

\*\*\*\*\*

In Memoriam  
Edna Price  
April 14, 2013

Joe Welch  
April 24, 2013

\*\*\*\*\*

**KNITTING/CROCHETING/CROSS  
STITCH/NEEDLEPOINT/  
PLASTIC CANVAS**

Carolyn Speidel would like to invite you to join her for group time here on the first and third Tuesdays at 9:30. You can share ideas and patterns and enjoy each other's company while you do your thing. Just get together and have some fun.

**HEALING HEARTS**

Our Healing Hearts Group meets here on the second & fourth Mondays at 12:30. The group may discuss grief, depression, etc. providing a listening ear to anyone who needs it.

**PLEASE CHECK YOUR MEMBERSHIP CARD FOR CORRECTNESS WHEN YOU RENEW, OR WHEN ANYTHING CHANGES. Please keep us up-dated!**

**SASSY DIVAS**

Come and get your groove on, with Sandra Stiger, on Wednesdays at 1:30. She will lead a FREE line dance class for all who want to move and groove and see what it's all about. Class is open to both men and women.

**SILVER SNEAKERS**

Lela's daughter, Sandy, has offered to lead a Silver Sneakers Chair Aerobics class on Mondays from 9:00-9:30. She has just started this FREE class (in mid-April), so come on out and join in the fun!

**CONSERVATION DAY**

MLG&W Energy Technicians will bring free energy kits and lots of information to our Center on Thursday, May 9th from 9-11 for Conservation Day.

**GOOD GRIEF**

We will have a speaker from Lakeside, Joy Golden, R.N. here to speak on Helping Yourself and Others Through Depression, on Thursday, May 23, from 10:30-11:15. Please join us if you or anyone you know might need some help with life's ups and downs.

**TALENT SHOW**

Time to show off your talent for God and all your friends. It is not a competition, just a show, so everyone can come and just have a good time! You can sing, dance, read a poem, do a skit, have some fun. . . . . we'll enjoy the entertainment and then have a few refreshments. We will choose someone to represent us in several up-coming competitions, so you'll want to do your best while you're having fun! The date for our show is *Thursday, June 6 at 12:30*. Rehearsal is on *Friday, May 31, at 12:30*. Everyone who wants to be on the program should be here for rehearsal, so we can get the timing right.

**"GIFT SHOP"**

We will clear out the trophy case for a while, and put in a "gift shop" to sell our pretties that we make on Thursday mornings. Patti will also sell jewelry for St. Jude, and she can repair costume jewelry.

**WELCOME!**

**Welcome to all who joined in March!  
John & Margaret Love, Joan Mancini, Susie Armstrong,  
Barbara Gilkey and David Maxwell.**

**Happy Birthday**

**We will celebrate May Birthdays on Friday, May 10th, at 12:00 in the Banquet Room. Members with birthdays this month will receive a gift from HealthSpring and a free lunch from your Council. You must be present on that date to receive these gifts. Happy Birthday to all these members!**

**Thanks to HealthSpring for providing our monthly birthday gifts and ice cream!  
And to Cornell Washington "The Cowboy" for providing our monthly birthday entertainment.**

<i>May 1</i>	<i>May 10</i>	<i>May 25</i>
Bobby Flowers	Marie Witte	Robert Piercey
Carolynn Patterson		
Robert Taylor	<i>May 13</i>	<i>May 26</i>
Hazel Ticer	Helen Brown	Juanita Barnhill
	John Muellenmeister	Harold Williams
<i>May 4</i>		
Francine Heyer	<i>May 17</i>	<i>May 30</i>
	Florence Boyd	Virginia Heath
<i>May 6</i>	Lee Fisher	Lorraine McMillin
Sondra Lee		
Lela Robinson	<i>May 19</i>	
	Kathy Pearson	
<i>May 7</i>	Buddy Redferin	
Alma Boyd		
Shirley Moseley	<i>May 21</i>	
Berniece Weaver	Bill Glasgow	
<i>May 8</i>	<i>May 22</i>	
Vic Durkee	Bobbie Merriweather	
Sue McKeever	Joseph Oglesby	
Elizabeth Schlatterer	Joe Tanner	

**Happy  
Happy  
Happy  
Birthday**

### **CREATIVE AGING**

Our Special May entertainment from Creative Aging, sponsored by The Durham Foundation will be Irving Evans on Wednesday, May 15, at 12:15.

