Senior Connection

Program Guide

July | August 2022

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

Commission Members: Mr. Eddie Miller, Chair; Mr. Tim Roediger, Vice Chair; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Ronnie Martin, City Council; Dr. Gloria Bonner; Mr. Leroy Cunningham; Mr. Trey Duke, Murfreesboro City Schools; Mr. Don Turner, Ex-Officio.

St. Clair Senior Center Program Committee
The Program Planning Committee brings programs 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.

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. 

Registration
Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register and pay with cash, card or check.
HOURS OF OPERATION
Monday-Friday • 6:00 am-7:00 pm
Saturday • 8:00 am-5:00 pm
Sunday • 1:00-5:00 pm

IT’S THAT TIME AGAIN! Starting July 1 all participants are required to complete an Annual Participant Registration Form (PRF). PRF’s are a requirement for our funding & help keep events & classes low cost to free. Please help show your support by completing your PRF today!

DAILY ACTIVITIES

• Billiards, cards, Chicken Foot and other games are played daily in Room 501. Spades in Room 402.
• Books and puzzles are available to take home.
• Check out our library which is open when the center is open. It is full of books, magazines and movies to check out on the honor system.
• Everyone must sign up to participate in a program due to limited space. If you cannot attend a program, please call to let us know.
• All programming and events are subject to change. Please check emails and Facebook for updates.
• Stop by or call the front desk for more information on any senior center program.

NEW & SPECIAL EVENTS

Seniors Acting Up Reorganizational Meeting
Wednesday, July 6 & Friday July 8
12:45-2:15 pm
If being part of a staged comedy is on your “bucket list”, come to our first informational meetings July 6 and 8 at 12:45 pm and meet the new director, Marjorie Miller. Experienced MTSU and community play talent will help you “be all that you can be” and have a TON of fun! NO prior experience is needed. Hope to see you there! Seniors Acting Up” is reorganizing! We will perform a fun comedy at St. Clair on November 5, 6, and 7 this year. Rehearsals will be held every Monday starting July 11 from 1-3pm.

Room 104

*Simple Wills for Seniors
Wednesday, July 20 & Friday, July 22
8:30 am-12:30 pm
On July 20 clients will meet with Attorney John Toy to discuss specifics for their will. On July 22 the client will return at the same time as their appointment was on the 20 to review, sign and pick up the document and pay the attorney. *This legal clinic is currently full. Call June Nicdao to be placed on waiting list.
Limit 8 Room 301

Volunteer Sign-Up
Wednesday, July 20
10:00-11:30 am
Calling all volunteers! Are you looking for something to do? Drop in to learn about the different volunteer opportunities St. Clair Senior Center has to offer. It’s easy-peesy to sign up! Seniors must complete a volunteer application form and consent to a background check. That’s it. Light snacks will be provided. Hope to see you there.
(Everyone must complete a new application form!)
Room 104

Leave a Legacy, Not a Quandary
August 10
11:00 am-12:30 pm
Meet Teresa Clements with RAI Advisors who has over 25 years of experience in the financial services industry and a passion to help people through life’s difficult changes. As a special guest, Attorney John Toy will be here to answer any estate planning questions. You must register. Lunch will be provided. No lunch provided if not registered by August 8.
Space is limited.
Limit 20 Room 104

Summer Dance with Rode West Band
Friday, August 26
5:00-8:00 pm
Grab your favorite partner and mosey on down to St. Clair for this fun summer dance. For only $5 a person you can dance the evening away with The Rode West Band. **Tickets will be sold the day of the dance after 3 pm.
Limit 150 Room 105

We are happy to announce that we have implemented an alternative payment method. You can now purchase our program classes and daily trips with your credit or debit card.

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Tai Chi with Eli Smith

Eli Smith is the instructor of all things Tai Chi here at St. Clair Senior Center, including Beginning Tai Chi, Intermediate Tai Chi, Chair Tai Chi, and Open Tai Chi. These classes cover several levels of the martial art and are offered in the morning and the afternoon so everyone can get plugged in! Eli has been in martial arts for over fifty years, teaching for more than 35 years. He is a member of the Yang Family Tai Chi Association and the United Stares Tai Chi Community Association.

Tai Chi has been called “Meditation in Motion” and it teaches balance, stretching, and stress reduction and can even help improve your memory. Eli says it is true exercise and his goal is to make it fun and give people a healthy way to improve physically, mentally, and socially.

