

BYRUM-PORTER

CENTER FOR BALANCED LIVING
Do More—Live More

April 2018

2018 Chili Cook-Off Silent Auction



Thanks to Everyone who helped make this a very successful Annual Fundraiser.

We need your help!!



Every year, per the GNRC guidelines, we are ask to survey our participants.

We would appreciate your taking a few minutes to complete the attached postcard and return it to us.

All your comments and suggestions will be compiled and taken to the Board of Directors and available to the GNRC.

Thank You for helping us with this project.



Byrum-Porter
invites all ladies to our
*Third Annual (May 9th)
Mothers Day Tea.*

Grandmothers, Mothers, Sisters, Aunts, Daughters you are all invited to our Tea. Bring a Friend.

We will have Food, Fellowship, Drawings and Gifts for all.

There is no charge but we ask you to RSVP so we can plan accordingly.

Get your name on the list early.

*Entertainment by
Sharon Robinson and her Harp.*

Board Meeting
April 16—MONDAY

BPSC Board Members

- Carol Cobb
- Curtis Hall - Treasurer
- Linda Felts
- Gay Frederick
- Jim Hale - Vice Chairman
- David Jicka
- Ron Karkos
- Carl Moore
- Melinda Roark
- Paula Shannon Secretary
- Martha Shelton
- Bill Swearingen
- Jim Tullis
- Charles Read - Chairman

Fitness after 50

Tuesday, Thursday and Saturday from 9 to 10 A.M.

Monday Muscle Madness

Monday from 6 to 7 P.M.

Wednesday Wacky Workout

Wednesday from 6 to 7 P.M.

Yoga

Tuesday and Thursday from 10 to 11 A.M.

Classes are FREE!

All ages and fitness levels are welcome!

EXERCISE CLASS



Sheri Link
Instructor



Visit the Mansion at **Fontanel.**

Former home of **Barbara Mandrell**

April 20, 2018

Van leaves at 10 A.M.

Cost of Van and Tour is \$18

(Does not include your lunch)

APRIL 27, 2018

Van leaves at 11 A.M.

\$4 FOR Van

Call to get on list.

**Mystery
Lunch**



APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>EASTER SUNDAY</p>	<p>2 Foot Care Texas Hold'em 1 p.m. Monday Muscle Madness 6 P.M.</p>	<p>3 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. Potluck 6 P.M.</p>	<p>4 Foot Care Canasta at 9 am Bring a lunch Wednesday Workout 6 PM</p>	<p>5 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. Dance Night</p>	<p>6 Play Cards Come Early Stay Till 4</p>	<p>7 Fitness After 50 9 TO 10 a.m.</p>
<p><u>HUMMINGBIRDS</u></p> <p>If you live in the southern parts of the country mid march is a good time to start feeding hummingbirds if you want to attract some of the early migrating hummingbirds.</p> <p>Along the Gulf coast a few hummingbirds start showing up in late February, but there are not many sightings until the first part of March, so March is when you should put out hummingbird feed.</p> <p>About the first part of April the hummingbird migration starts to reach into Virginia, Kentucky and Missouri.</p>	<p>9 Texas Hold'em 1 p.m. Monday Muscle Madness 6 P.M.</p>	<p>10 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m.</p>	<p>11 Foot Care MT Dominoes 9 am—bring a lunch Wednesday Workout 6 PM</p>	<p>12 AARP TAXES Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. Dance Night</p>	<p>13 Birthday Bingo at 1 pm CAKE & CARDS</p>	<p>14 Fitness After 50 9 TO 10 a.m.</p>
	<p>16 Painting with Nancy - 9 am Texas Hold'em 1 p.m. BOARD MEETING 4 P.M. Monday Muscle Madness 6 P.M.</p>	<p>17 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. NURSING HOME Van at 11 a.m.</p>	<p>18 Canasta at 9 am Bring a lunch Wednesday Workout 6 PM</p>	<p>19 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. Dance</p>	<p>20 Van Trip to Fontenel Play Cards Come Early Stay Till 4</p>	<p>21 Fitness After 50 9 TO 10 a.m.</p>
	<p>23 Texas Hold'em 1 p.m. Monday Muscle Madness 6 P.M.</p>	<p>24 Massage Rag Rug Class 1 P.M. Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m.</p>	<p>25 Massage MT Dominoes 9 am—bring a lunch Wednesday Workout 6 PM</p>	<p>26 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m. Casino Night and Dance</p>	<p>27 Mystery Lunch Van Trip Play Cards Come Early Stay Till 4</p>	<p>28 Fitness After 50 9 TO 10 a.m.</p>
	<p>30 Texas Hold'em 1 p.m. Monday Muscle Madness 6 P.M.</p>	<p>31 Fitness After 50 9 TO 10 a.m. Yoga 10 to 11 a.m.</p>			<p>PAINTING WITH NANCY April 16th at 9 A.M. Call 615-654-3161 to register for this class</p>	
<p>Nancy will need to know how many are interested so she can bring the proper supplies.</p>						

