It’s Summer Time ... and Renewal Time
Renew your Membership Today!
Don’t Miss Out on the Fun!
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!
Just make a reservation for In House meals by Wednesday prior, and for Meals on Wheels by noon the day before you wish to dine.

Senior Center Staff
Travel/Membership Coordinator:
Pat Garrison
program@mjseniorcenter.org
Program/Activities Coordinator:
Mona Tissue
activities@mjseniorcenter.org
Finance Coordinator/Interim Director:
Sharon Howard
finance@mjseniorcenter.org
Activities Assistants:
Sharon Coghlan, Sharon Kennedy
activities@mjseniorcenter.org
Maintenance:
Mike Kirsh

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 will be 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 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.

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. She also wishes to thank those who have volunteered since the last newsletter.

Visit our website at www.mjseniorcenter.org
Visit our Facebook Page “Mt. Juliet Senior Center Activity Center”
Cologne/Perfume – Please be careful to not “overdo” your use of fragrances when coming to the Center. We have several – actually many – folks who are highly allergic to many fragrances. Please be considerate in your usage. Thank you!

Thought for the Day:
Half of our life is spent trying to find something to do with the time that we have rushed through life trying to save.
**Ballroom Dance Therapy**

Plan to join us at 1:00 p.m. on any Tuesday to enjoy the fun!

July’s dance is the **Swing** and the spotlight dance for August is the **Rhumba**.

Ballroom Dance is excellent for building confidence, aiding in balance and simply for having a great time!

---

**Summer Bible Study**

Guest teacher **Bob Marklein** continues to lead our summer study, “What Are You Afraid Of”, by David Jeremiah. The class meets each Monday at 12:30 p.m. in the large room, and you are invited.

---

**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. Use it and choose us!

---

**NEW SUPPORT GROUP OFFERED**

We will begin a **Grief Support Group** at 10:00 a.m. on the fourth Tuesday of each month, beginning in August. This group will be led by a representative of **Avalon Hospice**, and we thank them in advance for doing this for the Center.

---

**Garden & Park**

Thanks to the hard work of the Boy Scouts, plant donations from Needham’s Nursery, some young volunteers, and the always hard working Garden & Park Committee, our park is looking well. We could surely use some gardening (mostly weeding!) volunteers. Ask for info...

---

**MJSAC Book Club**

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

- **July 18**: “The Edge of Winter” by Luanne Rice
- **August 15**: “Blue Dahlia” by Nora Roberts

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

---

**Last Quarterly Birthday Party**
Looking Ahead: 2019 Spaghetti Day
Friday, October 18, 2019

Spaghetti Day - we all know that this event is awesome, but requires significant planning as well as many, many volunteers to pull it off successfully. The event has been underwritten by the Noon Rotary Club of Mt. Juliet in past years and has been very beneficial to the Center’s fundraising budget. We are happy to announce that this year we will have an additional sponsor for the event, Modern Woodmen of America.

MJSAC Board members Jacque Benton and Nancy Britt recently met with Josh Conner, Modern Woodmen Regional Director, to discuss their new sponsorship of Spaghetti Day. (See photo right) Organizations and residents in Central Tennessee benefited from over $800,000 from Modern Woodmen of America, its members and local community partnerships in 2018. These dollars support social, educational, volunteer and fundraising activities in the region.

“Giving back is in Modern Woodmen’s DNA,” says Conner, “As members of a fraternal organization, we help each other – and our community.”

In 2018, local Modern Woodmen members spent a total of 4,145 hours volunteering in Central Tennessee. Modern Woodmen was founded in 1883 as a fraternal benefit society. The organization supports members, families and communities with a unique blend of financial services, fraternal benefits and local-impact opportunities. Learn more at www.modernwoodmen.org.
MJSAC would like to thank all of the wonderful sponsors and volunteers who helped to make our Gala event a success on Friday, June 7th. A huge thank-you goes to the Mt. Juliet Breakfast Rotary Club for their wonderfully prepared dinner and its service - the food was delicious! Another big thank you goes to Pastor Groover and Victory Baptist Church for hosting the event in their great facility.

Entertainment for the evening was supplied by nine fabulous students who are part of the Mt. Juliet High School Choir Department. Their talent was amazing and all present tremendously enjoyed their performances. Auctioneer Josh Kirby of Blackwell Auction & Realty did a great job in securing the most money from our items during an exciting live auction. All in all, a true group effort between the community, the school, our members, guests and volunteers made for a special and profitable evening for the Center. The event raised in excess of $6000 for the Center.

