

FREE - Please Take One

MAY 2024

STUDIO  
60  
SENIOR CENTER

# SENIOR LIFE

MADISON COUNTY'S MAGAZINE FOR SENIORS



# 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](http://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](http://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](mailto:brookshomehealthcare@yahoo.com)

[www.brookshomehealthcare.net](http://www.brookshomehealthcare.net)

**Call for a FREE, No Obligation Consultation Today!**



# 25th Annual Retirement Lifestyle

# EXPO



**TUESDAY, MAY 7**  
**10:00am to 2:00pm**

**FREE ADMISSION**  
**FREE PARKING**

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

THANK YOU  
TO OUR GOLD  
SPONSORS



**SECURE**  
BENEFITS



## WHAT'S NEXT FOR TRAVEL?

### August 14, 2024 -- Mint Gaming Hall w/lunch

Join us as we head just over the Tennessee border into Kentucky for a visit to the Mint Gaming Hall at Kentucky Downs. Just 35 minutes north of Nashville, the Mint is home to more than 1,000 gaming machines including Ultimate Fire Link, Buffalo, Wheel of Fortune, Lock it Link, Quick Hit, All Aboard, Devil's Lock, and Prosperity Link. Studio 60 has never been to this casino before, and we are eager to try it out! After winning at the casino, we will enjoy a buffet lunch at The Brickyard Café in historic Franklin, KY.

Cost: \$99 per person. Includes round-trip motorcoach transportation, lunch, and all gratuities. \$50 deposit due at time of registration. Final payment due July 1, 2024.

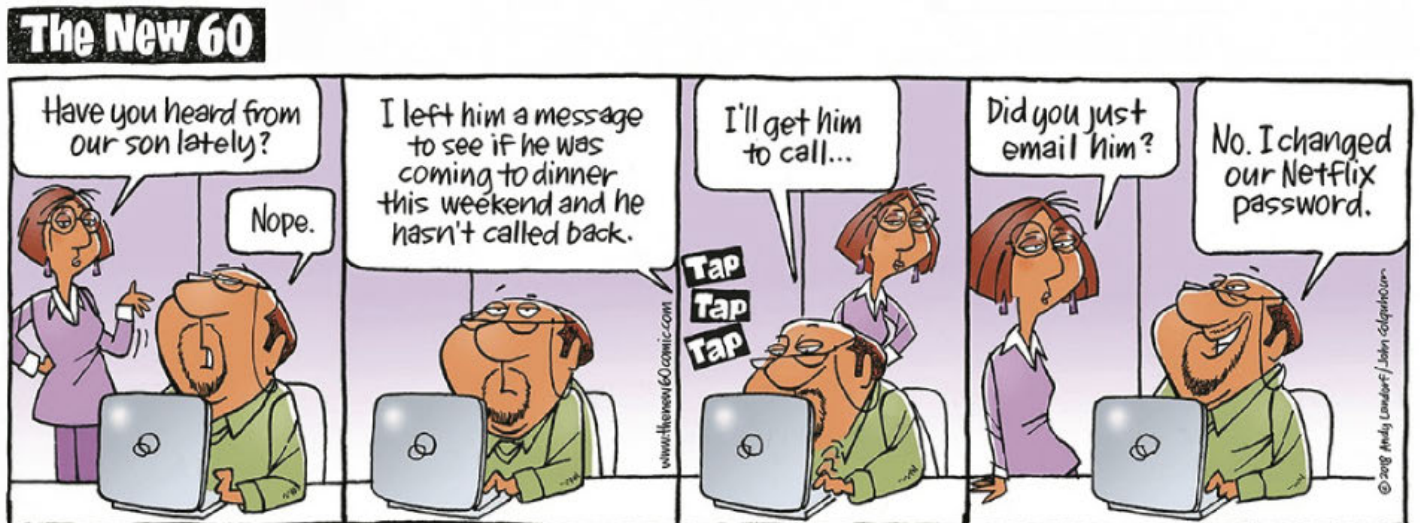
### COLLETTE TOURS - JUST ANNOUNCED FOR 2025

We've added the following trips to our 2025 calendar. All prices include roundtrip airfare from Huntsville. Book now and save money! \*\*Please note that after the deposit due date, spots are filled on a first come, first served basis, and air rates may increase.

1. Discover the Pacific Northwest & California: July 6-13, 2025. Cost: Double per person: \$3999, Single: \$4799. Highlights include Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Newport, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, and Avenue of the Giants, San Francisco. Deposit of \$698 per person due by December 30, 2024.
2. America's Cowboy Country: August 14 – 21, 2025. Cost: Double per person: \$3999, Single: \$5299. Highlights include Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Deadwood, Buffalo Bill Center of the West, Yellowstone National Park, Jackson Hole, and Grand Teton National Park. Deposit of \$698 due by February 7, 2025.
3. Shades of Ireland: October 18 – 27, 2025. Cost: Double per person: \$4399, Single: \$5099. Highlights include Dublin, Irish Evening, Kilkenny, Waterford with Crystal Factory or Medieval Museum and Wine Vault, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, and Castle Stay. Deposit of \$698 due by April 12, 2025.

### TRAVEL PARTY

Save the date! Jack Brinson with Collette Vacations will be here on July 30, 2024 at 1 pm in the Twickenham Ballroom. Parking is available in the Drake Ave parking lot as well as the lot behind the center AND in the parking lot of the Brahan Spring Recreation Center located directly behind STUDIO 60 on Ivy Street. There is a sidewalk connecting their parking lot with ours.



