

FREE - Please Take One

APRIL 2024



SENIORLIFE

MADISON COUNTY'S MAGAZINE FOR SENIORS



©LPi

ATTENTION Medical Supply

"Where you get the ATTENTION you deserve!"

3058 Leeman Ferry Rd, Suite L, Huntsville, AL 35801

PH: (256) 881-4158



Power Articulation Head



Can you answer YES to any of the following?

Congestive Heart Failure? Poor Circulation? Restless night's sleep? Trouble standing from your current chair or couch? Have pain in your Neck, Back, Hips, Knees, Joints, Etc.? A Maxi-Comfort Recliner Lift Chair raises you to meet every occasion or ailments. Most Insurances help pay for some of the expenses with a Doctor's Prescription.



www.attentionmedical.com



You can't always be there **but we can.** Your loved one's care is our biggest concern.



- **Personal Care Services**
(Bathing, Dressing, Grooming, Toileting)
- **Nutrition and Medication Management**
- **Light Housekeeping & Laundry**
- **Mobility Assistance & Fall Prevention**
- **Transportation**
- **Hospice Support & Dementia Care**

Available up to 24/7

Locally Owned and Operated. Serving the Tennessee Valley Area Since 1999.
Our Care Professionals complete a unique training program and are insured and bonded.
Contact us to put together a personalized care plan for your loved one.

Contact Us: 256-883-3080 www.homeinstead.com/250



Brooks
HOME HEALTH CARE

Absolute Care. Absolute Quality.

WE OFFER:

- Adult Day Care - Respite Care
- Personal Care - Transportation - 24 Hour In-Home Care
- Light Housekeeping - Errands - Grocery Shopping
- Laundry - Care Management - Sitter Service
- Companion Care - Meal Preparation
- Medication Reminders - Alzheimer/Dementia Care

We Are Licensed, Bonded, & Insured



LOCATED AT:

1812 Pulaski Pike Hsv 35816

Phone: 256-469-6659 | Mobile: 256-652-0557 | Fax: 256-964-6639

brookshomehealthcare@yahoo.com

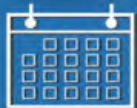
www.brookshomehealthcare.net

Call for a FREE, No Obligation Consultation Today!



25th Annual Retirement Lifestyle

EXPO



TUESDAY, MAY 7, 2024



10:00am to 2:00pm



Jaycee Building @John Hunt Park
2180 Airport Rd SW
Huntsville, AL 35801



**FREE ADMISSION
FREE PARKING**



**Lunch Courtesy of TARCOG
for the first 300 participants**

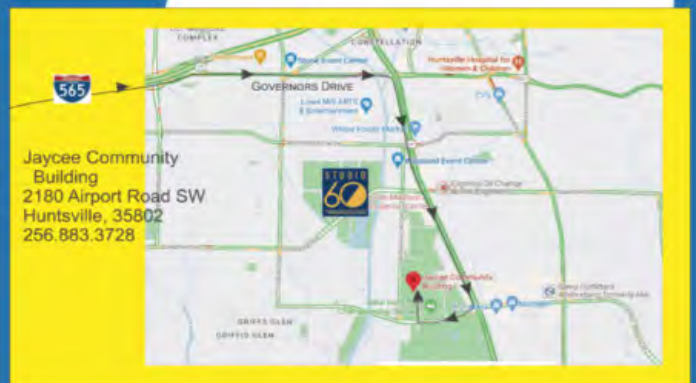
**Vendors Giveaways
FREE Wellness Checks
Music Door Prizes**



SPONSORED BY



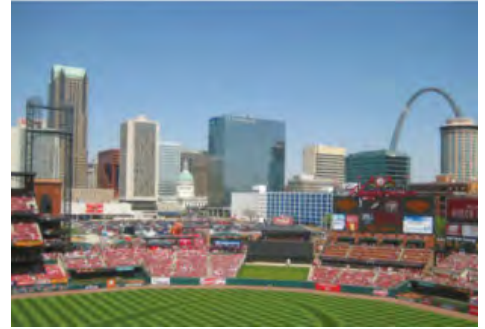
**SECURE
BENEFITS**



PLAN YOUR NEXT ADVENTURE!

St. Louis -- April 22 – 25, 2024

Cost: \$935 per person double/\$1295 single includes round-trip motorcoach transportation, 3 nights at Drury Plaza hotel, elegant Italian dinner at Charlie Gitto's on the Hill, Gateway Arch Tour to the Top plus museum and movie, barbeque lunch at Salt and Smoke, Cardinals vs Diamondbacks baseball game at Ballpark Village, guided tour of Anheuser-Busch Brewery with lunch at the Biergarten, and a visit to the Cathedral Basilica of St. Louis to view the 41.5 million mosaic tiles in over 7,000 colors. Full payment due at time of registration.



Mystery Trip -- June 25th or 26th, 2024

Cost: \$150 includes round-trip motorcoach transportation and all mystery fees. Where will we go? First stop is a mystery followed by a mystery. Then we will have a southern-style lunch followed by some very mysterious adventures. We will end with a mystery stop. \$50 deposit due at time of registration. Final payment is due May 15, 2024.



Shaker Hill Village of Pleasant Hill -- July 23 – 25, 2024

With 34 original Shaker structures, Shaker Village of Pleasant Hill is home to the country's largest private collection of original 19th century buildings and is the largest National Historic Landmark in Kentucky. We will visit the Historic Centre, the Preserve, and the Farm, with a full lunch at the Trustees' Table on site.



Cost: \$485 per person double/\$675 single includes round-trip motorcoach transportation, lunch on the way to Lexington, 2 nights at Springhill Suites in Lexington, KY with breakfast each morning, a stop at Old Kentucky Chocolates, a full day at Shaker Village with lunch, and a visit to Swope's Cars of Yesteryear Museum on our drive home. \$100 deposit due at time of registration. Final payment due June 15, 2024.



CANCELLATION NOTICE:

A cancellation fee of \$25 dollars is charged for all trips. No refunds will be made after final payment unless we can fill your spot.





It has been a very busy tax season this year for the AARP Tax-Aide staff. The last full tax appointments at the STUDIO 60 Senior Center will be taken on Thursday, April 11. If we have called you to return to our office with pending issues that need to be addressed before your taxes can be e-filed, PLEASE return to our Center before 3:30 pm on April 11 or the return cannot be filed. The deadline to file and send any payments due to the IRS and Alabama this year is April 15, 2024. To book an

appointment at our facility, you must come in (not call). Once we are booked up with tax appointments, a notification will be placed at our Tax-Aide front desk by the Twickenham Ballroom and on the Facebook page of STUDIO 60. Any appointment requests received AFTER our schedule is booked will be placed on a WAIT LIST. We will continue to book open cancellation slots in order of the request date. Since there are no guarantees that a slot will come available, please make alternative arrangements to have your taxes done.



The Tax-Aide number, 256-513-8291, is used for reschedules, cancellations and general information only. This number will also be monitored through the off season for follow up with the clients who had their taxes prepared at this location.

On behalf of the volunteers at Tax-Aide, we want to thank all of our long term and new clients for letting us serve you. Most importantly, we want to thank our host site, the STUDIO 60 Senior Center for their tremendous support! We appreciate each and every one of their staff from every department for the many ways they accommodated us and assisted our efforts to serve our community even better this year! Everyone has been so supportive and we sincerely THANK YOU!

