



# SENIOR TIMES

MARCH 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5, ISSUE 3

## BLACK HISTORY MONTH

Thanks to, Jo Ann McClellan, member of the MCSC Board of Directors, for her informative program—"Making a way for themselves: African American Entrepreneurs from Maury County". The brochure-Communities & Legacies, was full of important information.



Brenda Grimsley  
Executive Director  
mesc3@cpws.net

\*\*\*\*\*

MCSC  
2016-2017

- \*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

### 2017 MCSC MULE DAY MENU

Thursday - Saturday  
March 30th - April 1st

Coffee, Drinks, & Homemade

Deserts \$1 each

Breakfast-Country Ham & Biscuits \$2

7am - 9am

Lunch-Ham & White Bean Plates \$7

11am - 5pm

\*\*Benefits the Maury County Senior Center

Thursday March 30th 9am Tournaments  
Pool Tournament & Hand and Foot Canasta  
Tournament

Prizes: 1st \$50, 2nd \$25, 3rd \$15

#### Inside this issue:

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





Melissa was able to surprise her Dad, John McKennon with a birthday cake the day before his birthday. She got you this time John! The cake had a deck of cards on it, because of John's skill and love of playing & winning.



The Mt. Pleasant Senior Center members in attendance for the Black History program done by MCSC front desk receptionist, Renee Thomas. Thank you Renee for a job well done.



Vanessa Purdom, from Lifecare Center of Columbia, did a Health Educational program on Wound Care. We thank Ms. Vanessa for providing a monthly program for us that always is full of wonderful and helpful facts and information.



Thanks to Stefanie Lynch, from Blue Cross Blue Shield, who sponsored our Mardi Gras Party. She provided 7 King Cakes, sandwich trays for 50-60 people, chips & pretzels. We welcome her back in March for a Medicare 101 program.



















Tonia Walton, from HealthSouth Rehabilitation Hospital of Franklin, has sponsored our monthly Birthday Party for the last three months. We thank her and her company and we ask for help from individuals or companies in the future. Call and ask for Wendy (pictured), Activity Coordinator.



Thank you, Starla Hardin, from UT Extension Program, for your Healthy Cooking demonstration. The Tri-Pepper Salad was enjoyable. We appreciate the recopies you provided the seniors.



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>**Tax Preparation</b> <b>SCHRA-VITA</b> w/Mark Waldeck Mon & Tues 9-4pm until April 11th. by appointment only. Call 931-380-3950 for more information.	<b>March is Save Your Vision Month.</b> <b>Be wise and protect your eyes!</b> 	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 	2 8 Cards/games/pool 8:30 B/P Signature Health 9:30 Exercise Class 10:30 CapTel-Telephones 11 Kroger Bingo 11:30 Lunch 1 FRA 44 2 DAV 1-4:30 Bridge 6pm Yoga Class   	3 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  
6 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-Lifecare 2-3 Tai-Chi 6pm Yoga Class  <b>**Tax Preparation</b>	7 8 Cards/games/pool 9:30-11 Premier Chiropractic Program and Screening 10 B/P Quality 1st w/Renee 11 Kroger Bingo 11:30 POTLUCK 1 Beg. Computer Class 3 Gen. Computer Class <b>** Tax Preparation</b>	8 8 Rook/games/pool 9 Medicare Counseling 10 Health Dept. w/Autumn Topic: Nutrition 11:00 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3-Tai-Chi <b>* NO SMOKING DAY</b>	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 	10 8 Cards/games/pool 8:30 Rook Tournament 10:30 WellCare-Delila Hodges-Health Plans Info. & 11:00 Wellcare Bingo 11:30 Lunch 7pm Chess Club  
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 2-3 Tai-Chi 6pm Yoga Class  <b>** Tax Preparation</b>	14 8 Cards/games/pool 10 Mt. Pleasant Health & Rehab-Program Information w/Candie Hall & B/P Checks 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6pm Master Gardeners <b>**Tax Preparation</b>	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 	16 8 Cards/games/pool 8:30 B/P Signature Health 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 	17 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Cornhole Tournament Scorer: Bryan Childs-Humana 11:30 Lunch 7pm Chess Club  
20 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-Poplar Estates 2-3 Tai-Chi 6pm Yoga Class <b>Spring Begins</b> <b>**Tax Preparation</b>	21 8 Cards/games/pool 10 Singer/Guitarist- Cameron Sutphin 11:00 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class   <b>**Tax Preparation</b>	22 8 Rook/games/pool 9 Medicare Counseling 10 MRH Foundation with Janette -Topic: Nutrition 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi 	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 	24 8 Canasta/games/pool 10 BIRTHDAY PARTY Sponsor/HealthSouth w/Tonia 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club 
27 8 Canasta/games 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 6 pm Yoga Class  <b>**Tax Preparation</b>	28 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class  <b>**Tax Preparation</b>	29 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 	30 <b>DAY 1 OF</b> <b>MCSC</b> <b>MULE</b> <b>DAY</b> <b>Activities</b> <b>(NO PROGRAMS)</b> 	31 <b>DAY 2 OF</b> <b>MCSC</b> <b>MULE</b> <b>DAY</b> <b>Activities</b> <b>(NO PROGRAMS)</b> 

