



SENIOR TIMES

MARCH 2018

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 6. ISSUE 3



County Mayor, Charlie Norman, will be speaking at the Senior Center on Tuesday, March 13th at 10:30am about Maury County growth.

Don't forget to...



SPRING FORWARD!

In the USA, at 2 a.m. on 11 March 2018, clocks will be forwarded one hour, marking the beginning of Daylight Saving Time

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- 10 - Pot Luck & Newsletter Sign Up

Brenda Grimsley
Executive Director
 mcsc3@cpws.net

MCSC
2017-2018
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 Vickie Beaver
 Whitney Seaton
 Mayor Charlie Norman
 Mayor Dean Dickey
 Mayor Jim Baily
 Mayor Rick Graham



Jo Ann McClellan, President of the African American Heritage Society of Maury County gave a presentation about the United States Colored Corps for Black History Month.



NEW!!! The Maury Regional Hospital Mobile Clinic will be at the Senior Center
 March 7th from 9am-2pm
 March 22nd from 8:30am-2pm

Taco Potluck



We will have a taco potluck on March 13th at 11:30am. We will have sign up sheets for taco meat; chopped up tomatoes, peppers, cucumbers, or onions; shredded cheese, sour cream, taco sauce, chips, and salsa.

What a wonderful time we had at the luncheon the Lion's Club Provided for us!



***New!!!** If you've wanted to brush up on your pool skills (or want to learn how to play pool), we're having a class by one of our pool players on Tuesday, March 13th at 9am.*

March is National Nutrition Month



1 8 Cards/games/pool
8:30 BP Check with Quality First Home Care
9:15 Arthritis Exercise
9:30 Bridge
11 Kroger Bingo
11:30 Lunch
1 FRA 44
6pm Yoga Class



2 8 Cards/games/pool
9 Nine Ball Pool Tournament
10:30 Trivia w/ Mary Behavioral Healthcare
11:30 Lunch by Behavioral Healthcare
1 Walk With Ease(Track)
1-4:30 Bridge



5 8:30-9 Beginners Line Dance
9-10 Line Dance Class
9 Canasta/games
10:15 Healthy Cooking
11:30 Lunch
1-2 Silver Sneakers-cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi
6pm Yoga Class



6 Cards/games/pool
10:15 Missionary to Turkey
11:00 Kroger Bingo
11:30 Lunch
1 Beginners Computer Class
3 Genealogy Computer Class



7 8 Rook & Canasta
9 Medicare Counseling
10 MRH Speaker
11 Kroger Bingo
11:30 Lunch
1-4 Bridge
1-2 Silver Sneakers-Cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi Class



NEW!!! MRH Mobile Clinic from 9am-2pm

8 8 Cards/games/pool
8:30 B/P Check with Rolling Hills Home Care
9:30 Arthritis Exercise
11 Kroger Bingo
11:00 1-4:30 Bridge
6pm Genealogy



9 8 Cards/games/pool
8:20 Rook Tournament
10:00 Singer: Ron Perry
11 Kroger Bingo
11:30 Lunch
1 Walk With Ease(Track)
1-4:30 Bridge



12 8:30-9 Beginners Line Dance
9-10 Line Dance Class
9 Canasta/games
11:30 Lunch
1-2 Silver Sneakers-cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi
6 pm Yoga Class



13 Cards/games/pool
9 NEW! Pool Class 101
9:30 Golden K
10:30 Mayor Charlie Norman
11:30: Taco Potluck
1 Beginners Computer Class
3 Genealogy Computer Class
6PM Master Gardeners



14 8 Rook/games/pool
9 Medicare Counseling
10 Cigna Health Spring
11 Kroger Bingo
11:30 Lunch
1-4 Bridge
1-2 Silver Sneakers-Cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi



15 8 Cards/games/pool
8:30 BP Check with Quality First Home Care
9:30 Arthritis Exercise
10:30 Trivia w/Lifecare
11 Kroger Bingo
11 Newcomers
11:30 Lunch
1-4:30 Bridge
6pm Yoga Class



