



SENIOR TIMES

AUGUST 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5, ISSUE 8

**JOIN US ON OUR
UP COMING TRIP TO
MYRTLE BEACH &
CHARLESTON SC,
7 DAYS 6 NIGHTS
(SUN - SAT)
SEPTEMBER 10-16, 2017
CONTACT ESTHER—931-380-3950**



**MAURY COUNTY SENIOR CENTER
TRAVEL GROUP HEADED
TO PORTLAND MAINE**



**Brenda Grimsley
Executive Director
mcsc3@cpws.net**

**MCSC
2016-2017
Board Members**

**IT'S SPAGHETTI TIME!!!
COMING IN SEPTEMBER**



- *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*

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

EVENTS IN JULY



Congratulations
For attending an 8 week Tai Chi class,
these ladies received a free pair of
sneakers from
Evidence Based Health Program.



Special Thanks to Tonia Wilson
with HealthSouth for providing the
Canasta prizes.



Congratulations
For attending 8 weeks of Arthritis Exercise Classes
without missing a week, received a free pair of
sneakers.



Thank you to Kris Alexander with Vanderbilt
Stallworth for providing Bingo prizes.

























Special thanks to
Yolanda Cothran's
Cardio Line Dance Group
















Come join us for a fun game of BINGO!
Tuesday—Friday
You will always win a prize.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>UP COMING SEPTEMBER EVENTS SENIOR CENTER MONTH & UNITED WAY SPAGHETTI FUNDRAISER</p>	<p>1 9 Cards/games/pool 10 B/P Quality 1st-Renee 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>2 8 Rook /Canasta /games 9 Medicare Counseling w/ Bob & Sandra Johnson 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>3 8:30 B/P with Signature 9:30 Arthritis Exercise Class 11 Kroger Bingo & Special Bingo by Morning Point 11:30 Lunch 1 Fleet 44 6pm Yoga Class</p> 	<p>4 8 Cards/games/pool 9 Ball Pool Tournament 11:30 Lunch by Behavioral Healthcare 7 pm Chess Club</p> 
<p>7 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10:30 MRH Healthy Hearts w/ Rena Smith 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>8 9 Cards/games/pool 9 Wii Bowling Practice 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p> 	<p>9 8:30 Rook Tournament 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>10 8 Cards/games/pool 8:30 B/P Caris Healthcare w/ Brenda Eslick 9:30 Arthritis Exercise Class 10 Medicare/Medicaid Info By Sonya Bellafant with Legal Aid 11 Kroger Bingo 11:30 Lunch 6pm Genealogy Society</p> 	<p>11 8 Cards/games/pool 8:30 Rook Tournament 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p> 
<p>14 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>15 9 Cards/games/pool 11 Kroger Bingo 11:30 POTLUCK Lunch MRH Health Founda- tion on Gastroparesis & Colon w/Janette 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>16 8 Rook/games/pool 9 Medicare Counseling 9:30 B/P MR Home Services 9 Pool Tournament 9 Wii Tournament 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>17 8 Cards/games/pool 8:30 B/P with Signature 9:30 Arthritis Exercise Class 10:30 Health Ed. by Vanessa from Lifecare 11 Kroger Bingo 11:30 Lunch 6pm Yoga Class</p> 	<p>18 8 Cards/games/pool 8:30 Canasta Tournament 9 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 7pm Chess Club</p> 
<p>21 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 6 pm Yoga Class</p> 	<p>22 9 Cards/games/pool 9 Wii Bowling Practice 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>23 8 Rook/games/pool 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>24 8 Cards/games/pool 8:30 B/P Caris Healthcare w/ Brenda Eslick 9:30 Arthritis Exercise Class 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 6pm Yoga Class</p> 	<p>25 8 Cards/games/pool 10 BIRTHDAY PARTY *Sponsor-Amerigroup w/ Barbara Keshmiri 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>  <p>*Sponsor -August-December</p>
<p>28 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>29 9 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p>	<p>30 8 Rook/games/pool 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>A SMILE IS INFECTIOUS, YOU CATCH IT LIKE THE FLU, SOMEONE SMILED AT ME TODAY AND I STARTED SMILING TOO!</p>	<p>PLEASE STAY OUT OF THE HEAT</p> 

SOUTH CENTRAL HUMAN RESOURCE AGENCY
Nutrition program for the Elderly
Milk and Butter Included with each meal
AUGUST FY17

