



SENIOR TIMES

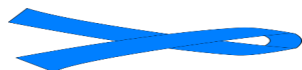
JUNE 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5 ISSUE 6



May was Older Americans Month. Seated Mayor Dean Dickey, Brenda and a very happy group of seniors look on as The Mayor signs the Proclamation. Thank you Mayor.



June is Men's Health Month



June 18th



Good Hearted People needed to....donate fans and/or air conditioners. Seniors, if you need an air conditioner or fan call us, we'll get you one if we can.

Brenda Grimsley
Executive Director
mcsc3@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 Jim Bailey
- Mayor Rick Graham



Thanks to Our Volunteers!

Volunteer Appreciation Party
Thursday June 22nd @5:30
Music by Tony Malugin

Inside this issue:

- 2 - Thank-You's
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- 6 - Sympathy/Classes & Assistance
- 7 - Mt. Pleasant Activities
- 8 - Meals/Events & Newsletter Sign Up





Thanks to Ron Perry, forth from the left, for the delicious KFC lunch he provided the center in memory of his wife Vivian.



Thanks to Dorothy Grubb & Tammy for sponsoring our April birthday party. They provided chips, dips, crackers & ice cream, in memory of husband/father Ralph.



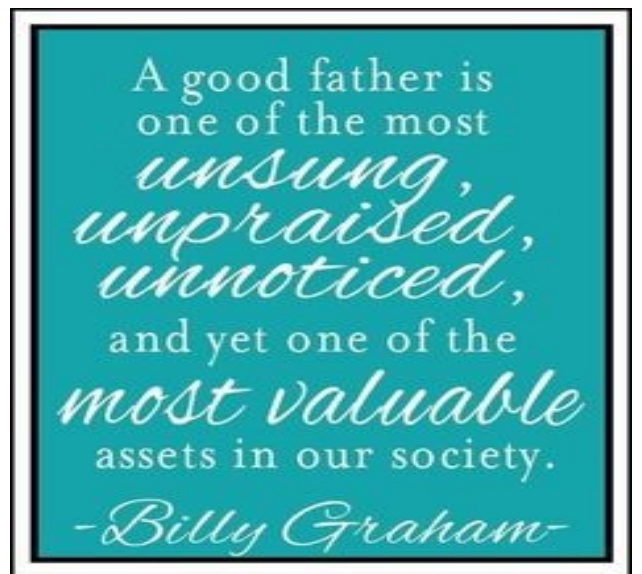
Thanks to Pat Woodmansee, (third from the right), Assistant Director of The Maury County Office of Emergency Management. Her information on preparing emergency grab & go kits was very well received and appreciated.



Mt. Pleasant Senior Center members enjoying a fun game of Cornhole. Starting June 8th, every 2nd Tuesday there will be a Cornhole Tournament. Come join in!!!



Thanks to Vanessa Purdom, from Life Care of Columbia, for her program on Preparing, if needed, for Assisted Living.






























MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
 <p>June 15th is Elder Abuse Awareness Day Program-Heritage Bank & Trust @10AM w/Claire Sellers</p>	 <p>We've put more effort into helping folks reach old age than into helping them enjoy it.</p> <p>**Frank A. Clark</p>	 <p>A smile is a facelift that's in everyone's price range.</p> <p>**Tom Wilson</p>	<p>1 8 Cards/games/pool 8:30 B/P w/ Signature 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1 Fleet 44 6pm Yoga Class</p> 	<p>2 8 Cards/games/pool 9-9 Ball Pool Tournament 11:30 Lunch by Behavioral Healthcare 7 pm Chess Club</p> 
<p>5 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10 Manicures w/Adrienne 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p>  <p>Mobil Dental Clinic @12:30</p>	<p>6 8 Cards/games/pool 9:30-12:30 Bridge 10 B/P by Quality 1st Home Care w/Renee 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>7 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>8 8 Cards/games/pool 8:30 B/P Vanderbilt Stallworth Rehab Hospital w/ Kris 9:30 Exercise Class 10:30 Traditions Spring Hill Topic: Decluttering 11 Bingo w/Michelle (Prizes) Traditions Spring Hill 11:30 Lunch 1-4:30 Bridge 6pm Genealogy Society</p>  	<p>9 8 Cards/games/pool 8:30 Rook Tournament 11:00 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p> 
<p>12 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10 Home Assistance and Repairs w/ Tom Croft 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>13 8 Cards/games/pool 9 Wii Bowling practice 9:30 Golden K 9:30-12:30 Bridge 11:30 POTLUCK 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p> 	<p>14 8 Rook/games/pool 9 Medicare Counseling 11 Bingo Prizes w/ Kris Vanderbilt Stallworth 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>15 8 Cards/games/pool 8:30 B/P w/ Signature 9:30 Exercise Class 10 Elder Abuse Awareness Day-Heritage Bank & Trust w/Claire Sellers 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p>  	<p>16 8 Cards/games/pool 8:30 Canasta Tournament 9:00 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>  
<p>19 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Tournament 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>20 8 Cards/games/pool 9:30-12:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>21 8 Rook/games/pool 9 Medicare Counseling 9 B/P Maury Regional Home Health 9 Pool Tournament 9:30 Wii Tournament 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>  	<p>22 8 Cards/games/pool 8:30 B/P We need help 9:30 Exercise Class 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>23 8 Cards/games/pool 10 BIRTHDAY PARTY Sponsor-HealthSouth with Tonia Walton 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>  
<p>26 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>27 8 Cards/games/pool 9 Wii Bowling practice 9:30-12:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>28 8 Rook/games/pool 9 Medicare Counseling 10:00 B/P MRH w/Janette 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>  	<p>29 8 Cards/games/pool 8:30 B/P We need help!!!! 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>30 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p> 

