



SENIOR TIMES

SEPTEMBER 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5. ISSUE 9



SEPTEMBER IS
Healthy Aging
MONTH

September is Senior Center Month

The National Council On Aging
2017 Theme Is:
Senior Centers: Masters In Aging

Please join us
Thursday, September 7th
at 10:30 am
for the signing of the
Senior Center Proclamation
with Mayor Dean Dickey
and Mayor Charlie Norman.



Having Fun With Behavioral Health Care!



We need good hearted people to donate fans and air conditioners.

Seniors: if you need an air conditioner or fan, please call us We'll get you one if possible.

Brenda Grimsley
Executive Director
mesc3@cpws.net

MCSC
2017-2018
Board Members

SPAGHETTI FUNDRAISER
SEPTEMBER 21ST
11 AM TO 1 PM
\$6.00 A MEAL
For orders call the Senior Center
931-380-3950
Proceeds will benefit the MCSC and
the United Way of Maury County.



*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
Mayor Rick Graham



Inside this issue:

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- 7 - Mt. Pleasant Activities
- 8 - Pot Luck & Newsletter sign up

August Events



Those that attended each session of the arthritis exercise class for eight weeks were awarded with new shoes!



These ladies participated in every class of Silver Sneakers and Thai Chi for eight weeks!

Thank You!



Thank You!



Thank You!



Tonya, with Health South, is pictured with some of our Canasta Tournament players. Thank you for providing our tournament prizes!



We had a wonderful lunch provided by the Lions Club. Scrumptious food and fun!

























Bonnie gives lessons on how to paint; and then one of our artists wins the picture she's painted!



Thank you to Babs at Amerigroup for our August Birthday Party Celebration!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please join us Thursday, September 7th at 10:30 am for the signing of the Senior Center Proclamation with Mayor Dean Dickey and Mayor Charlie Norman.</p>	<p>NEW!!! This month we're going to start walking on the track behind the Senior Center. On the calendar it will be called: Walk With Ease</p>	<p>Casserole Potluck August 12th at 11:30</p> 	<p>Spaghetti Fundraiser For The Senior Center 11AM—1PM September 21st</p> 	<p>1 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 1-4:30 Bridge 7pm Chess Club</p> 
<p>4</p> <p>CLOSED</p> 	<p>5 8 Cards/games/pool 8:15 Walk With Ease (Track) 10 B/P by/ Quality 1st Home Care w/Renee 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> <p>Genealogy</p> 	<p>6 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi Class</p> 	<p>7 8 Cards/games/pool 8:30 B/P w/Signature 9:30 Arthritis Exercise 9:30 Bridge 10:30 Proclamation: Signing by Mayors 11 Bingo: Morning Point 11:30 Lunch 1 FRA 44 2 D.A.V. 6pm Yoga Class</p> 	<p>8 8 Canasta/games/pool 8:15 Walk With Ease(Track) 8:30 Rook Tournament 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p> 
<p>11 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10:30 Special Bingo BCBS 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>12 8 Cards/games/pool 8:30 B.P. w/MP Health & Rehab 9:30 Golden K Mtg. 10:00 Jan Graves with Medicare Education FBHP 11:30 POTLUCK 1 Beginners Computer Class 3 Genealogy Computer Class 6pm Master Gardeners</p> <p>Potluck</p> 	<p>13 8 Rook/games/pool 8:15 Walk With Ease (Track) 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>14 8 Cards/games/pool 8:30 B/P with Caris Healthcare 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle</p> 	<p>15 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Corn Hole Tournament 11 Kroger Bingo 11:30 Lunch 1-430 Bridge 7 pm Chess Club</p> <p>CORNHOLE TOURNAMENT</p> 
<p>18 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 6 pm Yoga Class</p> 	<p>19 8 Cards/games/pool 8:15 Walk With Ease (Track) 9 Wii Practice 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> <p>Computer 101</p> 	<p>20 8 Rook/games/pool 9 Medicare Counseling 9 Pool Tournament 9:30 Wii Tournament 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> <p>Wii</p> 	<p>21 8 Cards/games/ pool 8:30 B/P w/Signature 9:30 Arthritis Exercise 11 Newcomers 11:30 Spaghetti Lunch Fundraiser for the Senior Center. 1-4:30 Bridge & Pinochle 6pm Yoga Class</p> 	<p>22 8 Cards/games/pool 8:15 Walk With Ease(Track) 10 BIRTHDAY PARTY with Babs Keshmiri from Amerigroup 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p> 
<p>25 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Butter Bean Auction 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>26 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Painting with Bonnie 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>27 8 Rook/games/pool 8:15 Walk With Ease(Track) 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> <p>BINGO</p> 	<p>28 8 Cards/games/pool 8:30 B/P with Caris Healthcare 9:30 Arthritis Exercise 9:30 Bridge 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Yoga Class</p> <p>Games</p> 	<p>29 8 Cards/games/pool 8:15 Walk With Ease(Track) 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p> 

