



Primetime News

July 2019

Volume 3, Issue 1

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

.com
615-319-1281 cell

SPECIAL ACTIVITIES/EVENTS



Step right up!

You're invited to the Dual Special Needs Plan Carnival Spectacular.

Thank you for being a member! We invite you to stop by and join in on the fun. While you're here, learn more about your Dual Special Needs Plan benefits while we show our appreciation. You'll enjoy:

- Refreshments
- Carnival Games
- Music
- Prizes and more!

Bring a friend!
Memberships not required

Please RSVP as space is limited.

United Healthcare
888-201-4237, TTY 711

Dual Special Needs Plan Carnival Spectacular

July 11, 2019 10-12 pm CST

Robertson County Senior Center
601 Locust Street
Springfield, TN 37172



Life Story Project
Your Life, Your Story

Fri., July 12th

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., July 11th



Thur., July 18th 11:00am

11:30pm...

We will be introducing this new program in July! Once a quarter, at our 3rd Thursday Potluck event, special guests will be invited as well...in addition to the potluck food that you all bring...our guests will bring a food from their...culture, race or nationality for us to sample (1 per table). They will also share information not only about the food they brought but about their traditions, etc.



What a fun way to get a "Taste of the World", to broaden our horizons and love of all...enjoy your friends!

Bring a friend and dish to share!



Fri., July 26th 7:00am — 2:00pm

Sat., July 27th 7:00am—12:00pm



601 Locust St. Springfield



Sizzlin' Summer Salad Lunch

TUES., July 30th
11:00am

\$4

Includes: full salad bar, rolls/crackers, fruit, drink & cool dessert

Sign Up DEAD LINE: Mon., July 29th




Yard Sale Donations Needed

Items are needed for our upcoming indoor yard sale! We do not take furniture or clothes! Please have all items here by **Tuesday, July 23rd.**



JUST A SONG AT
Twilight
MARCIA SAVIN



Saturday, August 10th – Dinner at 5:30pm, Show at 6:30pm
Robertson County Senior Center

Dinner will be fried chicken and all the fixins, beverage, and dessert.
Show featuring Sarah Head as "She" and Thom Wilson as "He", directed by Connie Smith
Tickets \$20/each (includes dinner and show)
All proceeds go to Robertson County Senior Center
Contact the Senior Center for ticket information 615-384-6367

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RECYCLE ONLY

MUST be DRY & CLEAN!!

NO TRASH

NO STYROFOAM, GLASS, FOOD WASTE or LIQUIDS!!



MUST be DRY & CLEAN!!

NO STYROFOAM, GLASS, FOOD WASTE or LIQUIDS!!

Please take notice of the large gray container in the Center. It is part of our effort to



Please make sure to look at this flyer so to familiarize yourself with what can and can not be thrown away in this container.

Thanks for helping us do our part!

Out & About

Tuesday, July 9th

9:00am



/Grand Ole Opry Backstage Tour

\$8 Bus Fee + Your breakfast + \$33 Guided Tour



Tuesday, July 16th

9:30am

Shop and lunch on your own from the many vendors + visit the



Bicentennial Mall.

\$8 Bus Fee + Your lunch

Sign Up DEADLINE: Mon., July 15th

Friday, July 19th

9:00am



Enjoy nature at its best on this scenic cruise in Mt. Juliet. We'll stop for lunch along the

\$8 Bus Fee + Your lunch +

\$12 Cruise

Sign Up DEADLINE:

Thur., July 18th

Monday, July 22nd

9:00am

SENIOR MONDAYS @ the **Frist Art Museum**

Gallery admission & 15% off gift shop items and café refreshments. Enjoy live music by Snappy Pappy in the Grand Lobby from 12:30 to 1:30 p.m., and a docent-guided exhibition tour @ 1:30p.m.

\$8 Bus Fee + \$6 Admission

Fee + Your lunch @ The Frist Cafe

Sign Up DEADLINE:

Fri., July 19th

Thursday, Aug 1st

9:30am



WELCOME TO WARTRACE

Home of the Walking Horse Museum

www.wartrace.com



Rich in history and having an abundance of natural beauty, Wartrace is the proud home of gorgeous architecture, talented artists and musicians, and Tennessee Walking Country.

