



SENIOR TIMES

OCTOBER 2016

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 4, ISSUE 10

SEPTEMBER 21, 2016

The Spaghetti Fundraiser was a big success. We made \$1,392 serving over 232 meals. Thank-You to our generous donators-OLIVE GARDEN, CASH EXPRESS, COSTCO, MCDONALD'S AND OUR WONDERFUL VOLUNTEERS (see page 2.)



Healthy Halloween Health Fair

(\$50 for the best costume 60+) (Trophy-Vendor's best decorated table)



Thursday October 27th
10-1pm

Sponsored by
The Maury County Senior Center

- Health Screenings
- Healthy Snacks
- Give-A-Ways
- Door Prizes

(Everyone is invited)

Brenda Grimsley
Executive Director
mesc3@cpws.net

MCSC
2015-2016
Board Members

CONGRATULATIONS TO OUR SENIOR 2016 OLYMPIC MEDAL WINNERS



Lura Dean
4 Gold

Judie Williams
3 Gold
1 Silver
1 Bronze

Inside this issue:

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

- *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



September was Senior Center Month. Mayor Dean Dickey & Mayor Charlie Norman were our special guests and they signed the events Proclamations.



Judie Williams presents the MCSC with the Maury County Senior Olympics 1st place plaque. Judie was South Central Districts Female Athlete of 2016. We welcome her back as our Silver Sneakers instructor.



Tuesday-thanks to Margaret Brooks, Carol Smith and Gwen Kelley for preparing 50 pounds of ground beef and sauce for our very successful annual . Spaghetti Fundraiser. Great job ladies.



Wednesday-thanks to Shirley Adams, Jean Reischman, Carol Smith, Gwen Kelley & Jean Thomason for assembling and packing 209 spaghetti orders. These ladies always work so well together to make everything go so smoothly. Great job ladies!































Thank you Maury Regional Critical Care Unit for your very informative program on Sepsis. We appreciate all you do for our seniors.




























Dorothy Conner (center) came in for a visit. Smitty Carter, Rebecca Moore and Brenda Grimsley were of the many people that were happy to see her.



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 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6pm Yoga Class</p> 	<p>4 9 Cards/games/pool 10 B/P ? 11 Kroger Bingo 11:30 Lunch 1 Beg. Computer Class 3 Gen. Computer Class</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 8:30 B/P w/Signature 9:30 Exercise Class 11 Kroger Bingo 11:30 Lunch 1 Fleet 44 2 D.A.V. 6pm Yoga Class</p> 	<p>7 8 Cards/games/pool 9 (9 Ball) Pool Tour. 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>10 8 Canasta/ games/pool 8:30-9 Beginners Line Dance 9-10 Line Dance Class 9 Phase 10 Card Game 10 CapTel-Captioned Tele-phones w/Christie Bishop 11:30 Lunch 1-2 Silver Sneakers 2-3 Tai-Chi 6 pm Yoga Class</p> 	<p>11 9 Cards/games/pool 9 Wii Bowling Practice 9:30 Golden K 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 9:30 Legal Aid Society w/ Christie Bradford 11:30 POTLUCK 1-4 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p> 	<p>13 8 Cards/games/pool 8:30 B/P w/Home Health Care of Middle TN 9:30 Exercise Class 9:30 Bridge 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Genealogy Society</p> 	<p>14 8 Cards/games/pool 8:30 Rook Tournament 11:00 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 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>18 9 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 9:30 Wii Tournament 11:30 Lunch by Sloan-Ford Lincoln Mercury 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 Exercise Class 10:30 Health Ed. By Vanessa form Lifecare 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>21 8 Cards/games/pool 8:30 Canasta Tournament 9:30 Cornhole Tournament 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 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>25 9 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/Destini 11 Kroger Bingo 11:30 Lunch 1 Bridge 1-2 Silver Sneakers 2-3 Tai-Chi</p>  	<p>27 10-12 noon Health FAIR  9:30 Exercise Class 11:30 Lunch 1-4:30 Bridge 6pm Yoga Class</p> 	<p>28 8 Cards/games/pool 10 BIRTHDAY PARTY Sponsor-Paulette Baras 11 Kroger Bingo 11:30 Lunch 1-4:30 Bridge 7 pm Chess Club</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>HALLOWEEN</p>	<p>HUNGER KNOWS NO SEASON</p> 	<p>October is Breast Cancer Awareness Month</p>	<p>CapTel Captioned Telephones w/Christie Bishop Oct. 10th @ 10am</p> 	<p>Kindness is like a boomerang.. it always returns.</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
OCTOBER FY16

