

# BYRUM-

Senior Center

CENTER FOR BALANCED LIVING  
Do More—Live More

July 2018

\*\*\*\*\*Due to the July 4th Holiday on a Wednesday our regular potluck will be on the 10th. See the notice below.

July 10, 2018

### Notice of Annual Meeting of the Byrum-Porter Senior Center

The Board of Directors hereby gives notice and invites all participants of the Byrum-Porter Senior Center to its Annual Meeting and Potluck which will take place on Tuesday July 10<sup>th</sup> at 6 p.m. (Pot Luck at 6 p.m. with meeting to follow)  
**All Board members are encouraged to attend**

#### Agenda for the meeting:

- 1) Report on the activities of the organization in the past fiscal year.
- 2) Presentation of the 2017/2018 annual report
- 3) Announcement of new directors
- 4) Acknowledge of retiring directors

### Board Members

Kevin Breeding  
 Jeff Chatman  
 Curtis Hall - Treasurer  
 Linda Felts  
 Gay Frederick  
 Jim Hale - Vice Chairman  
 David Jicka  
 Ron Karkos  
 Sheri Link  
 Carl Moore  
 Melinda Roark  
 Paula Shannon Secretary  
 Bill Swearingen  
 Jim Tullis—Chairman

Annual Board Meeting  
**July 10th at 6 p.m.**  
Tuesday Potluck  
 Regular Board Meeting  
 Monday, July 16, 4 p.m.



**FIRST TIME**  
**JULY 6TH**  
**FROM 1 TO 4 PM..**

LCR, or **Left Center Right**, is a dice game for three or more players. It is entirely a game of chance. Each player will be given 3 chips (**Could be Candy or other interesting items**). The winner of the pot is the last player with chips left. Come and give it a try as it is a fun game and see if you are lucky enough to win the pot. The more players the bigger the pot.

**OPEN EVERY DAY - 8 TO 4**

# Treasures

## A UNIQUE THRIFT STORE

### STUFF - NICK NACKS - JUNK

## Shop. Donate. Volunteer.

### EVERY FRIDAY IS HALF PRICE DAY

### 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

# JULY 2018

Mark Your  
Calendar



Mon                      Tue                      Wed                      Thu                      Fri

**Wish List!!!!**


Bottled Water  
De-Caf Coffee

**2**  
Texas Hold'em  
1 p.m.  
  
Monday Muscle  
Madness  
6 P.M

**3**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**Harmonica  
Practice 1pm**

**4**  
**CLOSED**  
  
4th of July

**5**  
**Foot Care**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**DANCE**

**6**  
**Come Early!**  
**Play Cards &**  
  
**1 TO 4 P.M.**

**3rd  
Annual  
CRAFT  
FAIR**

**Saturday  
September  
15th**  
(Reserve  
your table  
now)

We are  
already half  
way to  
Christmas so  
plan to  
attend or be  
a vendor

Call for  
more  
Information  
\*\*\*\*\*

**20th Year  
Anniversary  
Reception  
for  
BPSC**

**Building  
on  
Sunday,  
October 7th,  
from  
2 to 4.**

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

**STRENGTH  
IS THE  
CAPACITY  
TO BREAK A  
PIECE OF  
CHOCOLATE  
INTO 4  
PIECES  
WITH YOUR  
BARE  
HANDS  
AND THEN  
EAT  
JUST ONE  
OF  
THOSE  
PIECES**

By Judith Viorst

**9**  
**Foot Care**  
**Painting with  
Nancy**  
Texas Hold'em  
1 p.m.  
Monday Muscle  
Madness  
6 P.M

**10**  
**Foot Care**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**Harmonica  
Practice 1pm  
ANNUAL MEETING  
Potluck 6 PM**

