



CIVIC CENTER NEWS

Monthly Senior Activities

• Birthday Party	
• Lunch Trip	
• Pot Luck Lunch	
• Theatre Trip	

Regular Activities

- **Senior Breakfast - Tuesdays**
- **Coffee & Tea - Fridays**
- **Digital Camera Club—Tuesdays**
- **Yoga— Monday and Thursday**
- **Pool Sharks Monday—Friday**

2017 is here

With each new year we usually reflect on the old one. As we do, we realize that the year 2016 was both good and bad. We have lost friends and neighbors and made new ones. We have tried new things and some of them worked but some of them did not.

It is now time to renew and look forward to a new start with anticipation and optimism. Let's begin our new year with a full calendar.

There will be no activities during the week of **January 2-6** but we will start a full week on **January 10th** with our first breakfast of the year. There will be a Planning Committee Meet-

ing and Camera Club to follow. Then on **January 11th** we will celebrate with our Birthday Party. Thursday, **January 12** we will begin our Game Days and **Friday the 13th** we will re-start our Coffee and Tea.

The next week will not be any slower. Monday the **16th** the Center will be Closed for Martin Luther King, Jr. Day but on the **17th** we will eat breakfast, the **18th** will see us off to lunch at the Stage Coach and the **19th** we will go to Pensacola Little Theatre to see "On Golden Pond." We will even squeeze in a "Between the Lines" coloring day before the trip.

There will be time to rest with Coffee & Tea on Friday.

If that is not enough, the following week we see us with breakfast, Pot Luck Lunch on the **25th**, games on the **26th** and Coffee & Tea on Friday the **27th**.

Check out the calendar for times for our events.

If you think this is a busy month, just wait.

Your help is needed

I offer many activities and the hope that you will participate. Many of these need to have certain numbers to be feasible to continue. If there is something you want to be a part of DON'T WAIT. It may not be available when you decide to come.

Our Painting has decreased to only two people and myself so if this is something you want to do, do it. The bus trips require that I have at least 6 people to go. Please sign up and mean it when you do. This will help me prepare and allow us to plan more

things to do.

I need ideas too. If there is something you want to try, let me know and I will put it on the calendar. Another way to be a part of the action is to volunteer. I need people to help organize and even cook breakfast.

**We're on the Web
townofloxley.org**

Check us out on the Web. We are at <http://townofloxley.org>. and we even have a face book page. You can find the monthly newsletter and see what is happening at the Civic Center. We try to pass along the news and update what is going on here. Be sure to take a look.

Getting Older

Let's face it we are all getting older. We all have aches and pains and many of us have health issues.

I have been looking into how to slow this process down and there is not a good way but there are things we can do that will help.

Stay Social. . .

Sitting at home and dwelling on our health issues is

depressing. The best thing to do is get out and about. Being around people helps both you and them.

Stay Physical . .

This does not mean for you to join a gym but it does mean that some physical activity is good. Taking a walk in the yard or the park will help. Just get up and move.

Get involved . .

Here is where I can help. We have things to do at the Center everyday of the week. Find something you like and go for it.

Keeping your mind and body active is one of the best ways to increase your energy and life span. My goal is to help you do just that.

The Pensacola Little Theatre is at it again with a production of "On Golden Pond." We will get tickets to the Thursday Night show (that is when they are 1/2 price). Sign up and pay for your ticket (\$11) as soon as possible. I can then place our order and we will be able to pick them up when we get there. I don't think we have been to a bad show. The program will start at 7:30 PM on January 19 so we will leave at 6 PM.



Feel Good About Yourself

We have made it through another holiday season and we have a lot to look forward to. Give yourself a pat on the back for all the shopping, wrapping, cooking and traveling and then get ready for another year. I have some new things up my sleeve and will be working to put them into

place, so get ready. Until then, we will continue with our regular programs.

Yoga will be Monday and Thursdays at 3 PM, Games will be from 1-3 PM every other Thursday and Coloring will be 1-3 PM the other Thursday (watch the calendar). We will still offer painting on Mondays

from 1-3 PM

Read your newsletter for the new programs that we will be trying soon. Things like maybe a Valentine's Day Luncheon, a Pie and Coffee afternoon. An afternoon Tea and maybe even a cooking session. Wait and see.

Happy Birthday

1/4	Poppy Pose
1/11	Jim Shouldis
1/17	Monroe Anderson
1/18	Bob Rucando
1/23	Judy Lovell

Kitchen Staff Meeting

Anyone willing and interested in helping in the kitchen for breakfast is invited to come to our planning session on **January 5th at 10 AM**. We will be scheduling the teams and talking about how we can make breakfast better and the cooking easier. We can use your input and would welcome you to the team. It don't have to be a husband/wife team, grab a friend and come on in. Just get involved.

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Senior Activities	3 No Senior Activities	4 No Senior Activities	5 No Senior Activities Kitchen Planning 10-11 AM	6 No Senior Activities	7
8 Private Use	9 Painting 1-3 PM Yoga 3PM	10 Breakfast 8 AM Camera Club & Planning Meeting 9AM	11 Birthday Party 1:30	12 Game Day 1-3 PM Yoga 3PM	13 Coffee & Tea 9-11AM	14 Private Use
15 Private Use	16 Civic Center Closed	17 Breakfast 8 AM Camera Club 9 AM	18 Senior Lunch Trip to Stage Coach in Stockton 10:30	19 Coloring 1-3 PM Yoga 3PM Theatre Trip 6 PM	20 Coffee & Tea 9-11AM	21 Private Use
22 Private Use	23 Painting 1-3 PM Yoga 3PM	24 Breakfast 8 AM Camera Club 9 AM	25 Pot Luck Lunch 12 Noon	26 Game Day 1-3 PM Yoga 3PM	27 Coffee & Tea 9-11AM	28 Private Use
29	30 Painting 1-3 PM Yoga 3PM	31 Breakfast 8 AM Camera Club 9 AM				

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The Civic Center will be Closed January 16th for Martin Luther King Jr. Day.