



SENIOR TIMES

APRIL 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4, ISSUE 4



NATIONAL VOLUNTEER APPRECIATION WEEK APRIL 10th-16th



March 17th was Judie Williams Day. She was the 2016 Great Volunteer Award recipient.

THUMBS UP TO
OUR
VOLUNTEERS!



**Volunteers-Please
accept this rose as a
small token of our
appreciation.**

**SENIOR EXPO-MAY 18, 2016
9 A.M.-1P.M.**

**NORTHFIELD CONFERENCE CENTER
5000 NORTHFIELD LN, SPRING HILL, TN**

Brenda Grimsley
Executive Director
mcsc3@cpws.net

MCSC
2015-2016
Board Members



Fun for Seniors

**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*

**AARP SMART DRIVERS COURSE
MAY 26th & 27th**

12:30 p.m. - 4:30 p.m.

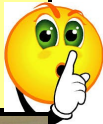
Instructor: Rick Barker

**The cost of the class is \$15 for AARP
members and \$20 for non-members.
Call the MCSC and ask for Wendy to
sign up @ 931-380-3950.**

Inside this issue:

- 2 - FYI
- 3 - Columbia Activities
- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Classes & Assistance
- 7 - Mt. Pleasant Activities
- 8 - Pot Luck & Newsletter sign up

These ladies share the same birthday in February. Elvie Coffman (sitting down) is proud to say she is 93 years young. Brenda,isn't saying!



Congratulations to Gordon Parks who turned 100 years old March 20th. He is MCSC's oldest active member.



Congratulations to Lloyd Littlejohn who turned 90 years old March 8th. Caring Hearts Home Health was the party sponsor.



This years Great Volunteer Award was given to Judie Williams.
"Thank-you so very much!"



**ONE
KIND
WORD
CAN**

We are grateful to manicurist Brittini Glenn. Katherine Gizzi and five others were very pleased. Job well done!























We welcome manicurist Adrienne Glenn who will be here every 2nd Monday 10:15-11:30 a.m. Starting date will be April 11th.



**someone's
entire day**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>APRIL IS:</p>  <p>(See Page 8.)</p>	<p>*SENIOR EXPO* May 18th 9am-1pm Northfield Conference Center 5000 Northfield Lane Spring Hill, TN For seniors 50 & older (free box lunch-first 400)</p>	 <p>Volunteer Appreciation Week April 10th-16th</p>	 <p>Tax Preparation w/Mark Waldeck-Tuesdays starting January 19th. 9-4pm until April 12th. Call the MCSC at 931-380-3950 for contact information.</p>	<p>1 MULE DAY (2nd day) (No Programs)</p> 
<p>4 8 Canasta/games/ pool 8:30 Beginners Line Dance 9 Phase 10 Card Game 9 :30 Line Dance Class 11:30 Lunch 1 Line Dancers to Brookdale 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>5 8 Cards/games/pool 9-4 Tax Preparation 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>6 8 Rook & Canasta 9 Medicare Counseling Bob & Sandra Johnson 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>7 8 Cards/games/pool 8:30 B/P w/Signature 9:30 Exercise Class 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1 FRA 44 2 D.A.V. & 1-4:30 Pinochle 6pm Yoga Class</p> 	<p>8 8 Canasta/games/pool 8:30 Rook Tournament 9 (9 Ball) Pool Tournament 11 Kroger Bingo 11:30 Lunch by Behavioral Healthcare 1-4:30 Bridge 7pm Chess Club</p> 
<p>11 8 Canasta/games/pool 8:30 Beginners Line Dance 9:30 Line Dance Class 10:15-11:30 Manicurist Adrienne Glenn-Basic 11:30 Lunch 1-2 Silver Sneak 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>12 8 Cards/games/pool 9-4 Tax Help (last day) 10 Healthy Trivia-Health Department w/Autumn 11:30 POTLUCK 01 Beginners Computer Class 3 Genealogy Computer Class 6pm Master Gardeners</p> 	<p>13 8 Rook/games/pool 9 Medicare Counseling Bob & Sandra Johnson 11 Kroger Bingo 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>14 8 Cards/games/pool 8:30 B/P w/Bev Brown 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Genealogy Society</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>16 8 Canasta/games/pool 8:30 Beginners Line Dance 9 Phase 10 Tournament 9:30 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>19 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Beginners Computer Class 3 Genealogy Computer Class</p> 	<p>20 8 Rook/games/pool 9 Medicare Counseling 9 Pool Tournament 9 Wii Tournament 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>21 8 Cards/games/ pool 8:30 B/P w/Signature 9:30 Exercise Class 10 Health Ed by Lifecare w/ Vanessa Purdom 11 Newcomers Club 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Yoga Class</p>	<p>22 8 Canasta/games/pool 10 BIRTHDAY PARTY by Caring Hearts H.H. 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p>  <p>Support for environmental protection</p> 
<p>25 8 Canasta/games/pool 8:30 Beginners Line Dance 9:30 Line Dance class 10:30 Line Dance Party 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>26 8 Cards/games/pool 10 Oxygen checks NHC Home Care w/Dawn 10 Teka Moten-Topic Alzheimer's/Aging 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 9 Medicare Counseling 10 MRH w/ Destini Health Education Program 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>28 8 Cards/games/pool 8:30 B/P w/Bev Brown 9:30 Exercise Class 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Yoga Class</p> 	<p>29 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p>  <p>Public tree planting</p>

