

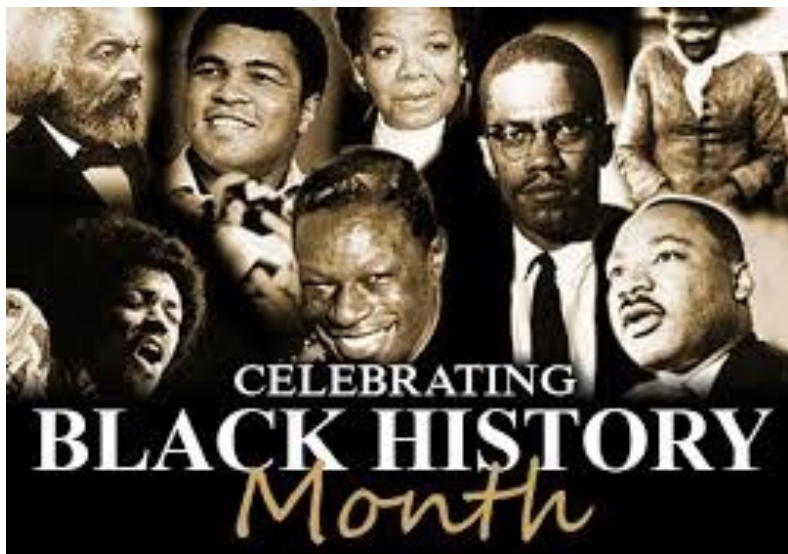


SENIOR TIMES

FEBRUARY 2018

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 6. ISSUE 2



Scheduled Events For Black History Month

February 1st at 10:15: Speaker Jo Ann McClellan will talk about the United States Colored Troops. Jo Ann is the President of the African American Heritage Society of Maury County.

February 9th at 10: Singer Ron Perry will be singing Dr. Martin Luther King Jr's favorite songs.

February 13th at 10: Bria Kinzer, young upcoming artist.

February 28th at 10:30: Black History Trivia



Brenda Grimsley
Executive Director
mcsc3@cpws.net

MCSC
2017-2018
Board Members

Back by popular demand, we'll have another Chili Potluck in February! Please feel free to make your best chili; or also appreciated is



bringing shredded cheese, Fritos, crackers, cornbread, or mashed potatoes.

♥ HAPPY Valentine's DAY ♥

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- 8 - Mt. Pleasant Highlights
- 9 - Menu
- 10 - Pot Luck & Newsletter Sign Up

- *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 Baily
- Mayor Rick Graham

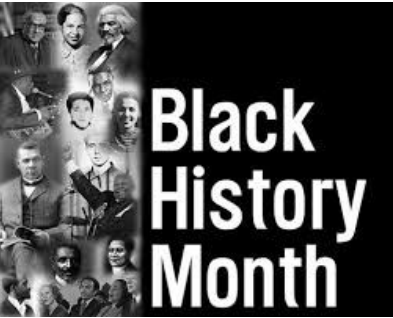






















The Lion's Club will be providing us with a Valentine's Day Lunch, as well as a special surprise on Valentine's Day! Please join us at 11am for the beginning of the festivities!

Please Note: The Senior Center is closed when Maury County Schools are closed because of inclement weather (but, not for illnesses).

Please come hear Patrick Harlan speak about the new Maury Regional Health Care Mobile Clinic on February 8th at 10:15am! The Senior Center will be one of the locations for the mobile clinic, and it will be here on February 8th and 22nd from 9am-2pm.



