



2021

PRIMETIME NEWS



**GET
YOUR
free
FLU
SHOT!**

Sponsored &
Administered by:



Thursday, Oct. 7th

Between the hours of 9:30am—11:30am



3rd Thursday of each month

Lunch

October 21st

11:30am

Please bring a dish & friend to share!

12:00pm—12:15pm...



To Be Determined!!

MOVIE FRIDAYS

free



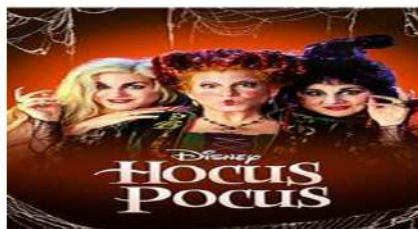
It's getting a little spooky around here!

**October 21st's
Features:**

We'll be adjusting the sound to be louder!

We apologize for internet difficulty for
September's film!

We hope to make up soon!



**NEW
CLASS!**

Turn the page for Details...





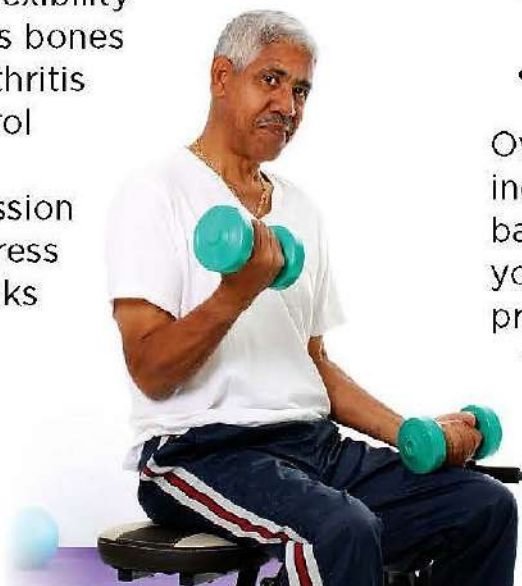
Strength Training Program for Older Adults

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.

TUESDAYS & THURSDAYS

10:30am

Oct. 19th - Dec. 14th

Orientation and fitness assessment: Thur., Oct. 14th 10:30am

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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This institution is an equal opportunity provider.



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.



Senior's Smartphones & Tablets



Tues., Oct. 26th 1:00pm

Space is limited to 10 people!

Do you have a smart phone and/or tablet and would like to learn more about the ins and outs of it, as well as how to take advantage of its many organizational tools, and countless number of apps you can add to it for even more fun?

Then you need to register at the front desk, today for this 1-hr workshop taught by our friend, **Jesse Browning!**



Cost: \$10

**Sponsored in part by:
Anonymous Donor**

Basket Weave Class



Our very own, Chris Hamsley, will teach us the art of basket weaving.

Starts November 2nd, and will meet every other week (**Nov. 2nd, 16th & 30th**)

@11:30am.

Your finished product will be a basket similar to this, just in time for the holidays!



Cost: \$25 (includes materials)

Payment Due @ Sign up

Sign up DEADLINE: Thur. Oct. 21st

**NOT for computers...*

mobile smart devices only!





Annual
CHILI
on the
SQUARE



Friday

Oct.
29th

11am - 2pm

Chili— Hot Dog— Corn Chips— Dessert— Drink

601 Locust St. Springfield

\$8

COVID FRIENDLY (served in TO-GO boxes)

Outdoor or indoor seating choices available

This **FUNDRAISER** is open to the community - proceeds raised for day to day operations for our Center.

Costume/Dress **OPTIONAL** but always **FUN!**



with Allison

\$20

Located in FRONT OFFICE of our Senior Center

Please call 615-533-6443 to make an appointment.



= walking estimation

TUES., Oct. 5th 9:30am...

"Lunch Bunch" - Nolensville Feed Mill & site seeing / \$8 bus fee + your lunch / Sign Up **DEADLINE:** Mon., Oct. 4th



TUES., Oct. 12th 9:30am...

"Breakfast Club" - Larry's /Hendersonville Strike & Spare for Bowling /\$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up

DEADLINE: Mon., Oct. 11th



WED., Oct. 13th 10:00am... "Lunch and Bingo" @White House Senior Center / \$2.50 + \$5 Bus Fee/ Bring a drink for lunch and a bingo prize/ Sign up **DEADLINE:** Fri., Oct 8th



WED., Oct. 20th 9:30am... "Fall Foliage Drive" / Historic Collinsville Pioneer Settlement (Southside, TN) / \$8 Bus fee + \$8.00 admission + your lunch / Activity - making butter & tour / Sign up **DEADLINE:** Tues., Oct 19th



THUR., Oct. 28th 9:30am... BETH'S MYSTERY TRIP / Pay your \$8 bus fee + have access to \$10-\$15 for meal, etc. / Back by 4 pm / ?? Who knows where we'll wind up ??

