

May | June 2023

Senior Connection

Program Guide



Mackinac Island Trip 2022



 www.MurfreesboroParks.com

 [@StClairSeniorCenter](https://www.facebook.com/StClairSeniorCenter)

 [@boroparksandrec](https://www.instagram.com/boroparksandrec)

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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 and 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.

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; Dr. Gloria Bonner; Mr. Leroy Cunningham; Dr. Trey Duke, Murfreesboro City Schools Liaison; Mr. Charlie Montgomery; Mr. Bill Shacklett; Mr. Kent Syler; Mr. Shawn Wright; Dr. Don Turner, Ex-Officio.

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, card or check.

Inclement Weather

St. Clair will close only in the event that City Hall closes. We can choose to cancel or postpone programs and events as we deem for the safety of the participants and staff.



This project is funded under agreement with Greater Nashville Regional Council.

HOURS OF OPERATION

Monday-Friday • 6:00 am-7:00 pm

Saturday • 8:00 am-5:00 pm

Sunday • 1:00-5:00 pm

FORMS OF PAYMENT

You can purchase our program classes and daily trips with your credit or debit card.

You must sign up for all programs to reserve your spot. If you are more than 15 minutes late to the program, you are not guaranteed that spot and you may be denied admittance, at the discretion of staff.

DAILY ACTIVITIES

- Billiards, cards, canasta, Rook and other games are played daily in Rm 501. Spades in Rm 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

Fencing Demonstration

Monday, May 15 • 12:30-1:30 pm

Join us for an educational fencing demonstration with the Murfreesboro Fencing Club. Fencing can help with lung capacity, cardio endurance, agility and flexibility. Learning the basics of fencing will be offered as well after the demo.

Limit 20 Room 104

Yellow Dot Program

Thursday, May 18 • 9:30 am

Immediately following a car crash, first responders have what is known as “the golden hour”, which is the time when medical care can mean the difference between life and death. This program can provide crucial medical information to emergency responders. During this program you will receive the Yellow Dot packet and have your picture taken.

Limit 50 Room 104

Rabies Clinic for Dogs & Cats

Friday, June 9 • 9:30-11:30 am

The Beesley Animal Foundation has an outreach program that offers FREE vaccines for dogs and cats on the first Friday of the month! We are honored that Beesley is offering this outreach service in our center. The date is Friday, June 9 from 9:30-11:30am. Dogs must be on a leash and cats in a carrier. Only one owner will be permitted in the room with the veterinarian to hold the animal while injections are given. The clinic will take place in our Travel Office, 503. You may check your animals in right outside the Travel Office door. You MUST call 615-848-2550 to make an appointment for your animal. When you arrive for your appointment please come to the table to sign in. You may be asked to remain in your car until the veterinarian is ready.

Each dog receives a FREE rabies vaccine and DA2PCPV Distemper Adenovirus Type2 Parainfluenza Canine Parvovirus (Parvo/Distemper vaccination). Cats receive a rabies vaccine and Feline Viral Rhinotracheitis Calici Panleukopenia.

Again, this is a free service offered by the Beesley Animal Foundation however, registration is required. Donations are accepted and will go to benefit the Foundation. Examples are paper towels, cleaning wipes, dog & cat food, toilet tissue, cotton balls, sandwich & gallon size zip lock bags, and money.

Space is limited. No walk-ins will be accepted.

Limit 45 Room 502



Trip Escort Sign Up

Thursday, June 22 • 9-10:30 am

Seniors to sign up to do trip escorts.

Room 104

Art & Craft Sale**Friday, June 23 • 8 am-4:30 pm**

EVERYONE is invited to the ONE day only stop and shop event! There will be many vendors selling their homemade items to the public. Be sure to grab a friend and come ready to shop 'til ya drop!

Vendor Info:

Our Senior Center Art & Crafts Show is scheduled for Friday, June 23rd, One day only! We would love for you to display your arts and crafts in the show. Selling will be allowed this year, however, you will be in charge of your own business (making change is totally on you).

Each artist and crafter will be able to rent ONE 6' table or area for a nominal fee of \$10.00. Some easels are available upon request free of charge.

You MUST sign up with Kathy Herod, Program Coordinator by Monday June 19.

Set up will be on Thursday, June 22 from 2-4 p.m. Do not come into the room until that time as volunteers are setting up the room for your art/crafts to be displayed. **To be a vendor you must reserve table and space w/ Kathy Herod By June 19. Table rentals will be \$10.**

Call St. Clair Senior Center to sign up 615-848 2550 to reserve your table.

Room 102 & 104**HEALTH & SOCIAL SERVICE****Harmonicas for Health****Wednesdays in May & June • 12:00-1:00 pm**

Are you looking for something fun and interesting to do while improving your lung health? 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. See Laura if you are unable to get one.

Limit 30 Room 303**Choose to Lose Weight Loss Program****Wednesdays, May 3 & 17 and June 7 & 21 @ 9 am**

A weight loss/maintenance program to help you get/stay healthy! Let's come together to learn, encourage, and motivate one another to be our healthiest selves. We will weigh in between 9:00-9:15 then have a time of sharing, tips, and goal setting.

Limit 40 Room 104**Parkinson Support Group****Fridays, May 5 & June 2 • 10-11:30 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. Please join us!

Limit 40 Room 104**Parkinson Meeting 2****Fridays, May 19 & June 16 • 10-11 am**

This is a smaller group from our Parkinson's Support Group that meets to talk about personal issues dealing with Parkinson's.