ORPHAN CAR SHOW

to Benefit Meals on Wheels

Sponsored by

North Alabama Studebaker Drivers Club

Saturday, April 27, 2024 from 10:00 until 2:00

Registration \$20 from 8:00 until noon

Spectators are Free



STUDIO 60 Senior Center, 2200 Drake Ave. SW

Two Classes

Class 1: All Studebaker manufactured vehicles

Class 2: Any orphan car no longer manufactured

Winners are judged by viewers at the show

Trophies will be awarded for both classes

Doorprizes for Ticketholders

For more information call Dale Williams

at 256-348-1923



District 2 Masters Games are coming in June!

Dates are June 12th, 14th, 18th, and 20th

Stay tuned for sign-up instructions and a complete list of events and locations.

Dominos (single and double) ♦ Softball Throw

Basketball Throw ♦ Cornhole ♦ Shuffleboard

Table Tennis ♦ Nerf & Frisbee Throw

Rook ♦ Billiards ♦ Bowling

MEDICARE COVERAGE FOR HOME HEALTH CARE

When Should Medicare Coverage be Available for Home Health Care?

Home health care can be covered by Medicare if it meets the following criteria:

1. The patient must see a physician or authorized health care provider. The physician/provider must write a brief narrative describing the patient's clinical condition, how the patient's condition supports homebound status, and the need for skilled home health services.
2. A physician/authorized provider has signed or will sign a plan of care.
3. The patient is homebound. This standard is met if leaving home requires a considerable and taxing effort which may be shown by the patient needing personal assistance, or the help of a wheelchair or crutches, or other supportive device. Occasional but infrequent "walks around the block" and outings are allowable. Attendance at an adult day center or religious services is not an automatic bar to meeting the homebound requirement.
4. The patient needs skilled nursing care on an intermittent basis (at least once every 60 days), or physical or speech-language pathology. (Occupational therapy can continue Medicare home health care but not begin coverage.)
5. The care must be provided by, or under arrangements with, a Medicare-certified provider.

Medicare Coverable Home Health Services

If the triggering conditions described above are met, the beneficiary is eligible for Medicare coverage of home health services. Generally, there is no deductible or coinsurance. (Check Medicare Advantage plans – some MA plans may include cost-sharing.)

Home health services include:

- Part-time or intermittent nursing care provided by or under the supervision of a registered professional nurse
- Physical, occupational, or speech therapy
- Medical social services under the direction of a physician
- Part-time or intermittent Home Health Aide services, to the extent permitted in regulations.

Other Important Points

1. Medicare coverage should not be denied simply because the patient's condition is chronic, stable, or unlikely to improve. Restorative potential is not necessary. Medicare coverage is available to maintain an individual's condition or slow deterioration.
2. Resist arbitrary caps on coverage imposed by the Medicare contractor or insurer. For example, do not accept provider assertions that aide services in excess of one visit per day/week are not covered, or that daily nursing visits can never be covered.
3. There is no legal limit to the duration of the Medicare home health benefit. Medicare coverage is available for necessary home care so long as coverage criteria are met – even if it extends over a long period of time.
4. The doctor and other health care providers are the patient's most important ally. If it appears Medicare coverage will be denied, ask them to provide information to help demonstrate that the standards above are met.
5. Prior to the discontinuance of Medicare covered services the home health agency must issue a written notice of non-coverage. If you disagree with the discharge, pursue an appeal as soon possible, as directed in the notice.



37th Annual Senior

FUN FEST

An Older Americans Month Event

Laissez les bons temps rouler
(Let the good times roll)



Celebrate like it's **mardi gras**

TUESDAY, MAY 14
10 AM - 1 PM

Sharon Johnston Park
783 Coleman Road, New Market

Call 256-830-0818 with questions

RAIN DATE: Thursday, May 16

Advance Ticket \$5

Advance Ticket+T-shirt Bundle \$15

Day of Ticket \$7

Day of T-shirt \$13

Ways to purchase tickets:

- At your local Senior Center
- TARCOG Office, 7037 Old Madison Pike, Suite 450

Music Snacks Lunch Prizes

NOTICE: Photographers and/or news media may be present at this event.

COOKING MATTERS

Cooking Matters is coming to STUDIO 60, and we would love for you to join us!

Cooking Matters is a free 6-week program funded through the Huntsville Hospital Foundation. The class instructor is Jamie Collins, RDN, LD, and Program Manager of Cooking Matters. The goal of Cooking Matters is to provide participants nutrition education and a cooking class that will help them make healthier choices and become more confident in spending their food dollars.

Each series is comprised of six 2-hour classes. Regarding registration, we can take new participants in the first and second weeks but cannot accept new attendees after that due to each class building upon the knowledge of the prior class. Participants gain hands-on experience cooking together in the classroom and receive groceries from each weekly class to recreate the recipe at home.

In this series, we plan to cook a variety of fun dishes together.

For our first week, we feature a vegetarian Asian stir fry and discuss using recipes as a framework and reading food labels.

Week two, we cook up a ground beef stroganoff and focus on how to incorporate more fruits, vegetables, and whole grains in your diet.

Week three, we make turkey burgers with a Mediterranean twist and discuss convenience foods and how to make healthier choices in the protein and dairy food groups.

For week four, we learn to cut up a whole chicken and providing the opportunity to cut up your own chicken to create a Moroccan-inspired meal while reviewing meal planning concepts.

On the fifth week, our class tours a local grocery store where you will be given a shopping challenge and a gift card to buy your own groceries.

The final class is a celebration where we will make an apple crisp, mango salsa, and some fun drinks together while reviewing what we have learned throughout the series. All participants will receive a Cooking Matters book at the end of the series that shares cooking tips and tricks as well as additional recipes to try.

Classes are from 10 am- 12 pm on the following dates:

May 9, May 16, May 23, May 30, June 6, and June 13

Space is limited. Register by calling Teresa at 256-880-7080 Ext. 226



Did you know the health room has a lending closet?

We accept donations of gently used medical equipment such as wheelchairs and walkers. We then loan them out to those in our community who have a need. If you know someone planning a surgery, or taking physical therapy and an item is needed, give us a call. All donations must be in good working condition. You may reach the lending closet by calling 256-880-7080 Ext 226.



It's Okay, We've Got This.

We make it easy to support your loved one with the care they need in an accredited nursing home close to you.

- Private Rooms
- On-Site Physical Therapy
- Individual Care Plans

AHC Millennium

SENIOR LIVING • REHABILITATION

AHCseniorcare.com/AHC.Millennium



Call Us 256-489-6800 or Email > Answers@AHCseniorcare.com

You're Not Alone, We're Here.

Our hospital provides short-term inpatient care in a safe and calming environment for seniors.

