



SENIOR TIMES

JANUARY 2019

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 7 ISSUE 1

Brenda Grimsley
Executive Director
mcsc3@cpws.net

MCSC
2018-2019
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Come Join Us
For our Martin Luther King Jr. presentation
Friday, January 18th at 10am

Above: When its holiday time at the Senior Center we really party. With people from door to door we had an old fashioned holiday party complete with a hot home cooked lunch, Santa, entertainment, gifts for all and of course laughs and good times!

PLEASE NOTE:
Our January dates closed.

During the winter we close for inclement weather if Maury Co. schools close.

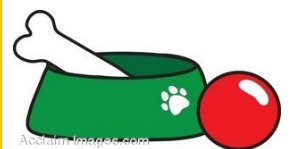











Above: Our seniors and Executive Director thank Tamika Vaughn (pictured center) and Ascend Credit Union for their apple donation to our annual Christmas Party.



Above: Our Director Brenda Grimsley accepting a wonderful donation of \$606.00 from Rev. T.K. Blakesley and his congregation. All donations we receive help us bring more activities to our center attendees. What a great gift to receive during our holiday party!

Thank you to Ms. Candace Baker's Pre-K class from Spring Meadows Academy in Spring Hill, TN for their donation of pet food and toys. What a nice gesture!



Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>NEW YEARS DAY CENTER CLOSED</p>	<p>2 8 Cards/games 9 Medicare Counseling 9:00 9 Ball Tournament 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p>	<p>3 8 Cards/games 8:30 Walk With Ease 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle 12:30 FRA 44 2 DAV</p> 	<p>4 8 Cards/games 8:30 B/P Check with Quality First Home Care 9 Medicare Counseling 9:30 Arthritis Exercise 10:45 Trivia w/ Mary Fox Unity Psychiatric Care 11:30 Lunch by Unity Psychiatric Care 1-430 Bridge</p>
<p>7 8 Cards/pool 8:30-9 Beginners Life Dance 9-10 Line Dance Class 9 Canasta/games 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi Lunch</p> 	<p>8 8 Cards/games 8-10 NEW!!! Pool 101 8:30 Walk With Ease 11 Kroger Bingo w/ Brookdale 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>9 8 Rook/games/pool 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>10 8 Cards/games 8:30 Walk With Ease 10 Presentation Thyroid Health—Regina Shaw & Stacey Taylor MRH 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle</p> 	<p>11 8 Cards/games/pool 8:20 Rook Tournament 8:30 Blood Pressure Check w/ Annette Gelinas Magnolia Healthcare & Rehab 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-430 Bridge</p> 
<p>14 8 Cards/pool 8:30-9 Beginners Life Dance 9-10 Line Dance Class 9 Canasta/games 9 Phase 10 Tournament 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi</p>	<p>15 8 Cards/games 8-10 NEW!!! Pool 101 8:30 Walk With Ease 11:00 Kroger Bingo w/ Sharmeca, Senior Solutions 11:30 Lunch 12:30 Move & Popcorn 1 Beginners Computer Class 3 Genealogy Computer Class 6 PM Master Gardeners</p>	<p>16 8 Rook/games/pool 9 Medicare Counseling 9 Pool Tournament 10 Wii Tournament 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>17 8 Cards/games 9 Corn Hole Tournament 10:30 Trivia with Vanessa of Life Care 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle</p> 	<p>18 8 Cards/games/pool 8:30 Blood Pressure Check with MRH Mobile Clinic 8:30 Canasta Tournament 9:30 Arthritis Exercise 10 Martin Luther King Jr. Presentation by James Spearman 11 Kroger Bingo 11:30 Lunch 1-430 Bridge</p> 
<p>21 MARTIN LUTHER KING DAY CENTER CLOSED</p> 	<p>22 8 Cards/games 8-10 NEW!!! Pool 101 8:30 Walk With Ease 11 Kroger Bingo 11:30 Lunch 1 Art with Bonnie 1 Beginners Computer Class 3 Genealogy Computer Class</p>	<p>23 8 Cards/games 9 Medicare Counseling 10 Nails with Cassie 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>24 8 Cards/games 8:30 Blood Pressure Check with MRH Mobile Clinic 10 Singing with Ron Perry 11 Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle</p> 	<p>25 8 Cards/games/pool 8:30 Blood Pressure Check w/ Quality First Home Care 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-430 Bridge</p> 
<p>28 8 Cards/pool 8:30-9 Beginners Life Dance 9-10 Line Dance Class 9 Canasta/games 9 Medicare Counseling 11:30 Lunch 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>29 8 Cards/games 8-10 NEW!!! Pool 101 8:30 Walk With Ease 10 Presentation on Neuropathy with Doctors Hiitson and Kassinger 11 Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p>	<p>30 8 Rook/games/pool 9 Medicare Counseling 10 Butterbean Auction 11:30 Lunch 1-4 Bridge 1 Silver Sneakers 2-3 Tai-Chi</p> 	<p>31 8 Cards/games 8:30 Blood Pressure Check with MRH Mobile Clinic 10 January Birthday Party—Sponsor Heidi Wolaver/The Reserve at Spring Hill 11: Kroger Bingo 11:30 Lunch 12:30-4:30 Pinochle</p>	