Lunch @



\$9 Bus Fee + Your lunch + \$5 Museum Tour

Sign Up DEADLINE: Wed., July 31st

Tuesday, Aug 6th

10:00am



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

Sign Up DEADLINE: Mon., Aug 5th



Fall



Pigeon Forge/Ashville

Oct. 10th-12th

Comedy Barn Show, The Biltmore Estate, Shopping, 2 Nights Lodging & Transportation.

\$235.00 Double Occupancy

\$335.00 Single Occupancy

10 Spaces available!



1/2 Deposit due @ Sign Up

Final payment due: Thur., Sept. 26th



A Note from the Director

Recently, Elaine had to be out and I had to take a group on a pre-planned outing. I had so much fun enjoyed the day so much! I realized that getting OUT of my office, away from all the reports, paperwork, and behind the computer and spending time with my Senior Friends is something I need to do more often! Therefore, I'm going to welcome "Director's Day" that I will be implementing in August! On the 3rd Friday of each month, I will be taking Seniors somewhere for an outing! Who knows what we'll get into and where we end up? Watch for more details to come in your August Newsletter!

Stay Strong, Stay Healthy



Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease



Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Starting in September! Quick Presentation on Aug. 28th! More details to come!

Stay Strong, Stay Healthy is adapted from the Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2005 Tufts University, Boston Massachusetts

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
EXTENSION
INSTITUTE OF AGRICULTURE



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UNIVERSITY OF MISSOURI
Extension

July is not only our new fiscal year...it is also "**Participant Renewal Month**" as well. Our annual, suggested participant fee is **\$20**. We are blessed to receive grant funds however most of this funding is ear marked for specific projects and programs. Therefore, we rely **HEAVILY** on participant donations for the day to day operations & expenses. Please consider a **\$60 + "Make a Difference"** donation if you are able. ALL donations are greatly appreciated!

GNRC (our biggest funder) has changed our Participant Registration Form (PRF) this year. We are asking **EVERYONE fill out a new form.**

First and foremost, we need the information for the obvious... so we know who you are and who to contact in case of an emergency.

But it there's more to it! The information obtained help federal funders understand if they are really reaching people appropriately, and the data can help inform a broader picture of how older Tennesseans live and what their needs beyond your center really are. The expectation is that this information will help shape policy and programming going forward, so that a variety of needs can be met.

Below, you will find a poverty scale to help you answer poverty level question (3rd after race/ethnicity portion).

Please know that although your known of your information is shared- it is simply used for statistics. If we do not have an updated "PRF" for you- we are unable to count you in our monthly numbers!

Please complete **ALL of the form** and **sign** on "year 1" and **return** with your annual, suggested participant fee.



Household #

Household Income

1	\$12,490
2	\$16,910
3	\$21,330
4	\$25,750
5	\$30,170
6	\$34,590
7	\$39,010
8	\$43,430

For families/households with more than 8 persons, add \$4,420 for each additional person.



PARTICIPANT REGISTRATION FORM

First Name _____ Middle Initial _____ Last Name _____

Preferred Name _____ Gender Female Male

Date of Birth ____/____/____

Age Verification Documentation Driver's License Other Self-Declared (sign Age Affidavit below)

Age Affidavit: I declare that I am 60 years of age or older _____

Phone: _____

Home Address: _____

City: _____ State: _____ ZIP: _____ County: _____

Mailing Address, if different from above: _____

City: _____ State: _____ ZIP: _____ County: _____

Email: _____

Ethnicity Hispanic or Latino Not Hispanic or Latino

Race American Indian/ Alaskan Native Asian
 Black/ African American Native Hawaiian/ Other Pacific Islander
 Non-Minority (White, Non-Hispanic) White, Hispanic
 Other (Specify) _____

Does the client understand English? Yes No If not which language does client speak? _____

Do you have a disability that limits activities such as mobility or self-care? Yes No

Is your household income below poverty level? (see chart) Yes No

Emergency Contact _____ Emergency Contact Phone _____

Do you live alone? Yes No Are you a Veteran? Yes No

I understand that the center/site has a grievance procedure posted that will tell me how to lodge a complaint in the event that I feel I am being discriminated against due to my race, creed, color, sex, age, or national origin. I understand that the information on this form may be used in statistical reports and I hereby give my permission to use the information collected about me if it does not identify me personally by name.

