



SENIOR TIMES

FEBRUARY 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5, ISSUE 2



January 13, 2017

Thank you to our front desk receptionist, Renee Thomas (sitting), for her well received program on Martin Luther King Jr. She did a great job and shared information not everyone knew.



BLACK HISTORY PROGRAM

Friday February 17th

**@ 10:30am by Jo Ann McClellan
"Making a way for themselves".**

Everyone is invited.

Followed by a POTLUCK Lunch

@ 11:30

(Everyone please bring something to share)

Brenda Grimsley
Executive Director
mesc3@cpws.net

MCSC
2016-2017
Board Members



Monday February 20th, in honor of Presidents Day, Maury County Senior Center & Mt. Pleasant Senior Center will be closed for the day.

- *Vernon Brooks*
- *Chairperson*
- Ed Brooks*
- Beverly Baxter*
- Walter Mitchell*
- Agnes Young*
- Jo Ann McClellan*
- Bobby Chance*
- Rick Molder*
- David Skillington*
- Leon Ogilvie*
- Ted Huntley*
- Jean Sims*
- Vickie Beaver*
- Whitney Seaton*
- Mayor Charlie Norman*
- Mayor Dean Dickey*
- Mayor Jim Bailey*
- Mayor Rick Graham*

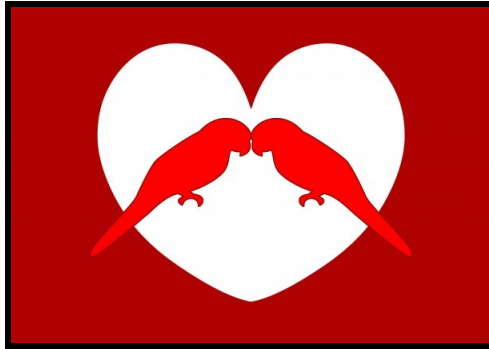
Inside this issue:

- 2 - Lovebirds 2017
- 3 - Columbia Activities
- 4 - Menu
- 5 -Tournament Sponsors & Winners
- 6 - Sympathy/ Classes & Assistance
- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter Sign Up

**Bob & Nancy Coirier
married for 60 years**



**CONGRATULATIONS
LOVEBIRDS-2017**



**Kirk & Paula Kelley
married for 52 years**



**Ron & Margaret Krueger
married for 52 years**



**Bob & Sandra Johnson
married for 50 years**



**Smitty & Wanda Carter
married for 49 years**



**Pete & Lennie Boatright
married for 48 years**



**Pat Bryant & Jimmy Holt have been
each others sweethearts for over 45 years**



MCSC LOVEBIRDS-abc order

- Boatright, Pete & Lennie
- Bowe, Mike & Kim
- Brown, Ken & Twilla
- Buck, Vernon & Linda
- Carter, Smitty & Wanda
- Christoph, Bob & Penny
- Coirier, Bob & Nancy
- Coleman, Burr & Donna
- Davis, Jimmy & Georgia
- Dickens, Belton & Doris
- Dodson, Marshall & Myrna
- Dozier, Dave & Glenda
- Glenn, John & Brenda
- Glidewell, Howard & Peggy
- Grate, Mike & Denise
- Hardison, Randall & Armstrong, Phyllis
- Harrington, Roy & Christine
- Holt, Jimmy & Bryant, Pat
- Howell, Kirby & Olivia
- Johnson, Bob & Sandra
- Kelley, Kirk & Paula
- Krueger, Ron & Margaret
- Machleit, Gus & Felicia
- McDaniel, Jim & Kim
- McKennon, John & Martha
- Mooningham, Robert & Rita
- Piper, Bill & Anita
- Polk, James & Lawrence, Esther
- Ray, Billy & Judy
- Shoemake, Stephen & Diann
- Solomon, Kenny & Wendy
- Thomas, Steven & Renee
- Thyen, John & Sandy





























