



### SPECIAL ACTIVITIES/EVENTS

Date:	Special:	Cost:	Sign up Deadline:
MON., Sept. 10th	 Bocce Ball	Due to Retired Teacher's Luncheon	Join us again next Monday, Sept 17th @ 11:00am!
TUES., Sept. 11th 1:30pm		Snacks will be provided to afternoon activity participants courtesy of <b>Stacey Causey</b> with 	
THUR., Sept. 13th 9:30am		On the <b>2nd Thursday</b> of each month... <b>Stacey R. Moore</b> from  will be here with prizes to call BINGO.	
MON., Sept. 17th TUES., Sept. 18th WED., Sept. 19th THURS., Sept. 20th	<b>FOOTCARE</b>  w/ Tynell	<b>\$15</b>	For Appt please call: 438-3827
<b>NEW Exercise Class</b> <b>Tuesdays</b> <b>9:30am</b>	<b>TaiChi Easy</b>  HEALTH • VITALITY • INNER PEACE	Starting... <b>Sept. 18th</b> Welcome back Judy from a summer break!	
WED., Sept. 19th 10:00am	As a part of their continuing education, students from the  nursing program will once again be here in 2 sessions in September, October, & November.  The first session of students will be here to " <b>Meet &amp; Greet</b> " the morning of the <b>Sept. 19th</b> . The following <b>Wednesdays (Sept. 26th, Oct. 3rd &amp; Oct. 10th)</b> ... make plans to come out for " <b>Bit &amp; Bites</b> " @ <b>12:00pm</b> . They'll share " <b>bits</b> " of health related information while you enjoy snack " <b>bites</b> " for lunch! Please help us welcome & support them!		
WED., Sept. 19th 11:00am	 <b>LUNCH &amp; LEARN</b> <small>meet • eat • connect</small>	<b>Free</b> <b>Must</b> sign up by: Mon., Sept. 17th  Lunch & Dementia/Alzheimer presentation provided by:  <b>WILLOWBROOK</b> Home Health & Hospice <small>A FIVE POINTS HEALTHCARE COMPANY</small>	
WED., Sept. 19th 12:30pm	 <b>CORNHOLE</b>	Will be played <u>after</u> lunch today!	

**Happy Fall y'all!** As the leaves start to turn, we brace ourself for a busy next few months. It seems like once September comes– its just one big blur until the end of the year!

We have lots of things planned and things to do so be sure to refer to your newsletter and calendar often! We don't want you to miss out on **ANYTHING!**

Of course you all know we are **NON-profit** so money is tight! We ask if you haven't already and can...please pay your yearly suggested membership.

We are also in **FULL Fundraiser** mode. We are working on some larger **Scale fundraisers** for the winter, spring and possibly summer.

We have several smaller scale **fundraisers upcoming** that we hope you will be sure to attend and support. On page 5 you'll find a list of other ways you can help us raise funds!

We so appreciate everything you do!

Encourage a neighbor, relative or church member to come join us sometime to see what we're all about!

Take Care!

~Beth~



Date:	Special:	Cost:	Sign up Deadline:
THUR., Sept 20th 11:00am		<b>FREE</b> – Please bring a dish or dessert to share!	<b>NONE</b> Bring a friend!
11:30am-11:45am...		Speaker: Stacey Nadler, NP	with Orthopedic Group
12:00pm...	Big Bro/Big Sis Volunteer Program		
MON., Sept. 24th 9:00am		<b>\$20</b>  Welcome back...Liz Fahar!	Thur., Sept. 20th

**Thurs., Sept. 27th & Fri., Sept. 28th**

7am-4pm

And...

**Sat., Sept. 29th**

7am - we're sold or pooped out!!



  
**robertson county**  
**SENIOR CENTER**  
 601 Locust St. Springfield

**Pre-loved Stuff...**

Baby/Children's clothes only,  
 Toys, Books, House wares, Bags,  
 Shoes, Accessories & MORE!!!



