

Hello Everyone!

We strive to have programs, outings and trips for all to enjoy. We hope our services and events provide fitness, health, relaxation, fellowship and fun for everyone.

THOUGHT FOR THE DAY

Let us demonstrate love in our daily lives by being kind and unselfish.

NEWSLETTER PRAYER

Heavenly Father, thank you for the wonderful blessings that are ours to receive. Help us to see the need of those around us. Teach us not to worry about earthly matters but stay focused on You. We appreciate the joy we receive by living each day and experiencing the joy of loving and be loved. May we speak and demonstrate the same love that you bless us with in Christ name we pray. Amen.

CHRISTMAS DONATIONS: What a blessing and success our 2018 Christmas drive was, thank you all. A year has almost come and gone and we would like to encourage you or your group to come by the office, pick out your **hands of prayer** revealing a homebound senior's wishes (including sizes). We ask that you spend no less than **\$40.00** per person. If you would like, we can shop for you. Return deadline is **Wednesday, November 27th**. If you have any questions, call 222-6891.

TOPS - (Take Off Pounds Sensibly), a nonprofit weight-loss and wellness club that meets on **Tuesdays at 4:00 p.m.** provides powerful support for weight loss and life-long health. We welcome new members. Visit www.tops.org for more information.

THE SENIOR FRIENDS COVERED DISH SUPPER

We would like to invite you to our monthly fellowship meals on **Mon., Oct. 7th, Nov. 4th and Dec. 2nd** at **6 p.m.** Call 222-0924 for information.

DON'T FORGET - Set Your Clocks back one hour on **Saturday, November 3rd** before you go to bed.

The Activity Center closings for the Holidays: Veterans Day – Monday, Nov. 11th, Thanksgiving - Nov. 28th & 29th, Christmas/New Year's Dec. 23rd – January 1, 2020.



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, or it is otherwise noted. Some emergency situations concerning immediate family may be approved.

MASTERS OF SOUL - **Thursday, January 16th, 2020** at **7 p.m.** we will travel to Enterprise Performing Arts Center for a celebration of MOTOWN artists, their music and style. The show features stylishly costumed fully choreographed tributes to both male and female groups backed by a live band. Hear the big hits of the Temptations, Gladys Knight & the Pips, Marvin Gaye & Tammi Terrell, Smokey Robinson & the Miracles, the Four Tops, Diana Ross & The Supremes, The Jackson Five, Martha Reeves & The Vandellas, Barry White & Stevie Wonder and the Commodores. Tickets are \$40.00 and space is limited. Travel Club members will receive a **\$5** discount. We will leave at 4:30 p.m. in order to eat at "Santa Fe".

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 **\$850.00**. If you would like insurance, it will be extra. \$75.00 Deposit will be due at signing. Brochures for trip are available at the Center or call **222-6891** for more information.

CHRISTMAS EXCITEMENT IN NASHVILLE, TN for 2020 - Lights, Lights & more Lights, great country music and staying at the fantastic **Gaylord Opryland Resort** -What more can you ask---This will be a terrific Trip that will be long remembered. Date of trip will be in **November, 2020**. More details to come!

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.
Big Brain Academy	9:00 a.m. - 10:00 a.m.
Dominoes (Multi-Purpose Rm.)	9:00 a.m. - 11:00 a.m.
Bid Whist (Tops Room)	12:00 p.m. - 3:00 p.m.
Phase 10 (Multi-Purpose Rm.)	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)	8:00 a.m. - 11:00 a.m.
50+Exercise	9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Rm.)	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.
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 Rm.)	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.
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.
Big Brain Academy	9:00 a.m. - 10:00 a.m.
Dominoes (Multi-Purpose Rm.)	9:00 a.m. - 11:00 a.m.
Bridge (every other Thursday)	9:30 a.m. - 12:00 p.m.
Oil Painting Class (1 st & 3 rd Thursday)	9:00 a.m. - 3:00 p.m.
Thurs. DANCE (see under month)	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 5:30 p.m. - 6:15 p.m.
Line Dancing 6:00 p.m. - 8:00 p.m.

FRIDAY

Toning Beds (Break Room) 8:00 a.m. - 9:00 a.m.
Rook (Multi-Purpose Room) 8:30 a.m. - 11:00a.m.
50+ Exercise 9:00 a.m. - 9:30 a.m.
Dominoes (Multi-Purpose Rm.) 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.



COVINGTON COUNTY SUMMIT - We will be hosting the Summit Thursday, **Oct. 3rd, 8:30 a.m. – 2:00 p.m.** **Registration and Breakfast at 8 a.m. Please pre-register** if you can to provide an accurate count for breakfast and lunch. Breakfast - Sponsored by LHC Home Health & Lunch - Sponsored by Comfort Care Hospice - Catered by David's Catfish. Topics covered will be Fraud & Abuse, Transitional Care After Hospitalization, Understanding Long Term Care, Saving Money, Mental Health in Older Adults, Hospice vs Home Health, Red Zone Weather and a glimpse into Andalusia at It's Best. **"You can seek advice, learn about the options and make choices that are right for you. Knowledge is power."** **Angelina Jolie**

BIRD HOUSE PAINTING CLASS – Classes will be on **Tuesdays** and will begin **October 1st – October 29th** from **1:00 – 3:30 p.m.** Bird house will be provided and the **\$15.00** fee must be paid in the office prior to class.

