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Current Resident or

Lewis Center for Senior Citizens
1188 N. Parkway
Memphis, TN 38105
901-576-4255

“Golden Age” Published Monthly
Address Correspondence to:
G. Kay Lightfoot, Director

MARCH 2018

Center Hours: Monday - 8a-9:45p
Tuesday - Friday 8a - 4p

Monday

8:00 Fitness Walk
9:00 Jewelry Class/Gladys Freeman
10:00 Bible Study/Noah Bond
Bingo
SRVS Social
7pm Dance

Tuesday

8:00 Fitness Walk
9:00 Picture Framing/Tommie Harris
9:00 Health Support Group/Lennie Lott
9:30 Move Better Feel Better
9:30 Crochet & Knit Group
Lewis CSE Rehearsal/Barbara Woods
12:00 Guitar Class/Linda Simmons
12:30 Chair Exercise / Duncan-Harrison

Wednesday

8:00 Fitness Walk
9:00 Alterations
9:15 Get Fit Exercise Class/Velma Young
12:30 Line Dance Class/Ray & Joann
1:00 Tea Dance

Thursday

8:00 Fitness Walk
9:00 FREE Tai Chi Class/Liz Cruise
9:30 Crochet & Knit Group
10:00 Line Dance Class / WHCC
12:30 Creative Writing Group
12:30 Chair Exercise/ Duncan-Harrison

Friday

8:00 Fitness Walk
9:00 Flex Exercise / Aimee
9:30 Jewelry Class / Gladys Freman
10:00 Bible Class/ Rev. W. Whitfield
10:00 Bingo
Quilting Class/ Mary Reid
12:15 Guitar Jam/ Linda Simmons



Josephine K. Lewis Center for Senior Citizens Golden Age Newsletter March 2018

<http://www.lewiscenterforseniors.com>
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The April 18, 2018 General Membership Meeting is probably the most important assembly of the year because the purpose is to nominate elected representatives for the upcoming year, 2018-2019. Nominations will be accepted for the offices of Board of Directors President, Vice-President, and three (3) Member-at-Large positions, as well as Lewis Center King and Queen (couple). Nominations may be submitted in the nomination box located in the Dining Room, March 26 - April 16, using the nominating form below, as well as from the floor during the General Membership Meeting on April 18. You may NOT nominate yourself. The box will close at 12:30pm on Friday, April 16. All nominations, whether from the box or from the floor, must have a proper second. No nominations may be submitted after this meeting. The 2018 Election Committee appointed by President Redd, includes:

Geraldine Reed, Chairperson; Frances Hall, Marie Shaw and Faye Henderson

The Lewis Center by-laws state “prior to the date of nomination for an elective office, a candidate must have been a member for at least one (1) year, and during the one (1) year term of office, an officer may not hold an elected position within other Senior Centers.” Copies of the by-laws are available in the AC Office for your perusal. Also, please make sure your nominee is willing to serve as an elected officer. The Center’s officers should be individuals who attend the Center regularly and are interested in the Center and its future. Everyone should plan to attend the General Membership Meeting at 10am on Wednesday, April 18, in the Dining Room.

The Election Proceedings will continue with “Meet the Candidates” on Monday, May 7, at 8:15pm in the Auditorium, and Tuesday and Wednesday, May 8 & 9, at 11:15am in the Dining Room. Candidates will be allowed two (2) minutes each to introduce themselves and make remarks. In addition, a brief resume and photograph of each candidate and a sample ballot will be posted on the 1st floor hallway bulletin board. Voting will take place on Monday, June 4, from 6-7:30pm, Tuesday and Wednesday, June 5 & June 6, from 10am-1pm in the Bellevue Lobby. Each member must show a valid membership card and may vote only once. Membership renewals or new memberships will not be accepted on Election Days (June 4 - June 6). So check your membership card or newsletter mailing label. 18/05/30 on your label means you need to renew by May 30, 2018. A five (5) day grace period will be allowed.

_____ & _____
FOR PRESIDENT
FOR VICE-PRESIDENT
FOR MEMBER-AT-LARGE
FOR KING & QUEEN

I have contacted nominee (s) and they have agreed to run for office if the nomination receives a second at the General Membership Meeting on Wednesday, April 18, at 10am.