*** 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 jello, pudding or cookie and applesauce.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREADED CHICKEN PATTIE SANDWICH LET/TOM/MAYO MACARONI & CHEESE COLESLAW WW BUN PEACH CRISP MILK  AUG 1	CHICKEN & NOODLES SUCCOTASH BROCCOLI WW DINNER ROLL PINEAPPLE MILK AUG 2	FISH FILLET W/ TARTAR SAUCE POTATO WEDGES BAKED BEANS WW BUN BAKED APPLES MILK  AUG 3	FRUITY CHICKEN SALAD ON CROISSANT PASTA SALAD OATMEAL RAISIN COOKIE FRESH BANANA MILK  AUG 4
PEPPER STEAK W/ GRAVY GLAZED CARROTS LIMA BEANS WW DINNER ROLL FRESH APPLE MILK AUG 7	HAM & CHEESE ON WHEAT LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COC MILK  AUG 8	BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/ RANCH TEXAS TOAST APPLE CRISP MILK AUG 9	BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL MANDARIN ORANGES MILK AUG 10	CHICKEN SALAD ON WHEAT W/LETTUCE MACARONI SALAD FRUITED ORG. JELLO SPONGE CAKE MILK  AUG 11
PINTO BEANS W/ HAM COLLARD GREENS WHOLE KERNEL CORN CORNBREAD MIXED FRUIT MILK  AUG 14	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  AUG 15	HOAGIE SANDWICH W LET/TOM/MAYO POTATO SALAD (MUST) TROPICAL FRUIT SUGAR CO MILK  AUG 16	HOTDOG W/MUST POTATO WEDGES BAKED BEANS WW BUN MIXED FRUIT MILK  AUG 17	HOMEMADE PIMENTO CHEESE ON WHEAT PORK AND BEANS COTTAGE CHEESE PINEAPPLE MILK  AUG 18
CHICKEN TENDERS W/HONEY MUST. GREEN BEANS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK AUG 21	LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK  AUG 22	FISH FILLET W/ TARTAR SAUCE LIMA BEANS COLESLAW CORNBREAD BAKED APPLES MILK AUG 23	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK  AUG 24	COOK'S CHOICE AUG 25
WHITE BEANS W/HAM SWEET POTATOES TURNIP GREENS CORNBREAD TROPICAL FRUIT MILK  AUG 28	BBQ W/MAYO BAKED BEANS COLESLAW WW BUN APPLE CRISP MILK AUG 29	TURKEY AND SWISS CROISSANT LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK AUG 30	BREADED PORK CHOP GREEN BEANS HOMINY WW DINNER ROLL MANDARIN ORANGES MILK AUG 31	

This newsletter is sponsored by:

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR JULY 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 CLUB
 POOL: Sponsored by: TOMMY HIGHT JR/SHELTER INS.
 Wii: Sponsored by: NHC HILLVIEW TRANS. CARE
 CORNHOLE: Sponsored by: HERITAGE FUNERAL HOME

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: J. R. Boshers
 2nd Place: Vernon Buck
 3rd Place: Robert Mooningham



ROOK WINNERS

Charlotte Hickman
 Rachel Tennyson



PHASE 10 WINNER

Lay Ray Crawford



POOL WINNERS

1st Place: R. Mooningham
 2nd Place: Ron Hengerer
 3rd Place: J. R. Boshers

**NO POOL TOURNAMENT
 Due to the room
 Renovation**

Wii BOWLING WINNERS

1st Place: LeRay Crawford
 2nd Place: Rochelle Graham
 3rd Place: Marilyn Braden



CORNHOLE WINNERS

Rebecca Moore
 Judy Williams



CANASTA WINNERS

1st Place: Okalene Russell
 2nd Place: Edie Owston



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:**
Rev. Gene Shelton
Annie Mary Armstrong
Arthur Neff
Irene Armstrong
Nancy Marie Coirer
William McGuire
Charles Tate

BEGINNERS 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.



A BIG THANK YOU

to the Maury County Mayor, the Senior Center Board of Directors and the Maury County Maintenance Department for the addition of the new room at the Senior Center.

Special Thanks To:

Behavioral Healthcare - Lunch
Robert Mooningham-Cook-out
HealthSouth-Canasta Prizes & B/Day Parties
Amerigroup-Birthday Parties
Please call us

If your business or church group would like to sponsor lunch or a birthday party for a day call the senior center

SILVER SNEAKERS



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

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

MONDAYS & WEDNESDAYS
2-3PM
Cost \$2 per class

ARTHRITIS
EXERCISE CLASS
THURSDAYS
9:30AM
Free

YOGA
MONDAYS &
THURSDAYS
6-7PM
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 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

AUGUST 2017

Activity Coordinator: Janice Nevette
Meal Site Manager: Sue Young

MON	TUES	WED	THUR	FRI
<p>Thank you to the Mt. Pleasant: Deri Gem, Fred's Discount / Pizza Inn and Jones Chapel</p>	<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10: Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>3 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Ron Perry 11:30 Lunch Birth Day Party</p> <div style="text-align: center;"></div>	<p>4 9:30 Senior Walking 9:45 Coffee & Chatting 10 :00 Arthritis Exercise 11:30 Lunch</p>
<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise</p> <div style="text-align: center;"></div>	<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10 Renee Martin Blood Pressure 11:00 Trivia Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>10 9:30 Senior Walking 9:45 Coffee & Chatting 10;00 Music Wayne Hall & The Old Timers 11:30 Lunch</p>	<p>11 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Arthritis Exercise 11:30 Lunch</p> <div style="text-align: center;"></div>
<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker Exercise 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>15 9:30 Senior Walking 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10: Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10 :00 Music Ron Perry 11:30 Pot Luck Lunch Mt. Pleasant Presb. Women's Group 12:00 Corn Hole Tournament</p> <div style="text-align: center;"></div>	<p>18 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Arthritis Exercise 11;30 Lunch</p>
<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker Exercise 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Super Bingo 11:30 Lunch 12:00 Corn Hole Game</p>	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:00 Senior Bingo 11:30 Lunch</p>	<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10;00 Music Wayne Hall The Old Timers 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>25 9:30 Senior Walking 9:45 Coffee & Chatting 10 :00 Arthritis Exercise 11:30 Lunch</p>
<p>28 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneaker Exercise 11:30 Lunch</p>	<p>29 9:30 Senior Walking 9:45 Coffee & Chatting 11 :00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>30 9:30 Senior Walking 9:45 Coffee Chatting 10:00 Silver Sneakers Exercise 11:00 Bingo Madness 11:30 Lunch</p> <div style="text-align: center;"></div>	<p>31 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Ron Perry 11:00 Lunch</p>	<p style="text-align: center;">Discover a fresh path</p> <div style="text-align: center;"></div>

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