Mon	Tue	Wed	Thu	Fri	
 <h1>Black History Month</h1>		<p>Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans, and a time for recognizing the central role of African Americans in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month.</p>		<p>1 8 Cards/games/pool 8:30 BP Check with Quality First Home Care 9:15 Arthritis Exercise 9:30 Bridge 10:15 JoAnne McClellan: Colored Troops 11 Kroger Bingo 11:30 Lunch 1 FRA 44 6pm Yoga Class </p>	<p>2 8 Cards/games/pool 9 Nails with Xinia 9 <i>Nine Ball Pool Tournament</i> 10:30 Trivia w/ Mary Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 1 Walk With Ease(Track) 1-4:30 Bridge </p>
<p>5 8:30-9 Beginners Line Dance 9 Nails with Xinia 9-10 Line Dance Class 9 Canasta/games 11:30 Lunch 1-2 Silver Sneakers-cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi 6pm Yoga Class </p>	<p>6 Cards/games/pool 10 Agape Family Health 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class </p>	<p>7 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi Class </p>	<p>8 8 Cards/games/pool 8:30 B/P Check with Willowbrook 9:30 Arthritis Exercise 10:15 Patrick Harlan/MRH talking about New Mobile Clinic 11 Kroger Bingo 11:00 1-4:30 Bridge 6pm Genealogy </p>	<p>9 8 Cards/games/pool 8:20 Rook Tournament 10:00 Singer: Ron Perry 11 Kroger Bingo 11:30 Lunch 1 Walk With Ease(Track) 1-430 Bridge </p>	
<p>12 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Canasta/games 10:30 Healthy Hearts 11:30 Lunch 1-2 Silver Sneakers-cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi 6 pm Yoga Class </p>	<p>13 Cards/games/pool 9 Nails with Xinia 9:30 Golden K 10 Bria Kinzer: Artist 11 Kroger Bingo 1 Beginners Computer Class 3 Genealogy Computer Class 6PM Master Gardeners </p>	<p>14 8 Rook/games/pool 9 Medicare Counseling 11:00 Lions Club Special 11:30 Valentines Lunch with Lion's Club 1-4 Bridge 1-2 Silver Sneakers-Cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi </p>	<p>15 8 Cards/games/ pool 8:30 BP Check with Quality First Home Care 9:30 Arthritis Exercise 10:30 Trivia w/Lifecare 11 Kroger Bingo 11 Newcomers 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class </p>	<p>16 8 Cards/games/pool 8:30 Canasta Tournament 9:00 Corn Hole Tournament 11 Kroger Bingo 11:30 Lunch 1 Walk With Ease(Track) 1-430 Bridge </p>	
<p>19 CLOSED </p>	<p>20 8 Cards/games/pool 9 Wii Practice 9 Phase 10 Tournament 10 Center of Hope 11:00 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class 6pm Duck River Dulcimers</p>	<p>21 8 Rook/games/pool 9 Medicare Counseling 9 Nails with Xinia 9 Pool Tournament 9 Wii Tournament 11:30 Chili Potluck 1-4 Bridge 1-2 Silver Sneakers-Cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi</p>	<p>22 8 Cards/games/pool 8:30 Blood Pressure Check 9:30 Arthritis Exercise 10:30 Black History Trivia 11:00 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class  NEW!!! Maury Regional Hospital Mobile Clinic from 9am-2pm</p>	<p>23 8 Cards/games/pool 10 Birthday Party! Kris Alexander with Vanderbilt Stallworth 11 Kroger Bingo 11:30 Lunch 1 Walk With Ease(Track) 1-430 Bridge </p>	
<p>26 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Canasta/games 10 Duck River Chronicles 11:30 Lunch 1-2 Silver Sneakers-cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi 6 pm Yoga Class </p>	<p>27 8 Cards/games/pool 10 Butter Bean Auction 11:30 Lunch 1 Bonnie & Son (Craft) 1 Beginners Computer Class 3 Genealogy Computer Class </p>	<p>28 8 Rook & Canasta 9 Medicare Counseling 11 Brookdale Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers-Cancelled 1 Walk With Ease(Track) 2-3 Tai-Chi Class </p>	<p> American Heart Health Month</p>	<p>Chili Potluck February 21 @ 11:30! </p>	

**Please note: All events and activities are subject to change with or without notice.
Please note: Silver Sneakers is cancelled for the month of February.**

January Special Events



Thank You



Renee Thomas gave an educational presentation for our Dr. Martin Luther King Jr. Celebration Day. It was very informative and inspirational. Thank you!



Lieutenant Joey Gideon and Captain Troy Potts from The Columbia Police Department, with Cheryl Brehm from End Slavery Tennessee.



