



Mayor Charlie Norman came to the Senior Center on September 7th to sign the Senior Center Proclamation.



Brenda Grimsley
Executive Director
mesc3@cpws.net

MCSC
2017-2018
Board Members

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**Chairperson*
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Mayor Dean Dickey
Mayor Bob Shackelford
Mayor Rick Graham

**Maury County
Senior Center
Is In Need Of
Volunteers
For Meals on Wheels**

**VOLUNTEERS
NEEDED**



For more information, please call
931.380.3950 Extension 2

YARD SALE

October 13 & 14

Please join us for our annual
yard sale at the
Baker Building from
7am-3pm on October 13 & 14!

We are accepting donations
of any items that are in
good condition to put on
our table.

You can purchase table
space for \$5. There are 25
spaces available.



**Inside this
issue:**

- 2 - Thank You's
- 3 - Columbia Activities
- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Classes - Assistance
- 7 - Mt. Pleasant Activities
- 8 - Pot Luck & Newsletter sign up

2017 Healthy Halloween Health Fair

Sponsored by The Maury County Senior Center

Oct. 12th 10 am-12 noon

At The Baker Building in Maury County Park

There will be prizes and lots of free health information.
This is a free event for ages 55 and up. We hope to see you!
The best costume wins a prize!





Maury County won first place in the South Central Senior Olympics because of these amazing athletes! This group had a combination of 14 Gold Medals and 14 Silver Medals. Wow!

September Special Events

Thank You!



We had our first Butter Bean Auction! It was full of fun and laughter; and, a lot of beautiful items from the Community Resource Center in Nashville were used to bid on. This will be a once-a-month event.



We're having a wonderful time walking at the track behind the Senior Center! Please check out the times listed as "Walk With Ease" on our calendar or bulletin board. We have a chart to record how many laps you've walked; including walking on non-scheduled days.



Thank You!



Thank you to First Presbyterian Church for your generous donation, and for enriching the lives of our Senior Citizens in Maury County.



Tonia of Healthsouth with some of our Canasta Tournament players.



Thank You!

Mt. Peasant Senior Center Fundraiser Sponsored by the Ladies of the Churches of Christ

Date: Sunday, Nov. 5, 2017

Time: 12:30pm (Lunch)

Price: \$7 Lunch










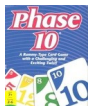










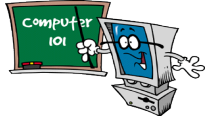


\$1 Dessert

Chicken and Dressing

Plus your choice of 2 sides:

- Turnip Greens
- Green Beans
- Pinto Beans
- Macaroni & Cheese
- Yams
- Cornbread or Rolls