*Fumble in our Jumble!*





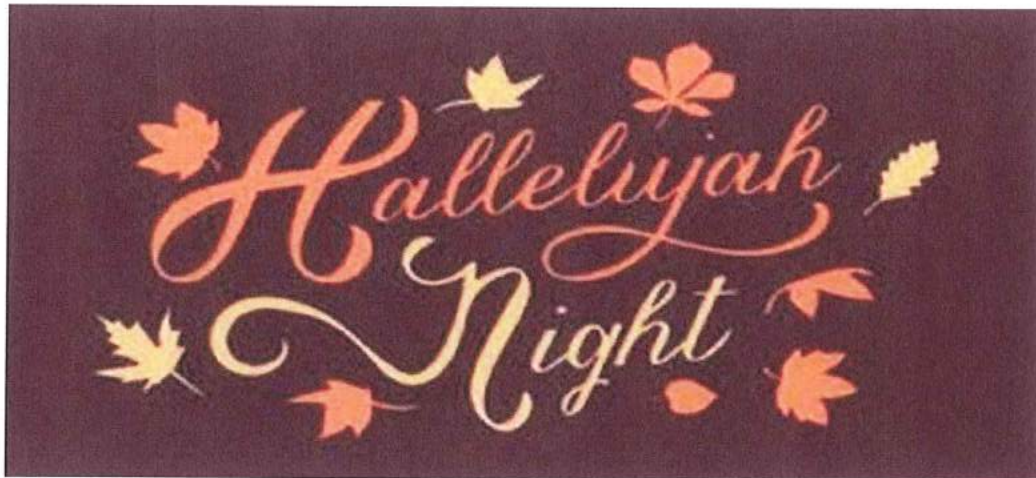
**Sold each morning!**

Donations greatly appreciated but because of limited storage space prior ...

Please call Elaine (615-319-1281) to schedule a drop off time/date for the week of.

THUR., Sept. 27th	<u>ALL</u> Activities (Bingo, Dominoes, Cards /Rook) will be in our <b>BACK</b> Facility		
THUR., Sept. 27th 9:30am		On the <b>4th Thursday</b> of each month...	
		Will be here with prizes to call Bingo	

Date:	Special:	Cost:	Sign up Deadline:
MON., Oct. 1st Between 11:00am—4:00pm	 <p>Volunteers are needed between these hours to affix mailing labels on envelopes for  which publishes and provides spiritual and inspirational literature for members of the armed services, law enforcement officers, firefighters, EMTs/paramedics and other community servants.</p>		



**Saturday, Oct. 6th**

**5:00pm**

Tickets on Sale until Thur., Oct. 4th For **\$10**

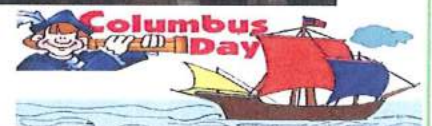
Dinner with concert to follow featuring...



