It is time for our 5th Annual Reverse Raffle! Will you be the lucky winner?

Saturday, April 18, 2020

Buy your ticket(s) today and support this fund raising event that will net the Center $10,000 if all 300 tickets are sold.

Raffle and Meal Tickets are available from Center Staff and Board Members.

MJSAC thanks The Exchange Club of West Wilson County for underwriting this fun (and profitable!) event for our Center!
MJ Senior Activity Center  
Address: 2034 N. Mt. Juliet Rd.  
Phone: (615)758-9114  
Online: www.mjseniorcenter.org

Senior Dining  
Meals at 11:30AM  
In House Meals: M & F - $3.00  
(Must be signed up in advance)  
Meals on Wheels: T, W, & Th  
(Cost based on eligibility)  
Reservations:  
In House: (615) 758-9114  
Meals On Wheels: (615) 758-2777  
Enjoy a nutritious meal and meet new friends. New diners are always welcome! 
Make reservations for In House meals by Wednesday prior, and for Meals on Wheels by noon the day before you wish to dine.

Senior Center Staff  

Executive Director  
Valissa Saindon  
executivedirector@mjseniorcenter.org

Program/Activities Coordinator, Assistant Director  
Mona Tissue  
activities@mjseniorcenter.org

Travel/Membership Coordinator:  
Pat Garrison  
program@mjseniorcenter.org

Finance Coordinator:  
Sharon Howard  
finance@mjseniorcenter.org

Activities Assistants:  
Sharon Coghlan,  
Sharon Kennedy  
activities@mjseniorcenter.org

Maintenance:  
Mike Kirsh,  
Tristan Earhart

Membership/Name Badges/Signing In or Out  
Membership is available to those individuals 55+. The annual cost is $50 per year (fiscal year runs from July 1 - June 30). New memberships are prorated after January 1, 2020. The cost to any current member renewing their membership after August 31 is $55.  
All members must wear their Center name badge when at the Center. Members must sign in/out on the sheets placed at the front and back entrances, and must indicate if they are in possession of their name badge.  
If you do not have your badge with you, please stop and get a Visitor’s Badge from the receptionist, and when you leave, return the badge to the receptionist.

Use Good Judgment  
Participants assume the risk of taking part in all activities. The Mt. Juliet Senior Activity Center is held harmless from all claims resulting from taking part in any activity at the Senior Center or by participating in any off-site activities sponsored by the Center.

Participant Code of Conduct  
Any participant whose behavior infringes on the rights of other participants and/or staff, volunteers or instructors, could result in participant being asked to leave the center. Any concerns about the center can be expressed in written form to the elected membership advisory council representatives or directly to the Center’s Director.

Inclement Weather Policy  
The Mt. Juliet Senior Activity Center utilizes the Wilson County Public Schools Inclement Weather Policy to determine its weather policy. MJSAC will be closed if the Wilson County Public Schools are closed due to weather conditions; all meals, activities, classes and trips are cancelled. If schools delay opening or close early, the Center will open or close accordingly.
Congratulations…. to Mona Tissue who has been recently promoted to the position of Assistant Director of MJSAC as well as continuing her duties as Programs/Activities Coordinator.

HELP WANTED!!

Receptionists—We very much need a permanent Thursday morning and Thursday afternoon receptionist as well as other “floaters” to cover the desk while our wonderful receptionists take a break or are ill. Please see Pat Garrison for more details.

Kitchen/Cleaning Help

We can always use additional workers in the kitchen for preparation, serving and clean up for Monday and Friday “In-House” Lunches. See Valissa or Mona.

Volunteers are the heartbeat of an organization like MJSAC. There is no way that our limited number of staff could produce the great programs and activities that our members enjoy without assistance from volunteers. Thank you to all who have already volunteered to help in so many areas.

Please consider volunteering for any of the many opportunities available. See the sheets in the front hallway.