THE TRAVEL CLUB MEETING will be **Wed., Oct. 16th, 1:30 - 2:30 p.m.** We will discuss upcoming trips for 2020.

THURSDAY DINNER DANCE OCTOBER 17th Bring your favorite dish and join us. Please show your team spirit by wearing the colors of your favorite collegiate team.

"COME HOME, IT'S SUPPERTIME" - Love Plays? Love to eat? Come go with us to the We Piddle Around Theater where you can pull up a chair, grab a chicken leg and baked sweet tater and listen to a bushel of stories and tap your toes to the music. Must pre-pay by October 24th. We have **ONLY 10** reserved seats for **Thursday, November 14th**, cost is **\$35.00** per person, **meal included.** Travel Club members will receive a **\$5** discount.



GOURD CLASSES – Classes will begin **November 5th - November 21st** from **1:00 – 3:30 p.m. on Tuesdays.** Fee for these classes will be **\$10.00** per gourd, must pay in office prior to class. All items needed for the class will be provided.

"COME HOME, IT'S SUPPERTIME" - **Thursday, November 14th.** We will leave the center at 4:30 p.m. I hope you are hungry!

THANKSGIVING LUNCH - will be held **Thurs., Nov. 21st.** Please join us and invite a friend, for a wonderful day of Thanksgiving and fellowship. We will honor our Mayor, City and County Officials at this luncheon. Please come and show your appreciation for all they do, lunch is served at noon. The music starts at **10:30 a.m.** Bring a covered dish & join us. **No bag chips or drinks please.**



COOKIES IN A JAR CLASS - Do you struggle with finding a little something for a special someone, for Christmas or their Birthday? I hope this will be a solution to help fill that need. Class will be on **Tuesday December 10th** in the Multi-Purpose Room from **1:30 - 3:30 p.m.** You must choose your cookie/cookies, pre-register and pay for this class by December 1st. You will be assembling the ingredients as instructed and decorating the jar/jars yourself. We will provide all ingredients, jars, tags, and items to decorate your jar along with a list with all the ingredients and how to bake it. All recipes will be done in Quart Jars and the cost will be \$15.00 per jar. Cookie choices are: Pecan Chewies, Reese's Peanut Butter Cups, Chocolate Chip, Trail Mix or you may prefer to do Old Fashioned Brownies.

DECOUPAGE PLATE CLASSES - Class will be on **Tuesday, December 3rd** from **9:00 – 11:30 a.m.** & come back if not finished after **12:30 p.m.** The fee must be paid in office and is **\$7.00 per plate** (plate will be provided). You can bring 40 of your favorite photos or make a plate to match your home décor'. If you would like to see a sample plate, come to the office. Call 222-6891 or stop by the office to sign up.

SEW & SO CIRCLE Christmas party, **Dec. 4th, 1 - 3 p.m.** Bring finger foods to share. Hope to see you there! Be ready to eat and have a good time.

A CHRISTMAS LUNCHEON AND DANCE will be **Thurs., Dec. 19th, 10:30 a.m. - 2:30 p.m.** Dress in your Holiday attire and join us for a festive Christmas Celebration. Bring your favorite covered dish & be ready to party. The music starts at **10:30 a.m.**

DECEMBER 25th - Merry Christmas & Happy New Year to You and Yours from Amanda, Angela, Betty, Debbie, Donna, Hazel, Missy, Myra, Sandra, Sonja & Tim.



NUTRITION CENTER HOLIDAY CLOSINGS: Columbus Day – Oct. 14th, Veterans Day – Monday, Nov. 11th, Thanksgiving - Nov. 28th & 29th, Christmas/ New Year's Dec. 23rd – Jan. 1, 2020.

SCARECROWS IN THE PARK – Join us **Tuesday, October 15th** as we ride thru Frank Jackson Park. We will leave the center at **1:00 p.m.** and return before **3:30 p.m.** The fee is **\$8.00.** Pay by October 10th. Limited space.

Thursday, October 17th for **Flu Clinic** from **10:30 until noon** hosted by CVS. Please bring your insurance card. **Please call or come by to register.**

Thursday, November 12th - HOLIDAY CRAFTS - The Class will be from **1 - 3 p.m.** in the Multi-Purpose Room. Bring everything you need and we will help you with **Wreath Making, Flower Arranging, and Bow Making.** If you have any questions call 222-4608, ask for Myra.

Monday, December 16th - Come, invite your friends and join us from **12:30 - 3:30 p.m.** for an afternoon of fun and games and **free** lemonade. We will furnish the following games; Rook, Uno, Canasta, Spades, Hearts, Dominos (regular & Mexican train), Chess, Scrabble, and Checkers. We even have puzzles.