



# SENIOR TIMES

APRIL 2022

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 10 ISSUE 2

**Jan Graves**  
Executive Director  
jangmcscc@gmail.com

\*\*\*\*\*  
**MCSC**  
2021-2022

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- \*Chairperson
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- Beverly Baxter
- Walter Mitchell
- Agnes Young
- Bobby Chance
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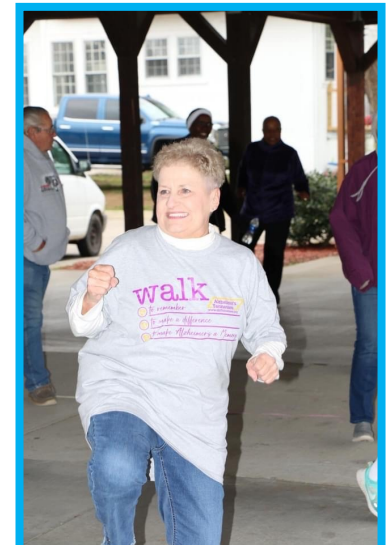
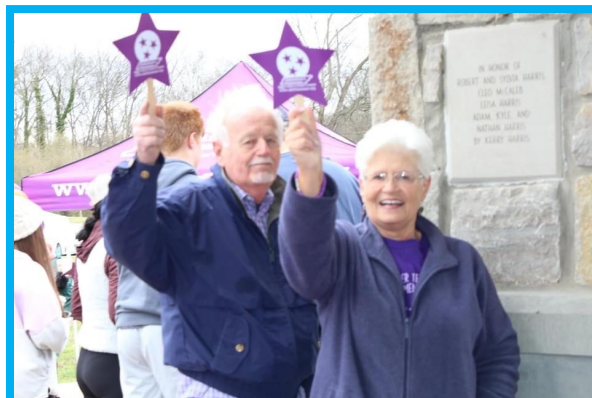
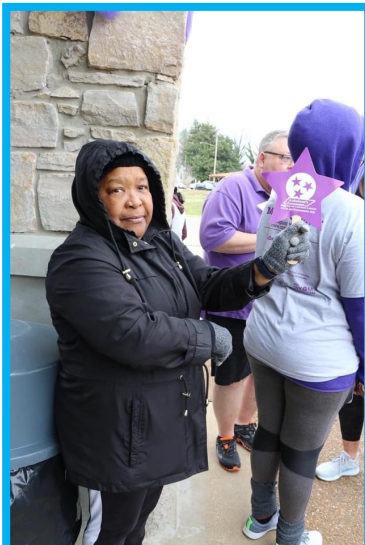


















### INSIDE

- 2—Columbia Calendar
- 3—Meal Menu
- 4—Mt. Pleasant Calendar
- 5—Tournament Winners
- 6—Columbia Activities
- 7 - Mt. Pleasant Activities
- 9—Info., Classes
- 10 -Newsletter Sign Up

Responsible winter heating is a must. Please always be careful of how you heat your home during these cold winter months. Remember to check on your friends as well. The center is a great place to come to be warm.

(Above & Below) Our seniors supported the first ever Alzheimer's Walk in Maury County on Saturday, March 19, 2022. Despite less than ideal weather we came, we danced, we walked and we supported this very worthwhile cause.