Meals on Wheels

Meals on Wheels (MOW) still needs kitchen volunteers daily and also drivers to deliver to home bound clients. If you can help, please contact our On-Site Manager Lisa Cook at (615)758-2777.

Please note: MJSAC has only one Facebook page as shown below:
Amazon Smile Program

AmazonSmile is a website with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, their Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Please choose MJSAC!

Support Group Updates

In order to accommodate having Bingocize® two days per week, the Diabetes Support Group (sponsored by Amedisys Home Health) will now meet the second Tuesday of each month at 10:45 a.m.

The Caregivers Support Group (sponsored by Centennial Adultcare Center) will now meet at 1:00 p.m. on the third Tuesday of each month.

Grief Support Group (sponsored by Avalon Hospice) will continue to meet at 11:00 a.m. on the fourth Tuesday of each month.

All of these groups welcome you, as well as others that you may know who could benefit from some support.

****

Oakleigh Medical Supply will be making a presentation on Monday, March 9 at 10:30 a.m. They will be discussing “What You Need to Know about Durable Medical Equipment”. All are invited - sign up in the front hallway if you plan to attend.

****

Ballroom Dance Therapy Class takes place every Tuesday at 1:00 p.m. Our grant from the Community Foundation of Middle Tennessee enables us to offer this great program for free!

The spotlight dance for March is the Tango and April’s is the Two Step.

Our instructor Vickie Oates is simply awesome and you will have a great time enjoying fun and fellowship while exercising in a way that aids in balance and other functions.

****

“Nurse Next Door” will be presenting a Lunch & Learn on the topic of “Making Lives Better” on Friday, April 3rd. Please sign up in the front hall by Friday, March 27.

****

MJSAC Book Club

Meets third Thursday of each month at 10:00 a.m. in the Bravo Room Upstairs. Upcoming selections:

March 19: “Camino Island” by John Grisham
April 16: “One Summer” by David Baldacci

Most books are available from the Center - ask Sharon Howard (615-758-9114) for details.

Remember that our quilters have beautiful quilts that are available for sale on the Center’s website. Money raised from the sale of the quilts goes to the Center, so if you are interested, or know of those who may wish to purchase one of these beauties, please visit (or direct them to visit) www.mjseniorcenter.org.

The quilts are pictured, along with a description and price, under their own tab on the site (“Quilts”). One of these lovely quilts would make a great birthday, graduation or wedding gift.
Join us for Easter Lunch!

Monday, April 6
11:30 a. m.
$5.00 per person

Yummy…Baked ham, sweet potato casserole, deviled eggs, gelatin salad, and so on and so on… seating is limited, so sign-up on the sheet in the front hall by Monday, March 30th to reserve your seat.

Volunteer Appreciation Breakfast 2020

Thursday, April 30

Mark your calendars now for the Center’s annual show of appreciation to all of our wonderful volunteers. This year, we will again all be the guests of McKendree Village for breakfast in their Events Center at 4300 Lebanon Road in Hermitage. The breakfast and program will begin at 8:30 a.m. Since we are guests of McKendree, and need a firm headcount for seating and dining, we will be giving “tickets” to those who sign up to attend. The deadline for signing up is Friday, April 24. There will be limited transportation from the Center to McKendree by van, and sign-up is required for that also.

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com
Spring Indoor Yard Sale

Saturday, April 25
(8:00 a.m. - 1:00 p.m.)

Bargains, bargains, bargains! Join us for another great sale. You may rent a table to sell your stuff - they are available for $15 each while quantities last.

Volunteers are also needed; please see the receptionist to rent a table or sign up in the front hallway to volunteer. Our last Indoor Yard Sale made over $1100 for the Center!

Thursday, March 12
8:00 until 11:00 a.m.

Plan to attend the Center’s Spring Health Fair. We will have a full house of knowledgeable folks who will be happy to share their information (and goodies) with you. Door prizes will be awarded by our vendors at the end of the fair to those who have visited a majority of the tables. You do not have to be present at the drawing to win.

