



SENIOR TIMES

FEBRUARY 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4, ISSUE 2



BLACK HISTORY PROGRAM

Thursday

February 11th @ 10:30am

Dramatization to be performed by
Deacon James Easley.
Everyone is invited.



MLK Program with Reverend T. D.
Birdsong from Grace United Missionary
Baptist Church & Chairman of Religious
Affairs of The NAACP.

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



Monday February 15th In honor of Presidents Day, Maury
County Senior Center & Mt. Pleasant Senior Center
will be closed for the day.

- *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

Valentine's Dance Party
Join us for a fun time - Music &
Entertainment provided by
Tony Malugin
FRIDAY
February 12, 2016
6:30pm-9pm
(Please bring finger foods to share)



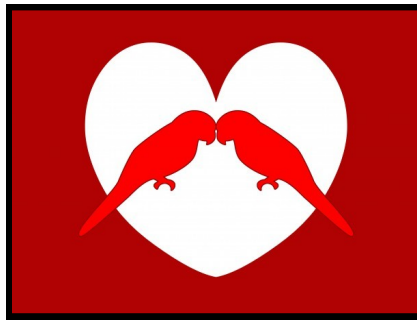
Inside this issue:

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

**Howard & Pauline Loudermilk
married for 67 years**



**CONGRATULATIONS
LOVEBIRDS-2016**



**Bob & Nancy Coirier
married for 59 years**



**Kirk & Paula Kelley
married for 51 years**



**Ron & Margaret Krueger
married for 51 years**



**Bob & Sandra Johnson
married for 49 years**



MCSC LOVEBIRDS-abc order

- Armstrong Phyllis & Hardison, Randall
- Boatright, Pete & Lennie
- Bowe, Mike & Kim
- Brown, Ken & Twilla
- Buck, Vernon & Linda
- Carter, Smitty & Wanda
- Christoph, Bob & Penny
- Coirier, Bob & Nancy
- Coleman, Burr & Donna
- Dickens, Belton & Doris
- Dodson, Marshall & Myrna
- Glidewell, Howard & Peggy
- Grate, Mike & Denise
- Harrington, Roy & Christine
- Holt, Jimmy & Bryant, Pat
- Johnson, Bob & Sandra
- Kelley, Kirk & Paula
- Kempfer, Tom & Dianna
- Krueger, Ron & Margaret
- Loudermilk, Howard & Pauline
- Machleit, Gus & Felicia
- McDaniel, Jim & Kim
- Mooningham, Robert & Rita
- Phettaplace, Jim & Kay
- Piper, Bill & Anita
- Shoemake, Stephen & Diann
- Solomon, Kenny & Wendy
- Tillis, Bob & Boshers, Juanita
- Vennable, Larry & Linda