MEMBER SIGNATURE _____



Happy Birthday



Wishing you all the great things in life and hoping your birthday will bring you an extra share of all that makes you happiest.

Lewis Center will celebrate March Birthdays on Friday, March 9, at 11:15am in the Dining Room. Members with birthdays in March will receive a gift, a FREE lunch, and be escorted through the lunch line first. All birthday people must register with the cashier for a lunch ticket, birthday badge, and to be eligible for a door prize. You must be present on Friday, March 9, to receive the free lunch. Happy Birthday to all these members.

1 Norma Glass Robert Mems James Slaton	8 Elroy Bond Georgia Branch Gladys Coins Nancy Leatherwood	18 Gladys Collier James Mason Ray Viale
2 Geri Alvis Rozelyn Morris Mary Westbrook	9 Ethel Robinson Buddy Suiter J.C. Brasher	20 Bettye Donahue Robert Kirby Lora Ratliff
3 Debra Pettis Winfred Rankins Denise Richardson	11 Seddon Allen Maxcine Campbell	23 Elaine Hember
4 Buddy Mullins Marjorie Palazzolo	12 Lessie Davis	24 Anthony Ellis Barbara Harris Helen Woods
5 Bobbie Daniel Beatha Garrette	13 Faye Donaldson Ella Porter	26 Ruthie Crump Walter Harrison Robert White
6 Milton Barnes Erie Muhammad	14 Phyllis Jones Pauline Long-Starnes	27 Foster Adams Willada Cole Willie Whitfield
7 Daniel Case Freda Davis Anne Harris	15 Irene Lablanc	28 Martha Thomas
	16 George Bass Theodora Harrison	29 John Barry Jean Jennings Leora Person
		30 Prince McLemore John Smith

**March 10 Director
Kay Lightfoot's
Birthday**

**March Birthday
Celebration
March 9th**

**\$4.00 members
\$5.00 non-members
No bills larger than
\$10.00**

**Lunch served
Monday - Friday
11:30am 12:15pm**

**Menu subject to
change.**

**Those purchasing "to
go" meals or
individual lunch items
must wait until those
with lunch tickets
have been served.**

Bands

Monday Night Dance.....7-9:30pm
 March 5.....Gary Abbott
 12.....Jim Mahannah
 "Finger Food & 50/50 Split"
 19.....Fernando
 26Wally & Friends
 April
 2.....NO DANCE

Wednesday Dance.....1-2:45pm
 March 7.....Fernando
 14.....Wally & Friends
 21.....Jim Mahannah
 28.....Jessie the DJ
 April 4.....CENTER CLOSED

Dance cost:
 Monday - \$6 Members;
 \$7 Guests
 Wednesday - \$5 Members;
 \$6 Guests

Members must show a current membership card to receive the member rate. Please check your membership card expiration date and renew on time. Thank you and have fun!

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The North Parkway - Forrest Neighborhood Watch Association will meet every 2nd Monday @ 6pm in the Dining Room. Please join them if you live in the area.

Speedway Terrace Neighborhood Watch will meet every 2nd Monday in the Conference Room. @ 6p. Please join them if you live in the area.

Classes

Jewelry Class Monday & Friday 9am Freeman
 Move Better Feel Better Tuesday, 9:30
 Chair Exercise: Tuesday and Thursday, 12:30pm. FREE. Instructor: Duncan/Harrison
 Get Fit/Stay Fit: Wednesday, 9:15am. FREE. Instructor: Velma Young

Guitar: Tuesday, 12noon. FREE. Instructor: Linda Simmons. Jam session every Friday at 12noon.

Line Dance: Wednesday, 12:30pm. FREE. Instructors: Ray Vaile & Joann Denton

Line Dance, Thursday 10 am FREE

Tai Chi: Thursday, 9am. FREE. Instructors: Liz Cruise

Quilting

Come and join our quilting group on Friday at 9am. Mary Reid will show you how to quilt.

Irish Music

Come enjoy a program on Irish Music to help celebrate St. Patty' Day. Friday, March 16th at 11am.

%%%%%%%%%

Shine in the Dark Ministry needs volunteers to bag Panera bread for distribution weekly. Also needs help with assembling Salvation Bracelets and Craft Kits daily for churches and missionaries. Midtown location.

