MAURY COUNTY SENIOR CENTER 931.380.3950

SENIOR TIMES

1020 MAURY COUNTY PARK DR. COLUMBIA, TN 38401

Center Hours Monday-Friday 8:00-3:00 pm website: www.mcsc2.org

EXECUTIVE DIRECTOR

Steve Thomas
cst3mcsc@gmail.com

Activities Coordinator
Lisa Bostelman
lbostelmanmcsc@gmail.com



2025 SENIOR CENTER BOARD

Chairperson
Kathey Grodi
Beverly Baxter
Mary Carter
Bobby Chance
Frank Dale
Kathey Grodi
Marsha Howard
Ted Huntley
Mike Kosawinski
Don Morrow
Sandy Smith
Larry Venable
Brenda Walker
Agnes Young

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Honoring Our Veterans

On Veterans Day, we honor the men and women who have served our country with courage, dedication, and selflessness. Your sacrifices have helped protect the freedoms we cherish, and your service continues to inspire us. With deepest gratitude, we thank every veteran for answering the call to serve.

Thank you for your service.

Happy Veterans Day

This year the center veterans are invited to enjoy breakfast at the Columbia Elks Lodge #686.
1208 Wkrm Ln.
Wednesday November 11th, 8:00 AM





WARNING, MEDICARE IS NOT CALLING!

Do not give out or confirm your Medicare number to people who call you.

If you have given out your information, call the SMP right away to report it.

SMP Senior Medicare Patrol

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Be in the Know





Jim Kettle is a champion chess player. He has come to the center from time to time to share his expertise. If you would like to learn, we can put you in contact with him to arrange a day and time for a lesson.



Mosaic Coaster Art







Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



LPi Call 800.950.9952

NOVEMBER DATES TO NOTE....

Wed Nov 11th, closed/ Veteran's Day

Tuesday Nov 24th, no activities. Thanksgiving meal (by sign up)

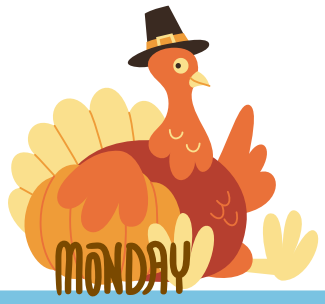
Thurs Nov 26th, closed/ Thanksgiving

Friday Nov 27th, closed

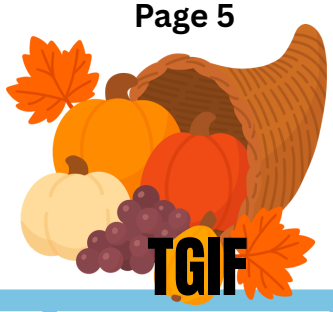


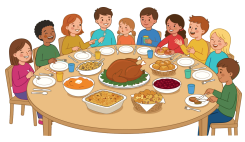
Thank you Dave Bryan for sharing the award presented to the seniors of Maury County that participated in the Senior Olympics. The Olympics is now held in Shelbyville. Sign ups begin August of each year.