MON., Oct. 12th

**CLOSED**

for
















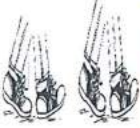








# OUT & ABOUT



= walking estimation

Date:	Destination:	Cost:	Sign up/PAY Deadline
<b>TUES., Sept. 11th</b> 9:30am 	<b>Roy Acuff</b> <b>Home Tour</b>  For the first time in its history, the home built for Roy Acuff will open its doors to tell the story of the King of Country Music. Inside, the house also showcases the limited-time exhibit <i>Family Reunion: The Opry Family Photo Album</i> .	<b>\$8</b> Bus fee + <b>\$10</b> Tour + lunch on your own @ Opry Mills	Mon., Sept. . 10th
<b>FRI., Sept. 14th</b> 12:00pm 	Our Friends from  have invited us for lunch with them!	<b>\$7</b> Ride for <b>FREE</b> with us or meet us there!	Thur., Sept.. 13th
<b>TUES., Sept. 18th</b> 10:00am 	 <b>SlappyZ</b> Burgers,Pizzas, subs, salads, breadsticks, and giant chocolate chip cookies! All meats and veggies cut fresh daily.	<b>\$8</b> Bus fee + your lunch	Mon., Sept. 17th
<b>THUR., Sept. 20th</b> 5:15pm 	 <b>Joelton</b> <b>First Baptist</b> When a cantankerous, old rancher, Big Bob Little, dies, nobody mourns. That's why it's no surprise when he leaves his entire \$36 million fortune to his cat, Wiggles. Enter a pair of purr-suasive cons who claim to be the world's foremost pet psychics. Not to let the cat out of the bag, but it's really an elaborate ruse to steal the kitty's diamond-studded toys. But when the crooked cat burglars learn that Wiggles needs a will of her own, they hatch a plan to have it all — The Purrfect Crime! Can the family work together to stop a cat-astrophe? Or will they just end up fighting like cats and dogs? The Purrfect Crime is a claw-some blend of hiss-terical humor and cat-scratching action. Let the fur fly!	<b>\$8</b> Bus fee + \$17 Dinner & Play	Wed., Sept. 19th
<b>THUR., Oct. 4th</b> 10:30am 	 <b>Chaffin's Barn Theater</b> Set in turn-of-the-century New York City, NEWSIES is the rousing tale of Jack Kelly, a charismatic news-boy and leader of a band of teenaged "newsies". Based on the 1992 motion picture and inspired by a true story, NEWSIES contains a timeless message for the whole family.	<b>\$8</b> Bus Fee + \$21 play + <b>BRING</b> your own lunch!	Wed., Oct. 3rd
<b>TUES., Oct 9th</b> 9:30am 	 <b>Ruby's</b> 	<b>\$8</b> Bus Fee + Your Break- fast + <b>\$1.99</b> per game + <b>\$3.99</b> shoe rental + lunch @ the bowling alley	Mon., Oct. 8th
<b>THUR., Oct. 11th</b> 9:30am 	  Manor/ M'boro Rd	<b>\$8</b> Bus fee + your lunch	Wed., Oct. 10th
<b>TUES., Oct 16th</b> 	 <b>Forge Restaurant</b> @ Montgomery Bell State Park	<b>\$8</b> Bus fee + your lunch	Mon., Oct. 15th



# Event Canceled

DUE TO THE LOW ATTENDANCE  
IN THE PAST FEW MONTHS...OUR  
FRIDAY NIGHT DANCE IS CANCELED  
UNTIL FURTHER NOTICE..  
SO SORRY!



- ~ Week of September 24th for our "Jumble Sale" fundraiser
- ~ Sat., Oct 6th... "Halleluiah Night" fundraiser
- ~ Wed., Oct 31st... "Chili off the Square" fundraiser

*Please let Elaine know if  
you can give of your time!*

## Direct Delivery Gift Items

Minimum order \$25.00. All items are individually packaged and delivered directly to the recipient. Delivery is available within the local area only.

**We are taking  
orders for fresh  
wreaths ,  
garland , door  
swags, etc for  
the holiday  
season! Please  
thing of  
purchasing! WE  
also ENCOURAGE  
you to take some  
order forms/info  
and help us sell!!**



Gift items make the  
perfect gift for your  
friends, family & clients.

All items are individually  
packaged and delivered  
fresh to the recipient during  
the first 2 weeks after  
Thanksgiving.  
A personalized message can be  
included on the address label.  
Share the holiday spirit this  
season with a Gift Basket.



**28" Mixed  
Evergreen  
Gift Wreath**

Price \$19.99

Our largest, most dramatic  
wreath is made from 18" to 18"  
balsam, spruce, fir, and cedar  
and complemented with red  
faux holly berries, with a red  
and gold ribbon bow.



**22" Mixed Evergreen  
Gift Wreath**

Price \$14.99

An artistic combination of foliage, fir, holly,  
and pine needles. Touches of color  
are included. Great for gifts, home, or  
office. Each item is individually  
packaged.



**Rustic  
Pine Cone  
Gift Basket**

Price \$19.99

A rustic, wire basket with  
bowl detail, filled with an  
assortment of large, medium,  
and small pine cones.  
Approximately 14 lbs.  
Brownies and 55 chips.



**Western  
Cedar  
Gift Garland**

Price \$14.99

Two sections of 10' of  
10' garland for decorating  
a doorway or porch railing.  
Made of 100% natural  
western cedar.

