

LOCAL MERCHANT DISCOUNTS

- "Show your Senior Circle Card"

A HEALING TOUCH MASSAGE THERAPY
3751 Georgetown Road (423) 614-0028
1 hour massage for \$35.00

ANN'S GEMSTONES
Handmade jewelry – 338-6668
10% discount at home parties

AVALON SALON & SPA
702 17TH Street NW (423) 479-8400
\$10 off any full facial or body wrap

BABY PLACE (The)
1807 Keith Street NW (423) 476-1049
10% off Regular Priced clothing

BASKIN ROBBINS
3455 Keith Street (423) 479-3170
Buy one, get one free cappuccino blast

BODYWORKS HEALTH SPA
Cooke's Plaza; Keith Street (423) 284-7720
Toning Tables – increase circulation, strength
\$35 month (3 months \$90) & no demo fee
If a toning member 25% off all spa services.

CAPITAL TIRE SERVICE
170 Broad St. SW (423) 472-1818
\$2.00 off Rotate and Computer Balance

CHEROKEE PHARMACY
2850 Westside Drive (423) 479-4547
15% off regular & 10% off sale gift items

CHICK-FIL-A
3890 Keith St NW
10% Discount Anytime

DQ GRILL & CHILL
275 Paul Huff Parkway (423) 473-0123
Buy one, get one free basket deal
Limit one per visit – Combo meal only!

DYNAMIC DIETETICS, INC.
2555 Georgetown Road
423-339-1415 (Dee)
10% off individual nutrition consultation

FIREHOUSE SUBS
201 Keith Street SW
10% Discount anytime

GARDEN PLAZA AT CLEVELAND
3500 Keith St. NW 479-4447
\$500 towards move-in expenses

FITNESS FACTORY
1800 Harrison Pike (423) 479-8697
20% discount on monthly/yearly rate

MARY KAY
Shelita Russ (423) 476-9943
15% discount

MERLE NORMAN COSMETICS
2538 Keith St. Colony Sq. (423)472-3024
10% discount on entire purchase

MRS. WINNERS CHICKEN & BISCUITS
2487 Keith Street (423)476-7266
Monday night meal deal \$2.49

O'CHARLEY'S
148 Paul Huff Parkway 423)472-2192
10% discount

PAINTED LADY (The)
Bradley Square Mall Suite 702 (423)473-0810
10% discount on entire purchase

RED RIBBON (THE)
270 Central Avenue (423)473-1114
10% discount regular priced items

RESCARE SITTER SERVICE
5811 Lee Highway Suite 405 Chattanooga 37421
(423) 855-4656 – 4 hours of free service with
Twenty hours of paid service.

SMOOTHIE KING
2520 Keith St. (Colony Square)
(423) 339-6726
\$1.00 off any size smoothie

SOUTHERN BLOOMERS
(423) 331-7979 - Larry
Lawn cut, edge, trim - \$25
Pools, landscaping, pressure washing
Call for quote on projects and large lawns.

SPECTRUM PERSONAL TRAINING CTR
4641 North Lee Highway (423) 478-2664
15% off all services

TempSafe STORAGE
Climate Controlled Warehouses
233 Second Street NE (next to Elks Club)
(423) 614-4111
Last month free on 12 month contract

THE RUSH (fitness center)
Village Green (423) 303-2550
\$24 a month for 36 month enrollment
\$34 a month for 18 month enrollment
\$44 Month to Month

TOWN SQUIRE MENS STORE (THE)
1717 Keith St NW Stuart Park Plaza
(423) 472-6012
15% off regular priced clothing

WELLINGTON PLACE /Assisted Living/Memory Care
2745 Executive Park NW (423) 479-8899
\$500 towards Pack'n Move or \$500 rent credit

SkyRidge Medical Center

www.skyridgemedicalcenter.net

2305 Chambliss Ave.

Cleveland, TN 37311

Current Membership: 949

Phone: 423.559.6887

Circle News

SkyRidge Chapter
July/August/September 2009

Our commitment to you...