Irving came from a musical family. Piano lessons began at age 9 and at age 14, he was hired to play with several dance orchestras in the Memphis area and decided to give up concert instruction. He continued to play piano with many orchestras and at age 17 joined the Ray Robbins Orchestra, which was appearing at the Peabody Hotel. He was offered the opportunity to play with them, which he accepted and travelled the circuit, playing many locations between Chicago and Philadelphia. He also played with the Freddie Martin Orchestra and the Freddie Nagel Orchestra at the Peabody and The Dick Jurgens Orchestra at the Hollywood Casino in Tunica, MS.

During the course of his musical career, he played for many great artists. These include Danny Thomas on several occasions, back up pianist to the Liberace Show, Shirley Jones, Jimmy Demopolous, The Lawrence Welk Show, The Martin and Rossi Show at the Coliseum for 11,000 people, "Brother" Dave Gardner, and played Jazz piano with Charlie Rich. He also made a record with Sammy Davis, Jr. He had the opportunity to accompany Marguerite Piazza on several occasions.

Irving is an arranger and composer. He has written and directed many musical productions, including music and lyrics for several groups in Memphis.

Please join us in welcoming Irving Evans to the Frayser-Raleigh Senior Center.

### **FYI**

We have some interesting activity books from which we get calendar ideas; some of these ideas are great for something to do, and some are just for your information. If we are going to plan a party around them, there will be an article in the newsletter explaining what you should do. Otherwise, it's just information, like Mickey Mouse's birthday. We hope you enjoy these little tidbits and can take them for what they are— FYI.

### **DANCE DANCE DANCE**

Gary Abbott will be doing a dance at Frayser-Raleigh on the third Friday night, and Floyd Curtis and Pure Country will do one on the second and fourth Saturday nights of each month. The cost will be \$5 for members and \$6 for guests at all dances and we ask you to bring finger foods to share. We will provide paper products and drinks; and a donation basket will be out for security. We hope these dances will take off and you will make our new music makers feel welcome and loved.

**Pure Country on Saturday, 11 & 25  
Gary Abbott on Friday, May 17.**

### **SECRETS YOUR DOCTOR WOULD TELL YOU IF YOU KNEW HOW TO ASK**

Blue Cross Blue Shield is starting a series of informational seminars for our seniors, starting with Tuesday, May 14th at the McWherter Senior Center. This first one will be a frank discussion with Medical Director, Clarence Davis, about how to ask questions. The meeting is from 10:00-11:30 at McWherter. The second quarterly meeting will be here at our Center on August 8th. We look forward to these informative meetings that will be held in senior centers all around Memphis.

**Please consider donating your extra thread,  
lace and/or VELCRO to the Center for our  
current craft projects. (fund-raisers)**

### **CASINO TRIP**

The Advisory Council will sponsor a trip to Resort's Casino on Tuesday, May 21, leaving at 9:00 a.m. The cost is \$15 payable in the Council office Mon-Fri 9:30-11:30 and 12:30-1:30. (must be paid during office hours by the Tuesday, (noon) before the trip) There are no refunds and the bus will leave on time from the casino. The casino will give you \$10 in free slot play and a free buffet lunch. The bus will load and unload in the back parking lot.

*The Division of Parks & Neighborhoods does not sanction casino trips; they are an activity of the Frayser-Raleigh Senior Center Advisory Council.*

### **NEW MEMBER FREE LUNCH**

We invite all new members who joined in April to join us on Friday, May 3rd for a wonderful free lunch in a friendly atmosphere. Members of the Advisory Council will be available to answer questions and show you around if you haven't seen everything we have to offer.

### **BRIDGE WINNERS**

Ginny Music, Jim Music, Mary Lois Jones, Jo Matthews, Steve Vaughan, Shirley Crow and Jerry Lewis.

### **CONGRATULATIONS!**

### **BALLROOM DANCE CLASS**

Leigh Ann will continue her ballroom dance class on Tuesdays from 9:45-11:15. She also offers private lessons if you like. You may still practice dancing on Tuesday and Thursday afternoons, from 12:30-1:30.

### **COUNCIL OFFICE HOURS**

The volunteers are in the Advisory Council Office Monday thru Friday, 9:30-11:30 and 12:30-1:30. *The office is closed from 11:30-12:30 for lunch!* Parks staff are not allowed to take money for casino trips, so it must be done during regular office hours. There will be envelopes available under the new locked box outside the Council office if you should come at a time when the office is closed. A volunteer will take care of your business and mail you a receipt the next day. We appreciate your continued support and cooperation.