**Nutrition Program for the Elderly**  
**Milk and butter included with each meal**  
**MARCH 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
	 <p>If you would like to see this newsletter in color go to <a href="http://www.mcsc2.org">www.mcsc2.org</a></p>	<p><b>CHICKEN &amp; NOODLES</b>            SWEET POTATOES            SUCCOTASH            WW DINNER ROLL            PINEAPPLE MILK</p>  <p>MAR 1</p>	<p><b>MEATLOAF W/TOM SAUCE</b>            MASHED POTATOES            GREEN BEANS            WW DINNER ROLL            FRUIT COCKTAIL MILK</p>  <p>MAR 2</p>	<p><b>HOTDOG W/MUST.</b>            POTATO WEDGES            COLESLAW            WW BUN            PEACH CRISP MILK</p>  <p>MAR 3</p>
<p><b>SLOPPY JOE</b>            AUGRATIN POTATOES            MEXICALI CORN            WW BUN            APPLESAUCE MILK</p>  <p>MAR 6</p>	<p><b>HOMEMADE VEG SOUP</b>            ½ PIMENTO CH. SAND.            SLICED PEACHES            BROWNIE MILK</p>  <p>MAR 7</p>	<p><b>LASAGNA</b>            TOSS SALAD W/RANCH            TROPICAL FRUIT            TEXAS TOAST            BROWNIE MILK</p>  <p>MAR 8</p>	<p><b>FISH FILLET W/TARTAR SAUCE</b>            WHITE BEANS            COLESLAW            CORNBREAD            BAKED PEARS MILK</p>  <p>MAR 9</p>	<p><b>BREADED CHICKEN</b>            BAKED APPLES            YELLOW HOMINY            BUTTERMILK BISCUIT            FRESH ORANGE MILK</p>  <p>MAR 10</p>
<p><b>BAKED HAM</b>            CHEESY POTATOES            LIMA BEANS            WW DINNER ROLL            DICED PEARS MILK</p>  <p>MAR 13</p>	<p><b>BREADED PORK CHOP</b>            GREEN BEANS            MASHED POTATOES            WW DINNER ROLL            SPONGE CAKE MILK</p>  <p>MAR 14</p>	<p><b>CHILI WITH BEANS</b>            STEAMED RICE            COLESLAW            BAKED APPLES MILK</p>  <p>MAR 15</p>	<p><b>CHICKEN TENDERS W/HONEY MUST.</b>            GREEN PEAS            WHOLE KERNEL CORN            WW DINNER ROLL            TROPICAL FRUIT MILK</p>  <p>MAR 16</p>	<p><b>PEPPER STEAK W/ GRAVY</b>            BLACKEYE PEAS            TURNIP GREENS            CORNBREAD            MIXED FRUIT MILK</p>  <p>MAR 17</p>
<p><b>PINTO BEANS W/HAM</b>            SEASONED CABBAGE            SWEET POTATOES            CORNBREAD            APPLESAUCE MILK</p>  <p>MAR 20</p>	<p><b>FISH FILLET W/TARTAR SAUCE</b>            BAKED BEANS            COLESLAW            WW BUN            APPLE CRISP MILK</p>  <p>MAR 21</p>	<p><b>TATER TOT CASS.</b>            GLAZED CARROTS            GREEN BEANS            WW DINNER ROLL            PEARS MILK</p>  <p>MAR 22</p>	<p><b>BEEF STEW</b>            ½ PIMENTO CH. SAND.            PEACHES            BROWNIE MILK</p>  <p>MAR 23</p>	<p><b>SAUSAGE PATTIE W/CHEESE</b>            YELLOW HOMINY            BAKED APPLES            BUTTERMILK BISCUIT            FRESH ORANGE MILK</p>  <p>MAR 24</p>
<p><b>SALISBURY STEAK/ GRAVY</b>            MASHED POTATOES            PEAS &amp; CARROTS            WW DINNER ROLL            MANDARIN ORANGES MILK</p>  <p>MAR 27</p>	<p><b>CATALINA CHICKEN</b>            LIMA BEANS            WHOLE KERNEL CORN            WW DINNER ROLL            MIXED FRUIT MILK</p>  <p>MAR 28</p>	<p><b>WHITE BEANS W/HAM</b>            MIXED GREENS            COOKED CARROTS            CORNBREAD            PINEAPPLE MILK</p>  <p>MAR 29</p>	<p><b>CREAM CK. OVER CORNBREAD</b>            SEASONED CABBAGE            GREEN BEANS            PEACHES MILK</p>  <p>MAR 30</p>	<p><b>COOKS CHOICE</b></p>  <p>MAR 31</p>

