

SPECIAL ACTIVITIES/EVENTS

There will be an **OPEN** meeting to discuss the **possibility** of having dances return. Part of this discussion will include how new dances might look, day/times, music, food, prices etc. if they were to return.

If you are interested...



Tuesday, June 11th
5:00pm



Ice Cream Social

An afternoon of yummy ice cream, games, and fun with friends!

THUR., June 13th
1:00pm

\$3



Our friends from Michelle's Paletta Pastryery will be here to give you a small taste (literally) of their business and cool treats!

Sign up by: **Wed., June 12th**



Life Story Project
Your Life, Your Story

Fri., June 14th 12:00pm

Too often we only know people as they are today, failing to recognize that each person is a sum total of the experiences which make up his or her life. We invite you to come as we each work on our own Life Story. This completion of this project will give you a biography of a fascinating human being...YOU, to pass on to your family and friends!

\$4

A boxed lunch will be included and served prior!

Sign-Up Deadline: Thur., June 13th

Lunch On Us

Mon., June 17th

12:00pm

Sponsored by:



MUST Sign Up By: Mon., June 10th



Thur., June 20th
11:00am

11:30pm... *NorthCrest* Speaker

Bring a friend and dish to share!

INDEPENDENCE DAY CELEBRATION

Tuesday, July 2nd 11:00am

\$6

Grilled Hamburgers,
Hot Dogs, Chips,
Baked Beans,
Dessert & Drink

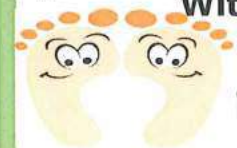


Sign Up **DEADLINE:**
Fri. June 28th



Foot Care

With Tynell



\$15

MON., June 24th

TUES., June 25th

WED., June 26th

THUR., June 27th

For Appt please call:

438-3827



robertson county
SENIOR CENTER

601 Locust St. Springfield, Tn 37172

615-384-6367

COME ONE, COME ALL! PRAISE AND GIVE!

PURPOSE & PRAISE CONCERT

A Fundraising Event to Benefit the Robertson County Senior Center

SATURDAY, JUNE 29, 2019

4:00 PM

Robertson County Senior Center
601 Locust Street, Springfield, TN

~~~MUSICAL GUESTS~~~

J. Eric Bell and Friends
Pastor John Briggs
Church of God Sanctified Church
St. James Missionary Baptist Church

~~~MASTER OF CEREMONIES~~~

Mr. Robert L. Moseley

All proceeds benefit the Robertson County Senior Center.

Out & About



Thursday, June 6th

10:00am



by: Neil Simon

11 tickets available!

Successful Long Island businessman Joe Benjamin is a modern-day 'Job' with a demanding wife, ungrateful children, and wise-cracking household employees. Just when it seems things couldn't get any worse, he is visited by Sidney Lipton, a.k.a. A Messenger from God (and compulsive film buff) with a mission: test Joe's faith and report back to "the Boss." The jokes and Tests of Faith fly fast and furious as Neil Simon spins a contemporary morality tale like no other in this hilarious comedy.

\$8 Bus Fee + \$19 includes play ticket & Drink

(Bring a sack lunch)

Sign Up **DEADLINE:** Wed., June 5th



Tuesday, June 18th

9:00am— 3:00pm

Today's activities will be held @ **Travis Price Park** under the Pavilion!

We'll even bring extra games including corn hole!

Be sure to bring your lunch if needed & a folding chair! Enjoy the outdoors!

Water will be provided!

Thursday, June 27th

10:00am



\$8 Bus Fee + Your lunch + \$1.99 per game + **\$3.99** shoe rental

Sign Up **DEADLINE:**

Wed., June 26th



Tuesday, July 9th

TBA

/Grand Ole Opry Backstage Tour

Your knowledgeable guide will share stories about the Opry and country music greats, past and present — from Minnie Pearl to Carrie Underwood, you might say — show you photos from the Opry's biggest moments in history, and take you to the artist entrance where legends, new artists, and superstars alike walk into the Opry House on the night of an Opry show. **\$8 Bus Fee + Your lunch + \$33 Guided Tour**



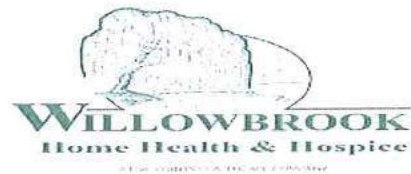
Sign Up **DEADLINE:** Mon., July 8th



THURSDAYS 9:30am

The following will be here with prizes & to call:

1st Thursday:



2nd Thursday:



3rd Thursday:



4th Thursday:





BOCCE BALL!



Mondays @ 11:00am!

Bocce, also known as Italian lawn bowling, is one of the oldest yard games but we'll be playing indoors. The game's simple, and can be played by people of all ages and skill levels. Put your game face on and jump in!