Thursday, March 12
8:00 until 11:00 a.m.

Plan to attend the Center’s Spring Health Fair. We will have a full house of knowledgeable folks who will be happy to share their information (and goodies) with you. Door prizes will be awarded by our vendors at the end of the fair to those who have visited a majority of the tables. You do not have to be present at the drawing to win.

Friday Super Bingo Sponsors

First Friday – Rutland Place Senior Living (Pam or Tommy)
Second Friday – Maristone Senior Living (Melissa Fonseca)
Third Friday – McKendree Village (MaryBeth Wilson)
Fourth Friday – Blackwell Auction & Realty (Josh or Jennifer)
Fifth Friday – Whole Care (Lynn Griffin)

Tuesday and Thursday

BINGOCIZE®

is sponsored by Dr. Jennifer McGlothlin/Elite Audiology

Third Thursday Super-BINGOCIZE®

is sponsored by Natalie Stark and First Freedom Bank

First Tuesday Super-BINGOCIZE®

is sponsored by Kris Alexander, Willowbrook Home Health & Hospice

THANK YOU TO ALL OF OUR SPONSORS!!
7 Healthy Habits for Seniors in the New Year

1. Focus On Prevention
Seniors can be proactive in their health by getting regular checkups for things like cholesterol, heart problems, blood pressure and more. These checkups and regular screenings for colon, prostate and breast cancer can catch problems early so that treatment can be given immediately. Even when individuals feel fine and healthy, they should visit their healthcare provider on a regular basis to help avoid future problems.

2. Get Social
Doing activities with others and being social can help seniors’ mental and physical health. Since health and social activities tend to decline with age, many studies are showing how being involved in a community (think MJSAC!) can help maximize sharing, friendship, health and happiness later in life.

3. Keep Your Mind Sharp
Doing mental activities that stimulate the brain will help ward off a decline in mental health and keep seniors’ minds sharp. Activities like crossword puzzles, bingo, board games, painting, arts and crafts, storytelling and computer activities are all things that seniors can participate in and can be beneficial to their health. A study by the New England Journal of Medicine suggests that it doesn’t matter in which activities seniors participate as long as they are activities that encourage them to use their brains.

4. Be Physically Active
Mobility can be more difficult with age, but it’s important for seniors to continue to exercise as they age. Regular exercise can help improve balance and flexibility, is good for your heart, and can even improve the health of people who are frail or who have age-related diseases. Being physically active can even potentially prevent or delay disease and help ward off diseases such as Alzheimer’s and dementia.

5. Pay Attention to Vision and Dental
Getting annual eye exams and biannual dental exams can help seniors’ overall health. Having the proper vision prescription can help reduce a senior’s chances of falling. The risk of cavities also increases with age, so getting a dental checkup every six months is important. Many mouth infections can be linked to other health conditions, such as diabetes, heart disease, and stroke. In fact, new research suggests good oral health is essential to good overall health and quality of life.

6. Make Healthy Food Choices
Making healthy food choices is important at any age. As people age, making healthy choices becomes increasingly important. Eating well can help maintain good bone health, weight, and can reduce the risk of stroke, heart disease, and diabetes.

