

The Senior Center will be CLOSED Monday, October 9th for Columbus Day & Friday, November 3rd for NW TN Senior Olympics Closing Ceremonies.

Hello Everyone,

WOW what an exciting time we are having at Crockett Senior Center!! We fell a little short and ended up in third place in the Regional Brain Games however we could not be MORE proud of our team Nan Crockett, Royce Cook and Gladys Porter.

We had our annual fund raising Salad Dinner and made approx. \$900. Hard work for the staff so I want to thank each of them for this effort to make money for our center. On the same week we had our Monthly Birthday Dinner with guest speaker Sarah McAlpin & Michelle Fussel from SHIP, sure had some yummy finger food. Plans for October birthday lunch is Chili/Soup and sandwiches and of course our homemade desserts!

So much practicing going on for our Senior Olympic and so far has paid off and to date we have come home with 31 metals and have just begun the first week of events. Congratulations to all of our senior participants.

We have 2 seats left on our October 26 Amish Trip to Lawrenceburg, TN . If you would like to join us you still have time to come in and pay your \$52.00. Should be a fun filled day.

Our squarecrow contest scarecrow to be displayed at Crockett County Court Square is coming along very nicely (scary) thanks to Michelle Triplett. Our work in progress has caught the breathe of several of us even though knowing exactly where he is in the building, haha.. Our Text Book Squarecrow will depict the children's book "Goosebumps".

The end of the month Crockett Seniors will be participating in the Annual Witches Ride for The American Cancer Society. Several of our witches plan to ride and enter the Pumpkin or Chili Cooking contest afterwards on October 28th at 10:30 a.m. Everyone is welcomed and encouraged to join our witches in the ride. Please help us by donating candy for our witches to throw out to the children.

This quarter Board/Committee Meeting will be changed to Tuesday October 24 at 10:00 due to Senior Olympic on October 19. Hope this date is good for our members.

Did I mention that the Crockett Seniors are having a BLAST!! If you are a new senior or new to our area we would love for you to come join us here at the center.

Mary R. Moore, Director


Happy Birthday

2nd Thursday Birthday Luncheon
October 12th

10:30 BINGO

11:00 Speaker -Julie Maxwell
w/Medical Ctr. Home Health

11:20 Birthdays Recognized

11:30 Birthday Soup/Chili Lunch



***Please bring your favorite plate of sandwiches or a dessert dish to add to our lunch and come enjoy our meal together.**



Tuesday, October 31, 2017
Halloween Party

Pumpkin Ring Toss

Ghost Pitch

Ping Pong Toss

Clothes Pen Shuffle

***Bring
Finger
Foods
for
Lunch**

Costume Contest
Prizes for Men / Women



Crockett Center News

Senior Center will be CLOSED Monday, October 9th for Columbus Day & Friday, November 3rd for NW TN Senior Olympics Closing Ceremonies.

Line-Dance Lessons

Tuesdays at 1:00 p.m.
If interested; just show up,
we'll have fun.



If you need to go shopping,
Wal-Mart Trip

is
Tuesday, October 10th
at 12:30 p.m.

Crockett Senior Center

(Nutrition Department)

has Ensure for sale

Assorted Flavors

Regular \$25.00 per case

Diabetic \$40.00 per case

See Peggy at the Center

Seth Crowe, Pharmacist,
w/Fred's Pharmacy will hold
Flu Clinic at the Center
On Friday, October 27th.



Volunteer Home Care

Blood Pressure

every

Wednesday at 9:00 a.m.



Brain Games

continues

Wednesdays at 1:00 p.m.



Corn Hole

Join the Fun!

Wednesdays at 2:30 p.m.
and Thursdays at 1:00 p.m.



Light N Lively Chair Exercise

Monday, Wednesday and Friday
at 10:30 a.m.

Good exercises done from a chair.



Crockett Witches Ride

Saturday, October 28th at 10:30 a.m.

Join our team of witches and/or
donate candy for the children.



Shuffleboard

Every Thursday

9 a.m.



Tai Chi

Mondays & Wednesdays

2:00 p.m. continues

through November 1



Senior Center Chorus

Starts continues at local Nursing
Home Facilities.

October 3-Practice @ Center

October 10-Alamo

October 17-Humboldt

October 24-Bells

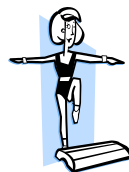


Aerobics & Fitness Classes

Men's Fitness 8:30 a.m.

Women's Aerobics 1:00 p.m.

Every Monday, Wednesday & Friday



Don't Forget on **Saturday, October 14 at 10:30 a.m.** (Awards @ 4:30 pm)
'Crockett County SquareCrow Contest' on Court Square
Crockett Senior Center has entered a scarecrow in this competition!



We are really excited for opportunities and travel for 2018. Look over our travel plans and see if any are of interest to you. We will have pricing on these trips soon however we need interest to book and get the plans rolling. Some of these trips are long range however it will give you plenty of time to make payments and save the date for 2018. Looking forward to your feed back !!!

We are listing several day trip possibilities, I really want you to decide what is of interest to you, we are open to your suggestions.

Reelfoot—Pontoon Ride—Fish Lunch/Dinner
Discovery Park
Sgt. Alvin C York State Park—Eat at Patty’s
Amish Trip—Lawrenceburg
Memphis Zoo

Coming Spring 2018
March 16-18

Hot Springs, AR—Spa, Horse Racing, Fun Trip!



Coming Fall 2018
October 7—14
New England & Canada—Cruise with Norwegian
Cruise Line
Tour to Portland, Maine, Bar Harbor, Maine, New
Brunswick and Halifax, Nova Scotia

Coming November 2018
November 13-16

Christmas Lights at Biltmore, Ashville, NC





***Our Crockett County Brainiac Team won
Third Place***

in Regional competition in Jackson recently; after breaking a tie for Second Place.