This newsletter is sponsored by:



**MAURY COUNTY SENIOR CENTER  
TOURNAMENT WINNERS FOR FEBRUARY 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: **TOMMY HIGHT JR./SHELTER INS.**  
**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: Fred George  
2nd Place: Vernon Buck  
3rd Place: Howard Loudermilk



**ROOK WINNERS**

John McKennon  
Okalene Russell



**PHASE 10 WINNER**

Wilnita Bellafant



**POOL WINNERS**

1st Place: J.R .Boshers (not pictured)  
2nd Place: Freddy George  
3rd Place: Howard Loudermilk



**Wii BOWLING WINNERS**

1st Place: Judie Williams  
2nd Place: Danny McNeece  
3rd Place: Leray Crawford



**CORNHOLE WINNERS**

Rebecca Moore  
Eleanor Galle



**CANASTA WINNERS**

1st Place: Frank Jones  
2nd Place: Edie Owston



**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:  
Georgia Scharcette  
John W. "Sonny" Massey**

**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.



**Thank you very much, Columbia Lions Club, for the delicious Pork Tenderloin lunch in February. The lunch and the homemade deserts were all mouth watering. The seniors also loved the thoughtful Valentine's gift bags.**

**Special Thanks To:**

- **Behavioral Healthcare-Lunch**
  - **Lions Club/Columbia-Lunch**
  - **B.C.B.S.-Mardi Gras Party**
- Please call if your business or church group would like to sponsor lunch for a day. Ask for Wendy**



**DID YOU KNOW!**

**A hard boiled egg will spin, but a soft boiled egg will not.**  
#46  
Website: (livin3-155 Cool & Weird Fun Facts that you should know!)

**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**

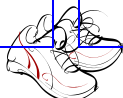


**MONDAYS & WEDNESDAYS  
AT 1:00-2:00PM  
Cost \$2.00 per class or card**

**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














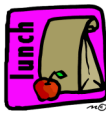









Center phone: 379-7222

MARCH 2017

Activity Coordinator:

Transportation: 490-9968

Janice Nevette

MON	TUES	WED	THUR	FRI
		<p><b>1</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 B/P &amp; Bingo w/Mt. Pleasant CNA High School Students</b> 11:30 Lunch</p> 	<p><b>2</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Music-Ron Perry</b> 11:30 Lunch <b>BIRTHDAY PARTY</b></p> 	<p><b>3</b> 9:30 Senior Walking 9:30 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>6</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>7</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 :00 Exercise</b> <b>10:00 B/P Candie Hall Mt. Pleasant Health &amp; Rehabilitation</b> <b>11 Bingo</b> 11:30 Lunch</p> 	<p><b>8</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>11:00 Bingo</b> 11:30 Lunch</p> 	<p><b>9</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Music-Ron Perry</b> 11:30 Lunch</p> 	<p><b>10</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>13</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>14</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Exercise</b> <b>10:00 Renee Martin B/P</b> <b>10:30 Autumn Blake TN. Health Dept.</b> <b>11 Bingo</b> 11:30 Lunch</p> 	<p><b>15</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>11:00 Bingo</b> 11:30 Lunch 12:30 Word Search</p> 	<p><b>16</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Music-Ron Perry</b> <b>11:30 POTLUCK</b></p> 	<p><b>17</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>20</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>21</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Exercise</b> <b>10:00 Debbie Becker Maury Regional Occupational Therapy</b> <b>11 Bingo</b> 11:30 Lunch</p> 	<p><b>22</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>11:00 Bingo</b> 11:30 Lunch 12:30 Word Search</p> 	<p><b>23</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Music-Ron Perry</b> 11:30 Lunch</p> 	<p><b>24</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>27</b> 9:30 Senior Walking 9:30 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>28</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Exercise</b> <b>11:00 Bingo</b> 11:30 Lunch</p> 	<p><b>29</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 10:00 Word Search 11:30 Lunch</p> <pre style="font-family: monospace; font-size: small; text-align: center;">         Y A W R 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 I C T     </pre>	<p><b>30</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Music-Ron Perry</b> 11:30 Lunch</p> 	<p><b>31</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 Silver Sneakers Exercise</b> 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

Return Service Requested

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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

**MULE DAY 2017**  
March 27– April 2nd

**MARCH**  
**12th**

**\*Friday March 3rd**  
**LUNCH: Behavioral Health Care @ 11:30**  
• **Tuesday March 7th**  
**9:30-11 Premier Chiropractic-Program & Screening**  
**11:30 POTLUCK LUNCH**  
**(Everyone please bring something to share)**



DAYLIGHT SAVING TIME  
BEGINS



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.