



SPECIAL ACTIVITIES/EVENTS

CLOSED

Monday,
January 20th

for

**Martin
Luther
King
Day**



**SENIOR
SMARTPHONE
TUTORS
Class**

Monday, Jan. 27th

2:00pm

WANT TO MASTER YOUR SMARTPHONE? NEED SOMEONE PATIENT TO HELP?
WITH OVER 10 YEARS OF EXPERIENCE WE ARE READY TO HELP!

\$10

LIMITED to 10 Seniors

Sign Up DEADLINE: Fri., Jan 24th

Sponsored in part for RCSC Members by: Anonymous Donor



Thursday, Jan. 30th

11:30am

\$6

Sign Up Deadline: Tues., Jan. 28th

Sweets & Treats



\$3

Yummy Dessert Bar, games/activities,
treats & prizes!

SIGNUP Deadline: Wed, Feb 12th

AARP Tax-Aide

THURSDAYS:

February 13th, February 27th,
March 12th, March 26th & April 9th

Certified Volunteers provide this FREE service to Seniors and low income households. Some restrictions may apply. Appointments (Required) may be made at the front desk and/or calling: 615-384-6367

CLOSED

Monday, February 17th



LUNCH

Thur., Feb. 20th
11:00am

Bring a friend and dish to share!



MELODY CARR	JANUARY 17
GENE DAVIS	JANUARY 17
LINDA NORFLEET	JANUARY 17
HAROLD WHITE	JANUARY 18
JEAN COOPER	JANUARY 21
EMILY SAND	JANUARY 22
BARBARA SHARP	JANUARY 22
FRANCES CHRISTENSON	JANUARY 23
ELIZABETH JAMES	JANUARY 23
MYRA SWANDER	JANUARY 23
WILLIAM "BILL" MOORE	JANUARY 24
RUTH MCGEE	JANUARY 25
KAREN SPEIGHTS	JANUARY 29
BETTY GILBERT	JANUARY 30
NOVELLA GILL	JANUARY 30
IVY "NELL" MURPHY	JANUARY 30
BEN TIDWELL	JANUARY 30
ANN BAKER	FEBRUARY 1
ALEAN BLANTON	FEBRUARY 2
WAYNE READER	FEBRUARY 4
LINDA DEAN	FEBRUARY 5
JANET REED	FEBRUARY 6
EDWARD KRAMER	FEBRUARY 8
JAMES MARTIN	FEBRUARY 10
PHYLLIS WOOD	FEBRUARY 10
GLENN HICKMAN	FEBRUARY 11
BETTY RIDDLE	FEBRUARY 13
DOT COWAN	FEBRUARY 14
SANDRA MADDUX	FEBRUARY 14
ROBERT "MURDUE" MURPHY	FEBRUARY 14
HELEN WOODARD	FEBRUARY 14
NELL CHAMBLISS	FEBRUARY 15
MARCIA NELSON	FEBRUARY 17
JAMES ROBINSON	FEBRUARY 17

MARION GROVES	FEBRUARY 18
MATTEO FAENZA	FEBRUARY 20
JOYCE MUNDA	FEBRUARY 20
BETTYE ALLEY	FEBRUARY 22
FRANCES SWEARINGEN	FEBRUARY 22
MARY REED	FEBRUARY 23
JOYCE HOLLINGSWORTH	FEBRUARY 24
MARIE SMITH	FEBRUARY 24
JOHN WOODARD	FEBRUARY 25
MARY CHATMAN	FEBRUARY 26
SHERRIE SMITH	FEBRUARY 27
CAROLYN DORRIS	FEBRUARY 28
WILLIAM (BILL) HUNSICKER	FEBRUARY 28
ROGER LAUCKEY	FEBRUARY 28
JOYCE SMILEY	FEBRUARY 28

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



Remember— We offer gift certificates to be purchased for your friends and family and YOU! Please see Beth.



FONDRaiser

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

\$20 S-XL

\$25 2X, 3X, & 4X

Stop by and place your order! Payment is due



We follow the Robertson County School System's

Inclement weather policy.

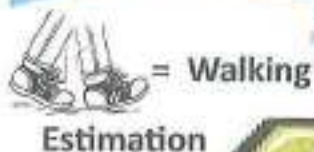
If schools are closed ... **ALL** activities, events & outings are **CANCELLED** unless otherwise notified. If schools open late or close early...we do the same. Make up dates are scheduled when and if possible.

Due to illness, there's a week delay in your newsletter. Sorry for any inconvenience! Because of the delay and February is a short month... Please note that this newsletter runs ALL through February.

VOLUNTEERS NEEDED!



- Work front desk. Full or 1/2 days— Weekly, bi-weekly or monthly spots available!
- Call (from your own home) people on our Telephone Re-assurance list!
- Experienced person to maintain website



Out & About



Thursday, Jan. 23rd 9:00am

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

\$3.99 shoe rental + Your lunch after
Sign Up DEADLINE: Wed, Jan. 22nd



Thursday, Feb. 6th 10:15am



featuring the songs of Neil Sedaka



Chaffin's Barn Theater

Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics, including "Where the Boys Are", "Sweet Sixteen", "Calendar Girl", "Love Will Keep Us Together", and of course, the chart-topping title song. 9 tickets available!

