



# CROCKETT SENIOR NEWS

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Alamo, TN 38034

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2018

Hello Everyone,

What a GREAT February we have had. Thank you Wanda Palmer for coordinating our February Black History activities and Thank you for all who have come as our guest to entertain and educate us during February. Our Crockett Seniors traveled to Brownsville for an awesome lunch at ZZ's then on to the Delta Heritage Center which was thoroughly enjoyed by all who attended.

We have several trips planned for our Seniors so if you see one that you are interested in, please come see us and put down your deposit. The Chattanooga Choo-Choo and the Art Encounter will stay up until the end of March however if we don't get 40 people interested, we will have to cancel. These two trips are VERY reasonably priced for your enjoyment so don't let the opportunity pass if you are interested. We would also like your input on some day-trips you are interested in.

Love what I do and looking forward to the rest of 2018!!!!

Mary R. Moore, Director

*Happy Birthday!*

## 2nd Thursday Birthday Luncheon March 8th

\*Please bring your favorite Irish main dish, vegetable or dessert to add to our meal.



10:30 BINGO

11:00 Speakers-Mary Jo Manley & Randy Kellough of BancorpSouth Re: "America Saves Week" - *How To Save Your Money*

11:30 March Birthday Recognition

11:45 Add-A-Dish Luncheon

\* Attention Quilters - We have the quilt rack ready to set up in the corner of the Dining Room. We're hoping to have a quilt-top to be quilted really soon.



\*Peggy (Nutrition Dept.) is cooking lunch on the third & fourth Friday of each month. Cost \$2.00 for lunch.



\*Set your clocks forward one hour on Sunday, March 11th

# CROCKETT CENTER NEWS

## Take Charge of Your Diabetes

*Tuesdays at 10:00 a.m.*

March 6th thru April 3rd

Instructor - Sarah Poole, UT Extension

### Win This



This class is for anyone with diabetes and those who cook for someone with diabetes. A George Foreman Grill will be given away at the last session for those who attend.



## AARP Driver Safety Course

\*Sign up now at Center

**Monday & Tuesday  
March 19 & 20**

**8:30 a.m.-12:30 p.m.**

*\*Must attend both days to get certificate.  
Need 15 to sign up.*

Cost \$20 for Course (\$15 AARP members)

## Painting, Jewelry & Crochet Clubs

March 5 & 19 - (Mondays) *Paint Club* in Dining Room

March 9 & 23 - (Fridays) *Jewelry Club* in Dining Room

March 15 & 29 - (Thursdays) *Crochet Club* in Dining Room

*Crockett Senior Center (Nutrition Department)*

*has Assorted Flavors of Ensure for sale*

**Regular \$25.00 per case -Diabetic \$40.00 per case**

**See Peggy at the Center**

## Tai-Chi

w/Sarah Poole

*continues thru April 2nd  
Mondays & Wednesdays  
at 9:30 a.m.*



*If you need to go shopping,  
**Wal-Mart Trip** is  
**Tuesday, March 6th**  
at 12:30 p.m.*

## Shuffleboard & Corn Hole

**Every Thursday**  
Starts **8:30 a.m.**



## Line-Dance Lessons

*Tuesdays at 1:00 p.m.*

Mr. Bill Yates will be teaching  
New Line Dances  
starting April 10 thru May 29

*\*We Welcome Newcomers*



*Light N Lively  
Chair Exercise  
Monday, Wednesday and Friday  
at 10:30 a.m.  
Good exercises done from a chair.*

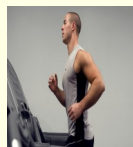
## Aerobics & Fitness Classes

*Exercise changes your metabolic system. As we age, our systems slow down. Exercise helps our energy levels and makes everyday tasks easier.*

*Exercise helps us lose weight and also sleep better; and we really need our rest.*

*We need to exercise two to three times consistently each week. We offer a program that really works. We have a great time and learn a lot in class.*

