



SENIOR TIMES

JUNE 2018

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 6 ISSUE 6



County Mayor Charlie Norman, and Columbia Mayor Dean Dickey came to the Senior Center on May 2nd to read and sign the proclamation for "Older Americans Month".



We're having a Father's Day Fish Fry on June 15th at 11:30am in honor of Freddie Cathey. Freddie supplied fish for us in times past, and we wanted to pay tribute to him at this very special event. Thank you, Freddie, for all the fish you've provided for us!

Freddie Cathey 1955-2018

Brenda Grimsley
Executive Director
mcsc3@cpws.net

MCSC
2017-2018
Board Members

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*Chairperson
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Whitney Seaton
Mayor Charlie Norman
Mayor Dean Dickey
Mayor Jim Baily
Mayor Rick Graham

We'll be having an Elections Forum on June 11th at 10:15am at the Maury County Senior Center. The candidates we are inviting to speak are for the positions of: County Mayor, County Sheriff, and County Clerk.

YOUR CHANCE TO MEET THE CANDIDATES



JUNE 15
WORLD ELDER ABUSE AWARENESS DAY

"elder abuse, everyone's business"




















Heritage Bank & Trust will be giving a presentation on June 15th at 10am concerning Elder Abuse and Fraud Prevention. Please feel free to bring a friend to learn about this very important information.

Show your support for Seniors by wearing purple that day!



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Mon	Tue	Wed	Thu	Fri
<p>Meet The Candidates June 11th At 10:15am</p> 	 <p>Elder Abuse Presentation by Heritage Bank & Trust: June 15th Wear purple to raise awareness!</p>	 <p>Celebrating Father's Day in honor of Freddie Cathey on June 15th at 11:30am</p>	 <p>Maury Regional Mobile Clinic: Free Blood Pressure Check June 6th and 28th at 8:30am</p>	<p>1 8 Cards/games 9:00 9 Ball Tournament 9 Walk With Ease 10:30 Trivia w/ Mary Fox Unity Psychiatric Care 11:30 Lunch by Unity Psychiatric Care 11:30 Lunch 1-430 Bridge</p> 
<p>4 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Canasta/games 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class-cancelled</p> 	<p>5 8 Cards/games 9 Walk With Ease 10 Dr. Patel: Cataracts 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>6 8 Rook/games/pool 9 Medicare Counseling 8:30-12:30 Blood Pressure Check MRH Mobile Clinic 9 Nails With Xinia 10 Maury County Public Library 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi Class</p> 	<p>7 8 Cards/games 8:30 BP Check with Quality First Home Care 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle 1 FRA 44 1-4:30 Bridge 6pm Yoga Class-cancelled</p> 	<p>8 8 Cards/games/pool 8:20 Rook Tournament 9:00 Corn Hole Tournament 9 Walk With Ease 11 Kroger Bingo 11:30 Lunch 1-430 Bridge</p> 
<p>11 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Canasta/games 10:15 Meet The Candidates 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class-cancelled</p> 	<p>12 8 Cards/games 9 NEW! Pool Class 101 9 Walk With Ease 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Master Gardeners</p> 	<p>13 8 Rook/games/pool 9 Medicare Counseling 10 Father's Day Trivia 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>14 8 Cards/games 8:30 B/P Check with Rolling Hills Home Care 9:30 Arthritis Exercise 10:15 Line Dance w/ Yolanda 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle 1-4:30 Bridge 6pm Genealogy</p> 	<p>15 8 Cards/games/pool 9 Walk With Ease 9 Nails with Xinia 8:30 Canasta Tournament 10:00 Elder Abuse Info with Heritage Bank Please Wear Purple 11:30 Fathers Day Fish Fry in honor of Freddie Cathey 1-430 Bridge WORLD ELDER ABUSE AWARENESS DAY</p>
<p>18 8:30-9 Beginners Line Dance 9 Phase 10 Tournament 9-10 Line Dance Class 9 Canasta/games 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class-cancelled</p> 	<p>19 8 Cards/games 9 Wii Practice 9 Walk With Ease 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 1:30 Movie & Popcorn 3 Genealogy Computer Class</p> 	<p>20 8 Rook/games/pool 9 Nails with Xinia 9 Medicare Counseling 9 Pool Tournament 9 Wii Tournament 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>21 8 Cards/games 8:30 BP Check with Quality First Home Care 9:30 Arthritis Exercise 10:30 Trivia w/Life Care 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle 1-4:30 Bridge 4-7 Longest Day at Behavioral Healthcare 6pm Yoga Class-cancelled</p> 	<p>22 8 Cards/games/pool 9:15 MRH Critical Care: Opioids Addictions 10 Singer: Ron Perry 11 Kroger Bingo 11:30 Lunch 1-430 Bridge</p> 
<p>25 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Canasta/games 10:15 Singer: Jim Hutcheson 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class-cancelled</p> 	<p>26 8 Cards/games 9 Walk With Ease 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 1 Bonnie & Son (Craft) 3 Genealogy Computer Class</p> 	<p>27 8 Rook/games/pool 9 Nails with Xinia 9 Medicare Counseling 10 Butter Bean Auction 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>28 8 Cards/games 8:30-12:30 Blood Pressure Check with MRH Mobile Clinic 9:30 Arthritis Exercise 11:00 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle 1-4:30 Bridge 6pm Yoga Class-cancelled</p> 	<p>29 8 Cards/games/pool 9 Walk With Ease 10 Birthday Party with Vanderbilt Stallworth 11:30 Lunch 1-430 Bridge</p> 