**11**  
**Foot Care**  
**MT Dominoes**  
9 am—bring a lunch  
  
**Painting with Nancy**  
9 am—bring a lunch  
  
Wednesday  
Workout 6 PM

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

**13**  
Birthday Bingo  
at 1 pm  
**CAKE & CARDS**  
  
**Play Cards  
Come Early!  
Stay Till 4**

**16**  
**Painting with  
Nancy - 9 am**  
Texas Hold'em  
1 p.m.  
Monday Muscle  
Madness  
6 P.M  
**BOARD MEETING 4 PM**

**17**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**Harmonica  
Practice 1pm**

**18**  
**Canasta at 9 am**  
Bring a lunch  
  
Wednesday  
Workout 6 PM

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

**20**  
Van Trip  
To Amish  
  
**Play Cards  
Come Early!  
Stay Till 4**

**23**  
Texas Hold'em  
1 p.m.  
  
Monday Muscle  
Madness  
6 P.M

**24**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**Harmonica  
Practice 1pm  
Massage**

**25**  
**MT Dominoes**  
9 am—bring a lunch  
  
Wednesday  
Workout 6 PM  
  
**Massage**

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

**27**  
**Mystery  
Lunch**  
  
**Play Cards  
Come Early!  
Stay Till 4**

**30**  
Texas Hold'em  
1 p.m.  
  
Monday Muscle  
Madness  
6 P.M

**31**  
Fitness After 50  
9 TO 10 a.m.  
Yoga  
10 to 11 a.m.  
**Harmonica  
Practice 1pm**

**OPEN EVERY DAY - 8 TO 4**

**INSIDE YARD SALE**

**EVERY FRIDAY IS HALF PRICE DAY**

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



# Sign up NOW!

## 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

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.

**Footcare**  
**Tynell Moore**  
July 5, 9, 10 and 11th  
Call 615-654-2251 for Appt.

**Massage**  
July 24th and 25th  
Upper Back - \$15  
Full Body - \$45  
Call Pat Johnson at  
**615-491-8846**  
to make an appointment

### **Birthday Bingo**

July 13th (Friday)  
Come play Bingo  
and have  
Birthday Cake and Ice Cream.

Stay and play  
the card game of your choice.



### NOTICE!!!!

To all of you who purchased a harmonica, the players who came to learn and to any new person that would be interested we will be having practice sessions every Tuesday afternoon from 1 to 2 p.m. Notice the picture and just know that we have not made any area dogs howl. We have worked on 4 songs and will be introducing a new one next week. We are striving to practice, practice and practice so we can play a few pieces at one of our future potluck events.

COME AND JOIN US

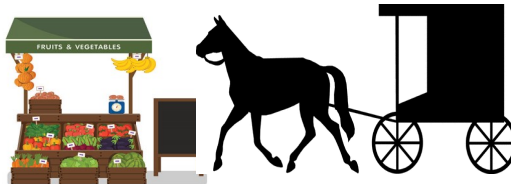
**\$4 FOR Van**

**July 27**  
Van  
Leaves at  
11 a.m.



**Mystery  
Lunch**

Pay your \$4 early  
the van fills up fast



**TRIP TO AMISH COUNTRY**

**BPSC VAN**

Friday July 20th

\$4 Ride—Leaves at 9:30

Limited to the first 13 people

## WEDNESDAYS

### **Canasta**

July 13 and 22nd

### **Mexican Train Dominos**

July 6 and 20th

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.





Country Music  
Keeps My Boots  
Tapping

Every

THURSDAY

Night

# GOOD TIME CHARLIE BAND

**Kitchen opens at 5 P.M.**

**Music begins at 7 (Dance cover is \$6)**

**July 5**

**WEAR RED (HOPE IT IS YOUR FAVORITE COLOR)**

**July 12**

**DENIM and DIAMONDS—WEAR YOUR SPARKLES**

**July 19**

**Hawaiian Luau—GET READY TO HULA**

**July 26**

**DRESS as a SUPER HERO NIGHT**

**All  
Adults  
Welcome**

## 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](http://www.byrumporter.com)



### PAINTING WITH NANCY

July 9 — 9 to 3

Bring your Lunch

Call for More Information  
and to get registered.



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