**STUDIO 60 PRESENTS**

# SHAKER VILLAGE OF PLEASANT HILL

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.

---

**PACKAGE INCLUSIONS**

- **MOTORCOACH TRANSPORTATION**
- **2 NIGHTS ACCOMMODATIONS**
- **2 BREAKFASTS, 2 LUNCHESES, SNACKS**
- **SHAKER VILLAGE ADMISSION**
- **STOP AT OLD KENTUCKY CHOCOLATES**
- **SWOPES CARS OF YESTERYEAR MUSEUM**

---

**JULY 23 - 25, 2024**

---

**\$485 per person double**  
**\$675 single**

**\$100 deposit due at time of reservation.**  
**Final payment due June 15, 2024.**  
**\$25 fee for cancellation.**  
**No refunds after final payment.**



**256-382-0922**

## MAKING PART B ENROLLMENT DECISIONS WITH VA BENEFITS

You can have both Medicare and Veterans Affairs (VA) benefits, but Medicare and VA benefits do not work together. Medicare does not pay for any care that you receive at a VA facility. Remember, it is always a good idea to inform your doctors if you are receiving care outside of the VA so your health care can be coordinated.

- In order for your VA coverage to cover your care, you must generally receive health care services at a VA facility.
- In order for Medicare to cover your care, you must receive care at a Medicare-certified facility that works with your Medicare coverage.
- VA benefits will not pay for Medicare cost-sharing (deductibles, copayments, coinsurances).

**Note:** If the VA authorizes services in a non-VA hospital but does not pay for all the services you get during your hospital stay, Medicare may pay for Medicare-covered services the VA does not pay for.

If you chose not to enroll in Medicare and to keep your VA coverage, you will not have health insurance for facilities outside the VA health system. Some choose to enroll in Medicare Part A because it’s premium-free but turn down Part B because of the additional monthly premium. If you want to enroll in Medicare in the future, you may face penalties and would likely have to wait to enroll during the General Enrollment Period (GEP). You will not be eligible for the Part B Special Enrollment Period (SEP) if you delay Medicare enrollment.

If you decide to enroll in Part B, you should do so during your Initial Enrollment Period (IEP). Enrolling in Part B provides you with the flexibility of getting health care outside the VA system. Also, you may qualify for programs to help pay the Part B premium and Medicare cost-sharing. Remember that you can keep your VA health benefits to get coverage for health care services and items not covered by Medicare, such as over-the-counter medications, annual physical exams, and hearing aids. Also be sure to think over your drug coverage options when deciding whether or not to delay Medicare enrollment.

Enrolling in both VA and Medicare can provide veterans flexibility. For example, veterans enrolled in both programs would have access to community physicians (under Medicare Part A or Part B) and can obtain prescription drugs not on the VA formulary if prescribed by community physicians and filled at their local retail pharmacies (under Medicare Part D).

*Medicareinteractive.org*



### 2024 Masters Games District 2

The Masters Games of Alabama was organized in 1990 to expand services offered for senior adults in the State of Alabama. The purpose of the games is to involve as many older participants as possible in recreational activities. Any resident of Alabama, age 50 years and older, is eligible to take part in the local games.



The 2024 Masters Games District 2 schedule is available on the facing page. The Athens Recreation Center will host the games for District 2, which includes all of the TARGOG and NARCOG regions. District 2 is very excited with its recruitment efforts for 2024. The TARGOG region had tremendous success in winning the most individual medals than any other district for the 2023 State games last year in Valley, Alabama. Our goal for 2024 is to beat that record.

We are very pleased to have the support of Aetna and Viva Health to sponsor District 2 for our local Masters Games. Wendy Reeves, the Communication Specialist with TARGOG, will coordinate with the media to help market the games and get the information out to our communities. Let the games begin!!

# District 2

**Fee:** \$15 (write Check to  
*STUDIO 60*)

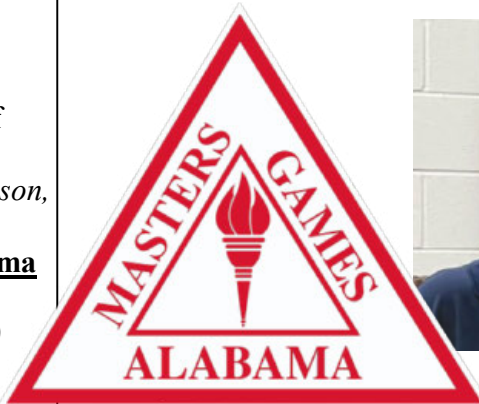
**Who:** Men & Women Ages 50  
and up from the Counties of  
*Cullman, DeKalb, Jackson,  
Lawrence, Limestone, Madison,  
Marshall, & Morgan*

**If you are from a different Alabama  
county or have questions, call...**

Debbie Martinez (256) 880-7080

**Registration Deadline:**

May 23, 2024



**Where: Athens Rec Center**

21281 Sportsplex Loop  
Athens, AL 35611

**Directions:** Call (256) 233-8740

**June 12, 2024 Events:**

Domino Doubles  
Domino Singles

**June 14, 2024 Events:**

Basketball Free Throw  
Cornhole  
Rook  
Softball Throw

**Where: STUDIO 60**

2200 Drake Ave. SW  
Huntsville, AL 35805

**Directions:** Call (256) 880-7080

**June 21, 2024 Events:**

Billiards  
Nerf Throw and Frisbee Throw  
Shuffleboard

**Where: AMF**

3117 6<sup>TH</sup> Ave. SE  
Decatur, AL 35603

**Directions:** Call (256) 353-3162

**June 27, 2024:**

Bowling

**Where: Brahan Spring Rec. Center**

3770 Ivy Ave.  
Huntsville, AL 35805

**Directions:** Call (256) 883-3710

**June 20, 2024 Events:**

Table Tennis

**Do not fill out our District Form for the below  
events. They have separate forms & fees.**

Contact Sandi Wilson at 205-978-0163 for...