*It's so much easier to exercise with someone else.*



## Brain Games

Continues **Wednesdays**  
**1:00 p.m.**



## Blood Pressure Checks

**Wednesdays at 9:00 a.m.**  
by our CNA, Michelle.



*Come Try The Class.*  
*Mondays, Wednesdays & Fridays*  
**Men's Fitness 8:30 a.m.**  
**Women's Aerobics 1:30 p.m.**

**Sherry Earnheart - Instructor**

**Senior Center Chorus - Tuesdays**  
*continues at local Nursing Home Facilities.*  
**March 6-Practice**  
**March 13-Alamo**  
**March 20 -Humboldt VA**  
**March 27 -Bells**



*Crockett Senior Citizens Center*

presents

# *Dance Under The Stars* *Senior Citizen Prom*

*Friday, April 6, 2018*

*6:30 pm to 8:30 pm*

*Live Music by Kenneth Johnson - Refreshments*

*Door Prizes - Photo Booth - Crowning of King and Queen*

*Come alone, Bring a date or Bring Friends*

*Free Admission - Transportation Available*

*Semi-Formal Attire*

*Please sign up if you plan to attend*



**Trip Package Includes:**

- \*Round trip motor-coach transportation
- \*Overnight @ Best Western Heritage in Chattanooga
- \*Breakfast Buffet
- \*Dinner @ Sticky Fingers BBQ
- \*Board the TN Valley Railroad's Grand Junction Station for six-hour (w/1/2 hour layover to stroll through the quaint downtown area of Chickamauga-Chattanooga National Military Park).

We've planned a trip to

**"Chattanooga  
Choo-Choo"**

**May 25-26, 2018**

*through Senior Excursions Tours & Travel*

**\$235.00 Per Person**

(Double Occupancy)

\*Add \$50 for Single Room

**\*\*Trip Assurance Protection is  
\$25.00 Payable to: Senior Excursions**

*Please sign up soon if you're interested.*

*\$100 Deposit required*

*Balance by April 20th*





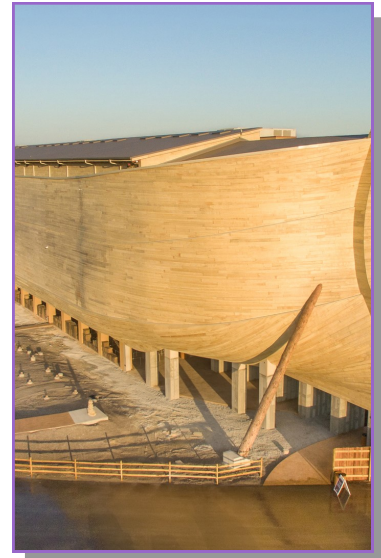
## Ark Encounter & Creation Museum June 11-13, 2018

*Trip Includes: \*Two (2) Nights Hotel Accommodations  
\*Two (2) Hotel Breakfasts & Two (2) Dinners (Including one  
(1) at Emzara's Kitchen at the Ark Encounter)  
\*Deluxe Motor Coach Transportation*

**Price \$399.00 - Double Occupancy (per person) / \$499.00 Single**

**\*\*Travel Protection: \$51.00 per person (Double Occupancy); purchased at time of deposit.**

**Deposit of \$100 due by March 6, 2018 - Final Balance Due by April 20, 2018**



## New England & Canada October 6 thru 14, 2018

**\*Passport is REQUIRED !**

*aboard Norwegian's "Escape"*

**Cost: \$2,199.00 p-person Inside Cabin / \$2,499.00 p-person Outside Cabin / \$2,699.00 p-person Balcony Cabin**

\*(Travel Protection: \$259 p-person for Inside/Outside Cabin & \$318 p-person for Balcony Cabins & should be purchased at the time of initial deposit to ensure full benefits) \*(Prices based on Double Occupancy)

Cruise with Norwegian Cruise Line. Tour to Portland, Maine, Bar Harbor, Maine, 9/11 Memorial Museum in New York, New Brunswick and Halifax, Nova Scotia

***\*Note: We need to know ASAP if you plan to go so Tour Co. can book rooms on ship.***

\*\*Price contingent on amount of people going - 32 people or more and bus-fare is FREE to and from the airport.