We’re fortunate to have Eli here at St. Clair, offering such low cost classes that can do so much for you, so maybe it’s time for you to look into a Tai Chi class and get healthier starting today.
HEALTH & SOCIAL SERVICE

Grief Support Group
Wednesdays, July 6 and August 3 • 10:00-11:00 am
Grief may come from many life changes including death, divorce, health, and more. Take this journey with individuals in need of emotional and physical support in a safe and nonjudgmental environment. Meets the first Wednesday of each month.
Limit 25    Room 303

Harmonicas for Health
Wednesdays in July and August • 12:00-1:00 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! Bring a harmonica in the key of C to participate.
Limit 30    Room 303

Parkinson Support Group
Fridays, July 8 and August 5 • 10:00-11:30 am
In this group we share stories about our experiences with Parkinson’s, practical tips on how to deal with Parkinson’s, learn from speakers, and enjoy friendships with people who understand. In July we will have a patriotic party and in August, we’ll have a surprise speaker! Please join us!
Limit 40    Room 104

Let’s Talk About That
Mondays, July 18 and August 15 • 9:30-10:30 am
Join us for a casual get together and group discussion on a variety of topics. This is a chance to get to know others here at the center as well as some different viewpoints. We will supply snacks and a moderator.
Limit 20    Room 104

Widow’s Support Group
Fridays, July 8 & 22 and August 12 & 26
9:30-11:00 am
The Widow’s Support group has been meeting for one year. We have had ladies widowed 9 years to one widowed 3 weeks. Our goal is to introduce ideas to help a woman move out of the grief to a better version of her former self. July is a good time to join us; we will have materials to understand the initial grief symptoms physically and emotionally and how to deal with the loneliness.
Limit 25    Room 303

Care for the Caregiver Series
Tuesdays, July 12 and August 9 • 10:00-11:00 am
Are you or do you know of a caregiver that is caring for a loved one? This Series will be highly beneficial to them. Lee Ann Hyatt, RN, BSN, has years of experience in providing education/support and working with family caregivers of persons living with Alzheimer’s and/or any kind of dementia disease. A variety of helpful topics presented will aid and assist the Caregiver.
Limit 15    Room 301

Name that Tune!
Tuesday, July 12 • 10:00-11:00 am
Join the fun as we listen to songs from the good old days and guess who, what, when and maybe even why. It’s a great way to bring back memories and maybe even win a prize. Snacks will be provided as well.
Limit 30    Room 104

“...there are free health related and area resource information brochures and handouts in Suite 103. Please come by and check out all we have and feel free to take what you’d like. We are here to help!”
Laura Grissom
Health & Fitness Program Coordinator
FREE FITNESS CLASSES

You must sign up for all classes due to the limited number of spaces available.

Get Fit/Stay Fit on Monday-Friday
8:00-9:00 am
This intermediate to advanced exercise class focuses on strength, balance, cardio, core, and range of motion.
Limit 35 Room 105

Zumba Gold AM
Mondays & Wednesdays or Tuesdays & Thursdays or Saturdays
9:15-10:00 am
If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Sign up for M/W or T/TH class. You can do both if there is an opening. You must sign up for all classes due to the limited number of people we can have in a room.
Limit 20 Room 204

NEW CLASS! Stretch, Strength, and Balance
Mondays & Wednesdays
10:15-11:00 am
If you would like to improve your strength, balance, and flexibility, join Marjorie Miller in her new class. Goals for this class are to work on posture, balance, and movement and to have fun through exercise. Please wear comfortable clothing and footwear similar to sneakers (non-slip).
Limit 15 Room 204

Gentle Fitness AM
Mondays, Wednesdays & Fridays
10:15-11:00 am
Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven’t exercised in a while.
Limit 35 Room 105

Chair Yoga
Mondays • 11:00 am-noon
Tuesdays & Thursdays • 9:15-10:15 am
Improving flexibility, relieving stiffness, and creating a happy mental state are a few benefits that chair yoga provides for our bodies. You may sign up for two days only; not all three. Registration is required due to limited space.
Limit 19 Room 206

Gentle Fitness PM
Mondays, Wednesdays & Fridays
1:00-2:00 pm
Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven’t exercised in a while.
Limit 20 Room 204

Go4Life with Laura
Mondays & Wednesdays • 1:00-2:00 pm
This is an “at your own pace” exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance. You must sign up for all classes due to restrictions on the number of people allowed in a room.
Limit 35 Room 105

New Class! Core Basic
Mondays & Fridays • 2:15-3:00 pm
This class focuses on internal core stability, balance and range of motion. The purpose is to train the internal core (center of gravity) and improve balance and stability. Exercises will be done seated and standing. No class 7/4.
Limit 15 Room 204

Core Galore
Tuesdays, Thursdays & Saturdays • 10:15-11:00 am
In this class we will focus on core, balance, and range of motion. Some resistance techniques may be used in the form of elastic bands or free weights. You must be able to transfer to and from a mat.
Limit 15 Room 204

SAIL: Stay Active & Independent for Life with Laura
Tuesdays & Thursdays • 1:00-2:00 pm
Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve your heart, balance and fitness and can help you stay active and reduce your chance of falling. You must have an assessment done by Laura Grissom before starting the class.
Limit 15 Room 105
Forever Fit  
**Tuesdays & Thursdays • 2:00-3:00 pm**  
This is a circuit class with interval training. We will use various types of equipment for a total body workout.  
Limit 20  Room 206