Please note: All events and activities are subject to change with or without notice.
Please note: Yoga is cancelled for the month of June.



Thank You!



Xinia is a new volunteer, and has been making our ladies nails look fabulous!



Dorothy Grubb and her daughter provided our May Birthday Party Celebration in honor of her husband, Ralph Grubb. Pictured with them are some of our May birthday members.



Right: Unity Psychiatric Care provides lunch once a month to our Senior Center; additionally, Mary Fox challenges our memories and brain power with trivia!

2018

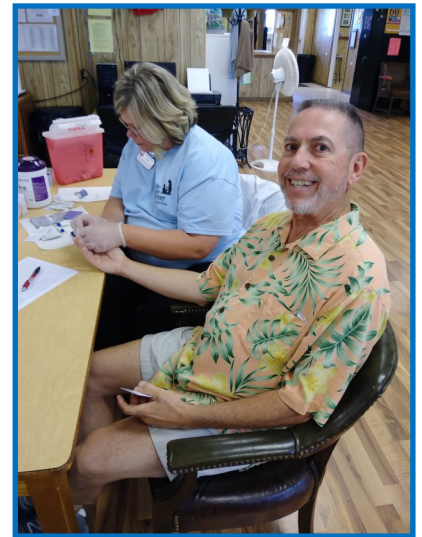


Left and Upper Left: Our own Deb Collins is shown entertaining with Ronnie Spann! People were up and dancin' and having a great time. We're hoping to hear more from these two!

Right: BlueCross Blue Shield Medicare Advocate, Stephanie Lynch, provided pies and cakes for our Mother's Day Celebration.

Mother's Day Celebration!





Above: Life Care Center of Columbia provided a Health Fair for us at the Senior Center in May! Their team took our blood pressure, checked our blood sugar levels, and tested our balance. They brought food and door prizes. It was an informing and fun morning. Thank you, Life Care Center!



Above: Healthy Hearts from Maury Regional Medical Center invited neurologist, Dr. Kita Williams, to inform us about strokes. Dr. Williams gave an excellent presentation; and Healthy Hearts brought their famous yogurt parfaits, door prizes, and other goodies.



County Mayor, Charlie Norman, having his blood pressure checked by the Maury Regional Mobile Medical Clinic at the Maury County Senior Center.