*3-on-3 Basketball Tournament*

Contact Daisy Bolden at 334-240-4667 for...

*Golf Singles and 2-man Scramble*

**The following event will compete  
ONLY at the State Games.  
Call Debbie Martinez at (256) 880-7080  
by July 15 for more information or  
to register for this event:  
5K Run/Walk**

You must qualify at **these** District games in order to compete at the State Games in  
Valley, AL September 23 – 26, 2024.

# FUN FEST RETURNS TO SHARON JOHNSTON PARK!



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.**



# 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](http://AHCseniorcare.com/AHC.Millennium)



Call Us 256-489-6800 or Email > [Answers@AHCseniorcare.com](mailto: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

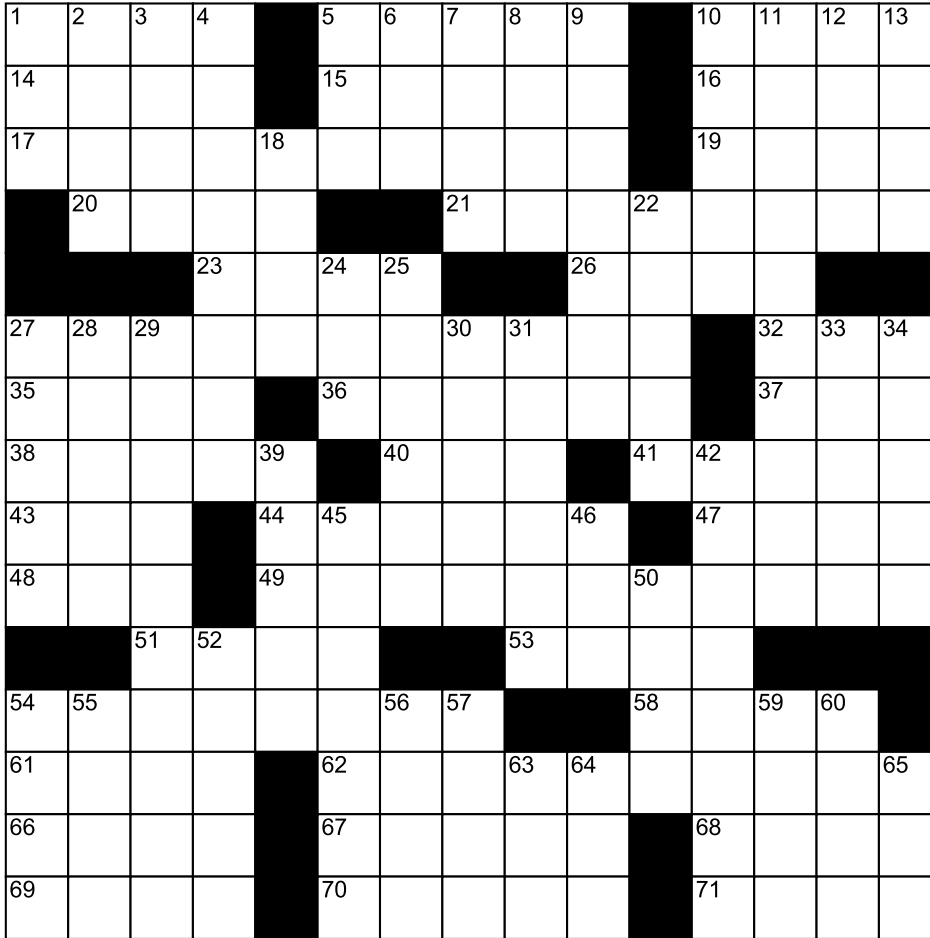
## UNITY

PSYCHIATRIC CARE



Call Us 256-964-6700 or Visit > [UnityPsych.com/huntsville](http://UnityPsych.com/huntsville)





## ACROSS

- 1 Texting initials for Bye
- 5 Katie Scarlett
- 10 River through Aragon
- 14 Vocal showcase
- 15 Stitch together
- 16 French cheese
- 17 Quit yakkin!
- 19 They carry a charge
- 20 Miserly
- 21 Steal away
- 23 Minor objections
- 26 Simulated
- 27 Be defeated
- 32 Round trip of a sort
- 35 Cassini of clothing
- 36 Still sealed
- 37 Ceremonial vow
- 38 Jargon
- 40 Dr. of music
- 41 Admit to
- 43 Shade close to bronze
- 44 People who live in Asia
- 47 Facilitate
- 48 Precedes Fi
- 49 China's ruling house in Charlemagne's day
- 51 Chop \_\_\_\_\_ (entree)
- 53 Bad mood
- 54 Fizzless refreshment
- 58 Chew like rodents
- 61 Focal points
- 62 Retro kid's outside game
- 66 Obi-Wan before Ewan
- 67 Pays to play
- 68 90's TV swordswoman
- 69 Rocket launcher
- 70 Uncomplicated question
- 71 Low card

