

JANUARY
2021

PRIME TIME NEWS

February
2021

N  **Chair Yoga Wed., Jan. 19th**



Leave with your very
own sample!

TUES., Jan. 25th
10:00am

FREE but please
sign up by:
Fri. Jan. 21st

AARP
Tax-Aide™

2022

Certified Tax Preparers will be back to prepare & file 2021 returns again this year from our back facility! The below schedule is for the first appointment where AARP will scan your documents:

Feb. 7th Feb 21st
Mar. 7th Mar. 21st
April 4th

You will need to be available the week after the first appointment to come back to pick up the return. Packets will be mailed out prior to your 1st appointment.

All of the same Covid protocols apply: masks, sanitizing between appointments, rescheduling if anyone is sick (Covid or not).

Please call the Robertson County Senior Center @ 615-384-6367 to schedule your

POTLOCK
3rd Thursday of each month **Lunch**

January 20th

11:30am

Please bring a dish & friend to share!

12:00pm—12:15pm...

TBD

MOVIE FRIDAYS



January 28th's

Feature:

The unforgettable true story chronicles the tumultuous three-month period in 1965, when Dr. Martin Luther King, Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement. Director Ava DuVernay's "Selma" tells the story of how the revered leader and visionary Dr. Martin Luther King, Jr. and his brothers and sisters in the movement prompted change that forever altered history.



Do you like **knit**, **crochet**, or **sew** a little or a lot?

We have plenty of big table space for whatever project you are working on so...

Come share coffee, ideas, patterns, & good times with friends!

Tuesdays
@
9:30am



Starts
Tues.,
Feb. 1st

BACK Facility

Carol Kurpatwinski will be heading this new group! If you don't know how to crochet— she's your girl! She'll be glad to teach you!

THANK YOU CAROL!!

I'm sure others will share in their handwork knowledge as well!

If you would like to participate, feel free to come see what it's all about!

Kick off Super Bowl weekend

with a



Fri., February 20th 12:00pm

\$6 includes: bowl of soup, sandwich,
tailgating snacks/desserts
and drink.

Fun games and competitions after lunch!

Wear your favorite Team Colors!!

Sign Up DEADLINE: Wed., Feb. 9th



POTLUCK Lunch

3rd Thursday of each month

February 17th

11:30am

Please bring a dish & friend to share!

12:00pm—12:15pm...

Hanna Dennis is the Rehabilitation Instructor for the State of Tennessee, Services for the Blind and Visually Impaired, Independent Living Program.

Hanna will be sharing some of the direct services to individuals on a one-on-one basis and coordinate services which may be available from other agencies and organizations that Independent Living Rehabilitation Instructors provide.



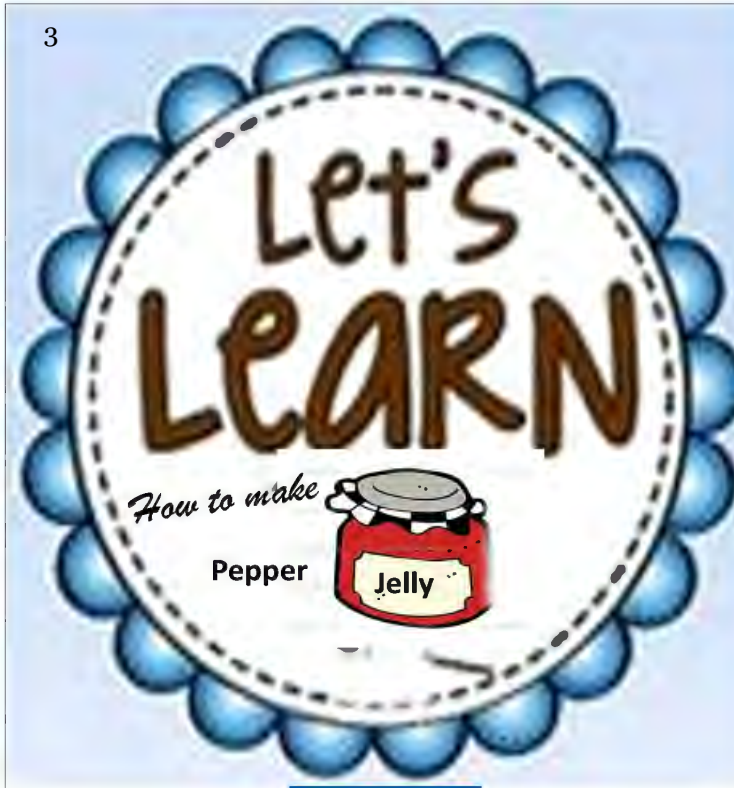
Sweets and Treats
12:30pm

Lovable dessert bar, games, activities, treats & prizes

\$4

Wear your RED, PINK or PURPLE!

