

MUSCL Senior Wellness Center
at Schnitzelburg
1016 E. Burnett Avenue
Louisville, KY 40217
634-3221

Hours:

Mon. – Wed. – Fri.

9 AM to 4 PM

Director - Brad Castleberry

www.neighborhoodlink.com/org/muscl

on Facebook <http://facebook.com/musclseniorcenter>

Funded in part by:

Louisville Metro Government

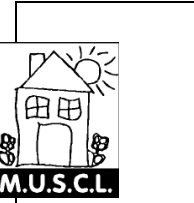
Friends and Neighbors of M.U.S.C.L.
Schnitzelburg Area Community Council
Councilman Jim King, District 10
Local Businesses



THE GOLDEN OLDIES

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MUSCL Senior Wellness Center Newsletter

Issue 59

APRIL 2013

EDITOR FRAN SOHL

WELCOME TO SPRING

Spring has finally arrived and the Center is abuzz with all kinds of planned activities.

We will start the month with an April Fool's Day Pot Luck on April 1 in the cafeteria. Activities will begin at 11:30 am with a Spring sing-a-long led by our choral director Ann Smith and the choral group. Hearing them practice it sounds like we are going to have a good time. There will also be a showing of the artwork done by the Water Color Class. Being April Fool's Day, no telling what else might happen. Bring a covered dish for the pot luck.



We will show the movie IT HAPPENED ONE NIGHT starring Clark Gable and Claudette Colbert (held over from last month) on Monday, April 8 at 12:15 pm in the Community Room. Bring a brown bag lunch and enjoy a movie with your Center friends. Popcorn and soft drinks provided.

The Bellarmine Physical Therapists will return on Monday, April 15 at 12:30 pm. They will administer Fitness and Fall Prevention tests.



If you are interested in participating, please call or see Brad at the office as soon as possible. The therapists will only be able to take a limited number of participants. All who have participated in this activity in the past have found it beneficial.

We welcome Officer Sturgeon back after his illness for another class in Personal Protection on Wednesday, April 17 at 11:30am in the card room. Officer Sturgeon's classes are very educational and filled with practical advice.

The Bellarmino nurses will be with us on Wednesday, April 24 from 9am -1pm. They will take blood pressures and test blood glucose. They will also join us in our activities of the day.

Of course, every day we will our regularly scheduled activities. See the calendar for a full listing.

Mark you calendars for our Derby Party on Friday, May 3!

Get your Derby Hat ready for the parade of hats.

OUR SENIOR CENTER ADVISORY COUNCIL



The Advisory Council of the MUSCL Senior Wellness Center at Schnitzelburg consists of the Center Director, Brad Castleberry, and the following Center members: Lillie Ernst, Judy Heun, Nancy Huelsman, Rich Huelsman, Sharon Hurley, Barbara O'Mary, Phyllis Profumo, Paul Senn, Margie Siewert, Ben Snyder, Gerry Snyder, Fran Sohl, Tip Thibodeaux and Martha Wimsatt .



The Advisory Council was formed in the first month of the Center's existence. It meets monthly to review programs/activities of the Center; to suggest new activities (including potlucks and parties); to organize fund raising efforts; to hear grievances from Center members; and to oversee and monitor financial expenditures. The Council meets at 3 PM, on the last Wednesday of every month, in the Center's Community Room. The meetings are open to all members of the Center. If you have concerns or suggestions for the Council, you may present them at the upcoming meeting. Please notify Brad of your desire to speak and he will put you on the agenda. If you prefer not to address the Council yourself, you may approach one of the Council members, listed above, prior to the meeting to make the presentation for you. **The next Advisory Council meeting is Wednesday, March 27th at 3 PM. All Center members are welcome.**

A few bad puns:

When chemists die, they barium. Jokes about German sausage are the wurst.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

Why were the Indians here first? They had reservations.

When you get a bladder infection urine trouble. Broken pencils are pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

All the toilets in New York's police stations have been stolen. The police have nothing to go on.



RECENT FUN AND
EDUCATIONAL ACTIVITIES AT
THE CENTER.....