NOVEMBER



MONDAY	Tuesday	WEDNESDAY	Thursday	TGIF
2 8-2 Card/Game Play 8-2 Open Pool/ Billiards 8:30 Line Dance **10:00 Rummikub Lesson** 12:15 Silver Sneakers 2:00 Tai Chi 4:15 Zumba 5:30 Yoga	3 8-2 Card/Game Play 8-10 Open Pool/ Billiards 11:00 Kroger Bingo 11:30 Lunch 1-2:00 Computer/Phone Class	4 8-2 Card/Game Play 8-12 Open Pool/ Billiards 10:30 Line Dance 11:30 Lunch 12-2 Men's Pool/Billiards Class 12:15 Silver Sneakers 2:00 Tai Chi	5 8-2 Card/Game Play 8-10& 12-2 Open Pool/ Billiards **9:00 *PHASE 10 Tournament** 10:00 Women's Billiards Class 11:00 Kroger Bingo 11:30 Lunch	6 8-2 Card/Game Play 8-2 Open Pool/Billiards **8:30 Rook Tournament** 9:30 Arthritis Exercise 11:30 Lunch 12:30 Chair Yoga **Health Fair @ The Baker Building 9-1**
9 8-2 Card/Game Play 8-2 Open Pool/ Billiards 8:30 Line Dance **9:00 Wii Bowling Tourney** 12:15 Silver Sneakers 2:00 Tai Chi 4:15 Zumba 5:30 Yoga	10 8-2 Card/Game Play 8-2 Open Pool/Billiards **10:15 Speaker/Trivia w/ Conetha Quality First** **12:00*CORNHOLE TOURNEY** 11:00 KROGER BINGO 11:30 Lunch 1-2:00 Computer/Phone Class	11 	12 8-2 Card/Game Play 8-10& 12-2 Open Pool/ Billiards **10:00 Speaker/MRH Post Acute Care w/ Theresa Harris RN** 10-12 Women's Billiards 11:00 Kroger Bingo 11:30 Lunch	13 8-2 Card/Game Play 8-2 Open Pool/Billiards **8:30 Canasta Tournament** 9:30 Arthritis Exercise 10:30 Chair Yoga 11:30 Lunch
16 8-2 Card/Game Play 8-2 Open Pool/ Billiards 8:30 Line Dance **10:00 Rummikub Tourney** 12:15 Silver Sneakers 2:00 Tai Chi 4:15 Zumba 5:30 Yoga	17 8-2 Card/Game Play 8-2 Open pool/ Billiards **10:00 Speaker/Mt Pleasant Health and Rehab** 11:00 Kroger Bingo 11:30 Lunch 1-2:00 Computer/Phone Class	18 8-2 Card/Game Play 8-12 Open Pool/ Billiards 10:30 Line Dance 11:30 Lunch 12-2 Men's Pool/Billiards Class 12:15 Silver Sneakers 2:00 Tai Chi	19 8-2 Card/Game Play 8-10 & 12-2 open Billiard 10-12 Women's Billiards Class **10:15 F&M Bank/ Frauds and Scams** 11:00 Kroger Bingo 11:30 Lunch	20 8-2 Card/Game Play 8-2 Open Pool/Billiards **9:00 Craft/Diamond Art Christmas Ornament** 9:30 Arthritis Exercise 12:30 Chair Yoga
23 8-2 Card/Game Play 8-2 Open Pool/ Billiards 8:30 Line Dance 12:15 Silver Sneakers 2:00 Tai Chi 4:15 Zumba 5:30 Yoga	24 **There will be no scheduled events. Thanksgiving Meal Doors open at 11:00**	25 8-2 Card/Game Play 8-12 Open Pool/ Billiards **9:00-10 Chair Volleyball** 10:30 Line Dance 11:30 Lunch 12-2 Men's Pool/Billiards Class 12:15 Silver Sneakers 2:00 Tai Chi	26 Happy Thanksgiving 	27 
30 8-2 Card/Game Play 8-2 Open Pool/ Billiards 8:30 Line Dance **9:00 Craft/Christmas Wreath** 12:15 Silver Sneakers 2:00 Tai Chi 4:15 Zumba 5:30 Yoga	**Crafts and some Tournaments require sign up w/ Lisa (indicated with this background)**			

PLEASE BE MINDFUL OF CENTER CLOSURES THIS MONTH. THE THANKSGIVING MEAL IS BY SIGN UP ONLY AND LIMITED TO 65. PLEASE SEE OR SPEAK WITH LISA TO GET SIGNED UP. THOSE UNABLE TO ATTEND WILL BE THE FIRST ELIGIBLE FOR CHRISTMAS PARTY SIGN UPS. THIS ALLOWS MORE MEMBERS TO ENJOY SCHEDULED EVENTS.