Monday	Tuesday	Wednesday	Thursday	Friday
2 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 6pm Yoga Class 	3 8 Cards/games/pool 8:15 Walk With Ease (Track) 10 B/P by Quality 1st Home Care 11 Kroger Bingo 11:30 Fish Fry lunch provided by Macedonia Church 1 Beginners Computer Class 3 Genealogy Computer Class 	4 8 Rook & Canasta 9 Medicare Counseling 9 Dr. Kelsey Tubbs (Chiropractor) 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 1-2 Silver Sneakers 2-3 Tai-Chi Class 	5 8 Cards/games/pool 8:30 Blood Pressure Check 9:30 Arthritis Exercise 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 FRA 44 2 D.A.V. 6pm Yoga Class 	6 8 Cards/games/pool 8:15 Walk With Ease (Track) 9 Nine Ball Pool Tournament 10:30 Trivia w/ Mary Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 1-4:30 Bridge 7pm Chess Club 
9 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 10 Buddy Boane (Elvis) 11:30 Lunch 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 6pm Yoga Class	10 8 Cards/games/pool 9:30 Rock Painting 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Master Gardeners 	11 8 Rook/games/pool 8:15 Walk With Ease (Track) 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 	12 8 Cards/games/pool 8:30 B/P with Caris Healthcare 9:30 Arthritis Exercise 10-12 Fall Halloween Health Fair!!! 11:30 Lunch 1-4:30 Bridge 6pm Genealogy 	13 8 Canasta/games/pool 8:15 Walk With Ease (Track) 8:30 Rook Tournament 10 Ron Perry: Singer 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club ***YARD SALE 7AM-3PM OCTOBER 13 & 14 
16 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Tournament 11:30 Lunch 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 6 pm Yoga Class 	17 8 Cards/games/pool 8:15 Walk With Ease (Track) 9 Wii Practice 10 Healthy Aging 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 	18 8 Rook/games/pool 9 Medicare Counseling 9 Pool Tournament 9:00 Wii Tournament 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 	19 8 Cards/games/pool 8:30 B/P w/Signature Healthcare 9:30 Arthritis Exercise 11 Newcomers 11 Bingo with Vanderbilt Stallworth 1130 Lunch 1-4:30 Bridge 6pm Yoga Class 	20 8 Cards/games/pool 8:15 Walk With Ease (Track) 8:30 Canasta Tournament 9:00 Corn Hole Tournament 11 Kroger Bingo 11:30 Lunch 1-430 Bridge 7 pm Chess Club 
23 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 10 Butter Bean Auction 11:30 Lunch 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 6 pm Yoga Class 	24 8 Cards/games/pool 11:30 Potluck: Chili Cook-off 1 Painting with Bonnie 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Duck River Dulcimers 	25 8 Rook/games/pool 8:15 Walk With Ease (Track) 9 Medicare Counseling 11 Brookdale Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 	26 8 Cards/games/pool 8:30 B/P with Caris Healthcare 9:30 Arthritis Exercise 9:30 Bridge 11:00 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class 	27 8 Cards/games/pool 8:15 Walk With Ease (Track) 10 BIRTHDAY PARTY with Babs Keshmiri from Amerigroup 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club 
30 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi 6 pm Yoga Class 	31 8 Cards/games/pool 8:15 Walk With Ease (Track) 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 	2017 Walk to End Alzheimer's: Nashville Saturday, October 14th at the Walk of Fame Park. Registration: 7:00 am Walk at 8:30 am 	YARD SALE October 13 & 14 At the Baker Building 7am-3pm.	Our potluck is a Chili Cook-off on October 24th! The best chili wins a prize! 

*****PLEASE NOTE: Silver Sneakers is cancelled for October*****

SOUTH CENTRAL HUMAN RESOURCE AGENCY
Nutrition Program for the Elderly
Milk & Butter Included with each meal
Please record food temperatures in the spaces to the right if the daily menus

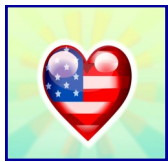
October 2017

*** Diabetic meals will have a dessert substitution of one of the following: fresh fruit, canned fruit (juice washed off), vanilla wafers, graham crackers, s/f Jell-O, pudding or cookie and applesauce.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADED PORK CHOP PINTO BEANS TURNIP GREENS CORNBREAD MIXED FRUIT MILK OCT 2	CHEESEBURGER W/ SWISS LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN FRESH APPLE MILK OCT 3	BEEF STEW YAM PATTIES COLESLAW CORNBREAD BAKED APPLES MILK OCT 4	TATER TOT CASS. ENGLISH PEAS SEASONED CABBAGE WW DINNER ROLL PEARS MILK OCT 5	WHITE BEANS W/HAM WHOLE KERNEL CORN SWEET POTATOES CORNBREAD FRUITED JELLO MILK OCT 6
HAMBURGER STEAK W/ GRAVY PEAS & CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK OCT 9	FISH FILLET SANDWICH W/ CHEESE & TARTAR SAUCE COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK OCT 10	CHILI W/ BEANS ½ PIMENTO CHEESE SAND. MIXED FRUIT POUND CAKE MILK OCT 11	SWEDISH MEATBALLS MIXED VEGETABLES GREEN BEANS RICE CHOC. PUDDING MILK OCT 12	PINTO BEANS W/HAM TURNIP GREENS COLD PICKLED BEETS CORNBREAD BAKED PEARS MILK OCT 13
CROWDER PEAS W/ HAM WHOLE KERNEL CORN DICED CARROTS CORNBREAD TROPICAL FRUIT MILK OCT 16	CHICKEN BISCUIT CREAM CORN BAKED APPLES OATMEAL RAISIN COOKIE MILK OCT 17	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK OCT 18	TURKEY BREAST W/ GRAVY GREEN BEANS SWEET POTATOES CORNBREAD DRESSING CRANBERRY SALAD MILK OCT 19	KRAUT & WEINERS NORTHERN BEANS GLAZED CARROTS CORNBREAD BANANA PUDDING MILK OCT 20
CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE CANDIED YAMS PEACHES MILK OCT 23	SALISBURY STEAK W/ GRAVY WHOLE POTATOES GREEN BEANS WW DINNER ROLL DICED PEARS MILK OCT 24	BAKED SPAGHETTI TOSS SALAD W/ RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK OCT 25	VEGETABLE SOUP ½ PIMENTO CHEESE SAND. FRESH ORANGE OATMEAL RAISIN COOKIE MILK OCT 26	COOKS CHOICE OCT 27
PEPPER STEAK W/ GRAVY LIMA BEANS HOMINY WW DINNER ROLL MANDARIN ORANGES MILK OCT 30	BREADED PORK CHOP PINTO BEANS TURNIP GREENS CORNBREAD MIXED FRUIT MILK OCT 31			