Decoupage – Floral Design-
Pinochle- Computer Class

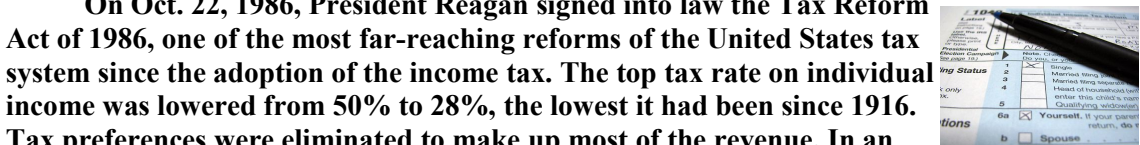
HISTORY OF THE INCOME TAX (continued from March)

On Oct. 22, 1986, President Reagan signed into law the Tax Reform Act of 1986, one of the most far-reaching reforms of the United States tax system since the adoption of the income tax. The top tax rate on individual income was lowered from 50% to 28%, the lowest it had been since 1916. Tax preferences were eliminated to make up most of the revenue. In an attempt to remain revenue neutral, the act called for a \$120 billion increase in business taxation and a corresponding decrease in individual taxation over a five-year period. Following what seemed to be a yearly tradition of new tax acts that began in 1986, the Revenue Reconciliation Act of 1990 was signed into law on Nov. 5, 1990. As with the '87, '88, and '89 acts, the 1990 act, while providing a number of substantive provisions, was small in comparison with the 1986 act. The emphasis of the 1990 act was increased taxes on the wealthy.

On Aug. 10, 1993, President Clinton signed the Revenue Reconciliation Act of 1993 into law. The act's purpose was to reduce by approximately \$496 billion the federal deficit that would otherwise accumulate in fiscal years 1994 through 1998. In 1997, Clinton signed another tax act. The act, which cut taxes by \$152 billion, included a cut in capital-gains tax for individuals, a \$500 per child tax credit, and tax incentives for education.

President George W. Bush signed a series of tax cuts into law. The largest was the Economic Growth and Tax Relief Reconciliation Act of 2001. It was estimated to save taxpayers \$1.3 trillion over ten years, making it the third largest tax cut since World War II. The Bush tax cut created a new lowest rate, 10% for the first several thousand dollars earned. It also established a slow schedule of incremental tax cuts that would eventually double the child tax credit from \$500 to \$1,000, adjust brackets so that middle-income couples owed the same tax as comparable singles, cut the top four tax rates (28% to 25%; 31% to 28%; 36% to 33%; and 39.6% to 35%). The Jobs and Growth Tax Relief and Reconciliation Act of 2003 accelerated the tax rate cuts that had been enacted in 2001, and temporarily reduced the tax rate on capital gains and dividends to 15%. In 2004, the U.S. was forced to eliminate a corporate tax provision that had been ruled illegal by the World Trade Organization. Along with that tax hike, Congress passed a cornucopia of tax breaks, which for individuals included an option to deduct the payment of whichever state taxes were higher, sales or income taxes.

Two tax bills signed in 2005 and 2006 extended through 2010 the favorable rates on capital gains and dividends that had been enacted in 2003, raised the exemption levels for the Alternative Minimum Tax, and enacted new tax incentives designed to persuade individuals to save more for retirement.



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How is the MUSCL Senior Wellness Center at Schnitzelburg funded?

The majority of our funding comes from Metro Government. Each year a grant has to be presented to Metro Government to petition for our funding. And every year the money gets a little tighter.

The group “The Friends of the Center” has activities to raise funds and provide us with needed supplies.

St. Elizabeth of Hungary Catholic Church assists us by granting us use of our building for a very low rent.

We are also credited for the number of volunteer hours our members provide. Our members contribute around 3000 hours each year to the operation and maintenance of the Center. If you look at the sign-in sheet you will notice a column labeled “volunteer hours”. Anytime you are at the Center and you are volunteering in the office, or cleaning an area that needs attention, or showing a new member around the building, or teaching a class or craft you can put down your volunteer hours in that column.

Another way of raising funds are the red coffee cans you see in almost every room. These are donation cans. If you can drop some money in the cans when you are at the Center this will also help in the overall day to day operation. Some groups that meet regularly are already dropping a dollar each in the can each time they meet...but even pennies add up!



Members also donate materials that are needed in the day to day operation of the Center. Supplies that can always be used are toilet tissue, kleenex, paper towels, hand soap, dish detergent, paper cups, plates and napkins; coffee, sugar, sweetner, creamer, paper clips, pens, computer paper, bottled water and canned soft drinks. If you wish to donate something just drop your items off at the office.

Brad will be happy to sit down with anyone and explain more fully how the Center is funded.