- Private Rooms Available
- Daily Visitation
- Individual Treatment Plans

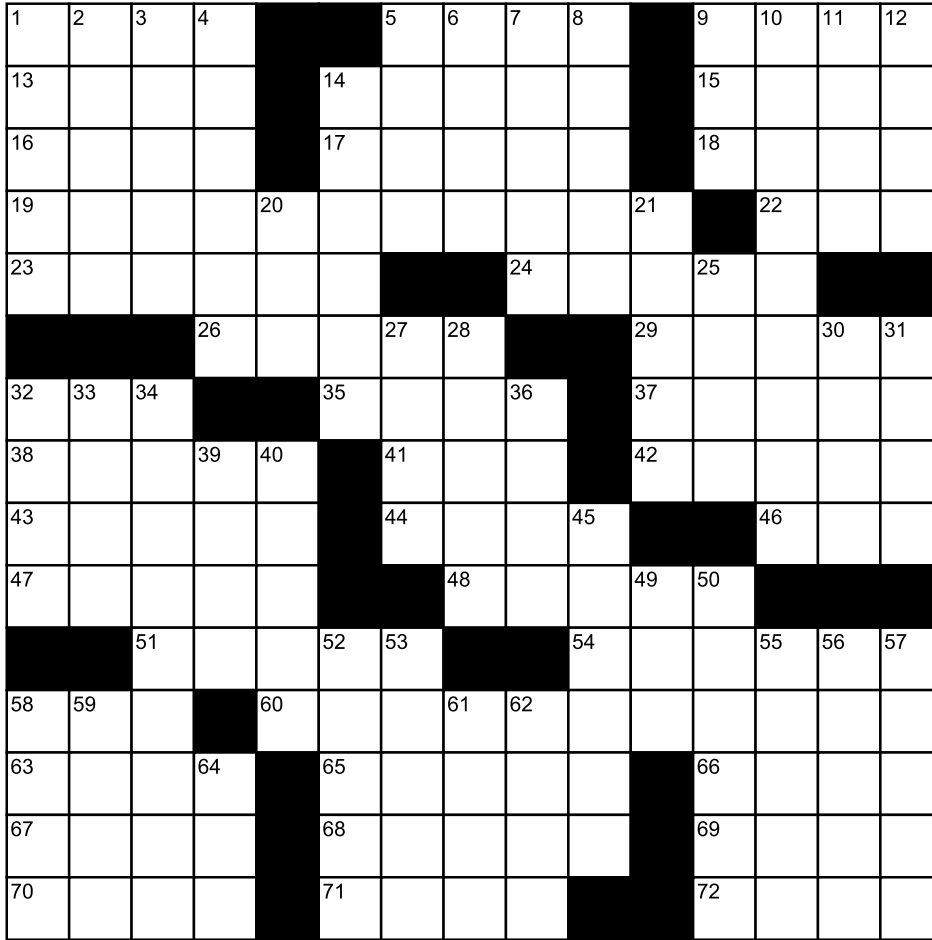
UNITY

PSYCHIATRIC CARE



Call Us 256-964-6700 or Visit > UnityPsych.com/huntsville





ACROSS

- 1 Lasting mark
- 5 Smooth-talking
- 9 Guitar sound boosters
- 13 Cincinnati's state
- 14 Impolite
- 15 Grocery vehicle
- 16 Money in Mexico
- 17 Portrait painter's stand
- 18 Oak or maple
- 19 Two-ingredient coffee lightener
- 22 Workout spot
- 23 Noble horses
- 24 Informal goodbye
- 26 Hen's perch
- 29 Major blood vessel
- 32 German auto
- 35 Coral ridge
- 37 Athletes on slopes
- 38 Back-to-health program, for short
- 41 Snake-like fish
- 42 Feeling edgy
- 43 Pleasant scent
- 44 Song for two
- 46 When a plane is due: Abbrev.
- 47 Sandwich shops
- 48 Eiffel Tower's city
- 51 Polishes prose
- 54 Down the wrong path
- 58 Furniture wood
- 60 White spread on a bagel
- 63 Cleaner in a hotel room
- 65 Think alike
- 66 Biggest continent
- 67 Sit ____ by (do nothing)
- 68 Turns off, as a TV's sound
- 69 Prescriptions, for short
- 70 Small child
- 71 Annoying person
- 72 Proofreader's mark meaning Keep It

DOWN

- 1 Second-year students, for short
- 2 Play a game unfairly
- 3 Supermarket path
- 4 Housetop repairer
- 5 Alum of school
- 6 Poshly furnished
- 7 Creative thoughts
- 8 Charming Southern woman
- 9 Perform in a movie
- 10 Butter substitute
- 11 Bird of ____ (eagle or falcon)
- 12 Flower stalk
- 14 Bleep out
- 20 Needless fuss
- 21 Lavish meal
- 25 Collar for oxen
- 27 Burger bun topper
- 28 Start a golf hole
- 30 Exam given in school
- 31 Vicinity
- 32 Thin nail
- 33 Unimportant
- 34 Unskimmed dairy beverage
- 36 Dog-biting insect
- 39 Surrounded by
- 40 Without frills
- 45 Slight remnants
- 49 Suffix meaning "sort of"
- 50 Cooks over
- 52 Hobo
- 53 Smooth transition
- 55 Update, as a clock
- 56 All kidding ____
- 57 Bread-rising ingredient
- 58 Give off, as light
- 59 Well-mannered woman
- 61 Bachelor of ____ degree
- 62 Be introduced to
- 64 Color-changing liquid



WHY IS AGEISM DETRIMENTAL?

Ageism is defined as stereotyping and discriminating against individuals or groups on the basis of their age. The term was coined in 1971 by Robert Butler to describe discrimination against seniors, and patterned on sexism and racism. Butler defined ageism as a combination of three connected elements: negative attitudes towards old age and the aging process, discriminatory practices against older people, and institutional practices and policies that perpetuate stereotypes about elderly people.

Ageism is detrimental not only to older adults, but also to the economy and society at large. Although adults 50 years and older contribute \$8.3 trillion dollars to the U.S. economy, AARP's research discovered that the country lost \$850 billion dollars of GDP growth due to age discrimination, citing that two-thirds of people who retire early do so because of age discrimination.

To create lasting positive views on aging, we must rethink aging entirely so that ageism is not learned at a young age and internalized in adulthood.

"The best way to reimagine aging is to value older adults. This means beautiful [meeting and activity] spaces, not leftover tan, drab walls. It means innovative programming...really a space that meets the needs of older adults and their hopes and dreams," says GenSpace Director, Dr. Jennifer Wong.

Stacy London says "Saying goodbye to youth is hard. But at the same time, we should be using language that promotes the idea that what you're evolving into has just as much value."

The traditional timeline of spending 20 years gaining an education, 40 years working, and in later life, consuming leisure, is no longer the reality for most Americans. Because of our newly expected 100-year lifespan, people often have multi-stage careers. This means that now, and in the future, older adults need to and want to be working later. We need to save early and start healthy activities and habits regarding sleep, nutrition, and exercise in order to prepare for this new lifespan.

For example, women often must step away from their careers to take care of children and parents. This makes it extremely difficult for them to re-enter the workforce. Employers must evolve their hiring practices to consider the cumulative disadvantages that older women face.

Ageism beliefs against the elderly are commonplace in today's society. For example, when an older person forgets something, he or she could be quick to call it a "senior moment," failing to realize the ageism of that statement. People also often say ageist phrases, such as "dirty old man" or "second childhood" of which the speaker misses the negative undertones. On the other hand, when seniors show greater independence and control in their lives, defying ageist assumptions grows stronger.