\$8 Bus Fee + BRING your own lunch (drink provided) SIGN UP Deadline: Wed., Feb. 5th

Friday, Jan. 31st 9:00am

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

\$3.99 shoe rental + Your lunch after
Sign Up DEADLINE: Thur., Jan. 30th



Thursday, Feb. 13th

9:30am

Federal Grove Restaurant



\$8 Bus Fee + Lunch \$ SIGN UP Deadline: Wed., Feb. 12th



Tuesday, Feb. 18th 9:30am

Stories of our community will come to life through wedding gowns on display at Oaklands Mansion. Step back into time and experience the common threads that weave our lives together as we explore women's history, fashion history, cultural history and the history of our community. Over fifty gowns will be placed on loan and exhibited, most for the first time. The "Wedding Dresses Through the Decades" exhibit.

\$10 + \$8 Bus Fee + Lunch \$

SIGN UP Deadline: Mon Feb 17th

Beth's MYSTERY DAY TRIP



Friday, February 21st 9:30am

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)

Friday, Nov. 22nd 9:30am



Restaurant TBD -



After



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

Sign Up **DEADLINE:** Thur., Feb 27th

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!



Paper towels
stamps
Creamer sweeteners
Light Bulbs
Copier Paper

Dish Detergent rubber bands Kleenex

Individually wrapped candy

Canned **COKE, DIET COKE** or **SPRITE**

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!



Remember... We lend Medical
Equipment

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

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



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

Here's a few things:

Watch TV **Read**
Coffee time **Dominoes**
Poker **Board games**
Puzzles- board and book
Uno, Rook & Playing Cards

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

January 2020

BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day ALL CLOSED- NEW YEARS	2 9:30a Bingo w/Love & Friendship S.S. Class of North Springfield Baptist 11:30a Cards 12:30p ROKK	3 10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)	4
5	6 10:00a YOUR JOINTS 11:00a . 11:00a E.G. - Bridge Group - 2 Tables (Back Facility) 1:00p Harmonica (BACK FACILITY)	7 9:30a "Breakfast Club" - to 1 Hop in Madison and The Parthenon in Nashville 9:30a Cards 9:30a Knitting & Crocheting (Back Facility)	8 10:00a JUMP START YOUR JOINTS 11:00a Corn Hole 12:30p Chair Yoga	9 9:30a Bingo w/NHC 11:30a Cards 12:30p ROKK 5:00p Board Meeting	10 10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)	11
12	13 10:00a JUMP START YOUR JOINTS 11:00a Retired Teachers Lunch 1:00p Harmonica (BACK FACILITY)	14 9:30a Cards 9:30a Knitting & Crocheting (Back Facility) 1:30p Afternoon Snacks provided by: MorningSide	15 10:00a JUMP START YOUR JOINTS 11:00a Corn Hole 11:00a Springfield Squares Alumni 12:30p Chair Yoga	16 9:30a J.H.- Bridge Club (BACK FACILITY)- 2 Tables 9:30a Bingo w/ POTLUCK LUNCH 11:00a 11:30a Cards 12:30p ROKK	17 9:00a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee to sign up! / Sign Up DEADLINE: Thur, Jan. 16th, Have access to \$10-\$15 for meal the day of / Back no later than 3pm / ?? Who knows where we'll wind up ?? 7:00p Senior Dance \$6 Concessions Sold	18

Activities/Events

January 2020 (Page 2)

BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	<p>MLK DAY</p> <p>CLOSED - MLK DAY</p>	<p>9:30a E.J. - Bridge Group - 2 Tables (Back Facility)</p> <p>9:30a Cards</p> <p>9:30a Knitting & Crocheting (Back Facility)</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga</p>	<p>9:00a Bowling / \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental + your lunch after/ Sign Up DEADLINE: Wed., Jan. 22nd</p> <p>9:30a Bingo/The Waters of Springfield</p> <p>11:30a Cards</p> <p>12:30p ROKK</p>	<p>10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)</p>	
26	27	28	29	30	31	
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOGCE</p> <p>1:00p Harmonica (BACK FACILITY)</p> <p>2:00p Senior Smart Phone & Tablet Tutoring Class \$10/LIMITED to 10 Seniors/Sign Up DEADLINE: Fri., Jan 24th</p>	<p>9:30a Cards</p> <p>9:30a Knitting & Crocheting (Back Facility)</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga</p>	<p>11:30a "Souper Bowl" Lunch - \$6 Signup DEADLINE: Tues., Jan 28th WEAR YOUR TEAM COLORS!</p> <p>11:30a Cards</p> <p>12:30p ROKK</p>	<p>9:00a Bowling /\$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental + your lunch after/ Sign Up DEADLINE: Wed., Jan. 29th</p> <p>10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)</p>	