Thank you to these for their generous donations:

Jeff & Pat Rowlett
Rutland Place Senior Living
Wilson Bank & Trust

Thank you to these Table Sponsors, and especially to those(*) who donated their tickets back to the Center.

Carrick Glen Senior Living*
John Deal Coatings (JDC Solutions, Inc.)
Elite Audiology & Hearing Care
First Freedom Bank
“From My Brush Store”, Gloria Wilson*
Kaatz, Binkley, Jones, Morris Architects, Inc.*
Southern Bank of Tennessee*

Thank you to these who donated generously to the Auction

Attorney Brad Dozier
MJ Mayor Ed Haggerty
Mrs. Fannie Golden
MJSAC Quilters
Judge Barry Tatum
Sister’s WhimZY
and several anonymous donors
OF NOTE.....

The following came to the Center from The Consumer Protection Agency - please read carefully!

Financial institutions report widespread elder financial abuse

Financial institutions are seeing vast numbers of their older customers fall prey to financial exploitation by perpetrators ranging from offshore scammers to close family members—and they’re filing hundreds of thousands of reports with the federal government about these suspicions.

Older adults ages 70 to 79 lost on average $43,300. And when the older adult knew the suspect, the average loss was even larger—about $50,000. Fewer than one-third of elder financial exploitation reports specify that the financial institution reported the activity to adult protective services, law enforcement, or other authorities. If the financial institution is not reporting to these authorities, there is a missed opportunity to strengthen prevention and response.

MJSAC has recently ordered the “Money Smart for Older Adults” guide from the Consumer Protection Agency. “Money Smart for Older Adults” is an elder financial exploitation awareness and prevention program the Bureau created with the Federal Deposit Insurance Corporation (FDIC). The guides should be at the Center by mid July, and are free to members.

If you believe that you or someone you know is a victim of financial exploitation, contact your local adult protective services (APS) agency. You can find out how to reach your APS office from the Eldercare Locator at eldercare.acl.gov or by calling 1-800-677-1116. Report scams or fraud to the Federal Trade Commission at ftc.gov/complaint.

MSJAC Board of Directors

At the June 3rd Board Meeting, the following were elected to new terms as Board Members: Tracy Blackburn, Dwight Beard, Phyllis Dillard, MaryBeth Wilson, and Cathy Wood.

The Officers for the 2019-2020 Board are:
- Debbie Moss, Chair
- Cathy Wood, Vice Chair
- Edna Elam, Secretary
- Nancy Britt, Treasurer

Other 2019-2020 Board Members are Jacque Benton, Dr. David Clariday, Joan Giltner, Mayor Ed Haggerty, Mayor Randall Hutto, Trey Marshall, Rob Porter, Bill Robinson, and Kenny Martin (Honorary member).

Chief James Hambrick and Dr. Jennifer McGlothlin are rolling off our Board of Directors on June 30th, as they have served for six years as allowed by the By-laws.

We sincerely thank them for their years of great service to MJSAC.

Pictured here: 2018-19 Board Chair Bill Robinson presents awards to Chief Hambrick (top) and to Dr. Jennifer (bottom).
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 11:30 In-House Lunch $3</td>
<td>2</td>
<td>3</td>
<td>4 Center Closed for July 4th Holiday</td>
</tr>
<tr>
<td>11:45 BRAVO Presents</td>
<td>11:30 Bible Study</td>
<td>12:30 Bible Study</td>
<td></td>
</tr>
<tr>
<td>12:30 Adult Coloring</td>
<td>12:30 Bible Study</td>
<td>12:30 Bible Study</td>
<td></td>
</tr>
<tr>
<td>8 11:30 In-House Lunch $3</td>
<td>9 10:00 - Diabetic Support Group (by McKendree Village)</td>
<td>10 1:30 - Bunco (Exercise Room)</td>
<td>11 1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td>COUNTRY MUSIC HALL OF FAME TRIP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 11:30 In-House Lunch $3</td>
<td>16</td>
<td>17</td>
<td>18 10:00 Book Club</td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td>10:00 - Diabetic Support Group (by McKendree Village)</td>
<td>1:00 p.m. Ole Time Music Jam</td>
<td></td>
</tr>
<tr>
<td>22 11:30 In-House Lunch $3</td>
<td>23</td>
<td>24</td>
<td>25 1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td>1:00 p.m. Ole Time Music Jam</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29 11:30 In-House Lunch $3</td>
<td>30</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td>1:00 p.m. Ole Time Music Jam</td>
<td></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>Center Closed for July 4th Holiday</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 Garden Committee Mtg.</td>
<td>11:30</td>
<td></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>20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 Lunch &amp; Learn (sign up in hallway by 7/15)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 In-House Lunch $3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Every Day:** Card Games, Books & Magazines, Exercise Equipment, Billiards, Table Games, 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
- 8:00 SilverSneakers Yoga
- 9:00 SilverSneakers Circuit
- 11:30 Lunch
- 12:00 Oil Painting Club
- 12:30 Dominos
- 1:00 Ballroom Dance Therapy
- 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

