



WE LOVE  
OUR VOLUNTEERS

## NATIONAL VOLUNTEER APPRECIATION WEEK APRIL 23rd-29th



March 16th was Rebecca Moore Day. She is the 2017 Great Volunteer Award recipient.



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



**HAPPY EASTER  
April 16th**

Brenda Grimsley  
Executive Director  
mssc3@cpws.net

\*\*\*\*\*

MCSC  
2016-2017  
Board Members



## AARP SMART DRIVERS COURSE MAY 18th & 19th

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 - March Events

3 - Columbia  
Activities

4 - Menu

5 - Tournament  
Sponsors &  
Winners

6 - Sympathy/  
Classes  
& Assistance

7 - Mt. Pleasant  
Activities

8 - Potluck &  
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 Bailey*

*Mayor Rick Graham*





**Happy Birthday to Mr. Lloyd Littlejohn who turned 91 March 10th. His family was there to show their support. Not all of his friends were pictured because the Pool Players were at the Lewisburg Senior Center for a tournament. They expressed regret for not being able to see Mr. Littlejohn and hope he stops by again soon.**



**Welcome Yolanda Cothran, (front right ), our new certified Arthritis Exercise instructor. Please join her and Jean Thomason every Thursday morning @9:30.**

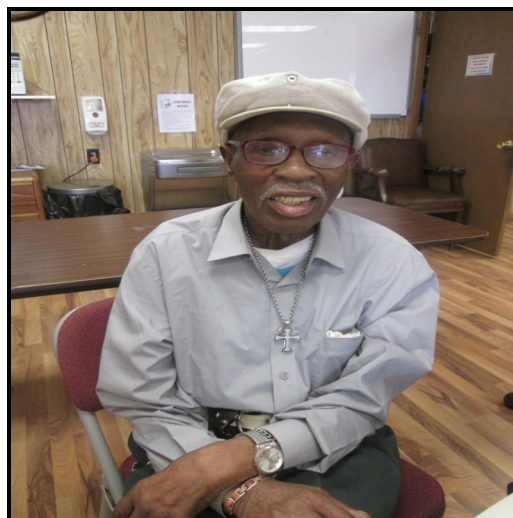


**Autumn Noblit, from the Health Department with the winner of the healthy bingo game, Rebecca Moore. She will use gift on her Texas trip w/MCSC.**



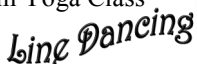





























**Bus trip to San Antonio, TX left the MCSC Sunday, March 19th for 7 days 6 nights . Their return date was Sunday, March 25th. Next trip is to Portland, Maine in June. Please call trip coordinator, Esther with questions.**