This newsletter is sponsored by:

MTB&J
MID-TENNESSEE
BONE & JOINT CLINIC, P.C.



PLEASE
SUPPORT
OUR MILITARY

MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR JUNE 2016

9-BALL POOL: Sponsored by: ROBERT MOONINGHAM
ROOK: Sponsored by: THE BRIDGE ASSISTED LIVING
PHASE 10: Sponsored by: AMBASSADORS GOLF CLUB
POOL: Sponsored by: TOMMY HEIGHT SHELTER INSURANCE
Wii: Sponsored by: NHC HEALTH & REHAB
CORNHOLE: Sponsored by: HERITAGE FUNERAL HOME
CANASTA: Sponsored by: HEALTH SOUTH

Be a good friend and
leave the handicap
parking for folks that
have a handicap tag on
their car or windshield.



ROOK WINNERS

1st Place: Virginia Neff
2nd Place: Okalene Russell



9-BALL POOL WINNERS

1st Place: Marshall Dodson
2nd Place: Robert Mooningham
3rd Place: Joe Sharp



POOL WINNERS

1st Place: Norman Areia
2nd Place: Joe Sharp
3rd Place: Vern Buck



CANASTA WINNERS

1st Place: 'Ben' Northern
2nd Place: Okalene Russell



Wii BOWLING WINNERS

1st Place: Danny McNeece
2nd Place: Marilyn Braden
3rd Place: Rochelle Graham



PHASE 10 WINNER

Wilnetta Bellanfant



CORNHOLE WINNERS

Winning Partners:
Paulette Baras
Rebecca Moore



Words cannot express how thankful we are to the dedicated volunteers we had for our Spaghetti Fundraiser lunch on September 21st! Our seniors cooked, packed meals, delivered meals, and served patrons in our facility from 8am-2pm. With their dedication, we raised over \$2000! That's a lot of meals! Additionally, we also send a big "Thank You!" to all the businesses that were so enthusiastic to support our endeavor. We couldn't of done it without your generosity.





Our Sympathy to the
families of:
James "Weasel" Whidby
Maggie Marshall
Mamie Alice Hardison
Gordan Parks

If you would like to see this
newsletter in living color go to
www.mcsc2.org

BEGINNING COMPUTER CLASS

Instructor: John Pierce Tuesdays 1 - 2:30
(Reservations not required)

MICROSOFT OFFICE CLASS

Instructor: Don Waller Tuesdays 10:30 - 12:30
Reservations required - Call 380-3950

GENEALOGY RESEARCH COMPUTER CLASS

Instructor: John Pierce Tuesdays - 3pm to 4:30pm.
(Reservations not required)

PERSONAL MEDICARE COUNSELING is available at the center each **Wednesday** from Volunteer Counselors from the State Health Insurance Assistance Program (SHIP). **Appointments are necessary**, and SCTDD will help with all your questions and is your first stop in choosing a plan. Call the Senior Center for more information at 380-3950. **Counselors** will answer questions and assist with problems related to Medicare. Information will be available about Medicare Supplement Insurance, Advantage Plans, Part D Prescription drug plans, eligibility for financial assistance and other Medicare issues.



BOW WOW! MEOW!

If you are 60 or over,
stop by the Maury County
Senior Center once a week for a
bag of pet food. Sponsored by:
PET PALS of Maury County, and
other community members.