**Smitty & Wanda Carter
married for 48 years**



**Pete & Lennie Boatright
married for 47 years**



**Robert & Rita Mooningham
married for 42 years**



**Roy & Christine Harrington
married for 32 years**



**Jimmy Holt & Pat Bryant
have been each others
sweethearts for 44 years!**






























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8 Canasta/games/pool 8:30 Beginners Line Dance 9 Phase 10 Card Game 9:30 Line Dance Class 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p>	<p>2 Cards/games/pool 9-4 Tax Preparation 10 B/P w/Quality 1st Home Care by Renee' 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6:15-7:15 Zumba</p>	<p>3 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>	<p>4 8:30 B/P w/Kim SHC 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 12 Unit 44 1 Fleet 44 & Pinochle 2 D.A.V. 6pm Yoga Class</p>	<p>5 8 Cards/games/pool 9 (9 Ball) Pool Tournament 10:30 Health Education/ Behavioral Healthcare 11 Kroger Bingo 11:30 Lunch By Behavioral Healthcare 7pm Chess Club</p>
<p>8 8 Canasta/games/pool 8:30 Beginners Line Dance 9 Phase 10 Card Game 9:30 Line Dance Class 10:30 Healthy Hearts w/ MRH Topic-Dr. Keswani's top 10 ways to improve heart health & B/P Checks w/Right Care H. C. 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi</p>	<p>9 9 Cards/pool 9-4 Tax Preparation 9:30 Crafty Ladies - Valentine's Crafts 11 Kroger Bingo 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p>	<p>10 8 Rook 9 Medicare Counseling 9:30 Legal Aid 11:30 POTLUCK 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>	<p>11 8 Cards/games/pool 8:30 B/P with Bev 9:30 Exercise Class 10:30 BLACK HISTORY PROGRAM w/Deacon James Easley-Dramatization 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Genealogy</p>	<p>12 8Cards/games/pool 8:30 Rook Tournament 11:30 Kroger Bingo 11:30 Lunch 6:30pm-9pm VALENTINE'S DANCE-Please come out! 7pm Chess Club</p>
<p>15 CLOSED FOR PRESIDENT'S DAY</p>	<p>16 9 Cards/pool 9-4 Tax Preparation 11 Kroger Bingo 11:30 Lunch by Lions Club of Columbia 1 Beg. Computer Class 3 Gen. Computer Class 6:15-7:15 Zumba</p>	<p>17 8 Rook 9 Medicare Counseling 9 Pool Tournament with Signature H. Care 9:00 Wii Tournament with NHC Hillview 11:30 Lunch 1 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>	<p>18 8 Cards/Pool 8:30 B/P w/Kim SHC 9:30 Exercise Class 11 Newcomers Club 11 Kroger Bingo 1-4:30 Bridge & Pinochle 6pm Yoga Class</p>	<p>19 8 Canasta/games/pool 8:30 Canasta Tournament 9 Cornhole Tournament 10 Singer/Guitar Player Cameron Sutphin 11 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>
<p>22 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 6 pm Yoga Class</p>	<p>23 9 Cards/Pool 9-4 Tax Preparation 10 Oxygen checks by NHC Home Care 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6:15-7:15 Zumba</p>	<p>24 8 Rook 9 Medicare Counseling 10 Health Ed./ w/ Destini Topic-Heart Failure 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi *PLEASE WEAR RED</p>	<p>25 8 Cards/Pool 8:30 B/P with Bev 9:30 Exercise 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge & Pinochle 6pm Yoga Class</p> <p>BINGO 12 25/41/51/63 3 30/37/54/68 7 21/38/56/74 1 28/35/50/69 10 17/45/47/64 <small>WHEEL ABILITY COMPANY</small></p>	<p>26 8 Cards/games/pool 10 Birthday Party Sponsor-Caring Hearts 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p>
<p>29 9 Canasta/games/pool 8:30 Beginners Line Dance 9 Phase 10 Card Game 9:30 Line Dance Class 10:30 Line Dance Party 11:30 Lunch 1-2 Silver Sneakers 2-4 Tai-Chi 6 pm Yoga Class</p>	<p>TAXES Tax Preparation w/Dianne Bennett-Tuesdays 9-4pm until April 12th. Call the MCSC at 931-380-3950 for contact information.</p>	<p>February is American Heart Month</p>	<p>FYI If you would like to see this newsletter in color go to www.mcsc2.org</p>	<p>Happy Birthday to all February seniors & friends</p>

Nutrition program for the Elderly
Milk and Butter Included with each meal
February 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
BREADED PORK CHOP GREEN BEANS RED CINNAMON APPLES WW DINNER ROLL SPONGE CAKE MILK  FEB 1	SLOPPY JOE GREEN PEAS WHOLE KERNEL CORN WW BUN TROPICAL FRUIT MILK  FEB 2	CHICKEN TENDERS W/ HONEY MUST. CHEESY POTATOES LIMA BEANS WW DINNER ROLL DICED PEARS MILK  FEB 3	ENCHILADA PIE STEAMED RICE MEXICALI CORN WW SLICE BREAD (1) APPLESAUCE MILK  FEB 4	TOMATO SOUP HAM & CHEESE SAND. SLICED PEACHES 2 SL. WHEAT BREAD BROWNIE MILK  FEB 5
SALISBURY STEAK/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRESH ORANGE MILK  FEB 8	CHEESEBURGER W/SWISS ON/TOM/LET/MAYO POTATO WEDGES BAKED BEANS WW BUN MANDARIN ORANGES MILK  FEB 9	BBQ SANDWICH POTATO SALAD CARROT COINS WW BUN 1 PKT BBQ SAUCE FRESH APPLE MILK  FEB 10	FIESTA MAC & CHEESE STEAMED BROCCOLI COLESLAW 1 SL. WW BREAD BAKED PEARS MILK  FEB 11	KRAUT & WEINERS SWEET POTATOES CROWDER PEAS CORNBREAD MIXED FRUIT MILK  FEB 12
CLOSED  FEB 15	HOMEMADE VEG SOUP PIMENTO CH. SAND. SLICED PEACHES BROWNIE MILK  FEB 16	WHITE BEANS W/ HAM MIXED GREENS COOKED CARROTS CORNBREAD PINEAPPLE MILK  FEB 17	CHILI WITH BEANS STEAMED RICE COLESLAW BAKED APPLES MILK  FEB 18	CHICKEN & NOODLES SWEET POTATOES SUCCOTASH WW DINNER ROLL FRESH BANANA MILK  FEB 19
LASAGNA WHOLE KERNEL CORN SLICED PEACHES TEXAS TOAST BROWNIE MILK  FEB 22	PEPPER STEAK W/ GRAVY AUGRATIN POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK  FEB 23	SAUSAGE PATTIE W/ CHEESE BAKED APPLES YELLOW HOMINY BUTTERMILK BISCUIT FRESH ORANGE MILK  FEB 24	MEATLOAF W/TOM SAUCE MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK  FEB 25	HOTDOG W/MUST. POTATO WEDGES 9 DAY SLAW WW BUN PEACH CRISP MILK  FEB 26
CHICKEN TENDERS W/ HONEY MUST. CHEESY POTATOES LIMA BEANS WW DINNER ROLL DICED PEARS MILK  FEB 29				