Zumba Gold PM  
**Tuesdays & Thursdays • 3:15-4:00 pm**  
If you are an active adult looking for a modified Zumba class that recreates the original moves you love at a lower intensity, try this one. This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.  
Limit 20  Room 204

FREE LINE DANCE CLASSES

**Beginning Line Dance with Catrina**  
**Mondays • 5:30-6:30 pm**  
Have fun in this beginning line dance class with Catrina Daniel, who has been teaching for 15 years. We are excited to offer an evening class for those who are working or just have busy days.  
Limit 30  Room 105

**Intermediate Line Dance Practice**  
**Tuesdays • 9:30-11:15 am**  
Trudy Megathlin is leading this intermediate line dance class for those who already know the basics. You must sign up for all classes due to the limited number of people we can have in a room.  
Limit 35  Room 105

**Sunday Line Dance**  
**Sundays • 2:00-4:00 pm**  
Join us for line dance lessons on Sunday afternoons. Beginner and intermediate dancers will learn dance steps to fun country songs with your instructor, Janet Morgan.  
Limit 18  Room 204

**Saturday Line Dance**  
**Saturdays, July 2 & August 6 • 1:00-4:30 pm**  
Line dancing to recorded music for all levels, including beginners.  
Limit 40  Room 104

PAID FITNESS CLASSES

**Yoga with Larry**  
**Mondays, Wednesdays & Fridays • 9:00-10:00 am**  
Gentle yoga for seniors that is suitable for beginning to intermediate level. You must be able to lie down and stand up without assistance for this class. Mats are provided or you may bring your own.  
Cost: $10/month  Limit 25  Room 206

**Tai Chi in a Chair**  
**Tuesdays • 8:00-8:30 am**  
A great class for anyone unable to stand for an exercise class- all moves will be done in a chair. We will work on stretching, breathing, and stress relief.  
Cost: $10/month  Limit 10  Room 206

**Intermediate Tai Chi**  
**Tuesdays & Thursdays • 1:00-2:00 pm**  
Learn advanced moves to improve stress, breathing, and overall fitness.  
Cost: $15/mo  Limit 20  Room 204

**Beginning Tai Chi**  
**Tuesdays & Thursdays • 2:15-3:15 pm**  
Learn moves to improve stress, breathing, and overall fitness. Must sign up and pay at front desk.  
Cost: $15/mo  Limit 20  Room 204

**Ballroom Dancing**  
**Tuesdays • 3:00-4:00 pm**  
Deborah Sullivan welcomes those with no dance experience as well as experienced students to her class. Each month you will start at the beginning & build on. In July we will do the Rumba and in August the Cha Cha. No partner necessary!  
Cost: $26/mo  Limit 25  Room 105

**Open Tai Chi**  
**Saturdays • 1:00-2:00 pm**  
Open Tai Chi class is open to all levels- beginners, intermediate and advanced.  
Cost: $10/mo  Limit 20  Room 204

*Physical Fitness Calendar located on page 8.*
# Physical Fitness Calendar

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<th>MONDAY</th>
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- 9:15 am Zumba Gold AM Room 204
- 10:15 am Core Galore Room 204
- 1:00 pm Open Tai Chi Room 204
- 1:00 pm Saturday Line Dance 7/2 & 8/6 Room 104

**SUNDAY**

- 2:00 pm Sunday Line Dance Room 204
CREATIVE ARTS

Seniors Acting Up Practice
Mondays in July and August (Begins July 11)
1:00-3:00 pm
Meet our new director, Marjorie Miller and join this fun group bringing laughter, mystery and drama into the lives of others. Everyone is welcome! NO prior experience is needed. Hope to see you there!
Limit 12 Room 104

Social Ceramics
Tuesdays in July and August
8:30-11:30 am
Students in this class will pay the instructor for the piece chosen to work on. The price per piece includes paint and firing. No other fees. Learn different techniques for painting on ceramics in this class. Cash and checks are accepted.
Limit 12 Room 406

Quilting
Tuesdays & Thursdays from 10:00 am-noon in July and August
Volunteers do quilting for people in the community for a donation to the center. Room 405

Open Knit & Crochet
Tuesdays & Thursdays from 10:00 am-noon in July and August
This very welcoming group of knitters and crocheters offers inspiration and motivation with your projects. No sign-up is required. Bring your own supplies. Room 405

Art Connection
Wednesdays in July and August
1:00-4:00 pm
Bring your own supplies and projects and work alongside like-minded artists for inspiration and creativity.
Limit 10 Room 406

Social Art
Thursdays in July and August
9:00 am-3:00 pm
Bring in your favorite art projects, and let’s create together. We can share ideas and have a fun and relaxing time through sharing art.
Limit 12 Room 406