Please note: All events and activities are subject to change with or without notice.
*******IMPORTANT: ARTHRITIS EXERCISE WILL NOW
BE ON FRIDAYS*******

SOUTH CENTRAL HUMAN RESOURCE AGENCY
Nutrition Program for the Elderly
Milk & Butter Included with each meal

JANUARY 2019

*** 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.

MON	TUE	WED	THU	FRI
	HOLIDAY JAN 1	CHICKEN STRIPS W/ HONEY MUSTARD AUGRATIN POTATOES PEAS & CARROTS WW DINNER ROLL FRESH APPLE MILK JAN 2	PINTO BEANS W/ HAM TURNIP GREENS STEWED TOMATOES CORNBREAD PEACHES MILK JAN 3	ENCHILADA PIE MEXICALI CORN REFRIED BEANS TORTILLA CHIPS MANDARIN ORANGES MILK JAN 4
MEATLOAF W/ TOMATO SAUCE WHOLE POTATOES BLACK EYED PEAS WW DINNER ROLL S/F CHOC. PUDDING MILK JAN 7	BEEF STEW ½ PIMENTO CHEESE SANDWICH ON WHEAT FRUIT COCKTAIL OATMEAL RAISIN COOKIE MILK JAN 8	CREAM CHICKEN OVER CORNBREAD SUCCOTASH CANDIED YAMS PEACHES MILK JAN 9	BAKED SPAGHETTI TOSSED SALAD W/ RANCH DRESSING WK CORN TEXAS TOAST BAKED APPLES MILK JAN 10	FISH FILLET W/ TARTAR SAUCE COLESLAW WHITE BEANS WW DINNER ROLL PEACH CRISP MILK JAN 11
SLOPPY JOE AUGRATN POTATOES GREEN PEAS WW BUN FRESH ORANGE MILK JAN 14	MACARONI & CHEESE SEASONED CABBAGE DICED CARROTS WW ROLL TROPICAL FRUIT MILK JAN 15	CHILI W/BEANS CHEESE CRACKERS FRUIT COCKTAIL BROWNIE MILK JAN 16	CHICKEN & NOODLES OKRA & TOMATOES LIMA BEANS WW DINNER ROLL PINEAPPLE MILK JAN 17	BAKED HAM SWEET POTATOES GREEN BEANS WW DINNER ROLL MANDARIN ORANGES MILK JAN 18
HOLIDAY JAN 21	BBQ W/ BBQ SAUCE PACKET POTATO WEDGES BAKED BEANS WW BUN FRESH ORANGE MILK JAN 22	TOMATO SOUP HAM & CHEESE SAND. ON WHEAT W/ MAYO SPONGE CAKE TROPICAL FRUIT MILK JAN 23	BEEF TOMATO BAKE WK CORN GREEN BEANS WW ROLL PEARS MILK JAN 24	HOT DOG W/ MUST. 9 DAY SLAW TATER TOTS/ KETCHUP WW BUN APPLE CRISP MILK JAN 25
HAMBURGER STEAK W/GRAVY MASHED POTATOES GREEN PEAS WW ROLL FRESH APPLE MILK JAN 28	CHICKEN & DUMPLINGS BLACK EYED PEAS YAM PATTIES WW ROLL MANDARIN ORANGES MILK JAN 29	VEGETABLE SOUP ½ PIMENTO CHEESE SAND. ON WHEAT PEACHES POUND CAKE MILK JAN 30	CHEESEBURGER W/ SWISS CHEESE LET/TOM/ONION/MAYO POTATO WEDGES/ KETCH BAKED BEANS WW BUN BANANA MILK JAN 31	