SOUTH CENTRAL HUMAN RESOURCE AGENCY

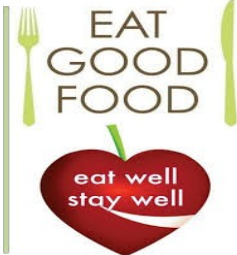























Nutrition Program for the Elderly

Milk & Butter Included with each meal

Please record food temperatures in the spaces to the right if the daily menus

APRIL 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>FISH FILLET W/TARTAR SAUCE COLESLAW WHITE BEANS CORNBREAD BAKED PEARS MILK</p>  <p>APR 1</p>
<p>MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK</p>  <p>APR 4</p>	<p>BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/RANCH TEXAS TOAST BAKED APPLES MILK</p>  <p>APR 5</p>	<p>PINTO BEANS W/ HAM SEASONED CABBAGE MIXED GREENS CORNBREAD FRESH ORANGE MILK</p>  <p>APR 6</p>	<p>SLOPPY JOE POTATO WEDGES BAKED BEANS WW BUN TROPICAL FRUIT MILK</p>  <p>APR 7</p>	<p>TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK</p>  <p>APR 8</p>
<p>BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL SPONGE CAKE MILK</p>  <p>APR 11</p>	<p>BAKED ZITI W/ MEATSAUCE SAUTEED SPINACH CARROTS WW DINNER ROLL MIXED FRUIT MILK</p>  <p>APR 12</p>	<p>CHEESEBURGER W/ SWISS PICKLE/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN TROPICAL FRUIT MILK</p>  <p>APR 13</p>	<p>FRUITY CHICKEN SALAD ON CROISSANT MACARONI SALAD SUGAR COOKIE FRESH APPLE MILK</p>  <p>APR 14</p>	<p>BBQ SANDWICH POTATO SALAD COLESLAW WW BUN 1 PKT BBQ SAUCE FRUITED ORANGE JELLO MILK</p>  <p>APR 15</p>
<p>HOMEMADE VEG SOUP PIMENTO CH. SAND. SLICED PEACHES SPONGE CAKE MILK</p>  <p>APR 18</p>	<p>BAKED HAM AUGRATIN POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK</p>  <p>APR 19</p>	<p>LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK</p>  <p>APR 20</p>	<p>HOAGIE SANDWICH POTATO SALAD (MUST) TROPICAL FRUIT SUGAR COOKIE MILK</p>  <p>APR 21</p>	<p>EMPLOYEE DAY</p> <p>Kitchen Closed No Home Delivered Meals today. (Use previously delivered sack lunches. Center provides congregate meals.</p> <p>APR 22</p>
<p>WHITE BEANS W/ HAM MIXED GREENS COOKED CARROT CORNBREAD PINEAPPLE MILK</p>  <p>APR 25</p>	<p>BREADED CHICKEN PATTIE SANDWICH LET/TOM/MAYO LOADED POT. CASSEROLE COLESLAW WW BUN APPLE CRISP MILK</p>  <p>APR 26</p>	<p>COUNTRY FRIED STEAK/GRAVY MASHED POTATOES SPECKLED BUT. BEAN WW DINNER ROLL FRESH ORANGE MILK</p>  <p>APR 27</p>	<p>HOTDOG W/MUST. POTATO WEDGES 9 DAY SLAW WW BUN PEACH CRISP MILK</p>  <p>APR 28</p>	<p>CHICKEN SALAD ON WHEAT W/LETTUCE PASTA SALAD FRUITED LIME JELLO SUGAR COOKIE MILK</p>  <p>APR 29</p>

This newsletter is sponsored by:



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR MARCH 2016

9-BALL POOL: Sponsored by: **ROBERT MOONINGHAM**
ROOK: Sponsored by: **THE BRIDGE ASSISTED LIVING**
PHASE 10: Sponsored by: **SPONSOR NEEDED!!!!!!!!!!**
POOL: Sponsored by: **SIGNATURE HEALTHCARE**
Wii: Sponsored by: **NHC HEALTHCARE OF HILLVIEW**
CORNHOLE: Sponsored by: **HERITAGE FUNERAL HOME**
CANASTA: Sponsored by: **TOMMY HIGHT JR./SHELTER INS.**