## "Chili off the Square"

**Wed., Oct 31st 11am- 2pm**

**DONATIONS  
NEEDED**  
Can you help??

- \*We can take these items from **NOW** until **Oct. 29th...**  
Fritos, squeezable bottles of ketchup, mustard & relish, 12
- \*We need these on **Mon., Oct. 29th...**  
hot dog buns, shredded cheese, sour cream, onions
- \*Homemade Desserts ( Brownies, cake or pies) are  
requested : **Tuesday, Oct 30th.**

1. Life it too short to waste time hating anyone.
2. Life isn't fair, but it's still good.
3. Cry with someone. It's more healing than  
crying alone.
4. Make peace with your past so it won't mess up  
your present.
5. Don't compare yourself to others. You have no  
idea what their journey is all about.

6. Life is too short for pity parties.  
Get busy living — or get buy dying.
7. Its never too late to have a happy chilood—  
but the second one is up to you.
8. When it comes to going after what yu love in  
life, don't take "no" for an answer.
9. No one is in charge of your happiness except  
you.
10. Frame every so-called "disaster" with the  
words: In five years , will this matter?
11. Always choose life.



# Happy Birthday

JEROME ELLIS  
CAROL NEWMAN  
CARROLL GANNON  
BOBBY KECK  
JEAN CRAFT  
DAVID FISHER  
MARY SPROUSE  
EARL NICHOLS  
FERN WELLS  
DORIS FULTON  
MILDRED BAGGETT  
RUTH ADAMS  
ESTELLE EIDSON  
JANE HICKMAN  
MARY GREY JENKINS  
MELVIN BOYD  
MARGARET CALVIN  
JANICE ALLEY  
NANCY DORRIS  
FAYE WEBSTER  
ROBERT WHITE  
GEORGIA STEVENS  
JOAN JAMES

SEPTEMBER 1  
SEPTEMBER 1  
SEPTEMBER 2  
SEPTEMBER 3  
SEPTEMBER 4  
SEPTEMBER 5  
SEPTEMBER 8  
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SEPTEMBER 12  
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SEPTEMBER 24  
SEPTEMBER 25  
SEPTEMBER 25  
SEPTEMBER 28  
SEPTEMBER 29  
SEPTEMBER 30  
OCTOBER 9

Remember... We lend Medical Equipment!

See **Beth** if you need a notary!

Please make sure we always have an up to date emergency form for you when riding our mini- bus!



We have lots other activities available in our Main Hall. Here a list of just a few things:

Watch Big Screen TV  
Coffee time  
Uno, Skipbo, Rook & Playing cards  
Poker Cards/Chips  
Board games  
Puzzles- board and book

Reading Materials  
Dominoes



Dessert plates  
Copier paper  
Coffee creamer  
Hand soap  
Styrofoam coffee cups  
Individually wrapped candy



The pennant flags in our rear parking lot are a reminder that this is a NON parking area . It should remain clear for emergency vehicles in case of an emergency,

Thanks for your cooperation!

## ★ VERY IMPORTANT ★

Please make sure to sign in@ the front desk **EVERY** time you enter the Senior Center. Not only is this used for our required data reporting...it also serves as a checklist in the event of an emergency evacuation. *Thanks!*



## Attention Veterans

Please bring a picture of yourself, your family member or friend during service time. We will scan so that you may keep your original. We are planning a special project for Veteran's Day in November!



**For the front Desk for the following days/times:**

**4th Tues of each month...** 1/2 day or all day

**Any Wed of each month...** 9am-12pm

**1st &/or 3rd Thur of each month...** 1/2 day or all day

*To solve the human equation,  
we need to add love,  
subtract hate,  
multiply good,  
and divide between truth and error.*

Janet T. Coleman

## Thanks

Mr. Jim Vaughn would like to thank everyone for the calls, cards, visits and prayers! He misses you all and hopes to see you soon!



We are thinking of starting a book club soon! We have someone who has volunteered to get it started...we now need participants! Please leave your name & contact information @ the front desk if you are interested!

## Telephone Assurance

This program is designed for a participant to receive regular phone calls from a volunteer to insure the safety of the senior.

