



PRIMETIME



Even between scheduled events activities/ events ... we'll be celebrating **Abc Day** with music, snacks, games, activities & fun!!

Door Prize drawn every hour from 10am - 3pm!

Must be present to win!!!

Don't forget your green!

POTLICK Lunch

3rd Thursday of each month

March 17th

11:30am

12:00pm—12:15pm...

THROWBACK THURSDAY

Reminisce about our city & county's past with local resident & history buff,

Mr. Bill Jones!



Please bring a dish & friend to share!

Tues., Feb. 22nd 1:00pm

Senior's Smartphones & Tablets Workshop

An independent guide to getting started with your smartphone or tablet

MORE
ABC'S & BASICS

\$10

Sponsored in part by:
Anonymous Donor

Signup DEADLINE: Mon., March 21st

Led by our friend,
Jessie Browning



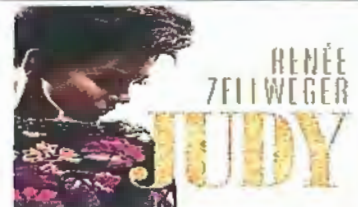
MOVIE FRIDAYS

free

4th Friday of Each Month! 1:00pm

March 25th's Feature:

(Rescheduled from February)



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.



Evening Exercise Class...March 14th
 Knitty Gritty Stitchers...March 15th
 Evening Exercise Class...March 16th
 Bocce Ball...March 28th

ALL Activities (Cards, Rook, Dominoes, etc) will be in be moved to the **BACK** Facility for after Bingo on:

Thur., March 24th



Wednesdays **Chair Yoga**

We recently said goodbye to our yoga leader, Julie, who is moving to New Mexico. We have learned so much from her and will certainly miss her!

We are on the hunt for a new instructor, Until we find one, please plan to continue coming each week to work out together & keep each other up to speed.



**HAPPY
 HOLIDAY
 HOLIDAY**

Lunch

Tues., April 12th 11:30am

We'll provide Ham, Rolls & Drinks ... Please bring a dish to share!

Fun Activities and Egg Hunt with PRIZES!!

Sponsored by:

Comfort Care Hospice of Aveanna Healthcare

Sign Up DEADLINE: Fri., Apr. 8th

Spring Concert

Presented by:

The Robertson Community Band

&

Hosted by:



Tues., April 12th

7:00pm

A evening of smooth classic tunes

FREE

To the community



CLOSED
ON GOOD FRIDAY, APRIL 13th



HAVE A HAPPY EASTER
FROM OUR FAMILY TO YOURS

Ms. Ruth has lots of 40's, 50's & 60's ceramics she will be selling on our BACK patio on

Thur. Apr. 21st.

Be sure to take a peak! Proceeds will be given to the US!

Thank YOU!!

POTLUCK Lunch

3rd Thursday of each month

April 21st

11:30am

Please bring a dish & friend to share!

12:00pm—12:15pm... (Rescheduled from February's potluck)

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.

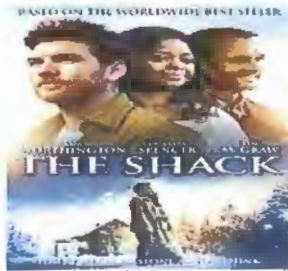
MOVIE FRIDAYS

free

4th Friday of Each Month! 1:00pm

April 22nd's Feature:

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.



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 requested!

This helps with head count to prepare for!



(back facility)

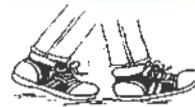
offers

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!

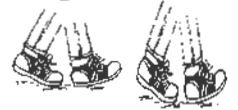


When riding our Bus... Please make sure that we always have an up to date medical and emergency contact list !



= walking estimation

WED., Mar. 9th 9:15am... "Breakfast Club" / Tour - WH Cracker Barrel / White House Museum & Tour / \$ your breakfast + \$6 Bus Fee / Sign Up
DEADLINE: Tues., Mar. 8th



WED., Mar. 16th 10:00am... Browsing & Shopping / Governor's Square Mall & Clarksville Thrift Shops / \$ your lunch (O'Charleys) + \$8 Bus Fee / Sign Up
DEADLINE: Tues., Mar. 15th



WED., Mar. 23rd 9:15am... Bowling—Hendersonville / \$ your lunch + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Mar. 22nd



THUR., Mar. 24th 9:30am... Beth's MYSTERY Trip - Pay your \$8 Bus fee / Sign Up DEADLINE: Wed., Mar. 23rd / Have access to \$10-\$15 for meal, etc / Back no later than 4pm / Who knows where we'll wind up??