November

Monday M	Tuesday T	Wednesday W	Thursday T	Friday F
CHICKEN & DUMPLINGS GREEN PEAS DICED CARROTS ROLL FRUIT COCKTAIL MILK 2	½ HAM & SWISS SAND. W/ MAYO & TOMATO VEGETABLE SOUP COTTAGE CHEESE PEACHES MILK 3	BRUNSWICK STEW TOSSED SALAD W/ DRESSING/CRACKERS OATMEAL RAISIN COOKIE, TROPICAL FRUIT MILK 4	BEEF TACO'S CHEESE, LETTUCE & SOUR CREAM, MEXICAN RICE REFRIED BEANS TORTILLAS,FRESH ORANGE, MILK 5	SWEET & SOUR CHICKEN BREAST GLAZED CARROTS STEAMED BROCCOLI WW ROLL, PINEAPPLE MILK 6
SLOPPY JOES SCALLOPED POTATOES GREEN BEANS WW BUN MANDARIN ORANGES MILK 9	PINTO BEANS W/HAM TURNIP GREENS STEWED TOMATOES CORNBREAD FRUIT COCKTAIL MILK 10	 11	CHICKEN PATTY BUTTERMILK BISCUIT TATER TOTS BAKED APPLES NON- FAT YOGURT ORANGE JUICE MILK 12	FISH FILET W/ TARTAR SAUCE COLESLAW WHITE BEANS CORNBREAD, PEACH CRISP MILK 13
BBQ W/BBQ SAUCE POTATO SALAD BAKED BEANS WW BUN BAKED APPLES MILK 16	CHICKEN STRIPS W/ HONEY MUSTARD MACARONI & CHEESE LIMA BEANS WW ROLL FRESH ORANGE, MILK 17	BAKED HAM SLICED POTATOES GREEN BEANS WW DINNER ROLL TROPICAL FRUIT MILK 18	BAKED SPAGHETTI TOSS SALAD W/RANCH APPLESAUCE TEXAS TOAST SUGAR COOKIE MILK 19	CHEESEBURGER W/SWISS LET/TOM/ON/MAYO BAKED BEANS AUGRATIN POTATOES WW BUN, FRESH APPLE MILK 20
HAMBURGER STEAK W/GRAVY MASHED POTATOES PEAS & CARROTS WW DINNER ROLL PINEAPPLE 23 MILK	CHILI W/ BEANS ½ PIMENTO CHEESE SANDWICH ON WHEAT MANDARIN ORANGES SPONGE CAKE MILK 24	TURKEY BREAST W/ GRAVY CORNBREAD DRESSING SWEET POTATOES GREEN BEANS CRANBERRY SALAD 25 MILK	 26	 27
BREADED PORK CHOP WHOLE POTATOES PINTO BEANS CORNBREAD MIXED FRUIT MILK 30				

There will be no scheduled lunches served AT the center on Tuesday November 24th, 2026.

*** DIABETIC MEALS WILL HAVE A DESSERT SUBSTITUTION OF ONE OF THE FOLLOWING: FRESH FRUIT, CANNED FRUIT (JUICE WASHED OFF), VANILLA WAFERS, GRAHAM CRACKERS, S/F JELLO, PUDDING OR COOKIE AND APPLESAUCE. MENU SUBJECT TO CHANGE.