Right: The 'Game Room' sign above the door was donated by Joe Sharp in honor of "Weasel" William Whibly who was an avid pool player.

Young at Heart





PLEASE SUPPORT OUR MILITARY

MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR MARCH 2018

9-BALL POOL: Sponsored by: CIGNA HEALTHSPRING
 ROOK: Sponsored by: THE BRIDGE ASSISTED LIVING
 PHASE 10: Sponsored by: MAURY COUNTY SENIOR CENTER
 POOL: Sponsored by: TOMMY HEIGHT SHELTER INSURANCE
 Wii: Sponsored by: NHC MAURY REGIONAL TRANSITIONALCARE
 CORNHOLE: Sponsored by: MAURY COUNTY SENIOR CENTER
 CANASTA: Sponsored by: HEALTHSOUTH REHAB OF FRANKLIN

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



PHASE 10 WINNER Wilnita Bellafant



9-BALL POOL WINNERS

1st: Terry Cothran
 2nd: Fred Ward
 3rd: Jim Hutcheson



POOL WINNERS

1st: Terry Cothran
 2nd: Joe Sharp
 3rd: Jim Hutcheson



ROOK WINNERS

Rachel Tennyson &
 Alice Harvill



CORNHOLE WINNERS

Howard Loudermilk &
 Marilyn Braden.
 Chris, from Humana, kept score.



Wii BOWLING WINNERS

1st: Rebecca Moore
 2nd: Paulette Baras
 3rd: Marie Beard



CANASTA WINNERS

1st: Larry Venable
 2nd: Aubrey Davis



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.



Our Sympathy to the families of:

*Richard L. Burkeen
Pattie Smith
Archie Allen Jr.
Lloyd Littlejohn*

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


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 931-380-3950. **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 (extra help), and other Medicare issues.


Applying for SNAP: Supplemental Nutrition Assistance Program
If you're over 60, it's easier than you think! Free application assistance for seniors through SCTDD at 931.379.2955.




 Do you have an old pair of glasses that aren't being used? Please consider donating them to the Lion's Club to be made into glasses someone else could use. We collect them for the Lion's Club at the Senior Center!



 Tenn Pin Alley in Columbia was previously Galaxy Lanes. Senior Day is on Wednesdays from 10am-3pm. Shoes are \$1, and a game is \$1. Please call 931.381.2695 for details.

Maury County Senior Center is in need of volunteers for Meals on Wheels. For more information, please call 931.380.3950. Ext 2 

 Do you like to walk? You can participate in "Walk With Ease" on your own, or with us here at the Senior Center. Please check the calendar for scheduled times.

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



Special Thanks To:

Unity Psychiatric Care: Lunch
Dorothy Grubb - April Birthday Party
Vanderbilt Stallworth - May Birthday Party
Kroger - Bakery
Blood Pressure Checks: Quality First Homecare, and MRH Mobile Clinic
Blue Cross Blue Shield: Mother's Day Bakery

information

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.

Thank you for responding to our great need again last month!



BEGINNING COMPUTER CLASS:
Instructor: John Pierce Tuesdays 1 - 2:30 (Reservations not required)
GENEALOGY RESEARCH COMPUTER CLASS:
Instructor: John Pierce Tuesdays - 3pm to 4:30pm. (Reservations not required)
MICROSOFT OFFICE CLASS
Instructor: Don Waller Tuesdays 10:30 - 12:30 (Reservations required) Call 380-3950

Arthritis Exercise THURSDAYS 9:30 AM

PLEASE NOTE: YOGA Is Cancelled For June

PLEASE NOTE: Silver Sneakers has resumed! Mondays & Wednesdays 1-2PM
SILVER SNEAKERS

MONDAYS & WEDNESDAYS 2-3PM


The Senior Center is one of the locations for the new Maury Regional Hospital Mobile Clinic! Presently, blood pressures and oxygen levels are taken at no cost. They will be with us on June 6th at 8:30am, and June 28th at 8:30am. More services will be provided in the future.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Phone 931 379-7222