This newsletter is sponsored by:

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

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



PLEASE SUPPORT
OUR MILITARY
MEN & WOMEN

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

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



9-BALL POOL WINNERS

- 1st Place: Gus Machleit
- 2nd Place: Fred Ward
- 3rd Place: Belton Dickens



ROOK WINNERS

- Tennie Chaffin
- Linda Venable



PHASE 10 WINNER

- Donna Coleman



POOL WINNERS

- 1st Place: Fred Ward
- 2nd Place: Howard Loudermilk
- 3rd Place: Kirk Kelley



Wii BOWLING WINNERS

- 1st Place: Lisa Spruiell
- 2nd Place: Rebecca Moore
- 3rd Place: Donna Coleman



CORNHOLE WINNERS

- Hugh Mitchell
- Rebecca Moore



CANASTA WINNERS

- 1st Place: Edie Owston
- 2nd Place: Virginia Neff



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:
Shirley Lee Horsley Brady
Marshall "Papa" Davidson
Sharon Hatton Boyland
Elnora Williams Redding
Ernestine Chambers
Billy Eugene Conrad
Cathy Graves
Jesse Dean Franks
Mark Christopher Brooks

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.



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.



FASHIONISTAS!
 Maury County Senior Center's Line Dancers with their vests they were given for Christmas. They were scheduled to perform at Hillview-Walnut Lane Feb. 11th. This group of ladies are valued volunteers for many events here at the MCSC. We thank you all very much.

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.).

SILVER SNEAKERS

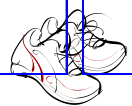


MONDAYS & WEDNESDAYS AT 1:00

MONDAYS & WEDNESDAYS AT 2-3PM

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

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: 379-7222

February 2016

Activity Coordinator: Jan Nevette

Transportation: 490-9968

Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
<p>1 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>2 9:30 Senior Walking 9:45 Coffee & Chatting 10 Beth Sweeney Marshall Co. Health Dept 11:30 Lunch 12 Avon Bingo w/Betsy Schmitt</p>  	<p>3 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Bingo 11:30 Lunch</p> 	<p>4 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers Band 11:30 Birthday Party Lunch</p> 	<p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>8 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>9 9:30 Senior Walking 9:45 Coffee & Chatting 10 Amanda Gray TN., Health Dept. 11:30 Lunch 12 MRH-Heart Disease w/ Destini Gonyon</p> 	<p>10 9:30 Senior Walking 9:45 Coffee Chatting 10:30 Health Trivia 11:30 Lunch</p> 	<p>11 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Old Timers Band 11:30 Lunch C. Bradford/ Legal Aid</p> 	<p>12 9:30 Senior Walking 9:45 Coffee /Chatting 10 Silver Sneakers Exercise 11:00 Senior Bingo 11:30 Lunch</p> 
<p>15 <u>CLOSED</u></p> 	<p>16 9:30 Senior Walking 9:45 Coffee & Chatting 10 :30 Debbie Becker MRH Physical Therapy 11:30 Lunch 12:30 Coloring & Cookies Delilah Hodges/ Wellness Care</p>	<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Senior Bingo 11:30 Lunch</p> 	<p>18 9:30 Senior Walking 9:45 Coffee & Chatting 10: Music Wayne Hall The Old Timers Band 11:30 LUNCH w/ Mary Fox/ Behavioral H.C.</p> 	<p>19 9:30 Senior Walking 9:45 Coffee /Chatting 10 Silver Sneaker Exercise 11:30 Lunch</p> 
<p>22 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>23 9:30 Senior Walking 9:45 Coffee & Chatting 10 Dianna Polk Signature Health Care Bingo 11:30 Lunch</p> 	<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Surprise Guest 11:30 Lunch</p> 	<p>25 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall The Old Timers Band 11:30 Lunch</p> 	<p>26 9:30 Senior Walking 9:45 Coffee Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>29 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Lunch</p> 				

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

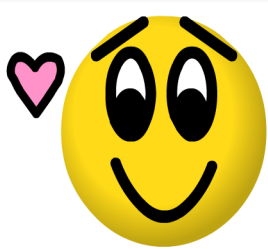
Maury County Senior Citizens
P.O. Box 993
Columbia, TN. 38402

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SENIOR TIMES
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1020 Maury County Park Dr.
Columbia, TN 38401
The Maury County Senior Center
Is a United Way Agency

February Special Meals



- **Friday February 5th Lunch by Behavioral Healthcare**
- **Wednesday February 10th POTLUCK (Everyone please bring a dish to share)**
- **Tuesday February 16th Lunch by The Lions Club of Columbia**

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: _____

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