A brand new tower dedicated to your care is now open.



- ◆ \$45 Million Dollar Capital Improvement
- ◆ 41-Bed Emergency Department
- ◆ 8-New Surgical Suites
- ◆ 18-Bed Outpatient Surgery Center
- ◆ 10-Bed Intensive Care Unit

A Word from Your Advisor

Many of you had the opportunity to tour our new patient tower. I hope you are as proud as we are of the state-of-the-art ER, ICU and Surgery departments.

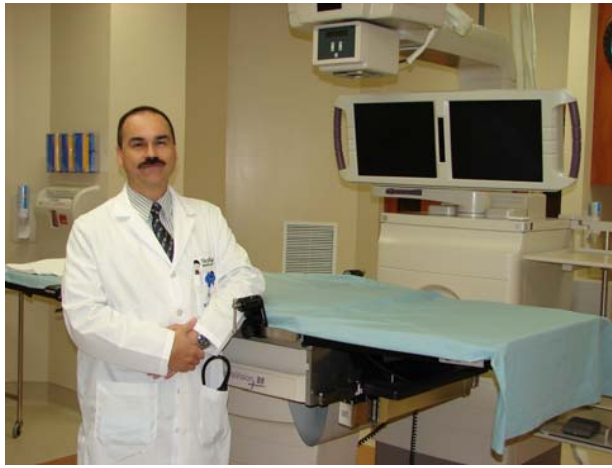
You will notice our newsletter is changing from bi-monthly to quarterly with this issue. Please save your July, August and September calendars. I will email our meetings and big events as reminders so please send your updated email address to Nancy_griswold@chs.net if it has changed since you joined the circle.

If you do not have email and would like to find out more about how to set up a free account, come to our July Lunch n' Learn. We will show you how to stay in touch with family and friends and save money on postage.

We learned some excellent tips for arthritic hands at our June Lunch 'n Learn from Catherine Bracks, Occupational Therapist at SkyRidge Outpatient Therapy Center. One suggestion was to carry your grocery bags over your arm, not with your hands. Everyone is encouraged to join our exercise class for arthritis every Tuesday and Thursday at 10:30 in Breen Hall at St. Therese Church.

Our Healthy Woman 3rd Anniversary Event will be taking place at St. Therese Church on September 3rd. Mark your calendars and be sure to purchase your tickets early.

Have a happy, healthy summer and don't miss out on all of the exciting events this quarter!



Martin J. Carignan, MD

Endovascular Therapy & Surgical Specialist of Cleveland

Phone: (423) 478-1044

Internship: University of Minnesota
Minneapolis, Minnesota

Research fellow: V.A. Medical Center
Minneapolis Minnesota

Residency: General Surgery, University of Arkansas for Medical Sciences

Fellowship: Vascular/Endovascular Surgery,
University of Alabama School of Medicine

EDUCATIONAL OPPORTUNITIES

HEALTHY WOMAN

6:00 p.m. Social / 6:30 p.m. Speaker
Thursday, July 9, 2009

“Couponing 101” – By Time 2 \$ave

Lee University School of Religion Building
Corner of Parker & 8th Streets
&

Thursday, August 6, 2009

“Desperate Housewives Quick Repairs”

Presented by Ace Hardware
First Baptist Church, Fellowship Hall
340 Church Street

Thursday, September 3, 2009

Third Anniversary Event

Women’s Expo 4 pm – 6 pm

Dinner and Guest Speaker – 6:30 p.m.

St. Therese Catholic Church
900 Clingan Ridge Drive
Tickets \$15.00

JULY LUNCH’N LEARN

Date: Monday, July 13

Location: SkyRidge Education Department

Time: 11:45 am / Speaker 12:00 pm

Topic: “Keeping Connected With Family”

Speaker: Sharon Dennison

JULY MONTHLY MEETING

Join us on July 27th in the Education Department for Senior Circle’s **2nd Antique Roadshow**. You may go through the cafeteria at 6:00 pm for \$4 or just come at 6:30 and join the fun. Walter Presswood will do his best to give us information on your treasured item - one item for each member attending please (time permitting).

