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

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Don Turner.

Mistakes Happen...
Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website for the latest updates and changes: www.murfreesborotn.gov/parks

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

Refund Policy*
- Full refund when canceling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports*Com and Patterson Community Center.
*Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.

City of Murfreesboro Access Statement
The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.
Administration 615-890-5333
Nate Williams, Director - nwilliams@murfreesborotn.gov
Thomas Laird, Assistant Director - tlaird@murfreesborotn.gov
Rachel Singer, Assistant Director - rsinger@murfreesborotn.gov
Cindy Nance, Finance/Personnel - cnance@murfreesborotn.gov

Aquatics, Sports*Com 615-895-5040
Kyle Goss - kgoss@murfreesborotn.gov
Carrie Stafford - cstafford@murfreesborotn.gov
Cody Saffell- csaffell@murfreesborotn.gov
aquatics@murfreesborotn.gov

Aquatics, Patterson 615-893-7439
Athletics 615-907-2251
Brittany Garrett- bgarrett@murfreesborotn.gov
Michael Philpott - mphilpott@murfreesborotn.gov
Sami Maxey - smaxey@murfreesborotn.gov

Adams Tennis Complex 615-546-4000
Gary Arbitt, Facility Supervisor - garbit@murfreesborotn.gov
Cayce Neal, Facility Coordinator - cneal@murfreesborotn.gov
Beth McDaniel, Asst. Facility Coord. - bmdaniel@murfreesborotn.gov
John Kreis, Tennis Pro- jkreis@murfreesborotn.gov

Bradley Academy 615-962-8773
Vonchelle Stembridge, vstembridge@murfreesborotn.gov

Cannonsburgh Village 615-890-0355
Shelia Hodges - shodges@murfreesborotn.gov

Community Parks 615-642-1103
Becki Johnson - bjohnson@murfreesborotn.gov

Cultural Arts 615-962-7725
Susan Hicks, Performing Arts - shicks@murfreesborotn.gov
Lisa Browning, Visual Arts - lbrowning@murfreesborotn.gov
culturalarts@murfreesborotn.gov

Marketing 615-809-4866
Melinda Tate- mtate@murfreesborotn.gov

McFadden Community Center 615-893-1802
Michael Philpott - mphilpott@murfreesborotn.gov

Outdoor Murfreesboro
Natural Resources 615-893-2141
Kristin Hopkins - khopkins@murfreesborotn.gov,
Greenway, Wetlands and Trails

Wilderness Station 615-217-3017
Hailey Moss- hmoss@murfreesborotn.gov
outdoormurfreesboro@murfreesborotn.gov

Patterson Park Community Center and The Washington Theatre 615-893-7439
Russell Smith, Superintendent - rsmith@murfreesborotn.gov
Gernell Jenkins, Facility Supervisor - gjenkins@murfreesborotn.gov
Pierre Lyons, Facility Coordinator - plyons@murfreesborotn.gov
Chad Hill, Fitness/Wellness - chill@murfreesborotn.gov
Heather Mullican- hmullican@murfreesborotn.gov
Crystal Ellis-McFerrin, Youth Development - cellis@murfreesborotn.gov
Susan Hicks, Performing Arts - shicks@murfreesborotn.gov

St. Clair Street Senior Center 615-848-2550
Mark Owens, Superintendent - mowens@murfreesborotn.gov

Sports*Com 615-895-5040
Bart Fite, Superintendent - bfite@murfreesborotn.gov
Tommy Gregory, Operations - tgregory@murfreesborotn.gov
Sarah Skinner, Asst. Facility Coord. - sskinner@murfreesborotn.gov
Allison Davidson, Fit/Well - adavidson@murfreesborotn.gov

Youth Development 615-893-1802
Priscilla Murray, pmurray@murfreesborotn.gov

Photography
Jim Davis - jbdavis@murfreesborotn.gov

Parks and Recreation website
www.murfreesborotn.gov/parks

Our 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 OUR COMMUNITY
## Facility Passes
### Patterson Park Community Center and Sports*Com

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>30 Visits</th>
<th>Monthly</th>
<th>Yearly</th>
<th>Family Yearly</th>
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<tbody>
<tr>
<td>Adults</td>
<td>$4</td>
<td>$65</td>
<td>$35</td>
<td>$300</td>
<td>$500</td>
</tr>
<tr>
<td>Adults (City Resident)</td>
<td>$4</td>
<td>$60</td>
<td>$30</td>
<td>$270</td>
<td>$450</td>
</tr>
<tr>
<td>Military, Youth, &amp; Seniors</td>
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<td>$50</td>
<td>$25</td>
<td>$200</td>
<td>Not available</td>
</tr>
<tr>
<td>Military, Youth, &amp; Seniors (60+) (City Resident)</td>
<td>$3</td>
<td>$45</td>
<td>$20</td>
<td>$180</td>
<td>Not available</td>
</tr>
</tbody>
</table>

### Holiday Hours

**Thursday, July 4**
- Open: Boro Beach
- Adams Tennis closes at 2 p.m.
- All other facilities closed.

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**Facility Pass** includes admission to both Sports*Com and Patterson Park Community Center, including aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It does not include fee-based classes.

**Boro Beach (Sports*Com outdoor pool) requires a separate pass for admission.**

For information on the financial assistance policy and facility rental fees, please call the Murfreesboro Parks and Recreation office at 615-890-5333.

- **30 Visits** = 30 daily visits over a 1-year period from date of issue.
- **Monthly** = Unlimited daily visits for 30 days from date of issue.
- **Yearly** = Twelve months from date of issue
- **Family Pass** = The household yearly pass includes admission to Sports*Com and Patterson Park Community Center. Household passes are designed for parents, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

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**Patterson Park Community Center**
- **615-893-7439**
- **521 Mercury Boulevard, Murfreesboro, TN 37130**

Located at Patterson Park in the central area of Murfreesboro. Amenities include: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available to rent seven days a week, and pool rentals are available on weekends.

**Hours:**
- **Monday - Friday**: 6 a.m. - 9:00 p.m.
- **Saturday**: 8 a.m. - 5:00 p.m.
- **Sunday**: 1 p.m. - 5:00 p.m.

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**Sports*Com**
- **615-895-5040**
- **2310 Memorial Boulevard, Murfreesboro, TN 37129**

Sports*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

**Hours:**
- **Monday - Friday**: 6 a.m. - 9:00 p.m.
- **Saturday**: 8 a.m. - 5:00 p.m.
- **Sunday**: 1 p.m. - 5:00 p.m.
Adams Tennis Complex
615-546-4000
925 Golf Lane
Murfreesboro, TN 37129

The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

Hours: Monday - Thursday 8 a.m. - 9:00 p.m.
       Friday 8 a.m. - 9:00 p.m.
       Saturday 8 a.m. - 5:00 p.m.
       Sunday 11 a.m. - 5:00 p.m.

Barfield Crescent Park
615-890-5333
697 Veterans Pkwy.
Murfreesboro, TN 37128

Barfield Crescent Park is a 430-acre community park located in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1, 2, 5, 6, 7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1, 5, 6, 8
Shelter No. 2
Shelter No. 7
Shelters No. 3, 4, 9, 10
Seat Approx. 100 each
Seat Approx. 75
Seat Approx. 312
Seat Approx. 24 each

Bradley Academy Museum and Cultural Center
615-962-8773
415 S. Academy Street
Murfreesboro, TN 37130

Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, Civil War and early settlers' exhibits for the City of Murfreesboro and the County of Rutherford.

Rentals (available 7 days/week):
Auditorium: Seats 125-150
            (dining area plus theatre section)
Boardroom: Seats 40-50

Hours: Tours are available Tuesday - Saturday
       10 a.m. - 4:00 p.m.

Cannonsburgh Village
615-890-0355
312 S. Front Street
Murfreesboro, TN 37129

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts. The Williamson Chapel, Leeman House, Pavilion, and Gazebo and Lions Club building are available to rent.

Photographers: Taking photographs at Cannonsburgh is free; however, we do ask that you call the office and schedule an appointment as wedding rentals are taking place year-round on the grounds.

Civic Plaza
615-890-5333
111 W. Vine Street
Murfreesboro, TN 37130

This park is located at the front entrance of the City of Murfreesboro City Hall. It houses a large open space brick area with amphitheater seating that will accommodate up to 400 persons. The area also has a water feature, shaded walking path and gazebo. The open brick area and amphitheater are available for rent.

Gateway Island and Trail
615-642-1103
1875 West College Street
Murfreesboro, TN 37129

Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half day & full day rentals are available.

McFadden Community Center
615-893-1802
211 Bridge Avenue
Murfreesboro, TN 37129

The McFadden Community Center is on a 3-acre campus and includes a gymnasium, outdoor playground, two meeting rooms, game room, and the Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

Hours: Monday-Friday, 3 p.m. - 8:00 p.m.
McKnight Park
615-890-5333
120 DeJarnette Lane
Murfreesboro, TN 37129
McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.
1 Picnic Shelter Seats Approx. 80

Murfree Spring Wetlands
615-890-5333
502 SE Broad Street,
Murfreesboro, TN 37130
Adjacent to the Discovery Center, the 25-acre Murfree Spring Wetlands boasts a boardwalk, playground, and conservation education in the middle of the city.

Oaklands Park
615-890-5333
905 N. Highland Ave.,
Murfreesboro, TN 37130
This 31-acre neighborhood park surrounds Oaklands Mansion, a historic site operated by Oaklands Association. A large picnic shelter with restrooms may be rented April - October. The park includes a walking trail, wetlands area, and playground with parking.

Old Fort Park
615-890-5333
1024 Golf Lane
Murfreesboro, TN 37129
Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle Playground, 24 tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the shelter and are open year-round. Shelter available daily for rental, April - October.
Shelter Seats Approx. 120

Patterson Park
615-893-7439
521 Mercury Blvd.
Murfreesboro, TN 37130
Patterson Park consists of 10 acres and has a 110,000 square foot facility. Shelters, swimming pool, meeting rooms and theatre are available to rent; please call 615-893-7439. Shelter restrooms are open April - October.
Large Shelter Seats Approx. 100
Small Shelter Seats Approx. 50

Richard Siegel Park
615-890-5333
515 Cherry Lane
Murfreesboro, TN 37129
This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.
Shelter No. B Seats Approx. 30
Shelter No. C Seats Approx. 30
Shelter No. A Seats Approx. 75

Rogers Park
615-890-5333
1115 Hunt Street
Murfreesboro, TN 37130
Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October, with restrooms available.
Shelter No. 1 Seats Approx. 80
Shelter No. 2 Seats Approx. 45

St. Clair Street Senior Center
615-848-2550
325 St. Clair Street
Murfreesboro, TN 37130
The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broaden independence and maintain one's involvement in the community.
Hours: Monday - Friday 6 a.m. – 7:00 p.m.
Saturday 8 a.m. - 5:00 p.m.
Sunday 1 p.m. - 5:00 p.m.

Wilderness Station
615-217-3017
697 Veterans Pkwy.
Murfreesboro, TN 37128
Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.
Summer Hours (through September 14)
Sunday 12 p.m.- 8:00 p.m.
Mon-Sat 8 a.m. - 8:00 p.m.
Murfreesboro Greenway System
The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 13 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Thirteen trailheads provide access to the Murfreesboro Greenway System.

Thompson Lane Trailhead
2240 N. Thompson Lane
This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

Broad Street Trailhead
1921 N.W. Broad St.
This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. As you travel to the west, there is a wooden overlook that provides a good view of the river.

West College Street Trailhead
1902 W. College St.
Gateway Island Reservations: 615-890-5333
Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

General Bragg Trailhead
1450 W. College Street
Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.
1 Picnic Shelter Seats Approx. 45

Redoubt Brannan Trailhead
1300 W. College St.
This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

Fortress Rosecrans Trailhead
1916 Golf Lane
This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army’s advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

Manson Pike Trailhead
1208 Searcy St.
This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom’s Mill.

Overall Street Trailhead
410 Overall St.
This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

Old Fort Park Trailhead
916 Golf Lane
Shelter Reservations: 615-890-5333
Located in Old Fort Park, this trailhead is between Kids’ Castle playground and the tennis courts. The shelter provides picnic tables and restrooms.

Cason Trailhead
1100 Cason Trail
Shelter Reservations: 615-890-5333
This addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro. The trailhead is also home to the Cason Bark Park.

Cannonsburgh Village Trailhead
312 S. Front St.
This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

North Murfreesboro Greenway
The Central Valley Trailhead, located approximately one-mile from Hwy 231, boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback (“s” curve) hill and a tree-top canopy offering shade.

The Walter Hill Trailhead is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.
4th of July Rock the Pool
Come make a splash at our Independence Day bash. It will be a day complete with contests, games and fun in the sun.
Ages: All ages
Date: Thursday, July 4
Time: 10:00 a.m.-4:30 p.m.
Location: Sports.com Outdoor Pool
Fee: $7 Adults/$5 Youth, Seniors and Military
Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov

“Celebration Under the Stars”
Bring your family and friends, your lawn chairs or blankets, and join us for this community annual event. There will be inflatables for the kids, live bands, fireworks, and refreshments for purchase. Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.
Ages: All ages
Date: Thursday, July 4
Time: 4:00 pm until after fireworks display approximately 9:30 pm
Location: McKnight Park
Contact: MPRD, 615-890-5333
recreation@murfreesborotn.gov

Splash Out!
Join the many happy children under the spray from the Murfreesboro Fire and Rescue Department. Wear clothes and shoes to get wet in, and don’t forget your sunscreen and towel. Free. Parents, plan to stay with your children and enjoy the water too!
Ages: Children 12 years & under with a parent/grandparent.
Dates: Thursday, July 11, at Barfield Crescent Park, Pavilions #5, 6, & 7 Thursday, July 25, at Old Fort Park
Time: 1:30-3:00 p.m.
Fee: Free
Contact: Becki Johnson, 615-893-2141, bjohnson@murfreesborotn.gov

Sponsored by City of Murfreesboro, Murfreesboro Parks & Recreation Department Murfreesboro Fire & Rescue Department and Murfreesboro Police Department.
Uncle Dave Macon Days
A Roots Rendezvous
Uncle Dave Macon Days, a roots rendezvous which honors traditional American music and the career of the first superstar of the Grand Ole Opry and Country Music Hall of Famer, Uncle Dave Macon. This year marks the 41st Anniversary of the annual Uncle Dave Macon Days festival starting with small beginnings which attracted only a few old-time music enthusiasts on the lawn of the Courthouse in 1978.
Other family-oriented events taking place throughout the festival include: heritage activities for children, mouth-watering local concessions, a juried arts and crafts show in Matilda Macon's Artisan Village, Dave Macon's Marketplace, and a historic photo exhibit. Along with the lively festival competitions and the National Championships in music and dance, Saturday evening promises to be one of the best highlighting the talent who have made Uncle Dave Macon Days a success for the past 41 years. The celebration takes place in Cannonsburgh, a pioneer village. Cannonsburgh Village is located at 312 South Front Street in Murfreesboro, Tennessee.

Ages: All
Date: July 12-13
Time: 7:00-9:00 p.m.
Fee: $10 per person; kids under 12 FREE!
Location: Cannonsburgh Village
Contact: shodges@murfreesborotn.gov

National Night Out
MPRD and Murfreesboro Police Department invite you to celebrate National Night Out on Tuesday, August 6 at Sports*Com, Patterson Park and at Murfreesboro's historic court square. All sites will host games, food and always educating the public about crime and how to prevent it.

Ages: All
Date: Tuesday, August 6
Time: 8:30 p.m.
Fee: Free
Contact: www.murfreesborotn.gov/parks

Murph's Fun Run
Run, walk or hop one mile around the Gateway Island and help keep our Murfreesboro Schools healthy this year! Every finisher will receive a Murph's Fun Run medal. Register on site the day of the run. No preregistration necessary. *Part of the Walk, Read, Write Half Marathon

Ages: Kids of all ages; parents may assist.
Date: Saturday, August 10
Time: 9:00 a.m.
Fee: One new school supply
Contact: Becki Johnson, 615-893-2141, bjohnson@murfreesborotn.gov or Jennifer Joines, 615-893-2141, jjoines@murfreesborotn.gov

St. Clair’s End of Summer Party:
Ice Cream Social & Magic Show
A great day to bring your grandchildren! While enjoying the tasty treats from the ice cream social we will be entertained by Bruce Amato, a very talented Magician.