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 if the daily menus
September 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
				FRUITY CHICKEN SALAD ON CROISSANT PASTA SALAD OATMEAL RAISIN COOKIE FRESH BANANA MILK SEPT 1
CLOSED HOLIDAY SEPT 4	HAM & CHEESE ON WHEAT LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COOKIE MILK SEPT 5	BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/ RANCH TEXAS TOAST PEACH CRISP MILK SEPT 6	BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL MANDARIN ORANGES MILK SEPT 7	CHICKEN SALAD ON WHEAT W/LETTUCE MACARONI SALAD FRUITED ORG.JELLO SPONGE CAKE MILK SEPT 8
FISH FILLET W/ TARTAR SAUCE POTATO WEDGES BAKED BEANS WW BUN BAKED APPLES MILK SEPT 11	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK SEPT 12	HOAGIE SANDWICH W LET/TOM/MAYO POTATO SALAD (MUST) TROPICAL FRUIT SUGAR COOKIE MILK SEPT 13	PINTO BEANS W/ HAM COLLARD GREENS WHOLE KERNEL CORN CORNBREAD MIXED FRUIT MILK SEPT 14	HOMEMADE PIMINTO CHEESE ON WHEAT PORK AND BEANS COTTAGE CHEESE PINEAPPLE MILK SEPT 15
CHICKEN TENDERS W/HONEY MUST. GREEN PEAS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK SEPT 18	LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK SEPT 19	PEPPER STEAK W/ GRAVY LIMA BEANS COLESLAW CORNBREAD BAKED APPLES MILK SEPT 20	CLOSED TRAINING DAY SEPT 21	COOK'S CHOICE SEPT 22
BREADED PORK CHOP GREEN BEANS HOMINY WW DINNER ROLL MANDARIN ORANGES MILK SEPT 25	BBQ W/MAYO BAKED BEANS COLESLAW WW BUN APPLE CRISP MILK SEPT 26	TURKEY AND SWISS CROISSANT LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK SEPT 27	WHITE BEANS W/HAM SWEET POTATOES TURNIP GREENS CORNBREAD TROPICAL FRUIT MILK SEPT 28	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PINEAPPLE MILK SEPT 29

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: HEALTH SOUTH

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



9-BALL POOL WINNERS Cancelled

ROOK WINNERS

1st Place: Alice Harvill
 2nd Place: Larry Venable



PHASE 10 WINNER Wilnita Bellanfant



POOL WINNERS

1st Place: "Weasel" Whidby
 2nd Place: Robert Mooningham
 3rd Place: Smitty Carter



Wii BOWLING WINNERS

1st Place: Danny McNeece
 2nd Place: Rochelle Graham
 3rd Place: Rebecca Moore



CORNHOLE WINNERS

1st Place: Danny McNeece
 2nd Place: Rebecca Moore
 (With Bryan Childs of Humana)



CANASTA WINNERS

1st Place: Carol South
 2nd Place: John McKennon



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, Mitzi Ball, and other community members.




Congratulations August 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 a prompt payment.

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
Margaret L. Marsh
Trever Armstrong
Dorothy Conner
Jane McNaron

If you would like to see this newsletter in living color go to www.msc2.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)

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.

