

AUGUST PRIMETIME NEWS 2021



FootCare

with Allison

Please help us welcome...



3rd Monday of each month in MAIN Facility

Hi!

My name is Allison Benham and I have been in the spa business for 19 years. What I enjoy most about my job is helping other people and making them look and feel better about themselves.

I have been married for 10 years and I have two boys. Colten is 7 and Easton is three. I am a member of Heads Free Will Baptist Church and I also help with children's ministries.

Please call me to make an appointment and/or with any questions.

\$20

This month's Date:

Monday, August 16th



Join Beth and Elaine for a "Jam session" to discuss what activities, programs, and events you would like to participate in here at the Robertson County Senior Center. We'll have an interactive, brainstorm session looking at activities and programs you have enjoyed in the past, what's

worked, what hasn't & things for the possible future. Bring your ideas, suggestions and appetite!

**Tuesday, August 17th
10:00am**

Jam & biscuits
with coffee/juice
will be served!



3rd Thursday of each month

Lunch

August 19th 11:00am

Please bring a dish & friend to share!

11:30am—11:45am...

Enjoy this talented group of kids

from Kentucky and Tennessee who call themselves...



The Kentuckyseans

MOVIE FRIDAYS

free



Enjoying the last day of summer with an oldie but certainly a goodie!!

August 27th's Feature:



Watch from
our
NEW
cinema
projector!!



= walking estimation

WED., Aug. 4th 10:00am...

"Lunch Bunch"- Chaney" & Thrift Shopping /\$8 bus fee + your lunch / Sign Up **DEADLINE: Tues., Aug 3rd**



WED., Aug 11th 9:15am... "Breakfast Club" & Bowling - Liz's Restaurant & Strike & Spare / \$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up **DEADLINE: Tues., August 10th**



WED., Aug. 18th 9:30am... Self guided tour of Oaklands Mansion (Murfreesboro) / \$10.00 ticket entry + \$8 bus fee + your lunch / there are stairs to 2nd floor — or you may browse the gift shop on 1st floor if unable to climb / Sign Up **DEADLINE: Tues., August 17th**



THUR., AUG. 26th 8:30am... BETH'S MYSTERY TRIP / Pay your \$8 bus fee + have access to \$10-\$15 for meal, etc. / Back by 5 pm / ?? Who knows where we'll wind up ?? Sign Up **DEADLINE: Mon., July 19th**



WED., Sept. 1st 9:15am... "Breakfast Club" - Bob Evans & Farmers Market /\$ your breakfast + \$8 Bus Fee / Sign Up **DEADLINE: Tues., August 31st**



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



Health & Wellness



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!



Mondays @ 11:00am!



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... CARIS healthcare - Jackie MGee



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, Skipbo, & Rook!

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

ROOK



**Thursdays
12:30pm**

FRIDAY



11:00am

FUNDRAISER

Logo Embroidered Polo Shirts
various sizes & colors

\$22

Don't see your size color?
Let us know & we'll try to
make it happen!!

Specials thanks to Bo Harrell
or sharing his time & talent!



Have you noticed our building has been
pressure washed & cleaned recently?

What about our new TV, sound system or
Fridge?

Yeah, we're excited!



Thanks!

Ms. Elizabeth James
for having our piano
tuned!

**FOUND
SAFE**

Auto Key in parking
lot... See Beth



GAME ROOM!!

Dart Board! Foosball!

Air Hockey! Chess!

Checkers! Cribbage!

and more!

Small Library

internet / computer(s) accessibility for members

Debit / Card payment options




"A little gray hair is a small price to pay for all this
accumulated wisdom"

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>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class</div>	<div>9:30a CARDS</div> <div>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div> <div>  <div>11:30a Sizzlin' Summer Salad Lunch / \$5 / Sign up DEADLINE: Fri., July 31st</div> </div>	<div>10:00a "Lunch Bunch", Chaney" & Thrift Shopping / \$8 bus fee + your lunch / Sign Up DEADLINE: Tues., Aug 3rd</div> <div>10:00a Chair Yoga</div>	<div>9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist</div> <div>10:45a CARDS</div> <div>11:30a ROOK</div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div>		
8	9	10	11	12	13	14
<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class</div>	<div>9:30a CARDS</div> <div>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div>	<div>9:15a "Breakfast Club" & Bowling - Liz's Restaurant & Strike & Spare / \$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Tues., August 10th</div> <div>10:00a Chair Yoga</div> <div>1:00p BOOK CLUB</div>	<div>9:30a BINGO w/NHC</div> <div>10:45a CARDS</div> <div>11:30a ROOK</div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div>		