Sign Up DEADLINE: FRI., Feb. 11th



Leave with your very
own sample!

TOES., Feb. 22nd
10:00am

FREE but please
sign up by:
Fri. Jan. 21st



**February 25th's
Feature:**



Thirty years after starring in The Wizard of Oz (1939), beloved actress and singer, Judy Garland (Renée Zellweger) arrives in London, England to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans (Finn Wittrock), her soon-to-be fifth husband.

NEW
**Senior
Smartphones
& Tablets**

PHOTOGRAPHY

Class

- How to take photos
- Share photos
- Save & back up

Learn from our
friend Jessie!

\$10



Tues., Feb. 22nd 1:30pm

Sponsored in part by:

Anonymous Donor

Class limited to 10 people

Sign up ASAP!



with Allison

\$20



Located in FRONT OFFICE of our Senior Center

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



Please

**remember to
sign up for**

**activities when
sign up is request-
ed!**

**This helps with
head count to
prepare for!**



(back facility)

offers

**Darts! Foosball! Air Hockey! Chess! Cards! Checkers! Cribbage!
Puzzles! Board Games! & more!**

If nothing else scheduled ... **Come hang out anytime!!**

For safety reasons, darts will be kept secure but just ask staff for them!



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



= walking estimation

WED., Jan. 19th 11:00am... After Christmas Bargain Shopping @ Mall and Thrift Stores / your lunch + \$8 Bus Fee / Sign Up **DEADLINE:** Tues., Jan. 18th



FRI., Jan. 21st 7:30am... Opry House Backstage Tour /Caney Fork Restaurant / **This is Dec. 29th's RESCHEDULED TRIP** / \$39 backstage tour + \$8 bus fee + your supper / If you were previously signed up- your name is already on the list! / As of now, this trip is still **FULL** however you are welcome to add your name on our cancellation list.



WED., Jan. 26th 10:00am... "Lunch and Bingo" @ White House Senior Center / \$2.50 + \$6 Bus Fee/ Bring a drink for lunch and a bingo prize/ Sign up **DEADLINE:** Fri., Jan. 21st



THUR., Jan. 27th 9:30am... BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up **DEADLINE:** Wed., Jan. 26th / Have access to \$10-\$15 for meal, etc / Back no later than / Who knows where we'll wind up ??



WED., Feb. 2nd 10:30am... Greenbrier History Museum, lunch at Granny's Briar Patch and Tour of Highland Chapel Union Church in Ridgetop / your lunch + \$6 Bus Fee / Sign Up **DEADLINE:** Tues., Feb. 1st



WED., Feb. 9th 9:30am... "Breakfast Club"- Larry's / Strike & Spare for Bowling / \$ your breakfast +8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up **DEADLINE:** Wed., Feb. 8th



WED., Feb. 16th 9:30am... Monell's / additional Valentine's Celebration - wear your **red** again / Please PRE-PAY your lunch \$19 + \$8 Bus Fee / Sign Up **DEADLINE:** TUES., Feb. 15th



THUR., Feb. 24th 9:30am... BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up **DEADLINE:** Wed., Feb. 23rd / Have access to \$10-\$15 for meal, etc / Back no later than / Who knows where we'll wind up ??





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.

Please remember: We can **NOT** accept items to give away for bingo. So we are so grateful to have our awesome sponsors who come on a regular basis!

thank
you!

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

THE
BOOK LOUNGE

If we grow larger, we may look into a check-out 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!



We conduct un-announced, random, emergency evacuation drills throughout the year!

wish list

8 oz. bottled water dessert plates
canned coke, diet coke & sprite
individually wrapped snacks & sweets

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



Weapons/Firearms Policy

The Robertson County Senior Center is a weapon-free campus. Weapons of any kind are strictly prohibited on the main campus, in vehicles on campus and at center sponsored events. A weapon includes any device defined by statute or the center that, if used in a manner intended, is capable of producing death, harm or bodily injury to person or property. Such devices include, but are not limited to: guns(including starter pistols , paintball guns, those that shoot projectiles including pellets, BBs, airsoft beads, potatoes, etc.), explosives, ammunition, knives with blades longer than three(3) inches, slingshots, martial arts weapons, and bow and arrow combinations (including Crossbows).

