



JULY 2021



We will be closed

Monday, July 5th

in observance of

Independence Day



Bocce Ball

Mon., July 12th

2nd Wednesdays



1:00pm

July 14th

Read and then talk about it with friends!



Lunch

3rd Thursday of each month

July 15th 11:00am

Please bring a dish & friend to share!

MOVIE FRIDAYS

free



4th Friday
of
Each Month!
1:00pm

June was our first try and our sound wasn't quite loud enough!

But no worries... We're getting the kinks worked out so everything will be

LOUD & CLEAR for

July 23rd's Feature:



Chevy Chase and Richard Dreyfuss star as a talent manager and his former comedian client as they try to get back into the showbiz game 50 years after retirement. Of course, a lot has changed since then.



SUMMER



Lunch

Tues., Aug. 3rd

11:30am

\$5

Includes: Full salad bar, rolls, crackers, dessert & cool dessert

Sign up DEADLINE: Fri., July 31st



WED., July 7th 9:30am... Bowling

Hendersonville / \$8 Bus Fee + \$1.99 per game
+ \$3.99 shoe rental + your lunch

Sign Up DEADLINE: Tues., July 6th

WED., July 14th 9:30am...

"Lunch Bunch" - Whistle Stop - Glendale Ky

\$8 Bus Fee + Lunch

Sign Up DEADLINE: Tues., July 13th

TUES., July 20th 9:30am...

BETH'S MYSTERY TRIP - Pay your \$8 Bus fee

Have access to \$10-\$15 for meal, etc / Back by

Sign Up DEADLINE: Mon., July 19th

3pm / ?? Who knows where we'll wind up ??

FRI., July 23rd 9:15am... Patti's & Badgett's Playhouse Grand Rivers, Ky

\$11 Bus Fee + Your Lunch @ Patti's + \$22 ticket for "The Super 60's" show

Sign Up DEADLINE: Tues., July 20th

WED., July 28th 9:15am... "Breakfast Club"- First Watch / \$8 Bus Fee +

Breakfast

Sign Up DEADLINE: Tues., July 27th

WED., Aug. 4th 10:00am... "Lunch Bunch"- Chaney" & Thrift Shopping

\$8 bus fee + your lunch / Sign Up DEADLINE: Tues., Aug 3rd

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



JUMPSTART YOUR JOINTS

This low-impact class from the Arthritis Foundation is geared towards:

- Reducing pain/inflammation
- Improving joint function
- Increasing muscular strength
- An overall sense of well being

MONDAYS & FRIDAYS
10:00AM



Happy Feet Walking Club

Every Tuesday @ 10:00am
Springfield Civic Center
401 N. Main St. Springfield

Free!

Come walk indoors and enjoy fellowship with others in the community instead of braving the changing weather of the season.

Wednesdays

10:00 am

chair yoga
Yoga for Everybody

Get fit while you sit!


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. Come learn with us!

MONDAYS @ 1:00pm

Doug has decided to start back from scratch!
Old and NEW will start from the beginning together!



BOCCIE BALL!

Mondays @ 11:00am!



CARDS

Tuesdays 9:30am **Thursdays (after bingo) 10:45am**

Currently, Hand and Foot is being played! Oh and by the way... 

In need of more players, so come join the fun!

If you don't know how to play—friends will gladly teach you!

We have tons of other playing cards for Spades, Canasta, etc as well as Uno, Skippo, & Rook!

So, gather some friends and come start a new group and a new weekly activity!



Each **THURSDAY** 9:30am

SPONSORED BY:


1st Thursday... The Love & Friendship S.S. Class of North Springfield Baptist Church

2nd Thursday... Stacey R. Moore w/ 

3rd Thursday... Springfield  Club

4th Thursday...  Jackie MGe

ROOK



Thursdays 12:30pm

FRIDAY



11:00am

Activities/Events

July 2021

Green **border** = Weekly Green **shaded** box = Monthly Blue **border** = Out and About Trips **Red** = cancellation

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2	3
					<p>9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist</p> <p>10:45a CARDS</p> <p>Special event</p> <p>11:00a Independence Day Lunch / \$7 / Sign up DEADLINE: Tues., June 29th</p> <p>11:30a ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>	
4	5	6	7	8	9	10	
Independence Day	<p>Independence Day observed</p> <p>CLOSED</p>	<p>9:30a - 3:30pm... CARDS</p> <p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p>	<p>Out & About</p> <p>9:30a Bowling / \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental + your lunch after / Sign Up DEADLINE: Tues., July 6th</p> <p>10:00a Chair Yoga</p>	<p>9:30a BINGO w/NHC</p> <p>10:45a CARDS</p> <p>11:30a ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>		






Please remember to SIGN UP for activities/outings if requested!