Limit 20 Room 303**Care for the Caregiver Series****Tuesdays, May 9 & June 13 • 10:00-11:30 am**

Lee Ann Hyatt, RN, BSN has provided education and support for family caregivers of persons living with Alzheimer's and/or dementia. She is president of the nonprofit "We Remember You." Meets second Tuesday of every month.

Limit 15 Room 301

Widow's Support Group

Fridays, May 12 & 26 and June 9 & 23

9:30-11:00 am

Widowhood is more than a label, it is a journey that is better traveled with friends. Our focus is: life can be good again, maybe not perfect, but good. Judy Jennings, author & speaker, will lead, showing you how to maneuver through different difficult areas.

Limit 25

Room 303

Safer Senior Living and Care Options

Thursday, May 11 • 9:30 am

Topics will include:

- What are my options for senior living?
- Can I afford it?
- Are there programs to help fund the cost?
- Are there services to help me stay in my home?
- What if I am a veteran or need government assistance?

Join the CarePatrol conversation to help you prepare for the future and learn the shortcuts of Safer Senior Living and Care Options! Breakfast included.

Limit 50

Room 104

Let's Talk About That

Mondays, May 15 & June 19

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

Normal Aging vs. Dementia

Wednesday, May 16 • 9:30-10:30 am

Alzheimer's Tennessee will show us the differences between normal aging and dementia, what to do if you have concerns, and talk about brain health and strategies for preventing dementia. We'll also talk about how the senior center can help keep brains healthy.

Limit 40

Room 104

When, Where and How to Have a Difficult Conversation

Monday, June 5 • 10 am

Most everyone dreads the difficult and challenging conversation. This includes conversations in which we have to deliver unpleasant news, discuss a delicate subject, or talk about something that needs to change or has gone wrong. There is a right way to have these conversations. Learn the when, where and hows to have these types of conversations.

Limit 40

Room 104

Music for Life

Tuesday, June 6 • 1-2 pm

Susan Bock is a board certified Music Therapist and will help you understand and explore music through active participation in a rhythm instrument circle. You will learn how you can harness the power of music for motivation, exercise, mood regulation and intentional living. Join us for an exciting time!

Limit 30

Room 104

Fall Prevention 101

Thursday, June 8 • 10-11 am

Kathy Root with Synergy HomeCare will identify potential hazards in your home and ways to reduce falls. Light refreshments will be available to participants. **Limit 50**

Room 104

Stop the Bleed

Friday, June 9 • 10-11:30 am

Much like the concept of CPR, Stop the Bleed teaches how to save a life by stopping uncontrollable bleeding. The class covers the concepts of how to be safe, what life-threatening bleeding looks like, and how to employ methods to control it.

Limit 25

Room 104

Anxiety and Its Management

Friday, June 16 • 10 am

Anxiety is a common but unpleasant experience often accompanied by worry, body tension, and difficulty with relaxation. For most of us, anxiety comes and goes as we experience the ups and downs of life. Others of us, however, struggle with it for longer periods of time. If you would like to learn more about anxiety and how it might be better managed, please join us for an interactive discussion on anxiety.

Limit 40

Room 104

FREE FITNESS CLASSES

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.

Limit 25**Room 204****Zumba Gold PM****Mondays, 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****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 45**Room 105****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 30**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 55**Room 105****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.

Limit 30**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 • 1-2 pm**

Stay Active and Independent for Life (SAIL) is a strength, balance and fall prevention program. These exercises improve strength, 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 an intermediate circuit class with interval training. We will use various types of equipment for a total body workout.

Limit 20**Room 206****NEW! Stretching Through Movement****Thursdays • 12:30-1:30 pm**

This new exercise class focuses on stretching through intentional movement to help improve balance and stability. Learn how to increase body awareness when resting and while moving. Exercises will be performed in sitting and standing with opportunities to challenge your balance.

Limit 12**Room 104**

CLASS IS FULL

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 50 Room 105

Intermediate Line Dance Practice

Tuesdays • 9:30-11:15 am

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 • 2-4 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, May 6 & June 3

1:00-4:30 pm

Line dancing to recorded music for all levels, including beginners.

Limit 40 Room 105

PAID FITNESS CLASSES

Chair Yoga

Mondays & Wednesdays • 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. Participants may choose one or two days of the week for chair yoga.

*Class fee is \$5 a month for each day a week. If a student chooses two day week, the fee is \$10 a month. If a student chooses one day, it will be \$5 a month.

Limit 20 Room 206 Cost: \$5/month per day

Yoga with Larry

Mondays, Wednesdays & Fridays

9:00-10:00 am

Intermediate yoga for seniors. Is also suitable for beginners who are able to adjust moves to fit their abilities. 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 • 8-8:30 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/mo Limit 10 Room 206

Intermediate Tai Chi

Tuesdays & Thursdays • 1-2 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

This class for those who are new to Tai Chi will teach you smooth moves to improve stress, breathing and overall fitness.

Cost: \$15/mo Limit 20 Room 204

Open Tai Chi Saturdays

Saturdays • 1-2 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$10/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 May we will do the Cha Cha and in June the Tango. No partner necessary!