**Robert & Rita Mooningham
married for 43 years**



**Kenny & Wendy Solomon
married for 30 years**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>**Tax Preparation SCHRA-VITA w/Mark Waldeck Mon & Tues 9-4pm until April 11th. by appointment only. Call 931-380-3950 for more information.</p>	<p>Happy Birthday to all February seniors & friends</p> 	<p>1 8 Rook/Canasta/pool 9 Medicare Counseling w/ Bob & Sandy Johnson 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>2 8 Cards/games/pool 8:30 B/P we need help!!!! 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1 FRA 44 2 DAV 1-4:30 Bridge 6pm Yoga Class</p>   	<p>3 8 Cards/games/pool 9 (9 Ball) Pool Tournament 9-4:30 Bridge Tournament w/Georgia Davis & friends 10:30 Trivia w/Mary Fox Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 7pm Chess Club</p> <p>Heart Month **Wear Red Day</p>  
<p>6 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10:30 MRH Heart Health 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> <p>**Tax Preparation</p>	<p>7 8 Cards/games/pool 9-10:30 Golden K 10 B/P Quality 1st w/Renee 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p>   <p>** Tax Preparation</p>	<p>8 8 Rook/games/pool 9 Medicare Counseling 10 Health Dept. w/Autumn Health Heart /Tobacco 11:00 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3-Tai-Chi</p>	<p>9 8 Cards/games/pool 8:30 B/P w/Home Health Care of Middle TN 9:30 Exercise Class 11:00 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Genealogy Society</p> 	<p>10 8 Cards/games/pool 8:30 Rook Tournament 11:30 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p>13 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 1:30 Line Dancers-Morning Pointe Assisted Living 2-3 Tai-Chi 6pm Yoga Class</p> <p>** Tax Preparation</p>	<p>14 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch by Columbia Lions Club 1 Beg. Computer Class 3 Gen. Computer Class 6pm Master Gardeners</p>    <p>**Tax Preparation</p>	<p>15 8 Rook/games/pool 9 Medicare Counseling 9 B/P MR Home Health 9 Pool Tournament 9:00 Wii Tournament 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>16 8 Cards/games/pool 8:30 B/P we need help!!!! 9:30 Exercise Class 10:30 Health Ed. by Lifecare 11 Newcomers 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>17 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Cornhole Tournament Scorer: Bryan Childs-Humana 10:30 BLACK HISTORY PROGRAM w/Jo Ann McClellan "Making a way for themselves". 11:30 POTLUCK 7pm Chess Club</p>   
<p>20 CLOSED FOR PRESIDENTS DAY</p> 	<p>21 8 Cards/games/pool 11:00 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p>  <p>**Tax Preparation</p>	<p>22 8 Rook/games/pool 9 Medicare Counseling 10 MRH Foundation with Janette/ Heart Health 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>23 8 Cards/games/pool 8:30 B/P w/Home Health Care of Middle TN 9:30 Exercise Class 9:30-3 Bridge 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>24 8 Canasta/games/pool 10 BIRTHDAY PARTY Sponsor/HealthSouth w/Tonia 11 Kroger Bingo 11:30 Lunch 17 pm Chess Club</p> 
<p>27 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Tournament 10 Healthy Cooking w/Starla Hardin-UT Extension Program 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> <p>**Tax Preparation</p> 	<p>28 8 Cards/games/pool 10 Mardi Gras Party Sponsor BCBS 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p>   <p>**Tax Preparation</p>	<p>February is American Heart Month</p> 	 <p>6-MCSC pool players visited the Lewisburg Senior Center. We thank all the guys for supporting our monthly Pool Tournaments.</p>	<p>Awesome News!!!! Thanks to a grant from the Community Foundation of Middle Tennessee, our organization will be able to continue to support our seniors. We are proud to be a #CFMT grantee. **Dental **Small Home Repairs **Nutritional Supplements- Ensure/Boost (2 cases maximum)</p>