7. Manage Medicines
As people age, they often find themselves taking more and more medications. Care should be given to consulting with a physician to determine any possible drug interactions with medicines. It is important to watch for new symptoms from medications such as drowsiness, loss of appetite, or allergic reactions.
# March 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>11:30 In-House Lunch $3</td>
<td>4 10:30 - Second Harvest</td>
<td>5 1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>BRAVO PRESENTS</td>
<td>12:30 “Chitchat &amp; Color” &amp; Bible Study</td>
<td>10 10:30 - Second Harvest</td>
<td>12 HEALTH FAIR</td>
</tr>
<tr>
<td>9</td>
<td>10:30 - Oakleigh Medical &amp; 11:30 In-House Lunch $3</td>
<td>11 10:30 - Second Harvest</td>
<td>10:00 Book Club</td>
</tr>
<tr>
<td></td>
<td>12:30 - Bible Study</td>
<td>1:30 - Bunco (Card Room)</td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td></td>
<td>BLUEBIRD CAFÉ TRIP</td>
<td>12 HEALTH FAIR</td>
<td>11:00 - Grief Support Group (Avalon Hospice)</td>
</tr>
<tr>
<td>16</td>
<td>11:30 In-House Lunch $3</td>
<td>18 10:30 - Second Harvest</td>
<td>19 1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td></td>
<td>12:30 New Bible Study</td>
<td>24 10:00 - MAC Meeting</td>
<td>23 11:00 - Grief Support Group (Avalon Hospice)</td>
</tr>
<tr>
<td>23</td>
<td>20 10:00 - MAC Meeting</td>
<td>25 10:30 - Second Harvest</td>
<td>26 1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td></td>
<td>11:00 - Grief Support Group (Avalon Hospice)</td>
<td>26 1:00 p.m. Ole Time Music Jam</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 - Medicare Presentation</td>
<td>11:30 In-House Lunch $3</td>
<td>12:30 Bible Study</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>--------------</td>
<td>-------------</td>
<td>------------</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td>Daylight Savings Time Begins</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>9:00 - Garden Committee</td>
<td>9:00 - “Dementia vs. Alzheimers”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Available Every Day:**
Card Games, Books & Magazines, Exercise Equipment, Billiards, Puzzles and More

**Daily Activities:**
Check Calendar for exceptions/additions to Daily Schedule. Schedule is subject to change.

**MONDAYS**
- 9:00 SilverSneakers Classic
- 9:00 Bridge Group
- 9:30 Knit and Crochet
- 9:50 Workout Room Orientation
- 10:00 Choir
- 11:30 Lunch (In-House—$3)
- 11:30 Bravo Theatre Group
- 12:30 Bible Study Group
- 2:00 Tai-Chi

**TUESDAYS**
- 8:00 SilverSneakers Yoga
- 9:00 SilverSneakers Circuit
- 9:00 Dulcimer Club
- 10:15 Bingocize®
- 11:30 Lunch
- 12:00 Oil Painting Club
- 12:30 Dominos
- 1:00 Ballroom Dance Therapy

**WEDNESDAYS**
- 8:30 Advanced Line Dances
- 9:30 Knit and Crochet
- 9:30 Beginner Line Dances
- 10:00 Hand & Foot Card Group
- 11:30 Lunch
- 1:00 Multi-Media Art Class
- 1:00 Tai-Chi
- 2:00 SilverSneakers Yoga

**THURSDAYS**
- 9:00 SilverSneakers Classic
- 9:30 Guitar Lessons Beginner $5
- 10:00 Guitar Lessons Adv.—$5
- 10:15 Bingocize®
- 11:30 Lunch
- 1:00 Ole Time Music Jam