Date: Thursday, August 1
Time: 1:00-2:00 p.m.
Fee: Free
Location: St. Clair Senior Center
Contact: Kathy Herod, 616-848-2550

Greenway Art Festival
Presented by Cultural Arts Murfreesboro and Friends of the Greenway, the annual Greenway Art Festival at Old Fort Park celebrates the region's most talented artisans in a family-friendly park setting. Original art (oil paint, watercolor, pottery, textile, metal, glass, and sculpture) as well as installation art, music, food vendors, and youth art activities will be available for everyone to enjoy.

The 2019 Greenway Art Festival is a juried event.

Festival Date: Saturday, September 21
Time: 10:00 a.m. – 4:00 p.m.
Fee: Free
Location: Old Fort Park
Contact: Cultural Arts, Visual Arts Division
lbrowning@murfreesborotn.gov

The image contains text about events and activities in Murfreesboro, Tennessee, including Uncle Dave Macon Days, National Night Out, Murph's Fun Run, St. Clair's End of Summer Party, and the Greenway Art Festival.
3rd Friday Night Concert Series
Bring your lawn chairs, a blanket, and picnic while joining us for outdoor music performed by Uptown Country on July 19 and Scott Moritz on August 16.

Ages: All
Date: Friday, July 19 with Uptown Country
Friday, August 16 with Scott Moritz
Time: 7:00-9:00 p.m.
Fee: Free
Location: Front lawn of Visitor Center at Cannonsburgh Village
Contact: Cannonsburgh Village
615-890-0355
shodges@murfreesborotn.gov

Movies Under the Stars
Attention family and friends! Movies Under the Stars returns this summer with a lineup of family-orientated flicks. Bring your blankets, lawn chairs, or truck bed. Movie lists are available at www.murfreesborotn.gov/parks, on site, and at all MPRD facilities. Refreshments are available for purchase. Cancellations due to weather are posted on MPRD’s Facebook page!

Age(s): All
Date: Now thru July 27
Location: Mondays: Barfield Crescent Park, near Pavilions 1 & 2
Tuesdays: Civic Plaza
Thursdays: Richard Siegel Neighborhood Park
Fridays: Cason Lane Trailhead
Saturdays: Fountains at Gateway
Time: 8:30 p.m. until conclusion of movie
Fee: Free
Contact: www.murfreesborotn.gov/parks for a movie listing. Cancellations due to weather will be posted on Facebook/MurfreesboroParksandRec

2019 Patterson Park Summer Enrichment Program
The Patterson Park Community Center is once again offering a positive learning environment for area youth this summer.

The vision of the program is to provide a safe and fun environment while offering a wide variety of sport, wellness, cultural arts, and character development activities, field trips and special events.

Ages: 8-13
Date: May 28-July 26
Days: Monday- Friday
Time: 9:00 a.m. – 4:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
cellis@murfreesborotn.gov

First Shot Summer Sports Camp
First Shot will be conducting the annual summer break sports camp. The camp sessions consist of: Dance, Team Sports, Character Counts, and other exciting enrichment activities.

Ages: 8-13
Date: July 8-11 and July 15-18
Days: Monday- Thursday
Time: 12:00 p.m. – 4:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin; 615-893-7439
cellis@murfreesborotn.gov

Splash Out!
Join the many happy children under the spray from the Murfreesboro Fire and Rescue Department. Wear clothes and shoes to get wet in, and don’t forget your sunscreen and towel. Free. Parents, plan to stay with your children and enjoy the water too!

Ages: Children 12 years & under with a parent/grandparent.
Dates: July 11 at Barfield Crescent Park, Pavilions #5, 6, & 7
July 25 at Old Fort Park
Days: Thursdays
Time: 1:30 until 3:00 p.m.
Fee: Free
Contact: Becki Johnson; 615-893-2141
bjohnson@murfreesborotn.gov
Patterson Park After School Enrichment Program
Join Us Weekdays After School Until 6pm for:
A variety of sport activities, health and wellness lessons, visual and cultural arts, character development enrichments, homework help, after school snacks, and field trips.
Ages: 8-13
Date: August 5 - May 22
Days: Monday- Friday
Time: 2:30 p.m.– 6:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin, 615-893-7439
cellis@murfreesborotn.gov

Let’s Make a Wooden Door Sign!
Let’s create a home décor item for your front door! Do you need a mom’s night out or even just a night out with your BFF? We have the perfect workshop for you. Please call and register to save your spot.
Ages: Adult
Dates: Friday, July 12
Time: 6:00-8:00 p.m.
Fee: $25 ($5 for class & $20 for supplies)
Location: Gateway Island Reception Center
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov

Kids for the Creative Arts Inc. presents:
Visual and Performing Arts Summer Camp
Learn more about art in this hands-on camp. Every day we will discover different techniques and methods in art. The camp classes consist of: clay and rock sculptures, photography, dance and much more.
Ages: 8 - 13
Dates: July 15 - 19
Days: Monday- Friday
Time: 8:00 a.m. - 3:00 p.m.
Fee: General Admission
Location: Patterson Park Community Center
Contact: Crystal Ellis-McFerrin: 615-893-7439
cellis@murfreesborotn.gov

Island Fun Run
Help us celebrate National Parks and Recreation Month with a fun run on the island. Music, prizes, and FREE for all ages! Run or walk the one-mile route as many times as you’d like. Parking: W. College Street and General Bragg trailheads. No preregistration necessary.
Ages: All ages
Date: Wednesday, July 17
Time: 7:00-8:00 p.m.
Location: Gateway Island and Trail
Contact: Becki Johnson, 615-893-2141,
bjohnson@murfreesborotn.gov

Let’s Make a Wooden Door Sign!
Let’s create a home décor item for your front door! Do you need a mom’s night out or even just a night out with your BFF? We have the perfect workshop for you. Please call and register to save your spot.
Ages: Adult
Dates: Friday, July 12
Time: 6:00-8:00 p.m.
Fee: $25 ($5 for class & $20 for supplies)
Location: Gateway Island Reception Center
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov

Painting Class for Adults
Let’s paint a pretty flower and farmhouse style painting for your home or office. Join me, and we can be creative together. Please call and register to save your spot.
Ages: Adult
Dates: Friday, August 16
Time: 6:00-8:00 p.m.
Fee: $20 ($5 for class & $15 for supplies)
Location: Gateway Island Reception Center
Contact: Amy Acla, 615-893-2141
aacla@murfreesborotn.gov

HOW TO REGISTER
REGISTRATION LOCATIONS
Cash, Check & Credit Card Payments at Sports*Com
Administrative Office
Patterson Park Community Center

REGISTER ONLINE*
www.murfreesborotn.gov/parks
Credit card payments only.

*Contact Murfreesboro Parks and Recreation during regular office hours at 615-890-5333 or email Debbie Terry at dterry@murfreesborotn.gov to receive your account information prior to registering online.
**SPORTS*COM INDOOR POOL SCHEDULE  July 1-August 4**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday, Wednesday &amp; Friday</th>
<th>Tuesday &amp; Thursday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim</td>
<td>6 a.m. - 8 a.m.</td>
<td>6 a.m. - 8 a.m.</td>
<td>9:15 a.m. - 4:30 p.m.</td>
<td>1 p.m. - 4:30 p.m.</td>
</tr>
<tr>
<td><em><strong>Shallow H2O</strong></em></td>
<td>8 a.m. - 9 a.m.</td>
<td>8 a.m. - 9 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td><em><strong>Gentle Joints</strong></em></td>
<td>9 a.m. - 10 a.m.</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Deep H2O</td>
<td>10 a.m. - 11 a.m.</td>
<td>9 a.m. - 10 a.m.</td>
<td>8:15 a.m. - 9:15 a.m.</td>
<td>Not available</td>
</tr>
<tr>
<td>Rehab</td>
<td>10 a.m. - 11 a.m.</td>
<td>9 a.m. - 11 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Toning</td>
<td>Not available</td>
<td>5:30 p.m. - 6:00 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Water Polo</td>
<td>Not available</td>
<td>**7:00 p.m. - 8:45 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>Open Swim</strong></td>
<td>7:00 p.m. - 8:45 p.m.</td>
<td>**7:00 p.m. - 8:45 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Pool Rentals</td>
<td>Not available</td>
<td>Not available</td>
<td>5:00 p.m. - 7:00 p.m.</td>
<td>5:00 p.m. - 7:00 p.m.</td>
</tr>
</tbody>
</table>

*Lap Swim*: During pool-set up transitions, lap lanes may be removed 5 minutes early. Tuesday/Thursday from 3:00-6:00 p.m., lap lane availability will be limited due to swim lessons. Monday/Wednesday/Friday lap swim will have one lane available from 7:00-8:45 pm.

**Open swim** on Tuesday/Thursday is limited to shallow end only during the water polo program running from 7:00 p.m. – 8:45 p.m.

***Shallow H2O and Gentle Joints**: May take place outside depending on weather and instructor’s preference.

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**SPORTS*COM INDOOR POOL SCHEDULE  after August 4**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday, Wednesday &amp; Friday</th>
<th>Tuesday &amp; Thursday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Lap Swim</td>
<td>6:00-8:00 a.m.</td>
<td>6:00-8:00 a.m.</td>
<td>9:15-11:45 a.m.</td>
<td>Not available</td>
</tr>
<tr>
<td>Shallow H2O</td>
<td>8:00-9:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Gentle Joints</td>
<td>9:00-10:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Deep H2O</td>
<td>10:00-11:00 a.m.</td>
<td>9:00-10:00 a.m.</td>
<td>8:15 a.m. - 9:15 a.m.</td>
<td>Not available</td>
</tr>
<tr>
<td>Rehab</td>
<td>10:00-11:00 a.m.</td>
<td>9:00-11:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>Not available</td>
</tr>
<tr>
<td>Toning</td>
<td>Not available</td>
<td>5:30-6:00 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td><strong>Open Swim</strong></td>
<td>7:00-8:45 p.m.</td>
<td>**7:00-8:45 p.m.</td>
<td>1:00-4:30 p.m.</td>
<td>1:00-4:30 p.m.</td>
</tr>
<tr>
<td>Water Polo</td>
<td>Not available</td>
<td>**7:00-8:45 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Pool Rentals</td>
<td>Not available</td>
<td>Not available</td>
<td>12:00-1:00 p.m.</td>
<td>5:00-7:00 p.m.</td>
</tr>
</tbody>
</table>
Early Bird Swim @ Sports*Com Indoor Pool
There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools. The pools will be open Monday through Friday, 6-8am, for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities, so you may swim as many laps as you can!
Ages: All ages
Date: Ongoing
Days: Monday - Friday
Time: 6:00 - 8:00 a.m.
Location: Sports*Com indoor pool

Aquatic Class Descriptions

Shallow H2O Exercise
A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints
A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise
Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning
This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30 - 5:30 p.m. class, or come early for the 6:00 - 7:00 p.m. class.

Water Polo
Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! For those unfamiliar with the sport, this is an aquatic sport that takes place in the deep end of the pool. If you have never played before, we will gladly go over it all with you to let you learn at your own pace.
Ages: 13+
Date: Ongoing
Time: 7:00-8:45 p.m.
Location: Sports*Com
Fee: Facility Pass
Contact: Cody Saffel, 615-895-5040
csaffel@murfreesborotn.gov
### Patterson Park Indoor Pool Schedule

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday &amp; Wednesday</th>
<th>Tuesday &amp; Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Lap Swim</em></td>
<td>6:00 a.m.-12:45 p.m.**</td>
<td>6:00 a.m.-12:45 p.m.**</td>
<td>6:00 a.m.-12:45 p.m.**</td>
<td>8:00-11:00 a.m.</td>
<td>1:00-4:30 p.m.</td>
</tr>
<tr>
<td>Anchor Down Aqua</td>
<td>8:00-9:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Squeaks &amp; Creaks</td>
<td>9:00-10:00 a.m.</td>
<td>9:00-10:00 a.m.</td>
<td>9:00-10:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Recreational Pool Play &amp; Open Swim</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>1:00-4:30 p.m.</td>
<td>1:00-4:30 p.m.</td>
</tr>
<tr>
<td>Water Aerobics</td>
<td>5:30-6:30 p.m.</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Pool Rentals***</td>
<td>Not available</td>
<td>Not available</td>
<td>7:00-9:00 p.m.</td>
<td>11:00 a.m.-1:00 p.m.</td>
<td>5:00-7:00 p.m.</td>
</tr>
</tbody>
</table>

* *Lap lane availability will vary by time of day. Two lap lanes will be available during open swim hours.*

** *During the aerobics time, there will be one lap lane.*

*** *The pool will be cleared for cleanup 15 minutes prior to the rental end time.*

---

### Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteus areas. Progressive water exercises are programmed to strengthen, define, and tone.

- **Ages:** All ages
- **Days:** Monday – Friday
- **Time:** 8 a.m. - 9 a.m.
- **Fee:** $4

### Squeaks ‘n’ Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

- **Ages:** All ages
- **Days:** Monday - Friday
- **Time:** 9 a.m. - 10 a.m.
- **Fee:** $4

### Water Aerobics

This class targets everyone with an action-packed workout for the abdominal and gluteus areas. Progressive water exercises are programmed to strengthen, define, and tone!

- **Ages:** All ages
- **Days:** Mondays, Wednesdays
- **Time:** 5:30 p.m. - 6:30 p.m.
- **Fee:** $4

---

### Early Bird Swim

**Patterson Park Indoor Pool**

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools. The pools will be open Monday through Friday, 6:00-8:00 a.m., for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities, so you may swim as many laps as you can!

- **Ages:** All ages
- **Date:** Ongoing
- **Days:** Monday - Friday
- **Time:** 6:00 - 8:00 a.m.
- **Location:** Patterson Park indoor pool
BORO BEACH OUTDOOR POOL (SPORTS*COM)

Activity Monday & Wednesday Tuesday & Thursday Friday Saturday Sunday
Lap Swim 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 1:00-6:00 p.m.
Shallow H2O Not available 8:00-9:00 a.m. 8:00-9:00 a.m. 8:00-9:00 a.m. 8:00-9:00 a.m. Not available Not available
Gentle Joints Not available Not available 9:00-10:00 a.m. Not available Not available Not available
Deep H2O Not available 9:00-10:00 a.m. Not available Not available 8:15-9:15 a.m. Not available
Open Swim Not available Not available Not available 10:00 a.m.-6:30 p.m. Not available Not available
Private Rentals Not available Not available 7:00-9:00 p.m. 5:00-7:00 p.m. 6:30-8:30 p.m.