**HAPPY  
101  
BIRTHDAY  
TO  
GORDON  
PARKS -  
March 20th**































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3 8</b> Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p>  <p><b>**Tax Preparation</b></p>	<p><b>4 9</b> Cards/games/pool <b>10 B/P Quality 1st w/Renee</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p>  <p><b>**Tax Preparation</b></p>	<p><b>5 8</b> Rook &amp; Canasta 9 Medicare Counseling w/ Bob &amp; Sandra Johnson <b>11 Kroger Bingo</b> 11:30 Lunch 1-4 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p>  	<p><b>6 8:30 B/P w/Signature</b> <b>9:30 Arthritis Exercise Class</b> <b>11 Kroger Bingo</b> 11:30 Lunch <b>1 Fleet 44</b> 6pm Yoga Class</p>  	<p><b>7 8</b> Cards/games/pool <b>9 (9 Ball) Pool Tournament</b> <b>10:30 Trivia w/Mary</b> <b>Behavioral Healthcare</b> <b>11:30 Lunch By</b> <b>Behavioral Healthcare</b> 1-4:30 Bridge 7pm Chess Club</p> 
<p><b>10 8</b> Canasta/ games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6 pm Yoga Class</p>  <p><b>**Tax Preparation</b></p>	<p><b>11 9</b> Cards/games/pool 9:30 Golden K <b>9:30 Crafty Ladies/Easter</b> <b>10 Mt. Pleasant H &amp; Rehab. B/ P</b> <b>Information w/Candie Hall</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p> <p><b>**Tax Preparation</b></p>	<p><b>12 8</b> Rook/games/pool 9 Medicare Counseling <b>11 Kroger Bingo</b> 11:30 Lunch 1-4 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p> 	<p><b>13 8</b> Cards/games/pool <b>8:30 B/P w/Home Health</b> <b>Care of Middle TN</b> <b>9:30 Arthritis Exercise Class</b> 9:30 Bridge <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge 6pm Genealogy Society</p>  	<p><b>14</b> <i>Sorry, We Are</i> <b>CLOSED</b> <b>GOOD FRIDAY</b></p> <p><small>© Can Stock Photo</small></p>
<p><b>17 8</b> Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 9:30 Line Dance Class 11:30 Lunch <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6 pm Yoga Class</p> 	<p><b>18 9</b> Cards/games/pool <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p><b>19 8</b> Rook/games/pool 9 Medicare Counseling <b>9 B/P MR Home Health</b> <b>9 Pool Tournament</b> <b>9 Wii Tournament</b> 1-4 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p>  	<p><b>20 8</b> Cards/games/pool <b>8:30 B/P w/ Signature</b> <b>9:30 Arthritis Exercise Class</b> <b>10:30 Health Ed. By</b> <b>Vanessa form Lifecare</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p><b>21 8</b> Cards/games/pool <b>8:30 Canasta Tournament</b> <b>9:00 Cornhole Tournament</b> <b>10:15 MRH CCU: Alcohol</b> <b>11:30 POTLUCK</b> 1-4:30 Bridge 7pm Chess Club</p>  
<p><b>24 8</b> Canasta./games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class <b>9 Phase 10 Tournament</b> 11:30 Lunch <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6 pm Yoga Class</p> 	<p><b>25 9</b> Cards/games/pool <b>9 Wii Bowling Practice</b> <b>11 Kroger Bingo</b> 11:30 Lunch <b>1 Painting w/ Bonnie</b> 1 Beg. Computer Class 3 Gen. Computer Class</p>  	<p><b>26 8</b> Rook/games/pool 9 Medicare Counseling <b>10 Health Education-MRH</b> <b>Foundation w/Janette</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p>  	<p><b>27 8</b> Cards/games/pool <b>8:30 B/P Home Health</b> <b>Care of Middle TN</b> <b>9:30 Arthritis Exercise Class</b> <b>11 Kroger Bingo</b> <b>11:30 Lunch by Ron Perry</b> <b>In memory of wife Vivian</b> 1-4:30 Bridge 6pm Yoga Class</p>  	<p><b>28 8</b> Cards/games/pool <b>8:30 Rook Tournament</b> <b>10 BIRTHDAY PARTY</b> <b>Sponsor-Dorothy Grubb</b> <b>In memory of husband Ralph</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge 7 pm Chess Club</p> 
 <p>April 11th is the last day to get your taxes done at the MCSC. Thanks to Mark Waldeck, from the VITA program, and certified preparer, Renee Thomas, for a job well done.</p>	<p>APRIL is Alcohol Awareness Month MRH-Critical Care Unit April 21st @10:15</p>	 <p>If you would like to see this newsletter in color go to <a href="http://www.mcsc2.org">www.mcsc2.org</a></p>	<p>Don't be left out in the cold. If you are 60 years or older and need a heater call the center at 931-380-3950. If you can donate a heater please call us or drop one off.</p> 	 <p>A bad attitude is like a flat tire, you can't get very far until you change it. <b>**Author Unknown</b></p>

**SOUTH CENTRAL HUMAN RESOURCE AGENCY**  
**Nutrition program for the Elderly**  
**Milk and Butter Included with each meal**  
**Please record food temperatures in the spaces to the right of the daily menus**  
**APRIL FY 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
				
