

September | October 2023

Senior Connection

Program Guide



 www.MurfreesboroParks.com

 @StClairSeniorCenter

 @boroparksandrec

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St. Clair Street Senior Center

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, broadens independence and maintains one's involvement in the community

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; Mr. 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.



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

New! Basics of Songwriting Class

**Fridays, September 8 & 22 and October 6 & 20
1-2 pm**

Learn about song structure, lyric development, and general information about pulling together songs. We will dabble in writing lyrics/music as well as learning to listen to enrich our appreciation for songwriting. Deborah Hayek is the instructor of this program. Space is limited, please register early.

Limit 10 Room 405

Coffee Club with Edward Jones

**Tuesdays, September 12 & October 10
8:30-9:30 am**

Sit and enjoy a bagel or donut in a relaxed atmosphere while having your financial questions answered by an experienced Financial Advisor from Edward Jones. **Limit 12 Room 303**

Dance with Uptown Country

Friday, September 15 • 6-9 pm

Country Night at St. Clair with the Uptown Country Band! Put on your dancing shoes/boots, grab a partner, and enjoy an evening of fun and dancing! Light refreshments served. Tickets are \$5 at the door.

Limit 100 Room 105

AARP Smart Driver Course

Saturday, September 16 • 8:30 am-4:30 pm

AARP Smart Driver course is geared towards the older driver. This will be an all day event so bring any snacks, lunch and drinks you might like to have during the class. We will be eating while the course continues and not stopping for a lunch break. Most insurance companies give you a discount if you attend and complete this one-day course. Bring your AARP card for the fee discount for this course when you come in to register with Kathy Herod in Rm 404. AARP Members fee will be \$20 and Non-AARP Members fee will be \$25. **All Checks need to be written to AARP and not to St. Clair. NO CASH WILL BE ACCEPTED!** Deadline to sign up is Monday, September 11.

Limit 30 Room 104

Dog Show: Sit Means Sit

Friday, September 29 • 1-2 pm

Saturday, September 30 • 10-11 am

"Q" is Back And she's bringing her friends! Come and enjoy some fun entertainment and see what tricks these dogs can show you. Handstands? Yep, running through a Tunnel? Yep, Agility course? Yep, Dancing?? Hmmm maybe! This entertainment is being provided for us by Teddy & Susie Wall from Sit Means Sit. Be assured that Miss Q will be available to have lots of love and head pats given to her.

Room 105

Holiday Extravaganza OPEN TO THE PUBLIC!

Friday, September 29 • 8 am-3 pm

Saturday, September 30 • 8 am-12 pm

Everyone is Invited to St. Clair's, "Holiday Extravaganza"! This 2-day event will be sure to have something for everyone! There will be popcorn, vendor and booths containing lots of homemade goodies such as jams jellies, breads, craft items, art pieces, jewelry and more! With the holidays right around the corner come shop 'til ya drop!

To reserve a space, you MUST see Kathy Herod in room # 404. Tables are \$10 per day.

Health Expo**Thursday, October 12 • 8 am-12 n**

A wonderful opportunity to see several healthcare providers in one trip! We'll have physical and behavioral health screenings, vaccinations, valuable information, refreshments, giveaways & more! This event is open to anyone age 60+. Tell your friends to join you for this once-a-year event.

Room 104

Medicare Counseling in October
Monday-Thursday begins Tuesday,
October 16

Medicare Annual Enrollment is October 15-December 7, 2023. It's always a great idea to check your Part D Drug Plan to ensure you have the best and most cost effective plan. As SHIP Counselors, we can do that for you. We also provide an unbiased free comparison for Advantage Plans. Call 615-848-2550 for an appointment. Both June Nicdao and Susan Freeman are State Health Insurance Plans (SHIP) certified counselors.

Appointments Only

Trip Escort Sign Up
Tuesday, October 17 • 10-11 am

Trip escorts who have completed training can sign up to escort new trips. **Room 104**

Halloween Dance
Saturday, October 28 • 3-6 pm

Are you ready to P-A-R-T-Y! Join us for a Fang-tastic time with the Rockin' Country Band. Come dressed in a costume. There will be prizes for 1st, 2nd and 3rd place. The Dance is open to all members and guests. Guest must be 60 years old or older. No children or taps on shoes. Tickets are \$5 and will go on sale on Thursday, October 26 at the front desk. Tickets can be purchased on the day of the dance. Tickets will be taken at the door. No Ticket! No Entrance! Snacks will be served.

Room 105**HEALTH & SOCIAL SERVICE**

Care for the Caregiver Series
Tuesdays, September 12 & October 10
10-11 am

Are you now 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**

Harmonicas for Health
Wednesdays in September & October
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

Grief Support Group
NOW MEETING WEEKLY
Wednesdays in September & October
10-11 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 non-judgmental environment. **Limit 10 Room 301**

Choose to Lose Weight Loss Program
Wednesdays, September 6 & 20 and October 4 & 18
9-9:45 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, September 8 • 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 50 Room 104

Parkinson Meeting 2

Fridays, September 22 • 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

Widow's Support Group

**Fridays, September 8 & 22 and October 13 & 27
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

Let's Talk About That

Mondays, September 11 & October 9

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.