### **MANICURES & PEDICURES**

Our wonderful manicurist, Nedra, will be here every Wednesday for manicures and pedicures. The cost is only \$12 for a manicure, and \$18 for a pedicure. Appointments can be made between 8:30 and 2:00, so sign up for your next appointment in the front hall.

Nedra will also take appts on Thursdays if there is a need.

### **HAIRCUTS BY HELEN**

Helen Moore, a friend from our own neighborhood has agreed to come here and give haircuts for both men and women, for only \$10 each. Please make an appointment in the front hall for the third Tuesday afternoon (May 21st).

### **C/W DANCE CLASS**

Jo Ann continues to teach her C/W Dance Class on Wednesdays, beginning at 8:30. She starts with intermediate and moves on to the beginning class at 9:30. They dance until 11:15.

### **FRAYSER-RALEIGH COOKBOOK**

Our cookbooks are always available for purchase, and can be personalized however you like. They are big and beautiful, and have over 300 recipes from Fraysers-Raleigh members and friends. They cost only \$12 each (\$16 to mail one), total profit for the Fraysers-Raleigh Senior Center. Help us with this on-going fundraiser and get a great gift for your money!

### **HEALTHSPRING**

HealthSpring will continue to sponsor our monthly birthday celebrations. They will provide small birthday goodies and ice cream on the second Friday each month. We appreciate HealthSpring and look forward to seeing our friend Lisa Shurden here for lunch each month.

### **FRAYSER-RALEIGH SINGERS**

Our choral and drama group practices on Fridays after lunch and then goes out a couple of times each month to perform at churches and nursing homes. They are always looking for new singers to join the group, and new places to perform.

### **LEGAL AID**

Our friend Ryan Byrne, of The Byrne Firm, has offered to come here for free legal consultation on the second Wednesday of each month, starting at 12:00. Please put your name on the appointment list and be here by 11:45. He will take clients on a first come, first served basis, and assures us he will see everyone!

### **DIABETES EDUCATION**

Covering the Diabetes epidemic, Carolyn Foster with HERO (Healthcare Education Resources and Outreach) will bring us the last class on Diabetes on Friday, May 10 from 9:30-11:30.

### **DONATIONS**

We have received many donations from our members for our day to day living expenses. We appreciate all donations, including prizes, food and monetary: thank you, Patricia Reddin, Mary Sidney, Adonna Collins, Virginia Piercey, Harriett Wright and Lutheran Village.

**(We are always in need of salad dressings, canned and powdered milk, ketchup, cake mixes (it takes 5 to make a cake), Sweet & Low, Coffee. . . . .)**

### **QUILTING/CRAFTING GROUP**

Queen Alice has been leading a quilting and crafting group on Thursdays from 9:00-11:00. She has been making bibs, aprons, table runners and other fun things to sell in our new "gift shop". This is a fun time to get together and put together some money makers. Please bring your willing fingers and join us for some crafting and FUN!

### ***SENIOR PROM***

*The Senior Prom will be held on Saturday, June 15, with the wonderful sounds of The Jim Mahannah Band. We will crown our new King & Queen and enjoy some great food and decorations, all for just \$10 per person. Tickets go on sale May 20.*

# Frayser-Raleigh Senior News

3985 Egypt Central Road 901-383-9101

May 2013

## CALLING ALL VOLUNTEERS!

It is time to think about serving your Center in the highest capacity you can! The general election for Advisory Council and Royalty will be the first full week of June, so nominations will be taken from May 1-17. The purple "ballot" box will be in the front hall for your convenience. The forms must be filled out and signed by the nominator, and the nominee must have agreed to serve. The only criteria is that they should have been a member at least one year, and King and Queen must run as a couple. The nominating committee, consisting of Chairman, Lois Blum, Bob Beger, Gwen Duffee, Alice Twitty and James Wright, will confirm that each nominee is willing and qualified to serve, and then we will rent the voting machine for our election in June.

These important positions are among the many volunteer jobs available at our Center and it is important to fill them with the right people; those who share the same hopes and care for making this Center the place for all to come and enjoy friendship, food and FUN!

We had a great turn-out for our Volunteer meeting in April and I'm happy to say, filled several positions. We are always in need of people to answer phones (and lots of questions!), learn the complexities of the Advisory Council office, sell and take lunch tickets, serve refreshments at the dances, sing in the choir and help out on special occasions. If you missed the meeting and would still like to volunteer, please come talk to me, Lori, and we'll see where you fit. We hope that everyone will respect and appreciate ALL of our volunteers, for they are the ones who make our world go round. There would be no Frayser-Raleigh Senior Center without the volunteers who do all the work.