SOUTH CENTRAL HUMAN RESOURCE AGENCY
Nutrition program for the Elderly
Milk and Butter Included with each meal
JUNE 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
			BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/RANCH TEXAS TOAST BAKED APPLES MILK  JUNE 1	CHICKEN & NOODLES SUCCOTASH BROCCOLI WW DINNER ROLL PINEAPPLE MILK  JUNE 2
SLOPPY JOE POTATO WEDGES BAKED BEANS WW BUN PEACHES MILK  JUNE 5	HOAGIE SANDWICH W LET/TOM/MAYO POTATO SALAD(MUST) TROPICAL FRUIT SUGAR COOKIE MILK  JUNE 6	LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK  JUNE 7	FISH FILLET W/ TARTAR SAUCE COLESLAW BAKED BEANS WW BUN APPLE CRISP MILK  JUNE 8	FRUITY CHICKEN SAL- AD ON CROISSANT PASTA SALAD OATMEAL RAISIN COOKIE FRESH APPLE MILK  JUNE 9
BREADED PORK CHOP MIXED GREENS SWEET POTATOES CORNBREAD MANDARIN ORANGES MILK  JUNE 12	CHICKEN SALAD ON WHEAT W/LETTUCE MACARONI SALAD FRUITED JELLO SUGAR COOKIE MILK  JUNE 13	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK  JUNE 14	COOK'S CHOICE  JUNE 15	HAM & CHEESE ON WHEAT LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COOKIE MILK  JUNE 16
TURKEY AND SWISS CROISSANT LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK  JUNE 19	PEPPER STEAK W/ GRAVY WHOLE KERNEL CORN LIMA BEANS WW DINNER ROLL FRESH APPLE MILK  JUNE 20	CHICKEN TENDERS W/HONEY MUST. GREEN BEANS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK  JUNE 21	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  JUNE 22	FISH FILLET W/ TARTAR SAUCE PINTO BEANS AUGRATIN POTATOES CORNBREAD FRESH BANANA MILK  JUNE 23
BREADED CHICKEN PATTIE SANDWICH LET/TOM/MAYO MACARONI & CHEESE COLESLAW WW BUN APPLE CRISP MILK  JUNE 26	PEPPER STEAKW/ GRAVY MASHED POTATOES MIXED VEGETABLES WW DINNER ROLL APPLESAUCE MILK  JUNE 27	PINTO BEANS W/ HAM COLLARD GREENS WHOLE KERNEL CORN CORNBREAD MIXED FRUIT MILK  JUNE 28	BAKED HAM AUGRATIN POTATOES LIMA BEANS CORNBREAD MIXED FRUIT MILK  JUNE 29	HOMEMADE PIMENTO CHEESE ON WHEAT PORK AND BEANS COTTAGE CHEESE PINEAPPLE MILK  JUNE 30

This newsletter is sponsored by:



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



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

9-BALL POOL Sponsored by: **ROBERT MOONINGHAM**
ROOK Sponsored by: **MCSC-PETTY CASH**
PHASE 10 Sponsored by: **BEHAVIORAL HEALTHCARE**
POOL Sponsored by: **TOMMY HIGHT JR/SHELTER INS**
Wii Sponsored by: **NHC HILLVIEW**
CORNHOLE Sponsored by: **HERITAGE FUNERAL HOME**
CANASTA Sponsored by: **THE BRIDGE ASSISTED LIVING**

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: Miller Williams
2nd Place: Fred Ward
3rd Place: Joe Roberts



ROOK WINNERS

Betty Fisher
Edie Owston



PHASE 10 WINNER

Rebecca Moore



POOL WINNERS

1st Place: Norman Areia
2nd Place: "Weasel" Whidby
3rd Place: H. Loudermilk



Wii BOWLING WINNERS

1st Place: Leray Crawford
2nd Place: Marilyn Braden
3rd Place: Jean Thomason



CORNHOLE WINNERS

Leray Crawford
Rebecca Moore



CANASTA WINNERS

1st Place: Paulette Baras
2nd Place: Okalene Russell



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.