Limit 15 Room 303

Best Skin Techniques for Aging Skin

Monday, September 11 • 1-2 pm

Marla St. Clair of St. Clair Skin Care is coming to teach the best skin care techniques for aging skin. Join us as we learn to take care of our skin after a hot Tennessee summer!

Limit 30 Room 104

Understanding Behaviors of Dementia:

Tips for Interaction

Thursday, September 14 • 9:30-10:30 am

Learn about how the different dementias impact ones behavior and how our interactions can make a difference for the person with dementia and for ourselves!

Limit 50 Room 104

Tips for Healthy Women

Fridays, September 15 & October 20

9:30-10:30 am

Join us as we listen to podcasts then discuss the subject matter. Topics will include exercise, health issues, nutrition, and more. If you want to live a healthier life, start here!

Limit 12 Room 303

Low Vision Products by Star Center

Monday, September 18 • 1-2 pm

Learn about low vision products available to improve your independence at home! Star Center is bringing products you could use to help use personal technology like computer or phone or activities around the house and yard. **Limit 30 Room 104**

Pelvic Health for Women

Monday, September 18 • 10-11 am

Dr. Amanda Merriman will focus the discussion around pelvic health of women as they age, including evaluation and basic treatments for incontinence, prolapse, & other common conditions. Questions will be welcomed as well.

Limit 50 Room 104

Better Sleep Through Science

Thursday, September 28 • 9:30-10:30 am

Want to learn more about sleep or how you can improve the quality of your sleep? Join us for an interactive discussion on sleep with Dr. James Loveless, an assistant professor who has expertise in behavioral sleep medicine. We will review some of the science around sleep and discuss the behavioral strategies that have been demonstrated to improve sleep with consistent use.

Limit 40 Room 104

Nutrition & Mental Health:

Linking Food, Mood & Me

Friday, October 20 • 10-11 am

The class will be talking about how the foods you eat affect your mental health and mood and which foods promote well being.

Limit 30 Room 104

FREE FITNESS CLASSES

Get Fit/Stay Fit on Mondays, Tuesdays, Thursdays & Fridays

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**

SAIL with Lois • Begins in October

Mondays & Thursdays • 8:00-9:00 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. You must contact Lois Maier to have a baseline assessment done before starting this class.

Limit 15 Room 204

Free Fitness Class continued**1:1 Exercise/Nutrition Consultation
Second and Fourth Monday of the month
9-11 am**

This is an opportunity to receive information to get you started on your personal exercise and nutrition journey. We will discuss your wellness goals and how you might work toward achieving them using community or St. Clair resources. **Limit 4/DAY Room 103E**

Zumba Gold AM**Mondays, Tuesdays & Thursdays & Fridays
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.

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 & 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, Tuesdays & 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
Thursdays • 1-1:45 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 • 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

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**

Beginning Boxing**Wednesdays in September & October
9-9:45 am**

This non-contact, no equipment boxing fitness class for those new to boxing where you will learn boxing fundamentals such as stance, basic punches/combos, footwork and shadow boxing. Fitness boxing has proven results in improving speed, balance and posture, cognition, strength, balance, and endurance. **Limit 10 Room 204**

Stretching Through Movement**Thursdays • 12:00-1:00 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 206

New! Fencing Class

**Mondays, September 9 & 11 and October 9 & 23
10:30-11:30 am**

Learn basic fencing moves and release your inner pirate or Robin Hood! Class taught by Murfreesboro Fencing owners and instructors from Saif Fencing Academy. **Limit 20 Room 206**

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

Beginner/Improver Line Dance

Tuesdays • 9:30-11:15 am

This class is for those who already know the basics in line dancing. We'll continue dancing the classics we're currently dancing while also challenging ourselves in learning some new popular dances. Please sign up in advance in case of a change in class and maximum amount of attendance.

Limit 35 Room 105

NEW! Line Dance for the Experienced Dancer

Wednesdays • 1:30-3 pm

This is a class for experienced line dancers looking to learn newer dances.

Limit 20 Room 204

Country Line Dance • OCTOBER ONLY

Fridays in October • 3:15-4:15 pm

Join us for line dance lessons on Friday 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, September 2 & October 7 • 1:30-3 pm

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

Limit 40 Room 105

Sunday Line Dance

Sundays in September • 2-4 pm

Join us for line dance lessons on Sunday afternoons. Beginner and intermediate dancers will learn dance steps to fun country songs.

Limit 18 Room 204

Physical Fitness Calendar located on page 8.

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. You may sign up for 1 or 2 days only. **Limit 20 each class 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 Dance Class

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 September we will do the Swing and in October the Waltz. No partner necessary!

