



SENIOR TIMES

MAY 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5, ISSUE 5



2017 MULE DAY Tournament Winners



CANASTA

1st place winner: Lynn Cetas
2nd place winner: Carol South
3rd place winner: Okalene Russell



POOL TOURNAMENT

1st place winner: Tommy Counts
2nd place winner: Fred Ward
3rd place winner: Miller Williams

Brenda Grimsley
Executive Director
mcsc3@cpws.net
MCSC
2016-2017
Board Members

MANY THANKS MULE DAY DONATORS:

Quik Mart-Ham & Biscuits
Food Lion-Gift Card
Save-A-Lot-Ham
Means Cash Savers-Ham
Shoney's- Sausages & Biscuits (Rory)
David Skillington-Hams
Robin Keys-Ham
Billy & Jean Sims-Coleslaw
Jody Weardon (Barbara)-Eggs
MCSC Board Members
Seniors & Friends-Desserts
&
All volunteers for your time
3 Day Volunteers- John Glenn, Rory Perkins, Edie Owston,
Paulette Baras, Shirley Adams, Rochelle Graham, Rebecca Moore
& Lisa Spruiell



MAY 14th

Inside this issue:

- 2 -March Events
- 3 - Columbia Activities
- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Sympathy/Classes & Assistance
- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter sign up



**Dance Party
with
Tony Malugin
Friday -May 5th
6-9pm**

(Everyone please bring a dish or something to share)

- *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



Executive Director, Brenda Grimsley, with some of the great volunteers that worked in the kitchen during the Mule Day three day fund raiser.



Some of the great volunteers that worked in the dinning room during the three day fund raiser. There were over 50 volunteers in the three days that we wish to thank.



Day trip passengers prepared to go to The Cumberland Playhouse in Crossville, TN to see A Second Helping. Next trip is May 11th to the Fontanel Mansion in Nashville This trip is full.



We enjoyed gospel Singer, Dwight Watkins(with guitar) & sound technician, Jimmy DeBuque (cap) from The Lighthouse Church. Thanks for sharing your talents.



































Mt. Pleasant Senior Center's fitness instructor, Yolanda Cothran, invites you to join her for Arthritis Exercise classes every Friday at 10 am.




























Happy Mother's Day
to all the selfless women
who inspire, motivate and
remind us to be a better
person every single day.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 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 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> <p><i>Line Dancing</i></p> 	<p>2 8 Cards/games/pool 9-11 Wii Practice 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>3 8 Rook & Canasta 9 Medicare Counseling w/ Bob & Sandra Johnson 10-11 Emergency Grab & Go Kits w/Pat Woodmansee 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>4 8 Cards/games/pool 8:30 B/P w/Signature 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1 FRA 44 6pm Yoga Class</p>  	<p>5 8 Cards/games/pool 9 (9 Ball) Pool Tournament 10:30 Health Education/ Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 7pm Chess Club</p> <p>Spring Fling! 6-9pm</p> 
<p>8 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 10:30 MRH Healthy Hearts Topic: Stress w/Rena 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>9 8 Cards/games/pool 9:30-12:30 Bridge 10 B/P Checks w/Candie M.PL Health & Rehab. 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p> 	<p>10 8 Rook/games/pool 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>  	<p>11 8 Cards/games/pool 8:30 B/P We need help! 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Genealogy</p> <p>**MOBILE DENTAL CLINIC Appt. times 9-1:30pm</p>	<p>12 8Cards/games/pool 8:30 Rook Tournament 11:30 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p>15 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 10 Advanced Physical Therapy & Rehab w/Steve 9 Phase 10 Tournament 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>16 8 Cards/games/pool 9-10:15 Wii Practice 9:30-12:30 Bridge 10:30 Heritage Funeral Home w/Linda Thomas Topic: Planning Workshop 11:30 POTLUCK 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>17 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>18 8 Cards/games/pool 8:30 B/P w/Signature 9:30 Arthritis Exercise 10 Health Ed w/Vanessa from Lifecare-Columbia 11 Kroger Bingo 11:30 Lunch 12:30-4:30 SAFE DRIVERS COURSE w/Rick Barker 1-4:30 Bridge 6pm Yoga Class</p> 	<p>19 8 Canasta/games/pool 8:30 Canasta Tournament 9 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 12:30-4:30 SAFE DRIVERS COURSE w/Rick Barker 7pm Chess Club</p>   
<p>22 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 6pm Yoga Class</p> 	<p>23 8 Cards/games/pool 9:30-12:30 Bridge 9-11 Wii Practice 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>24 8 Rook/games/pool 9 Medicare Counseling 10 Health Ed. w/Janette 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>25 8 Cards/games/pool 8:30 B/P We need help! 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p>  	<p>26 8 Cards/games/pool 10 BIRTHDAY PARTY Sponsor: WellCare w/ Delila Hodges 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>  
<p>29 CLOSED MEMORIAL DAY</p> 	<p>30 8 Cards/games/pool 9-11 Wii Practice 9:30-12:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>31 8 Rook/games/pool 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>GRAB & GO KITS w/ Pat Woodmansee Wed. May 3rd @10</p> 	<p>HERITAGE FUNERAL HOME Tuesday May 16th @ 10:45 Topic: Planning Workshop The Elephant in The Room Presented by Linda Thomas Followed by POTLUCK @11:30</p>

