



SENIOR TIMES

SEPTEMBER 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4 ISSUE 9

September is National Senior Center Month
NCOA-National Council on Aging
The 2016 theme is:
FIND BALANCE AT YOUR CENTER
Purpose-Fitness-Friendship-Learning

Thursday September 15th.
 @10:30AM

City Mayor Dean Dickey &
 County Mayor Charlie Norman
 will sign the Senior Center
 Month Proclamations.



Fundraising
 Lunch

Brenda Grimsley
 Executive Director
 mcsc3@cpws.net

MCSC
 2015-2016
 Board Members

IT'S SPAGHETTI TIME!!
SEPTEMBER 21st
11-1PM

\$6.00 a meal

For orders call the MCSC at 931-380-3950 (Wendy)
 Proceeds will benefit the MCSC and
 the United Way of Maury County



- *Vernon Brooks
- *Chairperson
- Ed Brooks
- Beverly Baxter
- Walter Mitchell
- Agnes Young
- Joann 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

Inside this issue:

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- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter Sign Up



Mary Fox, from Behavioral Healthcare, does a great job stimulating our brains, when she does monthly fun Trivia games.



Thanks again to the ladies from Behavioral Healthcare for providing many delicious meals every first Friday of the month.



Judie Williams returned to lead the Silver Sneakers Class for what she said was a "one time thing". Thanks Judie for filling in for Jean. Great hearing you joke around with the class again. Best wishes!



Executive Director, Brenda Grimsley, with some of the members of The Boys and Girls Club that helped pull items to put in our annual Yard Sale.



Due to the rain the Maury County Fair, the Cornhole Tournament was held inside the MCSC. Thanks to Brian Childs/Humana for providing gift certificates to O'Charley's. We appreciate your support.



Thanks again to The Lions Club of Columbia for providing a delicious spaghetti lunch with all of the trimmings. The seniors often speak about how good last years chili was. Both meals were great!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Grandparents Day</p> <p>Grandparents Day is Sunday-September 11th</p>	<p>Spaghetti Fundraiser to benefit the MCSC & The United Way September 21st (11-1pm) \$6.00</p>	<p>SEPTEMBER IS SENIOR CENTER MONTH</p> <p>*****</p> <p>Wii bowling practice every 2nd & 4th Tuesday @ 9AM</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 2 DAV 6pm Yoga Class</p>	<p>2 8 Cards/games/pool 9-9 Ball Pool Tournament 10:30 Trivia w/Mary Behavioral Healthcare 11 Kroger Bingo 11:30 Lunch by Behavioral Healthcare 7 pm Chess Club</p>
<p>5</p>	<p>6 8 Cards/games/pool 9:30-12:30 Bridge 10 B/P by Quality 1st Home Care w/Renee 10 Balance w/Amanda - The Health Department 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 1-4:00 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>	<p>8 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 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 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>13 8 Cards/games/pool 9 Wii Bowling practice 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 9:30 Legal Aid w/Christie 11 Kroger Bingo 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 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>16 8 Cards/games/pool 8:30 Canasta Tournament 9:00 Cornhole Tournament 10 Singing w/Ron Perry 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>
<p>19 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>20 8 Cards/games/pool 9:30-12:30 Bridge 10 Bingo-HealthSouth Rehab. Hospital of Franklin 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 w/ Home Health Care of Middle Tennessee 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-Narcissus) 10:15 MRH Critical Care-Topic/Sepsis 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>
<p>26 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 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 MRH w/Destini 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

SEPTEMBER 2016

*** 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><i>Healthy Food</i></p>  <p><small>© Can Stock Photo - csp16396300</small></p>	<p>BAKED HAM WH. KERNEL CORN LIMA BEANS WW DINNER ROLL MIXED FRUIT MILK</p>  <p>SEPT 1</p>	<p>CHICKEN TENDERS W/ HONEY MUST SWEET POTATOES GREEN PEAS WW DINNER ROLL FRESH ORANGE MILK</p>  <p>SEPT 2</p>
<p>HOLIDAY <i>Happy Labor Day!!</i></p>  <p>SEPT 5</p>	<p>CHEESEBURGER W/ SWISS LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN FRESH APPLE MILK</p>  <p>SEPT 6</p>	<p>LASAGNA TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST BROWNIE MILK</p>  <p>SEPT 7</p>	<p>TURKEY & SWISS CROISSANT LET/TOM/MAYO CARROT SALAD PEARS POUND CAKE MILK</p>  <p>SEPT 8</p>	<p>HOTDOG W/MUST. & RELISH BAKED BEANS POTATO WEDGES WW HOTDOG BUN FRESH ORANGE MILK</p>  <p>SEPT 9</p>
<p>HAMBURGER STEAK W/GRAVY PEAS & CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK</p>  <p>SEPT 12</p>	<p>HAM & CHEESE ON WHEAT W/MAYO POTATO SALAD COTTAGE CHEESE PINEAPPLE CHUNKS MILK</p>  <p>SEPT 13</p>	<p>BREADED CHICKEN SANDWICH W/CH LET/PICKLE/MAYO WHOLE KERNEL CORN POTATO WEDGES WW BUN BROWNIE MILK</p>  <p>SEPT 14</p>	<p>FRUITY CHICKEN SALAD CROISSANT PEA SALAD COTTAGE CHEESE SLICED PEACHES SPONGE CAKE MILK</p>  <p>SEPT 15</p>	<p>PINTO BEANS W/HAM TURNIP GREENS COLD PICKLED BEETS CORNBREAD BAKED PEARS MILK</p>  <p>SEPT 16</p>
<p>CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE YAM PATTIES PEACHES MILK</p>  <p>SEPT 19</p>	<p>BREADED PORK CHOP PINTO BEANS SWEET POTATOES CORNBREAD MIXED FRUIT MILK</p>  <p>SEPT 20</p>	<p>HAM & CHEESE CROISSANT LET/TOM/MAYO POTATO SALAD TROPICAL FRUIT SPONGE CAKE MILK</p>  <p>SEPT 21</p>	<p>FISH FILLET SANDWICH W/CHEESE & TARTAR SAUCE COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK</p>  <p>SEPT 22</p>	<p>MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK</p>  <p>SEPT 23</p>
<p>SALISBURY STEAK W/GRAVY CHEESY POTATOES STEAMED BROCCOLI WW DINNER ROLL DICED PEARS MILK</p>  <p>SEPT 26</p>	<p>BBQ POTATO SALAD (MUST) COLESLAW WW BUN MANDARIN ORANGES MILK</p>  <p>SEPT 27</p>	<p>BAKED SPAGHETTI TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK</p>  <p>SEPT 28</p>	<p>HOAGIE SANDWICH W/SWISS LET/TOM/MAYO AMBROSIA SALAD PINEAPPLE HOAGIE BUN BROWNIE MILK</p>  <p>SEPT 29</p>	<p>CROWDER PEAS W/ HAM STEAMED CABBAGE YAM PATTIES CORNBREAD TROPICAL FRUIT MILK</p>  <p>SEPT 30</p>