**FRIDAYS**
- 8:00 SilverSneakers Yoga
- 9:00 SilverSneakers Classic
- 9:00 Quilting Club
- 10:00 Ukulele Group
- 10:00 Blood Pressure Checks
- 11:30 Lunch (In-House—$3)
- 12:30 Super Bingo
- 1:30 Trivia Training
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Day Every Day: Books &amp; Magazines, Card Games, Exercise Equipment, Billiards, Table Games, Horseshoes and More.</td>
<td></td>
<td>10:30 - Second Harvest</td>
<td>2 CUMBERLAND COUNTY PLAYHOUSE TRIP</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>11:30 - Easter Lunch $5.00</td>
<td>1:00 p.m. Ole Time Music Jam</td>
<td>10:30 - Second Harvest</td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 “Chitchat &amp; Color”</td>
<td>1:30 - Bunco (Card Room)</td>
<td>1:00 p.m. Ole Time Music Jam</td>
<td></td>
</tr>
<tr>
<td>12:30 - Bible Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>10:45 - Diabetic Support Group (Amedisys Home Health)</td>
<td>10:30 - Second Harvest</td>
<td>10:00 Book Club</td>
</tr>
<tr>
<td>BRAVO PRESENTS</td>
<td></td>
<td></td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 - Bible Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>1:00 - Caregivers Support Group (Centennial Adultcare Center)</td>
<td>10:30 - Second Harvest</td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 - Bible Study</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>11:00 - Grief Support Group (Avalon Hospice)</td>
<td>10:30 - Second Harvest</td>
<td>VOLUNTEER APPRECIATION BREAKFAST - 8:30 a.m.</td>
</tr>
<tr>
<td>12:30 - Bible Study</td>
<td></td>
<td></td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>Friday</td>
<td>Saturday</td>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-------------------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>11:30 Lunch &amp; Learn “Making Lives Better”</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easter Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Daily Activities:**

Check Calendar for exceptions/additions to Daily Schedule. Schedule is subject to change.

**MONDAYS**

- 9:00 SilverSneakers Classic
- 9:00 Bridge Group
- 9:30 Knit and Crochet
- 9:50 Workout Room Orientation
- 10:00 Choir
- 11:30 Lunch (In-House—$3)
- 11:30 Bravo Theatre Group
- 12:30 Bible Study
- 2:00 Tai-Chi

**TUESDAYS**

- 8:00 SilverSneakers Yoga
- 9:00 SilverSneakers Circuit
- 9:00 Dulcimer Club
- 10:15 Bingocize®
- 11:30 Lunch
- 12:00 Oil Painting Club
- 12:30 Dominos
- 1:00 Ballroom Dance Therapy

**WEDNESDAYS**

- 8:30 Advanced Line Dances
- 9:30 Knit and Crochet
- 9:30 Beginner Line Dances
- 10:00 Hand & Foot Card Group
- 11:30 Lunch
- 1:00 Multi-Media Art Class
- 1:00 Tai-Chi
- 2:00 SilverSneakers Yoga

**THURSDAYS**

- 9:00 SilverSneakers Classic
- 9:30 Guitar Lessons Beginner $5
- 10:00 Guitar Lessons Adv.—$5
- 10:15 Bingocize®
- 11:30 Lunch
- 1:00 Ole Time Music Jam

**FRIDAYS**

- 8:00 SilverSneakers Yoga
- 9:00 SilverSneakers Classic
- 9:00 Quilting Club
- 10:00 Ukulele Group
- 10:00 Blood Pressure Checks
- 11:30 Lunch (In-House—$3)
- 12:30 Super Bingo
- 1:30 Trivia Training
Join in the fun, as MJSAC goes to Cumberland County Playhouse to see CLUE, a new comedy – adapted from the Paramount Pictures screenplay by Jonathan Lynn, additional materials by Hunter Foster, Eric Price, and Sandy Rustin - Who can resist a hysterical comedy and a thrilling murder mystery rolled up into one terrific play? On a dark and stormy night, six unique guests, plus a butler and a maid, assemble for a dinner party at the home of Mr. Boddy. When their host turns up dead, it is clear that no one is safe! Soon the guests are racing to find the killer and keep the body count from stacking up. Based on the Hasbro board game Clue and adapted from the cult classic film, Clue is the comedic whodunit that will keep you guessing (and laughing) to the very end.