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

**WEDNESDAYS**
- 9:00 SilverSneakers Classic
- 9:00 Dulcimer Club
- 9:30 Guitar Lessons Beginner $5
- 10:00 Guitar Lessons Adv. — $5
- 10:15 Bingo
- 11:30 Lunch
- 1:00 Ole Time Music Jam
- 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

**FRIDAYS**
# Senior Spirit Newsletter

**August 2019**

**Monday** | **Tuesday** | **Wednesday** | **Thursday**
---|---|---|---

All Day Every Day: Books & Magazines, Card Games, Exercise Equipment, Billiards, Table Games, Horseshoes and More.

<table>
<thead>
<tr>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>11:30 In-House Lunch $3</td>
<td>11:30 In-House Lunch $3</td>
<td>ANNUAL OPEN HOUSE</td>
</tr>
<tr>
<td>11:45 BRAVO Presents</td>
<td>10:00 - Diabetic Support Group (by McKendree Village)</td>
<td>1:30 - Bunco (Exercise Room)</td>
<td>5:00p.m. - 6:30p.m.</td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td>12:30 Bible Study</td>
<td>10:00 Book Club</td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
<tr>
<td>12:30 Adult Coloring</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>10:00 - Diabetic Support Group (by McKendree Village)</td>
<td>1:30 - Bunco (Exercise Room)</td>
<td>10:00 Book Club</td>
</tr>
<tr>
<td>12:30 Bible Study</td>
<td></td>
<td></td>
<td>1:00 p.m. Ole Time Music Jam</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>10:00 - Grief Support Group (By Avalon Hospice)</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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30 In-House Lunch $3</td>
<td>10:00 - Grief Support Group (By Avalon Hospice)</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></td>
<td>Saturday</td>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>-------</td>
<td>----------</td>
<td>--------</td>
<td></td>
</tr>
<tr>
<td><strong>Mondays</strong></td>
<td>9:00 SilverSneakers Classic</td>
<td>9:00 Bridge Group</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:30 Knit and Crochet</td>
<td>9:50 Workout Room Orientation</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Choir</td>
<td>Lunch (In-House—$3)</td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Bravo Theatre Group</td>
<td>Bible Study</td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Tai-Chi</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesdays</strong></td>
<td>8:00 SilverSneakers Yoga</td>
<td>9:00 SilverSneakers Circuit</td>
<td></td>
</tr>
<tr>
<td>8:30</td>
<td>Advanced Line Dances</td>
<td>9:30 Knit and Crochet</td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td>Beginner Line Dances</td>
<td>9:30 Beginner Line Dances</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Hand &amp; Foot Card Group</td>
<td>10:00 Hand &amp; Foot Card Group</td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Lunch</td>
<td>11:30 Lunch</td>
<td></td>
</tr>
<tr>
<td>12:00</td>
<td>Oil Painting Club</td>
<td>12:00 Oil Painting Club</td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Dominos</td>
<td>12:30 Dominos</td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>Ballroom Dance Therapy</td>
<td>1:00 Ballroom Dance Therapy</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesdays</strong></td>
<td>9:00 SilverSneakers Classic</td>
<td>9:00 Dulcimer Club</td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td>Guitar Lessons Beginner $5</td>
<td>9:30 Guitar Lessons Advance—$5</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Bingo</td>
<td>10:00 Bingo</td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Lunch</td>
<td>11:30 Lunch</td>
<td></td>
</tr>
<tr>
<td>1:00</td>
<td>Ole Time Music Jam</td>
<td>1:00 Ole Time Music Jam</td>
<td></td>
</tr>
<tr>
<td><strong>Thursdays</strong></td>
<td>9:00 SilverSneakers Classic</td>
<td>9:00 SilverSneakers Classic</td>
<td></td>
</tr>
<tr>
<td>9:00</td>
<td>Quilting Club</td>
<td>9:00 Quilting Club</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Ukulele Group</td>
<td>10:00 Ukulele Group</td>
<td></td>
</tr>
<tr>
<td>10:00</td>
<td>Blood Pressure Checks</td>
<td>10:00 Blood Pressure Checks</td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Lunch (In-House—$3)</td>
<td>11:30 Lunch (In-House—$3)</td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Super Bingo</td>
<td>12:30 Super Bingo</td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>Trivia Training</td>
<td>1:30 Trivia Training</td>
<td></td>
</tr>
</tbody>
</table>