Boro Beach Admission Fees

<table>
<thead>
<tr>
<th>Passes</th>
<th>Daily Adult</th>
<th>Daily Youth, Senior, or Military</th>
<th>Seasonal Adult</th>
<th>Seasonal Youth, Senior, or Military</th>
<th>Seasonal Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Pass</td>
<td>$7</td>
<td>$5</td>
<td>$120</td>
<td>$100</td>
<td>$275</td>
</tr>
<tr>
<td>Pool Pass (City Resident)</td>
<td>$7</td>
<td>$5</td>
<td>$100</td>
<td>$80</td>
<td>$250</td>
</tr>
</tbody>
</table>

Schedule for July

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday &amp; Wednesday</th>
<th>Tuesday &amp; Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim</td>
<td>8:00 a.m.-4:30 p.m.</td>
<td>8:00 a.m.-4:30 p.m.</td>
<td>8:00 a.m.-4:30 p.m.</td>
<td>8:00 a.m.-4:30 p.m.</td>
<td>1:00-6:00 p.m.</td>
</tr>
<tr>
<td>Shallow H2O</td>
<td>8:00-9:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>8:00-9:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Gentle Joints</td>
<td>9:00-10:00 a.m.</td>
<td>Not available</td>
<td>9:00-10:00 a.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Deep H2O</td>
<td>Not available</td>
<td>9:00-10:00 a.m.</td>
<td>Not available</td>
<td>8:15-9:15 a.m.</td>
<td>Not available</td>
</tr>
<tr>
<td>Open Swim</td>
<td>10:00 a.m.-6:30 p.m.</td>
<td>10:00 a.m.-6:30 p.m.</td>
<td>10:00 a.m.-6:30 p.m.</td>
<td>10:00 a.m.-4:30 p.m.</td>
<td>1:00-6:00 p.m.</td>
</tr>
<tr>
<td>Private Rentals</td>
<td>Not available</td>
<td>Not available</td>
<td>7:00-9:00 p.m.</td>
<td>5:00-7:00 p.m.</td>
<td>6:30-8:30 p.m.</td>
</tr>
</tbody>
</table>

Schedule for August (Begins Monday, August 4)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday &amp; Wednesday</th>
<th>Tuesday &amp; Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Swim</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>10:00 a.m.-4:30 p.m.</td>
<td>1:00-6:00 p.m.</td>
</tr>
<tr>
<td>Shallow H2O</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Gentle Joints</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Tot Time</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>10:00 a.m.-12:45 p.m.</td>
<td>Not available</td>
<td>Not available</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Not available</td>
<td>Not available</td>
<td>4:00-6:30 p.m.</td>
<td>10:00 a.m.-4:30 p.m.</td>
<td>1:00-6:00 p.m.</td>
</tr>
<tr>
<td>Private Rentals</td>
<td>Not available</td>
<td>Not available</td>
<td>7:00-9:00 p.m.</td>
<td>5:00-7:00 p.m.</td>
<td>6:30-8:30 p.m.</td>
</tr>
</tbody>
</table>

Group Visits
For safety reasons, all organized groups over 15 people MUST be scheduled in advance. To schedule a group visit, please call Sports*Com at 615-895-5040.

BORO BEACH OUTDOOR POOL (SPORTS*COM)

Boro Beach Admission Fees

<table>
<thead>
<tr>
<th>Passes</th>
<th>Daily Adult</th>
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</thead>
<tbody>
<tr>
<td>Pool Pass</td>
<td>$7</td>
<td>$5</td>
<td>$120</td>
<td>$100</td>
<td>$275</td>
</tr>
<tr>
<td>Pool Pass (City Resident)</td>
<td>$7</td>
<td>$5</td>
<td>$100</td>
<td>$80</td>
<td>$250</td>
</tr>
</tbody>
</table>
**Youth Football**

The Murfreesboro Football League (MFL) is a non-travel recreational league located at the McKnight Park Youth Football Complex. All skill levels are encouraged to participate. The MFL provides a safe environment for youth to enjoy the sport of football while developing their skills and learning valuable life lessons.

- **Ages:** 5–6 and 7-8 year olds will play flag football.
- **9-10 and 11-13 will play tackle football.**
- **Ages:** 5-13 as of September 2, 2019
- **Registration:** June 1 – July 13
- **Player Evaluations:** July 13 and July 20
- **Time:** Practices and games will be on weeknights and/or Saturdays.
- **Location:** McKnight Park Football Complex
- **Fee:** $70 per player
- **Contact:** Athletics Department; 615-907-2251
  athletics@murfreesborotn.gov

**Youth Cheerleading League**

Cheerleading is a fantastic way to stay healthy and physically fit while building confidence. The sport promotes team building in a positive way. By improving flexibility and coordination, cheerleading develops well-rounded athletes with a positive self-image. Trained instructors will teach your child cheers and chants, choreography, and basic tumbling. Teams will practice and cheer for their assigned football teams. They will also practice once a week at McFadden Community Center, where they will work on choreography and tumbling. The season will be highlighted with a cheerleading show.

- **Ages:** 6 - 13
- **Dates:** Uniform sizing July 13 and July 20
- **Practice starts August 12
- **Location:** McKnight Park Football Complex
- **Fee:** $30 for program
- **$45 for uniforms (approximate, may change)
- **Contact:** Sami Maxey; 615-907-2251
  smaxey@murfreesborotn.gov

**Adult Coed Volleyball**

The Murfreesboro Parks and Recreation department offers both competitive and recreational coed volleyball for players. The 4s competitive league plays at Sport*Com on Thursday nights year-round along with our recreational league that plays at Patterson Park Community Center on Monday nights. Generally, players enter with established teams, but efforts will be made to assist free agents to find a team on which to play. Teams wanting to enter the league can contact Athletics at the number or email listed below.

- **Ages:** Adults (16+)
- **Dates:** Mondays or Thursdays year-round
- **Time:** Starting times vary according to the number of teams.
- **Fee:** $4 per player per visit or premium pass
- **Location:** Sports*Com or Patterson Park
- **Contact:** Sami Maxey; 615-907-2251
  smaxey@murfreesborotn.gov

**Youth Volleyball Class**

Bump, set, and spike it at Sports*Com as qualified coaches give instructions on the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills. This is a year-round program that requires no registration. Come and go as your schedule allows.

- **Ages:** 8 - 15 years
- **Days:** Thursdays
- **Time:** 4:30 p.m.- 6:00 p.m.
- **Fee:** $3 per visit
- **Location:** Sports*Com
- **Contact:** Sami Maxey, 615-907-2251
  smaxey@murfreesborotn.gov
Murfreesboro Adult Basketball League
The Murfreesboro Adult Basketball League is a great way for adult athletes to be competitive, stay in shape, and continue to play the game. This league offers full court games with qualified officials and scorekeepers weekly. The league is divided into two divisions; an A (competitive) division and a B (rec) division. Teams and individuals wishing to enter the league, please see contact information below.

Ages: 18 & up
Dates: Registration the month of July & games start in August.
Times: 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: $4 per player per visit or premium pass
Location: McFadden Community Center, Patterson Park and Sports*Com
Contact: Athletics Department at 615-907-2251; athletics@murfreesborotn.gov

Sports*Com Adult Basketball League
The Sports*Com Adult Basketball League is a great way for adult athletes to stay in shape, socialize and play the game. The league offers full court games, with trained officials, one day per week. Teams interested in participating in the league can call by referring to the contact information below. A separate list of interested individuals is also kept and efforts are made to assist in helping these individuals find a team.

Ages: Adult
Days: Games on Wednesdays year-round
Times: 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: $4 per player per visit or premium pass
Location: Sports*Com
Contact: Athletics Department at 615-907-2251; athletics@murfreesborotn.gov

Fall Adult Softball League
Fall Adult Softball League coaches’ meeting is set for July 14 at 2:00 p.m. in the McFadden Community Center. Fall Adult Softball League is designed for adults 18 years of age and older to compete against others of similar skill. Space is limited, so please have a team representative at the coaches’ meeting. Both Men’s and Coed Divisions will be offered.

Ages: 18 & up
Dates: Coaches’ Meeting July 14 @ 2:00 p.m.
League play tentative start day is the week of August 12
Day: Monday-Friday nights
Time: Games are double-headers and play at 6:00 p.m. / 7:00 p.m. / 8:00 p.m.
Fee: $550 per team
Location: All games played at city facilities
Contact: Sami Maxey at 615-907-2251; smaxey@murfreesborotn.gov
2019 Summer Tennis Camps

The ATC Camp Philosophy
Our camp objective is to help produce a generation of kids who love to play the game of tennis. The key ingredient in fostering a love of the game is FUN with structure. The younger and more inexperienced the player, the more we strive to make the activity “game” oriented. This not only makes it fun for them, but provides the practical knowledge necessary for future learning. Of course, our ATC campers are always instructed in the proper grips and stroke techniques. As much as possible, we put players into playing situations appropriate to their age and ability levels.

Our counselors work in a structured, organized system with manageable student/instructor ratios. We find that knowledge acquired through play (while having fun) makes our campers more eager to learn the techniques that can help them play better. That eagerness to learn and improve translates into lots of young players on the road to success!

Fees must be paid to register. Refunds will be issued when participant withdraws from camp at least two weeks in advance. Registration closes one week before session starts.

10% discount for campers signing up for three or more weeks at initial registration. Discount applies to camp fees, not guest fees.

Daily Activities

8:30 a.m. Check-in @ indoor court facility
8:40 a.m. Group breakdown
8:45 a.m. Warm-up & stretching
9:00 a.m. Tennis instruction
11:00 a.m. Tennis games
11:30 a.m. Half-day campers pickup
11:45 a.m. Full-day campers - lunch

May bring own lunch, or purchase at camp daily. Lunch is followed by supervised play/rest time.

1:00 p.m. Full day campers return to courts
1:30 p.m. Tennis instruction & point play
3:15-3:30 p.m. Full day campers pickup

Parents must be prompt in picking up campers. A fee will be charged for late pickups.

Half-Day Campers:
8:30 a.m.-11:30 a.m.
Recommended for ages 6-9
Players younger than six years old must have staff’s permission to participate.

Full-Day Campers:
8:30 a.m.-3:30 p.m.
Recommended for ages 9 and older.

5-Day Camp Weeks (Monday – Friday)
Fee: Half Day - $165, Members - $150,
      Full Day $295, Members - $270,
Session: July 8 - 12

4-Day Camp Weeks (Monday - Thursday)
Fee: Half Day - $135; Members - $125,
      Full Day - $240; Members - $220,
Sessions: July 22 - 25
         July 29 - Aug 1

After school Junior Tennis Programs will resume the week of August 5. Contact the ATC at 615-546-4000 for details.
Pickleball
This fun sport combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced and competitive for experienced players.

**Age:** Adults  
**Fee:** Facility Pass ($4 Adults / $3 Seniors)  
**Location:** McFadden  
**Days/Times:** Monday-Friday  
8:00-11:00 a.m.  
Tuesday, Thursdays  
**Contact:** Mike Philpott, 615-893-1802  
mphilpott@murfreesborotn.gov  
**Location:** Patterson Park Community Center (Indoor Courts)  
**Days/Times:** Wednesdays  
12:00-2:00 p.m.  
**Contact:** Mike Philpott, 615-893-1802  
mphilpott@murfreesborotn.gov

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**Fall Racquetball League**
Murfreesboro Parks and Recreation offers competitive and recreational racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below if interested.

**Ages:** Adults  
**Dates:** Sign-ups: August 1-31. Matches start the week of September 9.  
**Times:** Players are responsible for scheduling their own games throughout the week after the master schedule is posted.  
**Fee:** $15 league entry fee & premium admission  
**Location:** Patterson Park Community Center  
**Contact:** Athletics Department; 615-907-2251  
athletics@murfreesborotn.gov

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**League Contact Information**

**Murfreesboro Baseball Association**  
Plays at Barfield Crescent Park  
www.murfreesborobaseball.com  
registration@murfreesborobaseball.com

**Murfreesboro Little League**  
Plays at Star*Plex in McKnight Park  
http://www.mborolittleleague.com/site

**Stones River Kiwanis - Girls Softball**  
Plays at McKnight Park Ball Complex  
www.murfreesborosoftball.com  
maggie.engl09@yahoo.com

**Miracle League**  
miracleleague@murfreesborotn.gov

**Murfreesboro Soccer Club**  
www.murfreesborosoccer.com  
admin@murfreesborosoccer.com

**Murfreesboro Lacrosse League**  
www.murfreesborolacrosse.com

**Murfreesboro Pickleball League**  
lmidgett992@gmail.com  
Phone: 615-210-6176
Perform Murfreesboro
Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. PERFORM MURFREESBORO BELIEVES: Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

Perform Murfreesboro Membership
Perform Murfreesboro Members gain access to a wide variety of programming at no extra cost to them after a $25.00 membership fee. The membership lasts for one fiscal year (July 2019 - June 2020) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions in which they are involved. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

**Ages:** 6 - 17 years
**Fee:** $25
**Location:** The Washington Theatre at Patterson Park Community Center
**Register:** Patterson Park, Sports*Com, or Parks and Recreation Main Office
**Contact:** Susan Hicks; 615-893-7439, ext. 6104 shicks@murfreesborotn.gov

Perform Murfreesboro – Auditions
Auditions are open for everyone with age limitations for some productions. Perform Murfreesboro Membership is not required to audition for a production but is required if cast in the production. Auditioning can sound like a scary experience, but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings.

Perform Murfreesboro Orientation
Parents of current and prospective Perform Murfreesboro members are encouraged to attend Orientation for the 31st Season. Orientation will include a tour of the theatre as well as updated information for auditions, classes, and performances for the year. Make plans to come out and meet the Perform Murfreesboro staff and learn all that Perform Murfreesboro has planned for your child this year!

**Monday, August 5**
6:30-8:30 pm
The Washington Theatre at Patterson Park
Cost: FREE!
Perform Murfreesboro Audition Prep Class
Current and potential Perform Murfreesboro members are welcome to attend this FREE audition prep class. This class will cover the basics of auditions for Perform Murfreesboro. Emphasis will be placed on audition presentation, how to prepare for auditions and audition packet information. Sample monologues will be provided, and this season’s directors will be there to answer questions about auditioning. Sign up begins July 1.

Date: Tuesday, August 6
Times: 5:00-6:00 p.m. for ages 6-8 (30 spaces)
       6:00-7:00 p.m. for ages 9-11 (30 spaces)
       7:00-9:00 p.m. for ages 12-High School Seniors (40 spaces)
Cost: Free
Registration is required. Space is limited.
Location: The Washington Theatre at Patterson Park
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Auditions for Music Man
The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys’ band that he vows to organize – this, despite the fact that he doesn’t know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain’s fall.
The director will be casting children aged 6 years old-high school seniors of all genders, ethnicities, and vocal ranges for this production. There are 30 speaking roles, 45 ensemble roles, and 12 dance/gymnast roles available. Backstage/Crew positions are also available for students over the age of 13 by audition or interview. Ensemble members may be cast in more than one ensemble. There will be Understudies cast for Leading Roles. Some roles may also be double cast. The Music Man will perform for two weekends in November.
Audition Packets containing all audition materials and requirements can be picked up at the Washington Theatre Box Office by email request to shicks@murfreesborotn.gov.

ACTING & VOCAL AUDITIONS
Monday, August 12 & Tuesday, August 13
Audition Times:
4:00-5:00 p.m. for ages 6-8
5:00-6:00 p.m. for ages 9-11
6:30 p.m. until end of last audition for ages 12-High School Seniors

DANCE AUDITIONS
Thursday, August 15 at 5:00 p.m.
CALLBACKS BY INVITATION ONLY
on August 15 at 6:00 p.m.
PERFORMANCE DATES:
November 15, 16, 17 & November 22, 23, & 24
Location: Washington Theatre at Patterson Park
Cost: Auditions are FREE. Cast members will be required to purchase a Perform Murfreesboro Membership
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Master Class
Artists will hold Master Class Sessions in dance, vocal music, acting, and other aspects of theatre. Guest artists will be announced in August. Four sessions will be offered. You may register for one or more sessions. You must pre-register and spots are limited. Sign up begins August 1.
Ages: 10 and up
Date: Saturday, October 5
Times: 10:00 a.m.-3:00 p.m.
Cost: $25 per session
      $75 for all 4 sessions
      (Free to Washington Theatre Company Members)
Location: The Washington Theatre at Patterson Park
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Beginning Acting
This class is the point of entry for our youngest actors! This class will teach the fundamentals needed to be confident and successful onstage. Students in this class will learn stage movement, line memorization, improvisation, audition skills and more. Sign up begins July 1.
Ages: 6-9
Date: Mondays in August-November
Classes begins, Monday, August 19
Times: 4:00-5:00 p.m. (20 spaces available)
Cost: Perform Murfreesboro Membership
Location: The Washington Theatre at Patterson Park
Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov
Washington Theatre Company Audition Opportunity
Students will audition to be part of this Company and will become the youth representatives of the Perform Murfreesboro/ Washington Theatre program. Auditions will consist of vocal ability, acting ability, and an interview in order to assess a student’s readiness for the company. Students will learn the importance of community engagement, as well as advanced vocal and acting techniques. In addition to representing Perform Murfreesboro, company members will take part in the Christmas musical revue “Christmastime is Here” in December, perform in the musical revue “American Pop Forever” in the Spring, and present the Season Reveal for the upcoming season.