Cost: \$26/mo Limit 25 Room 105

2023 September/October 7

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	9:00 am Beginning Boxing Room 204	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105
8:00 am SAIL with Lois Begins in October Room 204	8:00 am Tai Chi in a Chair Room 206	9:00 am Yoga with Larry Room 206	8:00 am SAIL with Lois Begins in October Room 204	9:00 am Yoga with Larry Room 206
9:00 am Yoga with Larry Room 206	9:15 am Chair Yoga Room 206		9:15 am Chair Yoga Room 206	9:15 am Zumba Gold AM Room 204
9-11 am 1:1 Exercise/Nutri- tion Consultation Room 103E 2nd & 4th Mondays	9:15 am Zumba Gold AM Room 204		9:15 am Zumba Gold AM Room 204	10:15 am Gentle Fitness AM Room 105
9:15 am Zumba Gold AM Room 204	9:30 am Beginner/Improver Line Dance Room 105	11:00 am Chair Yoga Room 206	10:15 am Core Galore Room 204	1:00 pm Gentle Fitness PM Room 204
10:15 am Gentle Fitness AM Room 105	10:15 am Core Galore Room 204		12:00 pm Stretching Through Movement Room 206	2:15 pm Core Basic Room 204
11:00 am Chair Yoga Room 206	1:00 pm SAIL Room 105 CLASS IS FULL	1:00 pm Go4Life Room 105	1:00 pm SAIL Room 105 CLASS IS FULL	3:15 pm Country Line Dance Room 204 OCTOBER ONLY
1:00 pm Go4Life Room 105	1:00 pm Intermediate Tai Chi Room 204		1:00 pm Intermediate Tai Chi Room 204	SATURDAY
1:00 pm Gentle Fitness PM Room 204	1:00 pm Gentle Fitness PM Room 204	1:30 pm Experienced Line Dance Room 204	1:45 pm Core Basic Room 204	1:00 pm Saturday Line Dance September 2 October 7 Room 105
2:15 pm Core Basic Room 204	2:00 pm Forever Fit Room 206		2:00 pm Forever Fit Room 206	1:00 pm Open Tai Chi Room 204
3:15 pm Zumba Gold PM Room 204	2:15 pm Beginning Tai Chi Room 204		2:15 pm Beginning Tai Chi Room 204	SUNDAY
5:30 pm Beginning Line Dance with Catrina Room 105	3:00 pm Ballroom Dance Room 105		3:15 pm Zumba Gold PM Room 204	2:00 pm Sunday Line Dance Room 204 SEPTEMBER ONLY
	3:15 pm Zumba Gold PM Room 204	Please consult with your doctor before starting any fitness program.		

CREATIVE ARTS

Social Ceramics

Tuesdays in September & October

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. No class 7/4.

Limit 20 Room 406

Quilting

**Tuesdays & Thursdays from 10 am-noon
in September & October**

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 September & October**

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, September 6, 13, 20 & 27 and
October 4, 18 & 25 • 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 September 7, 14, 21 & 28 and
October 5, 19 & 26 • 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 in September & October • 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. No class 9/4.

**Limit 8 Room 406 Cost: \$45 September
\$60 October**

Stained Glass Class PM

Mondays in September & October • 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. No class 9/4.

**Limit 8 Room 406 Cost: \$45 September
\$60 October**

Acrylic Techniques AM

**Wednesdays, September 6 & 13 and
October 4 & 11 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, September 5, 12 and October 3 & 10
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, September 8 and October 13 • 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

Beginner Crafts

Monday, October 23 • 1:30-3 pm

Calling all beginner crafters. Join us for some fun and learn how to make beautiful crafts.

Limit 10 Room 405

Art with Vivian AM

**Wednesdays, September 20 & 27 & October 18 &
25 • 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, September 19 & 26 and October 17 & 24
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****Monday-Friday from 8:00 am-2:00 pm**Dominoes! Learn to play Chicken Foot with this fun group. **Room 402****Duplicate Bridge****Mondays & Fridays in September & October****12:00-4:30 pm Room 303****Bid Whist****Mondays in September & October****1:00-4:00 pm**Learn an age-old card game, Bid Whist at St. Clair. No meeting on 9/4. **Room 402****Mahjong****Mondays & Thursdays in September & October****1:00-3:00 pm**Stop in for a game of Mahjong. **Room 503****Hand & Foot Game #1****Tuesdays in September & October****12:30-4:00 pm**Learn the art of playing the card game, Hand & Foot. **Limit 20 Room 303****Hand & Foot Game #2****Tuesdays in September & October****12:30-4:00 pm**Learn the art of playing the card game, Hand & Foot. **Limit 20 Room 503****Party Bridge****Thursdays in September & October****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 September & October****2:15-3:45 pm**If having FUN and LAUGHTER are activities that you're looking for, then our senior group of newbies and seasoned actors and actresses might just be that one thing on **Your Bucket List** to get involved in. Whether your interest is on stage, back stage or up front at the box office, then this group of active seniors will

keep you in stitches!

