



SENIOR TIMES

JANUARY 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5, ISSUE 1



Join us as we celebrate the life of Dr. Martin Luther King Jr. on Friday January 13th at 10:15am. The "I Have a Dream" speech by Renee Thomas. January 16th. the MCSC will be closed in observation of this holiday.

Sponsors & Volunteers helped to make our 2016 Christmas Party a big success. We can't do it without you!

Thank you:

- Arliss Littlejohn
- Ascend Credit Union
- Ambassador's Club
- Belk/Goodies
- Dollar Mart
- Food Lion
- Nashville Resource Center
- Steve Konz & Elves
- Walgreen
- Walmart

Brenda Grimsley
Executive Director
mssc3@cpws.net
MCSC
2016-2017
Board Members

- *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 Bob Shackelford
- Mayor Rick Graham

THANK YOU VERY MUCH

The MCSC is very grateful that Kernel Dave's Karaoke and DJ Show chose to entertain us during our December 15th annual Christmas Party. Great job!



Inside this issue:

- 2 - Thank You's
- 3 - Columbia Activities
- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Sympathy/Classes/Counseling & Did You Know?
- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter Sign Up



Thank you Culleoka Unit School & Principal Penny Love for choosing the MCSC to donate over 20 gifts.



Thanks to Crafty Ladies instructors, Carol South & Sandy Thyen for their Christmas snowmen made out of tube socks. Great job ladies!



Trip Coordinator, Esther Lawrence, with a day trip to Belle Meade Plantation in Nashville.. The next destination is San Antonio, TX March 19-25, 2017. Call 931-380-3950 if you need more info.



Stacey Gordon chose the MCSC to give over 45 gifts for the Christmas season. Thank you very much Stacey for your generosity.


















Cecilia Shevlin (center) gives 28 gifts from Olive Garden's Angel Tree to Executive Director Brenda Grimsley and Activity coordinator Wendy Solomon. Thank you Cecilia & Olive Garden for everything.


























Thank you Zion Christian Academy-Kindergarten class, with teachers Mary Beth Wahlman & Glenda Beirnes. There were smiles on all the faces of our most grateful seniors.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>CLOSED</u></p>  <p><i>Happy New Year</i></p>	<p><u>CLOSED</u></p>	<p>4 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>5 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 D.A.V. 6pm Yoga Class</p>  <p>FRA / DAV</p>	<p>6 8 Cards/games/pool 9 (9 Ball) Pool Tournament 10:30 Trivia w/ Mary Fox Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 7pm Chess Club</p>  
<p>9 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>10 8 Cards/games/pool 11 Kroger Bingo 11:30 POTLUCK 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p>  	<p>11 8 Rook/games/pool 9 Medicare Counseling 9:30 Legal Aid w/Christie 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>12 8 Cards/games/pool 8:30 B/P w/Home Health Care of Middle TN 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Genealogy</p> 	<p>13 8Cards/games/pool 8:30 Rook Tournament 10:15 MLK "I Have a dream" speech by/ Renee Thomas 11:30 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p><u>CLOSED</u> Martin Luther King Day</p>  <p>EQUALITY for ALL</p>	<p>17 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch by Wayman Chapel 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>18 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>19 8 Cards/games/pool 8:30 B/P we need help!!!! 9:30 Exercise Class 10 Health Ed w/Vanessa From Lifecare-Columbia 11 Newcomers Club 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p>  	<p>20 8 Canasta/games/pool 8:30 Canasta Tournament 9 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p>23 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Tournament 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>24 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p> <p>**Today is Belly Laugh Day!</p> 	<p>25 8 Rook/games/pool 9 Medicare Counseling 10 MRH Foundation with Janette/ Eye Health 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>26 8 Cards/games/pool 8:30 B/P w/Home Health Care of Middle TN 9:30 Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p>  	<p>27 8 Cards/games/pool 10 BIRTHDAY PARTY (we need a sponsor!!!!) 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>  
<p>30 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneaker 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>31 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>TAX</p> <p>Tax Preparation w/ Mark Waldeck will begin in February Mon & Tues 9-4pm until April 11th Call the MCSC at 931-380-3950 for contact information.</p>	<p>F Y I</p> <p>If you would like to see this newsletter in color go to www.mcsc2.org</p>	<p>Don't be left out in the cold. If you are 60 years or older and need a heater call the center at 931-380-3950. If you can donate a heater please call us or drop one off.</p> 

