204	Intermediate Line Dance Class 1:15-2:45 pm Room S105	Creative Movement 1:00-2:00 pm Room P206	<p>Saturday Classes</p> <p>CIRCUIT TRAINING 10:30-11:30 am Room P204</p> <p>OPEN TAI CHI 1:00-2:00 pm Room P204</p> <p><i>See page 11 for more information on these classes.</i></p>
Fun-n-Fitness Line Dance 2:00-3:30 pm Room S105	Intermediate Tai Chi 1:00-2:00 pm Room P204	Gentle Joints & Squeeks & Creaks Water Aerobics @ Sports*Com or Patterson <i>See page 11 for information.</i>	Intermediate Tai Chi 1:00-2:00 pm Room P204	
Consult your physician before starting any exercise program	Advanced Line Dance Class 1:15-2:45 pm Room S105		Beginning Tai Chi 2:15-3:15 pm Room P204.	
	Beginning Tai Chi 2:15-3:15 pm Room P204	Open Gym Exercise Equipment may be used when the center is open & includes weight machine, treadmill, elliptical machine & cycle machine among other equipment for workouts. You may contact Laura Grissom, Health & Wellness Coordinator for an orientation prior to your first workout.		
	Ballroom Dance 3:00-4:00 pm Room S105			

FREE FITNESS CLASSES

Circuit Training - moderate impact

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

Date: Saturdays in March & April

Time: 10:30-11:30 am **Limit:** 12

Gentle Fitness - low impact

Taught by instructor Jennifer Griffith, this class focuses on strength, balance, cardio, core and range of motion.

Date: Tuesday & Thursday in March & April

Time: 8:30-9:30 am

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 March & April

Time: 8:15-9:15 am **Limit:** 40

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: M, W & F in March & April with Laura Grissom

Time: 1:00-2:00 pm **Limit:** 30

Date: Tues & Thurs in March & April with Paula Faist

Time: 10:30-11:30 am **Limit:** 30

Zumba Gold- moderate impact

This modified Zumba class recreates the original moves you love at a lower intensity and introduces easy to follow Zumba choreography focusing on balance, range of motion and coordination.

Date: Tuesdays & Thursdays in March & April

Time: 9:45-10:30 am

Sign up required unless otherwise noted. Classes may be limited in space.

LINE DANCE AT ST. CLAIR - FREE

Advanced Line Dance Class - moderate impact

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

Date: Tuesdays in March & April
Time: 1:15-2:45 pm **Limit:** 40

Fun-n-Fitness Line Dance with Phyllis Petty

Beginner class for anyone who has never line danced before or anyone who needs a refresher course. Learn the vocabulary and various rhythms.

Date: Mondays in March & April
Time: 2:00-3:30 pm **Limit:** 25

Intermediate Line Dance Class - moderate impact

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

Date: Wednesdays in March & April
Time: 1:15-2:45 pm **Limit:** 40

Line Dance Practice with Delia - moderate impact

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

Date: Tuesdays in March & April
Time: 9:00-11:00 am **Limit:** 25

FITNESS CLASSES WITH FEES

NOTE: Fees for fitness classes are now paid to the **instructor** prior to beginning a class. All instructors accept cash and/or check payable to the **instructor**. ***Those accepting credit cards are noted in class description. Call the center to reserve your place prior to the first day of class.*

Ballroom Dance Class - low impact

Deborah Sullivan welcomes beginners & experienced students. Learn the Cha Cha in March and Waltz in April.

***Credit cards accepted for Ballroom Dance.*

Date: Tuesdays in March & April ***NO** class 3/5 & 4/16
Time: 3:00-4:00 pm **Limit:** 26
Fee: \$52 for March/April session

Creative Movement - low impact

Annah Slayton teaches the benefits of creative movements with a program designed to enhance your health.

Date: Thursdays in March & April
Time: 1:00-2:00 pm **Limit:** 15
Fee: \$20 per calendar month

Dot's Gentle Yoga - low impact

Dot Balliet teaches this class that concentrates on breath-

ing, stretching & relaxing, while utilizing props such as chairs, weights, blocks and bands.

Date: Mondays & Wednesdays in March & April
Time: 10:00-11:00 am
Fee: \$28 per calendar month **Limit:** 25
Floor mats are furnished but you may bring your own.

Gentle Joints Water Aerobics

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

Date: M/W/F in March & April
Time: 9:00-10:00 am **Limit:** 20
Fee: \$3 each visit or facility pass or Silver Sneaker Pass
*You will drive on your own to Sports*Com, 2310 Memorial Blvd. See Kathy Herod for information.*

Squeaks & Creaks Water Aerobics at PPC

Perfect class for those who require impact free exercise. Classes taught at Patterson Park Center.

Date: Monday-Friday in March & April
Time: 9:00-10:00 am **Limit:** 20
Fee: \$3 each visit or facility pass or Silver Sneaker Pass
You will drive on your own to Patterson Park, 521 Mercury Blvd. See Kathy Herod for information.