Activities/Events

February 2020 (Page 2)

BOLD Print = Special Monthly Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	<p>President's Day CLOSED - PRESIDENTS DAY</p> <p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE Ball</p> <p>1:00p Harmonica (BACK FACILITY)</p>	<p>9:30a E.J. - Bridge Group - 2 Tables (Back Facility)</p> <p>9:30a Cards</p> <p>9:30a Knitting & Crocheting (Back Facility)</p> <p>9:30p Oakland's Mansion- Wedding Dress Exhibit \$10 + \$8 Bus Fee + Lunch \$ /SIGN UP Deadline: Mon., Feb. 17th</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a Corn Hole</p> <p>11:00a Springfield Squares Alumni</p> <p>12:30p Chair Yoga</p>	<p>9:30a J.H. - Bridge Club (BACK FACILITY)- 2 Tables</p> <p>9:30a Bingo w/ POTLUCK Lunch</p> <p>11:30a Cards</p> <p>12-30p ROOK</p>	<p>9:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee to sign up! / Sign Up DEADLINE: Thur. Dec. 19th /Have access to \$10-\$15 for meal the day of / Back no later than 3pm / ?? Who knows where we'll wind up ??</p> <p>10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)</p> <p>7:00p Senior Dance \$8 Concessions Sold</p>	<p>Washington's Birthday</p>
23	24	25	26	27	28	29
	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE Ball</p> <p>1:00p Harmonica (BACK FACILITY)</p>	<p>9:30a Cards</p> <p>9:30a Knitting & Crocheting (Back Facility)</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a Corn Hole</p> <p>12:30p Chair Yoga</p>	<p>9:30a AARP TAXES - (BACK FACILITY)</p> <p>9:30a Bingo/The Waters of Springfield</p> <p>11:30a Cards</p> <p>12:30p ROOK</p>	<p>9:15a "Breakfast Club" - Restaurant TBD/Bowling/ \$8 Bus Fee + \$1.99 per game + \$3.99 shoes rental + your breakfast before/ Sign Up DEADLINE: Thur., Feb 27th</p> <p>10:00a Stay Strong, Stay Healthy Strength Training - (Back Facility)</p>	

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.

**THANKS
SO MUCH!**

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.

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 _____



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!



THURSDAYS 9:30am

The following will be here with prizes & to call:

1st Thursday:



North Springfield Baptist Church
Love & Friendship S.S. Class

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, too!

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

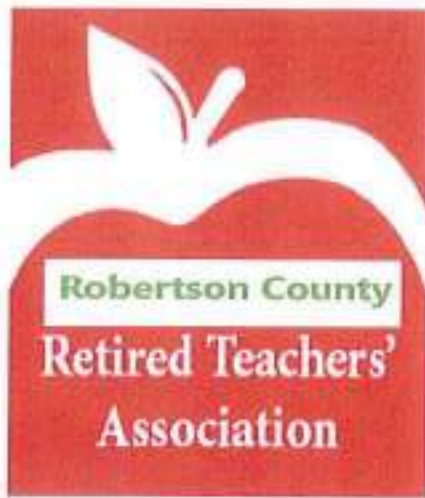
Come Join this fun group
on **Tuesdays @ 9:30am**

(Back Facility)



Wednesdays

11:00am



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

Lunch



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!

Springfield Squares
Alumni

3rd Wednesday of each Month
11:00am



Lessons

1st Friday s 1:00pm

Taught by: Lee Marie



STARTS: FRIDAY, MARCH 6th

Seniors
DANCE


3rd Friday Nights
7:00pm

\$6

Concessions sold - No outside food please

Doors open @ 5:30pm

Led by: Teresa Filter

Stay Strong, Stay Healthy 



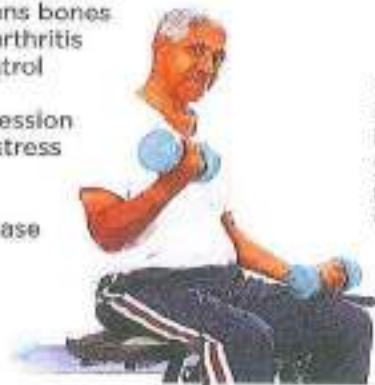
Strength Training Program for Older Adults

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

Joint!

Mondays & Wednesdays

10:00am

Led by: Anita White

chair yoga

Yoga for Everybody

Wednesdays

12:30pm

Yoga Instructor:

Julie Simpson

This Class from the Arthritis Foundation is geared toward:

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

“Get fit while you sit!”

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2019-2020 Board of Direc-

Cathy Lowe—Chair

Ralph Scott, Vice—Chair

Donna Adcock -Secretary

Ned Feaster—Treasurer

Annette Levell Glenn Hickman
Gwen Martin Keith Schultz

Patty Moore

NON-PROFIT ORGANIZATION
U S POSTAGE
PAID
Springfield, TN



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E-mail: beth@seniorcenter.com
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Klaire Spurlock, Activities Director
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