Mon	Tue	Wed	Thu	Fri
		 <b>April 17th</b>		<b>1</b> <b>CENTER CLOSED</b> 
<b>4</b> 8:30 Group Pool Playing 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	<b>5</b> 8:30 Pool Class 8:30 Card Playing 9:00 B/P Checks—MRMC 9 Phase 10 Tournament 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 1 Computer Training 1 Bridge 	<b>6</b> 8:30 Group Pool Playing 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI	<b>7</b> 8:30 Open Pool Playing 8:30 Card Playing 10 Autism Talk—Darlene Blade 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 11:30 Shuffle Board 	<b>8</b> 8:30 Group Pool Playing 8:30 Rook Tournament 9:30 ARTHRITIS EXERCISE CLASS 11 8-Ball Tournament 
<b>11</b> 8:30 Group Pool Playing 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI 5 Yoga <b>LINE DANCE</b>	<b>12</b> 8:30 Pool Class 8:30 Card Playing 9 Rummikub Tournament 10 Parkisons Presentation—Avalon 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 1 Computer Training 1 Bridge  	<b>13</b> 8:30 Group Pool Playing 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI 	<b>14</b> 8:30 Open Pool Playing 8:30 Card Playing 9:00 B/P Checks—MRMC 10 Easter Party 11 KROGER BINGO 12 FRA Meeting 2:30 Chair Volleyball  	<b>15</b> <b>CENTER CLOSED</b>
<b>18</b> 8:30 Group Pool Playing 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI 5 Yoga	<b>19</b> 8:30 Pool Class 8:30 Card Playing 10 April Birthday Party—Sponsor—Eric Street 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 1 Computer Training 1 Bridge 	<b>20</b> 8:30 Group Pool Playing 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI <b>LINE DANCE</b>	<b>21</b> 8:30 Open Pool Playing 8:30 Card Playing 10 Diabetes Presentation—Michelle Kennedy 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 12:30 Shuffle Board 	<b>22</b> 8:30 Group Pool Playing 8:30 Canasta Tournament 9:00 B/P Checks—MRMC 9:30 ARTHRITIS EXERCISE CLASS 11:30 LUNCH 
<b>25</b> 8:30 Group Pool Playing 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	<b>26</b> 8:30 Pool Class 8:30 Card Playing 11 BROOKDALE BINGO 11:30 LUNCH 12 Ukulele Class 1 Computer Training 1 Bridge  	<b>27</b> 8:30 Group Pool Playing 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 11:30 LUNCH 12:30 SILVER SNEAKERS 2 TAI CHI	<b>28</b> 8:30 Open Pool Playing 8:30 Card Playing 11 KROGER BINGO 11:30 LUNCH 12 Ukulele Class 12:30 Shuffle Board 	<b>29</b> 8:30 Group Pool Playing 9:00 B/P Checks—MRMC 9:30 ARTHRITIS EXERCISE CLASS 11:30 LUNCH 

**Please note: All events and activities are subject to change with or without notice.**

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

## April 2022

\*\*\* 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
				<b>TUNA SALAD ON CROISSANT</b> PEA SALAD COTTAGE CHEESE PEACHES MILK  APR 1
<b>SLOPPY JOE</b> AUGRATIN POTATOES GREEN BEANS WW BUN TROPICAL FRUIT MILK  APR 4	<b>BREADED PORK CHOP</b> PINTO BEANS MASHED POTATOES CORNBREAD MANDARIN ORANGES MILK  APR 5	<b>BEEF TOMATO BAKE</b> MEXICALI CORN STEAMED BROCCOLI WW DINNER ROLL PINEAPPLE MILK  APR 6	<b>HAM &amp; CHEESE ON WHEAT</b> LET/TOM/MUST POTATO SALAD PORK & BEANS MIXED FRUIT MILK  APR 7	<b>KRAUT &amp; WEINERS</b> BLACK EYE PEAS CARROT COINS BAKED PEARS WW ROLL MILK  APR 8
<b>PINTO BEANS W/ HAM</b> TURNIP GREENS WHOLE POTATOES CORNBREAD FRESH APPLE MILK  APR 11	<b>BBQ W/ BBQ SAUCE PKT</b> CORN ON COB BAKED BEANS WW BUN FRESH ORANGE MILK  APR 12	<b>PIMENTO &amp; CHEESE SANDWICH ON WHEAT</b> MACARONI SALAD TROPICAL FRUIT BROWNIE MILK  APR 13	<b>LASAGNA</b> TOSS SALAD W/RANCH WK CORN BAKED PEARS TEXAS TOAST MILK  APR 14	<b>HOLIDAY</b>          APR 15
<b>BREADED CHICKEN PATTY</b> MACARONI & CHEESE STEAMED BROCCOLI WW DINNER ROLL MIXED FRUIT MILK  APR 18	<b>HOAGIE SANDWICH</b> LET/TOM/MAYO POTATO SALAD(MUST) PEACHES POUND CAKE MILK  APR 19	<b>TATER TOT CASSE-ROLE</b> STEAMED CABBAGE GREEN PEAS WW DINNER ROLL TROPICAL FRUIT MILK  APR 20	<b>HAMBURGER STEAK W/ GRAVY</b> MASHED POTATOES BRUSSEL SPROUTS WW DINNER ROLL MANDARIN ORANGES MILK  APR 21	<b>FISH FILLET W/ TARTAR SAUCE</b> SLICE OF CHEESE COLESLAW WHITE BEANS WW BUN BAKED APPLES MILK  APR 22
<b>CHICKEN TENDERS W/HONEY MUST.</b> SUCCOTASH AUGRATIN POTATOES WW DINNER ROLL FRESH ORANGE MILK  APR 25	<b>MEATLOAF W/ TOMATO SAUCE</b> WHOLE POTATOES GREEN BEANS 1 SLICE OF WHEAT BREAD FRUIT COCKTAIL MILK  APR 26	<b>CHICKEN SALAD ON WHEAT BREAD</b> MACARONI SALAD OATMEAL RAISIN COOKIE BANANA MILK  APR 27	<b>CHEESEBURGER W/ SWISS</b> LET/TOM/ON/MAYO BAKED POTATO CHIPS BAKED BEANS WW BUN BAKED PEARS MILK  APR 28	<b>BAKED SPAGHETTI</b> TOSS SALAD W/RANCH PINEAPPLE TEXAS TOAST SPONGE CAKE MILK  APR 29