Cost: \$26/mo Limit 25 Room 105

Physical Fitness Calendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 8:00 am Get Fit/Stay Fit Room 105 | 8:00 am Get Fit/Stay Fit Room 105 | 8:00 am Get Fit/Stay Fit Room 105 | 8:00 am Get Fit/Stay Fit Room 105 | 8:00 am Get Fit/Stay Fit Room 105 |
| 9:00 am Yoga with Larry Room 206 | 8:00 am Tai Chi in a Chair Room 206 | 9:00 am Yoga with Larry Room 206 | 9:15 am Chair Yoga Room 206 | 9:00 am Yoga with Larry Room 206 |
| 9:15 am Zumba Gold AM Room 204 | 9:15 am Chair Yoga Room 206 | 9:15 am Zumba Gold AM Room 204 | 9:15 am Zumba Gold AM Room 204 | 10:15 am Gentle Fitness AM Room 105 |
| 10:15 am Gentle Fitness AM Room 105 | 9:15 am Zumba Gold AM Room 204 | 10:15 am Gentle Fitness AM Room 105 | 10:15 am Core Galore Room 204 | 1:00 pm Gentle Fitness PM Room 204 |
| 11:00 am Chair Yoga Room 206 | 9:30 am Intermediate Line Dance Room 105 | 11:00 am Chair Yoga Room 206 | 12:30 pm Stretching through Movement Room 104 | 2:15 pm Core Basic Room 204 |
| 1:00 pm Go4Life Room 105 | 10:15 am Core Galore Room 204 | 12:00 pm Harmonicas for Health Room 303 | 1:00 pm SAIL Room 105 CLASS IS FULL | SATURDAY |
| 1:00 pm Gentle Fitness PM Room 204 | 1:00 pm SAIL Room 105 CLASS IS FULL | 1:00 pm Go4Life Room 105 | 1:00 pm Intermediate Tai Chi Room 204 | 9:15 am Zumba Gold AM Room 204 |
| 2:15 pm Core Basic Room 204 | 1:00 pm Intermediate Tai Chi Room 204 | 1:00 pm Gentle Fitness PM Room 204 | 2:00 pm Forever Fit Room 206 | 10:15 am Core Galore Room 204 |
| 3:15 pm Zumba Gold PM Room 204 | 2:00 pm Forever Fit Room 206 | | 2:15 pm Beginning Tai Chi Room 204 | 1:00 pm Saturday Line Dance 5/6 & 6/3 Room 105 |
| 5:30 pm Beginning Line Dance with Catrina Room 105 | 2:15 pm Beginning Tai Chi Room 204 | | 3:15 pm Zumba Gold PM Room 204 | 1:00 pm Open Tai Chi Room 204 |
| | 3:00 pm Ballroom Dance Room 105 | | | SUNDAY |
| | 3:15 pm Zumba Gold PM Room 204 | | | 2:00 pm Sunday Line Dance Room 204 |

Please consult with your doctor before starting any fitness program.

CREATIVE ARTS

Social Ceramics

Tuesdays in May & June • 8:30-11:30 am

You will pay the instructor for the piece you are working on. There is a \$5 fee for supplies that is paid to St. Clair Senior Center. Learn different techniques for painting on ceramics in this class.

Limit 20 Room 406

Quilting

Tuesdays & Thursdays from 10 am-noon in May & June

Volunteers do quilting for people in the community for a donation to the center. **Room 405**

Open Knit & Crochet

Tuesdays & Thursdays from 10 am-noon in May & June

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 May & June • 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 May & June • 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 20 Room 406

Stained Glass Class AM

Mondays, May 8, 15 & 22 and

June 5, 12, 19 & 26 from 10 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: \$45 May \$60 June

Stained Glass Class PM

Mondays, May 8, 15 & 22 and

June 5, 12, 19 & 26 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.

Limit 8 Room 406 Cost: \$45 May \$60 June

Acrylic Techniques AM

Wednesdays, May 10 & 17 and

June 7 & 14 from 9 am-noon

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12 Room 406 Cost \$25/2-day class

Acrylic Techniques PM

Tuesdays, May 9 & 16 and June 6 & 13

from 1:00-4:00 pm

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12 Room 406 Cost \$25/2-day class

Oil Painting by Video

Fridays, May 12 or June 9 • 9 am-1 pm

Have you ever wanted to oil paint like Bob Ross or Daryl Crowe? Now is your chance! For the low price of \$30 you can join us for a fun filled class following along with a video and teacher Vivian Karros. All materials will be provided for you. Bring a sack lunch and drink.

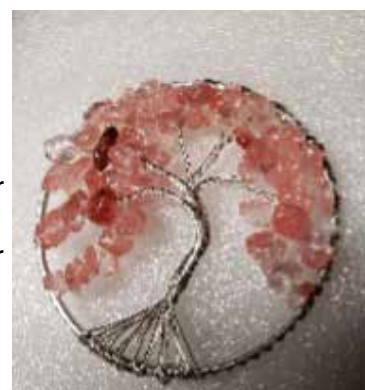
Limit 5 Room 406 Cost \$30/class

Craft: Wire Bonsai or Tree of Life with wire

Wednesday, May 17 • 1-4 pm

Want to learn a new and amazing craft? Instructor Retha Woods, teaches us the art of wire bending in a one-day class for only \$15. You will have the choice of making a Bonsai Tree or a Tree of Life necklace. Space is very limited for this class so be sure to register early.

Limit 10 Room 405 Cost: \$15



More Creative Arts on page 10.

CREATIVE ARTS CONTINUED**Art with Vivian AM****Wednesdays, May 24 & 31
and June 21 & 28 • 9:00 am-12:00 pm**

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee.

Limit 12 Room 406**Cost: \$25 for 2-day class per month****Art with Vivian PM****Tuesday, May 23 & 30 and June 20 & 27
1:00-4:00 pm**

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee. No wait list.