In the interest of public safety, the weapon-free campus policy includes items resembling weapons including, but not limited to: replica, non-firing, rubber, plastic, and/or toy guns.

Those possessing permits to carry concealed weapons in public are subject to this policy and are prohibited from bringing weapons onto campus or campus facilities.

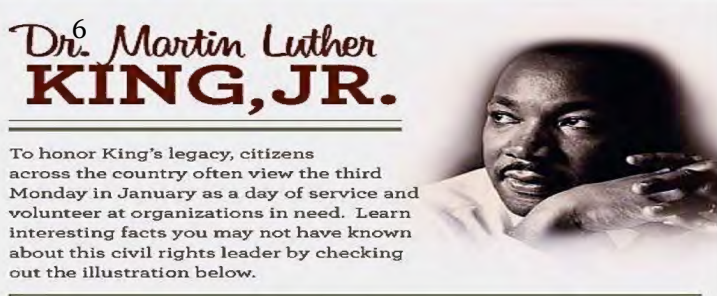
Weapons are not permitted on campus property, including possession or storage by an individual, in a center facility or in vehicle on center property. As described in TCA 39-17-1313

Exceptions to this policy include uniformed police officers and authorized security personnel. As described in TCA 39-17-1359

Board Approved
10/21/21

Dr. Martin Luther KING, JR.

To honor King's legacy, citizens across the country often view the third Monday in January as a day of service and volunteer at organizations in need. Learn interesting facts you may not have known about this civil rights leader by checking out the illustration below.



{ Interesting facts }

Born Michael Luther King, Jr., but changed it to Martin because his father changed his in honor of the founder of the Lutheran denomination.

In 1964, at the age of 35, he was the youngest man to have received the Nobel Peace Prize and donated his \$54,123 prize money to the civil rights movement.

He became the first black American to be honored as *Time Magazine's* Man of the Year.

King is the subject of U2's song "Pride (In the Name of Love)," which reached #2 on Billboard's Mainstream Rock Singles in 1984.

January 20, 1986 was the first national celebration of King's birthday as a holiday. To date, all 50 states observe the third Monday in January to honor King.

The four-acre Martin Luther King, Jr National Memorial, complete with a 28-foot-tall statue of King, is scheduled to open August 2011, between the Jefferson and Lincoln memorials.

Between the years 1957 and 1968

Traveled more than SIX MILLION MILES

Spoke more than 2,500 TIMES

Arrested more than 20 TIMES

Assaulted at least FOUR TIMES

Awarded FIVE HONORARY DEGREES

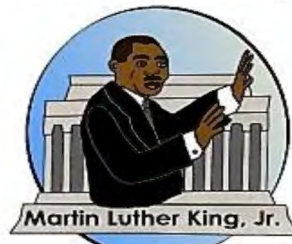
Delivered the "I Have a Dream" address before 250,000 PEOPLE in Washington D.C.

Martin Luther King, Jr. Word Search

W K M B F C M A H Q J O Q N S P S O O T
X L C A O Z M O U G R U O B P S T R S L
D O D L E E E R D E N I K Q E Z H E C V
D P O K R R Y Q Z E T E C A E P G H T D
K R U I X A D Z U A E Y J G C S I R P E
L O C R X S R A G A K R X W H M R B E C
S A C A Z I H E E M L Z F P D J L K M I
N D M S O I R D I V G I T M U W I E N T
Z M Z J V G E N K B A O T J E H V Q D S
B N O B E L P R I Z E H I Y S L I N V U
T C N S R E H C A E R P I A T O C C W J
R N G K I C E E T U M H Q C B F B E T K
S U R S W S L M E D Z B E D D K V L Q T
K A H B G T O L L X K S Y H I L B H N K
T W K L Y R R V T M R T T X V Q L Q M L
W S L G P U O F E K R A T Z E Q E L X K
J L Q J F G Z D W E C H C O W M A P R S
T G H M U G H A B X X H J I B Y Q X O V
V X V D X L V I L E A D E R S T T E Q H
P I E U C E L K M N C A I G I M I N P Q