Tai Chi, Beginner - low impact

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

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

Tai Chi, Intermediate - low impact

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

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

Tai Chi, Open Class - low impact

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

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

Yoga with Larry - low impact

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

Date: Fridays in March & April
Time: 9:30-10:30 am
Fee: \$14 per calendar month **Limit:** 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH					
4 9:00 am Book Discussion Group 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 10:00 am 3 1/2 Card Game 10:00 am Floral Design Presentation 1:00 pm St. Clair Singing Seniors	5 8:30 am AARP Tax Aide 8:30 am Social Ceramics 10:00 am Quilting 10:00 am New Participant Orientation 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 4:00 pm Beginners Trivia	6 8:30 am Meet & Greet: Murfreesboro Police 8:45 am Acrylic Techniques 10:00 am Diabetes Education Class 11:15 am "Wee Read" Club 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades	7 8:30 am AARP Tax Aide 10:00 am Health Break: Stress Management 10:00 am Quilting 10:00 am Knit & Crochet 10:30 am Bingo with Adoration Home Health 12:00 pm Party Bridge 1:00 pm Bunco 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	8 9:00 am AARP Board Meeting 9:30 am Duplicate Bridge 10:00 am AARP Meeting 1:00 pm Karaoke	9 8:00 am Center Open
11 9:00 am Book Discussion Group 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 10:00 am In the Garden: Butterflies Found in TN 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	12 8:30 am AARP Tax Aide 8:30 am Social Ceramics 9:00 am Pinochle Tournament 9:30 am Clown Outing to St. Mark's United Methodist 10:00 am Quilting 10:00 am Knit & Crochet 10:00 am New Participant Orientation 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 4:00 pm Beginners Trivia	13 8:45 am Art with Vivian: Butterfly of Spring 9:00 am 8-Ball Pool Tourney 10:00 am Diabetes Education Class 10:00 am 4-week Project: Plastic Bag Mats 11:00 am Medicare Card Lamination 11:15 am "Wee Read" Club 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades	14 8:30 am AARP Tax Aide 8:45 am Inspired by Nature: Majestic Monarch 9:00 am St. Rose Bridge 10:00 am Hand Massages 10:00 am Quilting 10:00 am Knit & Crochet 10:00 am Dating After 60: Empower Yourself 10:30 am Bingo with Smith Family Funeral & Cremation Services, LLC 12:00 pm Party Bridge 1:00 pm Seniors Acting Up! 1:00 pm Trivia Team Meeting 2:00 pm Dolly Parton Impersonator 4:00 pm Trivia Night	15 9:15 am Nashville Home & Remodeling Show Trip 9:30 am Duplicate Bridge 10:00 am St. Patrick's Day Party 10:00 am Grief Relief Support Group 10:00 am Intro to Piano 1:00 pm Music Jam Session 3:00 pm Mystery Movie	16 8:00 am Center Open 10:00 am "Barefoot in the Park" at Cumberland County Playhouse Trip
18 9:00 am Book Discussion Group 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	19 8:30 am AARP Tax Aide 8:30 am Social Ceramics 8:30 am Coffee, Money & Questions 10:00 am Human Trafficking: A Problem, Even Locally 10:00 am Quilting 10:00 am Knit & Crochet 10:00 am New Participant Orientation 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 3:00 pm Caregiver Circle 4:00 pm Beginners Trivia	20 8:45 am Art with Vivian: Perfect Love Tulip 10:00 am Family Celebration 10:00 am Diabetes Education Class 10:00 am 4-week Project: Plastic Bag Mats 10:30 am Lunch Outing Trip 11:15 am "Wee Read" Club 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades 1:00 pm Murfreesboro Electric Easy Home Repair 1:30 pm Clown Meeting & Rehearsal	21 8:30 am AARP Tax Aide 8:45 am Harrah's Casino Trip 9:45 am "Esther" at Chaffin's Barn Dinner Theatre Trip 10:00 am Quilting 10:00 am Knit & Crochet 10:30 am Bingo with At Home Health Care 12:00 pm Party Bridge 1:00 pm Bunco 1:00 pm Trivia Team Meeting 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	22 9:30 am Duplicate Bridge 10:00 am Intro to Piano 12:30 pm DJ Bill	23 8:00 am Center Open 11:00 am "Anastasia" @ TPAC Trip 1:00 pm Decades Day & Senior Prom Bingo 2:00 pm Decades Day & Senior Prom Dance
25 9:00 am Book Discussion Group 9:00 am Stained Glass Class 9:30 am Duplicate Bridge 12:30 pm Singing Seniors Spring Concert 4:30 pm 6-week Stained Glass Workshop	26 8:30 am AARP Tax Aide 8:30 am Social Ceramics 10:00 am Quilting 10:00 am Knit & Crochet 10:00 am New Participant Orientation 11:30 am Lunch & Learn: Foundations of Investing 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 4:00 pm Beginners Trivia	27 8:45 am Acrylic Techniques 9:00 am 2020 Travel Drop In 10:00 am Diabetes Education Class 10:00 am 4-week Project: Plastic Bag Mats 11:00 am Medicare Card Lamination 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades 1:00 pm Butter Bean Auction	28 8:30 am AARP Tax Aide 10:00 am Quilting 10:00 am Knit & Crochet 10:00 am AARP Smart Driver 10:30 am Bingo with Rehab Hospital of Franklin 12:00 pm Party Bridge 1:00 pm Trivia Team Meeting 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	29 9:30 am Duplicate Bridge 10:00 am AARP Smart Driver Course 10:00 am Intro to Piano 1:00 pm Karaoke 4:30 pm "Steel Magnolias" at the Pull-Tight Theatre Trip	30 8:00 am Center Open 9:45 am Fabulous 50s Show 10:00 am Arthritis Support Group