Activities/Events

July 2021 (Page 2)

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

11	12	13	14	15	16	17
	<p>10:00a JUMP START YOUR JOINTS - (BACK FACILITY TODAY)</p> <p>11:00a Retired Teachers Lunch</p> <div style="text-align: center;">  <p>11:00a BOCCE BALL</p> </div> <p>1:00p COPD 360 Harmonica Class - (BACK FACILITY TODAY)</p>	<p>9:30a CARDS</p> <p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p>	<div style="border: 2px solid blue; padding: 5px;">  <p>9:15a "Lunch Bunch"- Whistle Stop / \$8 Bus Fee + Lunch \$ / Sign Up DEADLINE: Tues., July 13th</p> </div> <p>10:00a Chair Yoga</p> <p>1:00p BOOK CLUB</p>	<p>9:00a ...F./J./E.G. - Bridge Club - 2 Tables - (BACK FACILITY)</p> <p>9:30a BINGO w/ Springfield Civitan Club</p> <p>10:45a CARDS</p> <div style="border: 1px solid green; padding: 2px;">  <p>11:00a ... Lunch</p> </div> <p>11:30a ROOK</p>	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p>	
18	<p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class</p>	<p>9:30a CARDS</p> <div style="border: 2px solid pink; padding: 5px;"> <p style="text-align: center;">MYSTERY DAY TRIP</p>  <p>9:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up DEADLINE: Mon., July 19th/ Have access to \$10-\$15 for meal, etc / Back no later than 3pm / ?? Who knows where we'll wind up ???</p> </div> <p>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</p>	<p>10:00a Chair Yoga</p>	<p>9:30a BINGO w/Caris Healthcare</p> <p>10:45a CARDS</p> <p>11:30a ROOK</p>	<div style="border: 2px solid blue; padding: 5px;">  <p>9:15a Patti's & Badgett's Playhouse - Grand Rivers, Ky/ \$11 Bus Fee + Lunch \$ / Sign Up DEADLINE: Tues., July 20th</p> </div> <p>10:00a JUMP START YOUR JOINTS</p> <p>11:00a CORNHOLE TOSS</p> <p>1:00p Movie Friday - "The Last Laugh "</p>	24

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Activities/Events

July 2021 (Page 3)

Green **border** = Weekly Green **shaded** box = Monthly Blue **border** = Out and About Trips **Red** = cancellation

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

25	26	27	28	29	30	31
	<div style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS</div> <div style="border: 1px solid green; padding: 2px;">11:00a BOCCE BALL</div> <div style="border: 1px solid green; padding: 2px;">1:00p COPD 360 Harmonica Class</div>	<div style="border: 1px solid green; padding: 2px;">9:30a CARDS</div> <div style="border: 1px solid green; padding: 2px;">10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div>	<div style="text-align: center;">  <p>9:15a "Breakfast Club"- First Watch / \$8 Bus Fee + Breakfast / Sign Up DEADLINE: Tues., July 27th</p> </div> <div style="border: 1px solid green; padding: 2px;">10:00a Chair Yoga</div>	<div style="border: 1px solid green; padding: 2px;">10:45a CARDS</div> <div style="border: 1px solid green; padding: 2px;">11:30a ROOK</div>	<div style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS</div> <div style="border: 1px solid green; padding: 2px;">11:00a CORNHOLE TOSS</div>	

Activities/Events

August 2021

Green **border** = Weekly Green **shaded** box = Monthly Blue **border** = Out and About Trips **Red** = cancellation