WED., Mar. 30th 10:00am... Opry Mills / Shopping & Madame Tussauds Wax Museum / \$20 Museum Ticket + \$8 Bus Fee + lunch on your own / Sign Up DEADLINE: Wed., Mar. 29th



WED Apr. 6th 9:15am... "Breakfast Club" / BOWLING / WH Cracker Barrel / Strike & Spare (Hendersonville) /\$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Apr. 5th



WED., Apr. 13th 9:30am... "Lunch Bunch" & Tours / Granny's Briar Patch / Greenbrier Museum & Highland Chapel Union Church /\$ your lunch + \$6 Bus Fee / Sign Up DEADLINE: Wed., Apr. 12th

THUR., Apr. 28th 9:30am... Beth's MYSTERY Trip - Pay your \$8 Bus fee , Sign Up DEADLINE: Wed. April 27th / Have access to \$10-\$15 for meal, etc / Back no

SMOKEY MOUNTAINS TRIP

- *2 Nights Lodging *Continental Breakfast
- *2 Shows (Hatfield & McCoy Dinner Show & Conway Twitty Tribute)
- *Shopping/Free Time *Transportation

\$250 Double Occupancy

\$350 Single Occupancy

Apr. 20th – 22nd

12 spots available!

Full payment @ signup to reserve spot

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
- Coffee
- creamer
- equal packets

WED., May 4th...

"Lunch Bunch" & Museum -
Golden Corral/ The Customs House
Museum / \$ your lunch + \$6 Bus
Fee + / Sign Up **DEADLINE:**
Tues., May 4th



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!

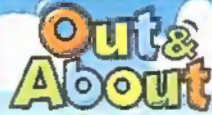
Carrie Livziey for
maintaining & keep-
ing our website up to
date!

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

Activities/Events

March 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<div style="border: 1px solid green; padding: 2px;">9:30a Cards</div> <div style="border: 1px solid green; padding: 2px;">9:30a Knitty Gritty Stitches - BACK FACILITY</div>	<div style="border: 1px solid green; padding: 2px;">10:00a Chair Yoga</div> <div style="border: 1px solid green; padding: 2px;">5:00p - 6:00pm... Evening Exercise Class</div>	<div style="text-align: center;">  <p>Beth's MYSTERY DAY TRIP</p> <p>9:30a February MAKE - UP Trip</p> </div> <div style="border: 1px solid green; padding: 2px;">9:30a Bingo w/</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 Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)</div> <div style="border: 1px solid green; padding: 2px;">11:00a Cornhole Toss</div> <div style="border: 1px solid green; padding: 2px;">12:30p Mexican Train Dominos</div>	
6	7	8	9	10	11	12
<div style="border: 2px solid red; padding: 2px;">9:00a AARP TAXES - BACK FACILITY</div> <div style="border: 1px solid green; padding: 2px;">10:00a Jumpstart 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 - MAIN FACILITY</div> <div style="border: 1px solid green; padding: 2px;">5:00p - 6:15pm... Evening Exercise Class</div>	<div style="border: 1px solid green; padding: 2px;">9:30a Cards</div> <div style="border: 1px solid green; padding: 2px;">9:30a Knitty Gritty Stitches - BACK FACILITY</div>	<div style="text-align: center;">  <p>Out & About</p> <p>9:15a "Breakfast Club" - WH Cracker Barrel / White House Museum Tour / your breakfast + \$6 Bus Fee / Sign Up DEADLINE: Tues., Mar. 8th</p> </div> <div style="border: 1px solid green; padding: 2px;">10:00a Chair Yoga</div> <div style="border: 1px solid green; padding: 2px;">5:00p - 6:00pm... Evening Exercise Class</div>	<div style="border: 1px solid green; padding: 2px;">9:30a BINGO w/NHC</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 Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)</div> <div style="border: 1px solid green; padding: 2px;">11:00a Cornhole Toss</div> <div style="border: 1px solid green; padding: 2px;">12:30p Mexican Train Dominos</div>		

Activities/Events

March 2022 (Page 2)

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

13

14

15

16

17

18

19

Daylight Saving Time begins

10:00a Jumpstart Your Joints

11:00a BOCCE BALL

1:00p COPD 360 Harmonica Class - BACK FACILITY



5:00p - 6:15pm... Evening Exercise Class

5:00p - 6:15pm... Evening Exercise Class



9:30a Knitty Gritty Stitchers - BACK FACILITY

9:30a Cards

9:30a Knitty Gritty Stitchers - BACK FACILITY



10:00a Browsing & Shopping /Governor's Square Mall & Clarksville Thrift Shops / your lunch (O'Charley's) + \$8 Bus Fee / Sign Up DEADLINE: Tues., Mar. 15th

10:00a Chair Yoga



5:00p - 6:00pm... Evening Exercise Class

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

9:30a BINGO w/ Springfield Civitan Club



10:00a "Shamrock Shenanigans" - Let's celebrate St Patrick's Day!! Even between scheduled events activities/events ... we'll be celebrating ALL DAY with music, snacks, games, activities & fun!! Door Prize drawn every hour from 10am - 3pm! Must be present to win!!! Don't Forget your GREEN!!!