AMERICAN
CIVIL RIGHTS
COLOR
EQUALITY
FREEDOM
HERO
HOPE
I HAVE A DREAM
JUSTICE

LEADER
LIBERTY
NOBEL PRIZE
PEACE
PREACHER
RACISM
SEGREGATION
SPEECH
STRUGGLE

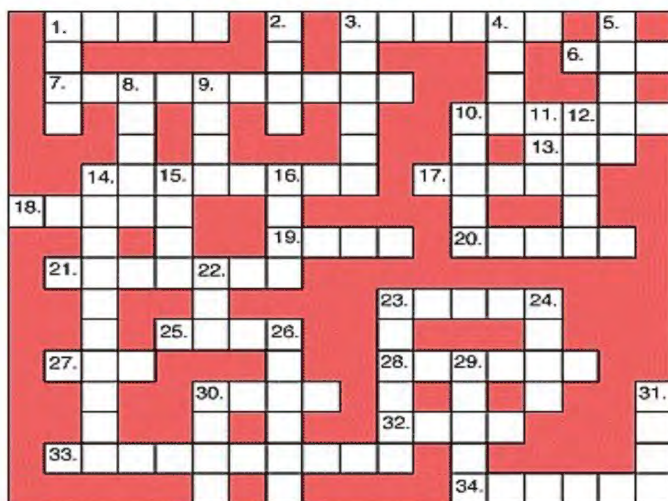


Valentine's Day word scramble

DER _____ KNIP _____
ERTHA _____ SESISK _____
OROWA _____ UFBRYRAE _____
HOLCETAOC _____ OPEM _____
SRHUC _____ LTETRE _____
DYNCA _____ EESTW _____
VLOE _____
PELEVEON _____
NEOYH _____
CIDPU _____



Valentine's Crossword



Across:

1. Opposite of boys
3. Valentine colour
6. _____ goes there?
7. St. _____ Day
10. The targets of Cupid's arrows
13. This little piggy is one
14. Valentine month
17. Tolls paid
18. _____ change, pocket money
19. Sign above door
20. Donald's girlfriend
21. Crayon maker
23. He shoots love arrows

Down:

1. Bestow
2. _____ the bottle
3. Attractive
4. Frilly trim
5. Valentine colour
8. Mickey _____ Minnie
9. Close to
10. Listened

11. Past tense of eat
12. Red flowers
14. February _____ is Valentine's
15. _____ valentine.
16. Length x width
22. Single, _____, 2, 3, ...
23. Winners
24. Opposite of up
26. First day of the week
29. Speed contests
30. Scheme
31. Pepper _____ candy



Activities/Events

January 2022

7

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

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday





						1 New Year's Day
2	3 CLOSED CLOSED CLOSED	4 9:30a CARDS	5 10:00a Chair Yoga	6 CLOSED - SNOW!!!!!!	7 CLOSED - SNOW!!!!!!	8
9	10 10:00a JUMP START YOUR JOINTS 11:00a BOCCE BALL 1:00p COPD 360 Harmonica Class - BACK FACILITY	11 9:30a CARDS	12  9:30a "Breakfast Club" - Larry's / Strike & Spare for Bowling /\$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Jan. 12th 10:00a Chair Yoga	13 9:30a BINGO 10:45a CARDS 11:30a ROK	14 10:00a JUMP START YOUR JOINTS 11:00a CORNHOLE TOSS 12:30p Mexican Train Dominos	15

Activities/Events

January 2022 (Page 2)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	Martin Luther King Day <div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class - BACK FACILITY</div>	<div>9:30a CARDS</div>	<div></div> <div>10:00a Chair Yoga</div> <div></div> <div>11:00a After Christmas Bargain Shopping @ Mall and Thrift Stores / your lunch + \$8 Bus Fee / Sign Up DEADLINE: Tues., Jan. 18th</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>10:45a CARDS</div> <div>11:30a ROOK</div> <div></div> <div>11:30a ... Lunch</div> <div>12:00p Special Presenter/Entertainer/ Activity: TBD</div> <div>5:00p Board Meeting</div>	<div></div> <div>7:30a Opry House Backstage Tour /Caney Fork Restaurant / Dec. 29th's RESCHEDULED TRIP / \$39 backstage tour + \$8 bus fee + your supper / If you were previously signed up- your name is already on the list! / As of now, this trip is still FULL however you are welcome to add your name on our cancellation list.</div> <div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a CORNHOLE TOSS</div> <div>12:30p Mexican Train Dominos</div>	