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:00 am Stained Glass 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 10:00 am 3 15 Card Game 1:00 pm St. Clair Singing Seniors	2 8:30 am AARP Tax Aide 8:30 am Social Ceramics 10:00 am Senior Learning Network: Fossils 10:00 am Quilting 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 4:00 pm Trivia Night	3 8:30 am Meet & Greet: Murfreesboro Police 8:45 am Acrylic Techniques Day 1 10:00 am 4-week Project: Plastic Bag Mat 10:00 am Diabetes Education Class 11:15 am "Vvee Read" Club 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades	4 8:30 am AARP Tax Aide 9:15 am Harmony Lane & Creamery Tour 10:00 am Quilting 10:00 am Knit & Crochet 10:30 am Bingo with Girl Scouts of Rutherford Co. 12:00 pm Party Bridge 1:00 pm Bunco 1:00 pm Trivia Team Meeting 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	5 9:30 am Duplicate Bridge 10:00 am Parkinson Support Group 10:00 am Intro to Piano 12:30 pm DJ Bill 1:00 pm Music Jam Session 5:15 pm "The Curious Savage" at the Springhouse Theatre Trip	6 8:00 am Center Open 10:00 am Annual Celebration of Craft Trip 1:00 pm 4-week Stained Glass Workshop 6:00 pm Spring Fling Dance with music by 231 South Band
8 9:00 am Stained Glass 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 10:00 am In the Garden: Your Yard As a Pollinator 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	9 8:30 am AARP Tax Aide 8:30 am Social Ceramics 9:00 am Hatcher Family Dairy Tour 10:00 am Quilting 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 1:00 pm Walking in the Great Outdoors: Barfield Park 4:00 pm Beginners Trivia	10 8:45 am Art with Vivian: Welcome Butterfly 9:00 am Tennessee College of Applied Technology Trip 9:00 am 8-Ball Pool Tourney 10:00 am Diabetes Education Class 10:00 am 4-week Project: Plastic Bag Mats 10:15 am Lunch Outing Trip 11:15 am "Vvee Read" Club 12:00 pm AARP Tax Aide 12:00 pm Open Art Studio 12:00 pm Spades	11 7:45 am Southern Belle Riverboat Cruise Trip 8:30 am AARP Tax Aide 9:00 am St. Rose Bridge 10:00 am Quilting 10:00 am Knit & Crochet 10:30 am Bingo with Smith Family Funeral & Cremation Services, LLC 12:00 pm Party Bridge 1:00 pm Trivia Team Meeting 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	12 9:00 am AARP Board Meeting 9:30 am Duplicate Bridge 10:00 am AARP Meeting 10:00 am Intro to Piano 1:00 pm Karaoke	13 8:00 am Center Open 9:00 am Olive & Sinclair Factory Tour 1:00 pm 4-week Stained Glass Workshop
15 9:00 am Stained Glass 9:00 am Book Discussion Group 9:30 am Senior Mondays at the Frist Trip 9:30 am Duplicate Bridge 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	16 8:30 am Social Ceramics 8:30 am Coffee, Money & Questions 10:00 am "Barefoot in the Park" at CCPH Trip 10:00 am Health Break: Love When It's Hard to Love 10:00 am Quilting 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 1:00 pm Walking in the Great Outdoors: Thompson Lane 4:00 pm Beginners Trivia	17 8:30 am TWRA Fishing Biologist 8:45 am Art with Vivian: Welcome to Spring Bunny Board 10:00 am Diabetes Education Class 11:15 am "Vvee Read" Club 12:00 pm Open Art Studio 12:00 pm Spades 1:30 pm Clown Meeting & Rehearsal 3:00 pm Caregiver Circle	18 9:30 am Creative Designs: Spring Wreaths 10:00 am Quilting 10:00 am Knit & Crochet 10:30 am Bingo with Always Best Care 12:00 pm Party Bridge 1:00 pm Trivia Team Meeting 1:00 pm Bunco 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	19 8:30 am Thrift Store Shopping Trip 9:30 am Duplicate Bridge 10:00 am Grief Relief Support Group 10:00 am Intro to Piano 12:30 pm DJ Bill 1:00 pm Music Jam Session 2:00 pm Mystery Movie	20 8:00 am Center Open 9:00 am Kirby's First Timers ONLY Nashville Tour 1:00 pm 4-week Stained Glass Workshop
22 9:00 am Stained Glass 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	23 8:30 am Social Ceramics 9:00 am Living Well with Chronic Conditions 10:00 am Quilting 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 1:00 pm Floral Design Workshop 1:00 pm A Walk for the Birds 4:00 pm Beginners Trivia	24 8:30 am Let's Go Fishing 8:45 am Acrylic Techniques Day 2 10:00 am Diabetes Education Class 11:15 am "Vvee Read" Club 12:00 pm Open Art Studio 12:00 pm Spades 1:00 pm Butter Bean Auction	25 8:45 am Inspired by Nature: Poppy Window 10:00 am Quilting 10:00 am Lunch & Learn: Positive Thinking When Life Gives Us Lemons 10:00 am Knit & Crochet 10:30 am Bingo with HoneyHill Homecare 12:00 pm Party Bridge 1:00 pm Trivia Team Meeting 1:00 pm Seniors Acting Up! 1:00 pm Harmonicas for Health 4:00 pm Trivia Night	26 9:30 am Duplicate Bridge 11:30 am VOLUNTEER LUNCHEON 12:30 pm NFL Draft Experience Trip 1:00 pm Karaoke	27 8:00 am Center Open 10:00 am Arthritis Support Group 1:00 pm 4-week Stained Glass Workshop
29 9:00 am Stained Glass 9:00 am Book Discussion Group 9:30 am Duplicate Bridge 1:00 pm St. Clair Singing Seniors 4:30 pm 6-week Stained Glass Workshop	30 8:30 am Social Ceramics 9:00 am Living Well with Chronic Conditions 10:00 am Do This, Not That: Tour of Mutual Funds 10:00 am Quilting 10:00 am Knit & Crochet 12:00 pm Wii Bowling 1:00 pm Hand & Foot Game 1:00 pm Walking in the Great Outdoors: Central Valley 4:00 pm Beginners Trivia	STEPPING ON CLASS A Fall Prevention Class Meets Tuesdays April 9-May 21 at 3:30 pm See Laura Grissom to sign up. BILLIARDS Daily in room S501	APRIL NEW PARTICIPANT ORIENTATION Every Tuesday at 10:00 am PUZZLES Daily in room R401	CARD GAMES Spades & Canasta Daily in room R402 ST. CLAIR OPEN Mon-Fri 6:00 am-7:00 pm Saturday 8:00 am-5:00 pm Sunday 1:00-5:00 pm	LIBRARY open during operational hours. CHICKEN FOOT Daily in room S501 or E304

Sign up required unless otherwise noted. Classes may be limited in space.		
OPEN HOURS SUN-SAT	BILLIARDS (Room R501): PUZZLES (Room R401): CARDS & GAMES (Room R402): LIBRARY (Room S101): CANASTA (Room R501) Played during regular operation hours 6:00 a.m.-7:00 p.m. Monday-Friday & 8:00 a.m.-5:00 p.m. Saturdays and 1:00-5:00 pm on Sundays. Closed holidays. No sign up required.	No Cost No Limit No Deadline
DAILY IN MARCH & APRIL Open Hours	CHICKEN FOOT Room R501 Dominoes! Learn to play chicken foot with this fun group when they are playing. Everyone is welcome. No sign up required.	No Cost No Limit No Deadline
MON & FRI MARCH & APRIL 9:30 am-2:30 pm	MURFREESBORO DUPLICATE BRIDGE Room E303 Are you interested in playing Duplicate Bridge? Stop by, introduce yourself and ask how to get involved. No sign up required.	No Cost Limit 36 No Deadline
FRIDAY MARCH 1 & APRIL 5 10:00-11:30 am	PARKINSON SUPPORT GROUP Room S104 Parkinson Support meets on the first Friday of the month to share stories about experiences with Parkinson's, practical tips on how to deal with the disease, we learn insights from speakers and enjoy friendships with people who understand.	No Cost No Limit No Deadline
FRIDAYS MARCH 1 & 22 APRIL 5 & 19 12:30-2:00 pm	DJ BILL Room P206 Join us for a bit of dancing to DJ Bill Bickford playing various music from a large selection of songs.	No Cost Limit 25 No Deadline
FRIDAYS MARCH 1 & 15 APRIL 5 & 19 1:00-3:00 pm	MUSIC JAM SESSION Room S105 Bring your instrument & play along with the jam group who take turns playing in the round & singing with everyone accompanying. No sign up required.	No Cost No Limit No Deadline
MONDAYS IN MARCH & APRIL 9:00-10:00 am	BOOK DISCUSSION GROUP Room E301 All readers and genres are welcome to attend this open discussion group. Why did you pick this specific book? What did you learn? How did it make you feel?	No Cost No Limit No Deadline
MONDAY MARCH 4 & APRIL 1 10:00 am-12:00 n	315 CARD GAME Room R402 315 card games uses 13 different hands. There is a wild card in each hand. It takes lots of thinking. Plan to join us to learn this fun game if you are up for a challenge.	No Cost Limit 9 No Deadline
MONDAY MARCH 4 10:00 am-12:00 n	FLORAL DESIGN PRESENTATION Room S104 Members of the Rachel Jackson Garden Club will present their designing talents from 10:00-11:00 am with viewing to follow. See how the experts do it!	No Cost No Limit No Deadline
MONDAYS IN MARCH & APRIL 1:00-2:00 pm	SINGING SENIORS Room S104 If singing is what you love, join this amazing group. There's no audition, you just show up and sing, sing, sing. No sign up required.	No Cost No Limit No Deadline
TUE & THUR MARCH & APRIL 10:00 am-2:00 pm	QUILTING Room R405 Volunteer quilters do quilting for the public for a donation to the center. Stop by and visit to learn about quilting. No sign up required.	No Cost No Limit No Deadline
TUE & THUR MARCH & APRIL 10:00 am-2:00 pm	OPEN KNIT & CROCHET Room R405 Welcoming group of knitters & crocheters offering motivation and inspiration with your projects. Bring your own supplies. No sign up required.	No Cost No Limit No Deadline
TUESDAYS MARCH & APRIL 10:00-11:00 am	NEW PARTICIPANT ORIENTATION Room E301 If you are new to the center plan to stop by for a great time and learn more about the center including an informative tour of the facility.	No Cost No Limit No Deadline