HEALTHY AGING



September is National Healthy Aging Month



July Pool Tournament Make-up Game IN THE NEW POOL ROOM!

Special Thanks To:

- Behavioral Healthcare - Lunch
- Columbia Lions Club - Lunch
- Amerigroup - Birthday Party

Please call us if your business or church group would like to sponsor lunch for a day at the Senior Center.

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. Please see Lynn for any questions you may have.



We hope you join us!

SOUTH CENTRAL AREA TRANSIT SERVICE

VANS ARE BASED IN CAMPBELL PLAZA. CALL 931-490-9968 FOR RESERVATIONS



Arthritis Exercise THURSDAYS 9:30 AM

YOGA MONDAYS 6-7PM & 1st, 3rd, and 4th THURSDAYS 6-7PM \$3.00

A man was walking in a wilderness. He became lost and was unable to find his way out. Another man met him. "Sir, I am lost, can you show me the way out of the wilderness?" "No," said the stranger, "I cannot show you the way out, but maybe if I walk with you, we can find the way out together. -Adapted from Aristotle/Submitted by Judie Williams

MONDAYS & WEDNESDAYS AT 1-2PM

SILVER SNEAKERS

MONDAYS & WEDNESDAYS AT 2-3PM



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
Transportation: 388-9595

September 2017
501 Gray Lane

Activity Coordinator: Jan Nevette
Meal Site Manager: Sue Young

MON	TUES	WED	THUR	FRI
<p style="text-align: center;">“If you see the beauty of the rain, you’ll always find a rainbow”</p>				<p style="text-align: center;">1</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> <p style="text-align: right;"></p>
<p style="text-align: center;">4</p> <p style="text-align: center; font-size: 1.2em;">CLOSED</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">5</p> <p>9:30 Senior Walking 9:45 Coffee Chatting 10:00 Search Word 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">6</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch 12:00 Word Search</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">7</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & the Old Timers 11:30 Lunch 12:00 Birthday Party</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">8</p> <p>9:00 Coffee & Chatting 9:30 Senior Walking 9:30 Blood Pressure Check with Caris 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">11</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch 12:30 Word Search</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">12</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Blood Pressure Renee Martin 11:00 Super Bingo Pastor Myra Buchanan 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">13</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11; Lunch 12:30 Word Search</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">14</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Ron Perry 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">15</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">18</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 :00 Silver Sneakers Exercise 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">19</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10 Senior Coloring 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">20</p> <p>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 style="text-align: center;">21</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Wayne Hall & the Old Timers 11:30 Pot Luck St Ruth P.B. Church Women 12:30 Corn Hole Game</p> <p style="text-align: center; color: red; font-size: 1.2em;">potluck</p>	<p style="text-align: center;">22</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> <div style="text-align: right;">  </div>
<p style="text-align: center;">25</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Silver Sneakers Exercise 11:30 Lunch 12:30 Word Search</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">26</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Super Bingo 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">27</p> <p>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 style="text-align: center;">28</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Music Ron Perry 11:30 Lunch</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">29</p> <p>9:30 Senior Walking 9:45 Coffee & Chatting 10:00 ARTHRITIS EXERCISE CLASS 11:30 Lunch</p> <div style="text-align: right;">  </div>

Sponsors: *Arthritis Foundation & Maury County Senior Center * Hidden Acres

Maury County Senior Citizens
P.O. Box 993
Columbia, TN. 38402

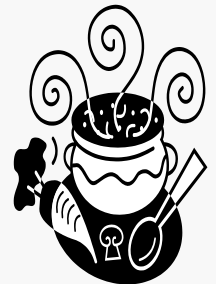
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Columbia, TN 38401
The Maury County Senior Center
Is a United Way Agency



CASSEROLE POTLUCK
TUESDAY
September 12th, 2017
(Everyone please bring a side dish or dessert to share)



Program by Jan Graves of FBHP on Medicare

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: _____

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.
(Title VI of the Civil Rights Acts of 1964)