Thursday, April 2nd
Depart Center at 10:15 a.m.
Includes buffet lunch at Cumberland Mountain State Park
$60.00 per person
Branson & The Ozarks, Missouri

Monday-Friday,
June 8-12, 2020

RT Motor Coach Transportation

Four nights lodging

Four breakfasts and Four Dinners
(including the Branson Belle Showboat Dinner Cruise)

Entertaining Shows:
Clay Cooper’s Country Express
The Dutton Family
Legend in Concert
The Haygoods
Tribute to John Denver
The Uptown Cafe

Enjoy a tour of The College of the Ozarks, visit Inspiration Tower at Shepherd of the Hills, Historic Downtown, Branson Landing and much more!

Price includes
Luggage handling, taxes and meal gratuities.

The cost per person (double occupancy) is $759.
Price for single occupancy is $928 per person.

The price quoted is for Center members only. Non-members, add $50 per person. A $100 deposit is required to accompany registration, final payment is due April 27, 2020.

Trip Insurance is strongly recommended and may be purchased through the Center at a cost of $59 per person (double), and $71 per person (single) at the time of final payment.

Space is limited, so make your plans now to go and enjoy Branson!
PHOTOS OF FOLKS HAVING FUN!

Zooluminations Trip

Chinese New Year Celebration
PHOTOS OF FOLKS HAVING FUN!

New Members at Mini Open House

Valentine’s Party

A Visit from
Miss Senior
Wilson County

Call today to connect with a SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

There’s no cost to you!
(888) 672-0689
We’re paid by our partner communities

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE $1,500

✔ Backed by American Standard’s 140 years of experience
✔ Ultra low entry for easy entering & exiting
✔ Patented Quick Drain® Technology
✔ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
✔ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!
855-480-1029
Or visit: www.walkintubinfo.com/save

HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-331-6501

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-477-4574 -

FREE! Savings include an American Standard Right Height Toilet
FREE! ($500 Value)

FREE! Savings include an American Standard Right Height Toilet
FREE! ($500 Value)
### Exercise Sessions

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tai-Chi for Arthritis</strong></td>
<td>In main room or outside. The class is for everyone who would like to improve their own personal health, flexibility and strength in a gentle, low impact movement class. The class is suitable for all levels of physical ability.</td>
</tr>
<tr>
<td><strong>SilverSneakers Circuit</strong></td>
<td>The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.</td>
</tr>
<tr>
<td><strong>SilverSneakers Classic</strong></td>
<td>Exercise to music for range of motion, strengthening and activities of daily living. Uses hand held weights, elastic bands, tubing and balls. A chair is used.</td>
</tr>
<tr>
<td><strong>SilverSneakers Yoga</strong></td>
<td>Chair supported yoga is for everyone. No matter what age you are or what condition you are in, you can experience the health benefits of yoga. Yoga will move your whole body through a complete series of seated and standing positions.</td>
</tr>
<tr>
<td><strong>Bingocize®</strong></td>
<td>Bingocize® affords those with limited mobility and/or balance a way to regularly participate in limited exercise that will improve lower/upper body strength and range of motion. It is not for someone who regularly exercises or attends existing center exercise classes.</td>
</tr>
</tbody>
</table>

### Workout Room Orientation (required to use equipment)

Everyone must have an orientation before using the exercise room equipment. Sign-up list is on the door for your orientation session.

---

### OTHER MEMBERSHIP OFFERINGS

#### Socials and Games
- Billiards
- Book Club
- Bunco
- Cards
- Bridge
- Dominos
- Bingo (Friday)

#### Drama and Music
- Choir
- BRAVO Group
- Dulcimers
- Guitar Lessons
- Music Jam

#### Support Groups
- Blood Pressure Checks
- Diabetes Support
- Care Givers Support
- Grief Support Group
- Quarterly Hearing Check
- Telephone Reassurance

#### Arts and Textiles
- Adult Coloring Group
- Mixed Media Art Class

#### Other
- Library—Free Lending
- Bible Study Group
- Gardeners Club
- Volunteering Opportunities
- Day Trips
- Long Trips
- Lunch and Learns
- Special Events
- “In-House” Lunch (M&F)

*Friendship & Fellowship*