Sign up required unless otherwise noted. Classes may be limited in space.			
TUESDAYS IN MARCH & APRIL 12:00 pm-4:30 pm	WII BOWLING Try your hand at Wii Bowling on the Wii gaming system. Fun? You bet. Stop by and try it out! No sign up required.	Room P206	No Cost No Limit No Deadline
TUESDAYS IN MARCH & APRIL 1:00-4:00 pm	HAND & FOOT GAME Come and learn the art of playing the card game Hand & Foot!	Room E303	No Cost Limit 20 No Deadline
TUES & THURS IN MARCH & APRIL 4:00-5:00 pm	BEGINNERS TRIVIA Join in on this afternoon of brain games and entertainment featuring easier questions with the same amount of fun. No team needed. Teams are drawn at random each night. Prizes, snacks, drinks and music. . .oh and lots of fun! Note: Meets in Room S105 on 4/9, 11, 16, 23 & 30.	Room S104	No Cost Limit 40 No Deadline
WEDNESDAY MARCH 6 8:30-11:00 am	MEET & GREET: MURFREESBORO POLICE Have a meet and greet with the local Murfreesboro Police Department. Officers will be coming to the center to educate you on the emergency call center. Afterwards we will take a bus directly to the MPD station to tour part of the new facility. Only 23 can ride the bus to the MPD station for the tour.	Room S104	No Cost Limit 50 Tour Limit 23 Deadline 3/6
WEDNESDAYS MARCH-JUNE 10:00-11:00 am	DIABETES EDUCATION This class is for people with Type 2 diabetes (T2) or who are at risk for T2. It is a prevention class/support group, teaching how to prevent T2 diabetes and/or how to prevent the complications of T2 diabetes. Please sign up only if you are committed to coming regularly. Discussions include nutrition, mental and physical health and healthy cooking demos. Class runs from March 6-June 26.	Room E303	No Cost Limit 15 Deadline 3/4
WEDNESDAYS IN MARCH & APRIL 12:00-4:00 pm	SPADES No experience is necessary to join in this fun card game with friends. It is easy to learn. No sign up required.	Room E303	No Cost No Limit No Deadline
WEDNESDAYS IN MARCH & APRIL 12:00 n-3:00 pm	OPEN ART STUDIO Bring your own supplies and projects and work alongside like minded artists for inspiration and creativity. No sign up required.	Room R406	No Cost No Limit No Deadline
THURSDAY MARCH 7 10:00-11:00 am	HEALTH BREAK: STRESS MANAGEMENT Stress and anxiety have a direct effect on our physical health and well-being. Learn ways to make stress work for you instead of disrupting your life. Pick up some short easy-to-employ ways to turn reaction stress into personal strength and a more energetic and enriched life outlook.	Room S104	No Cost Limit 50 Deadline 3/4
THURSDAYS IN MARCH & APRIL 12:00 n-4:00 pm	PARTY BRIDGE Ever been curious as to how you play bridge? Join this group who are open to teaching you the skills you need to play. No sign up required.	Room E303	No Cost No Limit No Deadline
THURSDAYS MARCH 7 & 21 APRIL 4 & 18 1:00-3:00 pm	BUNCO Learn to play Bunco or if you know how to play, just come and join us! Game starts right at 1:00 pm. Fun, fun, fun!	Room S104	No Cost Limit 24 No Deadline
THURSDAYS IN MARCH & APRIL 1:00-3:30 pm	SENIORS ACTING UP! If you have an interest in acting and theatre, check out our seniors "acting up" who bring laughter, mystery and drama into the lives of others. Newcomers welcome. No sign up required.	Room S105	No Cost No Limit No Deadline

Sign up required unless otherwise noted. Classes may be limited in space.			
FRIDAYS MARCH 8 & 29 APRIL 12 & 26 1:00-3:30 pm	KARAOKE Do you like to sing? Share your talent while singing along to your favorite song. The lyrics display on a large screen TV. Fun for all. No sign up required.	Room S105	No Cost No Limit No Deadline
MONDAY MARCH 11 10:00-11:30 am	IN THE GARDEN: BUTTERFLIES FOUND IN TN Jack Smith, Master Gardner Emeritus, will teach us about the species of butterflies found in Tennessee. Please sign up so we have enough handouts.	Room S104	No Cost No Limit No Deadline
TUESDAY MARCH 12 9:00 am-2:00 pm	PINOCHLE TOURNAMENT Test your skill in this partners tournament. Everyone is welcome!	Room S104	No Cost Limit 36 No Deadline
WEDNESDAYS MARCH 13 APRIL 10 9:00 am-12:00 n	8-BALL POOL TOURNAMENT See how your talent measures up in our monthly pool tournament. The deadline is 8:45 am the morning of the event. Everyone is welcome.	Room R501	No Cost No Limit
WEDNESDAYS MARCH 13-APRIL 3 10:00-11:00 am	4-WEEK PROJECT: PLASTIC BAG MATS There is a need in our community to help the less fortunate, so let's get started and do our part. In this 4-week class we will crochet a 3' x 6' mat using plastic grocery bags which will be utilized by the homeless community. If you crochet and are interested, sign up for the class and bring a size K crochet needle and scissors. Anyone who would like to help cut the bags to make the "yarn" should sign up too. Please bring any extra plastic grocery bags to Kathy Herod prior to the class. Together we can make a difference!	Room R405	No Cost No Limit No Deadline
THURSDAY MARCH 14 10:00-11:00 am	HAND MASSAGES Enjoy pampering from Melissa and Kim! A relaxing hand massage awaits you to help relieve stress and tension. Reward yourself! Leave feeling refreshed and renewed . . .Your hands will thank you.	Room S103B	No Cost Limit 10 Deadline 3/11
THURSDAY MARCH 14 10:00-11:00 am	DATING AFTER 60: EMPOWER YOURSELF Why should you put on your own oxygen mask before you help another? This class will take your personal relationships to the next level and keep you healthy and happy.	Room S104	No Cost Limit 25 No Deadline
THURSDAYS MARCH 14-APRIL 25 1:00-2:00 pm	TRIVIA TEAM MEETING Catch the trivia fever! Do you have a lot of knowledge to share? Do you love competition? Join the St. Clair team as we prepare for the 2019 Brain Game competition in Nashville.	Room E301	No Cost No Limit No Deadline
THURSDAY MARCH 14 2:00-3:00 pm	DOLLY PARTON IMPERSONATOR Stop by the center for this show and you just might swear that Dolly Parton herself is in the house. Ms. Carla Gill, a well known impersonator, is sure to bring a smile to every Dolly lover in attendance.	Room S105	No Cost No Limit No Deadline
FRIDAY MARCH 15 10:00-11:30 am	ST. PATRICK'S DAY PARTY Let's celebrate the luck of the Irish with a St. Patty's Day party. Refreshments, music and dancing with Billy Kitchen and his band.	Room S105	No Cost No Limit No Deadline
FRIDAY MARCH 15 3:00-5:35 pm	MYSTERY MOVIE "A dazzling spectacular . . ." The General who became a slave. The slave who became a gladiator. The gladiator who defied an empire. Grab a bag of popcorn and plop down for an entertaining movie afternoon.	Room S104	No Cost Limit 40 No Deadline

