

Activities/Events

January 2019








BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day CLOSED	2 CLOSED	3 9:30a Bingo 10:30a "LUNCH BUNCH" Steak-n-Shake/Bowling 11:30a Cards 1:00p ROOK	4	5
6	7 10:00a "JUMPSTART YOUR JOINTS" 11:00a Bridge Group 11:00a BOCCE BALL HARMONICAS FOR HEALTH 1:00p Intermediate Class (BACK FACILITY)	8 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a Bridge Group 1:30p Afternoon Snacks provided by: MorningSide	9 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole	10 9:30a w/ Stacey (NHC) 11:30a Cards 1:00p ROOK 5:00p Board Meeting	11	12
13	14 9:00a PAINT w/ Liz \$20 SIGNUP Deadline: Fri., FEB 11th 10:00a "JUMPSTART YOUR JOINTS" TODAY!! 11:00a Retired Teachers Lunch 11:00a BOCCE BALL TODAY!! HARMONICAS FOR HEALTH 1:00p Intermediate Class (BACK FACILITY)	15 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:15a COOKING CLASS (NEW)- Kitchen	16 10:00a "JUMPSTART YOUR JOINTS" 10-15a LUNCH & BINGO @ White House Senior Center FREE Bus FEE + \$2.50 lunch (meat loaf, mashed potatoes, fried okra, rolls & cake) + \$5 or less bingo prize 11:00a Corn Hole	17 9:30a Bingo 11:00a LUNCH PLEASE BRING A DISH TO SHARE! 11:30a Cards 1:00p ROOK	18	19

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20	21  CLOSED	22 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a Bridge Group  10:15a COOKING CLASS (NEW)- Kitchen	23 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole	24  9:30a w/Waters of Springfield  10:30a "Who's On First"- Chaffin's Barn Theatre - \$21.00 Play + \$8 Bus Fee + BRING your own lunch (drink provided) SIGN UP Deadline: Wed., Jan.23rd 11 tickets available! 11:30a Cards 1:00p ROOK	25	26
27	28 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL  HARMONICAS FOR HEALTH 1:00p Intermediate Class (BACK FACILITY)	29 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi  10:15a COOKING CLASS (NEW)- Kitchen	30 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole	31  9:30a "Breakfast Club" - 1 -Hop then browsing @ local stores \$8 Bus Fee + Your breakfast SIGNUP deadline: Wed., Jan 30th 11:30a Cards 1:00p ROOK		

EATING SMART and Moving More

Join us for a
series of workshops

Learn how to



- Cook
- Save money on food
- Plan meals



- Eat well
- Keep your food safe
- Be active

Classes are **FREE** to adults who are eligible for any assistance programs such as WIC, Supplemental Nutritional Assistance Program (SNAP) or Head Start.

Dates: January 15, 22 and 29 Feb 12, 19 and 26 March 5 and 12

Time: 10:15-11:15 am

Location: Robertson County Senior Center

Contact: Rachael Ragsdale UT Extension Office 615-384-7936

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UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee and partially funded by USDA's Expanded Food and Nutrition Education (EFNE) program.

USDA The Supplemental Nutrition Assistance Program (SNAP) assists with the purchase of food with benefits. Since this program is funded by the state of Tennessee in cooperation with Tennessee State University Cooperative Extension The USDA is an equal opportunity provider and employer. Programs in agriculture and rural education, child development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county government, cooperating. UT Extension provides local education programs and employment.

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!



Certified Volunteers provide this **FREE** service to Seniors & Low Income Households. Some Restrictions may apply. Appointments (Required) may be made at the front desk.

Newsletter

Beginning **February**, we will no longer be mailing our newsletter. The rising cost of postage & supplies has led us to join the many other senior centers & non-profit organizations that have already discontinued this service.

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

Not to Worry -Your newsletter will be available for pick up at the Senior Center after the 25th of each month! If you like... **we will e-mail one**- please make sure we have your correct email address. It may also be viewed on our current **Facebook page** and our upcoming website!



LEARN SIGN LANGUAGE

Day/time of this class will be

coming **FEBRUARY!!**

In the mean time- please add your name to our list @ the front desk if this is of interest to you!

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

Remember... We lend Medical Equipment!



We'll be starting our book club in **February!** Please leave your name & contact information @ the front desk if you are interested! We'll give you a buzz but also look for start date in your February Calendar!

Sewing, Knitting & Crocheting Lovers:

A local Church has started a casket ministry for families who have lost have a lost a young infant/child & are unable to afford proper burial attire & casket. Volunteers are needed to sew casket lining & pillows and burial gowns. We have a sewing pattern for the lining & pillow. We have a sewing & knitting/crocheting patterns for the gowns for different sizes. If you would be interested in sharing your blessing of talents... please see Beth.

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!

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



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2018-2019

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Funded under agreement with:

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



NON-PROFIT ORGANIZATION
U S POSTAGE
PAID
Springfield, Tn PERMIT #29



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