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 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:

- **Jimmy Tennyson**
- **Flora Mae Armstrong Williams**

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 step 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.



**ROOK TOURNAMENT WINNERS



April Rook Tournament winners-Aubrey "Strut" Davis & Larry Venable with Carol & Linda. Thanks to sponsor-The Bridge (Chasity Davis) for the fruit and vegetable trays. They loved them.



A smile is a curve that sets everything straight.

PHYLLIS DILLER

Meals & B/Day Parties-Special Thanks To:

- **Behavioral Healthcare - Lunch**
- **WellCare Health Plans-B/Day Party**

Please call us
If your business or church group would like to sponsor lunch or a birthday party for a day/months. Ask for Wendy - 931-380-3950 Ext.#3

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

SILVER SNEAKERS

MONDAYS & WEDNESDAYS
1-2PM
Cost \$2 per class or card

Tai Chi

MONDAYS & WEDNESDAYS
AT 2-3PM
Cost \$2.00 per class or card

EXERCISE CLASS
THURSDAYS
@ 9:30
Free



YOGA
MONDAYS AT 6 PM
6-7PM the 1st, 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




























MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474

Center phone: 931-379-7222
Transportation: 931-490-9968

June 2017

Activities Coordinator:
Janice Nevette

MON	TUES	WED	THUR	FRI
<p style="text-align: center;">“If you see the beauty of the rain, you’ll always find a rainbow”</p> 	 <p style="text-align: center;">LOOK OUT THE PEEPHOLE be careful who you let in your house.</p>	<p style="text-align: center;">June 13th Elder Abuse Awareness Program -Heritage Bank & Trust @10AM w/Claire Sellers</p>	<p style="text-align: center;">1</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old-Timers 11:30 Lunch Birthday Party</p>  	<p style="text-align: center;">2</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p style="text-align: center;">5</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p style="text-align: center;">6</p> <p>9:30 Senior Walking 9:30 B/P Checks? 9:45 Coffee Chatting 11:00 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">7</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch 12:00 Search Word</p> 	<p style="text-align: center;">8</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch 12 Corn Hole Tournament</p>  	<p style="text-align: center;">9</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p style="text-align: center;">12</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 12:30 Word Search</p> 	<p style="text-align: center;">13</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 B/P Renee Martin 10 Heritage Bank & Trust w/ Claire Sellers 11 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">14</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11 Super Bingo 11:30 Lunch 12:30 Word Search</p> 	<p style="text-align: center;">15</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old- Timers 11:30 Potluck Lunch</p>  	<p style="text-align: center;">16</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p style="text-align: center;">19</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p style="text-align: center;">20</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Jeanette Mayberry MRH Foundation 11 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">21</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">22</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch</p> 	<p style="text-align: center;">23</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p style="text-align: center;">26</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 12:30 Word Search</p> 	<p style="text-align: center;">27</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Surprise Guest 11 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">28</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> 	<p style="text-align: center;">29</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old-Timers 11:30 Lunch</p> 	<p style="text-align: center;">30</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</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

JUNE SPECIAL MEALS/EVENTS

- ◆ Lunch-Behavioral Healthcare Friday the 2nd @11:30
 - ◆ Manicures w/ Adrienne Glenn
Monday the 5th @10:00
- ◆ Bingo w/Prizes & Program-w/Michelle-Traditions Spring Hill Topic: Decluttering
Thursday the 8th @ 10:00
 - ◆ Home Assistance & Repair w/Tom Croft Monday the 12th @10:00
- ◆ **POTLUCK LUNCH** Tuesday the 13th @ 11:30(Please bring something to share)
 - ◆ Bingo w/Prizes-Kris Alexander Vanderbilt Stallworth Rehab Hospital
Wednesday the 14th @11:00
 - ◆ Elder Abuse Awareness Day w/Claire Sellers Heritage Bank & Trust
Thursday the 15th @10:00
- ◆ Birthday Party w/Tonia Walton HealthSouth Rehabilitation Hospital of Franklin
Friday the 23rd @10:00



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.
(Title VI of the Civil Rights Acts of 1964)