

BYRUM-PORTER

CENTER FOR BALANCED LIVING
Do More—Live More

May 2018

HARMONICAS FOR HEALTH!

Sponsored by NorthCrest
One More Class on June 5

Our Group has progressed well and look forward to ending our official class on June 5th. We are going to be making a effort to play Amazing Grace. It has been fun and hope that we can continue if we can find a volunteer leader.



Enjoy a leisurely SEGWAY TOUR of the Belle Meade Plantation Grounds by their trained guides through the plantation's beautiful 30 acre. Learn about the Harding and Jackson family, and what Belle Meade looked like in the 1800s.

Riders must be older than 16, must sign a waiver on arrival, and must wear closed toe shoes. Must weigh under 300 lbs

Sign up Now!!!! The Byrum-Porter Bus will leave on June 22nd at 8:30 from the center. The cost of the trip and the tour is \$42 Let a new adventure begin!!!!

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

Board Meeting

June 18—MONDAY



ALL THE MEN ARE INVITED (Fathers, Grandfathers, Brothers, Uncles or just great mentors) to a free Pancake & Sausage Supper on Thursday, June 14th from 4:30 to 6:30 p.m. (All the Pancakes you can eat)

This is our regular dance night so we are combining two events. Just come and eat or you can stay for our regular dance (\$6) if you wish. If women want to come they are welcome and the supper will be \$4. A free gift for all the men. Hope to see you on the 14th.



June 29
BPSC Van
Leaves at 11 a.m.
Mystery Lunch \$4 FOR Van

PAINTING WITH NANCY
June 6 — 9 to 3
Bring your Lunch
Call for More Information
and to get registered.

Paintstiks rubbing plates
fabric CLASS

JUNE 20 AT 1 P.M.
Call 615-654-3161 for
Debbie Snelling to get more
information.

BRING T SHIRT OR FABRIC

Tynell Moore Returns in June.

Fitness after 50

Tuesday, Thursday
9 to 10 A.M.

**(SATURDAY CLASSES
CANCELLED UNTIL FALL)**

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!*

Sheri Link - Instructor

JUNE 2018

Mon

Tue

Wed

Thu

Fri

Sat

Wish List!!!!

DeCaf Coffee
Coffee Creamer
Disinfectant Wipes

Coffee Pot here
at the center is
always on for a
free cup.

Notice!!!!
July regular Potluck/Annual
Business Meeting will be on
July 10th. All participants
are encouraged to come.

**1
Play Cards
Come Early
Stay Till 4**

**NO
SATURDAY
EXERCISE
CLASSES
UNTIL
FALL**



Flag Day

is celebrated on
June 14.
It commemorates
the adoption of
the flag of the
United States,
which happened
on 6/14/1777 .

4 Foot Care
Texas Hold'em
1 p.m.

Monday Muscle
Madness
6 P.M

5 Foot Care
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.
Harmonicas
for Health
1 p.m.
Potluck 6 PM

6 Foot Care
MT Dominoes
9 am—bring a lunch

Painting with Nancy
9 am—bring a lunch

Wednesday
Workout 6 PM

7 Foot Care
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.

Invite a Friend
Dance Night

8
Birthday Bingo
at 1 pm
CAKE & CARDS

**Play Cards
Come Early
Stay Till 4**

11
**Painting with
Nancy - 9 am**
Texas Hold'em
1 p.m.
Monday Muscle
Madness
6 P.M

12
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.
-

13
Canasta at 9 am
Bring a lunch

Wednesday
Workout 6 PM

14
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.
**Fathers Day
Pancake Supper
& Dance**

15
**Play Cards
Come Early
Stay Till 4**



18
Texas Hold'em
1 p.m.
BOARD MEETING 4 P.M.
Monday Muscle
Madness
6 P.M

19
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.

20
MT Dominoes
9 am—bring a lunch

Paintstiks Rubbing
Plates Fabric CLASS
1 p.m.
Wednesday
Workout 6 PM

21
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.

Picnic Menu on
Night Dance

22
**Play Cards
Come Early
Stay Till 4**



**ALWAYS
CALL**
615-654-3161
For more
information
on any of our
events.

25
Texas Hold'em
1 p.m.

Monday Muscle
Madness
6 P.M

26
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.
Massage

27
Canasta at 9 am
Bring a lunch

Massage

Wednesday
Workout 6 PM

28
Fitness After 50
9 TO 10 a.m.
Yoga
10 to 11 a.m.
Massage

Red, White &
Blue Dance

29
Mystery Lunch
Van Trip
**Play Cards
Come Early
Stay Till 4**



Fall TOURS for 2018

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

Providence of Quebec, Cleveland Museum of Natural History, Ferry ride to the Island of Coudres for a three night stay, Discover the Whales boat ride, St. Anne De Beaupre Shrine, Albert Gilles Copper Museum, Tour of Montreal, Notre Dame Basilica, 1000 Islands Tower , Made in America Store and so much more.

