



# SENIOR TIMES

AUGUST 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4, ISSUE 8



## OUR NEXT FUND RAISER

### COMMUNITY & SENIOR CENTER

**YARD SALE - AUG. 4<sup>TH</sup> & 5<sup>TH</sup> 7-2pm**

Booth Space: \$5. Call us for details.

(We will gladly accept your donations for us to sell at the Senior Center table).

This is a fund-raiser for The Senior Center

We will set up at The Baker Building

In the Park Wednesday **Aug. 3rd**

## THANK YOU VERY MUCH 2016 VOLUNTEER APPRECIATION PARTY DONATORS

- Ascend Credit Union
- Behavioral Healthcare
- Billy Sims
- Domino's Pizza
- Dunkin Donuts
- Galaxy Lanes
- JJ's Barbeque
- Long John Silvers
- McDonalds
- Olive Garden
- Pizza Hut
- Puckett's Restaurant

Brenda Grimsley  
Executive Director  
mcsc3@cpws.net  
MCSC  
2015-2016  
Board Members

- \*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



**Kernel Dave's Karaoke and DJ Show**  
with Dave's dad, Leonard Dunn and guest Ernest Sharp, had our members clapping their hands and singing along with joy. Thank you Dave and singers for volunteering your time to be with us.



### Inside this issue:

- 2 - Thank You's
- 3 - Columbia Activities
- 4 - Menu
- 5 - Tournament Sponsors & Winners
- 6 - Sympathy/Classes & Counseling
- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter sign up

# Welcome, Visitors!



We welcome Polly Kelly from Home Health Care of Middle Tennessee as our 2nd & 4th Thursday blood pressure screener. We appreciate your support.



From The Lighthouse Church, singer Dwight Watkins and soundman Jimmy DeBuque shared their talents for the second time. Enjoyable!



3 Gal Pals having a laugh- Dorothy Conner (far right), who hasn't been with us for a while. She is holding hands with Arliss Littlejohn and smiling Rebecca Moore. Dorothy, please come back soon.



The Boys & Girls Club popped in to thank the MCSC for supporting them over the years. We would like to thank them as well for showing us how to work our phones & tablets.























Thank You Lindsey Howell with NHC Hillview, for sponsoring our monthly Wii Bowling Tournament. We are so very grateful that you are always on time with prizes for our 1st, 2nd & 3rd place winners.




























