



# SENIOR TIMES

JULY 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4, ISSUE 7

## WORLD ELDER ABUSE AWARENESS DAY WAS- JUNE 15, 2016



10 things anyone can do to prevent Elder Abuse and red flags of abuse was shared in observance of Adult Abuse Awareness Day. We wore purple.



Good Hearted People Needed to... donate fans and air conditioners. Seniors, if you need an air conditioner or fan call us - we'll get you one if we can.

**Brenda Grimsley**  
Executive Director  
mesc3@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*



Volunteer Appreciation/  
Annual Meeting  
Musical Guests-  
Columbia's own big band

*Merchants  
of  
Cool*

Everyone enjoyed the big band sound. We are so grateful they shared their talents with us. Thanks to Olivia Howell for recommending them. Look on their web page for future engagements.



### Inside this issue:

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



Pastor Tommy Vann & accompanist Shannon Arnett, from St. Luke UMC, had a gospel sing-along and shared his life story with the seniors. Everyone enjoyed them.



MCSC Monday morning line dancers enjoying a fun class. There is a beginners class that starts at 8:30 am. Followed at 9am is the more advanced class.



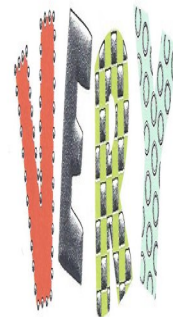
Tim Thomas from LegalShield did a very informative program on identity theft and scams. IDShield understands all potential threats, how to prevent them and how to restore any damage done.



Crafty Ladies instructor (Carol South) did a craft for Flag Day that everyone enjoyed.



















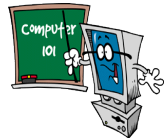









Emily Barnes, Executive Director-Home Instead Senior Care, did a seminar on the VA's Aid & Attendance Pension Benefit. There was a big turn out of people.



**There is no "I" in team, but we sure are glad there is "u" in our volunteers! We couldn't manage without all of you.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>July is</b></p> 	<p>Happy Birthday to all July Seniors</p> 	<p><b><u>YARD SALE</u></b> August 4th &amp; 5th donated items needed at the center by <u>Wednesday July 27th</u></p> 	 <p>Kernel Dave's Karaoke &amp; DJ Show -Friday July 15th 10-11am</p>	<p>1 8 Cards/games/pool 9 (9 Ball) Pool Tournament 10:30 Trivia w/ Mary Behavioral Healthcare 11 Kroger Bingo 11:30 Lunch by Behavioral Healthcare 1-4:30 Bridge 7pm Chess Club</p> 
<p>4 <b>Closed</b> Happy 4th of July</p> 	<p>5 8 Cards/games/pool 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 &amp; Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers <b>**2-3 No Tai-Chi Class</b></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 Adult Coloring 1-4:30 Pinochle 6pm Yoga Class</p> 	<p>8 8 Canasta/games/pool 8:30 Rook Tournament 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p> 
<p>11 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>12 8 Cards/games/pool 11 Kroger Bingo 11:30 POTLUCK 1 Beginners Computer Class 3 Genealogy Computer Class 6pm Master Gardeners</p>  	<p>13 8 Rook/games/pool 9 Medicare Counseling 9:30-11 Complete Home Care w/Mekia (snacks) 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>14 8 Cards/games/pool 8:30 B/P We need help! 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1 Adult Coloring 1-4:30 Bridge &amp; Pinochle</p> 	<p>15 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Corn Hole Tournament 10-11 Singing w/ Kernel Dave- Karaoke &amp; DJ Show 11 Kroger Bingo 11:30 Lunch 1-430 Bridge 7 pm Chess Club</p>  
<p>18 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Tournament 10:30 -11:30 Singing w/ Dwight 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm 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- 9:30 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 with Vanessa Purdom 1 Adult Coloring 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge &amp; Pinochle 6pm Yoga Class</p>	<p>22 8 Cards/games/pool 10 BIRTHDAY PARTY by WellCare w/JoBeth 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7pm Chess Club</p> 
<p>25 8 Canasta/games 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 12-4:30 Pool 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>26 8 Cards/games/pool 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 We need help! 9:30 Exercise Class 9:30 Bridge 11:30 Lunch 1 Adult Coloring 1-4:30 Bridge &amp; 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> 