Sign up required unless otherwise noted. Classes may be limited in space.		
<p>TUESDAY MARCH 19 APRIL 16 8:30-9:30 am</p>	<p>COFFEE, MONEY & QUESTIONS with Shaneesa Room E303 Are you concerned about the current market conditions and how political, economic & cultural forces are shaping our markets? Let's talk about how this affects you as an investor. Grab a cup, bring your questions and chat with Shaneesa Freshour, our guest from Edward Jones. This program meets every third Tuesday.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAY MARCH 19 10:00-11:30 am</p>	<p>HUMAN TRAFFICKING: SHEDDING LIGHT ON HUMAN TRAFFICKING IN TENNESSEE Room S104 Human trafficking, better known as Modern Day Slavery, is impacting an estimated 40.3 million people globally. Human trafficking is a \$150 billion a year global criminal enterprise. This informational session will shed light on the real issue of human trafficking and how it is happening right here in Tennessee.</p>	<p>No Cost Limit 50 Deadline 3/15</p>
<p>WEDNESDAY MARCH 20 10:00-11:00 am</p>	<p>FAMILY CELEBRATIONS Room S104 We welcome, Carla Bush, UT Extension Rutherford County, who will teach us how to make celebrations more fun with less "stuff" by prioritizing connection over consumption. We will talk about how to strengthen relationships with friends and family without the fanfare.</p>	<p>No Cost Limit 25 No Deadline</p>
<p>WEDNESDAY MARCH 20 1:00-3:00 am</p>	<p>EASY HOME REPAIR WITH MURFREESBORO ELECTRIC Room S104 Amy Byers with Murfreesboro Electric will conduct this hands-on do-it-yourself workshop on energy efficiency and preparing your home for the summer months.</p>	<p>No Cost No Limit No Deadline</p>
<p>WEDNESDAY MARCH 20 1:30-3:00 pm</p>	<p>CLOWN MEETING & REHEARSAL Room R406 Anyone interested in being a clown should attend this meeting. Always lots of fun. Meet the clowns and see their rehearsal to find out what it's all about. No sign up required.</p>	<p>No Cost Limit 20 No Deadline</p>
<p>WEDNESDAY MARCH 23 1:00-2:00 pm Bingo 2:00-5:00 pm Dance</p>	<p>DECADES DAY & SENIOR PROM Room S104 & S105 Oakland High School will be hosting a day full of teenage memories with "decades" day bingo, food, memory projects and a dance with music by Bill Sleeter starting at 2:00 pm.</p>	<p>\$5 FOR DANCE Limit 20 No Deadline</p>
<p>MONDAY MARCH 25 12:30 pm</p>	<p>SINGING SENIORS SPRING CONCERT Room S105 Enjoy the talented seniors performing at the Spring Concert.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAY MARCH 26 11:30 am-1:00 pm</p>	<p>LUNCH & LEARN: FOUNDATIONS OF INVESTING Room S104 Building your investor IQ starts with understanding the basics. Enjoy this educational lunch program with insights from Shaneesa Freshour, Edward Jones.</p>	<p>No Cost Limit 50 Deadline 3/22</p>
<p>WEDNESDAY MARCH 27 1:00-2:00 pm</p>	<p>BUTTER BEAN AUCTION Room S104 Kristen Brodie is such a fun auctioneer for this program where you bid on your favorite items with butter beans. All prizes and beans provided by the Rutherford Assisted Living. Sure to be fun, fun, fun!</p>	<p>No Cost Limit 50 No Deadline</p>
<p>THUR & FRI MARCH 28 & 29 10:00 am-2:00 pm</p>	<p>AARP SMART DRIVER CLASS Room S104 Take this course geared towards the older driver and be safe behind the wheel. Payment is made (by check only) to AARP the first day of class. Call the center to preregister for class. Some insurance companies offer a discount on insurance rates after completion of the course. Check with your agent for more information. Bring a sack lunch and beverage to class.</p>	<p>COST \$15 AARP \$20 NONMEMBER Limit 30 Deadline 3/21</p>

Sign up required unless otherwise noted. Classes may be limited in space.