Special thanks to Sheila Pratt, BSW, (far right) Health Care Liaison from WILLOWBROOK Hospice, for supplying ice cream, chips & dip, for our June and July birthday parties. We are in need of a monthly sponsor. If you can help please call Wendy at 931-380-3950.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch <b>12-4:30 Pool</b> <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p> 	<p><b>2</b> 8 Cards/games/pool <b>10 B/P by/Quality 1st Home Care w/Renee'</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p><b>3</b> 8 Rook &amp; Canasta 9 Medicare Counseling <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p>  <p><b>Yard Sale Set Up</b></p>	<p><b>4</b> 8 Cards/games/pool <b>8:30 B/P we need help!!!!</b> 9:30 Exercise Class/Bridge <b>11 Kroger Bingo</b> 11:30 Lunch <b>1 FRA 44</b> <b>2 D.A.V.</b> 6pm Yoga Class</p>  <p><b>Yard Sale</b></p>	<p><b>5</b> 8 Cards/games/pool <b>9 (9 Ball) Pool Tournament</b> <b>10:30 Health Education/ Behavioral Healthcare</b> <b>11 Kroger Bingo</b> <b>11:30 Lunch by Behavioral Healthcare</b> 7pm Chess Club</p>  <p><b>Yard Sale</b></p>
<p><b>8</b> 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class <b>10:30 Healthy Hearts-Topic Meds Safety &amp; Management</b> 9 Phase 10 Card Game 11:30 Lunch <b>12-4:30 Pool</b> <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p> 	<p><b>9</b> 8 Cards/games/pool <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p> 	<p><b>10</b> 8 Rook/games/pool 9 Medicare Counseling <b>9:30 Legal Aid w/Christie</b> <b>9:30-11 Complete Home Care w/ Mekia &amp; Katrina</b> <b>Healthy Snacks &amp; Info</b> <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p> 	<p><b>11</b> 8 Cards/games/pool <b>8:30 B/P w/Home Health Care of Middle TN</b> 9:30 Exercise Class <b>11 Kroger Bingo</b> 11:30 Lunch <b>1-4:30 Bridge</b> 6pm Genealogy</p> 	<p><b>12</b> 8 Cards/games/pool <b>8:30 Rook Tournament</b> <b>10 Pro-Health Info/Bingo</b> <b>11:30 Kroger Bingo</b> 11:30 Lunch 7pm Chess Club</p> 
<p><b>15</b> 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class <b>9 Phase 10 Tournament</b> 11:30 Lunch <b>12-4:30 Pool</b> <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p> 	<p><b>16</b> 8 Cards/games/pool <b>11 Kroger Bingo</b> 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p><b>17</b> 8 Rook/games/pool 9 Medicare Counseling <b>9 B/P MR Home Health</b> <b>9 Pool Tournament</b> <b>9:00 Wii Tournament</b> 11:30 Lunch 1-4:30 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p> 	<p><b>18</b> 8 Cards/games/pool <b>8:30 B/P we need help!!!!</b> 9:30 Exercise Class <b>10 Health Ed w/Vanessa From Lifecare-Columbia</b> <b>11 Kroger Bingo</b> 11:30 Lunch <b>1-4:30 Bridge</b> 6pm Yoga Class</p> 	<p><b>19</b> 8 Canasta/games/pool <b>8:30 Canasta Tournament</b> <b>9 Cornhole Tournament</b> <b>11 Kroger Bingo</b> <b>11:30 Lunch (Fish Fry) by-Macedonia Church of Christ</b> 7pm Chess Club</p>  <p><b>*Maury County Fair-Free for Seniors 12-3pm (Lunch)</b></p>
<p><b>22</b> 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch <b>12-4:30 Pool</b> <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p> 	<p><b>23</b> 8 Cards/games/pool <b>10 Autumn Blake w/ Health Dept-Ed. &amp; Trivia</b> <b>11 Kroger Bingo</b> 11:30 Lunch <b>11 Painting with Bonnie</b> 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p><b>24</b> 8 Rook/games/pool 9 Medicare Counseling <b>10 Health Ed. w/ Destini Topic-Flu Shot importance</b> <b>11:30 POTLUCK</b> 1-4:30 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p> 	<p><b>25</b> 8 Cards/games/pool <b>8:30 B/P w/Home Health Care of Middle TN</b> 9:30 Exercise <b>11 Kroger Bingo</b> 11:30 Lunch <b>1-4:30 Bridge</b> 6pm Yoga Class</p> 	<p><b>26</b> 8 Cards/games/pool <b>10 BIRTHDAY PARTY (we need a sponsor!!!!)</b> <b>11 Kroger Bingo</b> 11:30 Lunch 7 pm Chess Club</p> 
<p><b>29</b> 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch <b>12-4:30 Pool</b> <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b> 6pm Yoga Class</p> 	<p><b>30</b> 8 Cards/games/pool <b>11 Kroger Bingo</b> <b>11:30 Lunch by Lions Club of Columbia</b> 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p><b>31</b> 8 Rook/games/pool 9 Medicare Counseling <b>11 Kroger Bingo</b> 11:30 Lunch 1-4:30 Bridge <b>1-2 Silver Sneakers</b> <b>2-3 Tai-Chi</b></p> 	<p><b>Community Yard Sale</b> <b>August 4th &amp; 5th</b> <b>Benefits The MCSC</b> <b>@ The Baker Building</b> <b>7-2pm</b></p> 	
<p><b>August 19th</b> <b>Maury County Fair</b> <b>Free Day for seniors</b> <b>12-3pm</b> <b>Vendors</b> <b>Lunch provided</b></p> 				