Nutrition Program for the Elderly
Milk and butter included with each meal
FEBRUARY 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
		CHICKEN & NOODLES SWEET POTATOES SUCCOTASH WW DINNER ROLL PINEAPPLE MILK  FEB 1	MEATLOAF W/TOM SAUCE MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK  FEB 2	HOTDOG W/MUST. POTATO WEDGES COLESLAW WW BUN PEACH CRISP MILK  FEB 3
BREADED CHICKEN BAKED APPLES YELLOW HOMINY BUTTERMILK BISCUIT FRESH ORANGE MILK  FEB 6	HOMEMADE VEG SOUP ½ PIMENTO CH. SAND. SLICED PEACHES BROWNIE MILK  FEB 7	LASAGNA TOSS SALAD W/RANCH TROPICAL FRUIT TEXAS TOAST BROWNIE MILK  FEB 8	SLOPPY JOE AUGRATIN POTATOES MEXICALI CORN WW SLICE BREAD (1) APPLESAUCE MILK  FEB 9	WHITE BEANS W/HAM MIXED GREENS COOKED CARROTS CORNBREAD FRESH BANANA MILK  FEB 10
PEPPER STEAK W/ GRAVY AUGRATIN POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK  FEB 13	BREADED PORK CHOP GREEN BEANS RED CINNAMON APPLES WW DINNER ROLL SPONGE CAKE MILK  FEB 14	CHILI WITH BEANS STEAMED RICE COLESLAW BAKED APPLES MILK  FEB 15	BAKED HAM CHEESY POTATOES LIMA BEANS WW DINNER ROLL DICED PEARS MILK  FEB 16	TATER TOT CASS. GLAZED CARROTS GREEN BEANS WW DINNER ROLL PEARS MILK  FEB 17
HOLIDAY-CLOSED  FEB 20	FISH FILLET W/ TARTAR SAUCE WHITE BEANS CARROT COINS CORNBREAD BAKED PEARS MILK  FEB 21	CHICKEN TENDERS W/HONEY MUST. GREEN PEAS WHOLE KERNEL CORN WW BUN TROPICAL FRUIT MILK  FEB 22	BEEF STEW ½ PIMENTO CH. SAND. PEACHES BROWNIE MILK  FEB 23	PINTO BEANS W/HAM SEASONED CABBAGE SWEET POTATOES CORNBREAD APPLESAUCE MILK  FEB 24
SALISBURY STEAK/ GRAVY MASHED POTATOES PEAS & CARROTS WW DINNER ROLL FRESH ORANGE MILK  FEB 27	CHEESEBURGER W/ SWISS ON/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN MIXED FRUIT MILK  FEB 28			

This newsletter is sponsored by:

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR JANUARY 2017**



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

9-BALL POOL: Sponsored by: **ROBERT MOONINGHAM**
ROOK: Sponsored by: **THE BRIDGE ASSISTED LIVING**
PHASE 10: Sponsored by: **AMBASSADORS GOLF CLUB**
POOL: Sponsored by: **MEMORY OF LARRY HILDEBRANT**
Wii: Sponsored by: **NHC HILLVIEW OF MRH**
CORNHOLE: Sponsored by: **HERITAGE FUNERAL HOME**
CANASTA: Sponsored by: **SENIOR CENTER**

Be a good friend
Handicap parking is for folks who have a handicap tag on their car or windshield.



9-BALL POOL WINNERS

1st Place: C.H. Harwell
2nd Place: Marshall Dodson
3rd Place: Joe Sharp



ROOK WINNERS

John McKennon
Linda Venable



PHASE 10 WINNER

Rebecca Moore



POOL WINNERS

1st Place: Fred Ward
2nd Place: Marshall Dodson
3rd Place: Miller Williams



Wii BOWLING WINNERS

1st Place: Leray Crawford
2nd Place: Jean Thomason
3rd Place: Danny McNeece



CORNHOLE WINNERS

Danny McNeece
Leray Crawford



CANASTA WINNERS

1st Place: Juanita Boshers
2nd Place: Carol South



CONGRATULATIONS TOURNAMENT WINNERS



MEOW/WOOF!

Seniors 60+ Stop by the Maury County Senior Center once a week for a bag of pet food. Sponsored by PET PALS of Maury County



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 it if you'd pay up.

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:

- James Thomas Webster*
- Helen T. McClain*
- Lemyra Townsend*
- Faye Wilhoite*
- Martha Cathey*
- William English*

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.



Special thanks to The Columbia Lions Club and their members, Georgia Davis & Sandy Thyen, for donating (5) much needed white card tables. These tables couldn't have come at a better time. We are very grateful.