AUGUST LUNCH’N LEARN

Date: Monday, August 10

Location: SkyRidge Education Department

Time: 11:45 am/Speaker 12:00 pm

Topic: “ Issues in Aging from the Legal & Social Side of Life”

Presented by Verble Estate Preservation’s
Mike Verble, Certified Senior Advisor
and Sally Brewer, Community Liaison

Cost: Free - RSVP 559-6887



AUGUST MONTHLY MEETING

We will meet in the Education Department for our meeting on August 24. You may go through the cafeteria at 6:00 pm for \$4 or come at 6:30 and listen to our speaker, Dr. Eston Wenger whose

specialty is General Surgery. He will share some good information to keep you healthy.

SEPTEMBER LUNCH’N LEARN

Date: Monday, September 14

Location: SkyRidge Education Department

Time: 11:45 am/Speaker 12:00 pm

Topic: “Maintain Your Brain & Decrease Your Risk of Alzheimer’s and Dementia”

Speaker: Amy French, Program Coordinator for Alzheimer’s Association

Cost: Free - RSVP 559-6887



SEPTEMBER MONTHLY MEETING & “ POTLUCK”

Join us at 6:00 pm on September 28. SkyRidge will provide chicken. Please bring a dish to share. At 6:30 Dr. Laura Hunter will present “Breast Cancer Prevention.” Please RSVP 559-6887.

ENJOY THE MANY BENEFITS of



- 15% Discount Medical Center Cafeteria
- 10% SkyRidge Medical Center Gift Shop
- Priority private room upgrade (when STAFFING AND AVAILABILITY PERMIT)
- One Complimentary meal a day for caregiver of hospitalized Senior Circle Member

If you are in the hospital, and would like a meal ticket for your caretaker, please call the Senior Circle office at 559-6887. If it is on a weekend or evening, call the Hospital Operator and ask for the Case Worker on-call and ask for a Senior Circle meal ticket.

- EyeMed Vision – can be used for all members in your household
- ScriptSave Prescription Drug Discounts
- Beltone Hearing Aids – 20% off retail, one year free batteries, 2nd year warranty for SC members and their family members
- Free monthly Lunch ‘n Learn
- Travel Opportunities
- Dinner Club & Breakfast Bunch
- Free copying and faxing – Senior Circle Office
- Fellowship & Activities
- Free exercise class
- Alamo Car Rental – mention Senior Circle for discounts up to 20%
- National Car Rental – mention Senior Circle for discounts up to 20%
- Enterprise Car Rental – mention Senior Circle for free upgrade
- ADT Companion Services – Discounts on installation and monthly fees for personal emergency response systems, 24 hrs/day with the push of a button – Free SC membership with new activation (800) 417-2238



SkyRidge Chapter
Sponsored by SkyRidge Medical Center

Date submitted with payment:

Last Name	Middle Initial	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.

Phone (_____) _____ -- _____

DOB: Month _____ Day _____ Year _____

Social Security # (Remains confidential)

Address _____ Apt. # _____

City _____ State _____ Zip _____

E-mail Address (Not required, but will allow you to get event info & news)

_____ @ _____

2ND MEMBERSHIP, SAME ADDRESS ONLY

Last Name	Middle I	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms.
First Name	<input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> Mr. <input type="checkbox"/> Dr.

DOB: Month _____ Day _____ Year _____

Social Security # (Remains confidential)

E-mail Address (Not required, but will allow you to get event info & news)

_____ @ _____

CHECKS ONLY: PAYABLE TO SENIOR CIRCLE ASSOCIATION

One-year membership: \$15 (SC1)
 Two-year membership: \$27 (SC2) *Save 10%*
 (2) One-year memberships: \$27 (TW1) *Save 10%*
 (2) Two-year memberships: \$51 (TW2) *Save 15%*

RETURN COMPLETED APPLICATION & CHECK TO

Senior Circle

2305 Chambliss Avenue / Cleveland, TN 37311
Nancy Griswold, Advisor / (423) 559-6887

We value our relationship with you and will never share or sell your personal information to any outside organization without your permission.