## DOWN

- 1 Twister-like cartoon
- 2 Car decor
- 3 Omigosh!
- 4 What a chicken does
- 5 The Buckeyes
- 6 Dinghy designation
- 7 Leather piercers
- 8 Demolish
- 9 Cause to calm
- 10 Motorized ride
- 11 Ancestries
- 12 Lens care brand
- 13 Boot from power
- 18 Taking care of business
- 22 Urban address datum
- 24 Short for Thursday
- 25 Submit via mail
- 27 Runs off
- 28 Of the hipbone
- 29 Well-placed serves
- 30 Rapper topper
- 31 Tips over
- 33 Voter, most likely
- 34 Bun seed source
- 39 **them** author
- 42 Pessimist's inquiry
- 45 Agree
- 46 Modern prefix for fuel
- 50 At hand, in verse
- 52 City on the Erie Canal
- 54 Mexican dessert
- 55 Nickname for Dolores
- 56 Eat lavishly
- 57 Parts of a play
- 59 Taiwanese PC brand
- 60 Opposite of wax
- 63 Ryan Gosling role
- 64 General known for poultry
- 65 Formal turndown



**50<sup>th</sup>**  
**ANNIVERSARY**

**SPEAKER  
SERIES**

As part of our anniversary celebration, STUDIO 60 is inviting some Madison County favorites to share their expertise with members in a casual, friendly setting. We are very grateful for their generosity!

In March, **In Bloom Floral Design** pros Tamara Olive, Mark Kimbrough, and Ron Cooper held our audience spellbound and entertained with fun tips, hints, and the magic of arranging and growing flowers. They truly live their positive "do unto others" philosophy and give much time and energy back to the community.



Master Gardener **Harvey Cotten** will be our next speaker on **Wednesday, May 29, from 10 to 11:00**. Cotten is a native of Huntsville, garden writer, and former Vice President and Chief Horticulturist of the Huntsville Botanical Garden.

In recognition of our 50th anniversary, Cotten's presentation will include 50 years of gardening news and trends, as well as plenty of time for your questions. SPACE IS LIMITED. Please RSVP with the front desk receptionist\*\* An optional \$5.00 donation will be used for adding native plants to our two inside courtyards.

We will have an evening with **Former Alabama State Representative Mike Ball** later in the fall. In Ball's linkedin profile, he describes himself as a *Former State Trooper/ Criminal Investigator, Recovering Politician, Speaker, Writer, Singer/Musician, and Shade-Tree Philosopher.*

Look forward to a fun event filled with laughter, music, and a little bit of mayhem. Details coming soon.





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

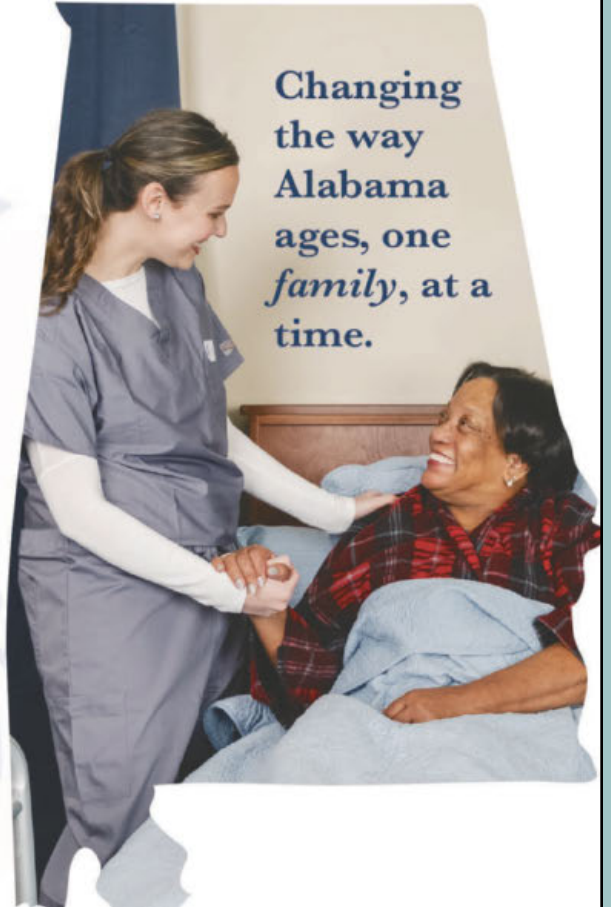
Care that puts YOU first, for almost two decades

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



Scan Here

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



Changing the way  
Alabama  
ages, one  
*family*, at a  
time.



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



Although officially still spring, the month of May feels more like summer in North Alabama! Rising humidity can make sticking with your exercise regimen a challenge. The air conditioning is ON at Studio 60 Senior Center!

Take a moment to check out our schedule or website to find a fitness activity that appeals to you. The body gives us a different reading every day! One day you may feel like a workout in the Fitness Studio and the next, something less intense like Tai Chi sounds good. Remember to listen to your body as you work to stay active and fit. If it hurts, don't do it! It's also important to mix up your workouts -- walk one day; try strength training the next. And don't forget to hydrate!

A big **THANKS!** to our Fitness Studio monitors! You are crucial to the operation! We still need more volunteers. Please contact Nicki (256) 513-8292 for open time slots. If there is no monitor present, the Studio will be closed during that time. Please don't let that happen. If you are here exercising anyway, think about taking a shift!