Limit 12 Room 406**Cost: \$25 for 2-day class per month****REC ED PROGRAMS****Chicken Foot****Daily from 8:00 am-2:00 pm**Dominoes! Learn to play Chicken Foot with this fun group. **Room 502****Duplicate Bridge****Mondays & Fridays in May & June
12:00-4:30 pm Room 303****Bid Whist****Mondays in May & June
1:00-4:00 pm**Learn an age-old card game, Bid Whist at St. Clair. **Room 402****Mahjong****Mondays & Thursdays in May & June
1:00-3:00 pm**Stop in for a game of Mahjong. **Room 304****Hand & Foot Game #1****Tuesdays in May & June • 12:30-4:00 pm**
Learn the art of playing the card game, Hand & Foot. **Room 303****Hand & Foot Game #2****Tuesdays in May & June
12:30-4:00 pm**
Learn the art of playing the card game, Hand & Foot. **Room 304****Party Bridge****Thursdays in May & June
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****Seniors Acting Up Practice****Thursdays in May & June • 1-2 pm**

Join this fun group as they bring laughter, mystery and drama into the lives of others. Everyone is welcome! No prior experience is needed. Hope to see you there!

Room 104**Conversational Spanish Class****Fridays in May & June • 10:00-11:30 am**
Brush up on your Spanish with instructor Gloria Arndt. **Limit 12 Room 304 Cost \$15****Euchre****Fridays in May & June • 1:00-4:00 pm** Stop in and play a game. **Room 304****Ultimate Bingo****Thursdays, May 4, 11 & 18 and June 1, 8, 15 & 29
10:00-11:00 am**Try your luck at ultimate bingo with a twist! No bingo 5/25 & 6/22. **Limit 70 Room 105****Music Jam Session****Fridays, May 12 & 26 and June 9 & 23
1-3:30 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**Pool Tournament****Wednesdays, May 10 and June 14
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**Karaoke****Fridays, May 5 & 19 and June 2, 16 & 30
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**CLASS IS FULL**

Trivia Games

**Tuesday, May 2, 9, 16 & 23 and June 6, 13 & 20
4:00-5:00 pm**

Join us for beginner 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 teams.

Limit 40 Room 104

Here's a Few Trivia Questions to get you started!

- What Renaissance artist is buried in Rome's Pantheon?
- What character have both Robert Downey Jr. and Benedict Cumberbatch played?
- What country drinks the most coffee per capita?
- What city is known as "The Eternal City"?
- Who discovered that the earth revolves around the sun?
- What art form is described as "decorative handwriting or handwritten lettering"?
- Which planet has the most moons?
- What country has won the most World Cups?

Answers: Raphael, Sherlock Holmes, Finland, Rome, Nicolaus Copernicus, Calligraphy, Saturn, Brazil

Book Club

Fridays, May 5 & June 2 • 9:30-10:30 am

In May we will discuss "Moloka'i" by Alan Brennert. In June we will be discussing "Horse" by Geraldine Brooks. The February-July Book Club Reading List is in the lobby. Join us!

Limit 20 Room 301

Butter Bean Auction

Wednesday, June 28 • 2:30-3:30 pm

Going once, going twice, sold! We'll have fun while bidding on your favorite items with butter beans. All prizes will be supplied by St. Clair Senior Center.

Limit 50 Room 104

SEMINARS/EDUCATION

In the Garden: Butterfly Gardening

Monday, May 8 • 10-11 am

This month we will have a guest speaker who can show the chrysalis of the Monarch and Swallowtail Butterflies. We will also cover source foods for Butterflies. Join us and be sure to register! Register as the class space is limited.

Limit 28 Room 104

Learn to Organize Your Home!

Monday, May 8 • 12:30-1:30 pm

Overwhelmed by disorganization in your home and unsure where to start? Join us as Mizz Organizer gives simple answers to your home organization questions. Learn to transform your room/closet/garage into a tidy place! Love your home again!

Limit 30 Room 104

In the Garden: Warm Weather Vegetables

Monday, June 12 • 10-11 am

This month we will be covering those garden pests that eat your summer garden plants with Master Gardener, Carol Reese. Be sure to register!

Limit 28 Room 104

Simple Wills for Seniors

Wednesday, May 24 & Friday, May 26

8:30 am-12:30 pm

Attorney John Toy from Parker, Toy & Associates will be here to do Simple Wills, Power of Attorney for Health and Financial and also Living Wills at \$25/ per document. This is a basic simple will. If you have multiple properties, trusts, etc., you will need to see Attorney Toy privately and you will not be eligible for the \$25 price. Please call June Nicdao at 615-848-2440 to be put on waiting list for next session.

Limit 15 Room 301 Cost \$25/document

Cooking for 1 or 2

Mondays, in May • 10-11 am

During these interactive sessions, we will discuss quick, low-cost recipes, smart shopping, and how to reduce food waste. Attendees will receive free items to help you plan. We will have meals including meat & refrigerator thermometers, a lunch container, a can strainer, and much more! You MUST register for this class at the front desk to reserve your spot.

Limit 20 Room 303

Citizen Police Academy: May & June

Wednesday, May 10 • 9-11 am

This month's Police Academy (#5) students will be given a criminal investigation assignment: assignment of cases & solvability.

Wednesday, June 14 • 9-11 am

In June's Police Academy (#6) students will learn about the Special Victims Unit, focusing on seniors as victims.

Room 104

TRAVEL WITH ST. CLAIR

- ALL TRAVELERS MUST SCAN INTO MYSENIORCENTER FOR ALL TRIPS.
- We no longer pick up at Westbrook 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.

Strawberry Festival, Portland

Saturday, May 13 • 9 am-4:30 pm

This annual event includes food, crafts, live music, and lots of strawberries. Fee includes transportation. Admission is free. Bring money for lunch and purchases at the festival.