Use the power of language to combat ageism! Analyze the stereotypical phrases we commonly use and stop using negative and disparaging language when talking about aging. We can actively seek out a wide variety of positive stories about aging in media, through brands that value aging. Only then can we reinforce the idea that investing in older adults is smart, profitable, and just plain good for business.

ACHCA and AARP



SeniorLife is available online! Just go to the STUDIO 60 website at <http://www.seniorview.com> and scroll down the right margin until you see **SeniorLife**. Click on the link to open the current issue of SeniorLife. You can also like us on Facebook. Log into FB, search for STUDIO 60 Senior Center and check us out!



A.S.A.P.
AMERICAN SENIOR ASSISTANCE PROGRAM INC.™

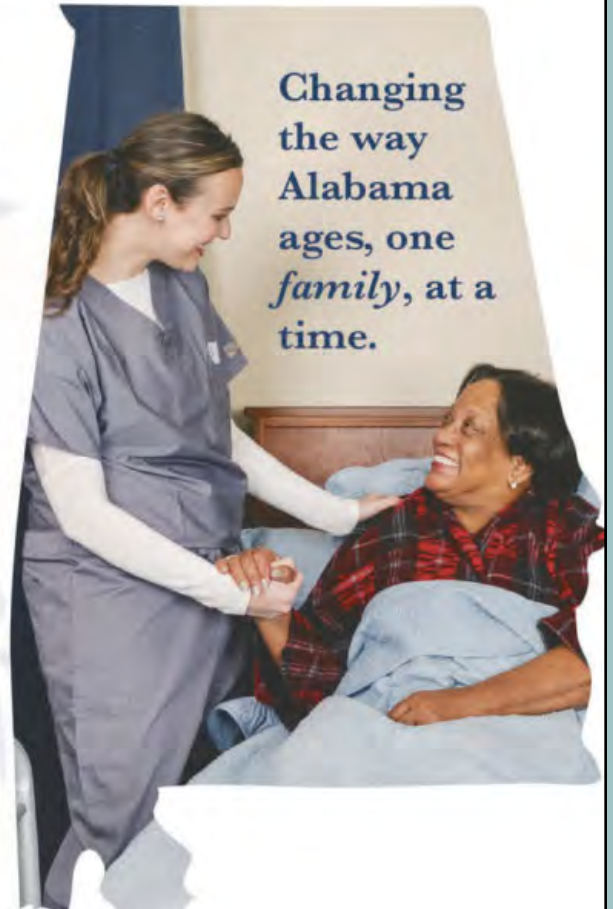
Care that puts YOU first, for almost two decades

- Home Care
- Care Management
- Crisis Intervention
- Therapeutic Transitions



Scan Here

LetsTalkASAP.com | (256) 382-0426
1002 Oakwood Ave NW
Huntsville, AL 35805



2211 Country Club Ave. Huntsville, AL 35816
Gracious Retirement Living
Offering a Prestigious Way of Living with Surprising Affordability

Schedule your personal tour today.
Call (256) 533-1670



April 21-27, 2024, is National Volunteer Week. Many wonderful volunteers give of themselves by helping others through the Retired Senior Volunteer Program (RSVP). We want to recognize all our RSVP volunteers who give their time, energy, and talent to make a difference in our community. Anyone in the RSVP program with 24 recorded hours in the last year will receive an invitation to our Volunteer Appreciation Event later this year.

Wonder what inspires individuals to volunteer?
Are you ready to join RSVP?

We try to match the volunteer to the position so contact Wilma by phone 256-880-7080 ext 224, email rsvp.coordinator@seniorview.com, or visit her Monday – Wednesday, 9:00 am to 2:00 pm in the RSVP office at STUDIO 60.



We are looking for individuals to support STUDIO 60 with the Grocery Assistance Program, in our Fitness Studio, and in Ivy's gift shop. We also have a need for community volunteers at First Stop, and at Habitat for Humanity to help in construction, cleaning, painting, and working in their ReStore.



CROSSWORD SOLUTION (PG 10)

1	S	C	A	R		5	G	L	I	B		9	A	M	P	S	
13	O	H	I	O		14	C	R	U	D	E		15	C	A	R	T
16	P	E	S	O		17	E	A	S	E	L		18	T	R	E	E
19	H	A	L	F	20	A	N	D	H	A	L	F		22	G	Y	M
23	S	T	E	E	D	S			24	S	E	E	Y	A			
			26	R	O	O	S	T			29	A	O	R	T	A	
32	B	M	W			35	R	E	E	F		37	S	K	I	E	R
38	R	E	H	A	B		41	E	E	L		42	T	E	N	S	E
43	A	R	O	M	A		44	D	U	E	T		46	E	T	A	
47	D	E	L	I	S		48	P	A	R	I	S					
			51	E	D	I	T	S			54	A	S	T	R	A	Y
58	E	L	M		60	C	R	E	A	M	C	H	E	E	S	E	
63	M	A	I	D		65	A	G	R	E	E		66	A	S	I	A
67	I	D	L	Y		68	M	U	T	E	S		69	M	E	D	S
70	T	Y	K	E		71	P	E	S	T			72	S	T	E	T

Oh, April, mother earth is resurrected
With green buds, nature's been enlivened.
From winter's grips she has been freed
And April's Spring offers a change of scene.
The fields are rich, the flowers revive,
The world comes back to life, once again alive.
Nature offers warmth, the sun invites.
As the world awakens, April ignites.

Unknown

APRIL 2024 SCHEDULE

HEALTH & WELLNESS

Monday - Friday Fitness Studio

7:30 - 3:30 Mon. - Thurs.....FS
7:30 - 12:00 Friday.....FS

Monday

9:00 Arthritis Exercise.....TBR
10:00 Dance & Karaoke.....TBR
11:00 Exercise 4 You.....TBR
12:00 Brain Dance (thru May 20).....TBR
1:30 Pickleball Open Play.....TBR

Tuesday

8:30 Pre-Class Line Dance.....TBR
9:00 Beg. Line Dance.....TBR
9:55 Int. Line Dance.....TBR
11:15 Yoga.....TBR
12:30 Pilates.....TBR
2:00 Ballroom Basics.....TBR

Wednesday

9:00 Arthritis Exercise.....TBR
10:00 Belly Dance.....TBR
11:00 Exercise 4 You.....TBR
12:00 Pickleball Open Play.....TBR
1:30 Tai Chi.....TBR
3:00 Int. Ballroom Silver Steppers.....TBR

Thursday

8:30 Pre-Class Line Dance.....TBR
9:00 Beg. Line Dance.....TBR
9:55 Int. Line Dance.....TBR
11:15 Yoga.....TBR
12:30 Pilates.....TBR
1:40 Enhance Fitness.....TBR
2:45 Ballroom Practice.....TBR

Friday

9:00 Arthritis Exercise.....TBR
9:50 Pickleball Basics.....TBR
11:00 Exercise 4 You.....TBR

GAMES

Monday

9:00 Pinochle (not last Monday).....CRD
9:00 Men's Bridge.....GR
9:30 BINGO.....CAF
10:00 Hand, Foot and Elbow Cards.....CRD

Tuesday

8:40 Duplicate Bridge.....CRD
9:00 Bridge.....GR
11:30 Scrabble.....GR

Wednesday

9:00 Rook.....CRD
9:30 Party Bridge (1st, 3rd, 5th).....GR
10:00 Hand, Foot and Elbow.....CRD
1:00 Mah Jongg.....GR

Thursday

11:30 Scrabble.....GR
12:30 Thursday Bridge.....CRD

Games, cont.