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!





PLEASE SUPPORT OUR MILITARY

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

9-BALL POOL: Sponsored by: MAURY COUNTY SENIOR CENTER
ROOK: Sponsored by: THE BRIDGE ASSISTED LIVING
PHASE 10: Sponsored by: AMBASSADOR'S GOLF CLUB
POOL: Sponsored by: TOMMY HEIGHT SHELTER INSURANCE
Wii: Sponsored by: NHC MAURY REGIONAL TRANSITIONA CARE
CORNHOLE: Sponsored by: HERITAGE FUNERAL HOME
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

Paulette Baris



9-BALL POOL WINNERS

1st: Fred Ward
2nd: Howard Loudermilk
3rd: Steve Shoemake (not pictured)



POOL WINNERS

1st: Ron Hengerer
2nd: Howard Loudermilk
3rd: Marshall Dodson



ROOK WINNERS

Margaret Stone & Larry Venable



CORNHOLE WINNERS

Bryan, from Gateway Senior Solutions kept score.
Marie Beard & Rebeca Moore



Wii BOWLING WINNERS

1st: Marilyn Braden
2nd: Deb Collins
3rd: Jean Thomason



CANASTA WINNERS

Virginia Neff & Carol South



It's Still A Bargain

A subscription to our newsletter is only \$10 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.

Thank you to the United Way of Maury County for supporting us here at the Maury County Senior Center! We appreciate you!

The UWMC 2018 Campaign is in progress.

For information: unitedwayofmaurycounty@gmail.com or visit their website at www.unitedwayofmaurycounty.com for further information or to make a donation.

UWMC Proud Partner of the Maury County Senior Center!

Below: Our Annual Holiday Luncheon and Party always brings out lots of people.





Thank You

FOR ATTENDING OUR ANNUAL CHRISTMAS PARTY & LUNCHEON. A GOOD TIME WAS HAD BY ALL!



Above: Our lucky door prize winners!! Look at those smiles, they sure left feeling lucky.

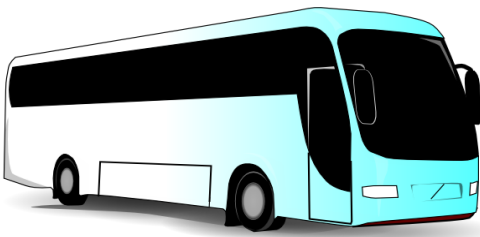
Thank you to the Maury County Democratic Party for their gift of pet food to the center!! These gifts help our seniors feed their pets and are so appreciated.



Thank you to Pam Evans and Charlotte Spencer donation of hand crafted stocking stuffers for our annual Christmas Party guests. We appreciate you very much!!



2019 Senior Trips



April 25— May 1, 2019—Washington DC
June 17— June 22—Virginia Beach, Williamsburg & Norfolk
Sept 26—Oct 7—Las Vegas, Hoover Dam & Grand Canyon
Dec 3—Dec 5—Pigeon Forge/Great Smokey Mountains
Contact: Esther 931-380-3950



Left: Our holiday music entertainment was great, thanks to Ronnie Spann and Deb Collins who sang plenty of holiday standards. They even did a few sing-a-longs so our crowd could get in on the fun.