We are continually adding participants to this program. 1.) Some may choose a daily or weekly call 2.) Some may only want this service for a temporary basis, such as while recovering from surgery or injury. 3.) Some would prefer only receiving a call in the event of a weather emergency, such as ice/snow, tornado etc.

We hope to reach as many seniors as possible especially those who are frail, isolated and live alone.

If you know of someone who would benefit from this service- please share! We'll need to get the proper paperwork completed to get them started!

If you would like to volunteer to make phone calls...Please let Beth or Elaine know!

## The Tennessee Yellow Dot Program



is designed to provide first responders with an individual's medical information in the event of an emergency.


**Yellow Dot** Supplies are free & may be picked up @ your Senior Center!



# Activities/Events

September 2018


**BOLD Print = Special Monthly Activities**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<p><b>Labor Day</b></p>  <p>CLOSED</p>	<p>9:30a Knitting &amp; Crocheting</p> <p>9:30a Cards</p> <p>9:30a Stay Strong, Stay Healthy Strength Training (NEW)</p>	<p>10:00a "JUMPSTART YOUR JOINTS"</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga (NEW) -BACK Facility</p>	<p><b>6</b></p> <p>9:30a "Breakfast Club", Denny's/Kentucky Downs</p> <p>9:30a Bingo</p> <p>10:00a BP Screenings...Springfield Heights (NEW)</p> <p>11:30a Cards</p> <p>1:00p ROOK</p>	<p><b>7</b></p> <p>7:00p Dance- Good Time Charlie</p>	<b>8</b>
<b>9</b>	<p>10:00a "JUMPSTART YOUR JOINTS"</p> <p>11:00a Retired Teachers Luncheon</p> <p>11:00a <b>NO BOCCE BALL</b></p> <p><b>COPD360music</b></p> <p>HARMONICAS FOR HEALTH</p> <p>1:00p Intermediate Class 2:15p- Beginner's Class (BACK FACILITY)</p>	<p><b>Patriot Day</b></p> <p><b>Roy Acuff Home Tour</b></p> <p>9:30a Cards</p> <p>9:30a Knitting &amp; Crocheting (Back Facility)</p> <p>10:00a Bridge Group</p> <p>1:30p Afternoon Snacks for Card Players provided by: MorningSide</p>	<p><b>12</b></p> <p>10:00a "JUMPSTART YOUR JOINTS"</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga (NEW) -BACK Facility</p>	<p><b>13</b></p> <p>9:30a Bingo w/ Stacey (NHC)</p> <p>11:30a Cards</p> <p>1:00p ROOK</p> <p>5:00p Board Meeting</p>	<p><b>14</b></p> <p>12:00p Lunch with our friends AT Morningside</p>	<p><b>15</b></p> <p>10:00a -12:00pm...Late Bloomers Garden Club</p>

# Activities/Events

September 2018 (Page 2)

## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
8:00a FOOTCARE-Morning (BACK Facility) 10:00a "JUMPSTART YOUR JOINTS" 11:00a Bridge Group 11:00a BOCCE BALL <b>COPD360music</b> HARMONICAS FOR HEALTH 1:00p Intermediate Class 2:15p- Beginner's Class (BACK FACILITY)	9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a TAI CHI (NEW) 10:00a "Lunch Bunch"- Slappyz 11:00a FootCare-afternoon (Back Facility)	9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a TAI CHI (NEW) 10:00a "Lunch Bunch"- Slappyz 11:00a FootCare-afternoon (Back Facility)	<b>AP Austin Peay</b> State University APSU nurses "Meet & Greet" 8:00a FOOTCARE- All Day (Back Facility) 10:00a "JUMPSTART YOUR JOINTS" 11:00a LUNCH & LEARN by: Willow Brook Hospice 12:30p Corn Hole Will be AFTER our lunch today only! 12:30p Chair Yoga (NEW) -BACK Facility	8:00a FOOTCARE- All Day 9:30a Bingo <b>POTLUCK</b> 11:00a Lunch 11:30a NorthCrest Speaker - Stacey Nadler, NP w/Orthopedic Group 11:30a Cards 12:00p Big Bro/Big Sis Volunteer Program 1:00p ROOK 5:15p "A Purfect Crime"- First Baptist of Joelton	 "My Old Kentucky Dinner Train" overnight Trip 7:00p Dance- Good Time Charlie	Autumnal Equinox
23	24	25	26	27	28	29
	9:00a -11:00am...Brush Stokes w/Liz 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL <b>COPD360music</b> HARMONICAS FOR HEALTH 1:00p Intermediate Class 2:15p- Beginner's Class (BACK FACILITY)	9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a TAI CHI (NEW) 10:00a Bridge Group	10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:00p APSU Nurses- presentation 12:30p Chair Yoga (NEW) -BACK Facility	7:00a Sausage/Biscuit & Jumble Sale 9:30a Bingo w/Waters of Springfield (Back Facility today) 11:30a Cards Back Facility today 1:00p ROOK (Back Facility today)	7:00a Sausage/Biscuit & Jumble Sale	7:00a Sausage/Biscuit & Jumble Sale
30						