<b>SLOPPY JOE</b> POTATO WEDGES BAKED BEANS WW BUN TROPICAL FRUIT MILK  APR 3	<b>BAKED SPAGHETTI</b> WHOLE KERNEL CORN TOSS SALAD W/RANCH TEXAS TOAST BAKED APPL MILK  APR 4	<b>HAM &amp; CHEESE ON WHEAT</b> LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COOKIE MILK  APR 5	<b>MEATLOAF W/ GRAVY</b> MASHED POTATOES COLLARD GREENS WW DINNER ROLL FRUIT COCKTAIL MILK  APR 6	<b>FRUITY CHICKEN SALAD ON CROISSANT</b> MACARONI SALAD OATMEAL RAISIN COOKIE FRESH APPLE MILK  APR 7
<b>BAKED HAM</b> AUGRATIN POTATOES LIMA BEANS CORNBREAD MIXED FRUIT MILK  APR 10	<b>BREADED PORK CHOP</b> MIXED GREENS SWEET POTATOES CORNBREAD MANDARIN ORANGES MILK  APR 11	<b>FISH FILLET W/ TARTAR SAUCE</b> COLESLAW PORK & BEANS WW BUN APPLESAUCE MILK  APR 12	<b>TUNA SALAD ON CROISSANT</b> PEA SALAD COTTAGE CHEESE PEACHES MILK  APR 13	<b>GOOD FRIDAY</b>  APR 14
<b>PEPPER STEAK W/ GRAVY</b> MASHED POTATOES GREEN PEAS WW DINNER ROLL APPLESAUCE MILK  APR 17	<b>TURKEY &amp; SWISS CROISSANT</b> LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK  APR 18	<b>BREADED CHICKEN PATTIE SANDWICH</b> LET/TOM/MAYO MACARONI & CHEESE COLESLAW WW BUN APPLE CRISP MILK  APR 19	<b>HOAGIE SANDWICH W/LET/TOM/MAYO</b> POTATO SALAD (MUST) TROPICAL FRUIT SUGAR COOKIE MILK  APR 20	<b>EMPLOYEE DAY</b>  <b>Kitchen Closed</b> <b>No Home Delivered Meals today.</b> <b>(use previously delivered sack lunch)</b> APR 21
<b>CHICKEN TENDERS W/HONEY MUST.</b> GREEN BEANS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK  APR 24	<b>HOMEMADE PIMENTO CHEESE ON WHEAT</b> PORK & BEANS COTTAGE CHEESE PINEAPPLE MILK  APR 25	<b>LASAGNA</b> TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK  APR 26	<b>CHICKEN SALAD ON WHEAT W/LETTUCE</b> MACARONI SALAD FRUITED ORG. JELLO SUGAR COOKIE MILK  APR 27	<b>COOKS CHOICE</b>  APR 28

This newsletter is sponsored by:

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**MTB&J**  
**MID-TENNESSEE**  
**BONE & JOINT CLINIC, P.C.**



# **MAURY COUNTY SENIOR CENTER TOURNAMENT WINNERS FOR MARCH 2017**



PLEASE SUPPORT  
OUR MILITARY  
MEN & WOMEN

**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 JR/SHELTER INS.  
**Wii:** Sponsored by: NHC HILLVIEW OF MRH-TRANS.  
**CORNHOLE:** Sponsored by: HERITAGE FUNERAL HOME  
**CANASTA:** Sponsored by: SENIOR CENTER-**We need help-please!**

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: Mike Walker  
 2nd Place: Joe Sharp  
 3rd Place: Ron Hengerer



## **ROOK WINNERS**

Alice Harvill  
 Juanita Boshers



## **PHASE 10 WINNER**

Judie Williams



## **POOL WINNERS**

1st Place: Mike Walker  
 2nd Place: C.H. Harwell  
 3rd Place: Howard Loudermilk



## **Wii BOWLING WINNERS**

1st Place: Rebecca Moore  
 2nd Place: Leray Crawford  
 3rd Place: Judie Williams



## **CORNHOLE WINNERS**

Rebecca Moore  
 Paulette Baras



## **CANASTA WINNERS**

1st Place: Lynn Cetas  
 2nd Place: Peggy Glidewell



## **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 family of:**

*Clara Pierce*  
*Mary Alene Moore Armstrong*  
*Maurice Levon Bellanfand*  
*Addie Webster*

### **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**

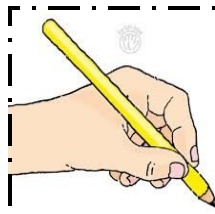
### **GENEALOGY RESEARCH COMPUTER CLASS**