Cost: \$21 Limit: 15 Deadline: May 9

Discover Wartrace, Wartrace

Thursday, May 25 • 9:15 am-2:45 pm

This little town where time stands still has a history stretching back to the 19th century. Fee includes transportation and step-on guided tour of sites around town. Bring money for lunch.

Cost: \$15 Limit: 15 Deadline: May 8

Dust Bowl to Dance Hall: A Story of American Music, Arts Center of Cannon Co.

Saturday, May 27 • 6:15-10:45 pm

Featuring circus tricks, juggling displays, period instruments, and spectacular costumes, this performance traces American vernacular music from early 19th century plantation dances to the rise of popular song after World War II. Fee includes transportation and production. No meal stop.

Cost: \$30 Limit: 15 Deadline: May 8

Falls Mill, Belvidere

Thursday, June 1 • 8:15 am-2:30 pm

Built in 1873, this historic water-powered mill has served as a cotton and woolen factory, cotton gin, wood working shop and grist mill. Today it houses the Museum of Power and Industry, Inc. Fee includes transportation. Bring \$4 for admission and money for lunch.

Cost: \$20 Limit: 15 Deadline: May 14

Big Band Dance, Nashville

Saturday, June 3 • 5:30-10:30 pm

Free dance lesson followed by live big band music. Fee includes transportation. Admission is free. Bring your lawn chair or blanket. Bring cash for food trucks.

Cost: \$16 Limit: 15 Deadline: May 25

Falcon Rest Mansion & Gardens, McMinnville

Wednesday, June 7 • 9:30 am -2:30 pm

When built in 1896, entrepreneur Clay Faulkner's mansion had all the modern conveniences—electric lights, indoor plumbing, central heat and more. Fee includes transportation, guided tour, and lunch at The Victorian Tea Room. Must be able to climb steps.

Cost: \$47 Limit: 15 Deadline: May 9

"All Shook Up" at Warren Arts, Morrison

Saturday, June 10 • 4-10:30 pm

A mid-western town is thrown into a frenzy when a good-looking guy rides into town with a guitar on his back, blue suede shoes on his feet, and a song in his heart. Fee includes transportation and production. Bring money for dinner.

Cost: \$35 Limit: 15 Deadline: May 10

Vanderbilt's Dyer Observatory LIVE Telescope Night, Brentwood

Friday, June 16 • 8-11 pm

Explore unique exhibits and engage with astronomers. If weather permits, view celestial objects through telescopes. Fee includes transportation and admission. There are 20 steps leading to the second floor. Closed-toe footwear is suggested. Telescopes are in an open dome outside so dress accordingly. No meal stop.

Cost: \$17 Limit: 15 Deadline: May 10





An Evening with Shenandoah, Park Theater, McMinnville

Saturday, June 17 • 4-10:30 pm

When country music lovers talk about the greatest groups in the genre, Shenandoah is always at the forefront, with well-known hits such as "I Want to Be Loved Like That," and Next to You, Next to Me." Fee includes transportation and concert. Bring money for dinner.

Cost: \$64 Limit: 15 Deadline: May 9

RC Cola MoonPie Festival, Bell Buckle

Saturday, June 17 • 8 am-2:45 pm

Celebrating the South's original fast food—an ice-cold RC Cola and a fresh MoonPie. Fee includes transportation. Admission is free. Bring money for food.

Cost: \$17 Limit: 15 Deadline: June 11

Blackberry Picking, Castalian Springs

Wednesday, June 21 • 8:30 am-1:30 pm

Pick your own blackberries at the farm. Fee includes transportation. Dress comfortably. Bring money for berries and lunch.

Cost: \$15 Limit: 15 Deadline: June 6

Nashville Flea Market

Friday, June 23 • 8:30 am-4 pm

Voted the #1 flea market in Tennessee, the Nashville Flea Market offers an endless selection of items for all tastes and budgets. Fee includes transportation. Lots of walking is involved with some steep inclines. Bring cash for lunch at the flea market.

Cost: \$18 Limit: 15 Deadline: June 15

Tea & Train, Chattanooga

Saturday, June 24 • 7 am-3 pm

Enjoy a full high tea including a variety of delectable teas, savory and sweet items, and freshly baked scones at Grand Junction Depot, then hop aboard the Missionary Ridge Train for a 65-minute guided train ride. Fee includes transportation, full high tea, and train ride

Cost: \$85 Limit: 15 Deadline: May 7

Southern Belle Riverboat Cruise, Chattanooga

Thursday, June 29 • 9:30 am-6:00 pm

See Chattanooga from the beautiful Tennessee River. This 1.5 hour cruise includes 45 minutes of live narration and a mini Moon Pie. Fee includes transportation and sightseeing cruise. Bring money for lunch.

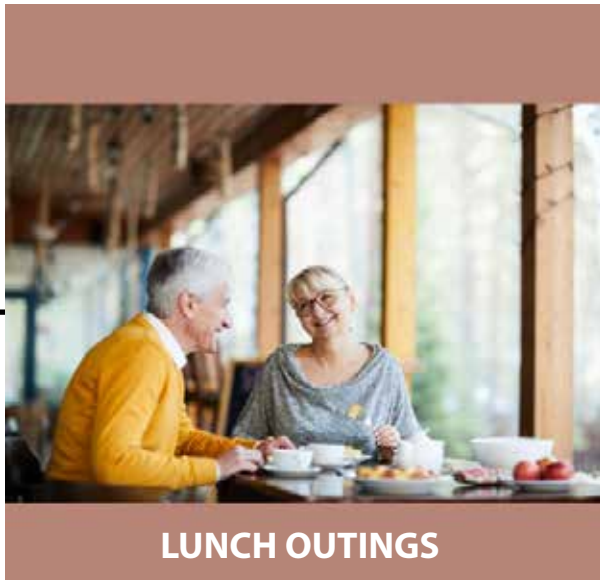
Cost: \$63 Limit: 15 Deadline: May 9

Kirby's Nashville Tour

Saturday, July 8 • 9 am-4 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 and riding guided tour.