Nutrition program for the Elderly
Milk and Butter Included with each meal
January 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
HOLIDAY  JAN 2	HOLIDAY JAN 3	CHICKEN & NOODLES SWEET POTATOES SUCCOTASH WW DINNER ROLL PINEAPPLE MILK  JAN 4	MEATLOAF W/TOM SAUCE MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK  JAN 5	HOTDOG W/MUST. POTATO WEDGES COLESLAW WW BUN PEACH CRISP MILK  JAN 6
SLOPPY JOE AUGRATIN POTATOES MEXICALI CORN WW SLICE BREAD (1) APPLESAUCE MILK  JAN 9	HOMEMADE VEG SOUP ½ PIMENTO CH. SAND. SLICED PEACHES BROWNIE MILK  JAN 10	LASAGNA TOSS SALAD W/RANCH TROPICAL FRUIT TEXAS TOAST BROWNIE MILK  JAN 11	BREADED CHICKEN BAKED APPLES YELLOW HOMINY BUTTERMILK BISCUIT FRESH ORANGE MILK  JAN 12	WHITE BEANS W/HAM MIXED GREENS COOKED CARROTS CORNBREAD FRESH BANANA MILK  JAN 13
HOLIDAY  JAN 16	BREADED PORK CHOP GREEN BEANS RED CINNAMON APPLES WW DINNER ROLL SPONGE CAKE MILK  JAN 17	CHILI WITH BEANS STEAMED RICE COLESLAW BAKED APPLES MILK  JAN 18	BAKED HAM CHEESY POTATOES LIMA BEANS WW DINNER ROLL DICED PEARS MILK  JAN 19	PEPPER STEAK W/ GRAVY AUGRATIN POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK  JAN 20
CHICKEN TENDERS W/HONEY MUST. GREEN PEAS WHOLE KERNEL CORN WW BUN TROPICAL FRUIT MILK  JAN 23	PINTO BEANS W/ HAM SEASONED CABBAGE SWEET POTATOES CORNBREAD APPLESAUCE MILK  JAN 24	TATER TOTS CASS. GLAZED CARROTS GREEN BEANS WW DINNER ROLL PEARS MILK  JAN 25	BEEF STEW ½ PIMENTO CH. SAND. PEACHES BROWNIE MILK  JAN 26	FISH FILLET W/ TARTAR SAUCE WHITE BEANS COLESLAW CORNBREAD BAKED PEARS MILK  JAN 27
SALISBURY STEAK/ GRAVY MASHED POTATOES PEAS & CARROTS WW DINNER ROLL FRESH ORANGE MILK  JAN 30	CHEESEBURGER W/ SWISS ON/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN MIXED FRUIT MILK  JAN 31	<p style="text-align: center;">It's nice to be important, but it's more important to be nice!</p> 		<p style="text-align: center;"><u>Exercise is great!</u></p> 

This newsletter is sponsored by:

MTB&J
MID-TENNESSEE
BONE & JOINT CLINIC, P.C.