Friday

9:00 Rook.....GR

VISUAL & PERFORMING ARTS

Monday - Friday

8 - 12 Woodworking.....WW

Monday

8:00 Pottery Studio.....PTRY
8:00 Stained Glass.....SG
9:00 Beg. Weaving.....WE
9:00 China Painting.....CP
9:00 Pencil/Watercolor...(Full) ♦.....PNT
9:30 Beg. Slab Pottery.....PTRY
9:30 Leatherwork.....CCR
1:00 Knitting Premie Hats.....CER
1:00 Open Painting.....PNT

Tuesday

8:00 Stained Glass..(Full) ♦.....SG
9:00 Weaving Open Lab.....WE
9:00 China Painting.....CP
11:30 Basket Weaving.....CER
1:00 Paper Craft (1st Tues.).....PNT
1:00 Woodcarvers.....CCR
1:00 Open Painting.....PNT
1:00 Poetry.....NC

Wednesday

8:00 Pottery Studio.....PTRY
8:30 Jammers.....CAF
9:00 Weaving Open Lab.....WE
9:30 Leatherwork.....CCR
10:30 Stained Glass...(Full) ♦.....SG
11:00 Crochet/Knitting.....CER
1:00 Open Painting.....PNT
1:00 Chess.....NC
1:30 Ukulele (1st/3rd).....PNT

Thursday

8:00 Pottery Studio.....PTRY
8:00 Stained Glass Open Lab.....SG
8:30 Quilters.....CER
9:00 Pencil/Watercolors..(Full) ♦.....PNT
9:00 Ceramics.....CP
1:00 Creative Writing.....CP

Friday

8:00 Pottery Studio.....PTRY
8:30 Jammers.....CAF
8:00 Stained Glass Open Lab.....SG
9:00 Beg. Oil Painting..(Full) ♦.....PNT

♦ Class may have waiting list. See Debbie.

EDUCATION

Monday

9:00 Genealogy.....CL
 11:30 Beg. Spanish.....LL

Wednesday

9:00 Genealogy.....CL

Thursday

10:00 Int. Spanish.....LL
 11:30 Beg. Spanish.....LL
 1:00 Sign Language Meet/Greet.....LL

MEETINGS & CLUBS

Tuesday

9:00 Fishing Club (1st/3rd Tues.)....CER
 1:00 Poetry Reading Group.....NC
 2:45 TOPS AL-019.....CER
 4:00 ALS (2nd Tues.).....CAF

Wednesday

8:45 TOPS AL-047.....LL
 1:00 Chess Club.....NC
 1:00 Book Club.....CP
 1:15 Bereavement (2nd/4th).....PNT

Saturday -- April 13, 2024

10:00 NARFE See page 20.....MR

Wednesday -- April 17, 2024

9:00 - 4:00 Smart Driver Classes.....MR

To register, please contact Joanne Generette at 630-404-2527

**BLOOD PRESSURE/
 BLOOD SUGAR CHECKS**

Location: Health Room

Monday April 1, 2024

9:00-11:00

Pressure/Sugar Checks

Monday April 15 & 22

9:00-11:00

Pressure Checks only



OFF-SITE ACTIVITIES

Monday

9:00 SAIL w/Charlotte.....FB
 9:00 Volleyball.....OP
 9:00 Pickleball.....BS
 9:30 Pickleball.....SLC
 10:30 Pickleball.....OP

Tuesday

8:30 Pickleball.....FB
 10:00 Pickleball.....ML
 6:15 Pickleball.....SLC

Wednesday

9:00 SAIL w/Charlotte.....FB
 9:00 Volleyball.....OP
 9:00 Pickleball.....BS
 9:30 Pickleball.....SLC
 10:30 Pickleball.....OP

Thursday

8:30 Pickleball.....FB
 9:00 Pickleball Level 2.....BS
 10:00 Pickleball.....ML

Friday

9:00 SAIL w/Charlotte.....FB
 9:00 Volleyball.....OP
 9:30 Pickleball.....SLC
 10:00 Pickleball.....OP
 10:00 Pickleball.....BS

Monday - Friday

Huntsville Gem & Mineral Society.....SM

More information at www.huntsvillegms.org or email Bill at bill.friday@earthlink.net

Room Legend

BR.....Billiards Rm	PNT.....Painting Rm
CAF.....Courtyard Cafe	PTRY.....Pottery Rm
CCR.....Chair Caning Rm	SG.....Stained Glass Rm
CER.....Ceramics Rm	TBR.....Twickenham Ballrm
CL.....Computer Lab	WE.....Weaving Rm
CON.....Conference Rm	WW.....Woodworking Rm
CP.....China Painting Rm	
CRD.....Card Rm	OFFSITE LOCATIONS
FS.....Fitness Studio	SLC.....Shurney Legacy Ctr
GR.....Game Rm	BS.....Brahan Sprg Rec Ctr
HLTH.....Health Rm	FB.....Fern Bell Park
LL.....Language Lab	ML.....Max Luther Ctr
MR.....Merrimac Rm	OP.....Optimist Park
NC.....Needlecraft Rm	SM.....Sandra Moon Ctr

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Dan Goben

dgoben@4lpi.com • (800) 477-4574 x2633



**PINNACLE HOME REPAIRS
AND MAINTENANCE**
FOR ALL YOUR HOME REPAIR NEEDS

You've invested significant effort into making your home a special place. Allow us to assist in preserving it with our professional handyman

(256) 755-4035

105 BRIDGESTONE DRIVE NE, HUNTSVILLE, AL

**Laughlin Service
Funeral Home, Inc.**
and Crematory



Serving families since 1868

(256)534-2471

2320 BOB WALLACE AVENUE,
HUNTSVILLE AL 35805

WWW.LAUGHLINSERVICE.COM



**IN GOOD
HANDS**
HOME HEALTH CARE

- ▶ Alzheimer's and Dementia Care
- ▶ Personal Care and Companionship Care
- ▶ Custom Care for Your Needs and Budget

CREATING RELATIONSHIPS, NOT JUST CLIENTS

(256) 429-9211 • in-good-hands@hotmail.com

SOUTHERN COMFORTS

Few things feel like home or bring back memories like a comforting meal shared with friends and family or gathering on the porch to reminisce. Come home to Huntsville's most beautiful community.

*This is HarborChase.
Come celebrate with us.*



HUNTSVILLE | (256) 529-4832

SCAN TO
EXPERIENCE
HARBORCHASE



Blood Pressure/ Blood Sugar Checks

Monday, April 1
9:00 am – 11:00 am

Blood Pressure Checks

Monday, April 15
9:00 am – 11:00 am



Let's Go to the Movies!