**Nutrition program for the Elderly**  
**Milk and Butter Included with each meal**  
**August 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
<b>CHICKEN &amp; NOODLES</b> GREEN BEANS STEWED TOMATOES WW DINNER ROLL PEARS MILK  AUG 1	<b>CROWDER PEAS W/HAM</b> STEAMED CABBAGE YAM PATTIES CORNBREAD TROPICAL FRUIT MILK  AUG 2	<b>HOAGIE SANDWICH W/SWISS</b> LET/TOM/MAYO POTATO SALAD PINEAPPLE HOAGIE BUN BROWNIE MILK  AUG 3	<b>BREADED PORK CHOP</b> PINTO BEANS SWEET POTATOES CORNBREAD MIXED FRUIT MILK  AUG 4	<b>BAKED SPAGHETTI</b> TOSS SALAD W/ RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK  AUG 5
<b>BAKED HAM</b> WH. KERNEL CORN LIMA BEANS WW DINNER ROLL MIXED FRUIT MILK  AUG 8	<b>CHEESEBURGER W/ SWISS</b> LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN FRESH APPLE MILK  AUG 9	<b>TURKEY &amp; SWISS CROISSANT</b> LET/TOM/MAYO CARROT SALAD PEARS POUND CAKE MILK  AUG 10	<b>LASAGNA</b> TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST BROWNIE MILK  AUG 11	<b>FRUITY CHICKEN SALAD CROISSANT</b> PEA SALAD COTTAGE CHEESE SLICED PEACHES SPONGE CAKE MILK  AUG 12
<b>COUNTRY FRIED STEAK W/GRAVY</b> SWEET POTATOES GREEN BEANS WW DINNER ROLL FRESH ORANGE MILK  AUG 15	<b>HAM &amp; CHEESE ON WHEAT W/MAYO</b> POTATO SALAD COTTAGE CHEESE PINEAPPLE CHUNKS MILK  AUG 16	<b>BREADED CHICKEN SANDWICH W/CH</b> LET/PICKLE/MAYO BAKED BEANS POTATO WEDGES WW BUN BROWNIE MILK  AUG 17	<b>HAMBURGER STEAK W/GRAVY</b> PEAS & CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK  AUG 18	<b>PINTO BEANS W/ HAM</b> TURNIP GREENS COLD PICKLED BEETS CORNBREAD BAKED PEARS MILK  AUG 19
<b>HOTDOG W/MUST. &amp; RELISH</b> BAKED BEANS POTATO WEDGES WW HOTDOG BUN FRESH ORANGE MILK  AUG 22	<b>BREADED PORK CHOP</b> PINTO BEANS MASHED POTATOES CORNBREAD MIXED FRUIT MILK  AUG 23	<b>MEATLOAF W/ GRAVY</b> MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  AUG 24	<b>FISH FILLET SANDWICH W/CHEESE &amp; TARTAR SAUCE</b> COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK  AUG 25	<b>HAM &amp; CHEESE CROISSANT</b> LET/TOM/MAYO POTATO SALAD TROPICAL FRUIT SPONGE CAKE MILK  AUG 26
<b>SALISBURY STEAK W/GRAVY</b> CHEESY POTATOES STEAMED BROCCOLI WW DINNER ROLL DICED PEARS MILK  AUG 29	<b>BBQ</b> POTATO SALAD (MUST) COLESLAW WW BUN MANDARIN ORANGES MILK  AUG 30	<b>CHICKEN &amp; NOODLES</b> GREEN BEANS STEWED TOMATOES WW DINNER ROLL PEARS MILK  AUG 31		
			 <b>FOOD SAFETY</b>	

This newsletter is sponsored by:

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

**MAURY COUNTY SENIOR CENTER  
TOURNAMENT WINNERS FOR JULY 2016**



PLEASE SUPPORT  
OUR MILITARY  
MEN & WOMEN

**9-BALL POOL**  
**ROOK**  
**PHASE 10**  
**POOL**  
**Wii BOWLING**  
**CORNHOLE**  
**CANASTA**

Sponsored by: **ROBERT MOONINGHAM**  
Sponsored by: **THE BRIDGE ASSISTED LIVING**  
Sponsored by: **BEHAVIORAL HEALTHCARE**  
Sponsored by: **MCSC-DONATED FUNDS**  
Sponsored by: **NHC HILLVIEW OF HILLVIEW**  
Sponsored by: **HERITAGE FUNERAL HOME**  
Sponsored by: **HONOR OF EULA WHITTAKER & MEMORY OF GEORGE WHITTAKER**

Be a good friend  
Handicap parking is for folks who have a handicap tag on their car



**9-BALL POOL WINNERS**

**1st Place: Marshall Dodson**  
**2nd Place: Robert Mooningham**  
**3rd Place: Ray Anderson**



**ROOK WINNERS**

**Bob Tillis**  
**Edie Owston**



**PHASE 10 WINNER**

**Wilnita Bellafant**



**POOL WINNERS**

**1st Place: Marshall Dodson**  
**2nd Place: "Weasel" Whidby**  
**3rd Place: Robert Mooningham**



**Wii BOWLING WINNERS**

**1st Place: Leray Crawford**  
**2nd Place: Fred Ward**  
**3rd Place: Marilyn Braden**



**CORNHOLE WINNERS**

**Eleanor Galle**  
**Danny McNeece**



**CANASTA WINNERS**

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



**WOOF! WOOF!**

If you are 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 please pay to renew.