COPD360music

HARMONICAS FOR HEALTH

"*Harmonica* therapy" is a pulmonary program gaining steam across the country for people with asthma, COPD and even lung transplants. But don't let the word "therapy" put you off. Playing the *harmonica* is a ton of fun, and it's good exercise for *healthy* lungs, to!

Our Intermediate Class meets

Mondays @ 1:00pm

We would like to begin another beginner's class. If you would be interested...please let the front desk know!



KNITTING & CROCHETING

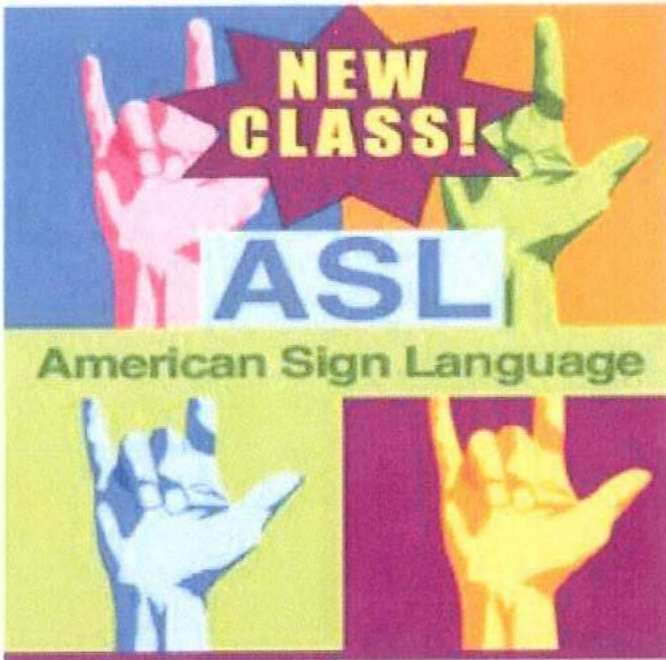
Come Join this fun group
on **Tuesdays @ 9:30am**

(Back Facility)



Wednesdays

11:00am



for Beginners of all ages !

- FREE -

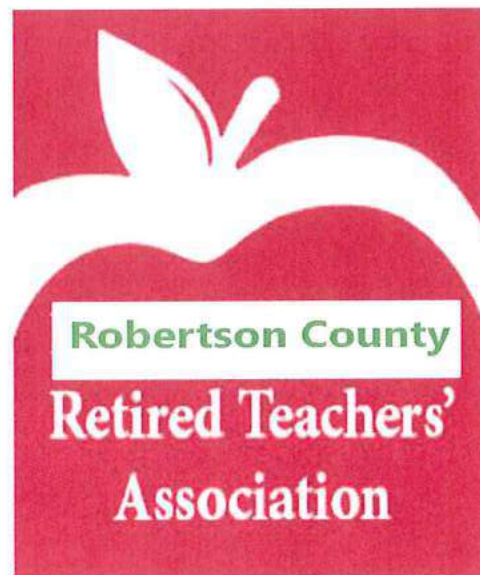
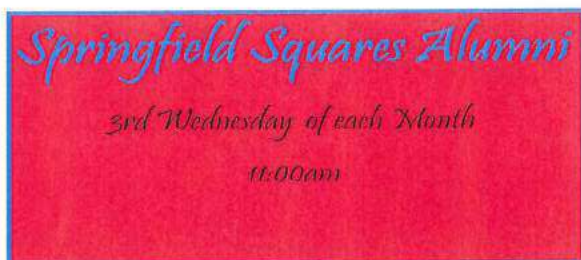
taught by retired teacher, Zonna Hackett

Thursdays 10am



**1st Wednesday of each Month
1:00pm**

This is new to us so please bear with us and share any expertise or experience you may have with us! You all will be deciding how often you want to meet, what particular type (if any) book club you would like to be etc. Bring your books, reading glasses, ideas and a friend!








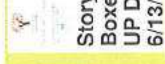
Lunch

**2nd Monday
(Every other Month)
11:30am**

Activities/Events

June 2019


BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL 11:00a N.H. -Bridge Group - 2 Tables COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)	4 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi	5 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga  1:00p	6 9:30a Bingo w/ Willow Brook (NEW)  9:59a Chaffin's Barn  10:00a 10:01a Sign Language Class 11:30a Cards 1:00p ROOK	7	8
9	10 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)	11 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a M.R. - Bridge Group - 1 Table 1:30p Afternoon Snacks provided by: MorningSide  5:00p Meeting	12 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga	13 9:30a Bingo w/NHC 10:00a Sign Language Class 11:30a Cards  12:59p 1:00p ICE CREAM SOCIAL SIGN UP DEADLINE: 6/12/19 1:00p ROOK 5:00p Board Meeting	14  12:00p Life Story Project w/ Boxed Lunch SIGN UP DEADLINE: 6/13/19	15