16 8 Cards/games/pool
8:30 Canasta Tournament
9:00 Corn Hole Tournament
11 Kroger Bingo
11:30 Lunch
1 Walk With Ease (Track)
1-4:30 Bridge



19 8:30-9 Beginners Line Dance
9 Phase 10 Tournament
9-10 Line Dance Class
10:15 Singer: Michael Hales
9 Canasta/games
11:30 Lunch
1-2 Silver Sneakers-cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi
6 pm Yoga Class



20 8 Cards/games/pool
9 Wii Practice
11:00 Kroger Bingo
11:30 Lunch
1 Beginners Computer Class
3 Genealogy Computer Class
6pm Duck River Dulcimers



21 8 Rook/games/pool
9 Medicare Counseling
9 Nails with Xinia
9 Pool Tournament
9 Wii Tournament
1-4 Bridge
1-2 Silver Sneakers-Cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi



22 8 Cards/games/pool
8:30 Blood Pressure Check with MRH Mobile Clinic
9:30 Arthritis Exercise
11:00 Kroger Bingo
11:30 Lunch
1-4:30 Bridge
6pm Yoga Class



NEW!!! MRH Mobile Clinic from 8:30-2:00

23 8 Cards/games/pool
10 Birthday Party! Kris Alexander with Vanderbilt Stallworth
11 Kroger Bingo
11:30 Lunch
1 Walk With Ease(Track)
1-4:30 Bridge



26 8:30-9 Beginners Line Dance
9-10 Line Dance Class
9 Canasta/games
10:15 Butter Bean Auction
11:30 Lunch
1-2 Silver Sneakers-cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi
6 pm Yoga Class



27 8 Cards/games/pool
9 Nails with Xinia
10 Singer: Jim Hutcheson
11 Kroger Bingo
11:30 Lunch
1 Bonnie & Son (Craft)
1 Beginners Computer Class
3 Genealogy Computer Class



28 8 Rook & Canasta
9 Medicare Counseling
10 Kidney Health: Carey Barr
11 Brookdale Bingo
11:30 Lunch
1-4 Bridge
1-2 Silver Sneakers-Cancelled
1 Walk With Ease(Track)
2-3 Tai-Chi Class



29 8 Cards/games/pool
8:30 Blood Pressure Check
9:30 Arthritis Exercise
11:00 Kroger Bingo
11:30 Lunch
1-4:30 Bridge
6pm Yoga Class



30
CLOSED

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



Some of our Canasta Tournament players with Healthsouth representative, J.J. Woolf. Healthsouth provides the prizes for the Canasta Tournament.

Thank You

**February
Special
Events**



Adonis Patton spoke to us about various forms of abuse, and how Center of Hope is available to help those in need of information and support. Our hearts were greatly touched by their services to our county, as well as to surrounding counties.



Michelle Kennedy, from Healthy Hearts (Maury Regional) gave a very informative presentation about diabetes and heart health.



Ulisha Blakely made our nails beautiful!



**Brenda
Grimsley, our
Director, had
a birthday in
February!**

CELEBRATING
BLACK HISTORY
MONTHS

Pictures of us celebrating Black History Month!



Ron Perry sang some of Dr. Martin Luther King Jr.'s favorite hymns, as well as other songs.



Jo Ann McClellan donated ten books for a raffle at her presentation. The book is named, "Ready To Die For Liberty: Tennessee's US Colored Troops in the Civil War". This was written by the Tennessee Wars Commission.



The Lion's Club made a delicious Valentine's Day lunch, as well as providing bags of candy and very nice raffle prizes. Elvis even showed up to sing for us!



The new Maury Regional Hospital Mobile Clinic was available for viewing at the Senior Center. It will be in operation twice a month at the Senior Center.



Left:
 Our Chili
 Potluck was
 delicious!