Cheryl Brehm gave a very informative talk about human trafficking to our Senior Center. We learned about how some people become a victim, how we can identify a possible human trafficking victim, and how to report it. The Columbia Police Department also came and gave information; and encouraged us to report anything suspicious. What a great team they made!



Thank You

Thanks so much to Maury County Fair & Exposition, and the Genealogical Society of Maury County Tennessee for their generous donations!



We had so many things going on in December that we couldn't get them all in the last newsletter! Here are a few other pictures we'd like to share with you...



We have two young guest Bingo callers, and they do an excellent job!



This lovely group is called the "Seniorettes". They're Line Dancers that use their talents to perform at nursing homes, rehabilitation centers, assisted living facilities, and more.



We want to give a big, "Thank you!" to Jeanne Good for taking and printing out pictures at our Christmas Party in December. Jeanne is the Community Outreach person at Senior Solutions Home Care in Columbia.

Young at Heart



These ladies were awarded shoes from the Maury County Senior Center by faithfully attending our exercise programs.



We love our Arthritis Exercise Class on Thursdays at 9:30am!



PLEASE SUPPORT OUR MILITARY

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

9-BALL POOL: Sponsored by: FAMILY ADVANTAGE FEDERAL CREDIT UNION
ROOK: Sponsored by: THE BRIDGE ASSISTED LIVING & BOB TILLIS
PHASE 10: Sponsored by: AMBASSADORS GOLF CLUB
POOL: Sponsored by: TOMMY HEIGHT SHELTER INSURANCE
Wii: Sponsored by: NHC MAURY REGIONAL
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

Rebecca Moore



9-BALL POOL WINNERS

1st Place: Terry Cothran
2nd Place: Fred Ward
3rd Place: Belton Dickens



POOL WINNERS

1st Place: Vernon Buck
2nd Place: Marshall Dodson
3rd Place: Terry Cothran



ROOK WINNERS

*Cancelled
Due
To
Weather*

CANASTA WINNERS

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



Wii BOWLING WINNERS

1st Place: Marilyn Braden
2nd Place: Leray Crawford
3rd Place: Danny McNece



CORNHOLE WINNERS

*Cancelled
Due
To
Weather*



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:
 John Richard Spencer
 Norma Pierce
 Wilma Oneida Beakley
 Georgia Ann Webster
 Vershonna Holt

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

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 (extra help), and other Medicare issues.

Special Thanks To:
 Behavioral Healthcare - Lunch
 Vanderbilt Stallworth -
 January Birthday Party
 Kroger - Bakery
 Quality First Healthcare -
 for Blood Pressure Checks
 O'Charley's for Pecan Pies for our potluck
 honoring Dr. Martin Luther King, Jr.

February

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.

Thank you for responding to our great need last month!

BEGINNING COMPUTER CLASS:
 Instructor: John Pierce Tuesdays 1 - 2:30 (Reservations not required)
GENEALOGY RESEARCH COMPUTER CLASS:
 Instructor: John Pierce Tuesdays - 3pm to 4:30pm.
 (Reservations not required)
MICROSOFT OFFICE CLASS
 Instructor: Don Waller Tuesdays 10:30 - 12:30
 (Reservations required) Call 380-3950

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

Arthritis Exercise THURSDAYS 9:30 AM

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

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".