45-day money-back guarantee. Certain conditions apply; see chapter for details. Benefits subject to change without notice. Memberships non-transferable. Senior Circle Association is a non-profit organization, and reserves the right to deny or terminate the membership of any individual based on Senior Circle’s sole discretion.

Senior Circle Association Member Services 800.211.4148

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside	2 12:30 Line Dancing Senior Center	3 HEALTHY WOMAN 3 RD ANNIVERSARY Expo 4:00 -6:00 Dinner - 6:30 pm No Exercise today!	4 9:30 Breakfast Old Fort	5
6 	7 LABOR DAY Office Closed	8 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside 6:00 pm Bingo @ SkyRidge Main Admission- donation for Alzheimer's	9 12:30 Line Dancing Senior Center	10 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	11 9:30 Breakfast Holiday Inn	12
13 Please bake something for the Alzheimer's Bake Sale on Wednesday!	14 ☎ 11:45 Lunch 'n Learn "Maintain Your Brain & Decrease Risk of Alzheimer's" Ed. Dept. Main	15 10:30 - 11:30 Exercise St. Therese 1:30 - 3:30 pm Oil Painting Class Westside 5:30 Advisory Bd Mtg Education Dept.	16 12:30 Line Dancing Senior Center 11:00 - 1:00 Alzheimer's Bake Sale in SkyRidge Main Cafeteria. Bring goodies by 10:00 please.	17 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	18 9:30 Breakfast Cracker Barrel	19
20	21 2:00 Birthday ☎ Bingo@ SkyRidge Main Cafeteria Sponsored by HealthSpring	22 10:30 - 11:30 Exercise St. Therese 6:00 Dinner Club ☎ Chili's	23 12:30 Line Dancing Senior Center <i>Autumn Begins</i> - 9:00 am Meet at Gondolier & walk the Greenway!	24 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	25 9:30 Breakfast SkyRidge B/P by Family Home & Hospice Care Fold Newsletters	26 Memory Walk for Alzheimer's @Bradley High School 9:00 Registration 10:00 Walk
27	28 ☎ Monthly Meeting Ed. Dept. SkyRidge 6:00 Pot Luck 6:30 Dr. Laura Hunter "Breast Cancer Prevention"	29 10:30 - 11:30 Exercise St. Therese Day trip to Apple Orchard in Ellijay, Georgia Depart: 9:00 am	30 12:30 Line Dancing Senior Center	☎ PLEASE CALL 559-6887 to reserve your place at least 2 days before each activity ☎. ▪ SkyRidge Medical Center - Education Rooms - Ground Floor by Cafeteria ▪ Westside -2800 Westside Drive - in the cafeteria ▪ Senior Center - 230 Urbane Rd. Next to YMCA ▪ Bowling @Galaxy Lanes - 5375 N Lee Hwy ▪ St. Therese Church - 900 Clingan Ridge Dr.		

FOOD AND FELLOWSHIP

BREAKFAST BUDDIES

Date: Every Friday, 9:30 am
Location: See your calendar
Cost: Dutch Treat

DYNAMIC DINNER CLUB 6:00 PM

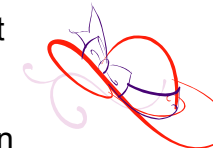
July 20 - O'Charley's
August 13 - Gondolier
September 22 - Chili's
Cost: Dutch Treat, Please RSVP

BIRTHDAY BINGO

Everyone is invited to our monthly birthday bingo. Enjoy cake and wish everyone a happy birthday. Meet at **SkyRidge Main Cafeteria** on July 21, August 25 and September 21.