**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**

**July 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><b>HEALTHY Balance Diet</b></p>			<p>Let your way to <b>5 A Day</b></p> 	<p><b>BAKED SPAGHETTI</b> TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK</p>  <p>JULY 1</p>
<p><b>CLOSED</b></p>  <p>happy <b>4th</b> JULY!</p>	<p><b>BREADED PORK CHOP</b> PINTO BEANS SWEET POTATOES CORNBREAD MIXED FRUIT MILK</p>  <p>JULY 5</p>	<p><b>CROWDER PEAS W/ HAM</b> STEAMED CABBAGE YAM PATTIES CORNBREAD TROPICAL FRUIT MILK</p>  <p>JULY 6</p>	<p><b>HOAGIE SANDWICH W/SWISS</b> LET/TOM/MAYO POTATO SALAD PINEAPPLE HOAGIE BUN BROWNIE MILK</p>  <p>JULY 7</p>	<p><b>CHICKEN &amp; NOODLES</b> GREEN BEANS STEWED TOMATOES WW DINNER ROLL PEARS MILK</p>  <p>JULY 8</p>
<p><b>BAKED HAM</b> WH. KERNEL CORN LIMA BEANS WW DINNER ROLL MIXED FRUIT MILK</p>  <p>JULY 11</p>	<p><b>CHEESEBURGER W/ SWISS</b> LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN FRESH APPLE MILK</p>  <p>JULY 12</p>	<p><b>TURKEY &amp; SWISS CROISSANT</b> LET/TOM/MAYO CARROT SALAD PEARS POUND CAKE MILK</p>  <p>JULY 13</p>	<p><b>LASAGNA</b> TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST BROWNIE MILK</p>  <p>JULY 14</p>	<p><b>FRUITY CHICKEN SALAD CROISSANT</b> PEA SALAD COTTAGE CHEESE SLICED PEACHES SPONGE CAKE MILK</p>  <p>JULY 15</p>
<p><b>COUNTRY FRIED STEAK W/GRAVY</b> SWEET POTATOES GREEN BEANS WW DINNER ROLL FRESH ORANGE MILK</p>  <p>JULY 18</p>	<p><b>HAM &amp; CHEESE ON WHEAT W/MAYO</b> POTATO SALAD COTTAGE CHEESE PINEAPPLE CHUNKS MILK</p>  <p>JULY 19</p>	<p><b>BREADED CHICKEN SANDWICH W/CH</b> LET/PICKLE/MAYO BAKED BEANS POTATO WEDGES WW BUN BROWNIE MILK</p>  <p>JULY 20</p>	<p><b>HAMBURGER STEAK W/GRAVY</b> PEAS &amp; CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK</p>  <p>JULY 21</p>	<p><b>PINTO BEANS W/HAM</b> TURNIP GREENS COLD PICKLED BEETS CORNBREAD BAKED PEARS MILK</p>  <p>JULY 22</p>
<p><b>BREADED PORK CHOP</b> PINTO BEANS MASHED POTATOES CORNBREAD MIXED FRUIT MILK</p>  <p>JULY 25</p>	<p><b>HOTDOG W/MUST. &amp; RELISH</b> BAKED BEANS POTATO WEDGES WW HOTDOG BUN FRESH ORANGE MILK</p>  <p>JULY 26</p>	<p><b>MEATLOAF W/ GRAVY</b> MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK</p>  <p>JULY 27</p>	<p><b>FISH FILLET SANDWICH W/CHEESE &amp; TARTAR SAUCE</b> COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK</p>  <p>JULY 28</p>	<p><b>HAM &amp; CHEESE CROISSANT</b> LET/TOM/MAYO POTATO SALAD TROPICAL FRUIT SPONGE CAKE MILK</p>  <p>JULY 29</p>

This newsletter is sponsored by:



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



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: **SIGNATURE HEALTHCARE**  
**Wii:** Sponsored by: **NHC HEALTHCARE OF HILLVIEW**  
**CORNHOLE:** Sponsored by: **HERITAGE FUNERAL HOME**  
**CANASTA:** 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 or windshield.



**9-BALL POOL WINNERS**

**1st Place: Ron Hengerer**  
**2nd Place: Bob St. Lawrence**  
**3rd Place: Smitty Carter**



**ROOK WINNERS**

**Bob Tillis & Larry Venable with Juanita & Linda**



**PHASE 10 WINNER**

**Judie Williams**



**POOL WINNERS**

**1st Place: Fred Ward**  
**2nd Place: Gus Machleit**  
**3rd Place: Ray Anderson**



**Wii BOWLING WINNERS**

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



**CORNHOLE WINNERS**

**Judy Westmoreland & Eleanor Galle w/ Bryan Childs from Human (scorer)**



**CANASTA WINNERS**

**1st Place: Edie Owston**  
**2nd Place: Juanita Boshers**



**BOW WOW! MEOW!**

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 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:  
*Antonio L. Lewis*  
*Mamie Renfro Burkeen*

If you would like to see this newsletter in living color go to [www.mcsc2.org](http://www.mcsc2.org)