Please contact Jay 901-870-2608

Welcome New Members

Nula Brown	Winnie Brown
Alma Douglas	Michael Fulton
Carolyn Garner	Mary Knight
Norma Lester	Luther Maclin
Thelma Miller	Phyllis Scott

Reminders

Pedicure (\$18) and Manicure (\$12) are available on every other Tuesday. Contact the Office at 576-4255 for appointment.

Remember to set your clocks forward on Sunday, March 11, for Daylight Saving Time.

Donations

Glossie Bell	Nellie Carter
Natalie Franklin	Tommie Harris
Johnnie Johnson	Mary Mabon
Linnie Neely	William Redd
Bobbie Waller	Velma Young

In Memorial

Louise Jones: In Honor of Geneva Smith & Lois & Doris Frierson family. Anyone with a death in the family or know of the death of a member please bring the information to the Business Office in writing.

Computer Classes

The North Branch Public Library will conduct Basic Computer Classes here @ Lewis Center:

Monday, March 5	9:30am —11:30am
Monday, March 19	9:30am— 11:30am

Trips for the Month

Tuesday, March 6 at 10:30 LCSE going to eat!

Thursday, March 8, 9:30am. Down on Beale, Musical Review Clayborn Temple. \$12 Pay in office.

Thursday, March 8, 12:30, Bowling Lanes

Friday, March 9, Women’s Show, Agri Center 9:00am \$8 dollars. Sign & Pay in office.

Tuesday, March 13, 9:30am to Mid-South Rehab.

Thursday, March 22, 12:30, Movie

Pearl River Casino, Monday, March 26. Leave center @ 7am. Leave casino for return trip @ 4pm. Cost: \$35 includes transportation, buffet and \$25 in free slot play. **Deadline for payment is February 28th.**

City of Memphis Division of Parks & Neighborhoods does not sponsor, recommend, or endorse gaming trips.

April 6, Friday. Trip to Spring Market. Cost \$10. Agri-Center

FYI

Please remember to return your Annual Survey to the office ASAP!

Remember, even during the cold months we are still a *No Smoking Facility*. We appreciate your compliance. Also, make sure the Bellevue Exit doors are closed securely for safety. You may exit all doors, but can only enter the doors on the North and South sides of building, open 8am - 4pm.

Please be considerate of others when using your cell phone in the Center. Remember to step outside the classroom or meeting room for a conversation.

Biggest Loser

The final weigh-in is Friday, March 23 for the Biggest Loser Contest! The winner will be announced and receive a prize on Wednesday, April 25!

Red Hatters

The Red Hatters will be going to the Southern Women’s Show at the Agri-Center on Friday, *March 9, 9:30am-1:00pm.* \$8 in advance, \$10 at door. Must have 10 people to get advance tickets. *Pay by March 2th.*

Potluck

Potluck Resumes: Join us for good food and fellowship on Monday, March 26 at 4pm in the Dining Room. **Board of Directors** will provide the paper products, and drinks. Bring meats, salads, vegetables, and dessert to enjoy dinner with friends.

Bingo

Enjoy FREE Bingo every Monday and Friday at 10am in the Dining Room. Thanks Cigna/Health Springs

Blue Cross BlueShield will sponsor Bingo on Monday March 12

Thanks

To everyone who entered the Bake-Off and those who purchased delicious treats.
To the Dancers for donations of Valentine baskets for the Valentine Gala.

Announcements

Starting on the first Friday in March Jewelry Class will have a sale.

Speakers

Wednesday, March 7, 10am, Mickell K. Lowery, Chair of the Board of Commissioners of Memphis Housing

55Alive March 28 & 29 8:30-1:00

Health Classes

Please come out and learn about nutrition, herbs and their relationship to Hypertension and Diabetes 2. In addition, learn tips and tricks for shopping healthy on a budget in the following classes presented by University of Memphis.



