

Clay Chatter

July 2016

420 Bridge Street, Franklin, Tn.

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Happy Fourth of July America!!



Cook Out** will be our covered dish luncheon this month (weather permitting) and it is **Thursday, July 21st at 12 noon at the Center.** We will have hamburgers, hot dogs, potato salad, baked beans, chips, dip, and dessert. **REGISTRATION IS REQUIRED.

July 2016

				<p>1 9:00 "Pennies from Heaven" 10:00 Aerobics 10:45 Chorus 12-6 Acupuncture Clinic 615-906-7075</p>
<p>4</p> <p>Happy 4th Of July!</p> <p>Center is Closed.</p>	<p>5 9:00 Bunco 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 1:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848</p>	<p>6 No Aerobics 10:00 "Pennies from Heaven" 12:00 Birthday Bingo</p>	<p>7 10:00 Stretch & Strength 10:00 Dominoes 1:00 Acupuncture Clinic 615-516-8848</p>	<p>8 9:00 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus 12:00 -6:00 Acupuncture Clinic 615-906-7075</p>
<p>11 9:00 Art 10:00 Aerobics 10:00 Dominoes 11:30 Kathy Grodi, CPA Lunch and Learn</p>	<p>12 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 1:00-6:00 Acupuncture Clinic by appt. 615-516-8848</p>	<p>13 8:45 – 3 p.m. Milky Way Farm and Soda Pop Junction Trip 10:00 Aerobics 10:00 "Pennies From Heaven"</p>	<p>14 10:00 Dominoes 10:00 Stretch & Strength 1:00 Acupuncture Clinic 615-516-8848</p>	<p>15 9-12 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus 12-6 Acupuncture Clinic by appt. 615-906-7075</p>
<p>18 9:00 Art 10:00 Aerobics 10:00 Dominoes</p>	<p>19 9:00 Rummikub 10:00 Stretch & Strength 11:15 Tai Chi 1:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848</p>	<p>20 10:00 Aerobics 10:00 "Pennies from Heaven"</p>	<p>21 10:00 Dominoes 10:00 Stretch & Strength 12:00 Cook Out for Luncheon 1:00 Acupuncture Clinic 615-516-8848</p>	<p>22 9-12 "Pennies From Heaven" 10:00 Aerobics 10:45 Chorus 12-6 Acupuncture Clinic by appt. 615-906-7075</p>
<p>25 9:00 Art 10:00 Aerobics 10:00 Dominoes 11:30 Claiborne And Hughes Health Center Lunch & Learn</p>	<p>26 9:00 Rummikub 10:00 Stretch & Strength 11:00 Red Hat Ladies @ Steeplechase Manor 11:15 Tai Chi 1:00 – 6:00 Acupuncture Clinic by appt. 615-516-8848</p>	<p>27 10:00 Aerobics 10:00 "Pennies from Heaven" 10:00 – 2:00 Beacon Light Tea Room Restaurant</p>	<p>28 10:00 Dominoes 10:00 Stretch & Strength 1:00 Acupuncture Clinic 615-516-8848</p>	<p>29 9-12 "Pennies from Heaven" 10: Aerobics 10:45 Chorus 12-6 Acupuncture Clinic by appt. 615-906-7075</p>

Milky Way Farms and Soda Pop Junction

Wednesday, July 13 we will tour "Milky Way Manor" at Milky Way Farms in Pulaski, Tennessee; the 1100 acre historical estate of candy legend Frank Mars, which was built after the success of his "Milky Way" candy bar. The 25,000 sq. ft. manor has 20 bedrooms and 14 bathrooms.

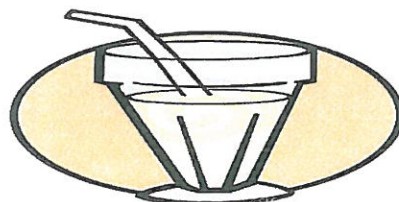
Afterwards we will travel down the road to historic Lynnville, Tennessee and have lunch at the famous "Soda Pop Junction". The building was built in 1860 and was the Moore Drug Store until 1978. The original 1950's soda fountain is still there. Their hamburgers and milk shakes are known world wide! While in Lynnville, the Railroad Museum, Colonel Littleton leather retail store, and other places may be visited.

Leave the Center at 8:45 a.m. and return by 3 p.m.

Bus fee is \$5.00; Tour of Manor is \$10.00; Lunch is Dutch Treat.



Registration made by payment only.





BIRTHDAY BINGO

July 6, 2016

12 Noon

Marilyn Barker	July 3
Shirley Gouvan	July 4
Barbara Stone	July 4
Joy Bambling	July 4
Raymond Sawyer	July 6
Jane Gillespie	July 10
Mary Ann Scales	July 11
Pat Banks	July 14
Jean Parham	July 14
Mona Hayes	July 17
Rena Overton	July 22
Selma Ray	July 22
Lavergne Parr	July 23
Pam Irvin	July 24
Carla Custer	July 28
Mary Howard	July 30
Sylvia Haneburg	July 31

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

**Yearly membership is \$45 per person and is due July 1, 2016.
Please send in your payment promptly. Thank You.**

Lunch and Learns

Monday, July 11th

Kathy Grodi, CPA

Monday, July 25th

Claiborne Hughes Health Center

*Please register if you plan to attend.

** Registered attendees will line up for lunch first; anyone that has not registered may line up next; Everyone may attend the program.

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The Beacon Light Tea Room Bon Aqua, Tn.

Depart: 10:00 a.m.

Return: 2:00 p.m.

Date: Wednesday, July 27th

The Beacon Light Restaurant since 1936 still stands across the road from where the beacon light once stood that guided old prop-planes flying the mail between Memphis and Nashville. The food is delicious as ever and the atmosphere is welcoming.

Bus fee is \$5.00. Lunch is Dutch Treat.

REGISTRATION IS REQUIRED.

Thank you to Bill Akin and his late wife Betty, for donating extensive art supplies to our art class. Betty and Bill were married 60 years and she wanted her love for art to continue on. We thank them both for their kindness in their gift to our senior center.

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.

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