Activities/Events

January 2022 (Page 3)

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




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class - BACK FACILITY</div>	<div>9:30a CARDS</div> <div>  <div>10:00a "How to make Butter" Class / Leave with your very own! Free but please SIGN UP by: Fri., Jan. 21st</div> </div>	<div>10:00a Chair Yoga</div> <div>  <div>10:00a "Lunch and Bingo" @ White House Senior Center / \$2.50 + \$6 Bus Fee/ Bring a drink for lunch and a bingo prize/ Sign up DEADLINE: Fri., Jan. 21st</div> </div>	<div>9:30a BINGO w/NHC</div> <div>  <div> MYSTERY DAY TRIP 9:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up DEADLINE: Wed., Jan. 26th / Have access to \$10-\$15 for meal, etc / Back no later than / ?? Who knows where we'll wind up ?? </div> </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>12:30p Mexican Train Dominos</div> <div>1:00p Movie Friday - "Selma"</div>	
30	31					
	<div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class - BACK FACILITY</div>					

Activities/Events

February 2022

10

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<div>9:30a CARDS</div> <div>9:30a Knitty Gritty Stitchers - BACK FACILITY</div>	<div>10:00a Chair Yoga</div> <div> 10:30a Greenbrier History Museum, lunch at Granny's Briar Patch and Tour of Highland Chapel Union Church in Ridgetop / your lunch + \$6 Bus Fee / Sign Up DEADLINE: Tues., Feb. 1st</div> <div>5:00p Evening Exercise Class "Meet & Greet Orientation"</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>12:30p Mexican Train Dominos</div>	
6	7	8	9	10	11	12
	<div>9:00a AARP TAXES - BACK FACILITY</div> <div>10:00a JUMP START YOUR JOINTS</div> <div>11:00a BOCCE BALL</div> <div>1:00p COPD 360 Harmonica Class - MAIN FACILITY</div> <div>5:00p Evening Exercise Class</div>	<div>9:30a CARDS</div> <div>9:30a Knitty Gritty Stitchers - BACK FACILITY</div>	<div> 9:30a "Breakfast Club"- Larry's / Strike & Spare for Bowling /\$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Feb. 8th</div> <div>10:00a Chair Yoga</div> <div>5:00p Evening Exercise Class</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> <div> 12:00p Souper Bowl Lunch / \$6 / Fun Games & Competitions / WEAR Your Favorite Team Colors / Sign Up DEADLINE: Wed., Feb. 9th</div> <div>12:30p Mexican Train Dominos</div>	Lincoln's Birthday

Activities/Events

February 2022 (Page 2)

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

13

14

15

16

17

18

19

Valentine's Day

10:00a JUMP START
YOUR JOINTS

11:00a BOCCE BALL

**Special
event**

12:30p "Sweets &
Treats" / \$4 / Lovable
dessert bar, games,
activities, treats &
prizes / Wear your
RED! / Sign Up
DEADLINE: FRI.,
Feb. 11th

1:00p COPD 360
Harmonica Class -
BACK FACILITY

5:00p Evening
Exercise Class

9:30a CARDS

9:30a Knitty Gritty
Stitchers - BACK
FACILITY



9:30a Monell's /
additional Valentine's
Celebration - wear
your red again !! /
Please PRE-PAY your
lunch \$19 + \$8 Bus
Fee / Sign Up
DEADLINE: TUES.,
Feb. 15th

10:00a Chair Yoga

5:00p Evening
Exercise Class

9:00a ...F./J./E.G. -
Bridge Club - 2 Tables
- (BACK FACILITY)

9:30a BINGO w/
Springfield Civitan
Club

10:45a CARDS

11:30a ROOK



11:30a ... Lunch

12:00p Special
Presenter/Entertainer/
Activity: TBD

5:00p Board Meeting

10:00a JUMP START
YOUR JOINTS

11:00a CORNHOLE
TOSS

12:30p Mexican Train
Dominos

20

21

22

23

24

25

26

Presidents' Day

9:00a AARP TAXES -
BACK FACILITY

10:00a JUMP START
YOUR JOINTS

11:00a BOCCE BALL

1:00p COPD 360
Harmonica Class -
MAIN FACILITY

5:00p Evening
Exercise Class

Washington's Birthday

9:30a CARDS

9:30a Knitty Gritty
Stitchers - BACK
FACILITY

10:00a "How to make
Pepper Jelly" Class /
Leave with your very
own! Free but please
SIGN UP by: Fri., Feb.
18th

