



## SPECIAL ACTIVITIES/EVENTS

### AP Austin Peay State University

Our friends from the Nursing Program will be here on Wednesday, Nov. 6th 9:30 am to share important health tips. Please come support them and learn something new!!



### VETERAN'S DAY MUSICAL CELEBRATION

MON, Nov. 11th 7:00pm

Performed by: The Robertson County Community Band



Hosted by:



**CLOSED**

MON., Nov. 11th

for **VETERANS  
DAY**

*The Annual*

# VETERANS' LUNCHEON

**Friday, November 8**

*Free!* To Veterans \$8 Non-Veterans **11:30 a.m. to 1 p.m.**

**Reservations Required** by: Tues., Nov. 5th

(615)384-6367



Thur., Nov. 21st 11:00am

11:30pm...

**Speaker:**

Bettye Lynn Richert  
Community Relations Director



with



Robertson County

We will be introducing this new program in July! Once a speaker, at our 3rd Thursday Potluck lunch, special guests will be invited as well. In addition to the yummy food that you all bring...our guests will bring a food from their culture, race or nationality for us to sample if possible. They will also share information not only about the food they brought but about their traditions, etc.



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

# Soup & Sing



## Gospel Night!

**Friday, November 22nd**  
**5:30pm**

Soup, Sandwich, Drink & dessert + good music and vibes!

Robertson County  
SENIOR CENTER  
601 Locust St. Springfield

**\$10** suggested donation



**Wed., Nov. 27th— Fri., Nov. 29th**

*Happy Thanksgiving*

# Christmas Concert

**Tues., December 10th**  
**7pm**

Presented by, The Robertson County Community Band

Light refreshments served

Robertson County  
SENIOR CENTER



## Luncheon

Let's Give thanks together  
with good food & fellowship!

**TUES., Nov. 26th**  
**11:00am**

The Senior Center will provide Turkey, Dressing & Drinks.

Attendees are asked to bring a dish and for dessert to share.

Please let us know you will be attending by:

Fri., Nov. 22nd

## HAPPY BIRTHDAY!!!

BARBARA "FAYE"	NOVEMBER 1
LINDA LEE	NOVEMBER 2
YVETTE HAWKINS	NOVEMBER 5
PATRICIA BINKLEY	NOVEMBER 6
DAVID REED	NOVEMBER 6
DEBRA RICHARDS	NOVEMBER 6
BILLY PAUL CARNEAL	NOVEMBER 7
BRENDA OLDHAM	NOVEMBER 7
MARGARET COBB	NOVEMBER 8
BEV COFFEY	NOVEMBER 9
LEX HIGHSMITH	NOVEMBER 9
MARY NICHOLSON	NOVEMBER 9
MAUREEN LAMBERTH	NOVEMBER 11
BETTY DOBLE	NOVEMBER 12
PEGGY GROGAN	NOVEMBER 13
FOTAINE JOHNSON	NOVEMBER 13
JOHNNY WESSON	NOVEMBER 15
JACQUELINE WILLIAMS	NOVEMBER 15
MARY NELL MEALER	NOVEMBER 17
FRANCES LIPSCOMB	NOVEMBER 19
ALICE STAMPER	NOVEMBER 19
CHRISTINE BUNN	NOVEMBER 20
LEO SMILEY	NOVEMBER 20
MARTHA FARMER	NOVEMBER 21
MARLENE MCCREARY	NOVEMBER 25
KAYE KNIGHT	NOVEMBER 26
BRENDA MCCREARY	NOVEMBER 27
SUE HUTTON	NOVEMBER 28
GINNY LANE	NOVEMBER 28
DOROTHY "DOT" GOWER	NOVEMBER 29
CAROLYN KARKOS	NOVEMBER 29
MIDGE SIMPSON	NOVEMBER 30





= Walking

Estimation

# Out & About



Thursday, Nov. 7th

10:00am



**SOLD OUT!**

For those who are signed up - Remember ...  
BRING your own lunch! (drink provided)



Tuesday, Nov. 19th

4:00pm

Enjoy a delightful dinner before heading to Gaylord Hotel to get a peak at the holiday lights.