**Beginning Monday, August 2nd anyone wanting to join us for lunch must sign up no later than Thursday the week before you want to come. You must also sign up for the entire week at one time.** The sign up sheet for each week will be at the front desk.

We appreciate a donation of \$1.50 per meal if you can afford it.  
**Please call or see the kitchen staff with any questions.**



# MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Phone: 931-325-5234

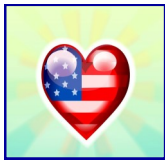
**April 2022**

Activity Coordinator: Diane James

Transportation: 931-388-9595

501 Gray Ln.

MON	TUE	WED	THUR	FRI
		 <b>April 17th</b>		<b>1</b> 
<b>4</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Corn Hole 12:00 Lunch 	<b>5</b> 9:00 Bikes/Walking 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	<b>6</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Balloon Game 12:00 Lunch	<b>7</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	<b>8</b> <a href="#">This Photo</a> by 9:00 Bikes/Walking 9:45 Coffee/Chatting 10:30 Reminiscing Themes 12:00 Lunch
<b>11</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Word Wiz 11:00 Video Exercise 12:00 Lunch 	<b>12</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Blood Pressure 11:00 Bingo 12:00 Lunch 	<b>13</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Games/Lunch First Baptist Church	<b>14</b> 9:00 Bikes/Chatting 9:45 Coffee/Chatting 10:15 Video Exercise 11:00 Bingo 12:00 Lunch	<b>15</b> <b>CENTER CLOSED</b> 
<b>18</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Rhyming Riddles 12:00 Lunch 	<b>19</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	<b>20</b> <b>SENIOR'S OUTING</b>	<b>21</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	<b>22</b> <a href="#">This Photo</a> by Un- 9:00 Bikes/Walking 9:45 Coffee/Chatting 10:30 Video Exercise 11:00 Corn Hole 12:00 Lunch 
<b>25</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Shuffle Board 12:00 Lunch 	<b>26</b> 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Blood Pressure 12:00 Lunch 	<b>27</b> 9:00 Walking/Bikes 9:45 Coffee/Bikes 10:30 Bingo 12:00 Lunch	<b>28</b> 9:00 Bikes/Walking 9:45 Coffee/Chatting 10:30 Games/Lunch Glass Street C.O.C 	<b>29</b> 9:00 Bikes/Walking 9:45 Coffee/Chatting 10:30 Movie/Popcorn/Hot Dogs 