Activities/Events

June 2019 (Page 2)

BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>Father's Day</p> <p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCÉ BALL 11:00a N.H. -Bridge Group - 2 Tables</p> <p>Special event 11:59a</p> <p>12:00p Lunch by the Waters of Springfield/Robertson SIGN UP DEADLINE: 6/10/19</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>17</p> <p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCÉ BALL 11:00a N.H. -Bridge Group - 2 Tables</p> <p>Special event 11:59a</p> <p>12:00p Lunch by the Waters of Springfield/Robertson SIGN UP DEADLINE: 6/10/19</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>18</p> <p>Out & About 9:00a ALL Activities will be @ the Park today!</p> <p>PICNIC in the PARK 9:01a Bring a folding chair & sack lunch! Water Provided!</p> <p>9:30a Cards- AT the Park Today! 9:30a Knitting & Crocheting- At the Park today! 9:30a Tai Chi- At the Park today!</p>	<p>19</p> <p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole</p> <p> 11:00a Springfield Squares Alumni 12:30p Chair Yoga</p>	<p>20</p> <p>9:30a J.H. - Bridge Club (BACK FACILITY)- 2 Tables 9:30a Bingo w/ United Health Care (NEW)</p> <p>10:00a Sign Language Class</p> <p>POTLUCK 11:00a Lunch 11:30a ...Northcrest Speaker 11:30a Cards 1:00p ROOK</p>	<p>21</p>	<p>22</p>
<p>23</p> <p>8:00a FOOTCARE 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCÉ BALL</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>24</p> <p>8:00a FOOTCARE 10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCÉ BALL</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>25</p> <p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a M.R. - Bridge Group - 2 Tables 12:00p FOOTCARE</p>	<p>26</p> <p>8:00a FOOTCARE 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga</p>	<p>27</p> <p>8:00a FOOTCARE 9:30a Bingo/The Waters of Springfield 10:00a Sign Language Class</p> <p>Out & About 10:00a "Lunch Bunch" -Cheddars/Bowling 11:30a Cards 1:00p ROOK</p>	<p>28</p>	<p>29</p> <p>Special event 3:59p</p> <p>4:00p Purpose & Praise Concert</p>
<p>30</p>						



LIFE IS LIKE
RIDING A BICYCLE
TO KEEP YOUR BALANCE
YOU MUST
KEEP MOVING

Our Exercise Classes which
are **FREE, Low Impact and at
your own pace & ability!**



Your
Joints!

**Mondays & Wednesdays
10:00am**

This Class from the Arthritis Foundation is geared toward:

- overall sense of well being
- Reduction of pain & inflammation
- Improving joint function
- Increasing muscular strength



HEALTH • VITALITY • INNER PEACE

**Tuesdays
9:15am**



**Wednesdays
12:30pm**





Yoga Instructor:
Julie Simpson

“Get fit while you sit!”

Activities/Events

July 2019

BOLD Print = Special Monthly Activities

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCCE BALL 11:00a N.H. -Bridge Group - 2 Tables COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 11:00a Independence Day Celebration Sign Up DEADLINE: Fri., June 28th</p>	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga  1:00p</p>	<p>Independence Day  CLOSED</p>	<p>10:00a Cupid Shuffle Cupid Shuffle Dance Lessons/Light lunch Sign Up DEADLINE: July 3rd</p>		
8	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCCE BALL 11:00a Retired Teachers Lunch COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p> 9:00a "Breakfast Club", Cracker Barrel/Grand Ole Opry House Tour 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a M.R. - Bridge Group - 1 Table 1:30p Afternoon Snacks provided by: MorningSide</p>	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga</p>	<p>9:30a Bingo w/NHC  10:30a United Health Care Carnival WATCH FOR EXCITING DETAILS TO COME!! 11:30a Cards 1:00p ROOK 5:00p Board Meeting</p>			
9							
10							
11							
12							



Board Nominations OPEN!

Nominations from the Robertson County Senior Center Membership will be accepted until Thurs., June 13th

for:

1- Full term (3 years)

Board Member

Persons with interested on the Executive Board are encouraged to review a copy of by-laws before nomination. You are welcome to nominate yourself or someone else...please make sure you have consent and a completed nomination form from the nominee.

Nomination Box will be opened @ June 13th 's Board Meeting by the Nominating Committee. All Nominations (including those nominated by the nominating committee) will be voted on by full board.

Newly elected members will be notified prior to the July Board meeting by the current Board.