*** 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 PINTO BEANS TURNIP GREENS CORNBREAD MIXED FRUIT MILK  OCT 3	CHEESEBURGER W/ SWISS LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN FRESH APPLE MILK  OCT 4	BEEF STEW YAM PATTIES COLESLAW CORNBREAD APPLE CRISP MILK  OCT 5	TATER TOT CASS. ENGLISH PEAS SEASONED CABBAGE WW DINNER ROLL PEARS MILK  OCT 6	WHITE BEANS W/HAM WHOLE KERNEL CORN SWEET POTATOES CORNBREAD FRUITED JELLO MILK  OCT 7
HAMBURGER STEAK W/GRAVY PEAS & CARROTS MASHED POTATOES 1 SL WHEAT BREAD MANDARIN ORANGES MILK  OCT 10	FISH FILLET SANDWICH W/CHEESE & TARTAR SAUCE COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK  OCT 11	CHILI W/BEANS ½ PIMENTO CHEESE SAND.WICH MIXED FRUIT POUND CAKE MILK  OCT 12	SWEDISH MEATBALLS MIXED VEGETABLES GREEN BEANS RICE CHOC. PUDDING MILK  OCT 13	PINTO BEANS W/HAM TURNIP GREENS COLD PICKLED BEETS CORNBREAD BAKED PEARS MILK  OCT 14
CROWDER PEAS W/ HAM WHOLE KERNEL CORN DICED CARROTS CORNBREAD TROPICAL FRUIT MILK  OCT 17	CHICKEN BISCUIT CREAM CORN BAKED APPLES OATMEAL RAISIN COOKIE MILK  OCT 18	MEATLOAF W/ GRAVY MASHED POTATOES GREEN PEAS WW DINNER ROLL FRUIT COCKTAIL MILK  OCT 19	TURKEY BREAST W/ GRAVY GREEN BEANS SWEET POTATOES CORNBREAD DRESSING CRANBERRY SAI AD MILK  OCT 20	KRAUT & WEINERS NORTHERN BEANS GLAZED CRROTS CORNBREAD BANANA PUDDING MILK  OCT 21
CREAM CHICKEN OVER CORNBREAD SEASONED CABBAGE CANDIED YAMS PEACHES MILK  OCT 24	SALISBURY STEAK W/ GRAVY WHOLE POTATOES GREEN BEANS WW DINNER ROLL DICED PEARS MILK  OCT 25	BAKED SPAGHETTI TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK  OCT 26	VEGETABLE SOUP ½ PIMENTO CHEESE SAND. FRESH ORANGE OATMEAL RAISIN COOKIE MILK  OCT 27	COOKS CHOICE  OCT 28
PEPPER STEAK W/ GRAVY LIMA BEANS HOMINY WW DINNER ROLL MANDARIN ORANGES  OCT 31				Healthy Food 

This newsletter is sponsored by:

**MAURY COUNTY SENIOR CENTER
TOURNAMENT WINNERS FOR SEPTEMBER 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: **BEHAVIORAL HEALTHCARE**
POOL: Sponsored by: **TOMMY HEIGHT JR/SHELTER INS.**
Wii: Sponsored by: **NHC HILLVIEW**
CORN HOLE: 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: **Belton Dickens**
2nd Place: **Larry Hildebrant**
3rd Place: **Gus Machleit**