<p>TUESDAY APRIL 2 10:00-11:00 am</p>	<p>SENIOR LEARNING NETWORK: FOSSILS Room S104 We will visit, via webinar, the Badlands National Park. The Park protects many rich fossil beds containing evidence of ancient life. Through our visit we will learn about the fossils including marine creatures that lived from 74 to 65 million years ago and ancient mammals that lived from 37 to 25 million years ago.</p>	<p>No Cost No Limit No Deadline</p>
<p>WEDNESDAY APRIL 3 8:30-11:00 am</p>	<p>MEET & GREET: MURFREESBORO POLICE This program/trip will load the bus at St. Clair promptly at 8:30 am and spend the time at the Murfreesboro Police station. MPD officers will be giving a class on gun safety and a tour of the indoor gun range and firearms simulator. If we ask nicely, the officers might let us take a turn in the firearms simulator.</p>	<p>No Cost Limit 23 Deadline 4/3</p>
<p>SATURDAY APRIL 6 6:00-9:00 pm</p>	<p>SPRING FLING DANCE Room S105 Put on your dancing shoes and join us for a fun night. The 231 South Band gets it all started by playing some country and old time rock & roll music from the 50s and 60s.</p>	<p>\$5 AT THE DOOR No Limit No Deadline</p>
<p>MONDAY APRIL 8 10:00-11:30 am</p>	<p>IN THE GARDEN: YOUR YARD AS A POLLINATOR Room S105 Are you interested in attracting more birds and butterflies to your garden or patio? Join Master Gardener Emeritus Jack Smith as he tells us how to make this happen.</p>	<p>No Cost No Limit No Deadline</p>
<p>TUESDAY APRIL 9 10:00-11:00 am</p>	<p>WALKING IN THE GREAT OUTDOORS: BARFIELD PARK Join us for an outdoor walk at Barfield Park. We will enjoy the great outdoors walking at your comfortable speed, 1/4, 1/2 or full mile all within this 1-hour trip. Bring appropriate clothing, shoes, water and cell phone. If you don't make the registration for the van you can meet us there in your personal vehicle.</p>	<p>No Cost Limit 12 Deadline 4/9</p>
<p>WEDNESDAY APRIL 10 9:00 am</p>	<p>TN COLLEGE OF APPLIED TECHNOLOGY (TCAT) BUS Travel to TCAT for non-medical footcare, manicure, hair wash and style or haircuts. Each service is \$5 and there is an annual fee of \$5 (to be paid at the TCAT center). Please let staff know what services you want done at sign up. No services may be added after the deadline. If you want more than two services done, you need to go on your own. Call 615-898-8010 ext. 118 to make an appointment.</p>	<p>\$5 TRANSPORTATION FEE Limit 10 Deadline 4/7</p>
<p>TUESDAY APRIL 16 10:00-11:00 am</p>	<p>HEALTH BREAK: WHEN IT'S HARD TO LOVE Room S104 Struggles, disappointments and discouragements are a part of life, and have hidden opportunities within them to give and receive comfort, assurance and encouragement. If you have relationships that aren't what you want them to be or need ideas to produce better relationships, this may be for you.</p>	<p>No Cost Limit 50 Deadline 4/9</p>
<p>TUESDAY APRIL 16 1:00-2:45 pm</p>	<p>WALKING IN THE GREAT OUTDOORS: THOMPSON LANE Join us for an outdoor walk at Thompson Lane Greenway Trailhead. We will enjoy the great outdoors walking at your comfortable speed, 1/4, 1/2 or full mile all within this 1-hour trip. Bring appropriate clothing, shoes, water and cell phone. If you don't make the registration for the van you can meet us there in your personal vehicle.</p>	<p>No Cost Limit 12 Deadline 4/16</p>
<p>WEDNESDAY APRIL 17 8:30-10:00 am</p>	<p>TWRA: FISHING BIOLOGIST Room S104 Join us for a class with a TWRA (Tennessee Wildlife Resource Agency) Fishing Biologist. The TWRA will be coming to St. Clair to discuss local fish species, hatcheries, habits, fishing tips and safety. This course will be in preparation for our local fishing trips starting in late spring.</p>	<p>No Cost Limit 50 Deadline 4/17</p>

Sign up required unless otherwise noted. Classes may be limited in space.










<p>WEDNESDAY APRIL 17 1:30-3:00 pm</p>	<p>CLOWN MEETING & REHEARSAL Room S104 Anyone interested in being a clown should attend this meeting. Always lots of fun. Meet the clowns and see their rehearsal to find out what it's all about.</p>	<p>No Cost Limit 20 No Deadline</p>
<p>FRIDAY APRIL 19 2:00-4:00 pm</p>	<p>MYSTERY MOVIE: 1934 winner of 5 Academy Awards! Room S104 A couple team up for laughs as mismatched lovers in this screwball comedy classic. Grab a bag of popcorn & join us for this hilarious show!</p>	<p>No Cost Limit 40 No Deadline</p>
<p>TUESDAY APRIL 23 1:00-3:00 pm</p>	<p>A WALK FOR THE BIRDS Barfield Wilderness Station We will journey to the Wilderness Station to take a walking course on bird watching. Learn from Outdoor Murfreesboro staff about local species of birds and maybe spot a rare one if you are lucky. Binoculars provided.</p>	<p>No Cost Limit 12 Deadline 4/23</p>
<p>TUESDAY APRIL 23 1:00-3:00 pm</p>	<p>FREE! FLORAL DESIGN WORKSHOP Room R406 Join this hands-on floral design workshop brought to us by Rachel Jackson Garden Club member, Kathy Rychen. She will help to inspire your inner florist and you will take home a finished product to show off to your friends & family.</p>	<p>No Cost Limit 10 No Deadline</p>
<p>WEDNESDAY APRIL 24 8:30-11:30 am</p>	<p>LET'S GO FISHING VAN We are headed to Stewarts Creek boat ramp in Smyrna. There will be a dock for low mobility individuals and a shore line (with some rocks) for those wanting to venture out a little more. Rod, reel and bait will be provided. Bring good shoes/boots, water, appropriate clothes and a pocket knife (if you have one).</p>	<p>No Cost Limit 8 Deadline 4/24</p>
<p>WEDNESDAY APRIL 24 1:00-2:00 pm</p>	<p>BUTTER BEAN AUCTION Room S104 Kristen Brodie is such a fun auctioneer for this program where you bid on your favorite items with butter beans. All prizes and beans provided by the Rutherford Assisted Living. Sure to be fun, fun, fun!</p>	<p>No Cost Limit 50 No Deadline</p>
<p>THURSDAY APRIL 25 10:00 am</p>	<p>LUNCH & LEARN: POSITIVE THINKING Room S104 When Life gives Us Lemons Positive thinking is powerful! It can help turn a difficult situation into one that's manageable and sometimes even enjoyable. Learn how to look on the bright side and bring more happiness, connection and gratitude to your life. Lunch provided.</p>	<p>No Cost Limit 40 Deadline 4/8</p>
<p>FRIDAY APRIL 26 11:30 am-1:00 pm</p>	<p>VOLUNTEER LUNCHEON Room S105 Celebrate with us at the annual volunteer luncheon. All registered volunteers from July 2018-present are invited to attend. You must RSVP by calling 615-848-2550 by April 12 to reserve your spot. Join us for a super good time!</p>	<p>No Cost Limit 125 Deadline 4/13</p>
<p>TUESDAY APRIL 30 10:00-11:00 am</p>	<p>DO THIS, NOT THAT: TOUR OF MUTUAL FUNDS Room S105 Shaneesa Freshour, with Edwards Jones, will be here to delve deep into the features, benefits and risks associated with mutual funds. Bring your questions.</p>	<p>No Cost Limit 35 Deadline 4/26</p>
<p>TUESDAY APRIL 30 1:00-2:45 pm</p>	<p>WALKING IN THE GREAT OUTDOORS: CENTRAL VALLEY Join us for an outdoor walk at Central Valley Greenway Trailhead. We will enjoy the great outdoors walking at your comfortable speed, 1/4, 1/2 or full mile all within this 1-hour trip. Bring appropriate clothing, shoes, water and cell phone. If you don't make the registration for the van you can meet us there.</p>	<p>No Cost Limit 12 Deadline 4/30</p>






HARMONICAS FOR HEALTH

Are you looking for something fun & interesting to do while improving your lung health? This might be just the thing you are looking for. The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, & meet new friends. No music background is needed! Meeting on Thursdays beginning March 7 from 1:00 - 2:00 pm.

