



SENIOR TIMES

JULY 2017

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 5 ISSUE 7

Volunteer Appreciation Party/Annual Members Meeting June 22, 2017



THANK YOU VERY MUCH 2017 VOLUNTEER APPRECIATION PARTY DONATORS

- Ascend Credit Union
- Billy Sims
- Captain D's
- Christy's Restaurant
- Dunkin Donuts
- Kathy's Family Restaurant
- JJ's Barbeque
- Long John Silver's
- McDonalds
- O'Charley's
- Olive Garden
- Walgreens
- Walmart

Brenda Grimsley
Executive Director
mcsc3@cpws.net

MCSC
2016-2017
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



State Representative Sheila Butt & her Assistant Jan Wright, with Medicare Counselor, Bob Johnson, TennCare representatives and seniors. This meeting provided Medicare help in completing the TN Care Renewal Package. Thanks to all that participated. If you need help with your package call the center and ask for Bob Johnson.



Inside this issue:

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- 5 - Tournament Sponsors & Winners
- 6 - Sympathy/ Classes & Assistance
- 7 - Mt. Pleasant Activities
- 8 - Potluck & Newsletter sign up



Smiling seniors look on as United Way Director Laura Truelove, presents a \$5,000 check to Director Brenda Grimsley for the MCSC. We are so very grateful.



Thanks to Claire Sellers & Shelli Golden (back row), from Heritage Bank & Trust, for their June 15th Elder Abuse Awareness Day program. We appreciate them and look forward to a future partnership.



Thank you Kris Alexander, from Vanderbilt Stallworth Rehabilitation Hospital, for info on her facility and providing Bingo prizes. We look forward to partnering with her next month and in the future.



Thanks to singer, guitar player, Wally Hebert, for sharing his talents with the people here at the MCSC. Sometimes we even have young people here to enjoy the activities. Thanks to his friend, Ron Hengerer for referring him to us.



Thank you Family Center Director, Dawn Taylor (right) and Pamela Nelson pictured with MCSC Director, Brenda Grimsley. They generously donation 20 boxes of goodies. These items will be used with much appreciation.



