**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.



**\*\*Every year more than 2500 left-handed people are killed using right-handed products. Lefties, please be very careful!**

**\*\*livin3-155 Cool & Weird Facts That You Should Know#101**

### **Special Thanks To:**

#### **Behavioral Healthcare - Lunch**

**Please call us if your business or church group would like to sponsor lunch for a day at the senior center. When you call ask for Wendy 931-380-3950 #3**

### **LEGAL AID**

January was Christie Bradford's last month as our Legal Aid Consultant. We're really going to miss her! We hope she enjoys every minute of her retirement. Call the center for her office number until we hear of a monthly replacement for Christie.

**Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.**

**\*\*\*Thich Nhat Hanh**



## **SILVER SNEAKERS**

**Tai Chi**

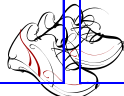
**MONDAYS & WEDNESDAYS**  
**1-2 PM**

**Cost \$2.00 per class or card**

**MONDAYS & WEDNESDAYS**  
**2-3 PM**

**Cost \$2.00 per class or card**

**EXERCISE CLASS**  
**THURSDAYS**  
**9:30 AM**  
**Free**



**YOGA**  
**MONDAYS AT 6 PM**  
**6-7 PM the 1st, 3rd & 4th**  
**Cost: \$3.00**



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**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.**

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



# MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474

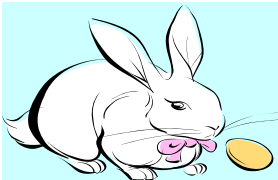





















Center Phone: 379-7222

April 2017

Activity Coordinator:

Transportation: 490-9968

Janice Nevette

MON	TUES	WED	THUR	FRI
<p>***** Come join us for our new and improved <b>SUPER BINGO</b> *****</p>	<p>Things turn out best for people who make the best out of the way things turn out. **John Wooden</p>	 <p>Happy Easter April 16th</p>	<p>Thank you, volunteers, for making a difference!</p> 	<p><i>We have a new Arthritis Exercise Program!</i></p>
<p><b>3</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> 11:30 Lunch</p> 	<p><b>4</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Candie Hall-Mt. Pleasant Health and Rehabilitation</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>5</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>6</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Singing by Ron Perry</b> <b>11:30 Lunch &amp; Monthly BIRTHDAY PARTY</b></p> 	<p><b>7</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 ARTHRITIS EXERCISE CLASS</b> 11:30 Lunch</p> 
<p><b>10</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> 11:30 Lunch</p> 	<p><b>11</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>9:30 B/P Renee Martin 10:00 Autumn Blake TN. Dept. of Health</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>12</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>13</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music with Wayne &amp; the Old Timers</b> 11:30 Lunch</p> 	<p><b>14 GOOD FRIDAY</b></p> 
<p><b>17</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> 11:30 Lunch</p> 	<p><b>18</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10: Jeanette Mayberry MRH Foundation</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>19</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>20</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Singing by Ron Perry</b> <b>11:30 POTLUCK</b></p> 	<p><b>21</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 ARTHRITIS EXERCISE CLASS</b> 11:30 Lunch</p> 
<p><b>24</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> 11:30 Lunch</p> 	<p><b>25</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Cornhole Game (come and learn the game)</b> <b>11: 00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>26</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 SILVER SNEAKERS EXERCISE</b> <b>11:00 SUPER BINGO</b> 11:30 Lunch</p> 	<p><b>27</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music with Wayne Hall &amp; the Old Timers</b> 11:30 Lunch</p> 	<p><b>28</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:00 ARTHRITIS EXERCISE CLASS</b> 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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**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**

**April Special Meals/Events**

- **Lunch-Sponsor (Behavioral Healthcare)**  
**Friday the 7th @11:30**
  - **POTLUCK Lunch**  
**Friday the 21st @11:30**  
**(Everyone please bring something to share)**
- **Lunch-Sponsor Ron Perry in memory of wife Vivian**  
**Thursday the 27th @ 11:30**
- **BIRTHDAY PARTY- Sponsor Dorothy Grubb in memory of husband Ralph**  
**Friday the 28th @ 10**



**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 2017**

\_\_\_\_\_ **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)**