The Hill

Tuesday, April 9, 2024
showing at 9:00 and 1:00
in the Language Lab

Diabetic Support Group

Tuesday, April 2nd

NOTE: New time and location

9:30 am
Courtyard Café

Topic TBD

1st Tuesday Dance Night

April 2nd 2024.

7:00 - 9:00 pm in the
Twickenham Ballroom

Cost is \$5.00 per person
to benefit STUDIO 60

Contact Susan Janus for
additional information at
256 603-6275 or 256 880-6538

Pickleball is BACK!

Pickleball Open Play:

Monday 1:30 until 4:00
Wednesday 12:00 until 1:15

Pickleball Basics

Friday 9:50

In the Twickenham Ballroom

FITNESS STUDIO Monitors

are needed for all shifts

Contact Nicki to sign up
256-513-8292

fitness.coord@seniorview.com

MEDICARE 101

New to Medicare?

Join Stephanie Kirk, the
Medicare Lady for an
informational presentation

Friday, April 19

at 10:00 am

in the Language Lab

Next Google Class!

April 18th

Google Tools and Tips class.

You'll learn how to set your
security on Google apps, create
a filter to get rid of emails you
don't want, set up a calendar,
and many other features. Join
us as we learn about all the
tools Google offers – free of
charge!

Next class is May 23, 2024

To register, email Wilma at
wjjfields@gmail.com

Intermediate Ballroom Dance Silversteppers

Wednesdays 3-4pm
Twickenham Ballroom

April: Night Club Two Step
Need more info?

Contact Robin Haynes 256
694-6043

City Councilman Bill Kling Town Hall

Meets every 3rd Monday

Next meeting is

April 15, 2024

at 6:00 pm 1st floor

Meeting Room A

Huntsville Public Library

THIRD ANNUAL!



WEAR
STURDY
SHOES



INCLUDES A
YUMMY
LUNCH



FAVORITE
TRAVELER
TRIP

MYSTERY TRIP

256
382-0922

\$150

JUNE 25
OR
JUNE 26

\$50 deposit due at time of registration. Final payment due May 15, 2024. All cancellations are subject to a \$25 administration fee. No refunds after final payment unless we can fill your spot.

256-382-0922

ALFRA Alabama Family Rights Association meets on the **2nd Thursday** of the month at 6 pm at the Huntsville Public Library. Contact Suzanna Flinn at **256-532-2362** or www.ALFRA.org.

Alcoholics Anonymous - If you want to drink, that's your business. If you want to stop, that's our business. Contact us at **256-885-0323** or online www.aahuntsvilleal.com.

ALS (Lou Gehrig's Disease) Support Group - The Alabama chapter of the ALS Association sponsors a support group held on the **second Tuesday** of each month, 4:00 pm at STUDIO 60 Senior Center 2200 Drake Ave. For information call **256-509-4398**.

Alzheimer's Support Group - For information call **800-272-3900**.

Bereavement Support Group - Hospice Family Care Group is meeting again at the STUDIO 60 in the Painting Room, on 2nd and 4th **Wednesdays** at 1:15 pm. For info, call Anthony Ford **256-650-1212**.

Brain Injury/Stroke Support Group Meets on the **2nd Tuesday** of each month at 5:30 at Therapy Achievements, 802 Shoney Dr SW, Ste A, Huntsville, AL 35801. For more information call **256-509-4398**.

Christian Cancer Support Group For information call **256-705-4249** or email ccsg.hsv@gmail.com.

Dementia Support Group - Group meets at Residences at Wellpoint, 2940 Mill Run Rd. in OXR. **2nd Thursday** from 10:00 until 11:00. Call to RSVP **256-701-8300**.

Diabetic Support Group. The group is currently meeting on the first Tuesday at 9:30 in the STUDIO 60 cafeteria. For info, call the nurse at **256-880-7080 x 226**.

Essential Tremor Support Group

A support group for people with Essential Tremors. The group is currently meeting sporadically. Please call **256-837-1713** for details.



Healing Steps Labyrinth - A handicap-accessible sacred space for contemplative thought and spiritual unburdening. Located between St Stephen's and United Church with parking adjacent at 8020 Whitesburg Drive. Open daily and free to the public. healingstepsinc@gmail.com.

H.O.P.E. is for parents who have lost an infant. For information, please call **256-265-HOPE (4673)**

Mended Hearts - A support group for heart surgery survivors and their caregivers. For information on locations and meetings, call Lindell Smith at **870-816-0462**.

The National Alliance on Mental Illness (NAMI) - A support group for families coping with mental illness of a loved one meets at the United Way Bldg, 701 Andrew Jackson Way. Call **256-534-2628** for information on meetings and times.

Ostomy Chapter for the Huntsville Area - For information on meeting locations and times, please contact Candice Cotton at **256-513-8164**.

Parkinson's Support - If you need information or support for Parkinson's, please call Carolyn at **256-513-8164**.

Tenn Valley Post-Polio Support Group - Contact Leon Trotter, **256-883-7576** for information. email: trotter1000@hotmail.com.

Widows or Widowers of Alabama meets at Fern Bell Park Rec Center, 107-A Sanders Road SW (behind Whitesburg Middle School), **2nd Sunday 2 - 4 pm**. For more information/directions, **256-534-3349**.

Let's Go to the Movies: Now Showing: The Hill

Tuesday, April 8th in the Language Lab
Two showings, 9:00 and 1:00

Growing up impoverished in small-town Texas, young Rickey Hill shows an extraordinary ability for hitting a baseball, despite being burdened by leg braces from a degenerative spinal disease. His stern father (Dennis Quaid) discourages Rickey from playing baseball to protect him from injury, and to have him follow in his footsteps as a preacher. Rickey (Colin Ford) becomes a baseball phenomenon. His desire to participate in a try-out for a legendary major league scout divides the family and threatens Rickey's dream of playing professionally.

Welcome to STUDIO 60 Senior Center

Our programs and services are funded in part by a grant from Alabama's Department of Senior Services through TARCOG's Agency on Aging. Visit their website at: www.tarcog.us



April showers bring May flowers! I'm sure you've heard that saying many times. April is also Stress Awareness month. It's tax season, time for spring cleaning, prepping your flower beds and getting ready for warmer weather. We'd love to help ease some of your stress by offering you ways to get out of the house, meet with some wonderful people and discover a new hobby or talent that hasn't yet been tapped! The more I talk with our members here, I am discovering how many friendships have started, been renewed, and have deepened by participating and getting involved in the many activities STUDIO 60 has to offer.

There are so many times in our lives that we say "I don't have the time," "I'm afraid to meet new people," and "what will be expected of me?." The answer to all of those is, "it's time to quit making excuses, take a leap of faith and give it a try."

We have groups that play bridge, pinochle, and Hand, Foot and Elbow. Friends meet to play Mahjong, Scrabble, and chess. You can craft a

ukelele, build a simple birdhouse, learn woodcarving, quilting, stained glass, pottery, as well as painting, leathercraft, basket weaving, and much more.

Maybe you love to read and would enjoy discussion with others. We have a book club, creative writing, and a poetry reading group. We offer beginning and intermediate Spanish and American Sign Language basics. Preliminary plans for offering a French class are underway.