AM Stained Glass Class
Mondays, July 11, 18, 25 & August 1 and August 8, 15, 22 & 29 from 10:00 am-noon
Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials provided for beginners. Class space is limited. Sign up early.
Limit 8 Room 406
Cost: $60 for July & $60 for August

PM Stained Glass Class
Mondays, July 11, 18, 25 & August 1 and August 8, 15, 22 & 29 from 1:00-3:00 pm
Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials will be provided for beginners. Class space is limited. Sign up by April 29 and June 3.
Limit 8 Room 406
Cost: $60 for July & $60 for August

Acrylic Techniques
Wednesdays, July 6 & 13 and August 3 & 10 from 9:00am-noon
Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.
Limit 12 Room 406
Cost $25 for 2-day class

Beginner Crafts
Fridays, July 8 & August 12 from 10 am-12 n and Mondays, July 25 & August 22 from 2:00-4:00 pm
We make crafts you may see on Pinterest. Did you wondered how they did that? Sign up for the Beginner craft class and learn how! Each class in July will be the same craft. Please sign up for only one class.
Limit 8 Room 405

Art with Vivian
Wednesdays, July 20 & 27 and August 17 & 24 9:00 am-noon
Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. Everyone has artistic talent; you just need to be shown how to use it. All supplies are provided in your fee.
Limit 12 Room 406
Cost: $25 for 2-day class per month

More Creative Arts on next page.

2022 July/August
**REC ED PROGRAMS**

**Chicken Foot**  
**Daily from 8:30 am-2:00 pm**  
Dominoes! Learn to play Chicken Foot with this fun group. No meeting on 7/4.  
**Room 502**

**Duplicate Bridge**  
**Mondays & Fridays in July & August**  
12:00-4:30 pm  
No meeting on 7/4.  
**Room 303**

**Bid Whist**  
**Mondays in July & August**  
1:00-4:00 pm  
Learn an age-old card game, Bid Whist at St. Clair. No meeting on 7/4.  
**Room 402**

**Mahjong**  
**Mondays & Thursdays in July & August**  
1:00-3:00 pm  
Stop in for a game of Mahjong. No meeting on 7/4.  
**Room 304**

**Hand & Foot Game #1**  
**Tuesdays in July & August**  
1:00-4:00 pm  
Learn the art of playing the card game, Hand & Foot.  
**Room 303**

**Hand & Foot Game #2**  
**Tuesdays in July & August**  
1:00-4:00 pm  
Learn the art of playing the card game, Hand & Foot.  
**Room 304**

**Pinochle**  
**Wednesdays & Fridays in July & August**  
8:00 am-1:00 pm • Rm 402  
Limit 12

**Party Bridge**  
**Thursdays in July & August • 12:30-4:00 pm**  
Curious as to how to play bridge? Join this group who are open to teaching you the skills to play.  
**Room 303**

**Euchre**  
**Fridays in July & August**  
1:00-4:00 pm  
Stop in and play a game.  
**Room 304**

**Trivia Games**  
**Tuesday, July 12, 19 & 26 and August 2, 9, 23 & 30**  
4:00-5:00 pm  
Join us for beginners trivia! Easier questions for people interested in playing trivia for the first time. Teams compete by answering questions ranging from a variety of topics. Snacks, drinks, music and fun supplied! Prizes for the winning team.  
**Limit 40**  
**Room 104**

**Ultimate Bingo Thursdays**  
**Thursdays, July 7, 21, & 28 and August 4, 11, 18 & 25**  
10:00-11:00 am  
Try your luck at ultimate bingo with a twist!  
**Limit 50**  
**Room 104**

**Book Club**  
**Friday, August 5 • 9:30-10:30 am**  
Join us to read and talk about books.  
August: “The Whole Town is Talking” by Fannie Flagg  
**Limit 20**  
**Room 301**

**Karaoke**  
**Fridays, July 1, 15 & 29 & August 12 & 26**  
1:00-3:00 pm  
Do you like to sing? Share your talents with this fun group. Sing along with your favorite musicians while reading the lyrics from a large screen TV.  
**Room 105**

**8-Ball Pool Tournament**  
**Wednesdays, July 13 and August 10**  
9:00 am-noon  
See how your talent measures up in our monthly pool tournament. Deadline to sign up is 8:45 am the morning of. Everyone is welcome to play.  
**Room 501**
Butter Bean Auction
Wednesdays, July 13 & August 17
2:30-3:30 pm
Bid on your favorite item with butter beans. All prizes and St. Clair Senior Center. Fun! Fun! Fun!
Limit 50 Room 104

Music Jam Session
Fridays, July 8 & 22 and August 5 & 19
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 105

Pinochle Tournament
Saturdays, July 30 & August 27
8:30 am-2:00 pm
Test your skill in this partners’ tournament. Everyone is welcome. Sign up in Room 404, Kathy’s office.
Limit 28 Room 104