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!

WALKING:  easy stroll  moderate walking  physical effort required COST: \$=\$8-\$15 \$\$=\$15-\$29 \$\$\$=\$30 and up <i>This key offers an estimate. The true cost of a meal may vary.</i>		
<ul style="list-style-type: none"> • Day Trips depart from New Vision Baptist Church. Maps available at the center. • Gambling & overnight trips depart from City Hall garage. • EFFECTIVE MAY 1 all trips will depart from City Hall garage. • Let us know if you live at Westbrooks Towers or have special requests (i.e. wheelchair) at the time of registration. • We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected. 		
SATURDAY MARCH 16 10:00 am-7:15 pm Deadline: 3/6	“BAREFOOT IN THE PARK” AT CUMBERLAND CO. PLAYHOUSE Just back from their honeymoon, Paul and Corie get a surprise visit from Corie’s loopy mother and decide to play matchmaker with their eccentric neighbor, Velasco, and everything that can go wrong, does. Fee includes transportation and production. Must be able to climb stairs. Bring money for lunch; no dinner stop.	Cost: \$40 Limit 21 \$\$\$ 
WEDNESDAY MARCH 20 10:30 am-1:30 pm Deadline: 3/8	LUNCH OUTING - MARCH Home cooking served buffet style. Fee includes transportation. Bring money for lunch.	Cost: \$10 Limit 22 \$ 
THURSDAY MARCH 21 9:45 am-3:30 pm Deadline: 3/6	"ESTHER" AT CHAFFIN'S BARN DINNER THEATRE A new musical by Dan Zimmerle based on the book of Esther. Fee includes production and transportation. Plan to pack a sack lunch or bring money to purchase lunch items at Chaffin’s.	Cost: \$30 Limit 22 \$\$\$ 
THURSDAY MARCH 21 8:45 am-9:00 pm Deadline: 3/13	HARRAH'S METROPOLIS CASINO Fee includes transportation and \$5 in free play and buffet lunch. This trip departs from the City Hall garage on Tommy Martin Drive off NW Broad.	Cost: \$10 Limit 55 \$ 
2020 TRAVEL DESTINATIONS Drop by room S104 any time between 9:00 & 10:00 am on Wednesday, March 27 , and take a look at some of the multiday destinations for 2020. This is a great opportunity to give your input and make recommendations of your own. Ready . . . set . . . LET’S GO!		
SATURDAY MARCH 30 9:45 am-5:45 pm Deadline: 3/5	FABULOUS 50S SHOW This boot-stomping variety show is an all-volunteer original community production featuring talented musicians, dancers and actors. The show features music from the 50s, 60s, and 70s. Fee includes transportation and show. Bring money for lunch.	Cost: \$30 Limit 34 \$\$\$ 
THURSDAY APRIL 4 9:15 am-3:15 pm Deadline: 3/13	HARMONY LANE FARM & CREAMERY TOUR Take a guided tour of this 64-ACRE dairy goat farm. A minimum amount of walking is involved. This is a working farm so dress accordingly. Fee includes transportation and guided tour. Bring money for lunch.	Cost: \$24 Limit 21 \$\$ 




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 COST: \$=\$8-\$15 \$\$=\$15-\$29 \$\$\$=\$30 and up *This key offers an estimate. The true cost of a meal may vary.*





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<p>SATURDAY APRIL 6 10:00 am-5:00 pm Deadline: 3/20</p>	<p>ANNUAL CELEBRATION OF CRAFT, SMITHVILLE This event features live music, artist demonstrations, opportunities to purchase items from a variety of artists, and more. Fee includes transportation. Admission is FREE. Bring cash for lunch and shopping.</p>	<p>COST: \$15 Limit 20 \$\$ </p>
<p>TUESDAY APRIL 9 9:00 am-2:00 pm Deadline: 3/14</p>	<p>HATCHER FAMILY DAIRY TOUR, COLLEGE GROVE This educational walking tour includes stops at the nursery, milking parlor, creamery, barn loft, and so much more. Fee includes transportation and guided tour. Bring money for lunch.</p>	<p>COST: \$18 Limit 21 \$\$ </p>
<p>WEDNESDAY APRIL 10 10:15 am-1:45 pm Deadline: 4/2</p>	<p>LUNCH OUTING - APRIL Known for its country ham, skillet fried chicken, hot biscuits and homemade preserves. Fee includes transportation. Bring money for lunch.</p>	<p>COST: \$10 Limit 22 \$ </p>
<p>PICKLER AND BEN, NASHVILLE Interested in joining country music star Kellie Pickler and Emmy-winning TV personality Ben Aaron for a live taping of their talk show, Pickler & Ben? Add your name to the list. As shows become available, individuals on the list will be contacted by phone, in the order in which their names were received. Date and time TBA. This trip is limited to 10 participants and the cost will be \$10.</p>		
<p>THURSDAY APRIL 11 7:45 am-4:15 pm Deadline: 3/14</p>	<p>SOUTHERN BELLE RIVERBOAT CRUISE, CHATTANOOGA Enjoy a one time through buffet style lunch during your 2-hour narrated cruise down the Tennessee River including live entertainment and BINGO. Fee includes transportation and complete lunch cruise.</p>	<p>COST: \$50 Limit 21 \$\$\$ </p>
<p>SATURDAY APRIL 13 9:00 am-1:30 pm Deadline: 3/8</p>	<p>OLIVE AND SINCLAIR FACTORY TOUR, NASHVILLE Learn about Olive and Sinclair while tasting your way through their unique process of making bean-to-bar chocolate. Fee includes transportation and guided tour. Bring money for lunch.</p>	<p>COST: \$16 Limit 15 \$\$ </p>
<p>MONDAY APRIL 15 9:30 am-3:45 pm Deadline: 4/5</p>	<p>SENIOR MONDAYS AT THE FRIST, NASHVILLE A docent-led tour of a current exhibit, live music by Snappy Pappy, and plenty of time to take in the finest visual art from local, state and regional artists. Fee includes transportation only. Bring \$6 cash for admission and money for lunch.</p>	<p>COST: \$10 Limit 22 \$\$ </p>