Below: Many of our Santa's' Helpers, smiling and ready to help. We couldn't make this happen without our helpers. THANK YOU!



(Above) We thank Pet Pals—Rudimentary Rescue & Pet Sense for their large donation of pet food.





Our Sympathy to the Families of:

**William Rayfield Braden
Deacon Andrew Claude, Jr.
Myrtle Hannah
Yvonne Summer Hayes
Linda Gail Moore
Raymond Richardson
John L Stephens**

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

PERSONAL MEDICARE COUNSELING is available at the center (Dec. only until the 7th) **Monday, Wednesday and Friday** *for annual enrollment 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



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



Please support the Senior Center! Our code is WV364

**SOUTH CENTRAL AREA TRANSIT SERVICE
VANS ARE BASED IN CAMPBELL PLAZA.
CALL 931-388-9595 FOR RESERVATIONS**



Special Thanks To:

Unity Psychiatric Care - Lunch
Kroger - Bakery
Blood Pressure Checks: Quality First Homecare,
Rolling Hills Home Care, and the MRH Mobile Clinic
Lifecare for Trivia Prizes
NHC HomeCare for Fruit Trays

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
FRIDAYS
9:30 AM**

PLEASE NOTE:

**Silver Sneakers has resumed!
Mondays & Wednesdays 1-2PM
The First Class Is Free!**



**Practice
your
Resolutions**

**MONDAYS
& WEDNESDAYS
2-3PM
The First Class Is Free!**



The Senior Center is one of the locations for the Maury Regional Hospital Mobile Clinic! Blood pressures and oxygen levels are taken at no cost. They will be with us on at 8:30am. On various days. Check calendar for dates.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE JANUARY 2019













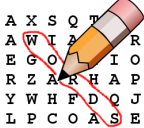


Phone 931-379-7222

Activity Coordinator: Diane James

Transportation: 931-388-9595

501 Gray Ln.

Meal Site Manager: Mary Smith

Mon	Tue	Wed	Thu	Fri
	1 NEW YEARS DAY CENTER CLOSED	2 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:15 Exercise with Yolanda 11:30 Lunch 	3 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Bingo 11:30 Lunch 	4 9:45 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Weight/loss Programs 11:30 Lunch 
7 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Crafts 11:30 Lunch 	8 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Health Notes Beverly Hobson 11:30 Lunch 	9 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:15 Exercise with Yolanda 11:30 Lunch	10 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:30 Scarf Creations 	11 9:45 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:15 Pounds Down 11:30 Lunch
14 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Checkers 11:30 Lunch 	15 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:15 Bingo 11:30 Lunch 	16 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:15 Exercise with Yolanda 11:30 Lunch 12:15 Corn Hole 	17 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:30 Singing with J.T. Booker 11:30 Lunch	18 9:45 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:15 Count your Pounds 11:30 Lunch 
21 MARTIN LUTHER KING DAY CENTER CLOSED	22 9:30 Senior Walking 9:45 Coffee/Chatting/ Walking 10:15 Bingo 11:00 Blood Pressure Reading 11:45 Lunch 	23 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Exercise with Yolanda 11:30 Lunch	24 9:30 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:30 Bingo with Carmack Sisters 11:30 Lunch 	25 9:45 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:15 Who Is Ahead 11:30 Lunch 
28 9:45 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:00 Mary Kay Make-Up 11:30 Lunch 	29 9:45 Senior Walking 9:45 Chatting/Coffee/ Word Puzzle 10:45 Bingo 11:30 Lunch 	30 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:15 Exercise with Yolanda 11:30 Lunch	31 9:30 Senior Walking 9:45 Coffee/Chatting/ Word Puzzle 10:30 Singing J.T. Booker 11:30 Lunch	

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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1020 Maury County Park Dr.
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.

**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 \$10.00 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)