Charlotte Hudson has officially retired from leading the SAIL (Staying Active and Independent for Life) classes at Fern Bell Park. She will be greatly missed! Charlotte dedicated over 8 years to helping seniors lead strong, independent, NO FALL lives. Many thanks to Charlotte from all of us! We welcome all of her students who are joining us at STUDIO 60 to meet their exercise needs.

Keep moving, stay steady!

-- Nicki --

**CROSSWORD SOLUTION (PG 10)**

|    |    |    |    |    |    |    |    |    |   |    |    |    |    |    |    |   |    |   |    |    |    |    |   |    |   |    |   |
|----|----|----|----|----|----|----|----|----|---|----|----|----|----|----|----|---|----|---|----|----|----|----|---|----|---|----|---|
| 1  | T  | 2  | T  | 3  | Y  | 4  | L  |    | 5 | O  | 6  | H  | 7  | A  | 8  | R | 9  | A |    | 10 | E  | 11 | B | 12 | R | 13 | O |
| 14 | A  | R  | I  | A  |    | 15 | S  | E  | W | U  | P  |    | 16 | B  | L  | E | U  |   |    |    |    |    |   |    |   |    |   |
| 17 | Z  | I  | P  | Y  | O  | 18 | U  | R  | L | I  | P  |    | 19 | I  | O  | N | S  |   |    |    |    |    |   |    |   |    |   |
|    | 20 | M  | E  | A  | N  |    |    | 21 | S | N  | E  | 22 | A  | K  | O  | U | T  |   |    |    |    |    |   |    |   |    |   |
|    |    |    | 23 | N  | I  | T  | 24 | S  |   |    | 25 |    | 26 | A  | P  | E | D  |   |    |    |    |    |   |    |   |    |   |
| 27 | B  | 28 | I  | 29 | T  | E  | T  | H  | E | 30 | D  | 31 | U  | S  | T  |   | 32 | L | 33 | A  | 34 | P  |   |    |   |    |   |
| 35 | O  | L  | E  | G  |    | 36 | U  | N  | O | P  | E  | N  |    | 37 | I  | D | O  |   |    |    |    |    |   |    |   |    |   |
| 38 | L  | I  | N  | G  | 39 |    | 40 | D  | R | E  |    | 41 | O  | 42 | W  | N | U  | P |    |    |    |    |   |    |   |    |   |
| 43 | T  | A  | N  |    | 44 | A  | 45 | S  | I | A  | N  | 46 | S  |    | 47 | H | E  | L | P  |    |    |    |   |    |   |    |   |
| 48 | S  | C  | I  |    | 49 | T  | A  | N  | G | D  | Y  | 50 | N  | A  | S  | T | Y  |   |    |    |    |    |   |    |   |    |   |
|    |    | 51 | S  | 52 | U  | E  | Y  |    |   | 53 | S  | N  | I  | T  |    |   |    |   |    |    |    |    |   |    |   |    |   |
| 54 | F  | 55 | L  | A  | T  | S  | 56 | D  | A |    |    | 58 | G  | N  | 59 | A | 60 | W |    |    |    |    |   |    |   |    |   |
| 61 | L  | O  | C  | I  |    | 62 | K  | I  | C | 63 | T  | H  | E  | C  | 64 | A | N  |   |    |    |    |    |   |    |   |    |   |
| 66 | A  | L  | E  | C  |    | 67 | A  | N  | T | E  | S  |    | 68 | X  | E  | N | A  |   |    |    |    |    |   |    |   |    |   |
| 69 | N  | A  | S  | A  |    | 70 | Y  | E  | S | N  | O  |    | 71 | T  | R  | E | Y  |   |    |    |    |    |   |    |   |    |   |



**I Watched a Blackbird**

*By Thomas Hardy*

I watched a blackbird on a budding sycamore  
 One Easter Day, when sap was stirring twigs to  
 the core;  
 I saw his tongue, and crocus-coloured bill  
 Parting and closing as he turned his trill;  
 Then he flew down, seized on a stem of hay,  
 And upped to where his building scheme was  
 under way,  
 As if so sure a nest was never shaped on spray.

# MAY 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.....CRD

## VISUAL & PERFORMING ARTS

### Monday - Friday

8 - 12 Woodworking.....WW

### Monday

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 Painting Open.....PNT

### Tuesday

8:00 Pottery Studio Open.....PTRY  
8:00 Stained Glass..(Full) ♦.....SG  
9:00 Weaving Open.....WE  
9:00 China Painting.....CP  
11:30 Basket Weaving.....CER  
1:00 Paper Craft (1st Tues.).....PNT  
1:00 Woodcarvers.....CCR  
1:00 Painting Open.....PNT  
1:00 1920's - 60's Combo.....CAF

### Wednesday

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

### Thursday

8:00 Pottery Studio Open.....PTRY  
8:00 Stained Glass Open.....SG  
8:30 Quilters.....CER  
9:00 Pencil/Watercolors..(Full) ♦.....PNT  
9:00 Ceramics.....CP  
12:30 Paper Playtime (2nd/4th).....CCR  
1:00 Creative Writing.....CP  
1:00 Old Time String Band.....CAF

### Friday

8:00 Pottery Studio Open.....PTRY  
8:30 Jammers.....CAF  
8:00 Stained Glass Open.....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 Cooking Matters (Full) ♦.....MR  
 10:00 Int. Spanish.....CRD  
 11:30 Beg. Spanish.....LL  
 1:00 Sign Language Meet/Greet.....LL

♦ Class has waiting list. Check w/  
 Teresa in the Health Room.