Date: Thursday, August 8
Class begins Monday, August 19

Ages: Age 12-High School Seniors

Time: 6:00 pm
(20 company members plus 5 alternates)

Cost: Perform Murfreesboro Membership plus $25 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks
615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Ensemble Choir
This class will introduce students to vocal music and choreography for performance. Students in this class learn ensemble and solo singing, choreography, and performance skills. In August, Ensemble Choir members will begin learning material for the Christmas musical revue “Christmastime is Here”. This musical revue will be performed with members of the Homeschool Show Choir and Washington Theatre Company on the evening of December 9. Sign up begins July 1.

Dates: Tuesdays in August-December
Class begins August 20

Ages: Age 9-High School Seniors

Time: 5:00-6:00 p.m.
(30 spots available)

Cost: Perform Murfreesboro Membership plus $50 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks
615-893-7439, ext. 6104
shicks@murfreesborotn.gov

Perform Murfreesboro Homeschool Programs
HOMESCHOOL GENERAL MUSIC
This semester long class will focus on general music skills for homeschooled students aged 7-11. Ms. Shelby will encourage your child to discover a love for music by engaging in activities that include music appreciation, basic music notation and beginning rhythms. Vocal music will also immerse students in group singing. General Music students will perform in the Perform Murfreesboro Christmas Showcase on the evening of December 9. Sign up begins July 1.

Days: Mondays in August – December
Class Begins August 12

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

Ages: 7-11

Cost: Perform Murfreesboro Membership plus $50 Activity Fee

Location: Washington Theatre at Patterson Park

Contact: Susan Hicks, 615-893-7439, ext. 6104
shicks@murfreesborotn.gov
Meet Your Artist Within
Workshops from the book “The Artist Within” taught by certified “Creative Fitness” coach Susan Carter. Join us for one or both of continuing creativity workshops aimed towards strengthening the creative right brain to wake up the artist within.

TREE COLLAGE
During this workshop we will consider our spheres of influence, our families, and our opportunity to create supportive and creative environments in each. This tree collage workshop is an opportunity to express gratitude and celebrate the positive people and situations in our lives. Class size is limited. All supplies included.

Ages: Adult
Dates: Thursday, July 11
Time: 6:00-8:00 p.m.
Fee: $20
Location: Gateway Island Reception Center
Contact: Lisa Browning, lbrowning@murfreesborotn.gov

MANDALA
This workshop is an opportunity to quite our minds by shifting our focus to the creation of a circular patterns of shapes and colors. We will consider how doing creative exercises can help us find our own rhythm. Class size is limited. All supplies included.

Ages: Adult
Dates: Thursday, July 25
Time: 6:00-8:00 p.m.
Fee: $20
Location: Gateway Island Reception Center
Contact: Lisa Browning, lbrowning@murfreesborotn.gov
Wild Things
Welcome to the Wilderness!
Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday, and learn about the wonderful, wacky wildlife that lives in Tennessee. **Registration is required. Please call the Tuesday before class to register.**

**Ages:** 1-4 years with adult  
**Days:** Wednesdays in July & August  
**Time:** 9:30 a.m.  
**Fee:** $3  
**Location:** Wilderness Station  
**Contact:** Wilderness Station, 615-217-3017  
outdoormurfreesboro@murfreesborotn.gov

Trail Worms
Discover different native plants and animal species that call Murfreesboro home. We will meet at a Greenway trailhead and go for a short walk, create a craft project, sing songs, and read a story. Each week we will explore a new topic specific to Middle Tennessee! Come enjoy the beautiful Greenway with us and learn new things – rain or shine!

**Ages:** 7 and under  
**Dates:** Fridays in July  
**Time:** 10:00-10:45 a.m.  
**Location:** Old Fort Park Trailhead  
**Fee:** Free  
**Contact:** Wilderness Station, 615-217-3017  
outdoormurfreesboro@murfreesborotn.gov

Squishy Circuits
Description: Join us as we make circuits using a battery pack, conductive and insulating playdough, and LED lights! We will try our hands at series circuits, parallel circuits, and then have time for free play. This program is a kid-favorite!

**Ages:** 7 and up  
**Dates:** Tuesday, July 2 at 2:00 p.m.  
Saturday, August 3 at 10:00 a.m.  
**Fee:** $2 per person  
**Location:** Wilderness Station, Barfield Crescent Park  
**Contact:** Hailey Moss, 615-217-3017  
hmoss@murfreesborotn.gov

What’s Up Night Hikes
Summer nights are great for spotting owls and bats, listening to a chorus of frogs and insects, discovering glowing eyes and finding fascinating critters that become active at night. Join us throughout the summer to discover the forest under the night sky. Reservations are required.

**Ages:** All ages  
**Dates:** Tuesdays July 2, 9 & 23  
**Time:** 8:00 p.m.  
**Location:** Wilderness Station  
**Fee:** $3 per person/$10 per family  
**Contact:** Wilderness Station, 615-217-3017  
outdoormurfreesboro@murfreesborotn.gov
Adventures in Atlatl
Would you like to try your hand at the ancient sport of atlatl? Predating the bow and arrow, atlatls were used by primitive peoples as they hunted woolly mammoths and mastodons! We will cover history, technique, and then practice our shooting! Please note: this program requires a 2.5 mile round-trip hike on a paved road to get to the atlatl range.

Ages: 8 and up
Dates: Saturday, July 6
Time: 10:00 a.m.-12:00 p.m.
Fee: $2 per person
Location: Meet at the Wilderness Station, Barfield Crescent Park
Contact: Hailey Moss, 615-217-3017 hmoss@murfreesborotn.gov

Summer Break Animal Encounters
Are the kids driving you up the wall on their summer break? Bring them to the Wilderness Station for a short informational session on one of our resident education animals! Afterwards, you can take to the trail or grab an ice cream cone in our gift shop!

Ages: All ages
Dates: Monday, Wednesday & Friday in July & August
Time: 11:00-11:30 a.m.
Fee: Free
Location: Wilderness Station, Barfield Crescent Park
Contact: Wilderness Station; 615-217-3017 outdoormurfreesboro@murfreesborotn.gov

Nature Play Days
It’s a play date with Mother Nature! Come play in the Nature Play Area to help build your child’s interest in learning to play with objects found in nature. Build a fort, play in the water, climb, crawl, and get dirty! Join us for programmer-led activities such as mud painting, sculpting with clay, chalk art, and balance and agility competitions. It’s naturally fun for all.

Ages: 1+ years with adult
Days: Thursdays
Dates: August 1, 8 & 15
Time: 10:00 a.m.
Fee: Free
Location: Wilderness Station, Barfield Crescent Park
Contact: Wilderness Station; 615-217-3017 outdoormurfreesboro@murfreesborotn.gov

FREE Backpacks for Education!
The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout.

These backpacks are a great way to introduce your children or students to nature.

Themes include: Birds, Trees, Insects, and Wildflowers.

Backpacks may be checked out at the Wilderness Station and at Barfield Crescent Park.
### Evening Paddle Boarding
Beat the summer heat by a relaxing evening on the water! Meet new friends and hang out with the old! Join us on July 5 for a fun time of paddle boarding. Whether your experienced, or you’ve just always wanted to try, this is the activity for you! Registration is required.

**Ages:** 13+
**Dates:** Friday, July 5
**Time:** 6:30 p.m.
**Location:** TBD
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

### Adult Evening Kayak Float
Wrap up the workweek with a fun evening on the water. Take in the city from a new perspective as we adventure on the Stones River. All equipment and instruction are provided. Children must be at least 10 years old and accompanied by an adult. Registration is required.

**Ages:** 10+
**Dates:** Friday, August 2
**Time:** Arrive at 5:45 p.m.
**Location:** TBD (depending on water levels)
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

### Family Kayak Float
Grab the family for an awesome summer paddle. Enjoy an adventure with your loved ones as we tour some of the waterways in our area! You’ll be amazed at the beauty and wildlife that can be seen on this trip. Space is limited, and reservations are required. All equipment and instruction are provided. Children must be at least 10 years old and accompanied by an adult. Registration is required.

**Ages:** 10+
**Date:** Saturday, August 3
**Time:** Arrive at 10:00 a.m.
**Location:** TBD (depending on water levels)
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

### Fancher Falls Kayaking
Enjoy lake wildlife while you paddle across the deep, blue Center Hill Lake to the hidden 80 foot Fancher Falls. Remember to bring a camera to capture a sign that not many people see! Once we kayak across the lake to our destination, a short hike is required to reach the falls. Transportation and kayaking gear are provided. Reservations are required.

**Ages:** 12+
**Date:** Saturday, August 17
**Time:** 8:00 a.m. – 4:00 p.m.
**Location:** Wilderness Station
Barfield Crescent Park
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

### Animal Tracks & Signs
What animal friends share your neighborhood? We can help you find out! Program attendees will take a fun animal sign quiz, make an animal track replica out of plaster of paris, then take to the trail to look for tracks and signs!

**Ages:** 5+
**Dates:** Tuesday, July 30
**Time:** 10:00-11:00 a.m.
**Fee:** Free
**Location:** Wilderness Station,
Barfield Crescent Park
**Contact:** Hailey Moss, 615-217-3017
hmoss@murfreesborotn.gov
Stone Door & Greeter Falls Day Hike

Kick the back-to-school blues with a beautiful day in the mountains! Grab your hiking shoes and a camera, because you won't want to miss this trip! We will begin at the Ranger's Station and hike to one of the most beautiful vistas, the Stone Door!

From there, we will hike along the Big Creek Rim Trail to the stunning Greeter Falls. This trail is rated as moderate due to some elevation change and possible creek crossings. Registration is required.

**Ages:** 13+
**Date:** Saturday, August 10
**Time:** Departs Wilderness Station at 9:00 a.m.
**Location:** Wilderness Station
Barfield Crescent Park
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov

Summer Backpacking

Join us for an adventurous weekend at Virgin Falls State Natural Area! Our first day we will hike through beautiful forests by crystal clear streams to the stunning Virgin Falls. That night, we will set up camp close to the falls. The second day will consist of hiking back out, but not without a short detour to Martha’s Pretty Point which truly deserves that name! This hike will include a couple of creek crossings, but the reward is worth it!

The fee includes transportation and instruction. Gear, such as tents, packs, sleeping pads, stoves, cook sets, and headlamps, is available at no extra charge. All participants must attend the pre-trip meeting. Space is limited, and reservations are required.

**Mandatory Pre-Trip Meeting:** August 15 at 6:00 p.m.

**Ages:** 13+
**Date:** August 24 & 25
**Days:** Saturday & Sunday
**Time:** Departs Wilderness Station at 9:00 a.m.
on Saturday, August 24.
**Location:** Wilderness Station
Barfield Crescent Park
**Contact:** Arti Mullins, 615-217-3017
amullinsmurfreesborotn.gov
Grizzly Goat
Creatively infusing a Mumford and Sons, bluegrass flavor and a rock 'n' roll vibe, the band Grizzly Goat has created a new music genre in their own right. "As a band we go all the way from 'O Brother Where Art Thou?' bluegrass to almost Black Keys blues rock," Nate Waggoner, founder and lead singer of the band said in a recent interview. Join in the fun at Barfield Crescent Park for an outdoor, summer concert. It will be fun for the whole family. Please bring chairs/blankets for seating.

**Ages:** All ages  
**Date:** Friday, August 2  
**Time:** 6:00-8:00 p.m.

**Fee:** Free

**Location:** Pavilion #7 Barfield Crescent Park

**Contact:** Wilderness Station
615-217-3017
outdoormurfreesboro@murfreesborotn.gov

**Nature Art**
Drop in anytime between 10:00 a.m. and 12:00 p.m. to complete a variety of nature crafts! We will create nature cuffs, weavings, and painted leaf mobiles.

**Ages:** All ages  
**Date:** Saturday, August 24  
**Time:** 10:00 a.m.-12:00 p.m.

**Fee:** $2 per person

**Location:** Wilderness Station  
Barfield Crescent Park

**Contact:** Hailey Moss, 615-217-3017
hmoss@murfreesborotn.gov

**Teachers, Homeschoolers & Scouts**
**Field Trips & Field Studies for Your Group**
We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Hailey Meyer for a complete list of programs and locations at 615-217–3017 or hmoss@murfreesborotn.gov.

You can also check out our website at www.murfreesborotn.gov/parks under Wilderness Station.

**Birthday Parties at the Wilderness Station**
Have your child's next birthday party at the Wilderness Station!

Choose one of our exciting nature-themed programs led by a park naturalist.

Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.

**Homeschool in the Wilderness**
Supplement your homeschooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins on September 1. Limited spaces will be available, so register early! Registration is required.

**TADPOLES**
**Ages:** 8-10 years  
**Dates:** September 2019-May 2020  
**Days:** Last Thursday of each month

**BULLFROGS**
**Ages:** 11-13 years  
**Dates:** September 2019-May 2020  
**Days:** Last Friday of each month

**Information for both groups:**
**Time:** 9:00 a.m.-12:00 p.m.

**Location:** Wilderness Station, Barfield Crescent Park

**Contact:** Wilderness Station, 615-217-3017
outdoormurfreesboro@murfreesborotn.gov
Hummingbird Festival
Saturday, September 7
Free Program for all ages

Barfield Crescent Park is home to hundreds of hummingbirds. Many people come to the Wilderness Station to enjoy the chatter and beauty of these tiny birds throughout the season.

Join us in celebrating these amazing creatures as they get ready to embark on a magnificent journey thousands of miles away. Guest speaker and Master Hummingbird Bander Cyndi Routledge of Southeastern Avian Research will share her knowledge and experience with these flying gems.

Children’s activities, hummingbird merchandise, and much more await you on this day. Join us in the morning and again in the afternoon as SEAR (Southeastern Avian Research) bands hummingbirds.

**Dates:** Saturday, September 7
**Time:** 10:00 a.m.-4:00 p.m.

**Hummingbird Banding**

Bird banding is a valuable tool in the education and conservation of a species. Join Master Hummingbird Bander Cyndi Routledge of Southeastern Avian Research as she captures, bands, and releases hummingbirds at Barfield Crescent Park.

**Dates:** Saturday, September 7
**Time:** 8:00-10:00 a.m. & 3:00-5:00 p.m.
(Depending on presence of birds)

Join us at the Wilderness Station, Barfield Crescent Park
For more information call 615-217-3017 or email outdoormurfreesboro@murfreesborotn.gov
**Half Marathon Training Program**
Take your running to the next level!
- Saturday distance running with mileage increasing weekly.
- Weekly informational emails
- Volunteer opportunities giving back to the Murfreesboro community as a running group.
Prerequisite: ability to run three miles, or be enrolled in the Beginning Runners Program

**Ages:** Adult  
**Dates:** June 3 to the Murfreesboro Half Marathon  
**Days:** Mondays, Wednesdays, Fridays  
**Saturdays beginning July 13  
**Time:** 5:45 a.m.  
**Locations:** SportsCom (M, W & F)  
General Bragg Trailhead on Saturdays  
**Fee:** $40.00 training + $65.00 race entry = $105 total  
Registration required at Sports*Com.  
**Contact:** Jennifer Joines; 893-2141  
jjoines@murfreesborotn.gov

**Walk Read Write Half Marathon**
This Better Boro Project and Read To Succeed program encourages the theory that physical activity before academic instruction has a positive impact on student achievement, specifically reading comprehension.
Each participant will be asked to Walk 13.1 miles, Read 13 books, Write 13 book reviews, and record their progress in a WRW Half Marathon journal. The WRW Half Marathon registration and journals will be available beginning in March at Sports*Com. The completed journal can be redeemed for an award.

**Ages:** 12 and under  
**Dates:** March 1 – July 27  
**Times:** Any  
**Fee:** Free  
**Location:** Anywhere  
**Contact:** Jennifer Joines; 615-893-2141  
jjoines@murfreesborotn.gov

**Murph’s Fun Run**
Run, walk or hop one mile around the Gateway Island, and help keep our Murfreesboro Schools healthy this year! Every finisher will receive a Murph’s Fun Run medal. Register on site the day of the run. No preregistration necessary.