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR DECEMBER 2016**



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

9-BALL POOL Sponsored by: ROBERT MOONINGHAM
ROOK Sponsored by: THE BRIDGE ASSISTED LIVING
PHASE 10 POOL Sponsored by: AMBASSADORS GOLF CLUB
Wii BOWLING Sponsored by: TOMMY HIGHT JR/SHELTER INSURANCE
CORNHOLE Sponsored by: NHC HILLVIEW OF MRH
CANASTA Sponsored by: HERITAGE FUNERAL HOME
 Sponsored by: HONOR OF EULA WHITTAKER & MEMORY OF GEORGE WHITTAKER

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



9-BALL POOL WINNERS

1st Place: Miller Williams
2nd Place: Fred Ward
3rd Place: Joe Sharp



ROOK WINNERS

Rachael Tennyson
Paulette Baras



PHASE 10 WINNER

Rebecca Moore



POOL WINNERS

1st Place: C.H. Harwell
2nd Place: Marshall Dodson
3rd Place: Bob St. Lawrence



Wii BOWLING WINNERS

1st Place: Judie Williams
2nd Place: Rebecca Moore
3rd Place: Leray Crawford



CORNHOLE WINNERS

Rebecca Moore
Leray Crawford



CANASTA WINNERS

1st Place: Paula Widener
2nd Place: Lynn Cetas



WOOF! WOOF!

If you are 60+ stop by the Maury County Senior Center once a week for a bag of pet food. Sponsored by PET PALS of Maury County.



CONGRATULATIONS TOURNAMENT WINNERS



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 please pay to renew.



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 C. Brooks
Mildred Porter
Mary Jean Alexander
Ruby Virginia Oakley
Peggy A. Clark
Kathleen "Cat" Daniels Giles Davis
Kimberly Kay Johnson Ferguson

BEGINNING COMPUTER CLASS

Instructor: John Pierce Tuesdays 1 - 2:30
****This class has been canceled until January**

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.



- **Did you know chewing gum while you cut an onion will help keep you from crying? #29**
- **Did you know chewing gum burns about 11 calories per hour? #48**
- **Did you know months that begin on Sunday will always have a "Friday the 13th?" #141**
- **Website: (lavin3- 155 Cool & Weird Fun Facts that you should know!)**

Special Thanks To:

Behavioral Healthcare - Lunch
 Please call us
 If your business or church group would like to sponsor lunch for a day at the senior center.



The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.

-Winston Churchill



LEGAL AID

Christie Bradford, from Legal Aid, is at the Senior Center on the 2nd Wednesday of each month from 9:30-10:30 to help seniors with simple legal issues (power-of-attorney, collection problems, Medicare, TennCare, etc.).

SILVER SNEAKERS

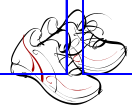


MONDAYS & WEDNESDAYS AT 1:00

MONDAYS & WEDNESDAYS AT 2-3PM Cost: \$2.00

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

EXERCISE CLASS
THURSDAYS
AT 9:30



YOGA
MONDAYS
6-7PM The1st, 3rd & 4th
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: 931-379-7222
Transportation: 931-490-9968

January 2017

Activity Coordinator:
Janice Nevette

MON	TUES	WED	THUR	FRI
<p>2 <u>CLOSED</u></p> 	<p>3 <u>CLOSED</u></p>	<p>4</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Adult Coloring 11:30 Lunch</p> 	<p>5</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch - Birthday Party</p> 	<p>6</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>9</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>10</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Autumn Blake TN. Health Dept. 11:30 Lunch</p> 	<p>11</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Jig Saw Puzzle 11:30 Lunch</p> 	<p>12</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch Christie Bradford Legal Aid</p> 	<p>13</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>16 <u>CLOSED</u> MLK DAY</p> 	<p>17</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Debbie Becker Maury Regional Occupational Therapy 11:30 Lunch</p> 	<p>18</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Word Search 11:30 Lunch</p> 	<p>19</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 POTLUCK</p> 	<p>20</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>23</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>24</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Jeanette Mayberry Maury Regional Hospital Foundation-Eye Health 11 Lee Wilson, Perry Co. Health Care 11:30 Lunch</p> 	<p>25</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Word Search 11:30 Lunch</p> 	<p>26</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch</p> 	<p>27</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>30</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>31</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:30 All Games Day 11:30 Lunch</p> 		 <p style="text-align: center;">When you smile about the life you live, you will end up living a life worth smiling about.</p>	

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