Cost: \$18 Limit: 15 Deadline: June 22



LUNCH OUTINGS

Please note lunch locations are planned months in advance and as such are subject to change.

Lunch Outing: The Butter Milk Ranch, Nashville

Wednesday, May 17 • 10:45 am-1:45 pm
 Small batch bakery offering breakfast and lunch items made from scratch. Fee includes transportation. Bring money for lunch.
Cost: \$12 Limit: 15 Deadline: May 8

Music on the Ridge at Amber Falls Winery, Hampshire

Saturday, July 8 • 1:30-8:30 pm
 Live music outdoors, local food trucks, and award-winning wines. Admission is FREE. Bring a lawn chair or blanket. Bring money for food trucks.
Cost: \$22 Limit: 15 Deadline: June 20

Lunch Outing: Varallo's, Nashville, TN

Tuesday, May 30 • 10:45 am-1:45 pm
 This meat-and-three luncheonette is known as the oldest restaurant in Tennessee, founded as a chili parlor in 1907. Fee includes transportation. Bring money for lunch.
Cost: \$12 Limit: 15 Deadline: May 19

Lunch Outing: Jonathan's Grille, Nashville

Tuesday, June 13 • 10:45 am-1:45 pm
 Family-owned upscale sports grille. Fee includes transportation. Bring money for lunch.
Cost: \$12 Limit: 15 Deadline: June 2

Dinner Outing: The Catfish House, Springfield

Monday, June 26 • 4:15-8:15 pm
 Offering a variety of food prepared fresh so you get superior flavor with every bite. Fee includes transportation. Bring money for dinner.
Cost: \$16 Limit: 15 Deadline: June 4

2023 Travel Destinations with St. Clair

COLLETTE

- Roaming Coastal Maine**
 7 days • August 18-24, 2023
 \$3799/pp double
- Spotlight on San Antonio Holiday**
 5 days • December 14-18, 2023
 \$1999/pp double

DIAMOND TOURS

- Niagara Falls, USA**
 7 days • October 1-7, 2023
 \$820/pp double

MAYFLOWER CRUISES & TOURS

- Lakes & Majestic Mountain Adventures featuring Italy, France & Switzerland**
 10 days • October 3-12, 2023
 \$4599/pp double

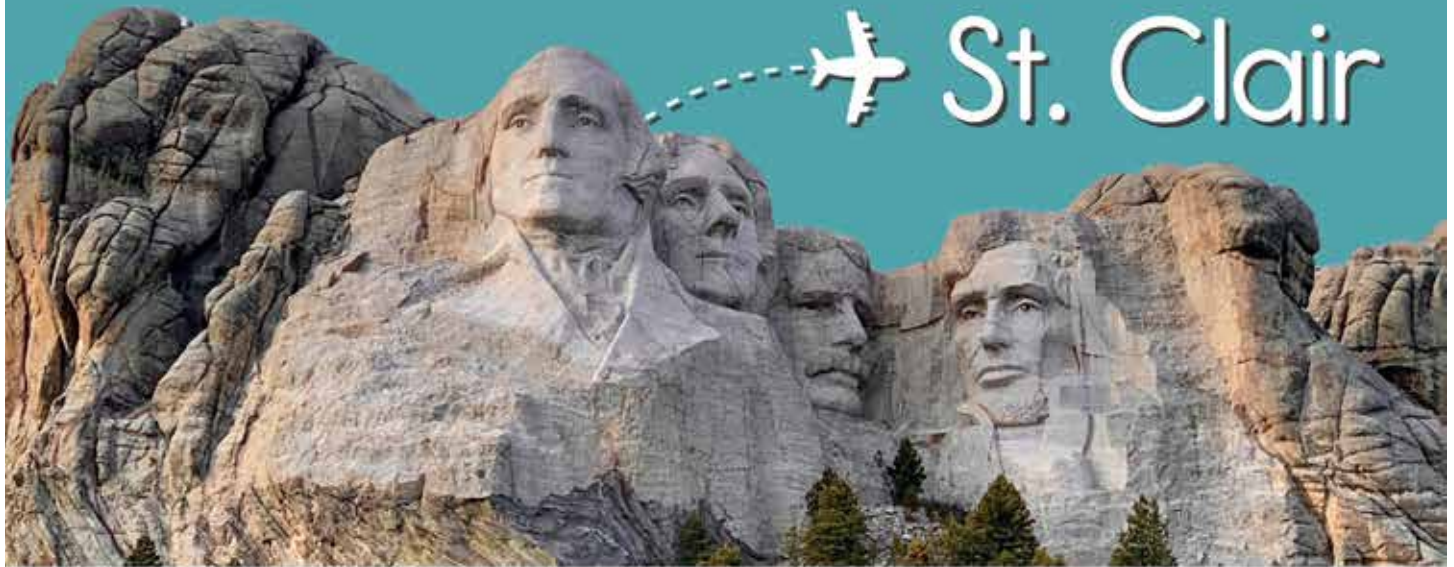
PREMIER WORLD DISCOVERY

- Mt. Rushmore, Yellowstone & Western Frontiers**
 9 days • September 13-21, 2023
 \$3775/pp double

WHITE STAR TOURS

- Finger Lakes, New York**
 5 days • July 31-August 4, 2023
 \$749/pp double
- Savannah, Georgia Swingin' New Year's Eve Celebration**
 3 days • December 30, 2023-January 1, 2024
 \$589/pp double

2024 Travel Destinations



COLLETTE

2024 Trips Presentation • May 10 • 1 pm

Sign up to attend.