**Date:** Saturday, August 10  
**Ages:** Kids of all ages; parents may assist  
**Time:** 9:00 a.m.  
**Fee:** One new school supply  
**Contact:** Becki Johnson, 615-893-2141  
bjohnson@murfreesborotn.gov  
Jennifer Joines, 615-893-2141  
jjoines@murfreesborotn.gov  
*Part of the Walk, Read, Write Half Marathon

**Foam Rolling**
Self-Myofascial release or “self massage” also known as foam rolling helps break up or relax tight muscles. The deep compression of self-myofascial release allows normal blood flow to return and the restoration of healthy tissue. Learn foam rolling techniques to improve overall health. Bring your own roller or use one of ours. The number of rollers are limited.

**Ages:** Adults  
**Days:** Wednesdays Beginning August 7  
**Time:** 11:00 a.m.-12:00 p.m.  
**Fee:** Patterson Park Admission  
**Contact:** Chad Hill, CSCS, USAW, USAPL  
615-893-7439  
chill@murfreesborotn.gov
**Twist and Shout**
Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited; please call to register.

- **Ages:** 3-5 years
- **Days:** Wednesdays and Fridays
- **Dates:** Ongoing
- **Time:** 11:05-11:45 a.m.
- **Location:** Patterson Park Community Center
- **Fee:** $3.00 or Facility Pass. Preregistration is required.
- **Contact:** Chad Hill, CSCS, USAW, USAPL 615-893-7439 chill@murfreesborotn.gov

**Speed & Agility Training**
This class will focus on movement training, linear speed, lateral speed, agility and foot speed. We will use various ladder and plyometric drills. Workouts will become progressively more challenging once basic techniques have been mastered.

- **Ages:** 8-17 years
- **Days:** Sundays
- **Dates:** August 11, 18 & 25
- **Time:** 1:30-2:30 p.m.
- **Location:** Patterson Park Community Center, Exercise Studio
- **Fee:** $3.00 or Facility Pass
- **Contact:** Chad Hill, CSCS, USAW, USAPL 615-893-7439 chill@murfreesborotn.gov

**Martial Arts**
Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

- **Ages:** All
- **Days:** Tuesdays & Thursdays
- **Dates:** Ongoing
- **Time:** 7:40-8:40 p.m.
- **Location:** Patterson Park Exercise Studio
- **Fee:** Contact Instructor, Bryan Todd
- **Contact:** Bryan Todd, 615-584-1024

**KidFIT**

**Movers and Shakers**
This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

- **Ages:** 1 - 3 years
- **Days:** Wednesdays and Fridays
- **Dates:** Ongoing
- **Time:** 10:30-11:00 a.m.
- **Location:** Patterson Park Community Center
- **Fee:** $3.00 or Facility Pass. Preregistration is required.
- **Contact:** Chad Hill, CSCS, USAW, USAPL 615-893-7439 chill@murfreesborotn.gov
Group Training
We know that fitness is a journey, and we want to help you along the path to becoming a better you. We also know that fitness can be very confusing. With an assortment of conflicting books, ideas, and schools of thought on the market, who can keep it straight? We will help you sort through it all and guide you down the path toward enhancing your lifestyle. We offer semi-private training for those who like working with a partner or friend or for those people who get more out of their workout by competing. Semi-private or group training is typically 2-4 people with one trainer. Common group dynamics are friends, husband-wife, siblings, mother-daughter and father-son. Semi-private training is more cost-effective than the traditional 1:1 training.

**Ages:** 16+ years
**Dates:** Ongoing
**Location:** Patterson Park
**Fee:** $120 for 8 sessions per individual
**Contact:** Chad Hill C.S.C.S 615-893-7439
chill@murfreesborotn.gov

Tai Chi
Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

**Ages:** 15+ years
**Days:** Fridays and Saturdays
**Time:** Friday 7:00-8:00 a.m.
Saturday Beginners 10:30 a.m.-1:30 p.m.
Saturday Intermediate 11:30 a.m.-12:30 p.m.
**Location:** Patterson Park Exercise Studio
**Fee:** Contact Bret Hawkins
**Contact:** Bret Hawkins @ 895-4932
Bretkeithhawkins@att.net

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**Personal Training**
Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer. Here are 10 reasons a personal trainer may be right for you.

1. **Motivation:** Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. **Individualized program:** If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. **Efficiency:** Personal trainers help you focus on results and stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. **Improve technical skills:** A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. **You are new to exercise:** A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. **Break through plateaus:** You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. **Learn how to go it alone:** Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. **Workout Safely:** A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. **Lose Weight:** If your New Year’s resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. **Improve Self Confidence:** Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you’re in!

**Personal Training Rates**

<table>
<thead>
<tr>
<th>One-Hour Session</th>
<th>$35</th>
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<tbody>
<tr>
<td>4 One-Hour Sessions</td>
<td>$120</td>
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<td>8 One-Hour Sessions</td>
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<td>12 One-Hour Sessions</td>
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<td>15 One-Hour Sessions</td>
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<td>Monday</td>
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<tr>
<td>8:30-9:30 a.m.</td>
<td>8:30-9:30 a.m. Yoga &amp; AM Boot Camp</td>
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<tr>
<td>Metabolic Burn</td>
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<tr>
<td>9:35-10:35 a.m.</td>
<td>9:35-10:35 a.m. Zumba</td>
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<tr>
<td>Forever Fit</td>
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<tr>
<td>10:40-11:40 a.m.</td>
<td>10:40-11:40 a.m. Sit &amp; Get Fit</td>
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<td>Sit &amp; Get Fit</td>
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<td>4:20-5:20 p.m.</td>
<td>4:30-5:30 p.m. Zumba</td>
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<tr>
<td>Yoga</td>
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<td>5:30-6:30 p.m.</td>
<td>5:35-6:35 p.m. Thrash-N-Bash</td>
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<td>Step-N-Sculpt</td>
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<td>6:40 - 7:40 p.m.</td>
<td>6:40 - 7:40 p.m. Cardio Kickboxing</td>
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**AM Boot Camp**
Whatever you do in life, we can help you do it better! A high-intensity program designed to increase overall muscle endurance, strength and help shed unwanted pounds. This workout alternates strength training exercises with aerobic activities to give you two workouts in one. AM Boot Camp combines intervals of cardio drills and conditioning exercises to provide you with the ultimate circuit workout for optimal fat burning. For ages 16+.

**Body Sculpt**
Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

**Cardio Kickboxing**
Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

**Forever Fit**
Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

**Metabolic Burn**
Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

**Mixed Fit**
High intensity dance fitness with explosive moves!

**Saturday Surprise**
Get the workout you want! This class varies each week depending on instructor and participant input.

**Sit & Get Fit**
Adults & seniors of all abilities are welcome. Slow, gentle functional movements that can help you move easier, have more energy and feel alive.

**Step-N-Sculpt**
Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

**Thrash & Bash**
A full body cardio workout infused with isometric movements and strength training, using “drumming” motions and rhythms! Connect to your inner ROCK STAR!

**Yin Yoga**
A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

**Yoga**
A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

**Zumba**
Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.

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Group exercise classes are $4/day (or facility pass).
For more information:
Chad Hill, C.S.C.S.
615-893-7439
chill@murfreesborotn.gov
After Breast Cancer

We have partnered with the YMCA to offer the After Breast Cancer classes in our facilities. This program allows you to train with Pink Ribbon Trainers, meet with registered dietitians, get lymphedema education and find mental and emotional support from others facing the same issues. Please contact Melanie Cavender for more information and to sign up.

Ages: Adults
Location: Sports*Com & Patterson Park
Fee: Free
Contact: Melanie Cavender
615-895-5995, prompt #3
mcavender@ymcamidtn.org

Pelvic Health and Mobility

This class will focus on breathing, strength, and alignment techniques to help get your pelvic floor working correctly for optimal support and function. Class will consist mostly of lying down, seated floor work, and some possible standing movements.

Ages: Adults
Days: Mondays and Wednesdays
Time: 10:00 a.m.
Location: Sports*Com
Fee: $4 or Facility Pass
Contact: Allison Davidson; 615-895-5040
adavidson@murfreesborotn.gov

Stuck in the Middle

The hips, glutes, belly and low back connect your lower body to your upper body. Tension, misalignment or weakness in this area can travel up and down the body. This class will work on strengthening, stretching and aligning those areas so that your middle can give you the support and movement you need. All classes may include standing, sitting and mat/floor work, stretching, body weight exercises, light weights, bands, foam rollers and massage balls. This class runs through August. Come to one, or come to all. Each class stands alone.

Ages: Adults
Days: Mondays and Wednesdays
Time: 10:00 a.m.
Location: Sports*Com
Fee: $4 or Facility Pass
Contact: Allison Davidson; 615-895-5040
adavidson@murfreesborotn.gov

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot; space is limited.

Ages: 3 - 5 years
Days: Mondays & Wednesdays
Time: 10:15 - 11:00 a.m.
Location: Sports*Com Aerobic Room
Fee: $3.00 or Facility Pass
Preregistration is required day of program.
Contact: Sports*Com, 615-895-5040

Toddler Time with Thomas

Little kids love to play, and that’s what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and under
Dates: Fridays
Time: 10:00 a.m.
Location: Sports*Com
Fee: $3 per visit
Contact: Thomas Laird, 615-907-2251
tlaird@murfreesborotn.gov
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<thead>
<tr>
<th>Monday</th>
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<td>Core Energy</td>
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<td>Zumba</td>
<td>Step/Tone</td>
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<td>RetroFit</td>
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<td>Pelvic Health &amp; Mobility*</td>
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<td>Pelvic Health &amp; Mobility*</td>
<td>Pelvic Health &amp; Mobility*</td>
<td>Total Body</td>
<td>Stuck in the Middle**</td>
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<td>Tumbleweeds***</td>
<td>Tai Chi</td>
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<tr>
<td>Strong by Zumba</td>
<td>Yoga (Studio B)</td>
<td>Zumba</td>
<td>Yoga (Studio B)</td>
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</tbody>
</table>

***Tumbleweeds (Ages 3-5) DAY OF REGISTRATION REQUIRED.

**Cholesterol Testing: $25**
This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). This test is available ONLY at Sports*Com.

**Fitness Assessments: $35**
This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory. Sports*Com and Patterson Park.

**Barre&**
This class is suitable for most fitness levels. It uses precise movements, muscle-specific exercises and lots of work to shape, stretch and strengthen your body. This class may use an exercise barre, small balls and weights and light cardio.

**Core Energy**
This class concentrates on stabilization, alignment and core strength. It consists of standing moves and floor/mat work and may use body weight, bands, weights and balls with significant abdominal and lower back work.

**Retro-Fit**
This 45-minute muscle building class is perfect for beginners, seniors and intermediate exercisers. This class includes standing and floor work and may use body weight, hand weights, bands and balls. Light cardio bursts may also be included.

**Step & Tone**
This class consists of basic and advanced moves using a traditional aerobic step. It is designed for most fitness levels and consists of moderate to high impact cardiovascular movements. This class may include standing and floor work and may use body weight, hand weights, bands and balls.

**Tai Chi**
Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures, deep breathing and relaxed minds and bodies. Perfect for all ages and skill levels, this class consists of standing and moving postures, but chairs may be available if needed.

**Total Body**
This class concentrates on muscle-building techniques and activities for intermediate to advanced exercisers. It includes standing and floor work and may use body weight, hand weights, weighted bars, bands and balls. Light cardio bursts may also be included.

**Tumbleweeds**
This class teaches basic techniques of tumbling that will improve balance, coordination, and overall fitness levels. Due to the specialized activities in this class, it is for ages 3-5 only. You must call the morning of the class to reserve your spot, as space is limited.

**Strong by Zumba**
This choreographed class uses high-intensity movements and hand weights to build your muscle and test your endurance. This is an intermediate to advanced class.

**Yoga**
These classes focus on improving balance and flexibility as well as assisting in stress reduction. May include standing and floor/mat work. For all levels.

**Zumba**
These dynamic dance-based fitness programs fuse Latin rhythms with international music themes for high-energy, moderate intensity cardio workouts.
in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

St. Clair Senior Center Advisory Board
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.

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.

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

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

Find us on @StClairSeniorCenter

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

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

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

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

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

**Summer Night Out Dance**
**Saturday, July 13**
6:00-9:00 pm
Come on out and dance the night away with the Nashtones Band. Admission is $5 at the door.

**Chair Volleyball**
**Thursday, July 18**
1:00-2:00 pm
St. Clair staff will be among the team of players who will be batting beach balls to and fro. Everyone hopes their team will win the game! NO special skills needed for this fun and exciting game, “Chair Volleyball!” Can’t play? That’s okay we need cheerleaders as well! Thank you to Cigna for sponsoring this event.

**Limit 20**
**Room S105**

**End of Summer Party: Ice Cream Social & Magic Show**
**Thursday, August 1**
1:00-2:00 pm
A great day to bring your grandchildren! While enjoying the tasty treats from the ice cream social, we will be entertained by Bruce Amato, a very talented Magician.

**Room S105**

**2020 TRAVEL PRESENTATIONS**

**MAYFLOWER CRUISES & TOURS**
2020 Trips Presentation
**Monday, August 5 • 10:00 am in room S104**

**PREMIER WORLD DISCOVERY**
2020 Trips Presentation
**Wednesday, August 7 • 9:00 am in room S104**
- FLYERS for all long distance travel are available at the front desk and the travel office at St. Clair Senior Center.
- Transfer to and from Nashville Airport is provided on long distance travel.

**Summer Night Out: Karaoke & Movie**
**Thursday, August 9**
4:30-7:00 pm
Bring your own music! Come and enjoy an evening singing Karaoke with your friends. If Karaoke isn’t your cup of tea, then please come and relax, grab a bag of popcorn and enjoy a mystery movie.

**Room S102, S104 & S105**

**Job Fair**
**Tuesday, August 20**
12:30-4:30 pm
Looking for a job? You’ll be glad to hear that employers are looking for you! Come and visit the 20+ vendors and receive information on job availability for the seniors in our area. This event is sponsored by The American Job Center of Murfreesboro.

**Room S104**

**Mahjong**
Anyone interested in playing?
Mahjong is a tile-based game that was developed in China during the Qing dynasty and has spread throughout the world since the early 20th century. Please contact Kathy Herod, Program Coordinator, if you would like to start a group playing this wonderful & fun game.
ATTENTION ALL PARTICIPANTS: A “NEW” Participant Registration Form (PRF) will need to be completed by ALL participants beginning July 1. These will be available in the WELCOME CENTER so please be sure to stop by to complete your new form.

RECREATIONAL PROGRAMS

**Book Discussion Group**
Mondays in July & August
9:00-10:00 am
All readers and reading materials (i.e. sci fi, drama, westerns, romance, adventure, etc.) are welcome to attend this open discussion group. Why did you pick this specific book? What have you learned from it? How did it make you feel? Come and join this interesting group and find out the answers.
**Room E301**

**Hand & Foot Game**
Tuesdays in July & August
1:00-4:00 pm
Come and learn the art of playing the card game, Hand & Foot.
**Room E303**
Limit 20

**Wii Bowling**
Tuesdays in July & August
1:00-4:00 pm
Come join us for the Wii Bowling League. A fun and low impact game that simulates bowling at a real alley. We play every Tuesday from 1:00-4:00 pm in Room P206. All new players are welcomed and will be placed on a team.
**Room P206**
Limit 50

**Beginners Trivia**
Tuesday, July 16 & 30
4:30-5:30 pm
Come join us for Beginners Trivia! Easier questions for people interested in starting trivia for the first time. Teams will compete while answering questions ranging from all different topics. Snacks, drinks, music and fun supplied every night. If you don’t have a team, don’t worry; teams are selected at random each night. Don’t forget about the PRIZES for the winning team!
**Room S104**
Limit 40

Did you know that Chicken Foot is a dominoes game played with 2-8 players. It is similar to Mexican Train dominoes and is played in rounds.

**Attention:**

Did you know that Chicken Foot is a dominoes game played with 2-8 players. It is similar to Mexican Train dominoes and is played in rounds.