RED HATTERS

Calling all ladies to buy a red hat and join us for some fun. We will meet at 2:30 pm on Saturday, July 11 at Panera's. In August we will attend HairSpray and in September we will have a table at Healthy Woman's 3rd Anniversary.



HEALTH AND FITNESS

ARTHRITIS WORKOUT

We have more room for you to join us at St. Therese Catholic Church, 900 Clingan Ridge Drive in Breen Hall. We still meet every Tuesday and Thursday from 10:30 - 11:30. It's free. You can improve flexibility with a head-to-toe range of motion workout, work muscles and joints and boost stamina with a fun workout.

LET'S TRAVEL

I will need a deposit to put your name on the trip reservation list. All trips are first come, first served and will depart from Bi-Lo near Logan's. Sign up early to avoid the possibility of having a trip cancelled.

NASHVILLE, TENNESSEE JULY 28TH & 29TH

We will depart July 28th at 8:45 a.m. for our trip to Nashville. We will have lunch on the General Jackson Showboat, attend the Grand Ole Opry and spend the night at Gaylord Opryland Resort. On the 29th we will have lunch at the Wildhorse Saloon and tour the Ryman Auditorium.

OVERNIGHT TO PEARL RIVER RESORT

We will depart on August 17 at 7:00 am for Pearl River in Choctaw, MS. Price of \$75 includes transportation with Travel With Us Tours, one night at the Silver Star, \$25 back on your players card and one \$10 food voucher. A \$25 deposit is due to hold your seat. This trip will fill quickly. Make check payable to Senior Circle.

CUMBERLAND PLAYHOUSE - HAIRSPRAY

We will depart at 11:15 am on Saturday, August, 22 for a fun day. We will have lunch at Cumberland State Park and then attend Hairspray. Cost is \$56 which includes lunch, the ticket to the play and transportation with Royal Charter and Tour.

APPLE TIME IN GEORGIA

Let's go visit the apple orchards in Ellijay, Georgia on September 29 and have lunch at the Davis House Restaurant. Cost is \$20 for the bus. Lunch & apple pie is on your own!

LET'S GO TO MYRTLE BEACH

We will travel October 12 - 16 and stay at Grande Shores Ocean Resort in Myrtle Beach, SC. Cost will be \$425 pp double and includes transportation with Royal Charter and Tour, 4 nights lodging, 4 buffet breakfasts, 4 dinners, visit to Brookgreen Gardens and two shows: Legends and Alabama Theatre. A \$50 deposit is due by August 12. Make check payable to Senior Circle. Full payment will be due by September 12.



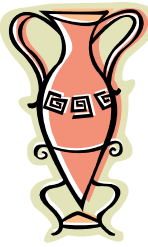
THE BILTMORE HOUSE AT CHRISTMAS

We still have room for twenty more people to visit the Biltmore House on December 3 & 4. We will be staying at the DoubleTree Inn one block from the Biltmore. Cost is \$200 pp, for hotel, bus with Royal Charter and Tour, dinner at Deerpark, candlelight visit at Biltmore and breakfast at Doubletree. A \$25 deposit is due by June 30 to hold your spot.


Hawaiian Cruise - April 11th, 2010

If you were unable to attend the Luau in April, you can still make your reservation with Outland Travel to go to Hawaii in April 2010. The 12-day trip from Ensenada, Mexico will cost \$2294 for an interior and \$2724 for a balcony. This includes the cruise, flight and tips. (bus and insurance extra)