10:45a Cards

11:30a Rook



11:30a ... Lunch Don't Forget your GREEN!!!

12:00p Special Presenter/Entertainer/Activity: "THROWBACK THURSDAY" w/ Bill Jones

5:00p Board Meeting

10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)

11:00a Cornhole Toss


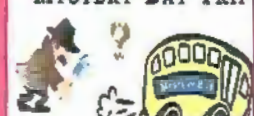
12:30p Mexican Train Dominos

Activities/Events

March 2022 (Page 3)

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

20	21	22	23	24	25	26
	<p>9:00a AARP TAXES - BACK FACILITY</p> <p>10:00a Jumpstart Your Joints</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class - MAIN FACILITY</p> <p>1:00p COPD 360 Harmonica Class - BACK FACILITY</p> <p>5:00p - 6:15pm... Evening Exercise Class</p>	<p>9:30a Cards</p> <p>9:30a Knitty Gritty Stitches - BACK FACILITY</p> <p>1:00p Smart Phone & Tablets Workshop MORE Abc's & Basics / \$10 / Signup DEADLINE: Mon., March 21st</p>	<p>Out & About</p> <p>9:15a Bowling - Strike & Spare /\$ your lunch (Hendersonville) + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Mar. 22nd</p> <p>10:00a Chair Yoga</p> <p>5:00p - 6:00pm... Evening Exercise Class</p>	<p>9:30a BINGO w/NHC</p> <p>10:45a Cards</p> <p>10:45a CARDS - BACK FACILITY TODAY</p> <p>11:30a Rook</p> <p>11:30a ROOK - BACK FACILITY TODAY</p>	<p>10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)</p> <p>11:00a Cornhole Toss</p> <p>12:30p Mexican Train Dominos</p> <p>1:00p Movie Friday - "Judy" (Make up from February)</p>	
27	28	29	30	31		
	<p>10:00a Jumpstart Your Joints</p> <p>11:00a Retired Teachers Lunch</p> <p></p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class - BACK FACILITY</p> <p>5:00p - 6:15pm... Evening Exercise Class</p>	<p>9:30a Cards</p> <p>9:30a Knitty Gritty Stitches - BACK FACILITY</p>	<p>Out & About</p> <p>10:00a Opry Mills / Shopping & Madame Tussauds Wax Museum / \$20 Museum Ticket + \$8 Bus Fee + lunch on your own/ Sign Up DEADLINE: Wed., Mar. 29th</p> <p>10:00a Chair Yoga</p> <p>5:00p - 6:00pm... Evening Exercise Class</p>	<p>9:30a Bingo w/Caris Healthcare</p> <p>MYSTERY DAY TRIP</p> <p></p> <p>9:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up DEADLINE: Wed., Mar. 30th / Have access to \$10-\$15 for meal, etc / Back no later than / ?? Who knows where we'll wind up ??</p> <p>10:45a Cards</p> <p>11:30a Rook</p>		

Activities/Events

April 2022

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

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

					1 10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS) 11:00a Cornhole Toss 12:30p Mexican Train Dominos	2
3	4 9:00a AARP TAXES - BACK FACILITY 10:00a Jumpstart Your Joints 11:00a BOCCE BALL 1:00p COPD 360 Harmonica Class - MAIN FACILITY 1:00p COPD 360 Harmonica Class - BACK FACILITY	5 9:30a Cards 9:30a Knitty Gritty Stitches - BACK FACILITY	6  9:15a "Breakfast Club"- White House Cracker Barrel / Strike & Spare for Bowling /\$ your breakfast + \$8 Bus Fee + \$1.99 per game + \$3.99 shoe rental / Sign Up DEADLINE: Wed., Apr. 5th 10:00a Chair Yoga	7 9:30a Bingo w/ 10:45a Cards 11:30a Rook	8 10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS) 11:00a Cornhole Toss 12:30p Mexican Train Dominos	9  Bingo afternoon/night?