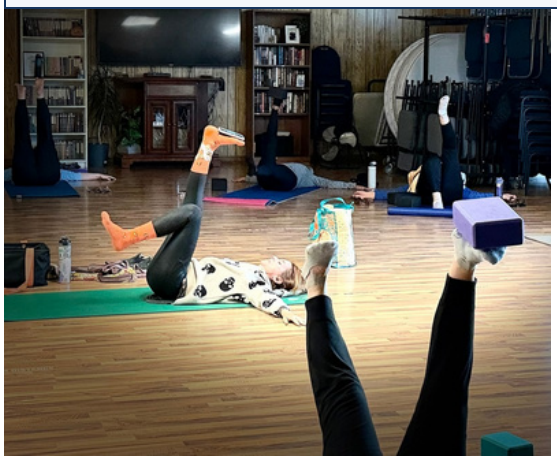
Something for Everyone

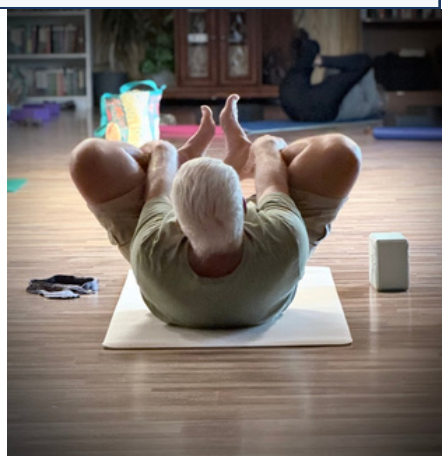




Tai Chi is a gentle, low-impact practice that combines slow, flowing movements, controlled breathing, and focused attention.
Benefits may include improved balance and flexibility, better coordination, reduced stress, gentle muscle strengthening, and increased relaxation.

Tai Chi classes are Monday and Wednesdays at 2:00 pm



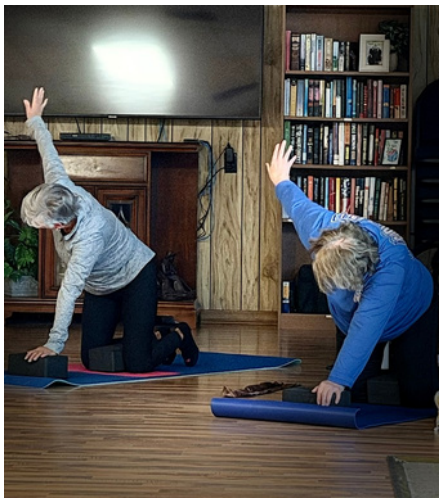




Yoga is a gentle mind-and-body practice that combines physical postures, stretching, breathing techniques, and focused relaxation.

Benefits may include improved flexibility and balance, increased strength, better posture, reduced stress, improved breathing, and greater relaxation.

Yoga Classes are every Monday at 5:30 pm



WELCOME NEW MEMBERS

As always, we welcome newcomers to the Maury County Senior Center, a place where seniors come for friendship, fun and games. The Senior Center provides programs and services geared toward older adults in our community. Our membership is open to anyone age 55+. All programs are on site and lunch is served daily at 11:30. We offer this monthly newsletter with a schedule of events, a lunch menu, photos and more, that can be delivered to your home at the first of each month. The cost is $10 for an entire year of delivery. We hope you become a part of our community. Please welcome our newest members:

JOSEPH MENDES, DEBORAH ODOM, TERRIE BURNS, BARNEY BURNS, CAROL BURNS, KATHERINE MASSEY, ALVERA ANDERSON, GENEVA BOYD, JAMES O'NEILL, PATRICIA BARNETT, BECKY BUCHANAN, SYDNEY McCLAIN, JERRY HICKS, EDWINA ROMERO, JOAN DANOROVICH, CLARENCE PORTER, KATHY, LaFEVER, SHERRY MARSHALL, LINDA SPARKS







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TRAVEL TIME

MAURY COUNTY SENIOR CENTER PRESENTS...

ATLANTA, GA CHRISTMAS

December 8-10, 2026 — **3 Days & 2 Nights**

Package Includes:
*Deluxe Roundtrip Motorcoach Transportation
*2 Nights Accommodations in Atlanta, GA
*2 Hotel Breakfasts
*2 Dinners at Fine Local Restaurants
*Admission to the Georgia Aquarium
*Admission & Reserved Seating at the Fox Theatre to see
"'Twas the Night Before..."
*All Taxes & Meal Gratuities

Package Price: $734.00 pp dbl
Singles Add: $185.00 extra
For Information & Reservations Contact
Renee Thomas @931-380-3950



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MAURY COUNTY SENIOR CENTER PRESENTS...