TOURS for 2018



New York, New York – June 7-14 - \$749

Some of the things included in this trip is a guided tour of Manhattan, Central Park, Rockefeller Center, Times Square, Wall Street, 9/11 Memorial & Museum, World Trade Center site Ellis Island & Liberty Island by Ferry and on way home the Flight 93 Memorial

Canadian Islands – September 23 thru October 3 - \$1245

Grand Canyon – October 11-22 - \$1235

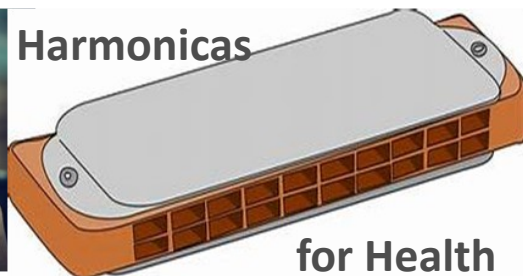
Prices are Double Occupancy – Call for More Information 615-654-3161

Keep in contact for more information and trip sign-ups!

All Trips that are not Day Trips require a non-refundable deposit of \$75 to reserve your seat.



Harmonicas



for Health

Did you know that playing a harmonica helps control your breathing and strengthens all of the muscles involved with your lungs? The very nature of playing the harmonica requires breathing air in, and breathing air out. Even playing simple tunes can be a very good workout for your lungs as playing the harmonica facilitates deep breathing. Playing the harmonica is mostly all about breath control. While playing, our lungs work like bellows and it increases the amount of oxygen reaching the brain and also expands lung capacity. Additionally, harmonicas are very small, portable and inexpensive. Byrum-Porter will host the NorthCrest FREE program called **Harmonicas for Health** on Tuesday's beginning on May 8th at 1 P.M. This program will be weekly for 5 weeks. We have new Harmonicas to sell for \$2 each when you sign up for our class or bring your own. (Key of C) Get on board for this class as we will be having fun learning to play together. Call to register for this class if you can.

Footcare

Katie Gannon

April 2, 4 and 11th

Call 615-487-8491 for Appt.

Massage

April 24, 25 and 26th

Upper Back - \$15

Full Body - \$45

Call Pat Johnson at

615-491-8846

to make an appointment

Nursing Home Visits

Tuesday, April 17th

The van visits local Nursing Homes & Assisted Living Centers
Van Leaves at 11 am

Birthday Bingo

April 13th (Friday)

Come play Bingo and have Birthday Cake and Ice Cream.

Stay and play

the card game of your choice.

WEDNESDAYS

Canasta

April 4th and 18th

Mexican Train

Dominos

April 11th and 25th

All games begin at

9 AM

Bring a lunch and enjoy the games

MondayS from 1 to 4

No money, no prizes just some fellowship time.



Come and practice your skills for our CASINO DANCE that will be held on April 26th. See page 4 for more details.

DANCE

THE GOOD TIME CHARLIES BAND *Every Thursday Night!*

Kitchen opens at 5:30

Sandwich plates, homemade soup and desserts

Dance Cover Charge is \$6

DANCE BEGINS AT 7 PM



THURSDAY APRIL 26TH

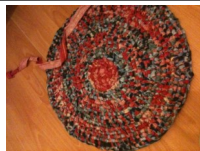
4:30 p.m to 9:30 P.M.

Games, Prizes, Food, Fun from 4:30 to 6:30 Dance from 7 to 9:30

\$10 per person

RSVP is requested so we can plan our menu

Dance only (NO FOOD) at 7 p.m. \$6 (Door Opens at 6:45)



RAG RUG CLASS

April 24 at 1 p.m.

Call 615-654-3161 for Debbie Snelling to get more information.

Byrum-Porter

9123 Highway 49E
Orlinda, TN 37141

Contact Us!!!

Byrum-Porter
9123 Highway 49E
Orlinda, TN 37141
(615) 654-3161

bpsc@byrumportersenior
center.comcastbiz.net

Visit us on the web
at
www.byrumporter.com

POT LUCK



SUPPER

APRIL 3rd

AT 6 P.M.

Double the fun !!

SPECIAL MUSIC

along with a short presentation
by *Attorney Brad Dozier* who is
known for his witty sense of
humor and his ability to make
difficult topics easy to under-
stand

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BPSC IS SUPPORTED BY:

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