Grand Canyon – October 11-22 - \$1235

Oklahoma City National Memorial, New Mexico Museum of Natural History, Las Vegas Casino, Hoover Dam, Valley of Fire State Park, Kingman Route 66 Museum, Mohave Museum, Grand Canyon, Imax Movie, Petrified Forest, American Quarter Horse Hall of Fame, Fort Smith National Historic Site and more

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.

- ♦ All listed prices are for double occupancies.

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

SCHEDULE FOR JUNE

June 7 = Bring a friend with you to the dance Thursday, June 7th, and they get in **FOR FREE!**

BRING A FRIEND Promotion Rules:

1. To be eligible to participate in this promotion.
 - a. You must have attended at least one Byrum-Porter dance since to January 1, 2018
 - b. Bring a friend who has NEVER been to a Byrum-Porter Thursday dance before.
 - c. Mention the promotion at the door.
 - d. Bring a human friend. Imaginary friends, Lassie, ET, etc. do not qualify.
3. Eligibility will be at the discretion of the Byrum-Porter staff.

June 14 = FATHERS DAY SPECIAL ALL THE MEN ARE INVITED

(Fathers, Grandfathers, Brothers, Uncles or just great mentors) to a free Pancake & Sausage Supper on Thursday, June 14th from 4:30 to 6:30 p.m. (All the Pancakes you can eat) This is our regular dance night so we are combining two events. Just come and eat or you can stay for our regular dance (\$6) if you wish. If women want to come they are welcome and the supper will be \$4. A free gift for all the men.

June 21 = Picnic Menu Night = \$5 Burger or Hot Dog, Baked Beans, Cold Slaw, Ice Tea or Lemonade and finish with a Ice Cream Cone.

June 21 = Lets Celebrate the Fourth of July and make this a Red, White and Blue night. Wear your patriotic colors.

Footcare

Tynell Moore SHES BACK

June 4, 5, 6, 7

Call 615-654-2251 for Appt.

Massage

June 26m 27 abd 28th

Upper Back - \$15

Full Body - \$45

Call Pat Johnson at

615-491-8846

to make an appointment

Nursing Home Visits

The van visits local Nursing Homes & Assisted Living Centers
Please let us know if you are interested in going with us in the future. We need to have a good group to go.

Birthday Bingo

June 8th (Friday)

Come play Bingo and have Birthday Cake and Ice Cream.

Stay and play

WEDNESDAYS

Canasta

June 13 and 22nd

Mexican Train Dominos

June 6 and 20th

All games begin at 9 AM

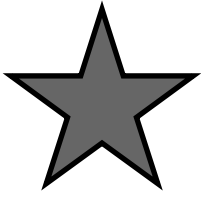
Bring a lunch and
enjoy the games

TEXAS HOLD'EM
POKER



MondayS from 1 to 4

No money, no prizes
just some fellowship time.



ROBERTSON COUNTY COMMUNITY BAND



Free CONCERT

for the Whole Family

Tuesday June 12th at 7 p.m.—Refreshments Served

Bringing a Finger Food would be appreciated !

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

TREASURES

NOTICE



BPSC'S
UNIQUE THRIFT STORE

IS NOW OPEN

If you have any items you would like to donate to our store or would be able to volunteer some time to keep the area sales ready it would be greatly appreciated.

POT LUCK



SUPPER

June 5

AT 6 P.M.

Program by

Dulcimer Group from
Franklin Ky

& Primary Candidates for
several Robertson County
positions have ask if they
can introduce themselves

As our Fiscal Year comes to an end I want to thank all our participants who have supported the center in any way during 2017/2018. You are the reason for our centers continued success. Per our returned surveys we had a successful year and we are making some special plans for the 2018/2019 year. Your ideas and suggestions are always welcome and we look forward to seeing all of you soon.

Joy George, Executive Director

Byrum-Porter

9123 Highway 49E
Orlinda, TN 37141

Non-Profit
Organization U.S.
Postage Paid
Permit No. 6
Orlinda, TN 37141

BPSC IS SUPPORTED BY:

Greater Nashville Regional Council on Aging
The Draughon Foundation
The Memorial Foundation
National Council on Aging
City of Orlinda - Robertson County
Member Donations