



SENIOR TIMES

NOVEMBER 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5. ISSUE 11



A big 'Thank You' to the health care businesses that provided important information at our Halloween Health Fair! We also loved the treats and other items you brought!



Brenda Grimsley
Executive Director
mesc3@cpws.net

MCSC
2017-2018
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- *Chairperson
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- Beverly Baxter
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- Vickie Beaver
- Whitney Seaton
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- Mayor Dean Dickey
- Mayor Jim Baily
- Mayor Rick Graham

Please save the date for our annual Thanksgiving meal! This year we will gather together on Thursday, November 16th at 11:30am. We hope you'll come to this very special time together!



Speakers from the Adult Abuse Coalition gave very useful information on elder abuse, fraud, and scams. Sheriff Bucky Rowland assisted with excellent input and advice. Please stop by the Maury County Senior Center if you would like a copy of the handout they gave us during the presentation.



Please plan to be with us for our annual Christmas Party on December 14th at 11:30am AM.



*****Please Note*****

We are closed on November 10th, 23rd, and 24th for Tennessee Government Holidays.



We're very excited to celebrate Veteran's Day on Wednesday, November 8th at 9:30AM! PLEASE NOTE: This is three days before Veteran's Day. If you're a Veteran, we'd love to honor you by giving you a certificate with your name on it. Please sign up on our Veteran's Day list, or contact Lynn (Activities Coordinator) with your information by November 4th. We'll have dessert and sing a few patriotic songs.

Lynnetta is a champion for raising money to defeat Alzheimer's Disease. She was very involved in the 'Annual Walk to End Alzheimer's Disease' that was held on Saturday, October 14, 2017 in Nashville. Because of the donations from the Maury County Senior Center to the 'God 1st Team', over \$1800 was raised. Thank you!



Inside this issue:

- 2 - Thank You's
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- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Classes - Assistance
- 7 - Mt. Pleasant Activities
- 8 - Pot Luck & Newsletter sign up



October Special Events



Thank you Macedonia Church for the Fish Fry lunch you caught, cooked, and catered!

Behavioral Healthcare comes out once a month to do trivia with us; they also provides us with a lunch meal!



Kroger has been very generous with donating baked goods to us; and, they've recently been donating flowers. Here are a few of those that have won them in Bingo. Obviously, they were very happy about it!

We had our first Chili Cook-off potluck, and it won't be our last! Our chili tasting judges couldn't decide which chili tasted the best, so everyone got a prize!


























To the left: Mt. Pleasant Senior Center enjoyed making flower arrangements.

To the right: Mt. Pleasant Senior Center had a great tasting fish fry!








Mon	Tue	Wed	Thu	Fri
	<p>Our Potluck will be our Thanksgiving Meal on Thursday, November 16th. Please arrange to be here with us at 11:30 am that day!</p> 	<p>1 8 Rook & Canasta 9 Walk With Ease (Track) 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi Class</p> 	<p>2 8 Cards/games/pool 8:30 BP Check w/Caris 9:30 Arthritis Exercise 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 FRA 44 6pm Yoga Class</p> 	<p>3 8 Cards/games/pool 9 Walk With Ease (Track) 9 Nine Ball Pool Tournament 8:20 Rook Tournament 10:30 Trivia w/ Mary Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 1-4:30 Bridge 7pm Chess Club</p> 
<p>6 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers-cancelled 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>7 8 Cards/games/pool 9 Walk With Ease (Track) 9:45 Rock Painting 10 B/P by Quality 1st Home Care 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>8 8 Rook/games/pool 9 Walk With Ease (Track) 9 Medicare Counseling 9:30 Veterans Day Celebration 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi</p> 	<p>9 8 Cards/games/pool 8:30 B/P Check Willowbrook 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Genealogy</p> 	<p>10</p> <p>Closed in Honor of Veteran's Day</p>
<p>13 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 10 Healthy Hearts 11:30 Lunch 1-2 Silver Sneakers-cancelled 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>14 8 Cards/games/pool 9:30 Golden K 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Master Gardeners</p> 	<p>15 8 Rook/games/pool 9 Walk With Ease (Track) 9 Medicare Counseling 9 Pool Tournament 9 Wii Tournament 10 Diabetes Awareness 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi</p> 	<p>16 8 Cards/games/pool 8:30 B/P w/Caris 9:30 Arthritis Exercise 10:30 Trivia w/Lifecare 11 Newcomers 11:30 Thanksgiving Potluck Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>17 8 Cards/games/pool 9 Walk With Ease (Track) 8:30 Canasta Tournament 9:00 Corn Hole Tournament 10 BIRTHDAY PARTY With Kris Alexander of Vanderbilt Stallworth 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7PM Chess Club</p> 
<p>20 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-cancelled 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>21 8 Cards/games/pool 9 Walk With Ease (Track) 9 Wii Practice 9:45 Rock Painting 10 BP with Quality 1st Home Care 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>22 8 Rook/games/pool 9 Walk With Ease (Track) 9 Medicare Counseling 11 Brookdale Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi</p> 	<p>23 Closed</p> <p>HAPPY THANKSGIVING DAY</p> 	<p>24</p> <p>Closed</p>
<p>27 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers-cancelled 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>28 8 Cards/games/pool 9 Walk With Ease (Track) 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Duck River Dulcimers</p> 	<p>29 8 Rook & Canasta 9 Medicare Counseling 10 Butter Bean Auction 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 2-3 Tai-Chi Class</p> 	<p>30 8 Cards/games/pool 8:30 B/P 9:30 Arthritis Exercise 9:30 Bridge 11:00 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>Please plan to be with us for our annual Christmas Party on December 14th at 11:30 AM!</p> 