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<p>FRIDAY APRIL 19 8:30 am-4:00 pm Deadline: 4/12</p>	<p>THRIFT STORE SHOPPING One man's trash is another man's treasure. You never know what gems you'll find. Travel to stores in Hendersonville, Donelson and Hermitage. Fee includes transportation. Bring money for lunch.</p>	<p>COST: \$10 Limit 19 \$ </p>
<p>SATURDAY APRIL 20 9:00 am-4:00 pm Deadline: 4/12</p>	<p>KIRBY'S FIRST TIMERS ONLY NASHVILLE TOUR This trip is open to those who have never had the opportunity to go on Kirby's historic Nashville tour. Fee includes transportation and riding guided tour. Bring money for lunch.</p>	<p>COST: \$10 Limit 21 \$ </p>
<p>FRIDAY APRIL 26 12:30-8:30 pm Deadline: 3/28</p>	<p>NFL DRAFT EXPERIENCE, NISSAN STADIUM, NASHVILLE Enjoy this football festival, where you can participate in interactive exhibits, immersive games, virtual reality experiences, free player autograph sessions and more. Fee includes transportation. Admission is FREE. Bring money for food at the event.</p>	<p>COST: \$10 Limit 20 \$ </p>
<p>THURSDAY MAY 2 8:45 am-3:15 pm Deadline: 4/24</p>	<p>IRIS CITY GARDENS, PRIMM SPRINGS Due largely to the efforts of the Nashville Iris Association, state legislature named the iris the state flower in 1933, making Nashville "The Iris City." Learn more about these beautiful flowers as you visit the gardens. Fee includes transportation. Bring money for lunch and for optional plant purchases.</p>	<p>COST: \$15 Limit 19 \$\$ </p>
<p>SATURDAY MAY 4 9:30 am-3:30 pm Deadline: 4/25</p>	<p>SPRING FLING AT THE PLANTATION, LEBANON Antique daffodils come alive at Watermelon Moon Farm each spring at this annual event, with over 40 vendors, plenty of good food, dancing around the May Pole, and more! Join us for this fun day in the country. Fee includes transportation. Bring \$3 cash for admission and money for food and shopping.</p>	<p>COST: \$10 Limit 21 \$\$ </p>
<p>SUNDAY MAY 5 12:45-6:00 pm Deadline: 3/6</p>	<p>NASHVILLE SOUNDS VS. MEMPHIS REDBIRDS Fee includes transportation and game ticket. Bring money for concessions.</p>	<p>COST: \$37 Limit 22 \$\$\$ </p>

Be sure to check out the selection of long distance trips on page 9.
See what new adventure awaits you on a trip with St. Clair.

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<p>SATURDAY MAY 11 9:30 am-3:00 pm Deadline: 3/22</p>	<p>TENNESSEE RENAISSANCE FESTIVAL Travel back to 16th Century England as the Village of Covington Glen comes alive with the bustle of a Renaissance Marketplace. Fee includes transportation and admission. Cash is required for food, beverages, rides, games and souvenirs.</p>	<p>Cost: \$33 Limit 21 \$\$\$ </p>
<p>FRIDAY MAY 17 3:30-10:45 pm Deadline: 3/28</p>	<p>SONGWRITERS NIGHT, STORYTELLERS MUSEUM & HIDEAWAY FARM, BON AQUA, TN Independent songwriters will be performing this intimate concert for the community on the little stage. Fee includes transportation and admission. Bring \$ for dinner.</p>	<p>Cost: \$22 Limit 21 \$\$ </p>
<p>SATURDAY MAY 25 10:15 am-6:30 pm Deadline: 3/14</p>	<p>BLUEGRASS UNDERGROUND: MAYBERRY MEMORIES, PELHAM, TN The Caverns is a musical venue like no other. Mayberry Memories will remind you of days gone by with music and laughter from The Andy Griffith Show. Fee includes transportation and performance. The showroom is about a 1/2 mile walk from the parking lot along a gravel path. Bring money for lunch & light jacket or sweater.</p>	<p>Cost: \$53 Limit 22 \$\$\$ </p>
<p>FRIDAY MAY 31 4:30-11:00 pm Deadline: 4/15</p>	<p>“BIG FISH” AT PULL-TIGHT THEATRE, FRANKLIN When Will is about to have a child of his own, he becomes determined to find the truth behind his father’s epic tales. Based on the novel by Daniel Wallace and the film by Tim Burton. Fee includes transportation and production. Bring money for dinner.</p>	<p>Cost: \$24 Limit 22 \$\$ </p>
<p>FRIDAY JUNE 7 4:45-10:45 pm Deadline: 4/15</p>	<p>“SHAKE RATTLE & ROLL” AT ARTS CENTER OF CANNON COUNTY A tribute to rock and roll legends Jerry Lee Lewis, Carl Perkins, Elvis Presley, and Johnny Cash. Fee includes transportation and production. Bring money for dinner.</p>	<p>Cost: \$25 Limit 22 \$\$ </p>
<p>SATURDAY JUNE 22 4:45-10:45 pm Deadline: 4/22</p>	<p>ENGLISH RAIN: TRIBUTE TO THE BEATLES AT ARTS CENTER OF CANNON COUNTY - This band of professional multi-instrumentalists from Nashville, are dedicated to recapturing the lightning from the Beatles’ bottle. Fee includes transportation and production. Bring money for dinner.</p>	<p>Cost: \$25 Limit 22 \$\$ </p>
<p>SATURDAY JUNE 29 11:00 am-5:30 pm Deadline: 3/11</p>	<p>“FIDDLER ON THE ROOF” AT TPAC, NASHVILLE This is a boisterous, heartfelt tale of love and acceptance set in Russia on the brink of a revolution. Fee includes production and transportation.</p>	<p>Cost: \$74 Limit 22 \$\$\$ </p>

MARCH/APRIL 2019
St. Clair
Senior Center

PRSRT STD
U. S. POSTAGE PAID

Permit No.

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

Hours of Operation:

Monday - Friday
6:00 am - 7:00 pm

Saturday 8:00 am-5:00 pm

Sunday 1:00 - 5:00 pm

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

SENIOR DINING/MEALS ON WHEELS
Debbie Willis, Site Coordinator
Call 615-895-1870 for lunch reservations.

MCHRA TRANSPORTATION
615-890-2677

THANK YOU ALL
FOR YOUR KIND DONATIONS
TO THE CENTER!

*No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance.
(Title VI of the Civil Rights Act of 1964)*



Some services provided at this facility are offered in part with the assistance of a Community Development Block Grant (CDBG) from the City of Murfreesboro using funds granted by the U.S. Department of Housing and Urban Development.



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