



# October 2018

Monday-Friday 8am-4pm

www.mcminnseniors.com

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**Weekly Events: Maneuvers & Billiards: Daily | Fiber Arts-Weaving, Crocheting, Knitting, Etc.: Tues 1pm | Rook: Tues 12pm | Pinochle: Thurs 12pm | Duplicate Bridge: Thurs 1pm | Shuffleboard, horseshoes & pool tournaments begin at 9:30 am; you must be signed up by 9:15am to qualify to play. (Please stop by the front office to update your membership form with updated emergency contact numbers.)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Bingo/ Hospice of Chatt 11:20 Lunch w/Friends/ Hospice of Chatt 2:00 Yoga 7:00 Band/Dance/ Sr. Olympic Closing Ceremony- Hot Dog Supper	<b>2</b> 9:00 BP/ Life Care 9:00 Quilting 9:00 Sassy Steps – Walking 10:00 Choir 11:20 Lunch w/Friends/Life Care	<b>3</b> 10:00 Bingo/Eagle Home Care 11:20 Lunch w/Friends/ Athens Place 2:00 Yoga 4:00 Pickleball (AMS)	<b>4</b> 9:00 Sassy Steps – Walking 11:20 Lunch w/Bateman 12:00 Wii Bowling 3:00 Chess Club	<b>5</b> 9:30 Dance/Jam Session 11:20 Lunch w/Bateman NEW! 11:30 Yoga 7:00-9:00 Friday Night Dance
<b>8</b> Closed in Observance of Columbus Day!	<b>9</b> NEW – 9:00 Hands on CPR Class 9:00 BP/ Guardian 9:00 Quilting 9:00 Sassy Steps – Walking 10:00 Choir 11:20 Lunch w/Friends/Avalon 12:00 Sr Olympic Rook Tournament	<b>10</b> 8:30-9:30 Starr Regional Quarterly Glucose/BP Screening 10:00 Bingo/ Athens Lutheran Church 11:20 Lunch w/Friends/ Athens Lutheran Church 2:00 NO Yoga-set up for Senior Expo 1:00-3:30 4:00 Pickleball (AMS)	<b>11</b> <u>8:30-2:00 Active Aging Senior Expo. Breakout Sessions Begin at 9am</u>  9:00 Sassy Steps-Walking 11:45-12:15 Lunch served-you must have a ticket to get lunch-get your ticket in the Welcome Office. Tickets are limited. Be sure and check out the break out session schedule!	<b>12</b> 9:00-9:30 Bible Study with Todd Cox in the Conference Room 9:30 Dance/Jam Session 11:20 Lunch w/Bateman NEW! 11:30 Yoga 6:30 Board Games 7:00-9:00 Friday Night Dance
<b>15</b> 10:00 Bingo/ Avalon 11:20 Lunch w/Friends/Premier Properties 2:00 Yoga 6:30 Covered Dish Supper 7:00 Band/Dance	<b>16</b> 9:00 BP/NHC Home Care 9:00 Quilting 9:00 Sassy Steps – Walking 10:00 Choir 11:20 Lunch w/Friends/ Marshall Hill Baptist	<b>17</b> 10:00 No Bingo 11:20 Lunch 11:45-1:15 W.I.S.E. Luncheon 11:20 Lunch w/Bateman 2:00 Yoga 4:00 Pickleball (AMS)	<b>18</b> 9:00- Donuts with Dominion 9:00 Sassy Steps – Walking 9:30am Pool Tournament 9:30 Bingo w/friends bring a prize to play. 11:20 Lunch w/Friends/ Starr 3:00 Chess Club	<b>19</b> 9:30 Dance/Jam Session 11:20 Lunch w/Bateman NEW! 11:30 Yoga 6:30 Board Games 7pm-9pm – Friday Night Dance and Finger Foods

Monday	Tues	Wednesday	Thursday	Friday
<b>22</b> 9:30 Bingo AT Shoney's sponsored by ResCare 11:20 Lunch w/Friends/Avalon 12:00 MSAC Board Meeting 2:00 Yoga 6:30 Covered Dish Supper 7:00 Band/Dance	<b>23</b> 9:00 BP/ STARR 9:00 Quilting 9:00 Sassy Steps – Walking 10:00 Choir 11:20 Lunch w/Friends/ King Audiology	<b>24</b> 9:30-3:30 Medicare Open Enrollment 9:00 Wellness Wednesday Sponsored by Starr 10:00 Bingo/Amedisys 11:20 Lunch w/Bateman 2:00 Yoga 4:00 Pickleball (AMS)	<b>25</b> 9:00 Sassy Steps – Walking 10:00 Intro to Card Making Class-you must sign up in the Welcome Office 11:20 Lunch w/ Dominion 12:00 Wii Bowling 3:00 Chess Club 6:30 Intro to Card Making Class-you must sign up in the Welcome Office	<b>26</b> NEW! 9:00 AFD Presentation – National Fire Prevention Week – Fire Drill 9:00 Bible Study with Todd Cox in the Conference Room 9:30 Dance/Jam Session 11:20 Lunch w/Bateman NEW! 11:30 Yoga 6:30 Board Games 7pm-9pm Friday Night Dance
<b>29</b> 10:00 Bingo/Center Volunteer 11:20 Lunch w/Friends/ 2:00 Yoga 6:30 Covered Dish Supper 7:00 Band/Dance	<b>30</b> 9:00 BP/ Wilma 9:00 Quilting 9:00 Sassy Steps – Walking 10:00 Choir 11:20 Lunch w/Friends	<b>31</b> 9:30 – Halloween Party/Costume Contest 10:00-11:30 Diabetic Shoes 10:00 Bingo/Family Home Care 11:20 Lunch w/Friends/ 2:00 Yoga 4:00 Pickleball (AM)  <b>Happy Halloween!</b>	<b>Senior Expo Lunch.....</b> Tickets for lunch are limited. You <b><u>MUST</u></b> sign up in the Welcome Office starting October 1 <sup>st</sup> in advance for lunch provided by Starr Regional Medical Center. You must have ticket with you to get lunch on October 11 <sup>th</sup> .  	

## Medicare Open Enrollment Dates

October 24<sup>th</sup> | November 8<sup>th</sup>  
December 5<sup>th</sup>

Please make appointments in the Welcome and Reception Office or call 423-745-6830.

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY <b>JANE DOE</b>			
MEDICARE CLAIM NUMBER <b>000-00-0000-A</b>	SEX <b>FEMALE</b>		
IS ENTITLED TO <b>HOSPITAL MEDICAL</b>	(PART A) <b>(PART B)</b>	EFFECTIVE DATE <b>07-01-1986</b>	<b>07-01-1986</b>
SIGN HERE → <u>Jane Doe</u>			



This is the place for older adults, their families & caregivers looking to connect with valuable community resources including health, wellness, retirement, advocacy, financial & legal assistance travel & leisure, long-term care, & more.

Introduction to Card Making Class  
Thursday, October 25<sup>th</sup>  
10:00am or 6:30pm

Participants must register for this program in the Welcome and Reception Office.  
Classes will fill quickly. If you are under 60 the class is \$5 & you must pay in advance.

Sponsored by a grant from the