Don't forget all of the fitness, exercise, and dance classes we offer. Everything is listed in the schedule in SeniorLife magazine. Please consider taking a tour of STUDIO 60 to see for yourself. You'll be so glad you did!



NARFE NEWS

Huntsville Chapter 443
Cheryl Patterson, Pres.

Beginning in 2024, NARFE Chapter 443 will only meet once a quarter. The next meeting dates are April 13, July 11, and November 9. The meeting place continues to be STUDIO 60 Senior Center at 10:00 am in the Twickenham Ballroom (except for July 11).

NARFE meets at 10:00 on April 13, 2024 at STUDIO 60 Senior Center on Drake Avenue. The speaker is a representative of ENABLE of Madison County (formerly CASA). ENABLE provides services to the homebound that enables them to live independently, safely, and with dignity. The NARFE Service office hours are Thursday afternoon from 1-3. 256-382-3693

SeniorLife Subscription Form

Please make check payable to STUDIO 60 Senior Center and mail to 2200 Drake Ave. SW, 35805, Attn: SeniorLife

Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone Number: _____

Email: _____

Full Year's Subscription is \$20.00

This is a NEW subscription

This is a renewal





TARCOG Again Earns National Accreditation

TARCOG has received the highest possible rating from the National Committee for Quality Assurance (NCQA) in earning accreditation for its Area Agency on Aging programs.

NCQA awards the status of “Accredited – 3 Years” to organizations that demonstrate strong performance of the functions outlined in the standards for Accreditation of Case Management for Long-Term Services and Supports (LTSS). According to NCQA, the review process evaluates organizations based on industry-leading best practices. Organizations that earn an NCQA seal have met or exceeded these standards and show they are a good partner to support delivering high quality care.

“This is not an easy process, and we are so proud to be recognized for our use of best practices and the high level of care that we provide to nearly 900 clients who utilize our services in DeKalb, Jackson, Limestone, Madison and Marshall counties,” said TARCOG’s Director of Aging Programs Sheila Dessau-Ivey. This is the third time TARCOG has received the accreditation seal.

Sheila says Alabama was the first state in which every Area Agency on Aging earned the prestigious certification. According to data on the NCQA website, TARCOG is one of 80 providers across the United States to currently hold the 3-Year Accreditation Seal.

“We have a great team of case workers and their supervisors who truly care about the people they work with and following our established protocols to provide the best possible care, as well as identifying areas of potential improvement,” Sheila said. “We are always striving to do better so we can provide the very best service possible.”

Earning NCQA’s Accreditation of Case Management for LTSS is a voluntary review process that demonstrates that an organization is dedicated to coordinating the delivery of care in a person-centered and integrated manner to help individuals function optimally in their preferred setting.

Michelle Jordan, TARCOG’s executive director said she is proud of the staff for earning the national recognition, “and I’m excited about the future of our Area Agency on Aging programs as they continue to provide a high level of services.”

NCQA Accreditation standards are developed with input from researchers in the field, the LTSS Advisory Committee and standing committees, both purchasers and operators of LTSS programs, state and federal regulators and other experts.

Sheila said the accreditation program evaluates organizations that plan and manage personalized care and services for people having trouble completing self-care tasks because of aging, chronic illness or disability.

Standards for evaluation include: Program Description; Patient Identification and Assessment; Person-Centered Care Planning and Monitoring; Care Transitions; Measurement and Quality Improvement; Staffing, Training and Verification; and Rights and Responsibilities.

NCQA is a private, nonprofit organization dedicated to improving health care quality. NCQA accredits and certifies a wide range of health care organizations. It also recognizes clinicians and practices in key areas of performance. NCQA’s website (www.ncqa.org) contains information to help consumers, employers and others make more-informed health care choices.

Top of Alabama Regional council of Governments -- *Serving Northeast Alabama since 1968*

P.O. Box 1087

Huntsville, AL 35805

Phone: 256-830-0818

TERRACE

Garden Party

Bouquets and Bites

Unwind, immerse in the mountain magic, and let your creativity bloom.
Craft a beautiful bouquet as you savor light bites!

Tuesday, April 23 | 2:00 pm

Thrive at Jones Farm

Questions and to RSVP: Contact **Rachael Creech** or **Becca Fox**:
256-617-5591 or [Hello@ThriveAtJonesFarm.com](mailto>Hello@ThriveAtJonesFarm.com)



Thrive at Jones Farm
Assisted Living and Memory Care
2238 Cecil Ashburn Drive SE | Huntsville, AL 35802
256.617.5591 | [Hello@ThriveAtJonesFarm.com](mailto>Hello@ThriveAtJonesFarm.com)
ThriveSL.com/JonesFarm



LET US
PLACE YOUR
AD HERE.

ADVERTISE HERE
to reach your community



Call 800-477-4574



GRACE, MATTHEWS & DEBRO, LLC
ATTORNEYS AT LAW

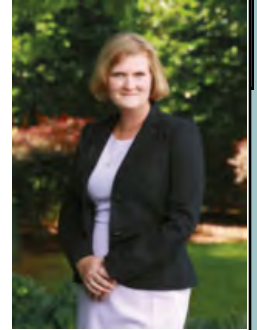


Brian Moore

ELDER LAW

256-534-0491

www.graceattys.com



Jennifer Matthews

No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers.

Willow Run Adventist Apartments

AFFORDABLE RENT FOR THOSE 62 OR OLDER

- Transportation to Walmart
- Service Coordinator on Staff
- Computer Corner
- TV Lounge
- Weekly Activities
- Some Wheelchair Accessible Apartments
- Within Walking Distance to Oakwood University



1915 Rideout Road NW • Huntsville, AL 256.830.1046



- Meal Prep • Laundry
- Bed Baths • Transfers
- Feeding • Dressing • Oral Care
- Social Stimulation
- Medication Setup & Reminders

Serving the Greater Huntsville Area

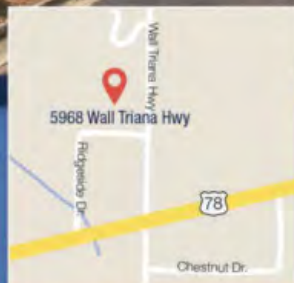
256.750.3132

careteam.limitlesslove@outlook.com

VALLEY VIEW

HEALTH AND REHABILITATION, LLC

Our Family Caring for Yours.



CALL TODAY
to schedule a facility tour:
(256) 830-2316

ValleyViewHealthandRehab.com

A comforting community
with a guarantee to match



The 60-Day Merrill Family Guarantee

We are so confident you'll love living here, we guarantee it. If you are not completely satisfied with your new home, we will refund your rent for up to 60 days of your stay. Enjoy an extra layer of comfort — even before you move in.



Visit And Enjoy A Meal On Us!

(256) 217-7980 • merrillgardensmadison.com

121 Brookridge Dr, Madison, AL 35758



Lic #ALF 04538,
SCALF P4514



NEWS FROM THE FITNESS STUDIO

Studio 60 is knocking it out of the park, ladies and gentlemen! Activities and fitness classes are enjoying record attendance. Why? Because they're fun and fulfilling.

Members are giving our fitness equipment excellent workouts. Exercise and dance classes in the Ballroom begin at 8:30 am and go on throughout the day. Remember to check our monthly magazine or website for events and class times. We need more pickleball players on Mondays and Wednesdays!