Thank you Michelle Reuter, from Transitions in Spring Hill for a program on decluttering & organization. As you can see she held everyone's attention.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10 Manicures w/ Adrienne Glenn 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>In celebration of Independence Day</p>  <p>We will be closed on July 4th</p>	<p>5 8 Rook & Canasta 9 Medicare Counseling 11 Kroger Bingo 11:30 Lunch 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>6 8 Cards/games/pool 8:30 B/P w/Signature 9:30 Arthritis Exercise 10:30 Cardio Line Dance 11 Kroger Bingo 11:30 Lunch 1 Fleet 44 6pm Yoga Class</p> 	<p>7 8 Cards/games/pool 9 (9) Ball Pool Tournament 10:30 Trivia w/ Mary Fox Behavioral Healthcare 11:30 Lunch by Behavioral Healthcare 7 pm Chess Club</p>  
<p>8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>11 8 Cards/games/pool 9 9 Wii Bowling Practice 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class 6 pm Master Gardeners</p>  	<p>12 8 Rook/games/pool 9 Medicare Counseling 11:30 POTLUCK/BBQ Cook out w/ Robert 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>  <p>COOK OUT BBQ</p>	<p>13 8 Cards/games/pool 8:30 B/P <u>We need help!</u> 9:30 Arthritis Exercise 10:30 Cardio Line Dance w/ Yolanda Cothran 11 Bingo & Prizes w/Kris Vanderbilt Stallworth 11:30 Lunch 6pm Genealogy Society</p> 	<p>14 8 Cards/games/pool 8:30 Rook Tournament 11:00 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p>17 8 Canasta/games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 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><u>MCSC's 40th Anniversary</u></p>	<p>18 8 Cards/games/pool 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</p> 	<p>19 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>20 8 Cards/games/pool 8:30 B/P w/ Signature 9:30 Arthritis Exercise 10:30 Health Ed. by Vanessa from Lifecare 11 Kroger Bingo 11:30 Lunch 6pm Yoga Class</p> 	<p>21 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 7pm Chess Club</p>  
<p>24 8 Canasta./games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p>  <p><i>It's all about</i> LINE DANCING</p>	<p>25 8 Cards/games/pool 9 Wii Bowling Practice 11 Kroger Bingo 11:30 Lunch 1 Painting w/ Bonnie 1 Beg. Computer Class 3 Gen. Computer Class</p>  	<p>26 8 Rook/games/pool 9 Medicare Counseling 10 Health Education-MRH Foundation w/Janette 11 Kroger Bingo 11:30 Lunch 1 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>27 8 Cards/games/pool 8:30 B/P <u>We need help!</u> 9:30 Arthritis Exercise 11 Kroger Bingo 11:30 Lunch 6pm Yoga Class</p> 	<p>28 8 Cards/games/pool 10 BIRTHDAY PARTY Sponsor-Amerigroup w/ Barbara (Babs) Keshmiri 11 Kroger Bingo 11:30 Lunch 7 pm Chess Club</p> <p><i>happy birthday !!</i></p> 
<p>31 8 Canasta /games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>Kindness is like a baton in a relay race, you pass it on when it is passed onto you.</p> 	<p>HAPPY 4TH OF JULY!</p> 	<p>VOLUNTEERS <i>making a difference</i> in the lives of others</p> 	<p>During these hot summer months don't forget to drink water if you are out in the heat.</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
JULY FY17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOTDOG W/MUST POTATO WEDGES BAKED BEANS TROPICAL FRUIT MILK  JULY 3	CLOSED  JULY 4	CHICKEN & NOODLES SUCCOTASH BROCCOLI WW DINNER ROLL PINEAPPLE MILK  JULY 5	FISH FILLET W/ TARTAR SAUCE COLESLAW BAKED BEANS WW BUN APPLE CRISP MILK  JULY 6	FRUITY CHICKEN SALAD ON CROISSANT PASTA SALAD OATMEAL RAISIN COOKIE FRESH BANANA MILK  JULY 7
PEPPER STEAK W/ GRAVY GLAZED CARROTS LIMA BEANS WW DINNER ROLL FRESH APPLE MILK  JULY 10	CHICKEN SALAD ON WHEAT W/LETTUCE MACARONI SALAD FRUITED ORG.JELLO SPONGE CAKE MILK  JULY 11	BAKED SPAGHETTI WHOLE KERNEL CORN TOSS SALAD W/ RANCH TEXAS TOAST FRUIT COCKTAIL MILK  JULY 12	BREADED PORK CHOP GREEN BEANS SWEET POTATOES WW DINNER ROLL MANDARIN ORANGES MILK  JULY 13	HAM & CHEESE ON WHEAT LET/TOM/MUST POTATO SALAD MIXED FRUIT SUGAR COOKIE MILK  JULY 14
TURKEY AND SWISS CROISSANT LET/TOM/MAYO CARROT SALAD SLICED PEACHES SPONGE CAKE MILK  JULY 17	CHICKEN TENDERS W/HONEY MUST. GREEN BEANS GLAZED CARROTS WW DINNER ROLL FRESH ORANGE MILK  JULY 18	HOAGIE SANDWICH W LET/TOM/MAYO POTATO SALAD (MUST) TROPICAL FRUIT SUGAR COOKIE MILK  JULY 19	PINTO BEANS W/HAM COLLARD GREENS WHOLE KERNEL CORN CORNBREAD MIXED FRUIT MILK  JULY 20	HOMEMADE PIMINTO CHEESE ON WHEAT PORK AND BEANS COTTAGE CHEESE PINEAPPLE MILK  JULY 21
BREADED CHICKEN PATTIE SANDWICH LET/TOM/MAYO MACARONI & CHEESE COLESLAW WW BUN APPLE CRISP MILK  JULY 24	LASAGNA TOSS SALAD W/RAN. SLICED PEARS TEXAS TOAST BROWNIE MILK  JULY 25	FISH FILLET W/ TARTAR SAUCE WHITE BEANS COLESLAW CORNBREAD MANDARIN ORANGES MILK  JULY 26	TUNA SALAD ON CROISSANT PEA SALAD COTTAGE CHEESE PEACHES MILK  JULY 27	COOK'S CHOICE  JULY 28
MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  JULY 31	 Don't focus on losing weight, focus on being healthy.	Live in such a way, that if someone spoke badly of you no-one would believe it. <small>www.SpirituallyThinking.blogspot.com</small>	SO MANY PEOPLE SPEND THEIR HEALTH GAINING WEALTH, AND THEN HAVE TO SPEND THEIR WEALTH TO REGAIN THEIR HEALTH. - A.J.MATERI	NOTHING TASTES AS GOOD AS BEING HEALTHY FEELS

*** 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.

This newsletter is sponsored by:

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR JUNE 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 CLUB**
POOL: Sponsored by: **TOMMY HEIGHT JR/SHELTER INS.**
Wii: Sponsored by: **NHC MRH TRANSITIONAL CARE**
CORN HOLE: Sponsored by: **HERITAGE FUNERAL HOME**
CANASTA: Sponsored by: **HEALTHSOUTH REHAB. HOSPITAL**

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: C. Harwell
3rd Place: Marshall Dodson



ROOK WINNERS

Rachel Tennyson
"Strut" Davis



PHASE 10 WINNER

Leray Crawford



POOL WINNERS

1st Place: Norman Areia
2nd Place: Fred Ward
3rd Place: Howard Loudermilk



Wii BOWLING WINNERS

1st Place: Judie Williams
2nd Place: Danny McNeece
3rd Place: Rochelle Graham



CORNHOLE WINNERS

Rebecca Moore
Leray Crawford



CANASTA WINNERS

1st Place: Howard Glidewell
2nd Place: Edythe Owston
(Sponsor Tonia Walton w/HEALTHSOUTH)



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:**
Flora Mae Armstrong
Mary E. Reaves
James DeJuan Pye
Charlie Brown
Woodrow W. Horton, Sr.
Nancy Thompson
Douglas C. Ward
Gloria Diane Dobbins Martin

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 step 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.

**Volunteer Appreciation Party/
Annual Members Meeting**

During the party there was three drawings for the rocking chairs and the winners were, Jean Thomason, Walt Wisniowski and Carol Smith. **Congratulations!**

Thank you, Tony Malugin for providing the entertainment for our fun evening. The music was great!



**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**



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

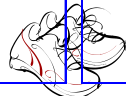
SILVER SNEAKERS

**MONDAYS & WEDNESDAYS
1-2pm
Cost \$2 per class or card**

Tai Chi

**MONDAYS & WEDNESDAYS
2-3pm
Cost \$2 per class or card**

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



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



6

We are partnering with galaxy lanes to encourage seniors to bowl at least one time per week. This is great exercise and a good

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474

























Center phone: 379-7222

JULY 2017

Activity Coordinator: Jan Nevette

Transportation: 490-9968

Meal Site Manager: Sue Young

MON	TUES	WED	THUR	FRI
<p>3 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:30 Lunch</p> 	<p>4 CLOSED JULY 4th HAPPY BIRTHDAY, USA!</p>	<p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:00 Super Bingo 11:30 Lunch</p> 	<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch 12:00 B-Day Party</p>  	<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10 Arthritis Exercise 11:30 Lunch</p> 
<p>10 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:30 Lunch</p> 	<p>11 9:30 Senior Walking 9:45 Coffee & Chatting 10 BP Renee Martin/ 10 Family Feud with Pastor Myra Buchanan 11:00 Super Bingo</p> 	<p>12 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:00 Super Bingo 11:30 Lunch</p> 	<p>13 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Ole Timers 11:30 Lunch 12:30 Corn Hole Game</p> 	<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 10 Arthritis Exercise 11:30 Lunch</p> 
<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:30 Lunch</p> 	<p>18 9:30 Senior Walking 9:45 Coffee & Chatting. 10:30 Jeanette Mayberry MR Hospital Foundation 11 Super Bingo 11:30 Lunch</p> 	<p>19 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11 Super Bingo 11:30 Lunch</p> 	<p>20 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Ron Perry 11:30 Lunch Pot Luck</p>  	<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10 Arthritis Exercise 11:30 Lunch</p> 
<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:30 Lunch</p> 	<p>25 9:30 Senior Walking 9:45 Coffee & Chatting 10 Lee Wilson-Perry Co. Topic: Death & Grieving 11 Super Bingo 11:30 Lunch</p> 	<p>26 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11 Super Bingo 11:30 Lunch</p> 	<p>27 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Ole Timers 11:30 Lunch</p> 	<p>28 9:30 Senior Walking 9:45 Coffee & Chatting 10 Arthritis Exercise 11:30 Lunch</p> 
<p>31 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise/Fitness 11:30 Lunch</p> 	<p style="text-align: center;">FAMILY FEUD</p> <p style="text-align: center;">July 11th @ 10am w/ Pastor Myra Buchanan</p>	<p style="text-align: center;"></p> <p style="text-align: center;">July 25th @10am w/Lee Wilson Topic: Death & Grieving</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Dogs are not our whole life, but they make our lives whole.</p> <p style="text-align: center;">-Roger Caras</p>	<p style="text-align: center;"><u>KINDNESS</u> You can not do a kindness too soon, for you never know how soon it will be too late.</p> <p style="text-align: center;">-Ralph Waldo Emerson</p>

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