PLEASE SUPPORT OUR MILITARY

**MAURY COUNTY SENIOR CENTER  
TOURNAMENT WINNERS FOR MARCH 2022**

**9-BALL POOL:** Sponsored by: THE MAURY COUNTY SENIOR CENTER  
**ROOK:** Sponsored by: TILLIS JEWELERS  
**PHASE 10:** Sponsored by: AMBASSADOR'S GOLF CLUB  
**POOL:** Sponsored by: TOMMY HIGHT SHELTER INSURANCE  
**Wii:** Sponsored by: THE MAURY COUNTY SENIOR CENTER  
**CORNHOLE:** Sponsored by: HERITAGE FUNERAL HOME  
**CANASTA:** Sponsored by: THE RESERVE AT SPRING HILL  
**RUMMIKUB:** Sponsored by: THE BALLOON STORE

Be a good friend and leave the handicap parking for folks that have a

**PHASE 10 WINNER**  
**Maria Costello**

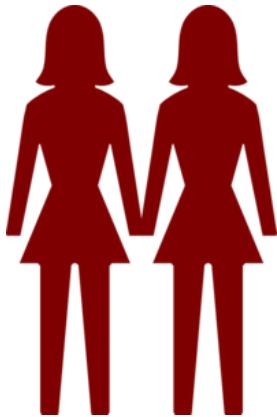
**9-BALL POOL WINNERS**  
1st: Fred Ward  
2nd: Ron Hengerer  
3rd: Vernon Buck

**8 BALL POOL WINNERS**  
1st:  
2nd:  
3rd:



**ROOK WINNERS**

Nancy Upshaw & Harvill  
(Apologies pic not taken)



**CORNHOLE WINNERS**

Pauline Hayes & Danny McNeese



**Wii BOWLING WINNERS**



**CANASTA WINNERS**

Carol South & Ann Harris

**RUMMIKUB WINNER**

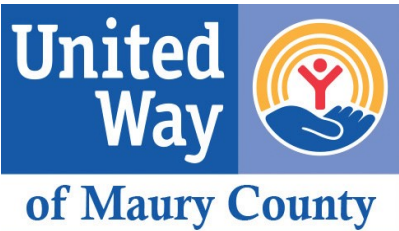
Edie Owston



**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!**

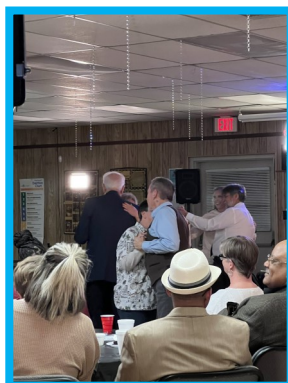
For information: [unitedwayofmaurycounty@gmail.com](mailto:unitedwayofmaurycounty@gmail.com) or visit their website at [www.unitedwayofmaurycounty.com](http://www.unitedwayofmaurycounty.com) for further information or to make a donation.  
**UWMC Proud Partner of the Maury County Senior Center!**



**(Above) We never thank our friend, nurse Lori Bergland enough for all of the time she gives to us. Lori, along with the Maury Regional Mobile Unit, is here every week helping us to monitor our blood pressure, weight and other vitals. She knows our group and cares a great deal. Lori, we appreciate you very much!**



**(Above) Our first Mall Shopping Trip to Cool Springs Galleria. Our Activity Coordinator is forefront and some of our members are behind with big smiles.**



**(Left) Our Jazz and Italian Dinner Fund Raiser was a great success. Despite the impending bad weather people came out to hear the band, eat and dance. Thank you to everyone that supported the center, we appreciate it very much!**



**This newsletter is sponsored by:**







**(Left) Thank you Deb Collins for your kitchen volunteer assistance during the Jazz and Italian dinner fund raiser. You worked very hard and we appreciate your help.**



**(Right) Our March birthday celebrants. Cliff Allen, Phyllis Armstrong And Kenneth Armstrong. Happy Birthday to all who had March birthdays!**



### **MyRide Maury Wheels Are Rolling!**

**We are so excited to be providing assisted rides for seniors through the MyRide Maury program. If you or a loved one might benefit from being a MyRide member, please call (931) 307-5307. Volunteers are always needed, welcomed and appreciated!! Please call for more information.**