**Pinochle Tournament Winners**
MARCH 22
1st Place
*Shirley Bowman & Morris Kupfer*
2nd Place
*Tony Cuomo & Jessie Jones*
3rd Place
*Brenda Miller & Michael Illig*

**Pool Tournament Winners**
MARCH
1st Place: *Goose Davenport*
2nd Place: *Joe Cox*
3rd Place: *Tom Michal*

**APRIL**
1st Place: *Tom Michal*
2nd Place: *Joe Cox*
3rd Place: *Donny Arnold*

**Chicken Foot**
Played Daily
8:30 am-4:30 pm
Dominoes! Learn to play chicken foot with this fun group. Everyone is welcome!
**Room R501**

**Canasta & Rook**
Played Daily
8:00 am-4:00 pm
Join us for a game of Canasta or Rook.
**Room R402**

**Pinochle Tournament Winners**
MARCH 22
1st Place
*Shirley Bowman & Morris Kupfer*
2nd Place
*Tony Cuomo & Jessie Jones*
3rd Place
*Brenda Miller & Michael Illig*

**Pool Tournament Winners**
MARCH
1st Place: *Goose Davenport*
2nd Place: *Joe Cox*
3rd Place: *Tom Michal*

**APRIL**
1st Place: *Tom Michal*
2nd Place: *Joe Cox*
3rd Place: *Donny Arnold*

**Chicken Foot**
Played Daily
8:30 am-4:30 pm
Dominoes! Learn to play chicken foot with this fun group. Everyone is welcome!
**Room R501**

**Canasta & Rook**
Played Daily
8:00 am-4:00 pm
Join us for a game of Canasta or Rook.
**Room R402**

Did you know that Chicken Foot is a dominoes game played with 2-8 players. It is similar to Mexican Train dominoes and is played in rounds.

**Pinochle Tournament Winners**
MARCH 22
1st Place
*Shirley Bowman & Morris Kupfer*
2nd Place
*Tony Cuomo & Jessie Jones*
3rd Place
*Brenda Miller & Michael Illig*

**Pool Tournament Winners**
MARCH
1st Place: *Goose Davenport*
2nd Place: *Joe Cox*
3rd Place: *Tom Michal*

**APRIL**
1st Place: *Tom Michal*
2nd Place: *Joe Cox*
3rd Place: *Donny Arnold*

**Chicken Foot**
Played Daily
8:30 am-4:30 pm
Dominoes! Learn to play chicken foot with this fun group. Everyone is welcome!
**Room R501**

**Canasta & Rook**
Played Daily
8:00 am-4:00 pm
Join us for a game of Canasta or Rook.
**Room R402**
Spades
Wednesdays in July & August
12:00-4:00 pm
No experience necessary! Easy to learn!
Come join in the fun with the card game “Spades”!
Room E303

Party Bridge
Thursdays in July & August
12:30-4:00 pm
Ever been curious as to how you play bridge? Come and join this group which is open to teaching you the skills you need to play.
Room E303

Trivia Team Meeting
Thursdays in July & August
1:00-2:30 pm
Catch the trivia FEVER! Have a lot of knowledge you want to share? Love competition? Come join our team to prepare for the 2019 Brain Games competition in Nashville this year!
Room E301

According to local folklore what famous gangster once got a haircut in Murfreesboro as he was passing through on his way to Florida?

Trivia Games
Tuesday July 9 & 23
Thursday August 8 & 22
4:30-5:30 pm
Come join us for Trivia Games! Teams will compete while answering questions ranging from all different topics. The winning team walks away with prizes. Snacks, drinks, music and fun supplied every night. If you don’t have a team, don’t worry; teams are selected at random each night. Don’t forget about the prizes for the winning team.
Room S104
Limit 40

Euchre
Fridays in July & August
1:00-4:00 pm
Join in on the Friday Euchre play.
Room E304

Bunco
Thursday July 11 & 18 & August 1 & 15
1:00-3:00 pm
Learn to Play BUNCO, or if you know how to play, just come join us! Game starts right at 1:00 p.m. and is fun, fun, fun!
Room S104

Music Jam Session
Fridays July 12 & 26 & August 9 & 23
1:00-3:30 pm
Bring your instrument and play along with our group. We take turns in the round playing and singing with everyone else accompanying.
Room S105

315 Card Game
Mondays July 1 & August 5
10:00 am-12:00 pm
315 Card Game uses 13 different hands. There is a wild card in each hand. This game takes lots of thinking. Come learn, if you are up for a challenge.
Room R402
8-Ball Pool Tournament
Wednesdays July 10 & August 14
9:00 am-12:00 pm
Come see how your talent measures up in our monthly pool tournament! Deadline is 8:45 am the morning of the event. Everyone is welcome!
Room R501

Karaoke
Fridays July 5 & 19 and August 2, 16 & 30
1:00-3:00 pm
Do you like to sing? Come and share your talents with this fun group. You will sing-a-long with your favorite musicians while reading the lyrics from a large screen TV.
Room S104

Mystery Movie
Friday, July 19
2:00-5:00 pm
The leader of Rydell High School’s Pink Ladies, a gang of girls who are counterparts of the school’s group of greasers called the T-Birds. The lovers break up. She quickly catches the eye of English exchange student. Can we say, “love triangle”! Come and see how it turns out.
Room S104

Butter Bean Auction
Wednesday July 24 & August 28
1:00-2:00 pm
Kristen Brodie is such a fun auctioneer! Bid on your favorite item with butter beans. All prizes and beans supplied by The Rutherford Assisted Living. Fun!
Room S104
Limit 50

Mystery Movie
Friday, August 23
1:00-3:00 pm
A huge comedy with tiny balls. When a former professional table tennis phenomenon is recruited by the FBI for a mission with the underground he is determined to bounce back to his former glory and smoke out his father’s killer. Critics are calling this movie, “a fast, furious comedy!”
Room S104

Pinochle Tournament
Saturday, July 20
9:00 am-3:00 pm
Test your skill in this partners’ tournament.
Room S104 Limit 36

Kool Bingo
Thursday, July 18
5:30-6:30 pm
Play a game of bingo with a kool glass of tea and great prizes.
Room S105

Beginners Trivia
Thursday, August 15 & 29
4:30-5:30 pm
Come join us for Beginners Trivia! Easier questions for people interested in starting trivia for the first time. Teams will compete while answering questions ranging from all different topics. Snacks, drinks, music and fun supplied every night. If you don’t have a team, don’t worry; teams are selected at random each night. Don’t forget about the PRIZES for the winning team!
Room S104 Limit 40
CREATIVE ARTS

Sign up for classes requiring a fee at St. Clair Senior Center with cash or check payment.

Thank You Talented Artists
Thank you to all the wonderful artists that shared their beautiful pieces of art with us at The Rotunda in City Hall during the month of May. You are so talented!

Crafting with Marlane
Monday, July 8 &
Monday, August 12
2:00-4:30 p.m.
Do you like working with clay. Join us for a sculpting arts and crafts class. Bring your special beads and pendants to add to your creation. Space is limited.
Room R406
Limit 15

Stained Glass Jewelry Workshop
Thursday, July 11
9:00 am-12:00 pm
Learn how to make a stained-glass pendant necklace, and take home the finished piece. No stained-glass experience necessary. Materials and tools are provided.
Room R406
Limit 10
Class Fee: $35

Stained Glass Jewelry Workshop
Thursday, August 1
9:00 am-12:00 pm
Learn how to make a stained-glass pendant necklace and take home the finished piece. No stained-glass experience necessary. Materials and tools are provided.
Room R406
Limit 10
Class Fee: $35

2-Day Stained Glass Jewelry Workshop
Thursday July 18 & 25
9:00-11:30 am
Learn how to make this stained-glass butterfly using hobby came and a recycled old spoon. This workshop is 5 hours split into two sessions over a two-week period. Materials & tools are supplied. Stained glass experience not necessary, but preferred.
Room R406
Limit 8
Class Fee: $60

Social Ceramics
Tuesdays in July & August
8:30-11:30 am
You will pay the instructor for the piece you are working on only. Piece price will include your paint and firing. No other fee. Learn different techniques for painting on ceramics in this class. Cash, checks, or credit cards are accepted.
Room R406
Limit 16

Open Knit & Crochet
Tuesdays & Thursdays in July & August
10:00 am-2:00 pm
Join this very welcoming group of knitters and crocheters who offer inspiration and motivation with your knitting and crocheting projects. No sign up required. Bring your own supplies.
Room R405
Quilting
Tuesdays & Thursdays in July & August
10:00 am-2:00 pm
Volunteer quilters do quilting for people in the public for a donation that goes to the senior center.
Room R405

Open Art Studio
Wednesdays in July & August
12:00-3:00 pm
Bring your own supplies and projects and work alongside like minded artists for inspiration and creativity.
Room R406

Seniors Acting Up
Thursdays in July & August
1:00-3:30 pm
Come and join in this fun group as they bring laughter, mystery & drama into the lives of others. Everyone is welcome!
Room S105

4-week Stained Glass Class Workshop
Saturdays, August 3, 17, 24 & 31
1:00-4:00 pm
Beginner & Intermediate levels welcome! Learn how to make a copper foiled stained-glass window sun catcher in this 4-week workshop. Materials will be provided for beginners.
Room R406
Limit 8
Class Fee $65

Singing Seniors
Mondays July 1, 8, 22 & 29 & August 5, 12, 19 & 26
1:00-2:00 pm
If singing is what you love, come join this amazing group! The only requirement you must have is to be able to show up! There is no audition, just come, join in and sing along.
Room S104

Stained Glass Class
Mondays July 1, 8, 15 & 22 & August 5, 12, 19 & 26
9:00 am-12:00 pm
Beginner & Intermediate levels welcome! Learn how to make a copper foiled stained-glass window sun catcher. Materials will be provided for beginners.
Limit 12
Class Fee: $65 per month

Art with Vivian: Lily Pond
Wednesday, July 17
8:45 am-12:00 pm
This is the 2nd part of a 3-part project. When completed you will have a beautiful piece of art stretched out over 3 separate canvases. This section will be painted using acrylics on a 16”H x 20”W canvas. Students must register and pay for the class by July 15.
Room R406
Limit 12
Class Fee: $25

Acrylic Techniques
Wednesdays
July 10 & 24 and August 14 & 28
8:45 am-12:00 pm
Learn different techniques using acrylic paints with artist Vivian Karros. All supplies are provided.
Room R406
Limit 12
Class Fee $25 per month
Art with Vivian: Lily Pond Fish
Wednesday, July 31
8:45 am-12:00 pm
The final panel of the conjoined Lily Pond project. Bright Koi Fish in a vivid blue pond. These stretched canvas paintings combine to make a unique statement. Students must register and pay for the class by July 29.
Room R406
Limit 12
Class Fee $25

Inspired by Nature: Posing Pandas
Wednesday, July 3
8:45 am-12:00 pm
The Posing Panda is one of our inspired by nature features. Prepared on a canvas board for easy mounting. (12”H X 12”W) Students must register and pay for the class by July 1.
Room R406
Limit 12
Class Fee $25

Art with Vivian: Paint Brush Holder
Wednesday, August 7
8:45 am-12:00 pm
This is a handmade wooden brush holder with 8 separate compartments for brushes. This is a fun and practical project for any painter. (6”H x 9”W) Students must register and pay for the class by August 5.
Room R406
Limit 12
Class Fee $25

Inspired by Nature: A Summers Bouquet
Thursday, August 22
8:45 am-12:00 pm
Bright, airy and colorful. This summer bouquet is a fun way to welcome in the sights and colors of summer. (20”H X 16”W) Students must register and pay for class by August 19.
Room R406
Limit 12
Class Fee $25

Art with Vivian: Loopy Iris
Wednesday, August 21
8:45 am-12:00 pm
Fun and Colorful. Painted on a custom cut wooden pallet finished with a raised laser cut detail and rhinestone jewels. (15”H X 9”W) Students must register and pay for the class by July 29.
Room R406
Limit 12
Class Fee $25

HEALTH & SOCIAL SERVICE
Legal Document Appointments
Dee Brown,
Social Service Specialist
Attorney Michael Craig will be at the Senior Center for two days to write Simple Wills, Advance Directives and Powers of Attorney documents. If you are age 60 or older and interested in this service, you will need to call Dee Brown at 615-848-2550 to make an appointment. There is no walk-in service.

The cost for this service is $25 per document, per person. That would mean if you and your spouse each write a will, your total cost would be $50. This is a very minimal cost, and we are extremely pleased that Mr. Craig has offered us this service for the last 3 years. Please contact Dee for an appointment for either July 17 or August 7.
Blood Pressure Clinic
Monday July 8 & 22 and
August 12 & 26
9:30-11:30 am
Did you know high blood pressure is called a “silent killer” because it often has no symptoms and goes undetected in a high percentage of people? Now on the second and fourth Mondays each month, get your blood pressure checked by our wonderful volunteers and ask them about getting a card to keep track of your BP readings (great to take to your doctor).
Room S103B

Health Break: Gastroenterology
Tuesday, July 16
9:30-11:00 am
Come hear Dr. Brian Smith, a new gastroenterologist here in Murfreesboro, speak on endoscopy, colonoscopy, and all things in between. He is ready to discuss and answer your questions about all things gastro. Call 615-848-2550 to reserve your seat by July 12.
Limit 50 Room S104

Health Break: Dental
Thursday, July 18
10:00-11:30 am
Keeping your smile healthy and happy is important, so come hear Amy Ogles, Dental Hygienist with Three Rivers Dentistry, speak about oral care tips for your daily routine. Call 615-848-2550 to reserve your seat by July 15.
Limit 50 Room S104

Name That Tune
Tuesday, July 23
10:00-11:00 am
This will be a great mix for trivia and music lovers! Come exercise your brain; see how much you remember about songs from the past, including the artists and backgrounds. A fun way to spend an hour on a hot summer day. Call 615-848-2550 to reserve your seat by July 22.
Limit 40 Room S104

Harmonicas for Health
Thursdays in July & August
Begins July 11
1:00-2:00 pm
Are you looking for something fun and 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, and meet new friends. No music background is needed!
Room R502
Limit 20

NEW CLASS AT ST. CLAIR
SAIL: A Fitness Class
Begins July 8/Register by July 5
Mondays & Wednesdays 10:30-11:30 am
Tuesdays & Thursdays 1:00-2:00 pm
A new evidenced based exercise program called SAIL (Stay active and independent for life) will be starting up at the center beginning July 8. This is a strength, balance and fitness class. The components of the SAIL Class include a warm-up, moderate aerobics exercise, balance exercises, strength exercises using wrists and ankle weights and ending with stretching and some education. Exercises throughout the hour class can be
done seated or standing. The two main goals of the SAIL Program are to improve strength and balance and to decrease the risk of falls.

Studies have shown that regular physical activity helps prevent and manage chronic diseases and helps prevent falls. Stay Active and Independent for Life is an evidence-based program that proves seniors attending 2-3 classes a week, have less falls, improved health and quality of life.

The classes will be taught by Laura Grissom and Paula Faist four days a week. There will be two morning classes starting at 10:30 am and two afternoon classes starting at 1:00 pm. The classes are an hour long. It is also highly recommended that you attend at least two classes per week. There is a fitness check that needs to be done before the class and again every 6 months thereafter. This 3-step test is to show you how the class has helped you improve your walking ability and balance, and your arm and leg strength.

We can all come up with excuses not to exercise, fear of falling, lack of interest, no one to exercise with, etc. We hope by exercising in this program you will improve your balance, strengthen a few muscles, make a few friends, and say goodbye to a few of the above-mentioned excuses. (continued next column)

Please contact Laura or Paula, 615-848-2550, if you have an interest in this new program. Class size is limited to 20 participants per class.

**Tennessee College of Applied Technology (TCAT) Trip**

**Wednesday, August 14**

9:00 am - until complete

Go to TCAT for non-medical foot care, manicures, hair wash and style or haircuts. Each service is $5, and there is an annual fee of $5. If you want more than two services done, you will need to go on your own. Call 615-898-8010, ext. 118, to make an appointment. Please let senior center staff know what services you want at sign-up. Sign up by August 9.

**Limit 10**

**Cost: $5 for transportation**

**SUPPORT GROUPS**

**Diabetes Peer Support Group**

**Wednesday, July 3 & August 7**

3:00-4:00 pm

A peer support group can help you improve your overall diabetes self-management. The goal of this group is to help you learn new coping skills, tips and tricks that may help you manage your diabetes.

Room E304

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**Powerful Tools for Caregiving**

**Wednesdays, August 7-September 11 • 2:30-4:00 pm**

Powerful Tools for Caregivers is a 6-week educational series designed to help caregivers maintain personal well-being while providing quality care to a loved one. Some of the “tools” discussed include: reducing stress, communicating feelings to others, taking action, and setting personal goals.