ROBERTSON YMCA AOA PRESENTS

Biltmore Estate & Asheville, NC



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 3 nights lodging
- ◆ 6 meals: 3 breakfasts and 3 dinners
- ◆ GUIDED TOUR OF ASHEVILLE, NC
- ◆ Full day visit to the BILTMORE ESTATE
- ◆ GUIDED Drive along the Blue Ridge Parkway
- ◆ Visit to the famous FOLK ART CENTER
- ◆ Visit to the Blue Ridge Parkway Visitor Center
- ◆ and much more

\$415 *

4 DAYS 3 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Thu)

October

21 - 24, 2019

View the Blue Ridge Mountains.



Grand Victorian architecture.



The Blue Ridge Parkway Visitor Center.



One of the Biltmore's many gardens.



Departure: Springfield, TN @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: beautiful Asheville, North Carolina, nestled among the Blue Ridge Mountains! Later that day, enjoy a relaxing Dinner and check into your Asheville area hotel.

Day 2: Begin the day by enjoying a Continental Breakfast, before departing for a visit to the spectacular BILTMORE ESTATE, America's largest privately owned home. Your visit will include experiencing the Biltmore House and Gardens. You will also visit the new Antler Village and Winery. This is Biltmore's new village that connects the estate's present and past, providing a relaxing place for dining, shopping, historical exhibits, and new ways to experience Biltmore's hospitality. This is a "must see" destination in America. Later, you'll enjoy Dinner with entertainment before returning to your hotel for the night.

Day 3: Enjoy a Continental Breakfast before departing for a GUIDED TOUR OF ASHEVILLE. Downtown Asheville features more Art Deco architecture than any other southern city outside of Miami Beach. You will also see the magnificent ST. LAWRENCE BASILICA. This afternoon, you will go with your guide for a drive on the scenic Blue Ridge Parkway, America's most visited National Park unit and known as "America's favorite drive". You will visit the Blue Ridge Parkway Visitor Center and see "The Blue Ridge Parkway - America's Favorite Journey", a 24-minute film shown in High Definition surround sound and using breathtaking aerial photography. Later, you will visit the famous FOLK ART CENTER. This evening, you will enjoy Dinner before returning to your hotel to relax and recall the highlights of the day.

Day 4: Today after enjoying a Continental Breakfast, you depart for home... A perfect time to chat with your friends about all the fun things you've done, the spectacular sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
 With Diamond Tours Exclusive Travel Confident Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$140 for single occupancy. Final Payment Due: 8/14/2019



*Work on the front desk!
1/2 days & full days available!

*Help with our Upcoming Membership Drive!

*Call (from your own home) people on our Telephone Reassurance list!

Please make sure to sign in at 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.

MEDICARE COUNSELING TRAINING WORKSHOPS

Free training is provided for those interested in volunteering with the SHIP* program. You will learn how to provide counseling to Medicare beneficiaries and their families, and be able to help them feel confident about their health insurance decisions.

Training for NEW Volunteers:

- April 11 & 12, 2019
9:00 am - 4:00 pm
GNRC Office
220 Athens Way, Suite 200, Nashville, TN 37228
- May 17 & 18, 2019
9:00 am - 4:00 pm
Montgomery County Public Library
350 Pageant Lane #501, Clarksville, TN
- June 14 & 15, 2019
9:00 am - 4:00 pm
GNRC Office
220 Athens Way, Suite 200, Nashville, TN 37228
- July 13 & 20, 2019
9:00 am - 4:00 pm
GNRC Office
220 Athens Way, Suite 200, Nashville, TN 37228
- August 8 & 9, 2019
9:00 am - 4:00 pm
GNRC Office
220 Athens Way, Suite 200, Nashville, TN 37228



- Paper towels
- Paper Napkins
- Air Freshners
- Copier paper
- Disposable Eating Utensils
- Coffee
- Mop(s)
- stamps
- rubber bands

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

Remember... We lend Medical Equipment!



FREE Dance Lessons

Friday, July 5th
10:00am

Light Lunch to follow for \$4

Sign Up DEADLINE: Wed. July 3rd

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!

2018-2019 Board of Directors

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

Beth M. Felts, Executive Director
E-mail: beth@rcseniorcenter.com
615-516-9413 cell

Elaine Spurlock, Activities Director
E-mail: Elaine@rcseniorcenter.com
615-319-1281 cell

- Cathy Lowe— *Chair*
- Ralph Scott, *Vice- Chair*
- Donna Adcock -*Secretary*
- Ned Feaster—*Treasurer*
- Annette Leavell,
- Glenn Hickman,
- Mary Nell Mealer,
- Gwen Martin
- Keith Schultz
- Patty Moore

Telephone Reassurance

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 started!

Funded under agreement with: **GREATER NASHVILLE REGIONAL COUNCIL**

Funded in Part by:



Stokes Brown Foundation