Activities/Events

August 2021 (Page 2)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	<div>FOOTCARE w/ ALLISON (BY APPT 615-533-6443)</div> <div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class</div>	<div>9:30a CARDS</div> <div>  <p>Special event</p> <p>10:00a "JAM SESSION"</p> <p>11:15a HAPPY FEET WALKING CLUB @ Springfield Civic Center (NOTICE--CHANGE of TIME for TODAY)</p> </div>	<div>  <p>Out & About</p> <p>9:30a Oaklands Mansion Tour / \$8 bus fee + \$10.00 ticket entry + \$ your lunch /Sign Up DEADLINE: Tues., August 17th</p> </div> <div>10:00a Chair Yoga</div>	<div>9:00a ...F./E.G. - Bridge Club - 2 Tables - (BACK FACILITY)</div> <div>9:30a BINGO w/ Springfield Civitan Club</div> <div>10:45a CARDS</div> <div>  <p>POTLOCK</p> <p>11:00a ... Lunch</p> </div> <div>11:30a ROOK</div> <div>11:30a Special Presenter/Entertainer/Activity: The Kentuckseesans</div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div>	
22	23	24	25	26	27	28
	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class</div>	<div>9:30a CARDS</div> <div>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div>	<div>10:00a Chair Yoga</div>	<div>  <p>MYSTERY DAY TRIP</p> <p>8:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up DEADLINE: Tues., Aug. 24th / Have access to \$10-\$15 for meal, etc / Back no later than 5:00p this month / ?? Who knows where we'll wind up ??</p> </div> <div>9:30a BINGO w/Caris Healthcare</div> <div>10:45a CARDS</div> <div>11:30a ROOK</div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div> <div>1:00p Movie Friday - "National Lampoon's Vacation"</div>	

Activities/Events

August 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
29	30	31				
	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCCE BALL</div> <div>1:00p COPD 360 Harmonica Class</div>	<div>9:30a CARDS</div> <div>10:00a HAPPY FEET WALKING CLUB @ Springfield Civic Center</div>				

Activities/Events

September 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
		<div>  <div> 9:15a "Breakfast Club" - Bob Evans & Farmers Market / \$ your breakfast + \$8 Bus Fee / Sign Up DEADLINE: Tues., August 31st </div> </div> <div>10:00a Chair Yoga</div>	<div>  <div> 9:15a "Breakfast Club" - Bob Evans & Farmers Market / \$ your breakfast + \$8 Bus Fee / Sign Up DEADLINE: Tues., August 31st </div> </div> <div>10:00a Chair Yoga</div>	<div>9:30a BINGO w/Love & Friendship S.S. Class of North Springfield Baptist</div> <div>10:45a CARDS</div> <div>11:30a ROOK</div> <div>  <div> 11:30a "Labor Day" Lunch / Sign up Deadline: Tues., Aug. 31st </div> </div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div>	



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

July was 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 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. **Yellow Dot** supplies are free & may be picked up @ Senior Center



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!

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

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

This helps to with head count to prepare for!



**- Canned/bottled soda,
water or tea
- Individually wrapped
snacks & sweets**

**copier paper -
dessert plates -
tissues - hand soap -
stamps - band aides
Disinfectant spray -
dried white beans /
canned, diced tomatoes
for an upcoming
fundraiser.**

2021/2022

Board of Directors

*** NEW**

Keith Schultz, **Chair**

*Buddy Frank, **Co-Chair**

*Paul Nutting, **Secretary**

George Hatcher, **Treasurer**

*Edison Guthrie

*A. Dion Darnell

*Theresa Filter

*Dontez Huskey

*Bo Howell

Paula Hunsicker

Chris Hamsley

Last month, the contact number for our July Sponsor spotlight

Was accidentally cut off. Please call **Chris** with

Hometown Heating & Cooling (615) 939-4366 for your service and installation needs today. Licensed, bonded and insured.

We apologize for the mistake!



1000 S. Main St. Springfield (615) 384-3546

Mon.— Fri. (8:00am— 6pm) Sat.— (8:00am—4:pm)

Sunday—CLOSED

South Side Drug Co. is a locally owned & operated independent pharmacy located in the heart of Springfield. They are pleased to offer a full service pharmacy, a variety of over-the-counter items, locally sourced gifts, free delivery, a wholesome lunch counter & a nearby garden to grow fresh produce.

Other services they provide include:

- *Medical equipment
- *Blood glucose checks
- *Diabetic shoes
- *Blood pressure checks
- *Compression hose/stockings
- *Curbside service for families or disabled
- *Weekly med boxes/packs

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*



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



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

SPRINGFIELD DANCE HALL

601 LOCUST STREET, SPRINGFIELD, TN 37172

931-237-4615

****OPEN TO THE PUBLIC****

STILL KICKIN' COUNTRY BAND

ADMISSION \$7.00 AGE 12 & OLDER

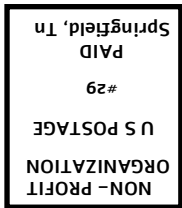
1ST & 3RD SATURDAY NIGHT

(BEGINS APRIL 3RD, 2021)

7-10 PM

**GREAT COUNTRY MUSIC, DANCING,
FOOD AND GOOD TIMES**

NO ALCOHOL - NO SMOKING



For your OFFICIAL, Up-to-date information



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

Monday, September 6th

We are closed!



Have a safe and fun holiday!



Sun., Oct. 3rd... "White Bean & Cornbread Supper" &
Gospel Singing Fundraiser

Fri., Oct. 8th... "Senior Wellness & Resource Expo"

Fri., Oct. 29th... Annual "Chili on the Square"
Fundraiser

Tues., Nov. 9th... Annual "Veterans Appreciation Lunch"

Tues., Nov. 23rd... Annual "Give Thanks" Luncheon