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT #2909  
MEMPHIS, TN

Address Service Requested

Frayser-Raleigh Senior Center  
3985 Egypt Central Road  
Memphis, TN 38128  
383-9101

**HOURS OF OPERATION**  
**Monday-Friday 8:00-4:00**  
**Friday & Saturday Night Dances**  
**7:00-9:30**

**2012-2013 Advisory Council**  
**Bob Vicento— President**  
**Beverly Wagner— Vice President**  
**Sue Robinson— Treasurer**  
**Virginia Piercey— Secretary**  
**Margaret Boone**  
**Adonna Collins**  
**Frank De Moss**  
**Barbara Dunlap**  
**Harriett Wright**

**2012-2013 ROYALTY**  
**Richard & Alice Dieckhaus**

**Frayser-Raleigh Staff**  
Lori Fageol, Director  
Madaline Hoing, Assistant Director  
Susie Williams, Cook  
Leon Tucker, Building Maintenance  
Darrius Bell, Meal Preparer

Senior News Published Monthly  
Address correspondence to:  
Lori Fageol, Director  
(news deadline— 10th of each month)  
Rose Printing

## FYI

### 2013 CASINO TRIPS

May 21-----Resorts  
June 18-----GoldStrike  
July 16-----Bally's  
August 20-----Fitzgerald's  
September 17-----Resorts  
October 15-----GoldStrike  
November 19-----Bally's

### CREATIVE AGING ENTERTAINMENT

May 15 Irving Evans, Keyboards, Vocals  
June 11 Deborah Swiney, Jazz, Blues  
June 19 The Beverly Brothers, Guitars  
July 17 Ruby Wilson, Queen of Beale St  
August 21 Earl Randle, Blues, Rock  
September 18 Gary Abbott, Country, 50's  
October 16 Joyce Cobb, Jazz, Rock  
November 20 Breeze Cayolle, N.O. Jazz  
December 18 Reed Riders, Harmonicas

### 2013 DANCE SCHEDULE

\$5 MEMBERS/\$6 GUESTS

(Please bring finger foods to all regular dances; excl. Prom & New Year's)

Saturdays May 11 & 25: Pure Country  
Friday May 17: Gary Abbott  
Saturdays June 8 & 29: Pure Country  
June 15: Senior Prom w/ Jim Mahannah  
Friday June 21: Gary Abbott  
Saturday July 13: Pure Country  
Friday July 19: Gary Abbott  
Saturdays August 10 & 24: Pure Country  
Friday August 16: Gary Abbott, 50's Party  
Saturdays Sept. 14 & 28: Pure Country  
Friday September 20: Gary Abbott  
Saturdays October 12 & 26: Pure Country  
Friday October 18: Gary Abbott  
Sat. November 9 & 23: Pure Country  
Friday November 15: Gary Abbott  
Sat December 14 & 28: Pure Country  
FriDec. 20: Gary Abbott, Christmas Dance  
Tuesday, December 31: New Year's Dance,  
Jim Mahannah Band

## SENIOR OLYMPICS

We have some exciting changes coming with the Senior Olympics this year! For 30 years the Memphis District has held the "Senior Games" in the Spring. This year the Tennessee Senior Olympics will be June 21-27, in Williamson County. Over the past twenty years, the state finals has doubled in size, to approximately 2000 athletes. To properly plan for such a large event it is necessary to move the registration deadline to late March, so our District events must be over by then, so the District Games have been moved to the Fall. Each Fall, athletes will have the opportunity to qualify at one the 10 District events for the next Summer's State Finals. **FOR 2013 ONLY** no district qualification will be required. You may register directly for the State Games, **b e g i n n i n g M a r c h 9 t h @ t n s e n i o r o l y m p i c s . c o m** or (615)200-8760.

The Memphis District Senior Olympics, to include Shelby, Fayette, Tipton and Lauderdale Counties will be held all around Memphis from September 16-27, 2013. Swimming will be at the Collierville YMCA on August 24th. Applications will be mailed July 1st & the the earlybird deadline will be July 26th. The final deadline will be August 9th. The cost to participate will be \$25 by earlybird and \$30 after that. There is a \$3 fee per event after the first 10 events regardless of deadline. There will be much more information in the coming months; please call Lori-District Coordinator at 383-9101 or Kay-Registration at 576-4255 if you have any questions.

Events include: Badminton, Basketball, Bowling, Cycling, Golf, Horseshoes, Pickleball, Racquetball, 5K Run, Shuffleboard, Softball Throw, Swimming, Table Tennis, Tennis, Track & Field and Volleyball.