**\*\*NOTICE - There's only three (3) inside cabins available at the \$2,199 price. After these are sold; only three more inside-cabins are available & price will be an extra \$50. for Total of \$2,249.00; per Tour Co.\*\***

**\*Seats are going fast on this awesome Fall Foliage Trip.  
See Mary soon if you're interested.**

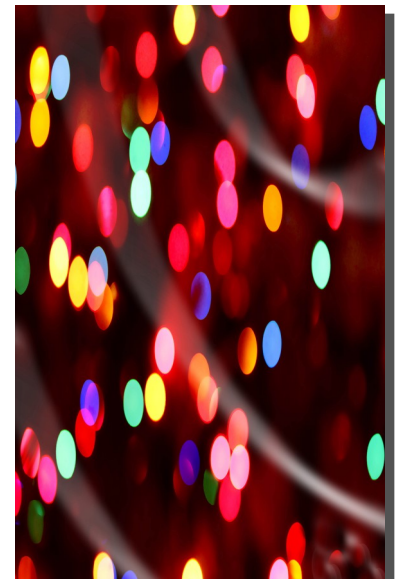
## November 13-16, 2018

### Christmas Lights at Biltmore in Ashville, N.C.

3 Day/2 Night Package Includes: 2 nights Hotel Accommodations / 2 Breakfast & Dinners at Hotel, including one (1) Holiday Dinner at The Biltmore Estate. Also a self-Guided Tour of The Biltmore House / Admission to the Gardens and Grounds at the Biltmore Estate's Garden Conservatory, Antler Village and Biltmore Shops / Wine Tasting at the Famous Biltmore Estate Winery / Explore the Blue Ridge Parkway Folk Art Center / Standard Taxes, Meal Gratuities, Baggage Handling and Deluxe Motor Coach Transportation.

**\*Travel Protection \$51.00 – purchased at time of initial deposit w/check payable to PML Travel & Tours.**

| Package Rates Per Person |          |
|--------------------------|----------|
| Double Occupancy.....    | \$420.00 |
| Triple Occupancy.....    | \$404.00 |
| Single Occupancy.....    | \$519.00 |



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

*Non-Profit Org.  
U.S. Postage Paid  
Alamo, TN. 38001  
Permit No. 18*

## ***Bells Funeral Home***

5342 College Street, Bells, TN 38006  
731-663-2766 -Obituary Line 731-772-1553

[www.bbfuneral.com](http://www.bbfuneral.com)



DJ Brewer, Owner and Managing Partner  
**Funerals and Cremation Services  
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Funeral Home for Funerals and  
Cremation Services**



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and Crockett County**

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*Ask your doctor for:*

## ***Volunteer Home Health Care***



*Humboldt office —1-888-338-5441  
Fax-1-731-784-3826*



## ***Ronk Funeral Home***

*Family owned since 1935*

*106 S. Bells Street, Alamo, TN 38001*

[www.ronkfuneralhome.com](http://www.ronkfuneralhome.com)