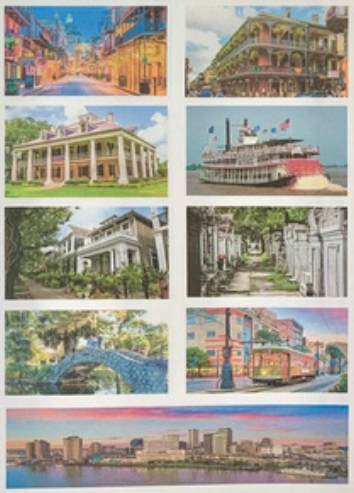
NEW ORLEANS, LA

Mar 29-Apr 2, 2027 — **5 Days & 4 Nights**

Package Includes:
*ROUND TRIP DELUXE MOTOR COACH TRANSPORTATION
*4 NIGHTS DELUXE ACCOMMODATIONS IN NEW ORLEANS, LA.
*4 DELICIOUS HOTEL BREAKFASTS
*2 TOP-OF-THE-LINE MEALS INCLUDING -MULATE'S; NEW ORLEANS' ORIGINAL CAJUN RESTAURANT - 1 FINE LOCAL RESTAURANT
*ADMISSION TO THE WORLD WAR II MUSEUM
*ADMISSION TO THE HOUMAS HOUSE PLANTATION & GARDENS
*VISIT & FREE TIME AT CAESARS CASINO IN NEW ORLEANS
*A VISIT TO THE LOCAL ITALIAN FAVORITE, CENTRAL GROCERY & DELI
*3 HOUR TOUR OF NEW ORLEANS WITH A STEP-ON GUIDE NARRATING ALONG THE WAY GARDEN DISTRICT TOUR, WITH STOPS AT CITY PARK AND CEMETERY NO. 5
*ALL TAXES AND MEAL GRATUITIES
*ROUND TRIP BAGGAGE HANDLING IN NEW OLREANS

Package Price: $877.00 / pp dbl
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For Information & Reservations Contact
Renee Thomas @ 931-380-3950

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IF YOU ARE LOOKING FOR THAT PERFECT GETAWAY, THERE ARE SEVERAL OPTIONS AVAILABLE THROUGH THE CENTER. IF YOU MISSED THE CARIBBEAN CRUISE, CHICAGO OR MYRTLE BEACH THIS YEAR, YOU NEED TO CHECK OUT THE TRIPS THAT ARE SCHEDULED FOR FUTURE MONTHS.
A FANTASTIC HOLIDAY TRIP TO ATLANTA, GA. IS SCHEDULED FOR DECEMBER '26,
A FESTIVE TIME IN NEW ORLEANS IN MARCH '27 OR A SPECTACULAR ALASKAN CRUISE IN SEPTEMBER '27.
SOUTH DAKOTA IS CURRENTLY FULL. CALL OR STOP IN TO SEE
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<u>Alaska is a beautiful and vast frontier. Here are some interesting facts.</u>



*Alaska is the northernmost, westernmost AND easternmost U.S. state.
*Alaska is about 663,300 sq. miles. MORE than twice the size of Texas.
*Alaska is home to North America's highest peak, Denali.
*Alaska is just 2.4 miles from Russia at it's closest point.
*You can see "tomorrow" from Alaska, as the International Dateline passes between the Diomede Islands. At this point, they are only 2.4 mi. apart but 21 hours apart.
*Alaska has more glaciers than any other U.S. state. One of those being larger than the state of Rhode Island.

TOURNAMENT WINNERS

CORNHOLE

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Health Insurances



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Leda Moore

ROOK

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RUMMIKUB

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October Sponsor
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CANASTA

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Leda Moore

CLASSES

CHAIR YOGA

Fridays 12:30 PM

Tai Chi

Monday & Wednesday
2:00-3:00 PM

ZUMBA
Mondays 4:15 PM



PERSONAL MEDICARE

ADVANCE LINE DANCE
Mondays 8:30-10:00 AM

BEGINNER LINE DANCE
Wednesdays 10:30-11:30 AM



SILVER SNEAKERS
Mondays & Wednesdays
12:15-1:15 PM



YOGA
Mondays 5:30 PM

POOL/BILLIARDS
Men's classes
Wednesday 12:00-2:00 PM
Women's classes
Thursday 10 AM-12:00



COUNSELING : Available in person (during center hours) with volunteer counselors from the State Health Insurance Assistance Program (SHIP). Appointments are required and can be made by calling **877-801-0044** Counselors can answer and assist with Medicare related questions, issues or concerns. Information can be made available regarding Medicare Supplemental, Advantage Plan and Part D coverages.

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