1:30p Smart Phone &
Tablet Photography
Class

10:00a Chair Yoga

5:00p Evening
Exercise Class

9:30a BINGO w/NHC

MYSTERY DAY TRIP

9:30a BETH'S
MYSTERY TRIP -
Pay your \$8 Bus fee /
Sign Up DEADLINE:
Wed., Feb. 23rd /
Have access to
\$10-\$15 for meal, etc /
Back no later than /
?? Who knows where
we'll wind up ??

10:45a CARDS

11:30a ROOK

10:00a JUMP START
YOUR JOINTS

11:00a CORNHOLE
TOSS

12:30p Mexican Train
Dominos

1:00p Movie Friday -
"Judy"

Activities/Events

February 2022 (Page 3)

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

27

28

10:00a JUMP START
YOUR JOINTS

11:00a BOCCE BALL

1:00p COPD 360
Harmonica Class -
BACK FACILITY

5:00p Evening
Exercise Class



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!
- Instructors, Leaders, teachers to share talents... whether it be crafting, cooking, wood-working, etc. Whatever might be of interest!
-

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 _____

NEW CLASS!

We'll be offering a new exercise class on **Mondays & Wednesdays**
starting February 7th!

This will be an 5:00pm evening class & will be lead by a well known instructor:

Sally Schuman

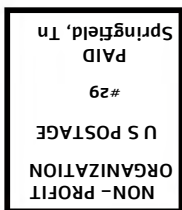
This class will be a more physical class than our classes offered through the day but will still be appropriate for ALL work out levels. There will be a small, nominal cost and will be limited to 10 participants.



We invite you join us for a **“Meet & Greet Orientation”** on
Wed., Feb. 2nd @ 5:00pm.

We'll get to know each other, get a feel of what everyone would like to see included in this class, would like to accomplish, what to expect, what to wear possibly talk about goals, etc. And start suggestions for the name of this class!

We hope to see you there!



For your OFFICIAL, Up-to-date information



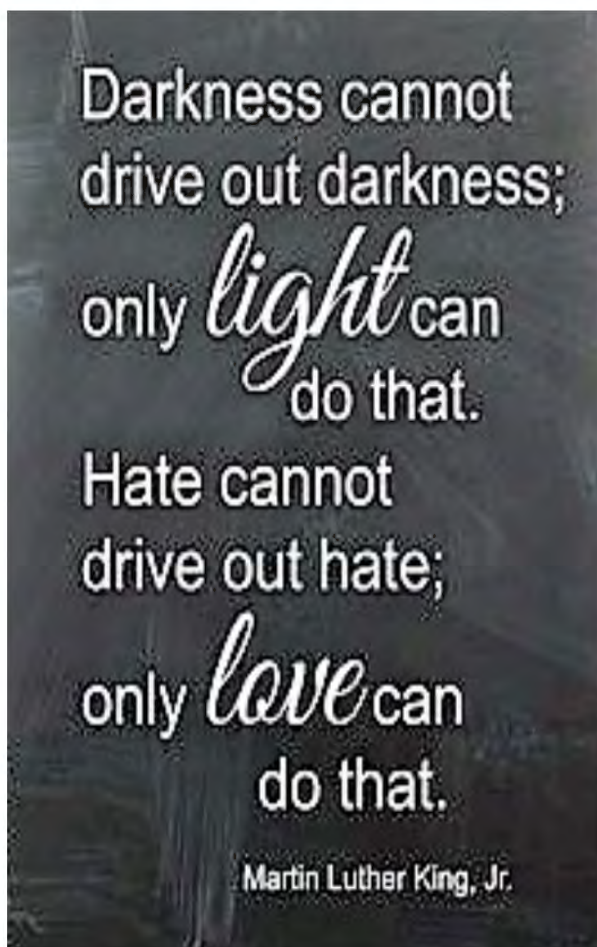
601 Locust St.
Springfield, Tn 37172
Phone: 615-384-6367

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



The History of Presidents' Day

Created to celebrate Washington's birthday

Became federal holiday in the 1870s

In 1971, moved to the 3rd Monday in Feb.

Presidents' Day this year:
February 21st