**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.



**July is National Grilling Month:  
4 Tips For Grilling Safely**

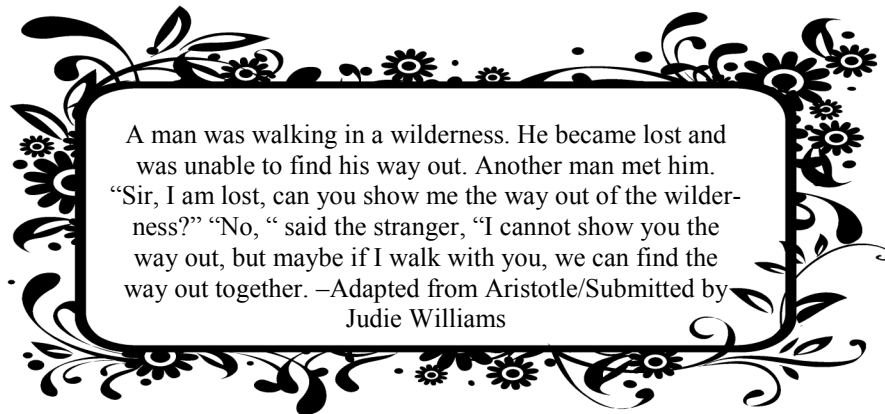
1. **WASH YOUR HANDS**-Wash your hands with warm soapy water for at least 20 seconds before and after handling any food. Use hand sanitizer or wipes.
2. **KEEP IT COOL**-Keep perishable food s in the refrigerator until the very minute you need to use them to prevent potential illness.
3. **RAW & COOKED FOODS DON'T MIX**- Keep raw meat, poultry, and seafood in separate containers. Use separate utensils for raw and prepared foods.
4. **KEEP TEMPERATURES IN CHECK**-Keep cold foods below 40 degrees Fahrenheit and

**Special Thanks To:**

Behavioral Healthcare - Lunch  
Wellcare Health Plans- B/Day Party  
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.).



A man was walking in a wilderness. He became lost and was unable to find his way out. Another man met him. "Sir, I am lost, can you show me the way out of the wilderness?" "No," said the stranger, "I cannot show you the way out, but maybe if I walk with you, we can find the way out together. -Adapted from Aristotle/Submitted by Judie Williams

**SILVER SNEAKERS**

**Tai Chi**

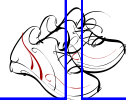


**MONDAYS & WEDNESDAYS  
AT 1-2PM**

**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 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.












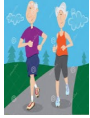








# MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474

Center phone: 931-379-7222  
 Transportation: 931-490-9968

JULY 2016

Activity Coordinator: Jan Nevette  
 Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
<p><b>Make each Day your Masterpiece</b></p> <p><b>-John Wooden</b></p>	<p><b>Mt. Pleasant Senior Center is located 501 Gray Ln. Mt. Pleasant Tn.</b></p>	<p><b>Wayne Hall &amp; Ole' Timers Every Thursday</b></p>	<p><b>You cannot live a perfect day without doing something for someone who can't repay you.</b></p>	<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>4 CLOSED</b></p>  <p><b>Wishing you a great Fourth of July!</b></p>	<p><b>5</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10:30 Beth Sweeney Marshall Co. Hospital</b> 11:30 Lunch <b>12:Avon Bingo Bessie Schmidt</b> </p>	<p><b>6</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 11:30 Lunch</p> 	<p><b>7</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timers</b>  11:30 Lunch <b>Birthday Party Complete Care Choice w/Mekia Armstrong</b></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>11</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch </p>	<p><b>12</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 BP Renee Martin Quality First H.C.</b>  <b>10 Amanda Gray</b> <b>TN. Health Department</b> 11:30 Lunch</p>	<p><b>13</b> 9:30 Senior Walking 10:45 Coffee &amp; Chatting 11:30 Lunch</p> 	<p><b>14</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Music Wayne Hall &amp; The Ole' Timers</b> 11:30 Lunch  <b>10 Legal Aid Christie Bradford</b></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>18</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch </p>	<p><b>19</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 B/P Checks with Debbie Becker MRH Occupational Therapy</b> 11:30 Lunch</p>	<p><b>20</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 11:00 Bingo 11:30 Lunch</p> 	<p><b>21</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting/ <b>10 Music Wayne Hall &amp; The Ole' Timers</b> <b>11:30 POTLUCK Behavioral Health/with Mary Fox</b> </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>25</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch </p>	<p><b>26</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting 10:00 Blood Pressure 10:30 Bingo  11:30 Lunch <b>12 Destini Gonyon MR Medical Center</b></p>	<p><b>27</b> 9:30 Senior Walking 9:45 Coffee Chatting <b>10:30 Surprise Guest</b> 11:30 Lunch</p> 	<p><b>28</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>29</b> 9:30 Senior Walking 9:45 Coffee &amp; Chatting <b>10 Silver Sneakers Exercise</b> 11:30 Lunch </p>

**Sponsors: \* 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

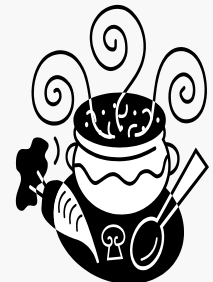
Return Service Requested

Non Profit Org.  
US Postage  
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Columbia, TN  
Permit No. 710

**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



**POTLUCK**  
**TUESDAY**  
**JULY 12th**  
**(Everyone please bring something to share)**



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.