\$8 Bus Fee + Your Dinner

Sign Up DEADLINE: Mon., Nov. 18th

Thursday, Dec. 5th



This charming show takes a funny, heartwarming and

often poignant look at the struggle to find the spirit of the holidays amid the avalanche of commercialism, stress and chaos that crashes down every December. \$40.00 Play & buffet lunch + \$8 Bus Fee

SIGN UP Deadline: Wed., Dec. 4th

14 tickets available!

Friday, Dec. 6th

9:30am

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

Your lunch on the way home.

Sign Up DEADLINE: Thur., Dec. 5th



Beth's

**MYSTERY DAY TRIP**



Friday, November 15th

10:00am

Pay your \$8 Bus fee to sign up! / Sign Up DEADLINE: The Day (Thursday) before / Have access to \$10-\$15 for extras (admission, meal, etc) / We'll be back from each adventure no later than 3pm (unless announced prior) maybe sooner!

?? Who knows where we'll end up or what we'll get into??

Friday, Nov. 22nd

9:30am



\$8 Bus Fee + Your breakfast + \$1.99 per game +

\$3.99 shoe rental



**Led by: Tereja Filter**

**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.



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

**Our Exercise Classes  
are FREE, Low Im-  
pact and at your  
own pace & ability!**



*Your*

**Joints!**

**Led by: Anita White**

**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

**chair yoga**  
Yoga for Everybody

**Wednesdays  
12:30pm**

**Yoga Instructor:**

**Julie Simpson**

**"Get fit while you sit!"**





# BOCCIE 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!



**THURSDAYS 9:30am**

The following will be here with prizes & to call:

**1st Thursday:**

**2nd Thursday:**

**3rd Thursday:**

**4th Thursday:**



## 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!

*STACEY from NHC will unable to be here this month but will see you in December!*

*So Waters of Robertson will be filling as a sponsor since we will be CLOSED for Thanksgiving on their regular day.*

*We are working on a permanent sponsor for the 1st Thursday of each month. If no one is available...staff or a volunteer will call.*



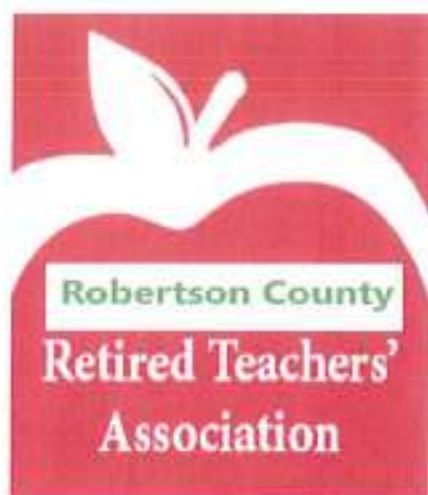
## KNITTING & CROCHETING

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

(Back Facility)

## LET'S PLAY CORNHOLE

**Wednesdays**  
**11:00am**



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!

**NO**



FREE

**Until Jan. 2020**

Dance Lessons

**1st Fridays**  
**10:00am**



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

**\$6**

Concessions sold - No outside food please

Doors open @ 5:30pm





United Way of Metropolitan Nashville  
2019 Day of Action  
Give Thanks Required Items



All Give Thanks boxes **MUST** be packed with the following items using the below container specifications. We ask that participants do not add anything to the box that is not on the list. Additionally, please check the expiration date on all food items. We are not able to distribute food that has expired.

#### Thanksgiving Meal

- ☐ \$25 gift card to Kroger or Walmart (for turkey/ham and other perishable items)
- ☐ 2 cans of green beans
- ☐ 1 can of corn
- ☐ 1 can of yams
- ☐ 1 can cranberry sauce
- ☐ 1 box/bag of stuffing mix
- ☐ 1 can/packet of gravy
- ☐ 1 box of instant potatoes
- ☐ 1 box of corn bread mix
- ☐ 1 brownie mix OR 1 cake mix with can of frosting
- ☐ 2 boxes of low-sugar, whole-grain cereal (nut free)
- ☐ 1 box of granola bars (nut free)
- ☐ 1 pack of dry pasta
- ☐ 1 jar of pasta sauce
- ☐ 2 boxes of macaroni and cheese
- ☐ 2 cans of chicken noodle soup OR 2 packs of ramen noodles
- ☐ 1 jar of applesauce OR 1 six-pack of individual cups
- ☐ 1 pack of low-sugar fruit cups
- ☐ 1 bag of rice cakes, Goldfish crackers OR pretzels

