

Clay Chatter

September 2016

420 Bridge Street, Franklin, Tn.

Phone # 794-7853

Fax# 794-5349

jlclayseniorcenter@comcast.net

www.jlclay.com

The Thomas House Red Boiling Springs, Tn.

Wednesday, September 28th, 2016 the Clay Center will travel by motor coach to Red Boiling Springs, Tennessee to the **Thomas House Hotel**.

“ The Hotel is one of the city’s oldest and most beautiful landmarks and has been a part of the community since 1890”.


Our meal is home cooked and will be served family style with two entrees and several vegetables, biscuits, coffee, tea and dessert.

While visiting the Hotel you are welcome to tour the hotel and view the museum -like settings or relax on one of their verandas.

We will leave the Center by motor coach at **9:30 a.m.** and will return home by **4:00 p.m.** The cost per person is \$16.00.

Reservation made only by payment. Deadline date is **September 23rd.**

September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			10:00 Stretch & Strength 10:00 Dominoes	9:00 "Pennies from Heaven" 10:00 Aerobics 10:45 Chorus
5 LABOR DAY Center is Closed	6 9:00 Bunco 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 12 Noon Board Meeting 9:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848	7 10:00 "Pennies from Heaven" 12 Noon Birthday Bingo	8 8:45 -3:00 Blue Heron Cruise & Riverview Restaurant 10:00 Stretch & Strength 10:00 Dominoes	9 9:00 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus
12 9:00 Art 10:00 Aerobics 10:00 Dominoes	13 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 9:00-6:00 Acupuncture Clinic by appt. 615-516-8848	14 10:00 Aerobics 10:00 "Pennies From Heaven"	15 10:00 Dominoes 10:00 Stretch & Strength 12 Noon Covered Dish Luncheon; Cameron Sutphin entertainment	16 9-12 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus
19 9:00 Art 10:00 Aerobics 10:00 Dominoes 11:30 Lunch & Learn Life Spring Chiropractic	20 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 9:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848	21 10:00 Aerobics 10:00 "Pennies from Heaven"	22 10:00 Dominoes 10:00 Stretch & Strength	23 9-12 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus
26 9:00 Art 10:00 Aerobics 10:00 Dominoes 11:30 Lunch & Learn Vanderbilt Health Care & Alzheimers Screening	27 9:00 Rummikub 10:00 Stretch & Strength 10:15 Tai Chi Red Hat @ 11 a.m. 9:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848	28 10:00 Aerobics 10:00 "Pennies from Heaven" 9:30 – 4:00 St. Thomas House, Red Boiling Springs, Tn. Trip	29 10:00 Dominoes 10:00 Stretch and Strength	30 9-12 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus

Blue Heron Cruise

September 8, 2016

Come cruise down the Cumberland River with Captain Jim Steele and enjoy the beauty of Tennessee.

Afterward we will have lunch at the Riverview Restaurant.

We will leave the Center at 8:45 a.m. and return by 3:00 p.m.

Bus is \$5.00; Cruise is \$10; Lunch is Dutch treat.

Reservation made by payment only. Deadline date is September 2nd.

Lunch and Learns*

@ 11:30

Monday, September 19

LifeSpring Chiropractic

Monday, September 26

Vanderbilt Health; Alzheimer Screening

*All "Lunch and Learns" require registration.

Registered participants line up first for lunch; Unregistered participants line up next for lunch.



BIRTHDAY BINGO

September 7, 2016

12 Noon

Irene Moss	September 3
Sylvia Gardner	September 3
Judine Cole	September 4
Jane Williams	September 6
Ron Hill	September 7
Micki Fengler	September 10
Kaye Winters	September 10
Ralph Barger	September 11
Marilyn Hestle	September 12
June Johnson	September 17
Rhoda Dutton	September 24
Betty Vaughn	September 25
Jessie Buford	September 27
Jackie Bruce	September 28
Geneva Ragsdale	September 28
Phyllis Barker	September 30

Please bring your lunch. The Center will provide dessert and beverage.

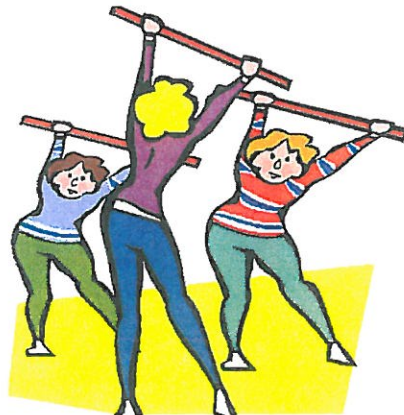
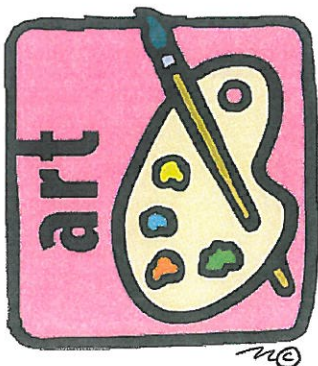
Yearly membership is \$45 per person and was due July 1, 2016.

Please send in your payment promptly. Thank You.



The new Williamson County Enrichment Center is expected to open early spring of 2017.

More to come on activities and programs in the next few months. Stay Tuned!



Health and Wellness

Aerobics class meets Mondays, Wednesdays and Fridays of each week (except the first Wednesday) at 10 a.m. Taught by Ms. Nancy Rieves this class includes cardio, weights and bands.

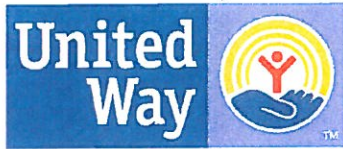
Tai Chi class meets on Tuesdays at 11:15. Taught by Mr. Zion Huang this class teaches classical Chinese Tai Chi.

Stretch and Strength Yoga class is geared towards older adults; this class will focus on balance, strength and flexibility. By encouraging our bodies to remain flexible and active, we can be engaged mentally and physically, while working to achieve overall wellness.

Acupuncture Clinic , Acupuncturist Zion Huang by appointment only
Classical Acupuncture procedures addressing health issues. All classes are \$2.00 per person for J. L. Clay Members. Non-members pay \$4.00 per person. Different types of exercise offered Monday through Friday for your health and wellness.



J. L. Clay Senior Center
420 Bridge St.
Franklin, Tn. 37064



J. L. Clay Senior Citizens Center of Williamson County. Monday through Thursday 8 a.m. until 3 p.m.
Friday 8 a.m. until Noon
Susan Ille, Director of Operations; Anthony Fox, Administrative Assistant

Annual membership dues are \$45 for Williamson County residents; Class fees are \$2.00 per class for members and \$4.00 for non-members. Activities at the Center are cancelled if the Williamson County Schools are closed for inclement weather. Check our local TV stations for school closings and also listen to WAKM 950AM radio for announcements. Reservations for all trips are secured by payment only. All trip fees are non-refundable after the deadline date. All Clay members will have first availability in all events, programs and trips. The Center reserves the right to set class and trip limits. The Clay Center is open to all Seniors ages 50 and up. Birthday Bingo is the first Wednesday of every month. Covered Dish Luncheon is every third Thursday of each month. \$6.00 per person; or if you bring an adequate size covered dish, the charge is \$1.00. Registration required.

jlclayseniorcenter@comcast.net

Phone: 615-794-7853

Fax: 615-794-5349