**Friday**
- 2
  - 11:30 In-House Lunch $3

**Saturday**
- 3

**Sunday**
- 4

**End of Month**
SCHEDULED DAY TRIPS

July 9 - Country Music Hall of Fame & Gondola House  - 9:15 a.m. - 3:00 p.m. - $30 per person
August 1 - Joseph and the Amazing Technicolor Dreamcoat - Cumberland County Playhouse with Lunch at Cumberland Mountain State Park - 10:15 a.m. - 6:45 p.m. - $58 per person

Visit the Country
Music Hall of Fame

Visit the Cumberland
County Playhouse
Thursday, August 1, 2019
Depart at 10:15 a.m.,
return by 6:45 p.m.

Lunch (on your own) afterwards
Gondola House, Hermitage

Tuesday, July 9th
Depart Center at 9:15 a.m.
Return Center by 3:00 p.m.

$30.00 per person
(Members Only)

$58.00 per person
Includes Lunch Buffet at
Cumberland Mountain State Park

Check the New Bulletin Board in
the Big Room or
the website for
new trip postings!
Sign up with Pat or Mona.

Coming Soon:
Keeton Theatre
Chaffins Barn & Others
“Ride the Rails” in West Virginia

Tuesday-Friday,  
August 27-30, 2019

RT Motor Coach Transportation
Three nights lodging - Three breakfasts - Three dinners
Two Trains in one Day - Lunch aboard the train
American Mountain Theater - Blackwater Falls State Park
Seneca Caverns
Luggage handling, taxes and meal gratuities

The cost per person (double occupancy) is $689.
Price for single occupancy is $898 per person.

Two trains in one day - The Cheat Mountain Salamander and the Durbin Rocket – will take you through the beautiful West Virginia countryside. You will also experience Blackwater Falls State Park, Seneca Caverns and enjoy a Branson-style review at the American Mountain Theatre. 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 July 30, 2019. Trip Insurance is strongly recommended and may be purchased through the Center.

MJSAC Ongoing “Wish List”

- Bingo Prizes ($5 Gift Cards)
- Crochet and Knitting Yarn
- Quilt Batting
- Clean Plastic Bags (for bread)
- Individually Wrapped Candy
- Bottled Water
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.

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

There’s no cost to you!
(888) 672-0689

SPREAD THE WORD
A Thriving, Vibrant Community Matters

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

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

Senior Select Services
Select a Service:
• Medicare Supplement
• Understanding Long-Term Care
• Legal Services/Taxes/Wills/Estate Planning
• Home Health Care & Assistance
• Guaranteed Financial Preservation
• Retirement Planning

Rose Cooper
(615) 218-7543
rosecoopersss@gmail.com
Proudly Serving the Wilson County Area 30+ Years!

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.

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

There’s no cost to you!
(888) 672-0689

SPREAD THE WORD
A Thriving, Vibrant Community Matters

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

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

Senior Select Services
Select a Service:
• Medicare Supplement
• Understanding Long-Term Care
• Legal Services/Taxes/Wills/Estate Planning
• Home Health Care & Assistance
• Guaranteed Financial Preservation
• Retirement Planning

Rose Cooper
(615) 218-7543
rosecoopersss@gmail.com
Proudly Serving the Wilson County Area 30+ Years!
The mission of The Mt. Juliet Senior Activity Center is to provide a place for adults age 55+ to gather for recreational, educational and social activities that promote mental and physical wellness and alleviate isolation and loneliness.

### Exercise Sessions

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai-Chi for Arthritis</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>SilverSneakers Circuit</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>SilverSneakers Classic</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>SilverSneakers Yoga</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>Workout Room Orientation</td>
<td>Everyone must have an orientation before using the exercise room equipment. Sign-up list is on the door for your orientation session.</td>
</tr>
</tbody>
</table>

### OTHER MEMBERSHIP OFFERINGS

#### Socials and Games
- Billiards
- Book Club
- Bunco
- Cards
- Bridge
- Dominoes
- Bingo (Twice weekly)

#### 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
- Oil Painting Class
- Crochet and Knitting Class
- Quilting Class
- 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*