Tropical Costa Rica • 9 Days • January 25-February 2
\$2999/pp double

Spotlight on Boston • 5 Days • May 30-June 3
\$2699/pp double

DIAMOND TOURS

More info & flyers coming soon!

Myrtle Beach Show Trip • Mackinac Island
Branson Holiday Show Trip

WHITE STAR TOURS

Historic Fredericksburg, VA • 5 days • April 30-May 4
\$749/pp double

Ohio Island Hoppin' • 4 days • July 29-August 1
\$769pp double

PREMIER WORLD DISCOVER

2024 Trips Presentation • June 5 • 1 pm

Sign up to attend.

Highlights of England, Scotland & Wales • 9 days
April 17-25 • \$4099/pp double

Waterways & National Parks of the Pacific Northwest
7 days • July 19-25 • \$3649/pp double

Nova Scotia & The Canadian Maritimes • 9 days
August 10-18 • \$4075/pp double

MAYFLOWER CRUISES & TOURS

2024 Trips Presentation • May 23 • 1 pm

Sign up to attend.

Best of Israel & Jordan • 12 Days • March 13-24
\$3259/pp double

Gems of Eastern Europe River Cruise • 11 days • June 3-13
\$4819/pp double

New England Rails & Sails • 9 Days
September 28-October 6 • \$3799/pp double

Transfer to and from Nashville Airport provided for dates listed.

Flyers available at the front desk & travel office.

www.MurfreesboroParks.com

MAY CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|--|--|
| <p>1</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> | <p>2</p> <p>8:30 am Buc-ee's Trip</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Quilting Rm 405</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 304</p> <p>12:30 pm Hand & Foot #2 Rm 303</p> <p>4 pm Trivia Games Rm 104</p> | <p>3</p> <p>8 am Pinochle RM 304</p> <p>9 am Choose to Lose Rm 104</p> <p>10 am Dealing with Loss Rm 301</p> <p>7:30 am Fall Creek Falls Trip</p> <p>1 pm Art Connection Rm 406</p> |
| <p>8</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>10 am In the Garden: Butterfly Gardening Rm 104</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>12:30 pm Learn to Organize Your Home Rm 104</p> <p>1 pm Stained Glass Class PM Rm 406</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> | <p>9</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Care for the Caregiver Rm 301</p> <p>10 am Quilting Rm 405</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 304</p> <p>12:30 pm Hand & Foot #2 Rm 303</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p> | <p>10</p> <p>8 am Pinochle RM 304</p> <p>9 am Citizen Police Academy for Seniors Rm 104</p> <p>9 am Pool Tournament Rm 501</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10 am Dealing with Loss Rm 301</p> <p>1 pm Art Connection Rm 406</p> |
| <p>15</p> <p>9:30 am Let's Talk About That</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 301</p> <p>12:30 pm Fencing Demo Rm 104</p> <p>1 pm Stained Glass Class PM Rm 406</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> | <p>16</p> <p>6:30 am Sweetwater Valley Farm Tour</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Quilting Rm 405</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 304</p> <p>12:30 pm Hand & Foot #2 Rm 303</p> <p>1 pm Acrylic Techniques PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p> | <p>17</p> <p>8 am Pinochle RM 304</p> <p>9 am Choose to Lose Rm 104</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>10:45 am Lunch Outing to The Butter Milk Ranch</p> <p>1 pm Art Connection Rm 406</p> <p>1 pm Craft: Wired Project Rm 405</p> |
| <p>22</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Stained Glass Class PM Rm 406</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> | <p>23</p> <p>8:30 am Nashville Zoo Trip</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Quilting Rm 405</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 304</p> <p>12:30 pm Hand & Foot #2 Rm 303</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p> | <p>24</p> <p>8 am Pinochle RM 304</p> <p>*8:30 am Simple Wills Rm 301</p> <p>9 am Art with Vivian AM Rm 406</p> <p>1 pm Art Connection Rm 406</p> |
| <p>29</p> <p style="text-align: center;">Center Closed</p> <p style="text-align: center;">Memorial Day</p> | <p>30</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Quilting Rm 405</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10:45 am Lunch Outing to Varallo's, Nashville</p> <p>12:30 pm Hand & Foot #1 Rm 304</p> <p>12:30 pm Hand & Foot #2 Rm 303</p> <p>1 pm Art with Vivian PM Rm 406</p> | <p>31</p> <p>8 am Pinochle RM 304</p> <p>9 am Art with Vivian AM Rm 406</p> <p>1 pm Art Connection Rm 406</p> |