#### Container Specifications

- Must be at least 64 quarts or 16 gallons
- Must be at least 13 inches in height
- Must have a lid and handles
- Recommended containers:
  - [Walmart](#)
  - [Home Depot](#)
  - [Target](#)
  - [Amazon](#) (Bulk)





**FONDRaiser**

**Anita White** is volunteering her time to make T-shirts for us!  
They are grey short sleeve.

**\$20** for sizes S-XL

2X, 3X, & 4X are **\$25**.

Beth had trouble loading pictures so be sure stop by, take a look  
and place your order! Payment is due when ordered.

THANKS so much!

Your **Robertson County Senior Center**  
is teaming up with **United Way** to

**Be the Blessing**



To our shut ins throughout the county during the  
Thanksgiving Holiday!

Here are 2 ways to help:

### **Blessing Bags Needs:**

Scarves	Hats
Gloves	Socks
Handkerchiefs	Puzzle Books
Toiletries of all kinds for Men and Women	

Please bring to Senior Center by:

**Tues., November 19th**



The holidays are an expensive time  
for many in our community.

This season, we're battling hunger in our community by  
providing food to individuals and families who need it most.

You can help.

COLLECT • DONATE • VOLUNTEER

**OVER for a Food  
Box needs list**



**Chili  
ON  
the  
Square**



***Steamin' Hot!***



***Henri's greeting with a smile!***



***Now,  
that's a  
dessert  
table!***



***Faithful , loyal  
Beth!***



***Paula &  
Elaine  
Selfie!***

INVESTIGATOR  
Addison Wright  
**F.B.I.**



# *The smiling faces of friends!*



**Bro. Mike & Janet Treen, Patsy Frey & Terry Martin w/ Springfield Parks and Recreation look pretty happy!**



**The "Golden Girls" of the Chamber!**



**Trick or Treat!**



**Roberston County Circuit Court Clerk - Lisa Cavender & friends!**



**With Springfield Police, The Sheriff's Dept and our Super Heros... We were very Safe!**





*Commissioner Bill Moore, Robertson  
County Clerk, Angie Groves & Melanie  
Stark, Juvenile Court Magistrate*