*****PLEASE NOTE: Silver Sneakers is cancelled for November*****

SOUTH CENTRAL HUMAN RESOURCE AGENCY
Nutrition Program for the Elderly
Milk & Butter Included with each meal
Please record food temperatures in the spaces to the right of the daily menus

November 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
		BEEF STEW YAM PATTIES COLESLAW CORNBREAD BAKED APPLES MILK	TATER TOT CASS. WK CORN SEASONED CABBAGE WW DINNER ROLL PEARS MILK	WHITE BEANS W/ HAM TURNIP GREENS SWEET POTATOES CORNBREAD FRESH ORANGE MILK
NOV 6	NOV 7	NOV 8	NOV 9	NOV 3
HAMBURGER STEAK W/ GRAVY PEAS & CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK	FISH FILLET SANDWICH W/ CHEESE & TARTAR SAUCE COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK	CHILI W/ BEANS ½ PIMENTO CHEESE SAND. MIXED FRUIT POUND CAKE MILK	SWEDISH MEATBALLS MIXED VEGETABLES MASHED POTATOES WW DINNER ROLL S/F CHOC. PUDDING MILK	CLOSED
NOV 13	NOV 14	NOV 15	NOV 16	NOV 10
CROWDER PEAS W/ HAM WHOLE KERNEL CORN DICED CARROTS CORNBREAD TROPICAL FRUIT MILK	CHICKEN BISCUIT CREAM CORN BAKED APPLES OATMEAL RAISIN COOKIE MILK	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK	KRAUT & WEINERS NORTHERN BEANS GLAZED CARROTS CORNBREAD BANANA PUDDING MILK	COOKS CHOICE
NOV 20	NOV 21	NOV 22	NOV 23	NOV 17
BREADED PORK CHOP PINTO BEANS TURNIP GREENS CORNBREAD MIXED FRUIT MILK	SALISBURY STEAK W/ GRAVY WHOLE POTATOES GREEN BEANS WW DINNER ROLL DICED PEARS MILK	TURKEY BREAST W/ GRAVY GREEN BEANS YAM PATTIES CORNBREAD DRESSING CRANBERRY SALAD MILK	CLOSED	CLOSED
NOV 27	NOV 28	NOV 29	NOV 30	NOV 24
PEPPER STEAK W/ GRAVY LIMA BEANS HOMINY WW DINNER ROLL MANDARIN ORANGES MILK	CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE CANDIED YAMS PEACHES MILK	BAKED SPAGHETTI TOSS SALAD W/ RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK	VEGETABLE SOUP ½ PIMENTO CHEESE SANDWICH FRESH ORANGE OATMEAL RAISIN COOKIE MILK	

This newsletter is sponsored by:





PLEASE SUPPORT OUR MILITARY

MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR JUNE 2016

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 HEIGHT SHELTER INSURANCE
 Wii: Sponsored by: NHC HEALTH & REHAB
 CORNHOLE: Sponsored by: HERITAGE FUNERAL HOME
 CANASTA: Sponsored by: HEALTHSOUTH

Be a good friend and leave the handicap parking for folks that have a handicap tag on their car or windshield.