This newsletter is sponsored by:





PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR AUGUST 2016

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



- 9-BALL POOL Sponsored by: ROBERT MOONINGHAM
- ROOK Sponsored by: THE BRIDGE ASSISTED LIVING
- 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: HONOR OF EULA WHITTAKER & MEMORY OF GEORGE WHITTAKER

9-BALL POOL WINNERS

- 1st Place: Fred Ward
- 2nd Place: J.R. Boshers
- 3rd Place: S. Shoemake (not shown)



ROOK WINNERS

- Juanita Boshers
- Aubrey Davis



PHASE 10 WINNER

- Judie Williams



POOL WINNERS

- 1st Place: Ron Hengerer
- 2nd Place: Bob St Lawrence
- 3rd Place: Smitty Carter



Wii BOWLING WINNERS

- 1st Place: Donna Coleman
- 2nd Place: Danny McNeece
- 3rd Place: Leray Crawford



CORNHOLE WINNERS

- Rebecca Moore
- Paulette Baras



CANASTA WINNERS

- 1st Place: Virginia Neff
- 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:
Barbara Earwood McIntyre
James L. Black
Ella Whittingham
Peggy Hood McEwen
Anita L. Baker

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 so much!



Thank you Cody Coulter, Shelby Hood, Kayla Johnsen & Thomas Neal from MRMC Pharmacy Dept. We also thank Destini Gonyon and Lisa Chambers for doing blood pressure screenings and providing healthy snacks during the program on medicine safety and management.



A smile is a curve that sets everything straight.

PHYLLIS DILLER

Special Thanks To:

Behavioral Healthcare - Lunch
Macedonia Church of Christ-Fish Fry
Columbia Lions Club-Lunch
WellCare Health Plan-B/Day Party

Please call us
If your business or church group would like to sponsor lunch for a day. Ask for Wendy - 931-380-3950

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.).

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

SILVER SNEAKERS

MONDAYS & WEDNESDAYS
AT 1:00



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 way to meet others.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474













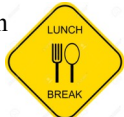









Center phone: 379-7222

September 2016

Activity Coordinator: Jan Nevette

Transportation: 490-9968

Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
<p>September 29th 12:00 Noon Senior Carnival Games, Popcorn Ice Cream and Snow Cones</p> 	 <p><u>LOOK OUT THE PEEPHOLE</u> be careful who you let in your house.</p>	<p>September is World Alzheimer's Month & Ovarian Cancer Awareness</p>	<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch/B/Day Party w/Mekia Armstrong-Complete Home Care</p>	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>5 Closed</p>  <p style="text-align: center;">Labor Day</p>	<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Carter Wells Homestead Home Care 11:00 Bingo 11:30 Lunch</p> 	<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 12:00 Word Search 11:30 Lunch</p> 	<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch</p> 	<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>12 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>13 9:30 Senior Walking 9:45 Coffee & Chatting 10 Renee Martin/ BP Quality First 10:30 Autumn Blake Maury Co. Health Dept. 11:30 Lunch</p>	<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Bingo 11:30 Lunch</p> 	<p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch Christy Bradford Legal Aid</p> 	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>19 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>20 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Debbie Becker Occupational Therapy MRHC 11:30 Lunch</p> 	<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Senior Coloring 11:30 Lunch</p> 	<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Potluck Lunch</p> 	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>26 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exerciser 11:30 Lunch</p> 	<p>27 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Destini Gonyon MRHC Foundation 11:30 Lunch</p> 	<p>28 9:30 Senior Walking 9:45 Coffee Chatting 10:30 Bingo 12:00 Word Search</p> 	<p>29 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Lunch</p> 	<p>30 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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1020 Maury County Park Dr.
Columbia, TN 38401

**The Maury County Senior Center
Is a United Way Agency**

**Thank You
so much!**



SEPTEMBER POTLUCK -
Tuesday
September 13th
@11:30
(Everyone please bring something to share.)




Thank you to Chasity Davis from The Bridge at Columbia for sponsoring the monthly Rook Tournaments. We appreciate your on time commitment.

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 2016**

_____ **ENCLOSED IS A DONATION OF \$** _____ **OR IN MEMORY OR HONOR OF:**

NAME: _____

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