MAY CALENDAR

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|---|--|--|
| 4 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 5 9:30 am Book Club Rm 301 10 am Conversational Spanish Rm 302 10 am Parkinson Support Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 | 6 7 |
| 11 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 9:30 am Bedford Byways & Waterways Trip 9:30 am Safer Senior Living and Care Options Rm 104 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 12 9 am Oil Painting by Video Rm 406 9:30 am Widow's Support Rm 303 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Jam Session Rm 105 1 pm Euchre Rm 304 | 13 9 am Kirby's Nashville Tour 9 am Strawberry Festival Trip 14 |
| 18 8:15 am Loretta Lynn's Ranch Trip 9 am Social Art Rm 406 9:30 am Yellow Dot Program Rm 104 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 19 10 am Parkinson Second Mtg Rm 303 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 3:45 pm Musicians Corner Trip | 20 8:45 am Antique Tractor, Truck & Gas Engine Show Trip 21 |
| 25 9 am Social Art Rm 406 9:15 am Discover Wartrace Trip 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 26 *8:30 am Simple Wills Rm 301 9:30 am Widow's Support Rm 303 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Jam Session Rm 105 1 pm Euchre Rm 304 | 27 6:15 pm Dust Bowl to Dance Hall - A Story of American Music Trip 28 |
| *Due to an ongoing wait list the "Simple Wills" program is already full. Please call June Nicdao at 615-848-2550 to put on a wait list for the next available session. | | Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502. Spades is played daily from 6 am-7 pm in room 402. |

JUNE CALENDAR

| MONDAY | TUESDAY | WEDNESDAY |
|--|---|--|
| Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502. | Spades is played daily from 6 am-7 pm in room 402. | |
| 5 10 am Stained Glass Class AM Rm 406 10 am When, Where & How to Have a Difficult Conversation Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass Class PM Rm 406 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 | 6 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Hand & Foot #1 Rm 304 12:30 pm Hand & Foot #2 Rm 303 1 pm Acrylic Techniques PM Rm 406 1 pm Music for Life Rm 104 4 pm Trivia Games Rm 104 | 7 8 am Pinochle Rm 304 9 am Acrylic Techniques AM Rm 406 9 am Choose to Lose Rm 104 9:30 am Falcon Rest Mansion & Gardens Trip 1 pm Art Connection Rm 406 |
| 12 10 am Stained Glass Class AM Rm 406 10 am In the Garden: Warm Weather Vegetables Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass Class PM Rm 406 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 | 13 8:30 am Social Ceramics Rm 406 10 am Care for the Caregiver Rm 301 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 10:45 am Lunch Outing to Jonathan's Grille 12:30 pm Hand & Foot #1 Rm 304 12:30 pm Hand & Foot #2 Rm 303 1 pm Acrylic Techniques PM Rm 406 4 pm Trivia Games Rm 104 | 14 8 am Pinochle Rm 304 9 am Citizen Police Academy for Seniors Rm 104 9 am Acrylic Techniques AM Rm 406 9 am Pool Tournament Rm 501 1 pm Art Connection Rm 406 |
| 19 9:30 am Let's Talk About That 10 am Stained Glass Class AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass Class PM Rm 406 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 | 20 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 10:15 am General Jackson Showboat Trip 12:30 pm Hand & Foot #1 Rm 304 12:30 pm Hand & Foot #2 Rm 303 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104 | 21 8 am Pinochle Rm 304 8:30 am Blackberry Picking Trip 9 am Choose to Lose Rm 104 9 am Art with Vivian AM Rm 406 1 pm Art Connection Rm 406 |
| 26 10 am Stained Glass Class AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass Class PM Rm 406 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 4:15 pm Dinner Outing to The Catfish House | 27 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Hand & Foot #1 Rm 304 12:30 pm Hand & Foot #2 Rm 303 1 pm Art with Vivian PM Rm 406 | 28 8 am Pinochle Rm 304 9 am Art with Vivian AM Rm 406 1 pm Art Connection Rm 406 2:30 pm Butter Bean Auction Rm 104 |

JUNE CALENDAR

| THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|--|---|--|
| 1 8:15 am Falls Mill Trip 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 2 9:30 am Book Club Rm 301 10 am Parkinson Support Rm 104 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 | 3 5:30 pm Big Band Dance Trip |
| 8 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 10 am Fall Prevention 101 Rm 104 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 9 9 am Oil Painting by Video Rm 406 9:30 am Rabies Clinic for Dogs & Cats Rm 503 9:30 am Widow's Support Rm 303 10 am Stop the Bleed Rm 104 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Jam Session Rm 105 1 pm Euchre Rm 304 | 4 10 4 pm "All Shook Up" Trip |
| 15 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 16 10 am Anxiety & Its Management Rm 104 10 am Parkinson Second Mtg Rm 303 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 5 pm "Memphis: The Musical" Trip 8 pm Vanderbilt's Dyer Observatory Live Telescope Night Trip | 17 8 am RC Cola MoonPie Festival Trip 4 pm An Evening with Shenandoah Trip |
| 22 9 am Tim's Backroads of Rutherford County Tour 9 am Social Art Rm 406 9 am Trip Escort Sign Up Rm 104 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 23 8 am Art & Craft Sale Rm 102 & 104 8:30 am Nashville Flea Market Trip 9:30 am Widow's Support Rm 303 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Jam Session Rm 105 1 pm Euchre Rm 304 | 18 24 7 am Tea & Train Trip |
| 29 9 am Social Art Rm 406 9:30 am Southern Belle Riverboat 10 am Ultimate Bingo Rm 105 10 am Quilting Rm 405 10 am Open Knit & Crochet Rm 405 12:30 pm Party Bridge Rm 303 1pm Seniors Acting Up Prac Rm 104 1 pm Mahjong Rm 304 | 30 10 am Conversational Spanish Rm 302 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 12 pm Duplicate Bridge Rm 303 | 25 12:30 pm Nashville Sounds vs. Norfolk Tides Trip |



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**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**



Scan this code with your smartphone camera for a list of links to all of our social media.

**Calendar of
Programs and
Events**



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