Sign Up **DEADLINE:** Wed., Oct. 27th



WED., Nov. 10th 10:00am... "Lunch Bunch"- Hendersonville Strike & Spare for Bowling /\$ your lunch on way home + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up **DEADLINE:** Tues., Nov. 9th



Dec. 1st — 3rd

2 Shows (Country Tonite & The Red Skeleton Tribute) *

2 Nights Lodging *

Continental Breakfast *

Shopping/Free Time *

Transportation

\$230 Double Occupancy

\$360 Single Occupancy

12 spots available!

Full payment @ signup to
reserve spot

Our **GAME ROOM** is



So far we have :

Darts!

Foosball!

Air Hockey!

Chess!

Checkers!

Cribbage!

Puzzles

Cards

Board Games! and more to be added!

Unless something is specially scheduled on calendar for this room... Come Hang out anytime!

For safety reasons, darts will be kept secure but just ask Staff for them when you would like to play!

"The Book Lounge" is our new, mini library!



OPEN: **Mon., Oct. 11th**



We encourage you to take advantage of the books & magazines available.

If we grow larger, we may look into a checkout system but for now, we'll work on off the honor system.

Please only take 1-2 at one time so there will be some for others and return when you are finished!

Volunteer, Merry Balthrop will in be in charge of maintaining!

Thank you Merry!

We have a paper shredder in the front office that available for you to use anytime!!



Board Meetings are now on the **3rd Thursday** of each month.

These are open for anyone to attend.



We are required to conduct unannounced, random emergency evacuation drills throughout the year!

When riding our Bus... Please make sure that we always have an up to date medical and emergency contact list !



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 _____

October 2021

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Activities/Events

October 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
17	18	19	20	21	22	23
<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>10:30a Stay Strong, Stay Healthy Strength Training Program</div>	<div>  <p>9:30a "Fall Foliage Drive" / Historic Collinsville Pioneer Settlement (Southside, Tn) / \$8 Bus fee + \$8.00 admission + your lunch / Activity - making butter & tour / Sign up DEADLINE: Tues., Oct 19th</p> </div> <div>10:00a Chair Yoga</div>	<div>9:00a ...F.J./E.G. - Bridge Club - 2 Tables - (BACK FACILITY)</div> <div>9:30a BINGO w/ Springfield Civitan Club</div> <div>10:30a Stay Strong, Stay Healthy Strength Training Program</div> <div>10:45a CARDS</div> <div>11:30a ROOK</div> <div>  <p>11:30a ... Lunch * NEW TIME</p> </div> <div>12:00p Special Presenter/Entertainer/Activity: To Be Determined!!</div> <div>5:00p Board Meeting</div>	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div> <div>1:00p Movie Friday - "Hocus Pocus"</div>		

Activities/Events

October 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

24	25	26	27	28	29	30
	<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>10:30a Stay Strong, Stay Healthy Strength Training Program</div> <div>1:00p SMART PHONE/MOBILE DEVICE CLASS / Jessie Browning (Instructor)</div>	<div>10:00a Chair Yoga</div>	<div>9:30a BINGO w/Caris Healthcare</div> <div>MYSTERY DAY TRIP </div> <div>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 4pm / ?? Who knows where we'll wind up ??</div> <div>10:30a Stay Strong, Stay Healthy Strength Training Program</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>\$ 11:00a - 2:00pm... "Chili on the Square"</div>	
31	Halloween					

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!**

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!



Needs List

- Individually wrapped
snacks & sweets
- hand soap - stamps - band aides
- Disinfectant spray -

For upcoming "Chili on the Square" Fundraiser:

- Canned Coke, Diet Coke or Sprite

2021/2022

Board of Directors

Keith Schultz, **Chair**

Paul Nutting, **Secretary**

Edison Guthrie

Theresa Filter

Bo Howell

Chris Hamsley

Buddy Frank, **Co-Chair**

George Hatcher, **Treasurer**

A. Dion Darnell

Dontez Huskey

Paula Hunsicker



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

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

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

Dance

Saturday Nights

7pm—10pm

Hosted & Sponsored by: Barry Brake

Open to the Public

Admission: \$7 Age 12 & older

Band: 1st, 3rd & 5th Saturday Nights:

Still Kickin' Band

**Saturday, Oct. 30th... come dressed in costume for a
Halloween celebration**

Band: 2nd & 4th Saturday Nights:

Along for the Ride Band

Great Country Music, Dancing, Food & Good Times

No Alcohol

No Smoking