Cooking Class: Eat Well, Feel Well
Mondays, July 11, 18, 25 and August 1, 8 and 15
10:00-11:00 am
This course is an engaging, empowering, and an exciting way to learn that when you eat well, you will feel well! Instruction sheets will be given out during this 6-week session to help you shop and prepare foods during each class! Space is limited. Sign up by July 7.
Limit 20 Room 303

How to Save Money at the Grocery Store
Tuesday, July 19
9:00-10:30 am
The increase in food prices can tighten your budget. No matter how tight your budget gets, you can count on one thing— the need for food. Shopping smart at the grocery store can be easy with a few tips and tricks to help you get the best bargains and savings. Join UT-TSU Extension agent Shay Davis and learn how to stretch your dollars when shopping.
Limit 25 Room 104

In the Garden: Garden Vegetables in TN
Monday, July 11
10:00-11:00 am
During the program Master Gardener Carol Reese will help you get your gardens ready for by choosing the best vegetables for success for growing in Tennessee. Please register for this class to insure there are enough program materials to go around. Everyone is welcome. Class space is limited.
Limit 28 Room 104

What is Geriatrics?
Friday, July 29 • 10:00-11:00 am
Board certified geriatrician, Dr. Jeannie Lessly, will explain how medical care in the older adult differs from generalized healthcare while explaining the history and definition of “geriatrics.”
Limit 50 Room 104

In the Garden: Microgreens
Monday, August 8
10:00-11:00 am
During the program Master Gardener Carol Reese will show how it’s possible to grow a salad underneath your sink! Microgreens is the topic for this month. Please register for this class to insure there are enough program materials to go around. Everyone is welcome. Class space is limited.
Limit 28 Room 104
TRAVEL WITH ST. CLAIR

- All trips depart from St. Clair Senior Center.
- We no longer pick up at Westbrooks Towers. All travelers will board at St. Clair Senior Center.
- Special requests (ex: wheelchair) must be noted at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.
- All trip cancellations are final.

Night Visions at Nashville Zoo
Thursday, July 14 • 7:15-11:15 pm
Stroll through the Zoo and watch as lights dance on the trees, shimmer on the water, and illuminate the Zoo’s scenery in a kaleidoscope of color and whimsical imagery. Fee includes transportation and admission. No meal stop planned.
Cost: $38    Limit: 15    Deadline: July 7

Big Band Dance
Saturday, July 23 • 5:30-10:30 pm
Swing dance fans get their dance floor back this summer when the Big Band Dance series returns. Free dance lesson followed by live big band music. Fee includes transportation. Event is free. Bring your lawn chair. Bring cash for food trucks.
Cost: $15    Limit: 15    Deadline: July 14

Mayfield Dairy Farms
Tuesday, July 26 • 6:45 am-3:45 pm
Visit the dairy to see for yourself how Mayfield products are made and packaged with a fun and educational tour. Wear non-skid shoes. Fee includes transportation. Bring $5.50 for admission and money for lunch.
Cost: $32    Limit: 15    Deadline: July 10

Swiss Heritage Festival
Saturday, July 30 • 9:00 am-3:00 pm
Tour the grounds and farmhouse and enjoy live music, Swiss food, wine and cheese tastings, artisans, craft demonstrations, and more. Fee includes transportation. Bring $5 for admission.
Cost: $19    Limit: 15    Deadline: July 15

“Catch Me if You Can”
Friday, August 5 • 4:45-10:45 pm
A runaway teen with a big imagination and millions of dollars in forged checks poses as a pilot, a doctor, and a lawyer, living the high life while eluding the FBI. Fee includes transportation and production. Bring money for dinner.
Cost: $31    Limit: 15    Deadline: July 7

Kirby’s Nashville Tour
Saturday, August 6 • 9:00 am-4:00 pm
Historic East Nashville tour includes Five Points, Richland off West End, Belle Meade, Germantown, and Downtown Nashville between 8th Avenue, the Cumberland River, and Music Row. Fee includes transportation & riding guided tour. Bring money for lunch.
Cost: $17    Limit: 15    Deadline: July 29

Storytellers Hideaway Farm
Friday, August 12 • 9:00 am-3:45 pm
This is the place Johnny Cash used to escape from public life. You’ll visit the 200-year-old farmhouse, watch rare video footage, explore the new American Garage exhibition hall, and enjoy an intimate live music performance. Fee includes transportation and admission. Bring money for lunch.
Cost: $42    Limit: 15    Deadline: July 10

Fall Creek Falls
Wednesday, August 17 • 7:30 am-3:15 pm
If you enjoy nature, this is the trip for you! Spend a few hours at one of the most scenic and spectacular outdoor recreation areas in America. Fee includes transportation and pontoon boat ride. Bring money for lunch.
Cost: $41    Limit: 10    Deadline: August 5

