

Civic Center Seniors

October 1, 2016

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Fall has started

Fall is officially underway as of September 22. Can you feel the difference in the weather? This time of the year the weather is normally almost perfect so enjoy the season. I plan to enjoy the changes by taking a vacation the week of October 10-14. Even though I will not be here, everything will continue except for the monthly Lunch Bunch trip. I look forward to my time off but will miss everyone while I am at home. You never know, I might sneak in as a guest.

Regular Activities

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

Breakfast

We are enjoying our weekly breakfast. As always we eat at 8:00 AM but some folks get here at 7:00. That way we get to fellowship before and after the meal. The DAV will be here on the first of each month. We only have 10 more meals before our Christmas break.

Planning Committee

The Planning Committee will not be meeting this month. Our next meeting will be November 8th at 9 AM. We are looking for new ideas so put on your thinking caps.

Monthly Birthday Party

This month's birthday party will be on **October 5th at 1:30**. We want to honor our October birthday members with a party. Come join the group and let's party. We will celebrate with Cake, Ice Cream, Snacks and Games.

Senior Trip

This month we are taking a trip to **PONDERA**. Located in Lillian, Al, this is a new restaurant and has on display a lot of memorabilia from the 1600's to present. They are open from 4-8 PM so we will have a really late lunch or an early dinner. We will leave the center at **3:30 PM on October 19th**. I am looking forward to trying it out. Sign up and let's see what it is like.

Monthly Senior Activities

- Birthday Party— First Wednesday
- Beryl's vacation—Second Wednesday
- Senior Day Trip—Third Wednesday
- Pot Luck Lunch—Last Wednesday

Chair Yoga

Our Yoga class continues and it's fun. We are getting in better health with stretches designed to help with balance and to tone muscles. On **Mondays & Thursdays at 3 PM**, Renee Williams leads the class using a chair or a mat. Come check it out.



Happy Birthday

10/2 Robert Fry
10/8 Reggie Anderson
10/6 Anita Odom
10/13 Al Allen
10/15 Mary Yates
10/16 Vickie Norrell
10/29 Mary Brunell
10/31 Mary Barnhill

It's not too soon

Mark your calendar for our Veteran's Day Celebration being held on November 4th at 6:30.



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Pot Luck Lunch



Our Pot Luck Lunch is a place where you can eat someone else's cooking. It always taste better when someone else cooks. