

Hello Everyone!

At one second past midnight on December 31, a new year will begin. We hope the New Year inspires you to define your goals, motivates you to make new commitments, encourages you to live up to your potential. Believe anything is possible, start each day with goals, hug the ones you love, find the best in others and show them the best in you.

THOUGHT FOR THE DAY

If you work for the Lord...the work is hard, the hours are long, and the pay is low. But the retirement benefits are out of this world.

NEWSLETTER PRAYER

Heavenly Father, thank you for the wonderful New Year in which we are blessed to see. Help us to stay motivated to do your will. Let us always take time to celebrate the beauty of Your creation. Help us to seek out the need of those around us and try to make a difference. May we speak and demonstrate the same love that You have for us. Forgive us of our shortcomings, guide, guard and direct our steps. May we be a light on the hill and glorify our Father in Heaven. In Christ name, we pray. Amen

CHRISTMAS DONATIONS: Thank you to those that participated in helping us make Christmas special for our shut-ins by choosing a praying hands from our tree. This year we had a total of 47 seniors that expressed a need. Thanks to all of you that helped.

TOPS - (Take Off Pounds Sensibly), a nonprofit weight-loss and wellness club that meets on **Tuesdays at 4:00 p.m.** They provide powerful support for weight loss and lifelong health. New members are welcome. Visit www.tops.org.

THE SENIOR FRIENDS COVERED DISH SUPPER – We would like to invite you to our monthly fellowship meals on **Mon., January 6th, February 3rd and March 2nd at 6 p.m.** Call 222-0924 for info. Please bring a covered dish.

The Activity Center closings for the Holidays: January 1st & 20th, and Feb 17th, 2020.



TRAVEL



Please park in the grass area, facing Walker Avenue, that is designated for travelers.

NOTICE - There will be no refunds for trips, unless we cancel the trip.

The Windy City of Chicago invites you to visit on July 12-18th, 2020 (Sunday - Saturday). Join us for a great adventure to Chicago, IL. This trip will be Motor coach transportation. It will be 6 nights lodging including 4 consecutive nights in the Chicago area. There will be 10 meals: 6 breakfasts and 4 dinners. We will visit the Museum of Science and Industry and the world famous 360 Chicago, formerly the John Hancock Observatory. We will have a guided tour of the city of Chicago and take a cruise on Lake Michigan. There will be a visit to the historic Navy Pier and Chicago's Money Museum. You don't want to miss the gaming fun at the Chicago area casino. This trip will cost **\$790.00**. If you would like insurance, it will be extra. A \$75.00 Deposit will be due by **March 9, 2020**. Brochures for trip are available at the Center or call **222-6891** for more information. Final payment will be due by **May 8, 2020**. **2020 Travel Club Members** will receive a **\$10.00** discount, **join today!**

CHRISTMAS EXCITEMENT IN NASHVILLE, TN for November 9 - Nov. 13, 2020 - *Lights, Lights & more Lights, great country music at the "Grand Ole Opry"* and experience a ride on the Delta Flatboats inside the Opryland Hotel. We will take a ride on the General Jackson Showboat where we will have a three course meal & show on a paddle wheel boat. We will have a city tour of Nashville where we will see the Country Music Hall of fame and the Ryman Auditorium. We will have a 2-day hop on hop off Trolley Tour Pass & also a Nashville night tour. We will also visit the Belle Mead Plantation. This trip includes 4 Breakfasts and 2 Dinners. Great trip at a great price of **\$1,299.00**, we will be staying at the Hyatt Place Downtown close to Opryland. Insurance for trip will be **\$125.00**. **Deposit will be \$175.00. Deadline for Deposit is August 5, 2020.** If insurance is taken, you can get your refund on monies paid toward trip if you have to cancel. Anyone 21 years or older may take trip with us. **Deadline for trip is October 7, 2020.** **any other questions, please call 222-6891.**

On Going Activities

Notify office if any of you change room location or times to make sure we do not double book.

MONDAY

Toning Beds (Break Room) 8:00 a.m. - 9:00 a.m.
Rook (Multi-Purpose Room) 8:30 a.m. - 11:00 a.m.
Dominoes (Multi-Purpose Room) 9:00 a.m. - 11:00 a.m.
Bid Whist (Tops Room) 12:00 p.m. - 3:00 p.m.
Phase 10 (Multi-Purpose Room) 12:00 p.m. - 3:00 p.m.
Dominoes 1:00 p.m. - 3:30 p.m.
Us Yoshukai Karate 5:30 p.m. - 7:30 p.m.

TUESDAY

Cards (any kind you want to play) 8:00 a.m. - 11:00 a.m.
50+Exercise 9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room) 9:00 a.m. - 11:00 a.m.
Canasta (Break Room) 10:00 a.m. - 3:00 p.m.
Canasta (TOPS Room) 11:30 a.m. - 3:30 p.m.
Line Dancing 1:00 p.m. - 2:30 p.m.
Dominoes (Multi-Purpose) 1:00 p.m. - 3:30 p.m.
Toning Beds 2:30 p.m. - 3:30 p.m.
Tops 4:00 p.m. - 5:00 p.m.
Domino City Square Dancing 7:00 p.m. - 9:00 p.m.

WEDNESDAY

Toning Beds 8:00 a.m. - 9:00 a.m.
50+ Exercise 9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room) 9:00 a.m. - 11:00 a.m.
Ceramics 9:00 a.m. - 11:00 a.m.
Rook (Break Room) 9:00 a.m. - 11:00 a.m.
Canasta (Tops Room) 11:30 a.m. - 3:30 p.m.
Sew & So Circle 12:30 p.m. - 3:30 p.m.
Line Dancing 1:00 p.m. - 2:30 p.m.
Dominoes 1:00 p.m. - 3:30 p.m.
U.S. Yoshukai Karate 5:30 p.m. - 7:30 p.m.

THURSDAY

Sew-N-So 9:00 a.m. - 11:00 p.m.
Rook (Break Room) 9:00 a.m. - 12:00 a.m.
Dominoes (Multi-Purpose Room) 9:00 a.m. - 11:00 a.m.
Bridge (every other Thursday) 9:30 a.m. - 12:00 p.m.
Oil Painting Class (1st & 3rd Thursday) 9:00 a.m. - 3:00 p.m.
Dance (Jan 16th, Feb. 13th, March 19th) 10:30 a.m. - 2:30 p.m.
Dominoes 1:00 p.m. - 3:30 p.m.
Toning Beds 2:30 p.m. - 3:30 p.m.
Beginner Line Dancing 6:00 p.m. - 8:00 p.m.
Line Dancing 5:30 p.m.- 6:15 p.m.

FRIDAY

Toning Beds (Break Room) 8:00 a.m. - 9:00 a.m.
Rook (Multi-Purpose Room) 8:30 a.m. - 11:00 a.m.
50+ Exercise 9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Room) 9:00 a.m. - 11:00 a.m.
Canasta (Tops Room) 12:00 p.m. - 3:30 p.m.
Dominoes 1:00 p.m. - 3:30 p.m.

January

T-SHIRTS - Senior Appreciation Day "African Adventure" T-shirts are on sale **NOW**.

THE SENIOR FRIENDS COVERED DISH SUPPER – Jan. 6th, senior friends invite you to come and bring your favorite dish and mingle and enjoy the music.

50 + EXERCISE – Want to shed some holiday weight, come join us for **Free** exercise classes, on **Tuesdays, Wednesdays, and Fridays** from **9:00 - 9:30 a.m.** each week and meet some wonderful people.

BIRD HOUSE JUGS – **Beginning in January** - We have several wonderful simplistic pictures to choose from to paint your own two liter bottle and make a beautiful bird house. This class will be on **Tuesdays** from **1:00 – 3:30 p.m.** Cost of supplies for the class is **\$5.00**. Classes end on **January 28th**.

TRAVEL CLUB QUARTERLY MEETING is **Wed., Jan 8th, 1:30 - 2:30 p.m.** We invite you to join our travel club and receive random discounts on travel. Attention all members, it is now time to Pay Your Travel Club Dues (**\$10.00** Per Person).

THE THURSDAY DINNER & DANCE – **Jan. 16th** from **10:30 a.m. - 2:30 p.m.** Come listen to some great music. The only admission is a covered dish! Please remember, this is all you can eat in house.

MASTERS OF SOUL – **Thursday, Jan. 16th** we will be leaving at **4:30 p.m.** to eat supper at "Santa Fe" and then off to an exciting show.

DOMINO CITY SQUARE DANCERS – If you like to square dance, join us every other **Tuesday** from **7 - 9 p.m.** For more information, please call 222-6891.

CERAMICS CLASS - Join us on **Wed. from 9 – 11:00 a.m.** and learn how to create beautiful artwork to put in your home or give as gifts to your friends and family. Paints, brushes and instructor are provided at no cost, the only cost is the piece you choose to paint.

LINE DANCING: - **Tuesdays & Wednesdays 1:00 - 2:30** cost is **\$4.00**. **Thursdays 5:30 - 7:30 p.m.** cost is **\$5.00**. For more information contact Charlotte Johnson at 343-6866.

February

OIL PAINTING CLASS - Kathy Grantham teaches oil painting class on the **1st & 3rd Thursday** of the month from **9 a.m. - 3 p.m.** The cost of this class will be **\$11.00** per student.

THE SENIOR FRIENDS COVERED DISH SUPPER – **February 3rd** at **6 p.m.** Please bring your favorite covered dish and join in on the fun.

NEW WOODEN DOOR HANGER CLASS - Beginning in **February** instructor Hazel Anderson will demonstrate multiple ways to paint your project. This class will be on **Tuesdays** from **1:00 – 3:30 p.m.** You must sign up and pay prior to class. Cost **\$20.00**. This four-week class will begin on **February 4th** and end on **February 25th**.

ANNUAL RELAY FOR LIFE FUND RAISER - The Adult Activity Center, will be selling BBQ sack lunches (BBQ sandwich, chips, drink & dessert). Day of pick up will be **Friday February 7th**. Lunches are **presold ONLY**. They go on sale **Thursday, January 2, 2020**. Cook is Billy Joe Stallworth. Bar-B-Ques can be picked up at The Adult Activity Center or large orders can be delivered. Call 222-6891 for more info.

SWEETHEART DANCE Thurs., February 13th, 10:30 a.m. - 2:30 p.m. everyone dress-up in red and white, invite a friend, bring a covered dish and join us for a wonderful time at the dinner dance. Our new Sweetheart King and Queen for 2020 will be crowned by our **2019 King & Queen, James and Charleta Davis**. There will be Door Prizes!

MARCH

THE SENIOR FRIENDS COVERED DISH SUPPER - Come bring a covered dish and enjoy good food and fellowship. **March 2nd**.

SUNDAY, MARCH 8th DAYLIGHT SAVINGS TIME! Please set your clocks up one hour before you go to bed.

THURSDAY DINNER & DANCE – **March 19th** from **10:30 a.m. - 2:30 p.m.** The only admission to this fun-filled day is a covered dish, join us!!!! Please remember this is all you can eat in house, none taken out.

THE 25th ANNUAL SENIOR APPRECIATION DAY - African Adventure, THURSDAY, MARCH 26, 2020.

The "Senior Appreciation Day" will be held at the Kiwanis Community Center on the Southern By-Pass from **9:00 a.m. until 2:30 p.m.** The doors open at **8:30 a.m.** so you can get a great seat! We will have several contests and lots of door prizes. Ladies and gentlemen, get your recipes out, bake your **favorite dessert** with **apples or bananas as its main ingredient**. Please have **enough dessert for 3 judges** to taste. Wrap entry with **clear wrap** and attach **name & recipe**. Only **1 entry** per person. Ribbons and prizes will be awarded. **No advanced entry** needed. The judges will judge on **ingredients, taste, appearance, theme & following all rules underlined**. The **recipe must accompany** the dessert. **1st, 2nd & 3rd** place prizes will be awarded. We encourage all **senior centers** to enter the "**Banner Contest**", **advanced entry is required**. Prizes will be awarded. Everybody is invited to get out your dancing shoes because there will also be a "**Dance Contest**", **Skit Contest, Call of the Wild Contest, Costume Contest and Talent Contest!** Any talent can be judged: singing, dancing, impersonations, if you can do it, we can judge it. You may bring your lunch or pre-order your lunch, deadline is **February 14th**. Entertainment will be Na Na Sha from Gonzales, Louisiana. Please feel free to call 222-6891 for more info!

MURA'S CORNER

Nutrition Center Closing Dates: January 1st & 20th, and Feb 17th, 2020.

Call 222-4608 if you are interested in meals, must be **60 or older and qualify for the program**.

COVINGTON COUNTY RELAY FOR LIFE - Event takes place **Friday, April 17, 2020** at Springdale Estates. The theme this year is "The Games of Life". Each team will choose one vintage board game to decorate their space. Survivor dinner will be a **6 p.m.** This year the committee has chosen to have all events confined within the Springdale Estate Grounds. The committee plans to have team awards for best shirt, most money raised, most spirited, etc.

NEWS FLASH - Stay in touch for more information about the up coming Senior Summit we will be hosting in February. This 2020 Senior Summit will be **sponsored by Comfort Care Hospice**.

GUEST SPEAKER - **Wednesday, January 8, 2020**, we will be hosting **Linda Lane** from Andalusia Health. You are invited to come and learn from a **dietician** about Healthy Eating for 2020. If you are eating that day try to be here by **10:00 a.m.** so that the program is not interrupted. For those that would like to play dominoes or cards you may play in the library but not in the multipurpose room after **9:45 a.m.**