

Civic Center Seniors

January 1, 2016

Volume 13 Issue 1

Beginning Another Year

Regular Activities

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

Embarking on another year, it is hard to believe that 2016 is here. I am looking forward to enjoying another year with you and planning your activities. I

have some new things planned and we will start off by trying a little of all them. We will form a coloring club, have regular game days, and try some new

crafts and activities. Be sure to stay in touch so I will know which ones you like. I am ready and raring to go so let's do it.



Beginner Yoga starts January 5 @ 4 PM

New

We have talked about Yoga for years and I am proud to say that we will have a Beginner Yoga class on **Tuesdays**

at 4 PM. Renee Williams will lead us and is willing start off slow until we can build up. Beginning with chair exercises,

we will be able to find out what equipment we will need. Come try it out and let's do it together.

Monthly Birthday Party

We will continue our tradition having our monthly birthday party on the first Wednesday of each month.

We want to honor

our members with a party offering cake, ice cream and snacks. There are usually games and presents just like days gone by. Our

party will be **January 6th at 1:30.** Don't miss the fun and bring a friend.

Monthly Senior Activities

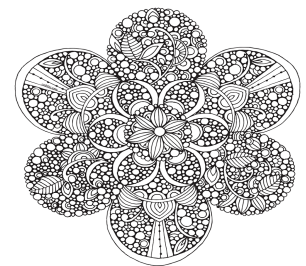
- Birthday Party— First Wednesday
- Lunch Trip— Second Wednesday
- Fire Safety Class—Third Wednesday
- Pot Luck Lunch— Last Wednesday

Something Else New

Have you heard of the new craze of adult coloring? We all colored as children and I think we should try it again. There are adult

coloring books and you can use crayons, colored pencils, or markers. I will have the supplies for us to begin and see how we like it. I am

*calling our club "Between the Lines" and we will meet on **January 7 from 1-3.** This is a way to relax and socialize at the same time.*



Are you ready for Breakfast?

I am ready to start breakfast again, what about you? Our first meal will be **January 12** where we can continue with the good food and good company.

We need to have a kitchen staff meeting on **January 6th a 9:30** to set up our schedule and **I need some more volunteers.** If you can help, come to the meeting and see what is involved. Bring your calendars so we can get going. With 4 couples, you would only cook once a month. Try it you might like it.

Civic Center Seniors

Lunch Bunch Trip Announced



One of our favorite places to eat is Hemmingway's on Pensacola Beach. This is a nice restaurant and they have reasonable prices for their American, Caribbean,

and seafood dishes. The restaurant is well suited for large groups and offers a scenic view. This time of year, they will be glad we came.

The trip is scheduled for **January 13th** with the bus **leaving at 10 AM**. We will enjoy the trip, food and the fellowship for the first time this year.

Throw-Back-Thursdays

I want to start using Thursdays as our day to remember when. . . People are now calling it Throw-Back-Thursday. I remember we played games, put puzzles together, shelled peas and beans, and enjoyed family

time. That is what I want to do with our Thursdays (not the peas and beans).

January 14 from 1-3 we will have a game day. Several of us have enjoyed it in the past and

would like to invite you to come participate with us. There is a lot of laughter and fun. We are all good sports especially when I'm the winner. Join the fun.



The Civic Center will be Closed January 18th for Martin Luther King Jr, Day.

Fire Safety at Home

I have ask Tony Lovell from Loxley's Fire Department to come talk to us about fire safety. He will be here on **January 20th at 1 PM** to help us learn how to keep ourselves and our

home safe. The new year is a good time to be reminded of the things we need to be doing (or not doing).

After Tony has completed his class, we will share a film

about the life of a firefighter. This will be a good way to share a Wednesday afternoon and it will double as an educational opportunity.



Happy Birthday

| | |
|------|-----------------|
| 1/4 | Poppy Pose |
| 1/5 | Elaine Reeves |
| 1/11 | Ellie McGehee |
| 1/11 | Jim Shouldis |
| 1/17 | Monroe Anderson |
| 1/18 | Bob Rucando |
| 1/23 | Judy Lovell |
| 1/29 | Kitty Hoover |

Pot Luck Lunch

We get to restart our Pot Luck Lunches this month too. I can't wait for **January 27th at noon** to have lunch with you. I have missed your home cooking and trying something new. Plan to come and bring a friend.

Painters Return

I hope to see all my painters return on **January 4th from 1-3 PM**. We enjoy the craft and each other. We have not been together for over a month so there will be some catching up too. We will not have a session on the **18th**.

Coffee & Tea Again

Is anyone ready to resume Coffee and Tea? We will start on **Friday January 8th from 9-11 AM** enjoying a cup and conversation. It is a good time to relax and share the happenings from the holidays. Join me if you can.

Planning Committee meeting will be January 5th at 9 AM
Anyone with ideas is welcome to participate.

January 2016

Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|--------------------------|---|---|---|---|--|--|
| | | | | | 1 Center Closed  | 2 Private Use |
| 3 Private Use | 4 Painting 1-3 PM | 5 Planning Committee 9 AM Beginner Yoga 4PM Ballroom Dance 7 PM | 6 Kitchen Planning 9:30 AM Birthday Party 1:30 | 7 “Between the Lines Club“ 1-3 pm Exercise 5:45 | 8 Coffee & Tea 9-11AM | 9 City Rhythm Big Band Christmas Dance 7-10 PM |
| 10 Private Use | 11 Painting 1-3 PM | 12 Breakfast 8 AM Cameral Club 9 AM Yoga 4PM Ballroom Dance 7 PM | 13 Lunch Bunch Trip Hemmingway’s 10 AM | 14 Game Day 1-3 PM Exercise 5:45 | 15 Coffee & Tea 9-11AM | 16 Private Use |
| 17 Private Use | 18 Center Closed  | 19 Breakfast 8 AM Cameral Club 9 AM Yoga 4:00 Ballroom Dance 7 PM | 20 Home Fire Safety Class + A movie | 21 Red Hats Exercise 5:45 | 22 Coffee & Tea 9-11AM | 23 Private Use |
| 24 Private Use | 25 Painting 1-3 PM | 26 Breakfast 8 AM Cameral Club 9 AM Yoga 4:00PM Ballroom Dance 7 PM | 27 Pot Luck Lunch 12 | 28 Exercise 5:45 | 29 Coffee & Tea 9-11AM | 30 Private Use 31 Private Use |