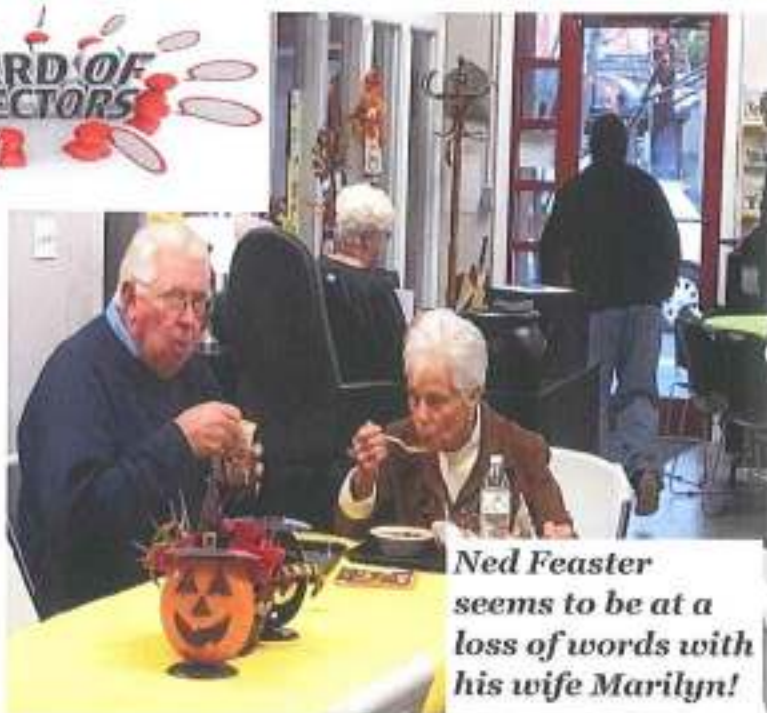


*with the infamous,  
Buddy Frank!*



*All seems well with  
Melvin, Liz,  
Elizabeth and Henri!*

*Gwen  
Martin,  
Patty  
Moore &  
Donna  
Adcock  
with  
volunteer,  
Paula  
Hunsicker*



*Ned Feaster  
seems to be at a  
loss of words with  
his wife Marilyn!*



*Keith Schultz with his wife  
Pam and her uncle...  
official taste testers!*



*Glenn Hickman with his wife aka  
dessert Extraordinaire, Jane!*





As you know, Tynell has retired. We are in the process of finding a foot-care person. We'll let you know as soon as we have a replacement!

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!



\* Work on the front desk. Full or 1/2 days—  
Weekly, bi-weekly or monthly available!

\* Call (from your own home) people on our

Telephone Reassurance list!

\* Experienced person to maintain website



Paper towels	stamps
Creamer	sweeteners
Light Bulbs	Copier Paper
Dish Detergent	rubber bands
Kleenex	
Individually wrapped candy	
Canned <b>COKE, DIET COKE</b> or <b>SPRITE</b>	
Tall Kitchen Trash Bags	

When riding our Mini- Bus...  
Please make sure that we have an  
up to date medical and emergency  
contact list at all times!

The **Tennessee Yellow  
Dot Program**



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

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!



Remember... We lend Medical  
Equipment!

**We have lots of activities &  
things to do available in  
our Main Hall.**

*Here's a few things:*

<b>Watch TV</b>	<b>Read</b>
<b>Coffee time</b>	<b>Dominoes</b>
<b>Poker</b>	<b>Board games</b>
<b>Puzzles- board and book</b>	
<b>Uno, Rook &amp; Playing Cards</b>	

## 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:



Funded in Part by:



Stokes Brown Foundation





# Activities/Events

November 2019

## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Saving Time ends</p> <p>3</p>	<p>4</p> <p><b>YOUR JOINTS</b> 11:00a - 10:00a Group - 2 Tables</p> <p><b>Better BALLET</b> 11:00a</p> <p><b>COPD 360music</b> HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</p>	<p>5</p> <p><b>Election Day</b> 9:30a Cards (Back Facility)</p>	<p>6</p> <p><b>AP Austin Peay</b> State University 9:30a NURSING PROGRAM</p> <p><b>YOUR JOINTS</b> 10:00a</p> <p><b>NO</b> 11:00a EAT WELL - FEEL WELL</p> <p><b>Hole</b> 11:00a Corn</p> <p><b>chairs mega</b> 12:30p</p> <p><b>Club</b> 1:00p Book</p>	<p>7</p> <p><b>BLINGO</b> 9:30a</p> <p><b>Out About</b> 10:00a "Singin' in the Rain" Cherfin's Barn Theatre \$21.00 Play + \$8 Bus Fee + BRING your own lunch (drink provided) SIGN UP Deadline: Wed., Nov. 13th --- SOLD OUT---</p> <p><b>Cards</b> 11:30a</p> <p><b>12:30p ROKK</b></p>	<p>1</p> <p><b>Dance Lessons</b> 10:00a</p>	<p>2</p>
					<p>8</p> <p><b>10:00a Stay Strong. Stay Healthy Strength Training- NEW DAY/TIME!!! (Back Facility)</b></p> <p><b>11:30a</b> Veteran's Luncheon / FREE to Veterans \$8 Non-Veterans / MUST sign up by Tues., Nov. 5th</p>	<p>9</p>

# Activities/Events

November 2019 (Page 2)