PLEASE NOTE: Canceled For February: SILVER SNEAKERS

MONDAYS & WEDNESDAYS 2-3PM

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

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

Phone 931 379-7222

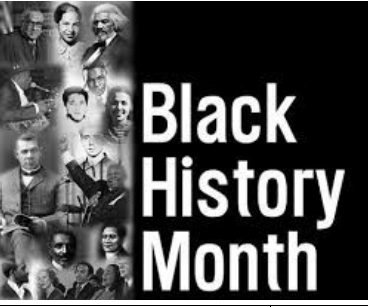





















February 2018

Activity Coordinator: Diane James

Transportation: 931 388-9595

501 Gray Ln.

Meal Site Manager: Mary Smith

Mon	Tue	Wed	Thu	Fri
 <p>Black History Month</p>		<p>Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans, and a time for recognizing the central role of African Americans in U.S. history. Since 1976, every U.S. president has officially designated the month of February as Black History Month.</p>	<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 10:25 Music Wayne Hall & The Old Timers 11:30 Lunch</p> 	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise Class 11:30 Lunch</p> 
<p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Scramble 11:30 Lunch</p> 	<p>6 9:30 Senior Coffee & Chatting Super Bingo 11:30 Lunch</p> 	<p>7 9:30 Walking 9:45 Coffee & Chatting Crafts Bingo 11:30 Lunch</p> 	<p>8 9:30 Walking 9:45 Coffee & Chatting 10:15 Ron Perry 11:30 Lunch</p> 	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise Class 11:30 Lunch</p> 
<p>12 9:30 Senior Walking 9:30 Coffee & Chatting Checkers 11:30 Lunch</p> 	<p>13 9:30 Senior Walking 9:45 Coffee & Chatting Bingo 11:30 Lunch</p> 	<p>14 9:30 Walking 9:45 Coffee & Chatting 10:15 Word Game 11:30 Lunch</p> 	<p>15 9:30 Senior Walking 9:45 Coffee & Chatting 10:25 Music Wayne Hall & the Old Timers</p> 	<p>16 9:30 Walking 9:45 Coffee & Chatting 11:30 Black History & Valentine Program Pot Luck</p> 
<p>19 President's Day In Remembrance of our Four Fathers</p> <p>CLOSED</p>	<p>20 9:30 Senior Walking Coffee & Chatting Bingo 11:30 Lunch</p> 	<p>21 9:30 Walking 9:45 Coffee & Chatting Birthday Celebration 11:30 Lunch</p> 	<p>22 9:30 Walking With Seniors 9:45 Coffee & Chatting 10:25 Music Ron Perry 11:30 Lunch</p> 	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10:15 Exercise Class 11:30 Lunch</p> 
<p>26 9:30 Senior Walking Coffee & Chatting Checkers 11:30 Lunch</p> 	<p>27 9:30 Senior Walking 9:45 Coffee & Chatting Bingo 11:30 Lunch</p> 	<p>28 9:30 Senior Walking 9:45 Coffee & Chatting Bingo/Word Game 11:30 Lunch</p> 	 <p>American Heart Health Month</p>	

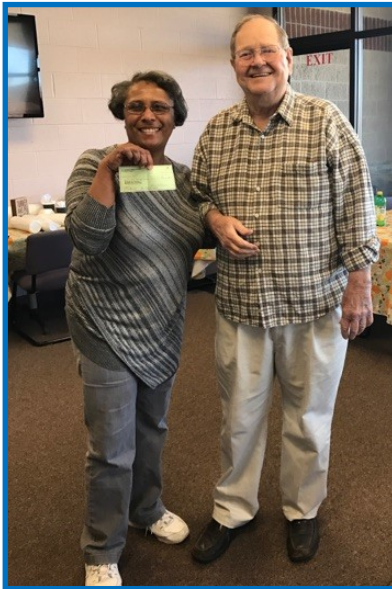
Sponsors: *Arthritis Foundation & Maury County Senior Center * Hidden Acres
* Mid Tennessee Bone & Joint Clinic *Quality First Home Health

Mt. Pleasant Senior Center

Welcome to our new Mt. Pleasant Senior Center section!
We'll be posting pictures, information, and upcoming events here.

Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●●

Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●● Mt. Pleasant News ●●●



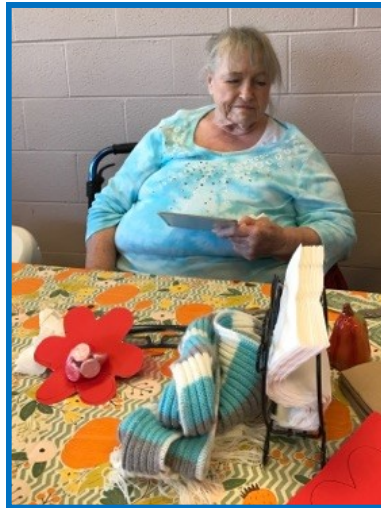
Right:
Spending
time
together.



Top: Thanks goes
to the Mt. Pleasant
United Methodist
Church for their
donation for
refrigerators!