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
	<div style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS</div> <div style="border: 1px solid green; padding: 2px;">11:00a BOCCE BALL</div> <div style="border: 1px solid green; padding: 2px;">1:00p COPD 360 Harmonica Class</div>	<div style="border: 1px solid green; padding: 2px;">9:30a CARDS</div> <div style="border: 1px solid green; padding: 2px;">10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div> <div style="border: 1px solid green; padding: 2px; background-color: #ffff00;"> <p style="text-align: center; font-size: 2em; color: red; font-weight: bold;">Special event</p> <p>11:30a Sizzlin' Summer Salad Lunch / \$5 / Sign up DEADLINE: Fri., July 31st</p> </div>	<div style="text-align: center;">  <p>10:00a "Lunch Bunch"- Chaney" & Thrift Shopping / \$ 8 bus fee + your lunch / Sign Up DEADLINE: Tues., Aug 3rd</p> </div> <div style="border: 1px solid green; padding: 2px;">10:00a Chair Yoga</div>	<div style="border: 1px solid green; padding: 2px;">9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist</div> <div style="border: 1px solid green; padding: 2px;">10:45a CARDS</div> <div style="border: 1px solid green; padding: 2px;">11:30a ROOK</div>	<div style="border: 1px solid green; padding: 2px;">10:00a JUMP START YOUR JOINTS</div> <div style="border: 1px solid green; padding: 2px;">11:00a CORNHOLE TOSS</div>	



it's time to
**RENEW YOUR
MEMBERSHIP**

July is not only the new start of our new fiscal year but also "Participant Renewal Month". Our annual, SUGGESTED participant fee is **\$20**. We rely **HEAVILY** on participant donations for the day to day operations & expenses.

We ask that **EVERYONE fill out a new form (NEXT PAGE)**

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.

Please complete ALL of the form and sign & return with (if able) your donation.

If you have recently turned in this new form... we ask that you stop by to sign for the new 21/22 fiscal year!

Please make sure you're registered 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.

Tennessee Yellow DOT Program



is designed to provide first responders with an individual's medical information in the event of an emergency.

 Remember... We lend Medical Equipment



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

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!



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 _____

Available in our Main Facility

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

2021/2022

Board of Directors

*** NEW**

- *Edison Gutherie
- *Paul Nutting
- *A. Dion Darnell
- *Theresa Filter
- *Buddy Frank
- *Dontez Huskey
- *Bo Howell
- Paula Hunsicker
- George Hatcher
- Chris Hamsley
- Keith Schultz

Please try to remember to sign up for activities when sign up is requested!

This helps to with head count to prepare for!



Needs List

Canned/bottled soda, water or tea
 Individually wrapped snacks & sweets
 Copier paper
 Tissue boxes
 Stamps
 Rubber bands

Coffee
 hand soap
 dish detergent
 Lysol spray

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

Hometown

Heating & Cooling, LLC. has over 25 years of service experience in commercial and residential heating and air conditioning, as well as commercial refrigeration.

SPONSOR SPOTLIGHT
and installation

Hometown Heating & Cooling

Contact **Chris Thompson**, owner and operator, for your service and installation needs today. Licensed, bonded and insured.

Thank You To Our Sponsors

Please check often, as we receive new sponsors!

Please help to show appreciation with your patronage, with a thank you note or a verbal thanks!



** deceased*



**Platinum
Level**

GNRC
George Porter *
Stokes Brown Foundation

Ed & Milma* Kramer
City of Springfield
Robertson County Government

Jacquelyn Guthrie Foundation
The Barnes Group
Springfield Fellowship Church
Dr Sabi & Linda Kumar
Brown, Brown & Associates
Robertson County Funeral Home
Springfield Rotary Club

Springfield Lions Club
Hometown Heating & Cooling
Reiselman Buick GMC
Shelia & Barry Brake
Brenda Harvey
Gwen & James Martin



**Gold
Level**



**Silver
Level**

RJR Foundation
New Chapel UMC Church
Vision Concepts
Jane & Glenn Hickman
Mayor Billy & Cindy Vogle
Stacy & Chris Causey
Jeana & Jeff Feaster
Kim & Bob Bibb

Town Of Coopertown
South Side Drugs
Carney Felts
Shannon & Bill Allen
Marilyn & Ned Feaster
New Chapel Mens Club
Kathy & Tony Neal



601 Locust St.
Springfield, Tn 37172
Phone: 615-384-6367
Hours of Operation :
9:00am - 4:00pm
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
www.rcseniorcenter.com

For your OFFICIAL, Up-to-date information



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