*Check us out on Facebook*

*Co-Owners/Funeral Directors*

*Samuel Lee Ronk, Jr. & Read C. Ronk  
Funeral Director: Samuel Lee Ronk III*

**Phone: 731-696-5555**

**Fax: 731-696-5560**

# MARCH

# 2018

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

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|    |  | <p><i>Daylight Savings Time is <u>Sunday, March 11</u></i></p>   | <p>1<br/>           9:00 Shuffleboard<br/>           10:30 Bingo<br/>           11:30 Lunch<br/>           12:00 Table Tennis<br/>           1:00 Corn Hole</p>   | <p>2<br/>           8:30 Men's Fitness<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:00 Canasta<br/>           1:30 Women's Aerobics</p>                                      |
| <p>5<br/>           8:30 Men's Fitness<br/>           9:30 Tai-Chi<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:30 Painting Club<br/>           1:30 Women's Aerobics</p>  | <p>6<br/>           9:30 Chorus-Practice<br/>           10:00 Diabetes Class-DR<br/>           11:30 Lunch<br/>           12:00 Wal-Mart Trip<br/>           1:00 Line Dance</p>   | <p>7<br/>           8:30 Men's Fitness<br/>           9:00 Blood Pressure<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:00 Brain Games<br/>           1:30 Women's Aerobics</p>  | <p>8<br/>           9:00 Shuffleboard<br/>           10:30 Bingo<br/>           11:00 Speakers-Mary Jo Manley &amp; Randy Kellogg<br/>           11:30 Birthdays Recognized<br/>           11:45 Add-A-Dish Lunch<br/>           12:00 Table Tennis<br/>           1:00 Corn Hole</p> | <p>9<br/>           8:30 Men's Fitness<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:00 Canasta<br/>           12:30 Jewelry Making<br/>           1:30 Women's Aerobics</p>  |
| <p>12<br/>           8:30 Men's Fitness<br/>           9:30 Tai-Chi<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:30 Women's Aerobics</p>                                    | <p>13<br/>           9:30 Chorus-Alamo<br/>           10:00 Diabetes Class-DR<br/>           11:30 Lunch<br/>           1:00 Line Dance</p>  | <p>14<br/>           8:30 Men's Fitness<br/>           9:00 Blood Pressure<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:00 Brain Games<br/>           1:30 Women's Aerobics</p> | <p>15<br/>           9:00 Shuffleboard<br/>           10:30 Bingo<br/>           11:30 Lunch<br/>           12:00 Table Tennis<br/>           12:30 Crochet Club<br/>           1:00 Corn Hole</p>  | <p>16<br/>           8:30 Men's Fitness<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:00 Canasta<br/>           1:30 Women's Aerobics</p>                                     |
| <p>19<br/>           8:30 Men's Fitness<br/>           9:30 Tai-Chi<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:30 Painting Club<br/>           1:30 Women's Aerobics</p> | <p>20<br/>           9:30 Chorus -Humboldt<br/>           10:00 Diabetes Class-DR<br/>           11:30 Lunch<br/>           1:00 Line Dance<br/> </p> | <p>21<br/>           8:30 Men's Fitness<br/>           9:00 Blood Pressure<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:00 Brain Games<br/>           1:30 Women's Aerobics</p> | <p>22<br/>           9:00 Shuffleboard<br/>           10:30 Bingo<br/>           11:30 Lunch<br/>           12:00 Table Tennis<br/>           1:00 Corn Hole</p>  | <p>23<br/>           8:30 Men's Fitness<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           12:00 Canasta<br/>           12:30 Jewelry Making<br/>           1:30 Women's Aerobics</p> |
| <p>26<br/>           8:30 Men's Fitness<br/>           9:30 Tai-Chi<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:30 Women's Aerobics</p>                                    | <p>27<br/>           9:30 Chorus -Bells<br/>           10:00 Diabetes Class-DR<br/>           11:30 Lunch<br/>           1:00 Line Dance</p>   | <p>28<br/>           8:30 Men's Fitness<br/>           9:00 Blood Pressure<br/>           10:30 Chair Exercise<br/>           11:30 Lunch<br/>           1:00 Brain Games<br/>           1:30 Women's Aerobics</p> | <p>29<br/>           9:00 Shuffleboard<br/>           10:30 Bingo<br/>           11:30 Lunch<br/>           12:00 Table Tennis<br/>           12:30 Crochet Club<br/>           1:00 Corn Hole</p>  | <p>30<br/>           CLOSED<br/> </p>   |