*Nutrition program for the Elderly
Milk and Butter Included with each meal
May 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
PEPPER STEAK W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL APPLESAUCE MILK  MAY 1	HOMEMADE PIMINTO CHEESE ON WHEAT PORK AND BEANS COTTAGE CHEESE PINEAPPLE MILK  MAY 2	BREADED CHICKEN PATTIE SANDWICH LET/TOM/MAYO MACARONI & CHEESE COLESLAW WW BUN APPLE CRISP MILK  MAY 3	CHICKEN SALAD ON WHEAT W/LETTUCE MACARONI SALAD FRUITED ORG.JELLO SUGAR COOKIE MILK  MAY 4	FISH FILLET W/ TARTAR SAUCE PINTO BEANS AUGRATIN POTATOES CORNBREAD PEARS MILK  MAY 5
SLOPPY JOE POTATO WEDGES BAKED BEANS WW BUN TROPICAL FRUIT MILK  MAY 8	BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/RANCH TEXAS TOAST BAKED APPLES MILK  MAY 9	HAM & CHEESE ON WHEAT LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COOKIE MILK  MAY 10	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  MAY 11	FRUITY CHICKEN SALAD ON CROISSANT PASTA SALAD OATMEAL RAISIN COOKIE FRESH APPLE MILK  MAY 12
BAKED HAM AUGRATIN POTATOES LIMA BEANS CORNBREAD MIXED FRUIT MILK  MAY 15	BREADED PORK CHOP MIXED GREENS SWEET POTATOES CORNBREAD MANDARIN ORANGES MILK  MAY 16	FISH FILLET W/ TARTAR SAUCE COLESLAW BAKED BEANS WW BUN BAKED APPLES MILK  MAY 17	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK  MAY 18	CHICKEN & NOODLES SUCCOTASH BROCCOLI WW DINNER ROLL PINEAPPLE MILK  MAY 19
LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK  MAY 22	HOAGIE SANDWICH W LET/TOM/MAYO POTATO SALAD(MUST) TROPICAL FRUIT SUGAR COOKIE MILK  MAY 23	CHICKEN TENDERS W/HONEY MUST. GREEN BEANS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK  MAY 24	TURKEY AND SWISS CROISSANT LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK  MAY 25	COOK'S CHOICE  MAY 26
Memorial Day  MAY 29	PEPPER STEAK W/ GRAVY MASHED POTATOES MIXED VEGETABLES WW DINNER ROLL APPLESAUCE MILK  MAY 30	PINTO BEANS W/ HAM COLLARD GREENS WHOLE KERNEL CORN CORNBREAD MIXED FRUIT MILK  MAY 31	 HEALTHY Balance Diet	 FOOD SAFETY

This newsletter is sponsored by:



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



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

9-BALL POOL
ROOK
PHASE 10
POOL
Wii BOWLING
CORNHOLE
CANASTA

Sponsored by: ROBERT MOONINGHAM
Sponsored by: THE BRIDGE ASSISTED LIVING
Sponsored by: AMBASSADORS GOLF CLUB
Sponsored by: TOMMY HIGHT JR./SHELTER INSURANCE
Sponsored by: NHC HILLVIEW OF MRH-TRANSITIONS
Sponsored by: HERITAGE FUNERAL HOME
Sponsored by: MCSC DONATED FUNDS-*Help we need a sponsor!*