Year 1: Name _____ Date _____

Year 2: Name _____ Date _____




Year 3: Name _____ Date _____

Activities/Events

July 2019

BOLD Print = Special Monthly Activities

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
	<p>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)</p>	<p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi  11:00a Independence Day Celebration</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 Dance Lessons/Light lunch</p>	
7	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Retired Teachers Lunch  11:00a BOCCE BALL COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p> 9:00a "Breakfast Club"- Cracker Barrel/Grand Ole Opry House Tour \$8 Bus Fee + Your lunch + \$33 Guided Tour Sign Up DEADLINE: Mon., July 8th</p> <p>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  10:00a - 12:00p...United Health Care Carnival/PLEASE R.S.V.P by Wed., July 10th 11:30a Cards 1:00p ROCK 5:00p Board Meeting</p>	<p> 12:00p Life Story Project w/Light Lunch/SIGN UP DEADLINE: Thur., July 11th</p>	13
14	<p>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)</p>	<p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi  9:30a "Lunch Bunch" -Farmers Market/Bicentennial Mall/ \$8 Bus Fee + Your lunch/Sign Up DEADLINE: Mon., July 15th</p>	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole  11:00a Springfield Squares Alumni 12:30p Chair Yoga</p>	<p>9:30a Bingo 9:30a J.H. - Bridge Club (BACK FACILITY)- 2 Tables 9:30a Bingo w/ United Health Care  11:00a Lunch 11:30a "Taste of the World" 11:30a Cards 1:00p ROCK</p>	<p> 9:00a "The Blue Heron Cruise"/\$8 Bus Fee + Your lunch +\$12.00 Cruise/Sign Up DEADLINE: Thur., July 18th 7:00p Dance</p>	20

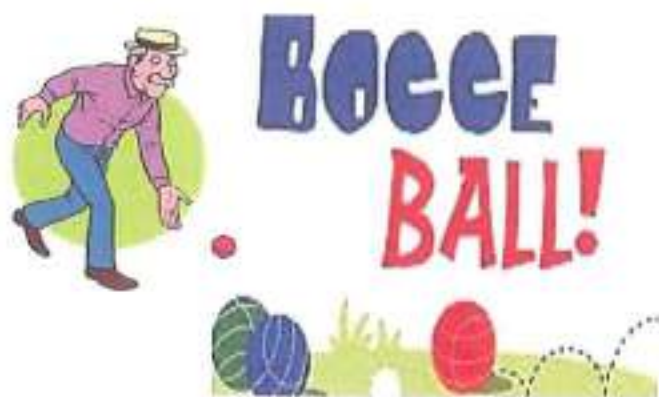
Activities/Events

July 2019 (Page 2)

BOLD Print = Special Monthly Activities

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

21	22	23	24	25	26	27
	<p>8:00a FOOTCARE</p> <p> 9:30a The Frist Center with Lunch in the Cafe/\$8 Bus Fee + \$6 Admission Fee + Your lunch/Sign Up DEADLINE: Fri., July 19th</p> <p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi 10:00a M.R. - Bridge Group - 2 Tables 11:30a FOOTCARE</p>	<p>8:00a FOOTCARE 10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga</p>	<p>9:30a Bingo/The Waters of Springfield 11:30a Cards 1:00p ROOK</p>	<p> 7:00a - 2:00pm... YARD SALE</p>	<p> 7:00a - 12:00pm... YARD SALE</p>
28	29	30	31			
	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a BOCCE BALL COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 9:30a Tai Chi</p> <p> 11:00a Sizzlin' Summer Salad Lunch/\$4/Sign Up DEAD LINE: Mon., July 29th</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p Concert @</p>	<p>10:00a "JUMPSTART YOUR JOINTS" 11:00a Corn Hole 12:30p Chair Yoga</p>			



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!