February



PLEASE SUPPORT OUR MILITARY

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR FEBRUARY 2018**

9-BALL POOL: Sponsored by: FAMILY ADVANTAGE FEDERAL CREDIT UNION
ROOK: Sponsored by: THE BRIDGE ASSISTED LIVING & BOB TILLIS
PHASE 10: Sponsored by: AMBASSADORS GOLF CLUB
POOL: Sponsored by: TOMMY HEIGHT SHELTER INSURANCE
Wii: Sponsored by: NHC MAURY REGIONAL TRANSITIONALCARE
CORNHOLE: Sponsored by: HERITAGE FUNERAL HOME
CANASTA: Sponsored by: HEALTHSOUTH

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



PHASE 10 WINNER

Rebecca Moore



9-BALL POOL WINNERS

**1st: Terry Cothran
2nd: Fred Ward
3rd: Paul Watson**



POOL WINNERS

**1st: Vernon Buck
2nd: Marshall Dodson
3rd: Terry Cothran**



ROOK WINNERS

Linda & Larry Venable



CANASTA WINNERS

1st: Edie Owston



Wii BOWLING WINNERS

**1st (tie) Marilyn Braden
1st (tie) Rebecca Moore
3rd Rochelle Graham**



CORNHOLE WINNERS

**Rebecca Moore & Eleanor Galle
(Bryan, from Humana, kept score)**



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:

Wilburn Dale Hill Norman G. Solomon Freddie Ross Cathey, Jr.

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.

Special Thanks To:

- Behavioral Healthcare - Lunch
- Vanderbilt Stallworth - February Birthday Party
- Kroger - Bakery
- Blood Pressure Checks: Quality First Homecare, Rolling Hills Home Care, Maury Regional Home Care, MRH Mobile Clinic.
- Lions Club: Valentines Lunch and Entertainment
- Black History Month: Jo Ann McClellan, Ron Perry
- Kathy's Family Restaurant: Chili for our Potluck

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 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



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.

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



Please check the calendar for our walking times around the new track behind the Senior Center. The program is called, "Walk With Ease", and the track is less than a half mile.

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



Arthritis Exercise THURSDAYS 9:30 AM

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

PLEASE NOTE: Cancelled For March: SILVER SNEAKERS

MONDAYS & WEDNESDAYS 2-3PM



NEW!!! The Senior Center is one of the locations for the new Maury Regional Hospital Mobile Clinic. Dates are March 7th (9-2) and March 22nd (8:30-2).



MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Phone 931 379-7222

February 2018




















Activity Coordinator: Diane James

Transportation: 931 388-9595

501 Gray Ln.

Meal Site Manager: Mary Smith

*****YARD SALE MARCH 10TH AT THE COMMUNITY CENTER 501 GRAY LANE*****

| MONDAY | TUESDAY | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| <p>March is National Nutrition Month</p>  | |  <p>MARCH IS NATIONAL KIDNEY MONTH</p> | <p>1 9:30 Senior Walking 9:45 Coffee & chatting 10:00 Wayne Hall & The Old Timers 11:30 Lunch</p>  | <p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise Class with Yolanda 11:30 Lunch</p>  |
| <p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Checkers 11:30 Lunch</p>  | <p>6 9:30 Senior Walking 9:45 Coffee & Chatting Crafts Bingo 11:30 Lunch</p>  | <p>7 9:30 Senior Walking 9:45 Coffee & Chatting Super Bingo 11:30 Lunch</p>  | <p>8 9:30 Senior Walking 9:45 Coffee & Chatting Singing 11:30 Lunch</p>  | <p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise With Yolanda 11:30 Lunch</p>  |
| <p>12 9:30 Senior Walking 9:45 Coffee & Chatting Checkers 11:30 Lunch</p>  | <p>13 9:30 Senior Walking 9:45 Coffee & Chatting Word Finder Super Bingo 11:30 Lunch</p>  | <p>14 9:30 Senior Walking 9:45 Coffee & Chatting Super Bingo 11:30 Lunch</p>  | <p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Wayne Hall & The Old Timers 11:30 Lunch</p>  | <p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise with Yolanda 11:30 Lunch</p>  |
| <p>19 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Checkers 11:30 Lunch</p>  | <p>20 9:30 Senior Walking 9:45 Coffee & Chatting Crafts 11:30 Lunch</p>  | <p>21 9:30 Senior Walking 9:45 Coffee & Chatting Super Bingo 11:30 Lunch</p>  | <p>22 9:30 Senior Walking 9:45 Coffee & Chatting Singing 11:30 Lunch</p>  | <p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise with Yolanda 11:30 Lunch</p>  |
| <p>26 9:30 Senior Walking 9:45 Coffee & Chatting Checkers 11:30 Lunch</p>  | <p>27 9:30 Senior Walking 9:45 Coffee & Chatting Crafts 11:30 Lunch</p>  | <p>28 9:30 Senior Walking 9:45 Coffee & Chatting Super Bingo 11:30 Lunch</p>  | <p>29 9:30 Senior Walking 9:45 Coffee & Chatting Mobile Client 10:00 til 2:00</p>  | <p>30 CLOSED</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 ●●●