National Museum of African American Music
Friday, August 19 • 8:30 am-4:30 pm
This one-of-a-kind museum is dedicated to preserving and celebrating more than 50 music genres and styles. Fee includes transportation and admission. Bring money for lunch.
Cost: $40    Limit: 15    Deadline: July 10
Wilson County Fair
Monday, August 22 • 5:15-10:30 pm
Spend an evening at Tennessee's largest county fair. Fee includes transportation. Bring $12 for admission and money for food.
Cost: $16       Limit: 15       Deadline: August 8

GEODIS Park Stadium Tour
Friday, August 26 • 8:45 am-12:15 pm
Tour the new home of the Boys in Gold! The 30,000-seat stadium is the largest soccer-specific stadium in the US and Canada. Fee includes transportation and private tour. No meal stop.
Cost: $36       Limit: 15       Deadline: July 7

Beersheba Springs Arts & Crafts Fair
Saturday, August 27 • 9:00 am-3:00 pm
Up to 200 vendors and artisans of handmade and home-produced crafts in a historic mountain setting. Fee includes transportation. Admission is FREE. Bring money for lunch at fair.
Cost: $18       Limit: 15       Deadline: August 19

Middle Tennessee Highland Games & Celtic Festival
Saturday, September 10 • 8:45 am-3:15 pm
This celebration of Scottish and Celtic traditions offers demonstrations, unique vendors, Celtic music, and so much more! Fee includes transportation and admission. Bring money for lunch at festival.
Cost: $38       Limit: 15       Deadline: July 29
Nashville SC vs LA Galaxy
Saturday, September 10 • 12:45-5:30 pm
Fee includes transportation and game ticket. Bring money for concessions.
Cost: $40  Limit: 15  Deadline: July 10

“Seussical” at Springhouse Theatre
Friday, September 16 • 6:15-10:30 pm
Seussical is a fantastical, magical, musical extravaganza bringing all your favorite Dr. Seuss characters to life. Fee includes transportation and production. No meal stop.
Cost: $27  Limit: 15  Deadline: July 31

A Tribute to Country Music Legends
Friday, September 23 • 4:15-10:15 pm
Concert featuring Emily Portman as Loretta Lynn and JC Cole as Johnny Cash. Fee includes transportation and show. Bring money for dinner.
Cost: $59  Limit: 15  Deadline: July 10

William Lee Golden & The Goldens
Friday, September 30 • 4:15-10:15 pm
Country Music Hall of Famer William Lee Golden (Oak Ridge Boys) is joined by his sons—Craig, Rusty, and Chris—and friend, Aaron McCune. Fee includes transportation and show. Bring money for dinner.
Cost: $59  Limit: 15  Deadline: July 10

“Buddy - The Buddy Holly Story”
Saturday, October 1 • 9:45 am-7:30 pm
Before the Beatles and the Rolling Stones ever played a note, popular music was forever changed by a bespectacled kid from Lubbock, Texas—Buddy Holly! Fee includes transportation and production. Bring money for lunch. No dinner stop.
Cost: $60  Limit: 15  Deadline: July 8

LUNCH & DINNER OUTINGS
Please note lunch and dinner locations are planned months in advance and as such are subject to change.

Lunch Outing: Chef’s Market
Tuesday, July 12 • 10:15 am-2:00 pm
Casual, chef-inspired, dining experience—an industry leader in quality and creativity with taste and presentation. Fee includes transportation. Bring money for lunch.
Cost: $13  Limit: 15  Deadline: July 6

Lunch Outing: Granny Fishes House
Saturday, July 30 • 10:30 am-1:45 pm
Specializing in southern fried and grilled catfish fillets, trout, frog legs, and homemade desserts. Fee includes transportation. Bring money for lunch.
Cost: $11  Limit: 15  Deadline: July 18

Lunch Outing: Assembly Food Hall
Wednesday, August 10 • 10:45 am-2:15 pm
Choose between 20+ locally curated artisanal eateries all under one roof. Fee includes transportation. Bring money for lunch.
Cost: $13  Limit: 15  Deadline: August 2

Dinner Outing: High Point
Tuesday, August 23 • 4:00-7:45 pm
Built inside a 1929 mansion, this high-end restaurant serves a menu of traditional gourmet dishes. Fee includes transportation. Bring money for dinner.
Cost: $14  Limit: 15  Deadline: July 31

2022 Trips
Flyers available at the front desk & travel office. Transfer to and from Nashville airport provided for dates listed.

Premier World Discovery
Country Roads of Tuscany • 9 Days • October 25-November 2 • $3645/pp double

White Star Tours
Ride the Rails West Virginia • 4 Days • October 4-7 • $679/pp double
2023 Travel Destinations

DIAMOND TOURS
Savannah, Jekyll Island & Beaufort, SC • 5 Days • February 20-24 • $639/pp double
Albuquerque & Santa Fe • 9 Days • April 23-May 1 • $969/pp double
Niagara Falls, USA • September 2023 • More details coming soon!