June 2018

Activity Coordinator: Diane James

Transportation: 931 388-9595

501 Gray Ln.

Meal Site Manager: Mary Smith

MONDAY	Tuesday	Wednesday	Thursday	FRIDAY
<p>We'd love for you to join us for coffee in the mornings, and Bring a friend!</p>	 <p>JUNE 15 WORLD ELDER ABUSE AWARENESS DAY</p> <p>Please wear purple In support of Elder Abuse Day!</p>	<p>Please join us for Exercise Class on Fridays at 10:15am!</p>		<p>1 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 EXERCISE CLASS WITH YOLANDA 11:30 LUNCH</p> 
<p>4 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 CHECKERS CRAFTS 11:30 LUNCH</p> 	<p>5 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>6 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 WAYNE HALL & THE OLD TIMERS 11:30 LUNCH</p> 	<p>8 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 EXERCISE CLASS WITH YOLANDA 11:30 LUNCH</p> 
<p>11 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 CHECKERS 11:30 LUNCH</p> 	<p>12 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>13 9:30 SENIOR WALKING 9:30 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>14 9:30 SENIOR-WALKING 9:45 COFFEE-CHATTING EXTRA BINGO 11:30 LUNCH</p> 	<p>15 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 EXERCISE CLASS WITH YOLANDA 11:30 LUNCH</p> 
<p>18 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 CHECKERS 11:30 LUNCH</p> 	<p>19 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>20 9:30 SENIOR WALKING 9:30 COFFEE-CHATTING CRAFTS BINGO 11:30 LUNCH</p> 	<p>21 9:30 SENIOR-WALKING 9:45 COFFEE-CHATTING 10:15 WAYNE HALL & THE OLD TIMERS 11:30 LUNCH</p> 	<p>22 9:30 SENIOR-WALKING 9:30 COFFEE-CHATTING 10:15 EXERCISE CLASS WITH YOLANDA 11:30 LUNCH</p> 
<p>25 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 CHECKERS 11:30 LUNCH</p> 	<p>26 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 CRAFTS 11:30 LUNCH</p> 	<p>27 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 BINGO 11:30 LUNCH</p> 	<p>28 9:30 SENIOR WALKING 9:45 COFFEE-CHATTINGS 10:15 SINGING GUESS WHO</p> 	<p>29 9:30 SENIOR WALKING 9:45 COFFEE-CHATTING 10:15 EXERCISE CLASS WITH YOLANDA</p> 

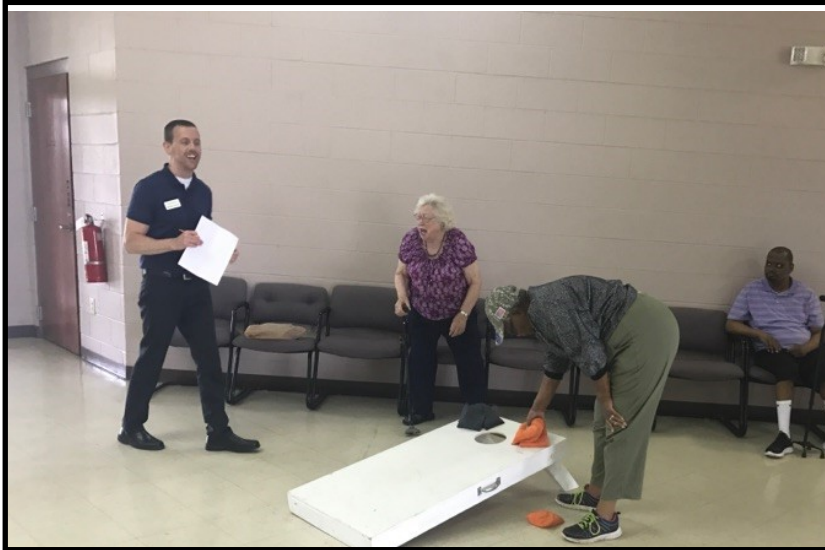
Sponsors: *Arthritis Foundation & Maury County Senior Center * Hidden Acres
* Mid Tennessee Bone & Joint Clinic *Quality First Home Health

Mt. Pleasant Senior Center

Welcome to our new Mt. Pleasant Senior Center section!
We'll be posting pictures, information, and upcoming events here.

Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●●

Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●●







Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant

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 of the daily menus

June 2018

*** 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
				MEATLOAF CREAMED POTATOES GREEN BEANS WW DINNER ROLL TROPICAL FRUIT MILK JUNE 1
BREADED PORK CHOP MIXED GREENS WHOLE POTATOES CORNBREAD MANDARIN ORANGES MILK JUNE 4	TOMATO BAKE MEXICALI CORN STEAMED BROCCOLI WW DINNER ROLL PINEAPPLE MILK JUNE 5	HOMEMADE PIMENTO CHEESE SANDWICH PORK & BEANS COTTAGE CHEESE PEACHES MILK JUNE 6	CHEESEBURGER W/ SWISS LET/TOM/ON/MAYO POTATO WEDGES BAKED BEANS WW BUN FRESH APPLE MILK JUNE 7	KRAUT & WEINERS CROWDER PEAS CARROT COINS CORNBREAD PEARS MILK JUNE 8
CHICKEN SALAD ON WHEAT W/LETTUCE CARROT SALAD TROPICAL FRUIT BROWNIE MILK JUNE 11	PINTO BEANS W/ HAM TURNIP GREENS COLD PICKLED BEETS CORNBREAD PEACH CRISP MILK JUNE 12	BBQ W/ BBQ SAUCE PKT LOADED BAKED POT. SALAD BAKED BEANS WW BUN MIXED FRUIT MILK JUNE 13	BAKED SPAGHETTI TOSS SALAD W/RANCH PINEAPPLE TEXAS TOAST SPONGE CAKE MILK JUNE 14	FISH FILLET W/ TARTAR SAUCE COLESLAW WHITE BEANS WW BUN BAKED APPLES MILK JUNE 15
HAMBURGER STEAK W/GRAVY MASHED POTATOES GREEN BEANS WW DINNER ROLL MANDARIN ORANGES MILK JUNE 18	HOAGIE SANDWICH LET/TOM/MAYO POTATO SALAD(MUST) TROPICAL FRUIT POUND CAKE MILK JUNE 19	SITE MANAGERS MEETING JUNE 20	MEATLOAF WHOLE POTATOES LIMA BEANS WW DINNER ROLL BANANA MILK JUNE 21	TURKEY AND SWISS CROISSANT LET/TOM/MAYO PORK & BEANS MACARONI SALAD FRESH ORANGE MILK JUNE 22
HOTDOG W/ MUST POTATO WEDGES 9 DAY SLAW WW BUN APPLE CRISP MILK JUNE 25	CHICKEN TENDERS W/HONEY MUST. LIMA BEANS AUGRATIN POTATOES WW DINNER ROLL FRESH ORANGE MILK JUNE 26	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK JUNE 27	LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK JUNE 28	HOMEMADE VEG SOUP ½ PIMENTO CH. SAND. PINEAPPLE SPONGE CAKE MILK JUNE 29

This newsletter is sponsored by:

For those eating on non-scheduled days at the Columbia Center: Please let the kitchen know by 11am the day before that you will be eating with us. We want to have enough food for everyone; this helps us to have enough. Please call 931-380-3950. Thank you!



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

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Columbia, TN 38401
*The Maury County Senior Center
Is a United Way Agency*



IMPORTANT
Please let Nancy (in the kitchen)
Know by 11am the day before
you are eating with us.
Thank you!
931-380-3950

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 2018

_____ 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)