We will be performing our annual Fall production on November 3 (evening), 4, and 5 (matinees), so be sure to place those dated on your calendar.

We will be looking for a director of the 2024 season, so if you're the director type, by all means bring in the play/scripts for the Center's Program Director to review.

For additional information contact Jim Trasport, 2023 director, at 561-308-7087, email at jtraz@bellsouth.net or Program Director, Kathy Herod at 615-848-2550. No meeting 10/12.

Room 104**Ultimate Bingo****Thursdays, September 7, 14 & 28 and October 5, 19 & 26 • 10:00-11:00 am**Join us for a game of B-I-N-G-O! Its great fellowship and prizes. **Limit 70 Room 105****Book Club****Fridays, September 1 & October 6 • 9:30-10:30 am**

Books to be announces.

Limit 20 Room 301**Music Jam Session****Fridays, September 1 and October 13 & 27 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**Trivia Games****Tuesday, September 12, 19, & 26 and October 3, 10, 17 & 24 • 4:00-5:00 pm**

Teams compete by answering questions ranging from a variety of topics such as history, sports, math, Greek mythology, and geography. Prizes for the winning teams.

Limit 40 Room 104**Karaoke****Fridays, September 8 & 23 and October 6 & 20 1:00-3:00 pm**

Do you like to sing? Share your talents with our wildly popular pastime that involves singing the lyrics of a song while accompanied by recorded background music

Room 105

Pool Tournament

Wednesdays, September 13 & October 11

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

Guess That Price

Wednesday, September 20 • 2-3:30 pm

Going Once, Going Twice, Sold! Have fun while bidding on your favorite items with butter beans. All prizes will be supplied by St. Clair Senior Center. No Butter Bean Auction in September.

Limit 50 Room 104

Not So Newlywed Game

Wednesday, October 18

2:30-3:30 pm

How well do you and your spouse still know each other. Play in our newest game in our TV game show series St. Clair style. We need at least three to five couples to play the game. Couples can sign up with Kathy or Caroline. A prize will be given to the couple with the most points at the end of the game. If you would like to be a part of the audience sign up at the front desk. Snacks will be served.

Limit 50 Room 105

Butter Bean Auction

Wednesday, October 25

2:30-3:30 pm

Going Once, Going Twice, Sold! Have fun while bidding on your favorite items with butter beans. All prizes will be supplied by St. Clair Senior Center. No Butter Bean Auction in September.

Limit 50 Room 104

Pinochle Tournament

Saturday, October 28 • 8:30 am-2 pm

Limit 28 Room 104

SEMINARS/EDUCATION

In the Garden: Choosing Shrubs & Perennials for the Home Landscape

Monday, September 11 • 10-11 am

Join us as we have Master Gardener, Carol Reese assists us in choosing the proper shrubs and perennials for our own home landscape. Be sure to register as space is limited!

Limit 28 Room 104

In the Garden: Growing Mushrooms

Monday, October 9 • 10-11 am

Mushroom growing in the home garden can be easy and very rewarding as Master Gardener, Carol Reese will show us in this edition of "In the Garden".

Be sure to register for this class.

Limit 28 Room 104

Citizen Police Academy: September & October

Wednesday, September 13 • *8:45-11 am

This month's Police Academy (#9) students will learn about Firearms Safety. We will be taking a field trip to the police department simulator. ***Time change.**

Wednesday, October 11 • 9-11 am

In this month's Police Academy (#10) students will learn the Special Operations Unit (SWAT)/ K9 Unit.

Room 104

TRAVEL WITH ST. CLAIR

- ALL TRAVELERS MUST SCAN INTO MYSENIORCENTER FOR ALL TRIPS.
- 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.

WilCo Pow Wow

Saturday, September 23 • 10:15-3:45 pm

A celebration of life, culture, and community through dance, song, storytelling, food, and crafts. Fee includes transportation. Bring \$5 cash for admission and money for lunch.

Cost: \$16 Limit: 15 Deadline: September 10

The Walls Art Park, Waverly

Tuesday, September 26 • 8:30 am-4:00 pm

Take a stroll along the shaded gravel trails and view 30 walls featuring ever-changing masterpieces created by graffiti artists. We'll stop at the oldest vintage marketplace in Dickson on the return trip. Fee includes transportation. Admission is free. Wear comfortable walking shoes. Bring money for lunch.

Cost: \$25 Limit: 15 Deadline: September 18

LIGHT: Bruce Munro at Cheekwood, Nashville

Thursday, September 28 • 6-10 pm

British artist Bruce Munro's immersive, grand-scale light creations are displayed throughout Cheekwood's beautiful vistas, gardens, and in the mansion galleries. Fee includes transportation and admission.