## MEETINGS & CLUBS

### Tuesday

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

### Wednesday

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

### Saturday -- July 13, 2024

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

### Wednesday -- May 15, 2024

9:00 - 4:00 Smart Driver Classes.....MR  
 To register, please contact Ron Ackridge at  
 256-603-2429

## OFF-SITE ACTIVITIES

### Monday

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 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 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](http://www.huntsvillegms.org)  
 or email Bill at [bill.friday@earthlink.net](mailto:bill.friday@earthlink.net)

## Room Legend

### BLOOD PRESSURE/ BLOOD SUGAR CHECKS

Location: Health Room

**Blood Pressure/Sugar**

**Checks are now on**

**Tuesdays**

Pressure/Sugar Checks

**2nd Tuesdays - May 14th**

9:00-11:00

Pressure Checks only

**Tuesday - May 21st**

BR.....Billiards Rm  
 CAF.....Courtyard Cafe  
 CCR.....Chair Caning Rm  
 CER.....Ceramics Rm  
 CL.....Computer Lab  
 CON.....Conference Rm  
 CP.....China Painting Rm  
 CRD.....Card Rm  
 FS.....Fitness Studio  
 GR.....Game Rm  
 HLTH.....Health Rm  
 LL.....Language Lab  
 MR.....Merrimac Rm  
 NC.....Needlecraft Rm

PNT.....Painting Rm  
 PTRY.....Pottery Rm  
 SG.....Stained Glass Rm  
 TBR.....Twickenham Ballrm  
 WE.....Weaving Rm  
 WW.....Woodworking Rm

### OFFSITE LOCATIONS

SLC.....Shurney Legacy Ctr  
 BS.....Brahan Sprg Rec Ctr  
 FB.....Fern Bell Park  
 ML.....Max Luther Ctr  
 OP.....Optimist Park  
 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**



**THRIVE  
LOCALLY**

**SUPPORT OUR  
ADVERTISERS!**

# 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 and Blood Sugar Checks (Note change in date)**

Tuesday, May 14  
9:00 am – 11:00 am  
Health room

## **Blood Pressure Checks**

Tuesday, May 21  
9:00 am – 11:00 am  
in Health Room

## **Diabetic Support Group**

Will *NOT* meet in May  
Next meeting is June 4th  
9:30 am in the  
Merrimac Room

## **Intermediate Ballroom Dance Silversteppers**

Wednesdays 3-4pm  
Twickenham Ballroom

May: Carolina Shag  
Need more info?  
Contact Ann Jones  
256 656-1916

## **City Councilman Bill Kling Town Hall**

Meets every 3rd Monday  
Next meeting is  
May 20, 2024  
at 6:00 pm 1st floor  
Meeting Room A  
Huntsville Public Library

## **NOTICE: STUDIO 60**

will be closed for  
Memorial Day  
Monday, May 27, 2024



## **MEDICARE 101**

### **New to Medicare?**

Join Stephanie Kirk, the  
Medicare Lady for an  
informational presentation

Friday, May 17  
at 10:00 am  
in the Merrimac Room

## **Next Google Class!**

June 20th

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!

To register, email Wilma at  
wjfields@gmail.com

## **FITNESS STUDIO Monitors**

are needed for all shifts

Contact Nicki to sign up  
256-513-8292  
fitness.coord@seniorview.com

## **Let's Go to the Movies!**

*The Guernsey Literary  
& Potato Peel Pie Society*

NOTE: Change in Date  
Tuesday, May 28th  
showing at 9:00 and 1:00  
in the Language Lab

## **Something New!**

### **Two opportunities to make some music!**

1920's - 60's Combo  
Tuesday at 1:00  
in the Courtyard Café

Old Time String Band on  
Thursday at 1:00  
in the Courtyard Café

### **Get your scissors ready!**

Paper Playtime  
2nd & 4th Thursdays at 12:30 in  
the Chair Caning Room

## **1st Tuesday Dance Night**

Social Ballroom Dancing  
May 7th 2024.

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

Cost is \$5.00 per person  
to benefit STUDIO 60  
Bring your water bottle!

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

## LOOKING TO BOOST YOUR MOOD?

Your mental outlook can affect your physical condition, and your physical condition also impacts your mental health. It's like the chicken and the egg: which comes first? It's normal to feel sad or discouraged about certain life events. When sadness persists for longer than a few weeks without relief, be sure to talk with your doctor.

For less serious mood fluctuations, and for help in navigating the inevitable ups and downs of life, here are 14 things you can do to manage your mood from day to day:

1. Stay active. Exercise, even a brisk 10-minute walk, can relieve stress and release endorphins – the feel good hormones. The American Heart Association recommends 30 minutes of moderate exercise five days a week. But even 10- or 15-minute increments count.
2. Get a good night's sleep. Inadequate sleep can increase stress and irritability.
3. Talk to yourself positively. Positive thinking often leads to positive self talk.
4. Be thankful. Gratitude is a great antidote to feeling negative, and it's consistently linked to feelings of well-being. If you're having trouble finding people or things to appreciate, begin a gratitude journal and periodically write down reasons to be thankful.
5. Give back. Finding ways to help others often results in making you feel good yourself. There are many volunteer opportunities with local organizations, including STUDIO 60 Senior Center.
6. Stay in the present. The what-if's and if-only's of the past and future can be paralyzing. Recognize how much time you spend outside of 'now,' and be realistic about what you can do about the situation.
7. Eat healthy. When you nourish your body, you nourish your brain. Protein, foods that contain vitamin B-12 (dark leafy greens, broccoli and oranges), and complex carbohydrates (oats, pears, and beans) can help keep mood elevated or stable. Junk food and sugar may satisfy in the moment, then lead to a crash.
8. Find a friend. Friendships prevent isolation, which can have a detrimental effect on mental health. Having someone to talk with – and listen – can make all the difference in the world.
9. Appreciate nature. A Stanford University study found that walking in nature could lead to a lower risk of depression. Any green area will do – find a park or walk around a neighborhood with trees if you don't have ready access to wide open spaces. Natural sunlight can also enhance your mood.
10. Get a pet. Nothing says unconditional love like a wagging tail to greet you at the door or a purring cat to hum you to sleep. Studies show that animal companions can reduce anxiety and stress.
11. Don't turn to alcohol or narcotics.
12. Seek counseling or professional help from a therapist, clergy member, case worker, or licensed mental health specialist. They can help with strategies and goal-setting to help you get your life back on track.
13. Find a support group. If you've experienced a major life event, such as job loss, divorce or loss of loved one, it can be helpful to talk through your feelings with others who have been there. You are not alone.
14. Take a class, try a new hobby, join a group that has a similar interest, or explore a new place. If you're feeling bored and uninspired, trying something new can help you discover a new passion or talent that you weren't aware of. Check out the classes offered at Studio 60.

### **Health Room News**

We have had overwhelming interest in the series *Cooking Matters*. The May series is currently full. The class will soon be offered again. Stay tuned for more information.

**NOTE:** The date for Blood Pressure/ Blood Pressure screening is changing to the second Tuesday of the month. As always, if you are concerned about your blood pressure, stop by the health room.

**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](http://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](http://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](mailto: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](mailto: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 **256-975-2644**.

**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](mailto: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 Guernsey Literary & Potato Peel Pie Society

Tuesday, May 28th in the Language Lab  
Two showings, 9:00 and 1:00

January 1946: London is emerging from the shadow of the Second World War, and writer Juliet Ashton (Lily James) is looking for her next book subject. Who could imagine that she would find it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book by Charles Lamb.



### 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](http://www.tarcog.us)



*Like us on Facebook!*

Happy month of May! To me, May brings thoughts of flowers blooming, May Baskets, and looking forward to carnivals, fairs and hometown parades. Here at STUDIO 60, we're getting some new activities going, and we hope you will join us.

May is Older Americans Month, and we have some exciting celebrations planned for you! Be sure to mark your calendars for Tuesday May 7th for the 25th Annual Retirement Lifestyle EXPO being held at the Jaycees Building in John Hunt Park. See page 3 for more details. TARCOG's Senior FUN FEST on Tuesday May 14th is returning to Sharon Johnston Park this year. Check page 8 to find out more.



The Alabama Masters Games are coming in June, and registration ends on May 23rd. Please look at the schedule on page 7 and complete your registration. Forms are available at the Front Desk or from Debbie.

Several new activities have been added to our schedule, such as two musical offerings, Old Time String Band, and 1920's - 60's Combo, as well as a craft class called Paper Playtime. Dates and times for these classes are listed in the main schedule on pages 14-15.

Beginning in June, **Let's Go to the Movies** will feature two different films on the 2nd and 4th Tuesdays in the Language Lab. Due to the scheduled FUN FEST, the movie for May will be shown on the 4th Tuesday, or May 28th. The featured movie is **The Guernsey Literary and Potato Peel Pie Society** with showings at 9:00 am and 1:00 pm in the Language Lab.

We are asking for your ideas on new activities, either as a participant or as an instructor on something you want to share, or would like to learn about. A few ideas under consideration include music workshops, house/garden plant care, and several new games like Rummikub, Canasta, UNO Flip and Five Crowns. If any or all of these create a spark of interest in your heart, please share your ideas with me!

Finally, we are planning our Summer Concert series, and we would love your assistance! Do you know a musical group, band, or dance company that would like to get their talent noticed? Many well known artists have started out playing in the park, at a rodeo, or County Fair, and you could be "instrumental" in getting their talent recognized! Please ask them to contact me. STUDIO 60 would appreciate the donation of time and talent so members can enjoy some pleasant evening concerts this summer.



## NARFE NEWS

Huntsville Chapter 443  
Cheryl Patterson, Pres.

NARFE Chapter 443 is now meeting once per quarter. The next meeting date is Saturday, July 13, 2024 and Brookdale Jones Farm is providing a FREE lunch for our NARFE members and guests. This meeting will be held in the Community Room at Brookdale, located at 2815 Carl T Jones Drive SE, beginning at 10:00 am.

To reserve, contact Betty Johnson by phone: 256-945-7030 or email: bettyjeanjohnson1025@gmail.com. Please provide complete details for members and guests. Brookdale needs a headcount by July 2, so please reserve your spot before that date. Reservations will be confirmed starting June 29th.

## 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



# Calling All Volunteers! We Need Your Help!

STUDIO 60 is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

*Please go to [www.seniorview.com](http://www.seniorview.com) and click on the Volunteer Opportunities tab.*

We also partner with other nonprofits to provide senior volunteers through our **Retired Senior Volunteer Program (RSVP)**. Email [rsvp.coordinator@seniorview.com](mailto:rsvp.coordinator@seniorview.com) for more information.