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: Marshall Dodson
2nd Place: Mike Walker
3rd Place: "Weasel" Whidby



ROOK WINNERS



Due to The MCSC being closed for Good Friday in April, the Rook Tournament was not played until after the publication of this months newsletter. Look for picture of winners next month.
-Wendy (Activities Coordinator)

PHASE 10 WINNER
Judie Williams



POOL WINNERS

1st Place: Mike Walker
2nd Place: Fred Ward
3rd Place: Marshall Dodson



Wii BOWLING WINNERS

1st Place: Marilyn Braden
2nd Place: Rebecca Moore
3rd Place: Leray Crawford



CORNHOLE WINNERS

Hugh Mitchell, Bryan Childs (Humana) scorer, & Rebecca



CANASTA WINNERS

1st Place: Peggy Glidewell
2nd Place: Carol South



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:
Bobby Mahaffey
Brenda Coffey Oden Mauldin
Mary Davis Parrish
Harold Woodard
Nadine Crowder Grose

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.



Some of the Master Gardeners out front of the Senior Center. We are grateful for their dedication to make the front area look so much nicer.

Special Thanks To:

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



The MCSC would like to thank the following for the parking lot repaving:
 *M.C. Park Director-Al Ray
 *Hwy. Superintendent.-Van Boshers
 *County Mayor-Charlie Norman
 *The County Commission of Maury County
Thumbs up! Everyone loves it! →



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.

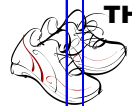


MONDAYS & WEDNESDAYS
1-2 PM
Cost \$2.00 per class or card

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

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

ARTHRITIS EXERCISE
THURSDAYS
9:30 AM
Free



YOGA
MONDAYS AT 6-7PM
THURSDAYS 6-7PM the
1st, 3rd & 4th



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

Activities Coordinator:

Transportation: 931-490-9968

May 2017

Janice Nevette

MON	TUES	WED	THUR	FRI
<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:30 Lunch</p> 	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10 Candie Hall Mt. Pl. Health & Rehab 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>3 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>4 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music with Wayne & The Old Timers 11:30 Lunch</p> 	<p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> 
<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:30 Lunch</p> 	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10 B/P Renee Martin 11:00 SUPER BINGO 11:30 Lunch</p>  	<p>10 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>11 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Singing w/ Ron Perry 11:30 Lunch & Monthly BIRTHDAY PARTY</p>  	<p>12 9:30 Senior Walking 9:45 Coffee & Chatting 10 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> 
<p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:30 Lunch</p> 	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10 MRH Foundation w/ Jeanette Mayberry 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>18 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music with Wayne & The Old Timers 11:30 Lunch</p> 	<p>19 9:30 Senior Walking 9:45 Coffee & Chatting 10 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> 
<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:30 Lunch</p> 	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10 Cornhole Game <i>Come and learn the game</i> 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10 SILVER SNEAKERS EXERCISE 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>25 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Singing w/ Ron Perry 11:30 POTLUCK</p>  	<p>26 9:30 Senior Walking 9:45 Coffee & Chatting 10 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> 
<p>29 <u>CLOSED</u></p> 	<p>30 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Word Search 11:00 SUPER BINGO 11:30 Lunch</p> 	<p>31 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;"> Some people , no matter how old they get, never lose their beauty-they merely <u>move</u> it from their faces to their hearts.</p>	<p style="text-align: center;"> Better to have bad breath than no breath at all.</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
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Columbia, TN 38401
The Maury County Senior Center
Is a United Way Agency



MAY SPECIAL MEALS / EVENTS

- **Emergency Grab & Go Kits w/ Pat Wednesday the 3rd @ 10-11**
 - **Lunch-Sponsor (Behavioral Healthcare)**
Friday the 5th @11:30
 - **Spring Fling Dance**
Friday the 5th @6pm-9pm
- **Mobile Dental Clinic Thursday the 11th- Appt. times 9-1:30pm**
 - **Program-Sponsor (Heritage Funeral Home)**
Tuesday the 16th @10:30 Topic: The Elephant In The Room
& POTLUCK Lunch @ 11:30
(Everyone bring something to share)



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.