Special Thanks To:

**Wayman Chapel-Lunch
(January 17th)**

Please call if your business or church group would like to sponsor lunch for a day. Ask for Wendy (Activity Coordinator)



LEGAL AID

January was Christie Bradford's last month as our Legal Aid Consultant. We're really going to miss her! We hope she enjoys every minute of her retirement. Call the center for her office number until we hear of a monthly replacement for Christie.

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

DID YOU KNOW!

You can't hum while holding your nose closed.

#150

Website: (lavin3-155 Cool & Weird Fun Facts that you should know!)

SILVER SNEAKERS

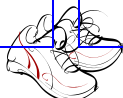


**MONDAYS & WEDNESDAYS
AT 1:00-2:00PM
Cost \$2.00 per class or card**

**MONDAYS & WEDNESDAYS
2:00-3:00PM
Cost \$2.00 per class or card**

**FREE
EXERCISE CLASS
THURSDAYS AT
9:30AM**

**YOGA
MONDAYS & THURSDAYS
AT 6PM
Cost \$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

501 Gray Lane, Mt. Pleasant, TN 38474

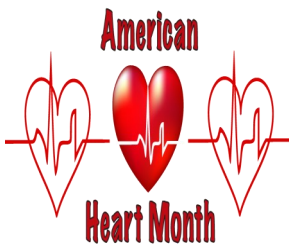



















Center phone: 379-7222

FEBRUARY 2017

Activity Coordinator:

Transportation: 490-9968

Janice Nevette

MON	TUES	WED	THUR	FRI
<p>***** Kindness is like snow..... it beautifies everything it covers. *****</p>		<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 B P & Health- Mt. Pleasant CNA High School students 11:30 Lunch </p>	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & The Old Timers 11:30 Lunch Birthday Party </p>	<p>3 9:30 Senior Walking 9:30 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>
<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>	<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10 Bingo 10:30 Candie Hall Mt. Pleasant Health & Rehabilitation 11:30 Lunch </p>	<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Bingo 11:30 Lunch </p>	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & The Old Timers 11:30 Lunch </p>	<p>10 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch 12:00 Cornhole w/Bryan from Humana</p>
<p>13 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>	<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Renee Martin B/P 10 Bingo 10:30 Autumn Blake TN Health Dept./Bingo 11:30 Lunch </p>	<p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Bingo 11:30 Lunch 12 Word Search</p> <div style="font-family: monospace; font-size: small; text-align: center;"> Y A W K O N I E T S N E H W O R D N O D E C A M D S F I N S E A R C H E P O E D N A L E C T I C T </div>	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & The Old Timers 11 Black History Program w/ Renee Thomas 11:30 POTLUCK </p>	<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>
<p>20 CLOSED</p> 	<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 MRH Foundation w/Janette Mayberry 11:30 Lunch </p>	<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Bingo 11:30 Lunch</p> <div style="font-family: monospace; font-size: small; text-align: center;"> B I N G O 17 31 49 71 3 35 52 69 13 26 58 63 2 25 38 66 14 16 44 57 </div>	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & The Old Timers 11:30 Lunch </p>	<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>
<p>27 9:30 Senior Walking 9:30 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch </p>	<p>28 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Bingo 11:30 Lunch </p>	 <p>Smile big laugh often. Never take this life for granted.</p>		<p>Work to stay healthy</p> 

**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

***Friday February 3rd**
National Wear Red Day (Heart Health)
LUNCH by: Behavioral Heath Care @ 11:30
****Tuesday Valentine's LUNCH by: Columbia Lions Club @ 11:30**
*****Friday-February 17th Black History Program w/Jo Ann**
McClellan " Making a way for themselves"
11:30 POTLUCK LUNCH
(Everyone please bring something to share)

****SCHRA****
Special thanks to South Central
Human Resource Agency for the
two large cakes donated to our
Christmas Party. Sorry we didn't
mention you in our January
Newsletter. Please charge it to our
head and not to our hearts. We
appreciate all you do for 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 \$5.00 FOR MY NEWSLETTER FOR 2017

_____ 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.