Special Thanks To:

Behavioral Healthcare - Lunch
Amerigroup - Birthday Party
Olive Garden - Bread sticks and salad for our
Spaghetti fundraiser.
McDonalds - Salad Dressing for our
Spaghetti Fundraiser



We're very excited to celebrate
Veteran's Day on Wednesday,
November 8th! **PLEASE NOTE:**
This is three days before Veteran's
Day. If you're a Veteran, we'd love
to honor you by giving you a certificate with your name on it from the
Senior Center. Please contact, Lynn, the Activities Coordinator
by November 4th with your name and branch of service. We'll
also have dessert, and sing a couple patriotic songs.



We've started walking on a regular basis at the new
walking track behind us! Please
check the schedule for our walking
times as a group. The track is less
than a half of a mile. Please see Lynn
for any questions you may have.



SOUTH CENTRAL AREA TRANSIT SERVICE
VANS ARE BASED IN CAMPBELL PLAZA.
CALL 931-490-9968 FOR RESERVATIONS



It's still a Bargain
A subscription to our newsletter is only \$5 a year. If you haven't paid in a
year, we'd sure appreciate a prompt payment.

OOPS, MISTAKES HAPPEN
Occasionally there may be an error in days, times, or fees in this newsletter. When such
errors do occur, the staff will do everything possible to correct the situation promptly.

PLEASE NOTE:
Cancelled
For October:
SILVER SNEAKERS

**MONDAYS
& WEDNESDAYS
2-3PM**



Arthritis Exercise
THURSDAYS
9:30 AM

YOGA
MONDAYS 6-7PM &
1st, 3rd, and 4th
THURSDAYS 6-7PM
\$3.00




We are partnering with Galaxy Lanes to
encourage seniors to bowl at least one time
per week. This is great exercise and a good
way to meet others.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Phone 931 379-7222
Transportation: 931 388-9595

October 2017
501 Gray Ln.

Activity Coordinator: Diane James
Meal Site Manager: Sue Young

MON	TUES	WED	THUR	FRI
2 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:30 Lunch 	3 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Word Search 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	4 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	5 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old' Timers 11:30 Lunch 	6 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch 12:00 BIRTHDAY PARTY 
9 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker Exercise 11:30 Lunch 	10 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	11 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	12 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch 	13 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 POTLUCK FISH FRY provided by Carmack Blvd. Church of Christ
16 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:00 Cornhole 11:30 Lunch 	17 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Blood Pressure 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	18 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	19 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Wayne Hall & The Old Timers 11:30 Potluck 	20 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch 
23 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:30 Lunch 	24 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Senior Coloring 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	25 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch 	26 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Ron Perry 11:30 Lunch 	27 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch 
30 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker 11:30 Lunch 12:30 Word Search 	31 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 HALLOWEEN PARTY— DRESS IN COSTUME — PRIZES! 11:30 Lunch 			October is Breast Cancer Awareness Month 

Sponsors: * Arthritis Foundation & Maury County Senior Center * Hidden Acres
* Mid Tennessee Bone & Joint Clinic * Quality First Home Health

Maury County Senior Citizens
P.O. Box 993
Columbia, TN. 38402

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SENIOR TIMES
is a monthly publication of
Maury County Senior Citizens, Inc.
1020 Maury County Park Dr.
Columbia, TN 38401
The Maury County Senior Center
Is a United Way Agency



Our potluck is a Chili Cook-off!
Tuesday, October 24th, 2017
Please bring your best tasting chili, or a
side dish, or dessert. There will be a
prize for the best chili!



**SPONSORED BY THE OLDER AMERICAN'S ACT, UNDER THE AGREEMENT WITH SCTDD AREA AGENCY ON AGING
& DISABILITY & THE UNITED WAY OF MAURY COUNTY**

**MAKE A DONATION OR SIGN UP TO HAVE A NEWSLETTER MAILED TO YOU...
DON'T MISS ANY MORE EVENTS!**

NAME: _____ **1st Time Subscriber:** ____ **or Renewal:** ____ **DATE** _____

Address: _____ **City:** _____ **State:** ____ **Zip Code:** _____

MAURY COUNTRY SENIOR CENTER

_____ **ENCLOSED IS \$5.00 FOR MY NEWSLETTER FOR 2016**

_____ **ENCLOSED IS A DONATION OF \$** _____ **OR IN MEMORY OR HONOR OF:**

NAME: _____

**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 programs or activities receiving federal financial assistance.
(Title VI of the Civil Rights Acts of 1964)**