Self care is important to acknowledge in order to continue on the caregiving path in a healthy way. Please register for the Powerful Tools for Caregivers with Dee Brown or Paula Faist. Series will be held from 2:30-4:00 pm for 6 consecutive Wednesdays beginning August 7.
Caregiver Circle  
**Wednesday, July 17 & August 21  
3:00-4:30 pm**  
A gathering time to chat, question and offer support to one another as we continue on our caregiver journey.  
Room E304

Grief Relief Support Group  
**Friday, July 19 & August 16  
10:00-11:00 am**  
Grief may come from many life changes including death, divorce, health, and more. Come take this journey with individuals that are in need of emotional and physical support in a safe and nonjudgmental environment.  
Room E301

Parkinson Support Group  
**Friday, August 2  
No meeting in July  
10:00-11:30 am**  
Parkinson Support Group meets on the first Friday of each month. We share stories about our experiences with Parkinson’s, practical tips on how to deal with Parkinson’s, learn from speakers, and enjoy friendships with people who understand.  
Room S104

**SEMINARS**

Meet the Rep: Volunteer Ops  
**Tuesday, August 6  
10:00-11:00 am**  
Do you have extra time on your hands? Come and hear about all the great opportunities there are to be a friend to someone in need. Jami Stinson, from Kindred Hospice, will be here to answer any of your questions about volunteering.  
Room S104

In the Garden: Compost & Mulch  
**Monday, July 8  
10:00-11:30 am**  
Hear what Master Gardener Carol Reese has to say about the benefits of composting and mulch in this very interesting “In the Garden” discussion. Please sign up so we will have enough handouts.  
Room S104

**SAVE THE DATE!**

Senior Health Expo  
**THURSDAY, SEPTEMBER 26  
8:00 am-12:00 pm**  
Go ahead and mark this date on your event calendar for the St. Clair Senior Center Annual Health Expo. The event features health screenings and information, door prizes, snacks and much more. The expo is free and open to anyone age 60 and over!
Tax Free Investing
Thursday, July 25
10:00-11:00 am
Do you want more control over the taxes you pay? This class will give you several strategies to help reduce your tax burden. Come & enjoy a cup of coffee with Randy Wilson, Financial Advisor with Edward Jones as we learn about saving money.

Room S104

Do This, Not That: Natural Cleaners vs Homemade Cleaners
Thursday, August 1
10:00-11:00 am
Do natural cleaners do what they say they do? Can you make your own natural cleaners that clean better? Come and get the 411 at this informative seminar.

Room S104

Coffee, Money, & Questions with Shaneesa
Tuesdays July 16 & August 20
8:30-9:30 am
Concerned about the current market conditions and how political, economic and cultural forces are shaping our markets? Let’s talk about how this affects you as an investor. Grab a cup, bring your questions and come chat with Shaneesa Freshour from Edward Jones. Meets every 3rd Tuesday of the month.

Room E303

In the Garden: Water-Wise Gardening
Monday, August 12
10:00-11:30 am
It is critical to conserve as much water as possible. Water-wise gardening involves using landscaping techniques to help conserve water while maintaining a beautiful yard. Come hear about this important topic from Carol Reese, Master Gardener. Please sign up so we will have enough handouts.

Room S104

TRAVEL

- ALL trips will depart from City Hall garage on Tommy Martin Dr. off of NW Broad St.
- Let us know if you live at Westbrooks Towers or have special requests (ex: 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.
- Registration and payment for day trips may be made at the center with check or cash.

Kirby’s First Timers ONLY Nashville Tour
Saturday, July 13
9:00 am-4:00 pm
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.
Cost: $11
Limit: 21
Deadline: July 10

July Lunch Outing
Tuesday, July 16
10:15 am-1:00 pm
Meat and three lunch buffet with fresh salad bar. Fee includes transportation. Bring money for lunch.
Cost: $10
Limit: 21
Deadline: July 8
Sunset Concert Trip
Sunday, July 28
3:15-9:15 pm
If you are a fan of the 80s band, Journey, you're sure to enjoy this outdoor concert on the lawn at Carnton featuring Resurrection-A Journey Tribute. Fee includes transportation and ticket. Bring a folding chair and cash for food at concert.
Cost: $28
Limit: 15
Deadline: July 12

McKay’s Trip
Monday, July 29
9:15 am-2:45 pm
Not just a bookstore, McKay’s includes music, movies, electronics, games, musical instruments, collectibles and more! Fee includes transportation. Bring money for lunch.
Cost: $11
Limit: 20
Deadline: July 19

Amish Country
Friday, August 2
7:30 am-3:30 pm
Experience Amish life as you take a 1.5-hour horse-drawn wagon tour of the area. Several stops will be made throughout the route at Amish homes or businesses where cash will be required to purchase items. Fee includes transportation and guided riding wagon tour. Bring cash for shopping and lunch.
Cost: $23
Limit: 21
Deadline: July 10

Harrah’s Casino, Metropolis, IL
Thursday, July 25
8:45 am-9:00 pm
Fee includes transportation and $5 in free play and buffet lunch.
Cost: $10
Limit: 55
Deadline: July 17

Dancin’ Days of Summer
Saturday, July 20
6:45 am-6:15 pm
All line dance levels are welcome to participate in this line dance party and workshop. Fee includes admission and transportation. Soft-soled shoes only. No boots or hard-soled shoes.
Cost: $49
Limit: 15
Deadline: July 12

Antique Archaeology (American Pickers)
Tuesday, July 23
9:30 am-3:45 pm
Shop vintage items, collectibles, and unique home décor in the old Marathon Automobile car factory, then travel a few blocks to the Farmers’ Market for lunch and additional shopping. Fee includes transportation. Bring money for shopping and lunch.
Cost: $15
Limit: 15
Deadline: July 17

Nashville Farmers’ Night Market
Friday, July 19
2:30-9:30 pm
Featuring live music, Night Market offers you the opportunity to shop, sip, and dine under the stars while supporting farmers, artists, local businesses, and community organizations. Fee includes transportation. Bring money for shopping and dinner.
Cost: $15
Limit: 15
Deadline: July 11

Dancin’ Days of Summer
Saturday, July 20
6:45 am-6:15 pm
All line dance levels are welcome to participate in this line dance party and workshop. Fee includes admission and transportation. Soft-soled shoes only. No boots or hard-soled shoes.
Cost: $49
Limit: 15
Deadline: July 12
Butterfly Festival  
Saturday, August 3  
6:30 am-4:45 pm  
Anyone interested in butterflies and beautiful landscapes will enjoy this festival which includes butterfly education tents, educational talks, craft vendors, UT’s insect zoo, and a monarch butterfly release at noon. Fee includes admission and transportation. Bring money for lunch and purchases at the festival.  
Cost: $29  
Limit: 15  
Deadline: July 19

Plaza Mariachi  
Tuesday, August 6  
4:30-9:15 pm  
This cultural experience blends art, music, entertainment, food, services and retail in one location. Fee includes transportation and dinner.  
Cost: $39  
Limit: 20  
Deadline: July 10

Tennessee State Museum & Nashville Farmers’ Market  
Friday, August 9  
9:30 am-4:45 pm  
Will you spend your day at the Tennessee State Museum or Nashville Farmers’ Market, or split your time between the two? The choice is yours. Fee includes transportation. There is no admission charge at the museum. Bring money for lunch and shopping.  
Cost: $15  
Limit: 15  
Deadline: August 1

Tomato Art Festival  
Saturday, August 10  
9:30 am-2:30 pm  
East Nashville welcomes you to this fun and wacky day of art, music, food, costumes, contests, shopping & more, in celebration of the beloved fruit/vegetable—the tomato! Fee includes transportation. Tomato costumes (think red and green) are welcome. Bring money for lunch and shopping.  
Cost: $12  
Limit: 15  
Deadline: August 1

“Daddy’s Girl” at Encore Theatre Co.  
Sunday, August 11  
1:15-7:15 pm  
No-nonsense cook, Bernard, gets served a full plate of comic chaos when his deceased wife takes up residence as a talking portrait on the diner wall, in hopes of reuniting Bernard with their long-lost daughter. Fee includes transportation and production. Bring money for dinner.  
Cost: $24  
Limit: 21  
Deadline: July 12

Lynchburg Cake & Candy Co. Tour  
Wednesday, August 14  
8:45 am-2:15 pm  
This sweet company has been featured in Paula Deen’s son’s cookbook, Road Tasted, by the TV show, The View, and on Food Network. Fee includes transportation. Bring money for lunch and shopping.  
Cost: $15  
Limit: 15  
Deadline: July 15
Blue Heron Cruise  
**Saturday, August 17**  
**8:45 am-1:45 pm**  
The scenery is beautiful, and the large birds are plentiful. Fee includes transportation and pontoon nature cruise on Percy Priest Lake. Bring money for lunch.  
**Cost:** $25  
**Limit:** 13  
**Deadline:** July 12

Senior Mondays at the Frist  
**Monday, August 19**  
**9:30 am-3:45 pm**  
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.  
**Cost:** $12  
**Limit:** 21  
**Deadline:** August 1

**Tennessee State Capitol**  
**Tuesday, August 20**  
**9:30 am-3:15 pm**  
One of the oldest working capitols in the US, the Tennessee State Capitol serves as home of the Tennessee General Assembly and houses the governor’s office. Fee includes transportation. Photo ID is required for entrance. Bring money for lunch.  
**Cost:** $13  
**Limit:** 22  
**Deadline:** July 15

“**Mamma Mia**” at the Arts Center of Cannon Co.  
**Saturday, August 24**  
**4:45-10:45 pm**  
You’ve seen the film – now it’s time to see it live! You’ll be singing along to the hits of ABBA including “Dancing Queen,” “Mamma Mia,” “Take a Chance on Me,” and so many more. Fee includes transportation and production. Bring money for dinner.  
**Cost:** $23  
**Limit:** 22  
**Deadline:** July 15

SEE PAGE 59 FOR  
2020 TRAVEL DESTINATIONS
Kimmi’s Tea Room & Antiquing
Tuesday, September 10
9:30 am-3:15 pm
Stop at a couple of antique shops along the country road to Kimmi’s Tea Room where you will enjoy soup, salad, sandwiches, desserts, and, of course, freshly brewed tea. Fee includes transportation and lunch. Bring money for shopping.
Cost: $38
Limit: 20
Deadline: July 15

“Southern Fried Nuptials”
at Chaffin’s Barn
Thursday, August 29
9:15 am-3:45 pm
The uproarious sequel to “Southern Fried Funeral,” finds the Mississippi clan preparing for the wedding of daughter Harlene, with many of the same Frye family members in attendance. Fee includes production and transportation. Bring money for lunch.
Cost: $33
Limit: 22
Deadline: July 15

Nashville Sounds vs San Antonio Missions
Friday, August 30
5:00-11:15 pm
Fee includes transportation and game ticket. Bring money for concessions.
Cost: $45
Limit: 15
Deadline: July 10

Ray Stevens CabaRay
Thursday, September 5
4:15-10:15 pm
This concert is packed full of Ray’s iconic hits and comedy classics. Fee includes transportation, complete dinner and show. Alcoholic beverages are not included. Entrée choice must be made at the time of registration (chicken, fish, pork or vegetarian).
Cost: $91
Limit: 21
Deadline: July 15

PHYSICAL FITNESS CLASSES
FREE FITNESS CLASSES

Go4Life
Mondays & Wednesdays in July & August
1:00-2:00 pm
No classes the week of July 1-5.
This is an “at your own pace” exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance.
Limit: 30
Room P204

August Lunch Outing
Tuesday, August 27
9:15 am-2:00 pm
One of the quirkiest restaurants in Middle Tennessee, but the good vibes and great food make it a great spot for absolutely anyone. Fee includes transportation. Bring money for lunch.
Cost: $15
Limit: 22
Deadline: July 20

Nashville Sounds vs San Antonio Missions
Friday, August 30
5:00-11:15 pm
Fee includes transportation and game ticket. Bring money for concessions.
Cost: $45
Limit: 15
Deadline: July 10
Gentle Fitness
Tuesdays & Thursdays
in July & August
8:30-9:25 am
This class will focus on strength, balance, cardio, core, and range of motion. Instructed by Jennifer Griffith.
Limit: 40
Room P204

Zumba Gold
Tuesdays & Thursdays in July & August
9:30-10:20 am
If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Instructed by Jennifer Griffith.
Limit: 40
Room P204

Go4Life
Tuesdays & Thursdays in July & August
10:30-11:30 am
No classes the week of July 1-5.
A low impact exercise group which focuses on strength, flexibility and balance. The class is great for those just starting an exercise routine or just getting back into exercising.
Limit: 20
Room P204

SAIL: Stay Active & Independent for Life
Mondays & Wednesday
in July & August
Starting July 8
10:30-11:30 am
Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. Register for class by July 5.
Limit: 20
Room P206

SAIL: Stay Active & Independent for Life
Tuesdays & Thursdays
in July & August
Starting July 9
1:00-2:00 pm
Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. Register for class by July 5.
Limit: 20
Room P206

PAID FITNESS CLASSES

Dot’s Gentle Yoga
Mondays & Wednesdays
in July & August
10:00-11:00 am
Yoga is 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.
Limit: 25
Room P206
Cost: $28 per month
### Beginning Tai Chi
**Tuesdays & Thursdays in July & August**
**2:15-3:15 pm**
Smooth moves to improve stress, breathing and overall fitness.

**Limit:** 15  
**Room:** P204  
**Cost:** $15 per month

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### Ballroom Dance
**Tuesdays in July & August**
**3:00-4:00 pm**
Deborah Sullivan welcomes beginners and experienced students to her class. Students will learn the Fox Trot in July and Cha Cha in August.