**Cost: \$49 Limit: 15
Deadline: September 6**

**Tim's Backroads of Rutherford County Tour
Thursday, October 5 • 9 am-3 pm**

Bus tour of nearby places that newcomers to Murfreesboro (and even some long-term residents) may not yet have discovered, with lunch at one of the area's rural restaurants. Fee includes transportation and guided bus tour. Bring money for lunch.

**Cost: \$16 Limit: 15
Deadline: September 20**

Nashville Oktoberfest

Friday, October 6 • 9:45 am-4:45 pm

Nashville's Germantown neighborhood is filled with traditional music and dance, delicious food and drinks, and arts and crafts. Fee includes transportation. Admission is free. Bring money for lunch.

**Cost: \$21 Limit: 15
Deadline: September 17**

Watertown Mile Long Yard Sale

Saturday, October 7 • 8 am-3 pm

Antiques, flea market items, tools, collectibles, food and more! Fee includes transportation. Admission is free. Bring money for lunch and shopping.

**Cost: \$18 Limit: 15
Deadline: September 28**

Friday Night Dance, Manchester

Friday, October 13 • 5-9:30 pm

Dance the night away, or just sit and listen to the band. Fee includes transportation. Bring \$14 cash for dinner and admission.

**Cost: \$15 Limit: 15
Deadline: October 5**

Hiking at Burgess Falls State Park, Sparta

Tuesday, October 17 • 8 am-3 pm

There are two natural surface trail options—the .8 mile difficult/strenuous loop that passes four waterfalls, and the 1-mile moderate scenic canyon view trail. These are self-guided hikes for intermediate hikers. Those who don't wish to hike can spend time relaxing in nature. Fee includes transportation.

Cost: \$25 Limit: 15 Deadline: October 9

Fall Foliage Lunch Cruise, Chattanooga

Thursday, October 19 • 7:45 am-5:15 pm

Cruise the Grand Canyon of the South and see the landscape along the Tennessee River dressed in all its fall splendor on this 3-hour narrated cruise aboard the Southern Belle, featuring a one-time-through lunch buffet, live entertainment, and bingo. Fee includes transportation and lunch cruise.

Cost: \$88 Limit: 15 Deadline: September 6

Webb Art & Craft Show, Bell Buckle

Saturday, October 21 • 9 am-3:45 pm

This classic fall show offers over 100 booths of the finest arts and crafts, food trucks showcasing a variety of cuisine, and live music. Fee includes transportation. Admission is free. Bring money for shopping and lunch.

Cost: \$18 Limit: 15 Deadline: October 12

Incline Railway, Chattanooga

Tuesday, October 24 • 8 am-4 pm

This is an autumn experience you don't want to miss. Take a 10-minute ride to the top of Lookout Mountain where a mile-high view of the Tennessee valley awaits you. Fee includes transportation and incline railway ticket. Bring money for lunch.

Cost: \$42 Limit: 15 Deadline: September 10





"Footloose", Manchester

Friday, November 17 • 4:45-10:45 pm

Kick off your shoes for the pop musical based on the hit 1984 movie. With explosive choreography, and a mix of Top-40 80s hits and new music, you'll have a hard time staying in your seat! Fee includes transportation and production. Bring money for dinner.

Cost: \$33 Limit: 15 Deadline: September 17

Ray Stevens CabaRay, Nashville

Saturday, December 2 • 4:15-10:15 pm

This concert is jam-packed with Ray's iconic hits and comedy classics. Fee includes transportation, complete dinner, and show. Alcoholic beverages are not included.

Cost: \$101 Limit: 15 Deadline: September 9

"Funny Girl" TPAC, Nashville

Saturday, January 6 • 12:15-5:45 pm

Featuring one of the greatest musical scores of all time, this bittersweet comedy is the story of Fanny Brice, a girl from the Lower East Side, who became one of the most beloved performers in history. Fee includes production and transportation. No meal stop.

Cost: \$98 Limit: 15 Deadline: September 10

"The Cher Show", TPAC, Nashville

Saturday, January 20 • 12:15-5:45 pm

For six decades, only one unstoppable force has dominated popular culture—breaking down barriers and pushing boundaries. Cher is forever. This is the musical of her story. Fee includes production and transportation. No meal stop.

Cost: \$99 Limit: 15 Deadline: September 10

Taste of Wilson County, Lebanon

Thursday, October 26 • 4:45-8:15 pm

This annual event is filled with music, shopping and bite-size samples of delicious food showcasing some of the best restaurants in Wilson County. Fee includes transportation and admission. Bring money for marketplace.

Cost: \$41 Limit: 15 Deadline: September 10

Million Dollar Quartet, The Factory at Franklin

Saturday, October 28 • 12:30-5:15 pm

On December 4, 1956, Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins gathered for one night to play music and ended up making history. Step inside the greatest jam session ever recorded. Fee includes transportation and show. No meal stop.

Cost: \$72 Limit: 15 Deadline: September 10

The Motowners, Tullahoma

Saturday, November 4 • 4-10 pm

Musical tribute to the sounds of Motown. Fee includes transportation and show. Bring money for dinner.