Activities/Events

April 2022 (Page 2)

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10

11

12

13

14

15

16

10:00a Jumpstart Your Joints

11:00a BOCCE BALL

1:00p COPD 360
Harmonica Class -
BACK FACILITY

9:30a Cards

9:30a Knitty Gritty
Stitchers - BACK
FACILITY

**Special
event**

11:30a "HIPPIITY
HOPPIITY Potluck
Lunch / We'll provide
Ham, Rolls & Drinks...
Please bring a dish to
share! / Fun Activities
and Egg Hunt with
PRIZES!! Sponsored
by: Comfort Care
Hospice of Aveanna
Healthcare" / Sign Up
DEADLINE: Fri.,
Apr. 8th

**Special
event**

7:00p "Spring
Concert" presented
by The Robertson
County Community
Band

**Out &
About**

10:00a "Lunch
Bunch" & Tours /
Granny's Briar Patch /
Greenbrier Museum &
Highland Chapel
Union Church /\$ your
lunch + \$6 Bus Fee + /
Sign Up DEADLINE:
Wed., Apr. 12th

10:00a Chair Yoga

9:30a BINGO w/NHC

10:45a Cards

11:30a Rook

Tax Returns due

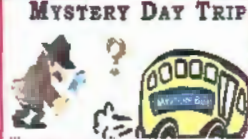
Good
Friday 
CLOSED
CLOSED
CLOSED

Activities/Events

April 2022 (Page 3)

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

17	18	19	20	21	22	23
Easter Sunday	<p>10:00a Jumpstart Your Joints</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class - BACK FACILITY</p>	<p>9:30a Cards</p> <p>9:30a Knitty Gritty Stitches - BACK FACILITY</p>	<p>10:00a Chair Yoga</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> <p>11:30a Rook</p> <p>POTLUCK 11:30a ... Lunch</p> <p>12:00p Special Presenter/Entertainer/Activity: (Rescheduled from February's potluck) Hanna Dennis -Rehab Instructor Blind - DHS/Services for the Blind and Visually Impaired Independent Living Program</p> <p>5:00p Board Meeting</p>	<p>10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)</p> <p>11:00a Cornhole Toss</p> <p>12:30p Mexican Train Dominos</p> <p>1:00p Movie Friday - "The Shack"</p>	
24	25	26	27	28	29	30
	<p>10:00a Jumpstart Your Joints</p> <p>11:00a BOCCE BALL</p> <p>1:00p COPD 360 Harmonica Class - BACK FACILITY</p>	<p>9:30a Cards</p> <p>9:30a Knitty Gritty Stitches - BACK FACILITY</p>	<p>10:00a Chair Yoga</p>	<p>9:30a BINGO w/NHC</p> <p>MYSTERY DAY TRIP  9:30a BETH'S MYSTERY TRIP - Pay your \$8 Bus fee / Sign Up DEADLINE: Wed., Apr. 27th / Have access to \$10-\$15 for meal, etc / Back no later than / ?? Who knows where we'll wind up ??</p> <p>10:45a Cards</p> <p>11:30a Rook</p>	<p>10:00a Stay Strong, Stay Healthy Strength Training Program AKA (JUMP START YOUR JOINTS)</p> <p>11:00a Cornhole Toss</p> <p>12:30p Mexican Train Dominos</p>	



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 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. **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 been 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! Well 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 _____

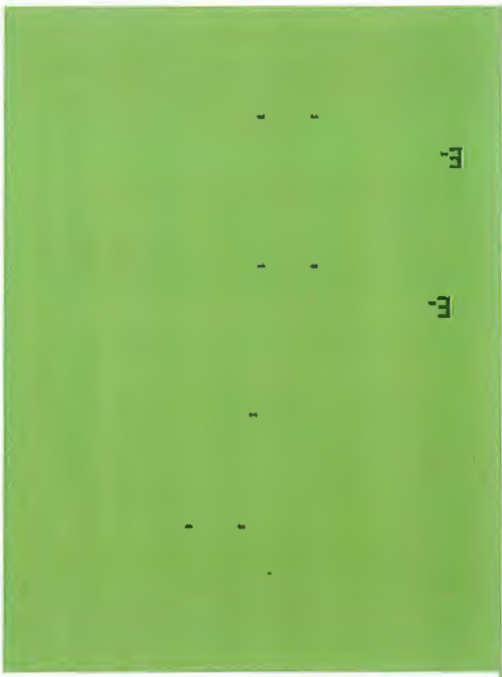
Do you live alone? Yes No Are you a Veteran? Yes No

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 _____



NON-PROFIT ORGANIZATION
U S POSTAGE #29
PAID Springfield, Tn



For your OFFICIAL, Up-to-date information



- Fri., May . 6th... Annual
 "Pretty in Pink" Luncheon
- Thur., May 19th... Resource & Wellness Expo
- Fri., May 27th ... Memorial Day Lunch Celebration