Right:
Enjoying
Making
Crafts.







Left:
Arthritis
Exercise
Class.

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

February 2018

*** 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>Please Note: Meals Will Not Be Delivered on February 19th: President's Day</p>			<p>MEATLOAF W/TOM SAUCE MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK</p> <p style="text-align: center;">FEB 1</p>	<p>HOTDOG W/MUST. POTATO WEDGES COLESLAW WW BUN PEACH CRISP MILK</p> <p style="text-align: center;">FEB 2</p>
<p>SLOPPY JOE AUGRATIN POTATOES MEXICALI CORN WW BUN APPLESAUCE MILK</p> <p style="text-align: center;">FEB 5</p>	<p>HOMEMADE VEG SOUP ½ HAM SANDWICH W/ MUSTARD SLICED PEACHES SPONGE CAKE MILK</p> <p style="text-align: center;">FEB 6</p>	<p>LASAGNA TOSS SALAD W/ RANCH TROPICAL FRUIT TEXAS TOAST BROWNIE MILK</p> <p style="text-align: center;">FEB 7</p>	<p>BREADED CHICKEN BAKED APPLES YELLOW HOMINY BUTTERMILK BISCUIT FRESH ORANGE MILK</p> <p style="text-align: center;">FEB 8</p>	<p>WHITE BEANS W/HAM MIXED GREENS COOKED CARROTS CORNBREAD FRESH BANANA MILK</p> <p style="text-align: center;">FEB 9</p>
<p>PEPPER STEAK W/ GRAVY MASHED POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK</p> <p style="text-align: center;">FEB 12</p>	<p>BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL SPONGE CAKE MILK</p> <p style="text-align: center;">FEB 13</p>	<p>CHILI WITH BEANS 1 SLICE OF CHEESE CRACKERS COLESLAW FRESH APPLE MILK</p> <p style="text-align: center;">FEB 14</p>	<p>BAKED HAM WHOLE KERNEL CORN LIMA BEANS WW DINNER ROLL PUDDING MILK</p> <p style="text-align: center;">FEB 15</p>	<p>FISH FILLET W/ TARTAR SAUCE WHITE BEANS COLESLAW CORNBREAD BAKED PEARS MILK</p> <p style="text-align: center;">FEB 16</p>
<p>HOLIDAY</p> <p style="text-align: center;">FEB 19</p>	<p>PINTO BEANS W/HAM SEASONED CABBAGE SWEET POTATOES CORNBREAD APPLESAUCE MILK</p> <p style="text-align: center;">FEB 20</p>	<p>CHICKEN TENDERS W/HONEY MUST. GREEN PEAS AUGRATIN POTATOES WW ROLL TROPICAL FRUIT MILK</p> <p style="text-align: center;">FEB 21</p>	<p>BEEF STEW ½ PIMENTO CH. SAND. PEACHES OATMEAL RAISIN COOKIE MILK</p> <p style="text-align: center;">FEB 22</p>	<p>TATER TOT CASSEROLE GLAZED CARROTS GREEN BEANS WW DINNER ROLL PEARS MILK</p> <p style="text-align: center;">FEB 23</p>
<p>SALISBURY STEAK/ GRAVY MASHED POTATOES PEAS & CARROTS WW DINNER ROLL FRESH ORANGE MILK</p> <p style="text-align: center;">FEB 26</p>	<p>CHEESEBURGER W/ SWISS ON/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN MIXED FRUIT MILK</p> <p style="text-align: center;">FEB 27</p>	<p>CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE STEWED TOMATOES PEACHES MILK</p> <p style="text-align: center;">FEB 28</p>		

This newsletter is sponsored by:

For those eating on non-scheduled days at the Columbia Center: Please let the kitchen know the day before that you will be eating with us. We want to have enough food for everyone; and this helps us to have enough. Please call 931-380-3950. Thank you!



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*



Our Chili Potluck Will Be On
February 21st at 11:30am.



Please feel free to make your best chili; or also appreciated is bringing shredded cheese, Fritos, crackers, cornbread, or mashed potatoes.

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 2018

_____ 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)**