Huntsville Hospital's **Arts in Medicine** program gives patients, families, and staff an opportunity to engage with the arts. The program integrates literary, performing, and visual arts into fun, family-centered activities to help children and adults cope with their medical condition and hospital stay.

Works created by STUDIO 60 members in many of our enrichment programs: painting, sculpture, painted porcelain, woodcrafts, ceramics, fiber arts, music, and dancing were displayed in a major corridor gallery during the month of April.

We value our community partnerships and sincerely thank Arts in Medicine coordinator Melissa Lawson, CCLS, for the opportunity to highlight member art pieces, STUDIO 60's 50th Anniversary, and our programs for seniors.





# National Apple Pie Day

## Celebration

**Come See Why Our Residents Are the Apple of Our Eye!**



Join us for a special gathering in honor of National Apple Pie Day and experience the warmth and joy of our community firsthand. Meet our team and residents, tour our community, and discover how we're doing senior living differently!

**As a token of our appreciation for joining us, take home a delicious homemade apple pie to savor with your loved ones. Don't miss this sweet event!**

**May 10th | 1:00 – 3:00 pm**  
**Thrive at Jones Farm**

For Questions and to **RSVP**, contact **Rachael Creech** or **Becca Fox**.  
Call: **256-617-5591** or Email: **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  
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

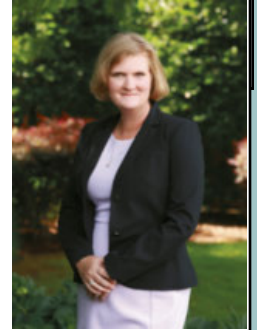
**ELDER LAW**

256-534-0491

www.graceattys.com



**Brian Moore**



**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



**NOW SERVING  
TWO LOCATIONS!**  
Located in Limestone  
and Madison County!

ChristyCare Services offers an inviting Home-Like Environment to provide assistance for your loved ones

**Services provided**

- ♥ Medication Reminders
- ♥ Mid-morning/afternoon Snacks & Lunch
- ♥ Brain Fitness
- ♥ Therapeutic Exercises & Balance
- ♥ Music, Pet, Art & Intergenerational Therapy
- ♥ Full time ,part time, & Respite
- ♥ Alzheimer's & Dementia care
- ♥ CPR Certified Staff on Site



♥ Loving your loved ones.

**Testimonials...**

"ChristyCare is a God send. My grandma has been going to her center for over a year. I love the activities that they have. The exercises that they do are great for helping your family member to obtain mobility and strength. Also, they are very affordable and the staff is awesome. Please check it out. You won't be disappointed!"

- Dana McKelvey Jones

Check us out on



www.christy.care • (256) 604-3117

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 D4538,  
SCALF P4514





*Handmade*  
**JEWELRY**



**POP UP  
SALE**  
JUNE 17  
9 - 11 AM  
BALLROOM LOBBY



**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



# GARDENS OF HAZEL GREEN



*Assisted Living*  
A CAVALIER SENIOR LIVING COMMUNITY



GARDENS OF  
**HAZEL GREEN**  
ASSISTED LIVING  
**256.828.7400**

VISIT OUR AWARD WINNING SENIOR LIVING COMMUNITY! [GARDENSOFAZELGREEN.COM](http://GARDENSOFAZELGREEN.COM)

## VALLEY VIEW

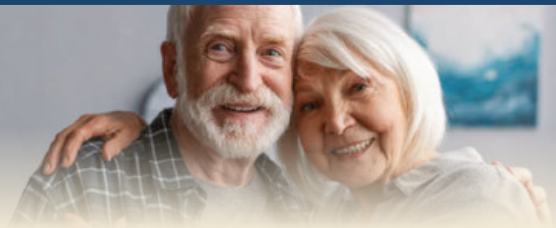
HEALTH AND REHABILITATION, LLC

*Our Family Caring for Yours.*



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

[ValleyViewHealthandRehab.com](http://ValleyViewHealthandRehab.com)



**Regency**  
Retirement Village

**Services**

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

**Regency Retirement of Huntsville**  
**(256) 852-0033**

[www.regencyhuntsville.com](http://www.regencyhuntsville.com)

2004 Max Luther Dr NW  
Huntsville, Alabama 35810

Privacy Policy | Brand Assets © 2019 Regency Senior Living



# 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-<br>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

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

## Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD  
CREATOR  
STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



## Therapy Achievements, LLC

*The Rehab Specialists*

### Outpatient Physical, Occupational & Speech Therapy



- ➔ **Neuro Rehab:**  
Stroke, Brain Injury, Parkinson's Disease, MS
- ➔ **Speech Therapy:**  
Dementia, Dysphagia, Articulation & Voice
- ➔ **Driving Rehab:**  
Driving Safety Evals, Adaptive Equipment
- ➔ **Lymphedema Clinic:**  
Edema, Lymphedema, Wounds
- ➔ **Pain Management:**  
Manual therapy & Modalities

Call or Email For a Free Guide to Dementia Resources in North AL

☎ 256-509-4398    ✉ [info@therapy-a.com](mailto:info@therapy-a.com)  
☎ 800-317-4728    🌐 [www.therapy-a.com](http://www.therapy-a.com)

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER  
OCTOBER EDITION



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



Scan to contact us!

Visit [lpicommunities.com](http://lpicommunities.com)

## NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



For ad info. call 1-800-477-4574 • [www.4lpi.com](http://www.4lpi.com)

14-1813