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

(Back Facility)

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

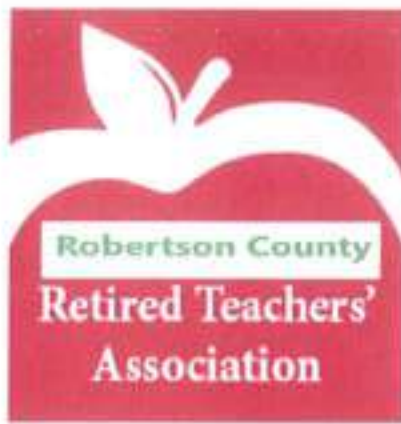
Mondays @ 1:00pm

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



Wednesdays

11:00am



**Robertson County
Retired Teachers'
Association**

Lunch

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



**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!



**FREE
Dance Lesson**

**1st Fridays
10:00am**

Light Lunch to follow for \$4



**Life Story Project
Your Life, Your Story**

2nd Fridays 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... **WOW**, to pass on to your family and friends!

\$4

A light lunch will be included and served prior.



**3rd Friday Nights
7:00pm**

\$6

Concessions sold - No outside food please

Doors open @ 5:30pm



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



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

TaiChi TM
Easy

HEALTH • VITALITY • INNER PEACE

Tuesdays
9:30am

chair yoga
Yoga for Iverybody

Wednesdays
12:30pm

Yoga Instructor:
Julie Simpson




“Get fit while you sit!”

Activities/Events

August 2019

BOLD Print = Special Monthly Activities

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<p>9:30a Bingo w/ Willow Brook</p> <p>Out's About</p> <p>9:30a "Lunch Bunch"- Picken' Chicken/Shopping & Tn Walking Museum- Wartrace! \$9 Bus Fee + Your lunch + \$5 Museum Tour/ Sign Up DEADLINE: Wed., July 31st</p> <p>11:30a Cards 1:00p ROCK</p>	<p>1</p> <p>DANCE</p> <p>10:00a Dance Lesson/Light lunch (\$4)</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>10:00a "JUMPSTART YOUR JOINTS"</p> <p>11:00a BOCCE BALL</p> <p>11:00a N.H. -Bridge Group - 2 Tables</p> <p>COPD360music HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>6</p> <p>9:30a Cards</p> <p>9:30a Knitting & Crocheting (Back Facility)</p> <p>9:30a Tai Chi</p> <p>Out's About</p> <p>10:00a Bowling/Demos/\$8 Bus Fee + Your lunch + \$1.99 per game + \$3.99 shoe rental/Sign Up DEADLINE: Mon., Aug 5th</p>	<p>7</p> <p>10:00a "JUMPSTART YOUR JOINTS"</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga</p> <p> 1:00p</p>	<p>8</p> <p>9:30a Bingo w/NHC</p> <p>11:30a Cards</p> <p>1:00p ROCK</p> <p>5:00p Board Meeting</p>	<p>9</p> <p> 12:00p Life Story Project w/ Light Lunch (\$4)</p>	<p>10</p> <p> 5:30p Robertson County Players Dinner & Play Fundraiser \$20 Tickets on sale NOW!</p>	

VOLUNTEERS WANTED



- * Work on the front desk!
1/2 days & full days available!
- * Call (from your own home) people on our Telephone Reassurance list!
- * If experienced - Help build and maintain our website!

Please contact Beth if interested

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.

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

Remember...
We lend Medical Equipment!



LINDA BAGWELL	JULY 2
ROBERT DORRIS	JULY 2
KATHY TATE	JULY 2
MARIE BROWN	JULY 3
DAVID GURSKI	JULY 3
JO GRUBBS	JULY 8
SANDY BARNES	JULY 11
ALICE CARR	JULY 12
ISABEL FLEMING	JULY 13
DEBRA SADLER	JULY 14
DIANA BRUBAKER	JULY 15
HENRY POOLE	JULY 18
JAMES "JIM" VAUGHN	JULY 20
DARLENE MCKNIGHT	JULY 21
GEORGE TERRY	JULY 24
JAMES "JIMMY" LAMPLEY	JULY 26
DELORES MITCHELL	JULY 26
JOYCE DUKE	JULY 29
MONA JARRELL	JULY 30



- Paper towels Coffee
- Air Fresheners Creamer
- Copier paper Aluminum Foil
- Sandwich & quart Ziploc bags

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!

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!

2019-2020 Board of Directors



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

Funded under agreement

with:

GREATER NASHVILLE REGIONAL COUNCIL

Funded in Part by:



Stokes Brown Foundation

City of Springfield