Exercise is important for older adults because being physically active makes it easier to move around the house or a take a walk in the neighborhood. Physically active older adults are also less likely to fall, which can lead to serious injuries.



Exercise improves muscle strength and bone density as well, which is especially important for women since they lose bone density at a faster rate after menopause than men. The benefits of exercise for the heart and lungs help promote overall health and offset some risks for chronic illnesses and disease. While some body changes like reduced muscle and bone mass are inevitable as we age, staying strong

and active can delay them to an extent. Incorporating regular resistance training can be accomplished with free weights and resistance bands.

Whatever sort of activity you may choose, I am here to answer your questions or help you figure out where to begin YOUR fitness journey! See you soon for a healthier, happier existence.



SUPPORT STUDIO 60 TODAY! JOIN OUR BOOSTERS!

- My gift of \$_____ is enclosed.
- I Pledge \$_____ per month for a total of \$_____ annually. My first check is enclosed.
- I will arrange for a monthly bank draft.
- Please use my credit card. TYPE _____
 CARD NO. _____
 CARDHOLDER _____
 EXP. DATE _____ 3-DIGIT CODE _____

Mail to: STUDIO 60 BOOSTERS
 2200 Drake Ave. SW, Huntsville, AL 35805

Premier Circle	\$10,000	Benefactor	\$300
Diamond Circle	\$5,000	Patron	\$100
Platinum Circle	\$2,500	Sponsor	\$50
Golden Circle	\$1,000	Supporter	\$20
Silver Circle	\$500		

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Date _____
 E-mail _____

I DO NOT wish to be listed on the Wall of Honor



SMALLER *is better!*



**GARDENS OF
HAZEL GREEN**
ASSISTED LIVING

Visit the Gardens of Hazel Green
372 Jimmy Fisk Road
Hazel Green, Alabama 35750
256.828.7400
GardensOfHazelGreen.com

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Visit lpicommunities.com



Regency
Retirement Village

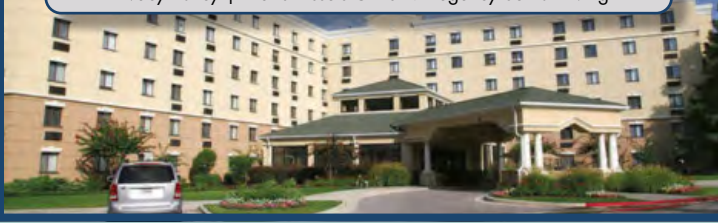
- Services**
- Independent Living
 - Assisted Living
 - Memory Care
 - Skilled Nursing
 - Rehabilitation

Regency Retirement of Huntsville
(256) 852-0033

www.regencyhuntsville.com

2004 Max Luther Dr NW
Huntsville, Alabama 35810

Privacy Policy | Brand Assets © 2019 Regency Senior Living



**THRIVE
LOCALLY**

**SUPPORT OUR
ADVERTISERS!**



USEFUL INFORMATION



Board of Directors

Wilman Pidgeon.....President
 Jim Starks.....1st Vice President
 Bob Ward.....2nd Vice President
 Karen Ball.....Secretary
 Annie Saylor.....Treasurer

Bill Boggess	Jesse Johnson
Durlean Bradford	Rosa Kilpatrick
Rene Breland	Brenda Mc Bride
Albert Butler	Bobbi Murphy
Virginia Dodson	Loretta Ragland
Kevin Hall	Max Rosenthal
Bill Heslip	Patsy Trigg
Sandra Hyder- Wesley	Diane Williams

Frequently Called Numbers

ACCESS Transportation..... 256-427-6857
 TRAM Transportation.....256-532-3792
 TARCOG.....256-830-0818
 ENABLE Madison County (CASA)..256-533-7775
 SenioRx..... 256-532-3345
 Huntsville Assistance Program..... 256-539-2320
 www.AARP.org.....1-855-757-4071
 9-1-1 Non-Emergency.....256-722-7140
 Huntsville Police.....256-722-7100
 Madison County Sheriff.....256-722-7181
 Huntsville Fire & Rescue.....722-7120
 City of Madison Police.....722-7190
 HEMSI.....722-7150

STUDIO 60 Senior Center Staff

Tom Glynn	Executive Director	256-880-7047	tglynn@seniorview.com
Kathryn Kestner	Associate Director	256-513-8299	kkestner@seniorview.com
Janet Porch	CFO/COO	256-880-7080	cfo@seniorview.com
Julie Born	Adult Day Care Director	256-880-7094	adc@seniorview.com
Cathie Mayne	Marketing Director	256-382-0925	cathie.mayne@seniorview.com
Nicki Champagne	Fitness Coordinator	256-513-8292	fitness.coord@seniorview.com
Debbie Martinez	Activities Coordinator	256-880-7080	activities2@seniorview.com
Teresa Crandall RN	Health Programs	256-880-7080	tcrandall@seniorview.com
Martha Appleberry	Admin Assistant	256-382-5689	editor@seniorview.com
Claire Wood	Travel Coordinator	256-382-0922	travel@seniorview.com
Lisa Allport	MOW Coordinator	256-382-0920	mow.coord@seniorview.com
Roz Leavell-Rice	Nutrition Coordinator	256-513-8322	nutr.coord@seniorview.com
Wilma Fields	RSVP Coordinator	256-880-7080	rsvp.coord@seniorview.com

Madison County Nutrition Centers

Bob Harrison - Bernettea Carter
 6156 Pulaski Pike, Huntsville
 256-519-2040

Gurley - Maryann Schnur
 339 3rd St, Gurley
 256-776-9830 256-541-9389

Madison City - Levoneia Ayers
 1282 Hughes Rd, Madison
 256-772-6242

Madison Crossroads - Michele Georgantis
 11329 Pulaski Pike, Toney
 256-813-3036 727-409-8777

New Hope - Dean Manley
 123 Church Ave, New Hope
 256-723-2208

New Market - John Humphrey
 3687 Winchester Rd, New Market
 256-379-2877 256-658-6129

New Sharon - Terry Smith
 783 Butter & Egg Rd, Hazel Green
 256-828-3215

STUDIO 60 - Vivian Williams
 2200 Drake Ave SW, Huntsville
 256-880-7080

**"If you have questions
about Medicare, I have
the answers!"**

Stephanie Kirk



1-866-688-0588

STUDIO 60 SENIOR CENTER

2200 Drake Ave., Huntsville, 35805

Hours: M-Th 8-4, F 8-12

www.seniorview.com

PRESORTED
STANDARD
U.S. POSTAGE PAID
HUNTSVILLE, AL
PERMIT #57

Grace Residential Senior Living

Assisted Living in a Residential Neighborhood!



- ✓ 1-4 Caregiver Ratio
- ✓ 24 Hour Care
- ✓ Nursing Services
- ✓ Activities, Day Trips
- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ In-Home Meal Preparation from Scratch Daily
- ✓ Pet Therapy & Live-In Pets



**Call Today
FOR A GUIDED TOUR**

256.400.1381
www.graceresidentialseniorliving.org
114 Raptor Court, Huntsville, AL

Grace Residential Senior Living
Looks Like a House and Speaks *Like Home!*