ROOK WINNERS

Rachel Tennyson
Okalene Russell



PHASE 10 WINNER

Judie Williams



POOL WINNERS

1st Place: **Marshall Dodson**
2nd Place: **“Strut” Davis**
3rd Place: **“Weasel” Whidby**



Wii BOWLING WINNERS

1st Place: **Danny McNeece**
2nd Place: **Leray Crawford**
3rd Place: **Judie Williams / sponsor Lindsey-NHC Hillview**



CORNHOLE WINNERS

Judy Westmoreland
Leray Crawford



CANASTA WINNERS

1st Place: **Juanita Boshers**
2nd Place: **Lynn Cetas**



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:

- Helen Coburn Capell
- Wardel "Andy" Anderson
- Lacy Kelley
- Benjie Brown
- Lucy Young
- Rose Lee Hudspeth Wilson

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.



CLEVER CREATIONS/TIPS

Did you know as of 1996 aluminum foil and plastic wrap put perforated tabs on the sides of their boxes called **end locks**. Their appointed task is to hold the roll steady inside the box as you pull on it. Just press the tabs the first time you use the roll. Reynolds Wrap has an explanatory text near tab "Press Here to Lock Roll". Also look for the stay closed tab in the front of the roll. Few people know about these features. Pass it on.
-Wendy, Activity Coordinator

Do you have a clever creation or a tip you would like in our monthly newsletter? Please let me know and I will include it with your name. Call me at the senior center 931-380-3950 or Email me at wendymcsc@cpws.net.



A smile is happiness you'll find right under your nose.

TOM WILSON

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

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 (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

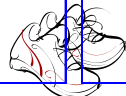
SILVER SNEAKERS

MONDAYS & WEDNESDAYS
AT 1:00



MONDAYS & WEDNESDAYS
2-3PM

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 way to meet others.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

501 Gray Lane, Mt. Pleasant, TN 38474

Center phone: 379-7222

October 2016

Activity Coordinator: Jan Nevette

Transportation: 490-9968

Meal Site Manager: Peggy McNabb

MON	TUES	WED	THUR	FRI
<p>3 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>4 9:30 Senior Walking 9:45 Coffee & Chatting 10:00 Christie Bishop Cap-Tel for the Hearing impaired 11:00 Bingo 11:30 Lunch</p> 	<p>5 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Senior Word Find 11:30 Lunch</p> 	<p>6 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Ole' Timer 11:30 Lunch 12:00 B-day Party COMPLETE CARE Monika Armstrong</p> 	<p>7 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>10 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>11 9:30 Senior Walking 9:45 Coffee & Chatting Renee Martin/ BP Quality First Home Care 10: Autumn Blake Maury Co. Health Dept.</p> 	<p>12 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 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</p> 	<p>14 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>17 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>18 9:30 Senior Walking 9:45 Coffee & Chatting. 10:30 Debbie Becker MRHC Foundation 11:30 Lunch</p> 	<p>19 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Senior Coloring 11:30 Lunch</p> 	<p>20 9:30 Senior Walking 9:45 Coffee & Chatting 10 Music Wayne Hall & The Ole' Timers 11:30 Pot Luck C. Bradford Legal Aide</p> 	<p>21 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>24 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p>	<p>25 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Destini Gonyon MRHC Occupational Therapy 11:30 Lunch</p> 	<p>26 9:30 Senior Walking 9:45 Coffee & Chatting 10:30 Word Search 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 Silver Sneakers Exercise 11:30 Lunch</p> 
<p>31 9:30 Senior Walking 9:45 Coffee & Chatting 10 Silver Sneakers Exercise 11:30 Lunch</p> 	<p>It's nice to be important , but it's more important to be nice.</p> 	<p>Happy Birthday to all October seniors!</p> 	 <p>Dogs are not our whole life, but they Make our lives whole. -Roger Caras</p>	 <p>Health FAIR</p> <p>October 27th 10-12noon Halloween Theme Costumes welcomed</p>

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