Wednesday, March 14, 10am, Nutrition Label Reading

Wednesday, March 21, 10am,


Creative Aging

On Wednesday, March 28, Creative Aging presents the first of eight performances in the 2018 Senior Arts Series at Theatre Memphis (630 Perkins Extended). Performance features Creative Aging artist and songstress, Joyce Cobb and the Boscors Trio performing songs from Mark Twain’s era alongside the witticisms of Mark Twain, portrayed by Ron Jewell. The program is from 1:30 to 3:00 pm, and is followed by a complimentary reception. No reservations are required. Tickets are available at the door for a minimum donation of \$5 (cash or check). Bring your friends and join us for this wonderful production!

March Calendar 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Blue Cross Blue Shield Bingo Monday March 12	AARP Tax Aid TBA		1 9:00 Tai Chi 10:00 Line Dance	2 10:00 Bingo
5 10:00 Bingo 10:00 SRVS Social 7:00 Dance - Gary Abbott	6 10:00 LSCE Trip out to eat. 9:00 - 3:00 Pedicures & Manicures	7 9:00 Family Feud 1:00 Dance - Fernando	8 9:00 Tai Chi 10:00 Line Dance 10am Down on Beale Musical Review 12:30 Bowling	9 9:00 Red Hatters Southern Women's Show 10:00 Bingo Birthday Celebration 
12 10:00 BCBS Bingo 10:00 SRVS Social 2:15 AARP Ex Meeting 1:00 AARP Gen. Mfg. 6:00 N'hood Watch Mfgs. 7:00 Dance -Jim MaHan'h **50/50/Finger Food	13 8:30 Health Support Group 9:30 LCSE to Mid South Rehab	14 9:00 Family Feud 10am U of M 1:00 Dance -Wally & Friends	15 9:00 Tai Chi 10:00 Line Dance	16 St. Patrick's Day (wear green) 10:00 Bingo 11 Irish Music By Linda & John Simmons
19 10:00 Bingo 10:00 SRVS Social 7:00 Dance - Fernando	20 Health Support 9:00 - 3:00 Pedicures & Manicures 9:30 LCSE Practice	21 9:30 Exec. Meeting 10:00 Board of Directors 10am U of M 1:00 Dance - Jim	22 <i>Final Weigh In</i> 10:00 Tai Chi 10am Line Dance 12:15 Golf Meeting 12:30 Movie	23 10:00 Bingo Trip TBA
26 7am Pearl River 10:00 Bingo 10: SRVS Social 4:00 Potluck/Games 7:00 Dance - Wally& Friends April 2 - NO DANCE	27 8:30 Health Support Group 9:30 LCSE Practice	28 8:30 55 Alive 9:00 Family Feud 1:00 Dance - Jesse the DJ April 4 CENTER CLOSED	29 8:30 55 Alive 9:00 Tai Chi 10:00 Line Dance	30 Center Closed Good Friday

March Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch served Monday-Friday 11:30am-12:15pm	Menu subject to change.	 <small>shutterstock_123511933</small>	1 Hamburger Steak Cream Potatoes Green peas Salad/Dessert	2 Ham Lima beans Yams Salad/Dessert
5 Cheeseburger Fries Broccoli Salad/Dessert	6 Liver & Onions Rice Greens Peas Salad or Dessert	7 Polish Sausage Sauerkraut Baked beans Salad/Dessert	8 Taco Salad Refried Bean Dessert	9 Fish Fries Broccoli Cole Slaw / Bread Cake
12 Tuna Salad Chips Pickles Dessert	13 Baked Chicken Yams Cabbage Salad or Dessert	14 Spaghetti Broccoli Carrots Salad or Dessert	15 Pork chops Smothered Potatoes Green Beans Salad or Dessert	16 Veggie Day Salad or Dessert
19 Soup Bread Salad /Dessert	20 BBQ Chicken Mac & Cheese Greens Salad or Dessert	21 Meatloaf Boiled Potatoes Broccoli Salad/Dessert	22. Pepper Steak Scalloped Potatoes Green Beans Salad/ Dessert	23 Fried Chicken Cream Potatoes Broccoli Salad/Dessert
26 Salisbury Steak Smothered Potato Salad/Dessert	27 BBQ Pulled Pork Baked Beans Fries Cole Slaw / Dessert	28. Salmon Croquette Green Peas Rice Salad/Dessert	29 Veggie Day Salad Dessert	30 Center Closed Good Friday