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE CALL 559-6887 TO RESERVE YOUR PLACE AT LEAST TWO DAYS BEFORE EACH ACTIVITY with a ☎.</p> <ul style="list-style-type: none"> •SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria • Westside -2800 Westside Drive - in the cafeteria • Senior Center - 230 Urbane Rd. Next to YMCA • Bowling @ Galaxy Lanes – 5375 N Lee Hwy • St. Therese Church – 900 Clingan Ridge Dr. 			1 12:30 Line Dancing Senior Center	2 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling HEALTHY WOMAN 6:00 ☎ Lee U School of Religion Building "Couponing 101"	3 Office Closed	4  Independence Day
5	6 6:00 pm Bingo @ SkyRidge Main (Bring a RED, WHITE OR BLUE PRIZE)	7 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	8 12:30 Line Dancing Senior Center	9 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	10 9:30 Breakfast Holiday Inn	11  ☎ 2:30 Red Hatter's Panera's
12	13 ☎ 11:45 Lunch 'n Learn "Keeping Connected With Family" Education Dept at SkyRidge Main	14 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	15 12:30 Line Dancing Senior Center	16 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	17 9:30 Breakfast SkyRidge Main B/P by Family Home & Hospice Care 10:30 New ☎ Member Orientation Cafeteria Main	18
19	20 ☎ 6:00 Dinner Club@ O'Charley's	21 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside 2:00 Birthday ☎ Bingo@ SkyRidge Main Cafeteria Sponsored by HealthSpring	22 12:30 Line Dancing Senior Center	23 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	24 9:30 Breakfast Cracker Barrel	25
26 	27 ☎ Monthly Meeting Ed. Dept. SkyRidge Cafeteria 6:00 Go through Cafeteria \$4 Antique Road Show @ 6:30	28 Depart for Nashville 8:45am 10:30 – 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	29 12:30 Line Dancing Senior Center 10:00 – 11:00 am Bingo @ Stevie B's 11:00 – Lunch Buffet \$5 w/drink Return from Nashville 7:00 pm	30 10:30 – 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	31 9:30 Breakfast Denny's	Don't forget to use your sunscreen!

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Invite a friend to join Senior Circle.		3 6:00 pm Bingo @ SkyRidge Main (Bring a White Elephant prize)	4 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	5 12:30 Line Dancing Senior Center	6 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling HEALTHY WOMAN 6:00 ☎ Quick Repairs by Ace Hardware 1st Baptist Church	7 9:30 Breakfast Holiday Inn
9	10 ☎ 11:45 Lunch 'n Learn "Legal & Social Issues in Aging" Education Dept at SkyRidge Main	11 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside	12 12:30 Line Dancing Senior Center	13 10:30 - 11:30 Exercise St. Therese 6:00 Dinner Club Gondolier	14 9:30 Breakfast Cracker Barrel	15
16	7 Pearl River Trip Depart from Bi-Lo at 7:00 am 	18 10:30 - 11:30 Exercise St. Therese 1:30 – 3:30 pm Oil Painting Class Westside Depart Pearl River at 2:00 pm (ET)	19 12:30 Line Dancing Senior Center	20 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	21 9:30 Breakfast SkyRidge B/P by Family Home & Hospice Care 10:30 Dominoes	22 "HairSpray" Cumberland County Playhouse Depart at 11:15
23	24 ☎ Monthly Meeting Ed. Dept. SkyRidge Cafeteria 6:00 Go through Cafeteria \$4 Speaker @ 6:30 Dr. Wenger	25 10:30 - 11:30 Exercise St. Therese 2:00 Birthday ☎ Bingo@ SkyRidge Main Cafeteria Sponsored by HealthSpring	26 12:30 Line Dancing Senior Center	27 10:30 - 11:30 Exercise St. Therese 1:30 Sr. Bowling Galaxy Lanes	28 9:30 Breakfast Denny's	29
30	31 Take a walk today!	☎ PLEASE CALL 559-6887 to reserve your place at least 2 days before each activity ☎. <ul style="list-style-type: none"> •SkyRidge Medical Center – Education Rooms - Ground Floor by Cafeteria • Westside -2800 Westside Drive - in the cafeteria • Senior Center - 230 Urbane Rd. Next to YMCA • Bowling @ Galaxy Lanes – 5375 N Lee Hwy • St. Therese Church – 900 Clingan Ridge Dr. 				