Cost: \$41 Limit: 15 Deadline: September 10



"Girl From the North Country", TPAC, Nashville**Saturday, February 3 • 12:15-5:45 pm**

This musical, set in 1934 Duluth, Minnesota, is filled with legendary Bob Dylan songs as they've never been heard before. You'll meet a group of wayward travelers whose lives intersect in a guesthouse filled with music, life, and hope. Fee includes production and transportation. No meal stop.

Cost: \$98 Limit: 15**Deadline: September 10****"Tina: The Tina Turner Musical" at TPAC, Nashville****Saturday, February 17 • 12:15-5:45 pm**

The inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Fee includes production and transportation. No meal stop.

Cost: \$98 Limit: 15 Deadline: September 7**"Beetlejuice" at TPAC, Nashville****Saturday, March 16 • 12:15-5:45 pm**

Based on Tim Burton's film, the story is told of Lydia Deetz, a strange teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. Fee includes production and transportation. No meal stop.

Cost: \$97 Limit: 15**Deadline: September 10****"Annie" at TPAC, Nashville****Saturday, March 30 • 12:15-5:45 pm**

Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner. Fee includes production and transportation. No meal stop.

Cost: \$102 Limit: 15**Deadline: September 10**

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

Lunch Outing: MacHenry's Meat & Three, Nashville**Monday, September 11 • 10:45 am-1:30 pm**

Southern classics. Fee includes transportation. Bring money for lunch.

Cost: \$12 Limit: 15 Deadline: September 7**Lunch Outing: Old Delina Country Store, Cornersville****Friday, September 29 • 10 am-2:15 pm**

Opened in 1892, this historic grocery store offers deli items along with fried pies and ice cream for dessert. Fee includes transportation. Bring money for lunch.

Cost: \$16 Limit: 15 Deadline: September 13**Lunch Outing: Monell's at the Manor, Nashville****Tuesday, October 10 • 10:45 am-1:30 pm**

Historic spot serving up southern classics shared family style. Fee includes transportation.

Cost: \$11 Limit: 15**Deadline: September 20****Lunch Outing: Campione's Taste of Chicago, Goodlettsville****Monday, October 23 • 10:30 am-2 pm**

Serving up tasty Chicago style Italian food from sacred family recipes. Fee includes transportation. Bring money for lunch.

Cost: \$14 Limit: 15 Deadline: October 4**2023 Travel Destinations with St. Clair****COLLETTE****Spotlight on San Antonio Holiday**