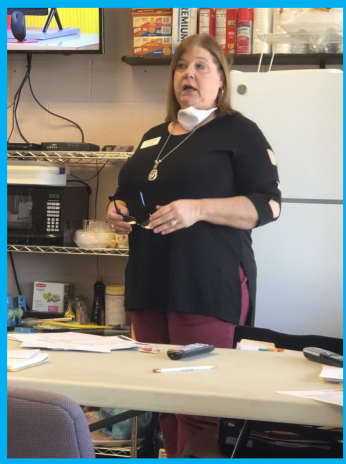
**(Right & Below) Another one of our great parties! St. Patrick's Day gave us a reason to have fun snacks and green punch. Look at all the green in the room!**



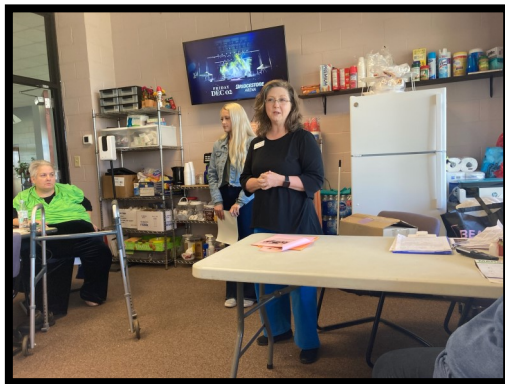


# Mt. Pleasant Senior Center

Welcome to the Mt. Pleasant Senior Center  
501 Gray Lane, Mt. Pleasant, TN  
Open 9:00—12:00



(Above) Lynn Wood is a Caregiver Support Coordinator from Mental Health America of the MidSouth. She talked about the difference between normal aging and Alzheimer's. She specializes in helping caregivers deal with family members who have dementia.



(Above & Left) CPR class always comes in handy.



(Above) St. Patrick's Day in full swing!

For Information about hours/activities, please contact Diane  
at 931-325-5234





*Our Sympathy to the  
Families of:  
Edith May Cross*

**PERSONAL MEDICARE COUNSELING** is available in person (during the center's reduced hours) 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 Counselors directly for more information at **931-981-0291**.

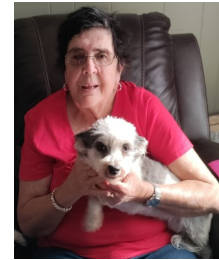
**Counselors** will answer questions and assist with problems related to Medicare. Information will be available about Medicare Supplement Insurance, Advantage Plans, Part D Prescription drug plans, eligibility for financial assistance (extra help), and other Medicare issues.

**Special Thanks To:**  
All Meals on Wheels Delivery Volunteers  
Kroger - Bakery  
All Kitchen Volunteers  
The CARES Act  
Trinity Family Church  
All Monday Community Meals Delivery Drivers

If you would like to see this newsletter in living color go to:  
[www.mcsc2.org](http://www.mcsc2.org)

**BOW WOW! MEOW!**

If you are low income and 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.



**Proof of Income is Required!**



**Over 60? Need Ride in Maury County**  
**MyRide TN-Maury is the solution!**  
Call (931) 307-5307

**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 know someone who would enjoy getting a phone call from one of our volunteers? Our telephone reassurance volunteers try to talk to at-home seniors at least twice a week to make sure they know they are cared about and have everything they need. Please call us if you want to refer an older adult or if you would like to volunteer.

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!



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



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



**Tai Chi**  
**Mondays & Wednesday**  
**2—3 P.M.**



**Silver Sneaker Classes**  
**Monday & Wednesday**  
**12:30—1:30 P.M.**



**Please support the Senior Center!**  
**Our code is WV364**

**MAKE A DIFFERENCE**

**Guardian Volunteer Program**

Looking for Volunteers to go visit nursing homes & assisted living's. One time a month is all that is needed.  
Please contact  
Glenda Porterfield, 931-379-2941 or [gporterfield@sctdd.org](mailto:gporterfield@sctdd.org)

**Beginners Line Dancing Class**  
**Wednesdays 10:30—11:30 A.M.**

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

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**SENIOR TIMES**  
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*The Maury County Senior Center*  
*Is a United Way Agency*

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 2022**

\_\_\_\_\_ **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)