**BOLD Print = Special Monthly Activities**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	<p><b>Veterans Day</b></p> <p><b>CLOSED</b></p> <p>11:00a Retired Teachers Luncheon</p> <p><b>VETERAN'S DAY CELEBRATION</b> 7:00p Robertson County Community Band</p>	<p>9:30a Cards</p> <p>9:30a (Back Facility)</p> <p>10:00a M.R. - Bridge Group - 1 Table</p> <p>1:30p Afternoon Snacks provided by: MorningSide</p>	<p>10:00a YOUR JOINTS</p> <p>11:00a Corn Hole</p> <p>11:00a EAT WELL - FEEL WELL - (NEW) 5 week Program</p> <p>chair yoga 12:30p</p>	<p>9:30a w/ BINGO Waters of Robertson</p> <p>11:30a Cards</p> <p>12:30p ROOK</p> <p>5:00p Board Meeting</p>	<p>8:30a Pancakes &amp; Planning (Doors will NOT open until 8:15am) MUST R.S.V.P. by Wed., Nov. 13th</p> <p>10:00a Stay Strong. Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</p> <p>10:00a Pay your \$8 Bus fee to sign up! / Sign Up DEADLINE: Thur., Nov. 14th, /Have access to \$10-\$15 for meal the day of / Back no later than 3pm / ?? Who knows where we'll wind up. ??</p> <p><b>DANCE</b> 7:00p</p>	16



# Activities/Events

November 2019 (Page 3)









**BOLD Print = Special Monthly Activities**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<p>10:00a E.G. - Bridge Group - 2 Tables</p> <p><b>YOUR JOINTS</b> 10:00a</p> <p><b>Reese's BALLS</b> 11:00a</p> <p><b>COPD 360music</b> 1:00p (BACK FACILITY)</p>	<p> 9:30a Cards</p> <p> 9:30a (Back Facility)</p> <p> 4:00p Caney Fork Restaurant / Gaylord Hotel Lights / \$8 Bus fee / Sign Up DEADLINE: Mon., Nov. 18th</p>	<p> 10:00a YOUR JOINTS</p> <p> 11:00a Corn Hole</p> <p> 11:00a Springfield Squares Alumni</p> <p> 12:30p</p>	<p>9:30a J.H. - Bridge Club (BACK FACILITY) - 2 Tables</p> <p> 9:30a w/ United Health Care</p> <p> 11:00a Lunch</p> <p>11:30a Bettye Lynn Richert - Robertson County Funeral Home</p> <p> 11:30a Cards</p> <p> 11:45a "Taste of the World" - Fontaine</p>	<p> 9:30a "Breakfast Club" - The Red Rooster / Bowling / \$8 Bus Fee + Your breakfast + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Thur., Nov. 21st</p> <p>10:00a Stay Strong, Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</p> <p> 5:30p - 8:00pm... Suggested \$10 Donation</p>	
24	25	26	27	28	29	30
	<p><b>YOUR JOINTS</b> 10:00a</p> <p><b>Reese's BALLS</b> 11:00a</p> <p><b>COPD 360music</b> 1:00p (BACK FACILITY)</p>	<p> 9:30a Cards</p> <p> 9:30a (Back Facility)</p> <p>10:00a M.R. - Bridge Group - 2 Tables</p> <p> 11:00a Luncheon / Bring a side dish or dessert to share / Please RSVP by: Fri. Nov. 22nd</p>	<p></p>	<p>Thanksgiving Day</p>		