5 days • December 14-18, 2023

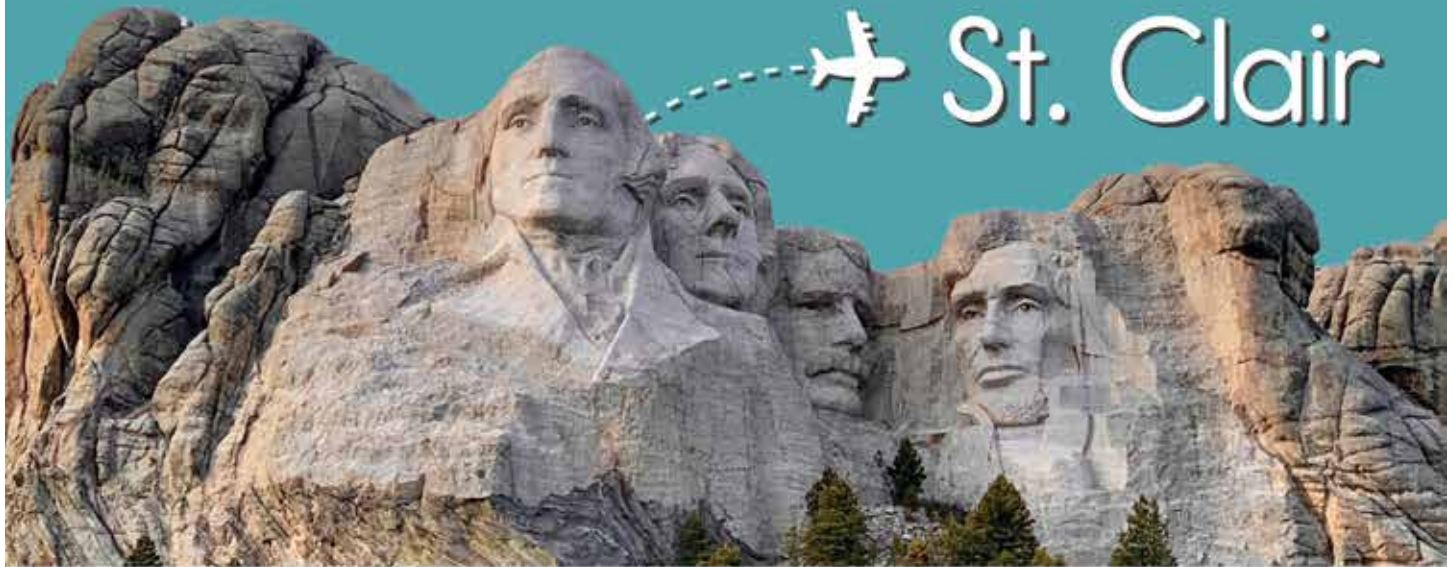
\$1999/pp double

WHITE STAR TOURS**Savannah, Georgia Swingin' New Year's Eve Celebration**

3 days • December 30, 2023-January 1, 2024

\$589/pp double

2024 ^{Travel} Destinations



COLLETTE

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

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

Spectacular Scandinavia · 14 Days · August 3-16
\$6999/pp double

DIAMOND TOURS

Myrtle Beach Show Trip · 6 Days · April 8-13
\$810/pp double

Mackinac Island · 7 Days · June 9-15
\$985/pp double

Branson Show Extravaganza · 6 Days · November 18-23
\$845/pp double

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

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

Gems of Eastern Europe River Cruise · 11 days · June 3-13
Starting at \$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

SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	Spades is played daily from 6 am-7 pm in room 402.	Chicken Foot is played M-F from 8:00 am-2:00 pm in room 402.
4 Center Closed Labor Day	5 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Acrylic Techniques PM Rm 406	6 8 am Pinochle Rm 503 9 am Choose to Lose Rm 104 9 am Acrylic Techniques AM Rm 406 10 am Grief Support Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
11 8:30 am Shanghai Rummy Rm 402 9:30 am Let's Talk About That Rm 303 10 am Stained Glass AM Rm 406 10 am In the Garden Rm 104 10:30 am Fencing Class Rm 206 10:45 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503 1 pm Best Skin Techniques for Aging Skin Rm 104	12 8:30 am Social Ceramics Rm 406 8:30 am Coffee Club w/Edward Jones Rm 303 10 am Quilting Rm 405 10 am Care for the Caregiver Rm 301 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Acrylic Techniques PM Rm 406 4 pm Trivia Games Rm 104	13 8 am Pinochle Rm 503 8:45 am Citizens Police Academy for Senior Citizens Rm 104 9 am Pool Tournament Rm 501 9 am Scarritt Bennett Center Trip 9 am Acrylic Techniques AM Rm 406 10 am Grief Support Group Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
18 8:30 am Shanghai Rummy Rm 402 10 am Pelvic Health for Women Rm 104 10 am Stained Glass AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503 1 pm Low Vision Products Rm 104	19 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	20 8 am Pinochle Rm 503 8:30 am Simple Wills for Seniors Rm ?? 9 am Choose to Lose Rm 104 9 am Art with Vivian AM Rm 406 10 am Grief Support Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406 2 pm Guess That Price Rm 104
25 8:30 am Shanghai Rummy Rm 402 10 am Stained Glass AM Rm 406 10:30 am Fencing Class Rm 206 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503	26 8:30 am Social Ceramics Rm 406 8:30 am The Walls Art Park Trip 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	27 8 am Pinochle Rm 503 9 am Art with Vivian AM Rm 406 10 am Grief Support Group Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
	The Simple Wills program on September 20 & 22 is currently full. Please call June Nicdao at 615-848-2550 for information on future appointments.	

SEPTEMBER CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
	1 9:30 am Book Club Rm 301 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Music Jam Session Rm 105 3:45 pm Musicians Corner Trip	2 6:15 pm The Kings of Queen Trip 3
7 9 am Social Art Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104	8 8 am Mountaineer Folk Festival Trip 9 am Oil Painting by Video Rm 406 9:30 am Widow's Support Rm 303 10 am Parkinson Support Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Basics of Songwriting Rm 405 1 pm Euchre Rm 503	9 8:45 am Middle Tennessee Highland Games & Celtic Festival 10
14 9:30 am Understanding Behaviors of Dementia: Tips for Interaction Rm 104 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Frist Art Museum Trip 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104	15 9:30 am Tips for Healthy Women Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 4:45 pm Full Moon Pickin' Party Trip 6 pm Dance with Uptown Country Band Rm105	16 8:30 am AARP Smart Driver Course Rm 104 17
21 9 am Social Art Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104	22 8:30 am Simple Wills for Seniors Rm 301 9:30 am Widow's Support Rm 303 10 am Parkinson 2nd Mtg Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Basics of Songwriting Rm 405 1 pm Euchre Rm 503 6:15 pm "Oliver!" Trip	23 10:15 am WilCo Pow Wow Trip 4 pm "Steel Magnolias" Trip 24
28 9 am Social Art Rm 406 9:30 am Better Sleep Through Science Rm 104 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104 2 pm Holiday Extravaganza Room Set Up VENDORS ONLY Rm 102-104 6 pm LIGHT: Bruce Munro at Cheekwood Trip	29 8 am Holiday Extravaganza Rm 102-104 10 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Dog Show: Sit Means Sit Rm 105	30 8 am Holiday Extravaganza Rm 102-104 10 am Dog Show: Sit Means Sit Rm 105

OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Spades is played daily from 6 am-7 pm in room 402.		Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.
2 8:30 am Shanghai Rummy Rm 402 10 am Stained Glass AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503	3 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Acrylic Techniques PM Rm 406 4 pm Trivia Games Rm 104	4 8 am Pinochle Rm 503 9 am Choose to Lose Rm 104 9 am Acrylic Techniques AM Rm 406 10 am Grief Support Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
9 8:30 am Shanghai Rummy Rm 402 10 am In the Garden Rm 104 10 am Stained Glass AM Rm 406 10:30 am Fencing Class Rm 206 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503	10 8:30 am Social Ceramics Rm 406 8:30 am Coffee Club w/Edward Jones Rm 303 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Care for the Caregiver Rm 301 10:45 am Lunch Outing 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Acrylic Techniques PM Rm 406 4 pm Trivia Games Rm 104	*11 8 am Pinochle Rm 503 9 am Citizens Police Academy for Senior Citizens SWAT/K9 Rm 104 9 am Acrylic Techniques AM Rm 406 9 am Pool Tournament Rm 501 10 am Grief Support Group Rm 301 12 pm Harmonicas for Health Rm 303
16 8:30 am Shanghai Rummy Rm 402 10 am Stained Glass AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503	17 8 am Hiking Burgess Falls State Park Trip 8:30 am Social Ceramics Rm 406 10 am Trip Escort Sign Up Rm 104 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	18 8 am Pinochle Rm 503 9 am Choose to Lose Rm 104 9 am Art with Vivian AM Rm 406 10 am Grief Support Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406 2:30 pm Not So Newlywed Game Rm 105
23 8:30 am Shanghai Rummy Rm 402 10 am Stained Glass AM Rm 406 10:30 am Lunch Outing 10:30 am Fencing Class Rm 206 12 pm Duplicate Bridge Rm 303 1 pm Stained Glass PM Rm 406 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503 1:30 pm Beginner Crafts Rm 405	24 8 am Incline Railway Trip 8:30 am Social Ceramics Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	25 8 am Pinochle Rm 503 9 am Art with Vivian AM Rm 406 10 am Grief Support Group Rm 301 12 pm Harmonicas for Health Rm 303 1 pm Art Connection Rm 406 2:30 pm Butter Bean Auction Rm 104
30 8:30 am Shanghai Rummy Rm 402 12 pm Duplicate Bridge Rm 303 1 pm Bid Whist Rm 402 1 pm Mah Jong Rm 503	31 8:30 am Social Ceramics Rm 406 12:30 pm Hand & Foot 1 Rm 303 12:30 pm Hand & Foot 2 Rm 503	

OCTOBER CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		1
5 9 am Social Art Rm 406 9 am Tim's Backroads of Rutherford County Tour 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104	6 9:30 am Book Club Rm 301 9:45 am Nashville Oktoberfest Trip 10 am Parkinson Support Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Basics of Songwriting Rm 405 1 pm Euchre Rm 503	7 8 am Watertown Mile Long Yard Sale Trip
		8
*12 8 am Health Expo Center Wide 9 am Social Art Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 12:15 pm "Wicked" Trip	13 9 am Oil Painting by Video Rm 406 9:30 am Widow's Support Group Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Music Jam Session Rm 105 5 pm Friday Night Dance Trip	14 6:15 pm Ultimate Oldies Rock' n Roll Show Trip
		15
19 7:45 am Fall Foliage Lunch Cruise 9 am Social Art Rm 406 10 am Quilting Rm 405 10 am Crochet & Knitting Rm 405 10 am Ultimate Bingo Rm 105 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104	20 9:30 am Tips for Healthy Women Rm 303 10 am Parkinson 2nd Mtg Rm 303 10 am Nutrition & Mental Health: Linking Food, Mood & Me Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Karaoke Rm 105 1 pm Basics of Songwriting Rm 405 1 pm Euchre Rm 503	21 9 am Webb Art & Craft Show Trip
		22
26 9 am Social Art Rm 406 10 am Quilting Rm 405 10 am Ultimate Bingo Rm 105 10 am Crochet & Knitting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mah Jong Rm 503 1 pm Senors Acting Up Rm 104 4:45 pm Taste of Wilson County Trip	27 9:30 am Widow's Support Group Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 503 1 pm Music Jam Session Rm 105	28 8:30 am Pinochle Tourney Rm 104 12:30 pm Million Dollar Quartet Trip 3 pm Halloween Dance Rm 105
		29

***The Senior Center will close at 1 pm on Wednesday, October 11 and will close after the Health Expo on Thursday, October 12.**



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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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www.MurfreesboroParks.com
 615-890-5333



Don't Forget!

St. Clair Senior Center Health Expo

Thursday, October 12
8 am-12:30 pm

We want YOU there!