MAYFLOWER CRUISES & TOURS
Splendid Scotland • 9 Days • April 15-23 • $4199/ pp double
Colorado’s Historic Trains • 9 Days • June 16-24 • $3549/ pp double
Lakes & Majestic Mountain Adventures featuring Italy, France & Switzerland • 10 Days
October 3-12 • $4599/ pp double

PREMIER WORLD DISCOVERY
Spain & Portugal Highlights • 9 Days • March 23-31 • $3995/ pp double
Alaska Cruisetour • 12 Days • June 1-12 • starting at $5322/ pp double
Mt. Rushmore, Yellowstone & Western Frontiers • 9 Days • September 13-21 • $3775/ pp double

WHITE STAR TOURS
Holland Tulip Festival, Michigan • 4 Days • May 8-11 • $659/ pp double
Finger Lakes, New York • 5 Days • July 31-August 4 • $749/ pp double
Savannah New Year’s Eve • 3 Days • December 30, 2023-January 1, 2024 • $589/ pp double

www.MurfreesboroParks.com
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>* Due to a ongoing wait list, Simple Wills for Seniors is already FULL. Please call the senior center at 615-848-2550 to get on the wait list.</td>
<td>Chicken Foot is played M-F from 8:30 am-2:00 pm in room 501.</td>
<td>Spades is played daily from 6 am-7 pm in room 402.</td>
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<td>CENTER CLOSED</td>
<td>8:30 am Social Ceramics Rm 406</td>
<td>8 am Pinochle Rm 402</td>
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<td>HAPPY JULY 4</td>
<td>10 am Quilting Rm 405</td>
<td>9 am Acrylic Techniques Rm 406</td>
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<td>10 am Open Knit &amp; Crochet Rm 405</td>
<td>9:30 am Shelton Lane Antiques Trip</td>
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<td>1 pm Hand &amp; Foot #1 Rm 303</td>
<td>10 am Grief Support Group Rm 301</td>
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<td>1 pm Hand &amp; Foot #2 Rm 304</td>
<td>12:45 pm Seniors Acting Up Reorganizational Meeting Rm 104</td>
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<td>1 pm Art Connection Rm 406</td>
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<td>10 am In the Garden: Vegetables in TN Rm 104</td>
<td>8:30 am Social Ceramics Rm 406</td>
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<td>10 am Cooking Class:</td>
<td>10 am Name That Tune Rm 104</td>
<td>9 am Acrylic Techniques Rm 406</td>
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<td>Eat Well, Feel Well Rm 303</td>
<td>10 am Care for the Caregiver Series Rm 301</td>
<td>9 am 8-Ball Pool Tourney Rm 501</td>
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<td>10 am AM Stained Glass Rm 406</td>
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<td>2:30 pm Butter Bean Auction Rm 104</td>
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<td>1 pm PM Stained Glass Rm 406</td>
<td>10:15 am Lunch Outing: Chef's Mkt</td>
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<td>1 pm Mahjong Rm 304</td>
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<td>1 pm Seniors Acting Up Practice Rm 104</td>
<td>4 pm Trivia Games Rm 104</td>
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<td>9:30 am Let's Talk About That Rm 104</td>
<td>8:30 am Social Ceramics Rm 406</td>
<td>8 am Pinochle Rm 402</td>
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<td>9 am How to Save Money at the Grocery Store Rm 104</td>
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<td>10 am Volunteer Sign-Up Rm 104</td>
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<td>2 pm Beginner Crafts Rm 405</td>
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<td>10 am Cooking Class:</td>
<td>6:45 am Mayfield Dairy Farms Trip</td>
<td>8 am Pinochle Rm 402</td>
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# JULY CALENDAR