**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:**  
**Freda Faye Helms**  
**Larry "Beaver" Davis**  
**Michael Crutcher**  
**Carol Kabler**  
**Cynthia Turner**

**BEGINNING COMPUTER CLASS**  
 Instructor: John Pierce Tuesdays 1 - 2:30  
 \*\*This class has been canceled until January

**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.

**AUGUST**  
*Is National Immunization Month*  
**Destini Gonyon from MRH**  
*will do a program on the importance of getting a Flu vaccine*  
**Wednesday the 24th @10am**

**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.

**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 (simple wills, power-of-attorney, collection problems, Medicare, TennCare, etc.).

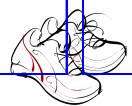


**SOUTH CENTRAL AREA TRANSIT SERVICE**  
**VANS ARE BASED IN CAMPBELL PLAZA**  
**CALL 931-490-9968 FOR RESERVATIONS**

**SILVER SNEAKERS**  
**MONDAYS & WEDNESDAYS**  
**AT 1:00**

**Tai Chi**  
**MONDAYS & WEDNESDAYS**  
**AT 2-3PM**

**EXERCISE CLASS**  
**THURSDAYS**  
**AT 9:30**



**YOGA**  
**MONDAYS AT 6-7PM**  
**THURSDAYS 6-7PM**  
**1st, 3rd & 4th**



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



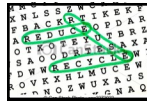









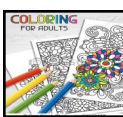




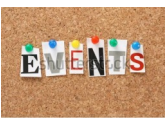






Center phone: 931-379-7222

August 2016

Activity Coordinator: Jan Nevette

Transportation: 931-490-9968

Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
<p><b>1</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>2</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Beth Sweeny Marshall Co. Health Dept.</b> 11:00 Bingo 11:30 Lunch</p> 	<p><b>3</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Search A Word</b> 11:30 Lunch</p> 	<p><b>4</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timer</b> 11:30 Lunch <b>12:00 B-Day Party</b> Complete Home Care with Mekia Armstrong</p> 	<p><b>5</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercises</b> 11:30 Lunch</p> 
<p><b>8</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>9</b> 9:30 Senior Walking <b>9:45 Coffee &amp; Chatting</b> <b>10 B/P Renee Martin/ Quality First Home Care</b> <b>10:00 Autumn Blake M.C. Health Dept.-Bingo</b> 11:30 Lunch</p> 	<p><b>10</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 11:30 Lunch</p> 	<p><b>11</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timers</b> 11:30 Lunch <b>C. Bradford Legal Aid</b></p> 	<p><b>12</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>15</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>16</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting. <b>10:00 Carter Wells from Home Instead Senior Care</b> <b>10:30 Debbie Becker MRHC</b> 11:30 Lunch</p> 	<p><b>17</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 11:00 Senior Coloring 11:30 Lunch</p> 	<p><b>18</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timers</b> <b>11:30 POTLUCK - Howell Photography w/Candy Howell</b></p> 	<p><b>19</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>22</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>23</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Destini Gonyon MRHF Occupational Therapy</b> 11:30 Lunch</p> 	<p><b>24</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 10:00 Current Events 11:30 Lunch</p> 	<p><b>25</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timers</b> 11:30 Lunch</p> 	<p><b>26</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 
<p><b>29</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch</p> 	<p><b>30</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Lee Wilson Perry Co. Senior Care</b> 11:30 Lunch</p> 	<p><b>31</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 11: Bingo 11:30 Lunch</p> 	<p><b>Dogs are not our whole life, but they make our lives whole.</b></p> <p><b>-Roger Caras</b></p>	
		<p><b>Happy Birthday to all August Seniors</b></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

Return Service Requested

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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



**AUGUST SPECIAL MEALS / EVENTS**

- **Friday August 5th Lunch by Behavioral Health Care**
- **Friday August 19th Fish Fry-Macedonia Church of Christ**  
(Everyone please bring a side dish to share)
- **Wednesday August 24th POTLUCK & Health Program**  
(Everyone please bring something to share)

**August is National Immunization Month**

**Destini Gonyon MRH-Flu Vaccine importance**

- **Tuesday August 30th Lunch by Columbia Lions Club**



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.