**Limit:** 26  
**Room:** S105  
**Cost:** $26 per month

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**Check with your physician before starting any exercise program.**

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**Exercise classes continue on page 58.**
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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>1 9:00 am Stained Glass Class</td>
<td>2 8:30 am Social Ceramics</td>
<td>3 8:45 am Inspired by Nature:</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>10:00 am Quilting</td>
<td>Posing Pandas</td>
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<tr>
<td>9:30 am Duplicate Bridge</td>
<td>10:00 am Open Knit &amp; Crochet</td>
<td>12:00 pm Open Art Studio</td>
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<td>10:00 am 315 Card Game</td>
<td>1:00 pm Hand &amp; Foot Game</td>
<td>12:00 pm Spades</td>
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<tr>
<td>1:00 pm Singing Seniors</td>
<td>1:00 pm Wii Bowling</td>
<td>3:00 pm Diabetes Peer Support Group</td>
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<tr>
<td>2:00 p.m. Crafting with Marlane</td>
<td>4:30 pm Beginners Trivia</td>
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<tr>
<td>8 9:00 am Stained Glass Class</td>
<td>9 8:30 am Social Ceramics</td>
<td>10 8:45 am Acrylic Techniques</td>
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<td>9:00 am Book Discussion Group</td>
<td>10:00 am Quilting</td>
<td>9:00 am 8-Ball Pool Tourney</td>
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<td>9:30 am Blood Pressure Clinic</td>
<td>1:00 pm Hand &amp; Foot Game</td>
<td>12:00 pm Spades</td>
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<td>10:00 am In the Garden:</td>
<td>1:00 pm Wii Bowling</td>
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<td>Compost &amp; Mulch</td>
<td>4:30 pm Trivia Games</td>
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<tr>
<td>15 9:00 am Stained Glass Class</td>
<td>16 8:30 am Social Ceramics</td>
<td>17 8:45 am Art with Vivian: Lily Pond</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>8:30 am Coffee, Money &amp; Questions</td>
<td>12:00 pm Open Art Studio</td>
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<tr>
<td>9:00 am Duplicate Bridge</td>
<td>with Shaneesa</td>
<td>12:00 pm Spades</td>
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<tr>
<td>9:30 am Senior Monday</td>
<td>9:30 am Health Break:</td>
<td>1:30 pm Clown Meeting &amp; Rehearsal</td>
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<tr>
<td>at the Frist Trip</td>
<td>Gastroenterology</td>
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<td>12:30 pm Singing Seniors Concert</td>
<td>10:00 am Quilting</td>
<td>3:00 pm Caregiver Circle</td>
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<td>10:00 am Open Knit &amp; Crochet</td>
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<td>22 9:00 am Stained Glass Class</td>
<td>23 8:30 am Social Ceramics</td>
<td>24 8:45 am Acrylic Techniques</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>9:30 am Antique Archeology</td>
<td>10:30 am Clowns to Southeast Baptist Church</td>
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<tr>
<td>9:00 am Duplicate Bridge</td>
<td>(American Pickers) Trip</td>
<td>12:00 pm Open Art Studio</td>
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<td>9:30 am Blood Pressure Clinic</td>
<td>10:00 am Quilting</td>
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<td>1:00 pm Singing Seniors</td>
<td>10:00 am Name That Tune</td>
<td>1:00 pm Butter Bean Auction</td>
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<td>10:00 am Open Knit &amp; Crochet</td>
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<tr>
<td>29 9:00 am Duplicate Bridge</td>
<td>30 8:30 am Social Ceramics</td>
<td>31 8:45 am Art with Vivian: Lily Pond</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>10:00 am Quilting</td>
<td>Fish</td>
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<tr>
<td>9:15 am McKay’s Trip</td>
<td>10:00 am Open Knit &amp; Crochet</td>
<td>9:15 am Clowns to The Crossings at Victory</td>
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<td>1:00 pm Singing Seniors</td>
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<tr>
<td>Center Closed</td>
<td>9:00 am Duplicate Bridge</td>
<td>8:00 am Smithville Fiddlers’ Jamboree &amp; Crafts Festival</td>
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<tr>
<td>Happy 4th of July</td>
<td>1:00 pm Euchre</td>
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<td></td>
<td>1:00 pm Karaoke</td>
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<tr>
<td>7:00 am Summer Celebration Trip</td>
<td>9:00 am AARP Board Meeting</td>
<td>9:00 am Kirby’s First Timers Only Tour</td>
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<tr>
<td>9:00 am St. Rose Bridge</td>
<td>9:00 am Duplicate Bridge</td>
<td>6:00 pm Summer Night Out Dance</td>
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<tr>
<td>9:00 am Stained Glass Jewelry Workshop</td>
<td>10:00 am AARP Meeting</td>
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<td>10:00 am Quilting</td>
<td>1:00 pm Music Jam Session</td>
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<td>10:00 am Open Knit &amp; Crochet</td>
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<td>10:30 am Bingo with Smith Family Funeral &amp; Cremation Services, LLC</td>
<td>1:00 pm Karaoke</td>
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<td>12:30 pm Party Bridge</td>
<td>2:00 pm Mystery Movie</td>
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<td>1:00 pm Seniors Acting Up</td>
<td>2:30 pm Nashville Farmers’ Market Night Market Trip</td>
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<td>1:00 pm Bunco</td>
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<td>1:00 pm Trivia Team Meeting</td>
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<tr>
<td>9:00 am 2-Day Stained Glass Workshop</td>
<td>9:00 am Duplicate Bridge</td>
<td>6:45 am Dancin’ Days of Summer Trip</td>
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<tr>
<td>10:00 am Quilting</td>
<td>10:00 am Grief Relief Support Group</td>
<td>9:00 am Pinochle Tournament</td>
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<td>10:00 am Health Break: Dental</td>
<td>1:00 pm Euchre</td>
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<td>10:00 am Open Knit &amp; Crochet</td>
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<td>10:30 am Bingo with Always Best Care</td>
<td>2:00 pm Mystery Movie</td>
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<td>12:30 pm Party Bridge</td>
<td>2:30 pm Nashville Farmers’ Market Night Market Trip</td>
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<td>1:00 pm Chair Volleyball</td>
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<td>1:00 pm Harmonicas for Health</td>
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<td>5:30 pm Kool Bingo</td>
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</tbody>
</table>
| 8:45 am Harrah’s Metropolis Trip | 9:00 am Duplicate Bridge | | }
<p>| 9:00 am 2-Day Stained Glass Workshop | 1:00 pm Music Jam Session | | |
| 10:00 am Quilting | 1:00 pm Euchre | | |
| 10:00 am Tax Free Investing Seminar | | | |
| 10:00 am Open Knit &amp; Crochet | | | |
| 10:30 am Bingo with Willowbrook Home Health &amp; Hospice | | | |
| 12:30 pm Party Bridge | | | |
| 1:00 pm Harmonicas for Health | | | |
| 1:00 pm Seniors Acting Up | | | |
| 1:00 pm Trivia Team Meeting | | | |
| <strong>26</strong> | <strong>27</strong> | <strong>28</strong> |
| 9:00 am Duplicate Bridge | HOURS OF OPERATION | 3:15 pm Sunset Concert Trip |
| 1:00 pm Music Jam Session | Monday-Friday | | |
| 1:00 pm Euchre | 6:00 am-7:00 pm | | |
| | Saturday | | |
| | 8:00 am-5:00 pm | | |
| | Sunday | | |
| | 1:00-5:00 pm | | |
| <strong>27</strong> | | | |
| | | BILLIARDS | |
| | | Daily in room S501 | |
| | | CANASTA | |
| | | Daily in room R402 | |
| | | LIBRARY open during operational hours. | |
| <strong>28</strong> | | | |
| | | CHICKEN FOOT | |
| | | Daily in room | |
| | | S501 or E304 | |
| | | PUZZLES | |
| | | Daily in room R401 | |</p>
<table>
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<tr>
<th>MONDAY</th>
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<tr>
<td>9:00 am Duplicate Bridge</td>
<td>8:30 am Social Ceramics</td>
<td>8:45 am Art with Vivan: Paint Brush Holder</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>10:00 am Meet the Rep: Volunteer Opportunities</td>
<td>12:00 pm Open Art Studio</td>
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<tr>
<td>9:00 am Stained Glass Class</td>
<td>10:00 am Quilting</td>
<td>12:00 pm Spades</td>
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<td>9:00 am 315 Card Game</td>
<td>10:00 am Open Knit &amp; Crochet</td>
<td>2:30 pm Powerful Tools for Caregiving</td>
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<tr>
<td>1:00 pm Singing Seniors</td>
<td>1:00 pm Hand &amp; Foot Game</td>
<td>3:00 pm Diabetes Peer Support Group</td>
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<tr>
<td>9:00 am Duplicate Bridge</td>
<td>8:30 am Social Ceramics</td>
<td>8:45 am Acrylic Techniques</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>10:00 am Quilting</td>
<td>8:45 am Lynchburg Cake &amp; Candy Company Trip</td>
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<tr>
<td>9:00 am Stained Glass Class</td>
<td>10:00 am Open Knit &amp; Crochet</td>
<td>9:00 am TCAT Trip for Hair/Nail Care</td>
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<tr>
<td>9:30 am Blood Pressure Clinic</td>
<td>1:00 pm Hand &amp; Foot Game</td>
<td>9:00 am 8-Ball Pool Tourney</td>
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<tr>
<td>10:00 am In the Garden: Water Wise Gardening</td>
<td>1:00 pm Wii Bowling</td>
<td>12:00 pm Open Art Studio</td>
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<tr>
<td>1:00 pm Singing Seniors</td>
<td>4:30 pm Beginners Trivia</td>
<td>12:00 pm Spades</td>
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<tr>
<td>9:00 am Duplicate Bridge</td>
<td>8:30 am Social Ceramics</td>
<td>8:45 am Art with Vivan: Loopy Iris</td>
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<tr>
<td>9:00 am Book Discussion Group</td>
<td>8:30 am Coffee, Money &amp; Questions with Shanesesa</td>
<td>12:00 pm Open Art Studio</td>
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<tr>
<td>9:00 am Stained Glass Class</td>
<td>9:30 am Tennessee State Capitol Trip</td>
<td>12:00 pm Spades</td>
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<tr>
<td>9:30 am Senior Mondays at the Frist Trip</td>
<td>10:00 am Quilting</td>
<td>1:30 pm Clown Meeting &amp; Rehearsal</td>
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<tr>
<td>10:00 am Stained Glass Class</td>
<td>10:00 am Open Knit &amp; Crochet</td>
<td>2:30 pm Powerful Tools for Caregiving</td>
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<td>1:00 pm Hand &amp; Foot Game</td>
<td>3:00 pm Caregiver Circle</td>
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| 1 9:00 am Stained Glass Jewelry Wkshp  
10:00 am Quilting  
10:00 am Do This, Not That: Natural Cleaners vs Homemade Cleaners  
10:00 am Open Knit & Crochet  
10:30 am Bingo with Honeyhill Homecare  
12:30 pm Party Bridge  
1:00 pm End of Summer Party: Ice Cream Social & Magic Show  
1:00 pm Seniors Acting Up  
1:00 pm Harmonicas for Health  
1:00 pm Bunco  
1:00 pm Trivia Team Meeting | 2 7:30 am Amish Country Trip  
9:00 am Duplicate Bridge  
10:00 am Parkinson Support Group  
1:00 pm Euchre  
1:00 pm Karaoke | 3 6:30 am Butterfly Festival Trip  
1:00 pm 4-week Stained Glass Workshop |
| 8 9:00 am St. Rose Bridge  
10:00 am Quilting  
10:00 am Open Knit & Crochet  
10:30 am Bingo with Smith Family Funeral & Cremation Services, LLC  
12:30 pm Party Bridge  
1:00 pm Seniors Acting Up  
1:00 pm Harmonicas for Health  
1:00 pm Trivia Team Meeting  
4:30 pm Summer Night Out: Karaoke & Movie  
4:30 pm Trivia Games | 9 9:00 am AARP Board Meeting  
9:00 am Duplicate Bridge  
9:30 am Tennessee State Museum & Nashville Farmers’ Market Trip  
10:00 am AARP Meeting  
1:00 pm Music Jam Session  
1:00 pm Euchre | 10 9:30 am Tomato Art Fest Trip |
| 11 1:15 pm “Daddy’s Girl” at Encore Theatre Company Trip | | |
| 15 10:00 am Quilting  
10:00 am Open Knit & Crochet  
10:30 am Bingo with At Home Health Care  
12:30 pm Party Bridge  
1:00 pm Seniors Acting Up  
1:00 pm Bunco  
1:00 pm Harmonicas for Health  
1:00 pm Trivia Team Meeting | 16 9:00 am Duplicate Bridge  
10:00 am Grief Relief Support Group  
1:00 pm Euchre  
1:00 pm Karaoke | 17 8:45 am Blue Heron Cruise Trip  
1:00 pm 4-week Stained Glass Workshop |
| 22 8:45 am Inspired by Nature: A Summers Bouquet  
9:45 am Clowns to Waters of Shelbyville  
10:00 am Quilting  
10:00 am Open Knit & Crochet  
10:30 am Bingo with Woodmen Life  
12:30 pm Party Bridge  
1:00 pm Seniors Acting Up  
1:00 pm Trivia Team Meeting  
1:00 pm Harmonicas for Health  
4:30 pm Trivia Games | 23 9:00 am Duplicate Bridge  
1:00 pm Music Jam Session  
1:00 pm Euchre  
1:00 pm Mystery Movie | 24 1:00 pm 4-week Stained Glass Workshop  
4:45 pm “Mamma Mia” at Arts Center of Cannon County Trip |
| 29 9:15 am “Southern Fried Nuptials” at Chaffin's Barn Trip  
10:00 am Quilting  
10:00 am Open Knit & Crochet  
10:30 am Bingo with Northside Health Care  
12:30 pm Party Bridge  
1:00 pm Seniors Acting Up  
1:00 pm Harmonicas for Health  
1:00 pm Trivia Team Meeting | 30 9:00 am Duplicate Bridge  
1:00 pm Euchre  
1:00 pm Karaoke  
5:00 pm Nashville Sounds vs. San Antonio Missions Trip | 31 1:00 pm 4-week Stained Glass Workshop |
Intermediate Tai Chi
Tuesdays & Thursdays
in July & August
1:00-2:00 pm
Advanced moves to improve stress, breathing, and overall fitness.
Limit: 15
Room P204
Cost: $15 per month

Yoga with Larry
Fridays in July & August
9:30-10:30 am
Class offering intermediate level yoga for seniors. It is wonderful for your mind, body and spirit. This class concentrates on yoga posture, breathing, stretching and relaxing. Come try a class for free!
Limit: 24
Room P206
Cost: $10 per month

Open Tai Chi
Saturdays in July & August
1:00-2:00 pm
This class is open to all levels, beginners, intermediate and advanced.
Limit: 20
Room P204
Cost: $10 per month

FREE LINE DANCE CLASSES

Fun & Fitness Line Dance
Mondays in July & August
2:00-3:30 pm
This is a beginner class. No previous dance experience required as you learn the line dance “vocabulary” and various rhythms in a fun atmosphere moving to all genres of music with instructor Phyllis Petty.
Limit: 25
Room S105

Line Dance Practice with Delia
Tuesdays in July & August
9:00-11:00 am
Learn the art of line dancing with instructor Delia Robeson.
Limit: 25
Room P206

Advanced Line Dance Practice
Tuesdays in July & August
1:15-2:45 pm
This class is NOT for beginners. It is for those who have moved on from the beginners class. Tom Robeson is the instructor.
Limit: 30
Room S105

Intermediate Line Dance
Wednesdays in July & August
1:15-2:45 pm
This class is for the intermediate line dance student. Learn different styles of dance to different types of music. Tom Robeson is the instructor.
Limit: 40
Room S105
TRAVEL DESTINATIONS 2020

DIAMOND TOURS
Miami & Key West • 7 Days
February 16-22, 2020 • $759/pp double
New Orleans • 5 Days
April 20-24, 2020 • $579/pp double

GRAND AMERICAN TOURS
Southeast Coast & Perfect Day Cruise
9 Days • March 19-27, 2020
Starting at $1632/pp double
Canada & New England Cruise • 8 Days
September 26-October 3, 2020
Starting at $2150/pp double
Venice to Rome Cruise • 11 Days
October 25-November 4, 2020
Starting at $5450/pp double

MAYFLOWER CRUISES & TOURS
2020 Trip Presentation on
Monday, August 5 at 10:00 am
in Room S104
Danube Delights River Cruise • 11 Days
May 22-June 1, 2020
Starting at $4848/pp double

PREMIER WORLD DISCOVERY
2020 Trips Presentation on
Wednesday, August 7 at 9:00 am
in Room S104
Great Trains & Grand Canyons • 6 Days
March 15-20, 2020
$2645/pp double
Iceland Explorer • 7 Days
June 3-9, 2020
$3825/pp double
Classic New England • 9 Days
October 1-9, 2020
$3475/pp double

WHITE STAR TOURS
Niagara Falls & The Erie Canal • 6 Days
June 22-27, 2020
$899/pp double
Perry County, Missouri • 4 Days
August 18-21, 2020
$675/pp double
Ride the Rails West Virginia • 4 Days
October 5-8, 2020
$679/pp double

Flyers available at the front desk & travel office.
Transfer to & from Nashville Airport provided.

This project is funded under agreement with Greater Nashville Regional Council and funded in part by the United Way.
Bring your family and friends, your lawn chairs or blankets, and join us for this FREE community annual event. Sponsored by City of Murfreesboro, Murfreesboro Parks and Recreation Department, Murfreesboro Fire & Rescue Department, and Murfreesboro Police Department.

Live Bands!
Fireworks!
Refreshments for purchase!

*Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.

Free Inflatables for the kids starting at 5:30!

Celebration Under The STARS

July 4
McKnight Park
120 Dejarnette Lane

Bring your family and friends, your lawn chairs or blankets, and join us for this FREE community annual event. Sponsored by City of Murfreesboro, Murfreesboro Parks and Recreation Department, Murfreesboro Fire & Rescue Department, and Murfreesboro Police Department.

Rock the Pool at Boro Beach!
(SportsCom outdoor pool)

Make a splash at our Independence Day bash. It will be a day complete with contests, games and fun in the sun. Fun for all ages!

10 a.m. - 4:30 p.m.
$7 Adults • $5 Youth, Seniors, Military

For more information, contact Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov.

Murfreesboro Parks and Recreation Department
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