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<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
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| 1        | 8 am Pinochle Rm 402  
12 pm Duplicate Bridge Rm 303  
1 pm Euchre Rm 304  
1 pm Karaoke Rm 105 | 2 |  |
| 7        | 8 am Pinochle Rm 402  
9:30 am Widow’s Support Group Rm 303  
10 am Parkinson Support Group Rm 104  
10 am Beginners Crafts Rm 405  
12 pm Duplicate Bridge Rm 303  
12:45 pm Seniors Acting Up Reorganizational Meeting Rm 104  
1 pm Euchre Rm 304  
1 pm Jam Session Rm 105 | 9 | 9 am Kirby’s Nashville Tour |
| 14       | 9 am St. Rose Bridge Rm 304  
9 am Social Art Rm 406  
10 am Quilting Rm 405  
10 am Open Knit & Crochet Rm 405  
12:30 pm Party Bridge Rm 303  
1 pm Mahjong Rm 304  
2:30 pm Child Abuse Seminar Rm 104  
7:15 pm Night Visions at Nashville Zoo Trip | 15 |  |
| 21       | 8 am Pinochle Rm 402  
12 pm Duplicate Bridge Rm 303  
1 pm Euchre Rm 304  
1 pm Karaoke Rm 105 | 16 |  |
| 22       | 8 am Pinochle Rm 402  
8:30 am *Simple Wills Rm 301  
9:30 am Widow’s Support Group Rm 303  
12 pm Duplicate Bridge Rm 303  
1 pm Euchre Rm 304  
1 pm Jam Session Rm 105 | 23 | 4 pm Doug Stone and Terry McBride Trip  
5:30 pm Big Band Dance Trip |
| 28       | 9 am Social Art Rm 406  
10 am Ultimate Bingo Rm 104  
10 am Quilting Rm 405  
10 am Open Knit & Crochet Rm 405  
12:30 pm Party Bridge Rm 303  
1 pm Mahjong Rm 304  
2:30 pm Child Abuse Seminar Rm 104 | 29 |  |
| 29       | 8 am Pinochle Rm 402  
10 am What is Geriatrics? Rm 104  
12 pm Duplicate Bridge Rm 303  
1 pm Euchre Rm 304  
1 pm Karaoke Rm 105 | 30 | 8:30 am Pinochle Tourney Rm 104  
9 am Swiss Heritage Festival Trip  
10:30 am Lunch Outing to Granny Fishes House |
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<td>1 pm Hand &amp; Foot #1 Rm 303</td>
<td>11 am Leave a Legacy, Not a Quandary Seminar Rm 104</td>
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<tr>
<td>1 pm Mahjong Rm 304</td>
<td>1 pm Hand &amp; Foot #2 Rm 304</td>
<td>1 pm Art Connection Rm 406</td>
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<tr>
<td>1 pm Seniors Acting Up Practice Rm 104</td>
<td>4 pm Trivia Games Rm 104</td>
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<tr>
<td>9:30 am Let's Talk About That Rm 104</td>
<td>8:30 am Social Ceramics Rm 406</td>
<td>7:30 am Fall Creek Falls Trip</td>
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<tr>
<td>10 am Cooking Class: Eat Well, Feel Well Rm 303</td>
<td>10 am Quilting Rm 405</td>
<td>8 am Pinochle Rm 402</td>
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<tr>
<td>10 am AM Stained Glass Rm 406</td>
<td>10 am Open Knit &amp; Crochet Rm 405</td>
<td>9 am Art with Vivian Rm 406</td>
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<tr>
<td>12 pm Duplicate Bridge Rm 303</td>
<td>1 pm Hand &amp; Foot #1 Rm 303</td>
<td>1 pm Art Connection Rm 406</td>
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<td>1 pm PM Stained Glass Rm 406</td>
<td>1 pm Hand &amp; Foot #2 Rm 304</td>
<td>2:30 pm Butter Bean Auction Rm 104</td>
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<td>1 pm Mahjong Rm 304</td>
<td>4 pm Dinner Outing to High Point</td>
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<td>1 pm Seniors Acting Up Practice Rm 104</td>
<td>4 pm Trivia Games Rm 104</td>
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<td>2 pm Beginners Crafts Rm 405</td>
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<td>5:15 pm Wilson County Fair Trip</td>
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<td>9 am Social Art Rm 406</td>
<td>8 am Pinochle Rm 402</td>
<td>9 am Kirby's Nashville Tour</td>
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<td>10 am Ultimate Bingo Rm 104</td>
<td>9:30 am Book Club Rm 301</td>
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<td>10 am Quilting Rm 405</td>
<td>10 am Parkinson Support Group Rm 104</td>
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<td>1 pm Mahjong Rm 304</td>
<td>1 pm Jam Session Rm 105</td>
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<td>4:45 pm “Catch Me If You Can” Trip</td>
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<td>9 am St. Rose Bridge Rm 304</td>
<td>9 am Storytellers Hideaway Farm Trip</td>
<td>5:30 pm Big Band Dance Trip</td>
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<td>9:30 am Widow's Support Group Rm 303</td>
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<td>10 am Ultimate Bingo Rm 104</td>
<td>8:30 am National Museum of African American Music Trip</td>
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<td>8:30 am Pinochle Tourney Rm 104</td>
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<tr>
<td>10 am Ultimate Bingo Rm 104</td>
<td>8:45 am GEODIS Park Stadium Tour</td>
<td>9 am Beersheba Springs Arts and Crafts Fair</td>
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<td>10 am Quilting Rm 405</td>
<td>9:30 am Widow's Support Group Rm 303</td>
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<td>5 pm Summer Dance with Rode West Band Rm 105</td>
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Chicken Foot is played M-F from 8:30 am-2:00 pm in room 501.

Spades is played daily from 6 am-7 pm in room 402.
Find us on Facebook

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

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Calendar of Programs and Events

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www.MurfreesboroParks.com
615-890-5333