New Chapel United Methodist Church

## *Country Fair*

*Saturday September 22, 2018*

*8:00 am - 1:00 pm*



### **AUCTION at 10 am**

**Auction Items:** Char-Broil 4-Burner Gas Grill includes propane gas tank; Wooden Tea Cart with 2-large wheels and 2-small wheels with glass top; White Shelf Cabinet with 9-holes and 3 colorful basket organizers; *Wooden Barn Shelf Cabinet with tin roof and 2 levels of shelves*; Small Wooden Table; Wooden Framed Beveled Mirror 35-inch tall and 15 ¼ inches wide; Metal Snowman Fireplace Screen Scene; *Wooden Garden Bench with back and shelf underneath includes sign-“I’m not old...I Just Need Repotting”*; White Kitchen Cart with drop leaf and butcher block top; Wrapping Station; Patio Heater; *Assorted Theme Baskets*; and much more.

### **Booths hosted by NCUMC Women’s Circle:**

Breakfast Coffee Shop with the Lunch Wagon; Baked Goods with Homemade Cakes, Pies, and Breads; Media Booth with Hardback, Paperback, and Children’s books, DVD’s, etc; Farmer’s Market with Fresh and Canned Fruits and Vegetables, Pumpkins, Flowers, and more.

### **“New” This Year:**

Pre-order Baked Goods for Holiday Season. Pay for day of Fair.

Choose from 2 delivery dates.

Drawing for “Cooler of Meat”, pork from Bernard Farms and beef from Head’s Farm. Chances will be \$5.00 each.

5016 Hwy. 49W, Springfield, TN

All proceeds go to support local missions.

We accept cash, check, or credit card.

We look forward to seeing YOU, rain or shine!



No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under program and activity receiving federal financial assistance. (Title VI of the Civil Rights Act of 1964)



Stokes Brown Foundation



Funded in Part by:



Funded under agreement with:

## 2018-2019 Board of Directors

Cathy Lowe- Chair  
Ralph Scott, Vice- Treasurer  
Donna Adcock -Secretary  
Dennis Wade  
Annette Leavell, Glenn Hickman, Mary Nell Mealer,  
Gwen Martin & Ned Feaster

We are blessed to receive grant funds however most of these funds are ear marked for specific projects or programs ONLY. Therefore, we rely HEAVILY on membership dues, donations, etc., for day to day operations & expenses. Please consider a \$60 + "Make a Difference" Donation if you are able. All donations are greatly appreciated! If you have any changes, please complete a new form. Thank You!

\$20 Suggested Donation

July was Membership Month



601 Locust St.  
Springfield, Tn 37172  
Phone: 615-384-6367

**Beth M. Felts**, Executive Director  
E-mail: [beth@rcseniorcenter.com](mailto:beth@rcseniorcenter.com)  
615-516-9413 cell

**Elaine Spurlock**, Activities Director  
E-mail: [Elaine@rcseniorcenter.com](mailto:Elaine@rcseniorcenter.com)  
615-319-1281 cell

NON- PROFIT ORGANIZATION

U S POSTAGE

PAID

Springfield, Tn

PERMIT #29