Corn Hole Winners:
Lena Green and Frances Lyles



Black History Celebration



Suzanne Stewart,
Valadena Jones,
Alicia McGuire, Raven Fields,
Mary Booker





Al Anderson singing.

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

March 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 W/TOM SAUCE MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK MAR 1 | HOTDOG W/MUST. POTATO WEDGES COLESLAW WW BUN PEACH CRISP MILK MAR 2 |
| SLOPPY JOE AUGRATIN POTATOES MEXICALI CORN WW BUN APPLESAUCE MILK MAR 5 | HOMEMADE VEG SOUP ½ HAM SANDWICH W/ MUSTARD SLICED PEACHES SPONGE CAKE MILK MAR 6 | BREADED CHICKEN BAKED APPLES YELLOW HOMINY BUTTERMILK BISCUIT FRESH ORANGE MILK MAR 7 | LASAGNA TOSS SALAD W/RANCH TROPICAL FRUIT TEXAS TOAST BROWNIE MILK MAR 8 | CROWDER PEAS W/ HAM MIXED GREENS COOKED CARROTS CORNBREAD FRESH BANANA MILK MAR 9 |
| HAMBURGER STEAK W/ GRAVY MASHED POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK MAR 12 | BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL SPONGE CAKE MILK MAR 13 | CHILI WITH BEANS 1 SLICE OF CHEESE CRACKERS COLESLAW FRESH APPLE MILK MAR 14 | BAKED HAM WHOLE KERNEL CORN LIMA BEANS WW DINNER ROLL PUDDING MILK MAR 15 | FISH FILLET W/ TARTAR SAUCE WHITE BEANS COLESLAW CORNBREAD BAKED PEARS MILK MAR 16 |
| CHICKEN & NOODLES CARROTS SUCCOTASH WW DINNER ROLL PINEAPPLE MILK MAR 19 | CHICKEN TENDERS W/HONEY MUST. GREEN PEAS AUGRATIN POTATOES WW ROLL TROPICAL FRUIT MILK MAR 20 | CLOSED SITE MANAGERS MEETING MAR 21 | BAKED SPAGHETTI TOSSED SALAD W/ RANCH PINEAPPLE SUGAR COOKIE TEXAS TOAST MILK MAR 22 | TATER TOT CASSEROLE GLAZED CARROTS GREEN BEANS WW DINNER ROLL PEARS MILK MAR 23 |
| BBQ POTATO WEDGES BAKED BEANS 1 PACKET BBQ SAUCE WW BUN FRESH ORANGE MILK MAR 26 | BEEF STEW ½ PIMENTO CH. SAND. PEACHES OATMEAL RAISIN COOKIE MILK MAR 27 | CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE STEWED TOMATOES PEACHES MILK MAR 28 | CHEESEBURGER W/ SWISS ON/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN MIXED FRUIT MILK MAR 29 | HOLIDAY MAR 30 |

This newsletter is sponsored by:

For those eating on non-scheduled days at the Columbia Center: Please let the kitchen know the day before that you will be eating with us. We want to have enough food for everyone; and 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*

Our Taco Potluck Will Be On



Tuesday, March 13th at 11:30am

We will have a taco potluck on March 13th at 11:30am. We'll have sign up sheets for taco meat; chopped up tomatoes, peppers, cucumbers, or onions; shredded cheese, sour cream, taco sauce, chips, salsa and desserts.



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)