# Activities/Events

December 2019

## BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	<div><b>Arthritis Support Group</b> 10:00a YOUR JOINTS</div> <div><b>Senior Center</b> 11:00a E.G. -Bridge Group - 2 Tables</div> <div><b>Senior Center</b> 11:00a - 11:30a</div> <div><b>COPD 360</b> MUSIC HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</div>	<div><b>Arthritis Support Group</b> 9:30a Cards (Back Facility)</div> <div><b>Senior Center</b> 9:30a (Back Facility)</div>	<div><b>Arthritis Support Group</b> 10:00a YOUR JOINTS</div> <div><b>Senior Center</b> 11:00a Corn Hole</div> <div><b>Arthritis Support Group</b> 12:30p yoga</div> <div><b>Senior Center</b> 1:00p Book Club</div>	<div><b>Arthritis Support Group</b> 9:30a - 10:00a</div> <div><b>Senior Center</b> 11:00a Corn Hole</div> <div><b>Arthritis Support Group</b> 12:30p yoga</div> <div><b>Senior Center</b> 1:00p Book Club</div>	<div><b>Arthritis Support Group</b> 9:30a "Lunch Bunch" / Bowling / \$8 Bus Fee + Your lunch + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Thur., Dec. 5th</div> <div><b>Senior Center</b> 10:00a Stay Strong, Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</div> <div><b>Senior Center</b> 5:30p Spaghetti Dinner &amp; Dance - \$10 - Barry Drake</div>	<div><b>Arthritis Support Group</b> 9:30a "Lunch Bunch" / Bowling / \$8 Bus Fee + Your lunch + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Thur., Dec. 5th</div> <div><b>Senior Center</b> 10:00a Stay Strong, Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</div> <div><b>Senior Center</b> 5:30p Spaghetti Dinner &amp; Dance - \$10 - Barry Drake</div>	<div><b>Arthritis Support Group</b> 10:00a Return to Springfield</div>
8	9	10	11	12	13	14	
	<div><b>Arthritis Support Group</b> 10:00a YOUR JOINTS</div> <div><b>Senior Center</b> 11:00a - 11:30a</div> <div><b>COPD 360</b> MUSIC HARMONICAS FOR HEALTH 1:00p (BACK FACILITY)</div>	<div><b>Arthritis Support Group</b> 9:15a Goodlettsville Senior Center .. Eddie K Christmas Extravaganza</div> <div><b>Senior Center</b> 9:30a Cards (Back Facility)</div> <div><b>Senior Center</b> 9:30a (Back Facility)</div> <div>10:00a M.R. - Bridge Group - 1 Table 1:30p Afternoon Snacks provided by: MorningSide</div> <div><b>Senior Center</b> 7:00p Robertson County Community Band</div>	<div><b>Arthritis Support Group</b> 10:00a YOUR JOINTS</div> <div><b>Senior Center</b> 11:00a Corn Hole</div> <div><b>Arthritis Support Group</b> 12:30p yoga</div>	<div><b>Arthritis Support Group</b> 9:30a w/NHC</div> <div><b>Senior Center</b> 11:30a Cards</div> <div><b>Senior Center</b> 12:30p ROKK 5:00p Board Meeting</div>	<div><b>Arthritis Support Group</b> 9:30a "Lunch Bunch" / Bowling / \$8 Bus Fee + Your lunch + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Thur., Dec. 5th</div> <div><b>Senior Center</b> 10:00a Stay Strong, Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</div> <div><b>Senior Center</b> 5:30p Spaghetti Dinner &amp; Dance - \$10 - Barry Drake</div>	<div><b>Arthritis Support Group</b> 9:30a "Lunch Bunch" / Bowling / \$8 Bus Fee + Your lunch + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Thur., Dec. 5th</div> <div><b>Senior Center</b> 10:00a Stay Strong, Stay Healthy Strength Training- NEW DAY/NEW TIME!!! (Back Facility)</div> <div><b>Senior Center</b> 5:30p Spaghetti Dinner &amp; Dance - \$10 - Barry Drake</div>	<div><b>Arthritis Support Group</b> 10:00a Return to Springfield</div>



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 \_\_\_\_\_

**July** was not only our new fiscal year...it was 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 earmarked 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.

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.

### **2019—2020 Board of Directors**

**Cathy Lowe— Chair**                      **Ralph Scott, Vice— Chair**  
**Donna Adcock —Secretary**      **Ned Feaster—**  
**Treasurer**

Annette Levell      Glenn Hickman      Gwen Martin



We follow the Robertson County School System's Inclement weather policy. If schools are closed ... **ALL** activities, events & outings are **CANCELLED** unless otherwise notified. If schools open late or close early...we do the same. Make up dates are scheduled when and if possible.



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E-mail: beth@rcseniorcenter.com  
615-516-9423 cell

**Elaine Spurlock, Activities Director**  
E-mail: Elaine@rcseniorcenter.com  
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