We Are Proud Of All You Brainiacs!

**Northwest Tennessee Senior Olympics
2017 *October* Schedule of Events**

Mark your calendars and be ready to win gold, silver and bronze !

October 2nd -Monday

Bowling at Southlane Bowling Union City

October 5th -Thursday

Corn Hole at TN National Guard Armory in Alamo

October 10th -Tuesday

Swimming at UTM Pool

October 19th- Thursday

Shuffleboard Singles at Union City Senior Center

October 20th -Friday

Shuffleboard Doubles at Union City Senior Center

November 3rd -Friday

Senior Olympics Closing Ceremony Party

2017 Theme is: Music Legends -Dress like your favorite music legend.

ATTENTION !!

It's almost that time of year again...Don't stress, jump on the SHIP

What is SHIP? The 'Tennessee State Health Insurance Assistance Program'.

It is a statewide program that provides free and objective counseling and assistance to persons with questions or problems regarding Medicare and other related health insurances. If you need to change or just compare your PDP (Prescription Drug Plan).



Open enrollment: October 15 thru December 7, 2017.

For assistance contact **TN SHIP Medicare Info. & Counseling** toll free 1-877-801-0044 or **Wanda Palmer** at your local Senior Center 731-696-2050.

*Crockett County
Senior Citizens Center
736 S. Bells St.
Alamo, Tennessee 38001
Phone: 731-696-2050
Address Service Requested*

*Non-Profit Org.
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*Providing Nursing, Physical Therapy,
Wound Care, IV's and more in your home.
Ask your doctor for:*

Volunteer Home Health Care

***Volunteer will be at the Crockett Co. Senior
Center each Wednesday at
9:00 to check blood pressure.***



***FREE to Seniors 60 and over.
Humboldt office —1-888-338-5441
Fax-1-731-784-3826***



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Funeral Director: Samuel Lee Ronk III***

Phone: 731-696-5555





































Fax: 731-696-5560

Email: ronksheml@yahoo.com



October 2017

*Daily Activities:
 Exercise Machines,
 Bingo, Puzzles, Card
 Games, Dancing and
 Library Books*

SUN	MON	TUES	WED	THURS	FRI	SAT
1 *Dominoes <i>anytime Morning / Afternoon</i>	2 Senior Olympic Bow- ling @ Union City 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 1:00 Women's Aerobics 2:00 Tai-Chi  	3 9:30 Chorus-Practice 11:30 Lunch 12:00 Wal-Mart Trip 1:00 Line Dance 2:00 Tai-Chi 	4 8:30 Men's Fitness 9:00 Blood Pressure 10:30 Chair Exercise 11:30 Lunch 1:00 Brain Games 1:00 Women's Aerobics 2:00 Tai-Chi 2:30 Corn Hole  	5 Corn Hole Competition at the Alamo National Guard Bldg. NO BINGO Today 11:30 Lunch 	6 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 12:00 Canasta 1:00 Women's Aerobics  	7
8 *Rook / Canasta <i>any weekday when enough players</i>	9 Closed 	10 9:30 Chorus - Alamo 11:30 Lunch 1:00 Line Dance 	11 8:30 Men's Fitness 9:00 Blood Pressure 10:30 Chair Exercise 11:30 Lunch 1:00 Brain Games 1:00 Women's Aerobics 2:00 Tai-Chi 2:30 Corn Hole  	12 9:00 Diabetes Class 9:00 Shuffleboard 10:30 Bingo 11:00 Speaker 11:20 Birthdays Recog- nized 11:30 Add-A-Dish Luncheon 12:00 Table Tennis 1:00 Corn Hole  	13 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 12:00 Canasta 1:00 Women's Aerobics  	14 Squarecrow Contest at Courthouse at 4:30 p.m.
15	16 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 1:00 Women's Aerobics 2:00 Tai-Chi  	17 9:30 Chorus -Humb. 11:30 Lunch 1:00 Line Dance 	18 8:30 Men's Fitness 9:00 Blood Pressure 10:30 Chair Exercise 11:30 Lunch 1:00 Brain Games 1:00 Women's Aerobics 2:00 Tai-Chi 2:30 Corn Hole  	19 Olympic Shuffleboard Singles - Sharon Senior Ctr. NO BINGO Today 11:30 Lunch 12:00 Table Tennis 1:00 Corn Hole  	20 Olympic Shuffleboard Doubles - Sharon Senior Ctr. 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 12:00 Canasta 1:00 Women's Aerobics  	21
22	23 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 1:00 Women's Aerobics 2:00 Tai-Chi  	24 9:30 Chorus -Bells 10:00 Board/ Committee Meeting 11:30 Lunch 1:00 Line Dance 	25 8:30 Men's Fitness 9:00 Blood Pressure 10:30 Chair Exercise 11:30 Lunch 1:00 Brain Games 1:00 Women's Aerobics 2:00 Tai-Chi 2:30 Corn Hole  	26  9:00 Diabetes Class 9:00 Shuffleboard 10:30 Bingo 11:30 Lunch 12:00 Table Tennis 1:00 Corn Hole  	27 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 12:00 Canasta 1:00 Women's Aerobics  	28 Crockett Witches Ride 10:30 am Alamo Court Square Our Coven - 'Circle of Senior Sisters' Benefits Crockett Relay for Life
29	30 8:30 Men's Fitness 10:30 Chair Exercise 11:30 Lunch 1:00 Women's Aerobics 2:00 Tai-Chi  	31 Happy Halloween! 11:00 Finger Foods Lunch Halloween games NO Line Dance NO Chorus	