PHASE 10 WINNER

Wilnetta Bellafant



9-BALL POOL WINNERS

1st Place: Terry Cothran
 2nd Place: Marshall Dodson
 3rd Place: Bob St. Lawrence



POOL WINNERS

1st Place: Mike Walker
 2nd Place: Terry Cothran
 3rd Place: Robert Mooningham



ROOK WINNERS

1st Place: Bob Tillis
 2nd Place: Juanita Boshers



CANASTA WINNERS

1st Place: Ann Harris
 2nd Place: John McKennon



CORNHOLE WINNERS

Winning Partners:
 Deb Collins
 Danny McNeece



Wii BOWLING WINNERS

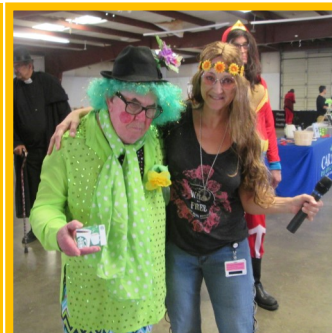
1st Place: Leray Crawford
 2nd Place: Paulette Barras
 3rd Place: Rochelle Graham



Congratulations October TOURNAMENT WINNERS!



Costume Winners at the Halloween Health Fair





Our Sympathy to the families of:
 Lucy Paul
 Don Hoover
 Hank Cabra
 Doug Hickman
 Betty Lemons
 Roy E. Cobble

If you would like to see this newsletter in living color go to www.mcsc2.org

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)

At the COLUMBIA SENIOR CENTER:

➡ **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 931-380-3950. 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.

Call toll free at 1-877-801-0044 for screening to see if you qualify for "extra help" with your prescription drug costs and/or to request a free brochure.

➡ **For a limited time at the MT. PLEASANT SENIOR CENTER:**

SHIP counselors are available every Monday from 1-3pm (beginning Monday, Oct. 16 to Dec. 11, 2017) at the MT. PLEASANT SENIOR CENTER, 501 Gray Lane. For an appointment, call 931-379-2927.



BOW WOW! MEOW!
 If you are 60 or over, stop by the Maury County Senior Center once a week for a bag of pet food. Sponsored by: PET PALS of Maury County, and other community members.

Special Thanks To:

- Behavioral Healthcare - Lunch
- Amerigroup - October Birthday Party
- CPWS - Items for the Health Fair
- Kroger - Bakery/Flowers
- Home Depot /Spring Hill- Rocks For Painting
- Caris Healthcare, Willowbrook Hospice, and Quality First Healthcare for Blood Pressure Checks
- Bingo with Vanderbilt Stallworth and Brookdale

Maury County Senior Center is in need of volunteers for Meals on Wheels. For more information, please call 931.380.3950. Ext 2



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 a prompt payment.

We've started walking on a regular basis at the new walking track behind us! Please check the schedule for our walking times as a group. The track is less than a half of a mile. It's called, "Walk With Ease".

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.

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



PLEASE NOTE:
Cancelled
For November:
SILVER SNEAKERS

**MONDAYS
 & WEDNESDAYS
 2-3PM**



**Arthritis Exercise
 THURSDAYS
 9:30 AM**

**YOGA
 MONDAYS 6-7PM &
 1st, 3rd, and 4th
 THURSDAYS 6-7PM
 \$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 NOVEMBER SCHEDULE

Phone 931 379-7222
Transportation: 931 388-9595

October 2017
501 Gray Ln.

Activity Coordinator: Diane James
Meal Site Manager: Sue Young

Mon	Tue	Wed	Thu	Fri
<div style="display: flex; justify-content: space-between;"> Mon Tue Wed Thu Fri </div>				
<p>Sunday, November 5th at 12:30pm. Chicken, dressing, and bread. Choice of two sides: greens, pinto beans, green beans, sweet potatoes, mac/cheese.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <p style="text-align: center;">\$7.00 Meal</p> </div> <p style="text-align: center;">\$1.00 Dessert</p>				
<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:30 Lunch</p>	<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Word Search 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch</p>	<p>10 Closed in honor of Veteran's Day</p>
<p>13 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:30 Lunch</p>	<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Wayne Hall & The Old Timers 11:30 Lunch</p>	<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Potluck</p>
<p>20 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:00 Cornhole 11:30 Lunch</p>	<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Blood Pressure 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>23 Closed HAPPY THANKSGIVING DAY</p>	<p>24 Closed</p>
<p>27 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:30 Lunch</p>	<p>28 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Senior Coloring 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>29 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers cancelled 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p>	<p>30 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Ron Perry 11:30 Lunch</p>	<p>NOVEMBER IS National DIABETES Awareness Month FINDING THE CURE STARTS WITH AWARENESS</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*

The potluck is our Thanksgiving Meal!

Thursday, November 16th at 11:30
Please bring a side dish, or dessert.



We hope you come and join us for this
very special gathering.



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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subjected to discrimination under any programs or activities receiving federal financial assistance.
(Title VI of the Civil Rights Acts of 1964)