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: Bob St. Lawrence
2nd Place: Fred Ward
3rd Place: Vernon Buck



ROOK WINNERS

John McKennon
Juanita Boshers



PHASE 10 WINNER

Rebecca Moore



POOL WINNERS

1st Place: Larry Hildebrant
2nd Place: Bob St. Lawrence
3rd Place: "Strut" Davis



CORNHOLE WINNERS

Rebecca Moore
Hugh Mitchell



CANASTA WINNERS

1st Place: Pete Boatright
2nd Place: John McKennon



Wii BOWLING WINNERS

1st Place: Leray Crawford
2nd Place: Marilyn Braden
3rd Place: Rebecca Moore



CONGRATULATIONS TOURNAMENT WINNERS 🙌🌟🙌

WOOF! WOOF!

Stop by the Maury County Senior Center once a week for a bag of pet food. Sponsored by PET PALS of Maury County



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:

Mattie Martin Breece
Thomas Jackson "Tom" Burt, Jr.
Howard "Bubba" Fautt

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 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.



Please note: **IF MAURY COUNTY SCHOOLS** are closed for **inclement weather**, the Maury County Senior Center is closed.



The last Tuesday 6:15-7:15 p.m. ZUMBA class was March 15th. until further notice.

Special Thanks To:

Behavioral Healthcare-Lunch
Caring Hearts H. H. - Birthday party
Wayman Chapel
Please call us
If your business or church group
Would like to sponsor lunch for a day
at the senior center



Genie White showing the pool guys a thing or two. Rumor has it she made this shot. The MCSC now has not one but two pool tables. **Men and women** are invited to play.

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.).



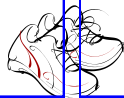
SOUTH CENTRAL AREA TRANSIT SERVICE
VANS ARE BASED IN CAMPBELL PLAZA
CALL 931-490-9968 FOR RESERVATIONS



MONDAYS & WEDNESDAYS
AT 1-2PM

MONDAYS & WEDNESDAYS
AT 2-3PM

EXERCISE CLASS
THURSDAYS
AT 9:30



YOGA
MONDAYS AT 6-7PM
THURSDAYS 6-7PM the
1st, 3rd & 4th
(4:30-5:30 class canceled)



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

APRIL 2016

Activity Coordinator: Jan Nevette
 Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
 Make Each Day Your Masterpiece *John Wooden	The most wasted of all days is one without Laughter. - e.e. cummings 	 Wayne Hall & The Old Timers Every Thursday	<u>April is National:</u>  GARDEN MONTH	1 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 
4 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 	5 9:30 Senior Walking 9:45 Coffee & Chatting 10 :30 Beth Sweeney Marshall Co. Hospital 11:30 Lunch 12 Bingo 	6 9:30 Senior Walking 9:45 Coffee & Chatting 11:30 Lunch 	7 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers 11:30 Birthday Party/ Lunch 	8 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 
11 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 	12 9:30 Senior Walking 9:45 Coffee & Chatting 10 B/P Renee Martin Quality First H. C. 10 Amanda Gray TN. State Dept Health 11:30 Lunch 12 Destini Gonyon MRH 	13 9:30 Senior Walking 10:45 Coffee & Chatting 11:30 Lunch 	14 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Wayne Hall & The Old Timers 11:30 Lunch Legal Aid Christie Bradford  	15 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 
18 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 	19 9:30 Senior Walking 9:45 Coffee & Chatting 10: Blood pressure Debbie Becker MRH Occupational Therapy 1:30 Lunch 	20 9:30 Senior Walking 9:45 Coffee & Chatting 11:00 Bingo 11:30 Lunch 	21 9:30 Senior Walking 9:45 Coffee & Chatting/ 10 Music Wayne Hall & The Old Timers 11:30 Pot Luck Lunch Behavioral Health/ Mary Fox 	22 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 
25 9:30 Walk with Ease 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Bingo 11:30 Lunch 	26 9:30 Walk with Ease 9:45 Coffee & Chatting 10:00 Blood Pressure 10:30 Delilah Sneed Well Care Bingo 11:30 Lunch 11:30 Birthday Pot Luck  	27 9:30 Walk With Ease 9:45 Coffee Chatting 10:30 Surprise Guest 11:30 Lunch 	28 9:30 Walk With Ease 9:45 Coffee & Chatting/ 10 Music Wayne Hall & The Old Timers 11:30 Lunch 	29 9: 30 Walk With Ease 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch 

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

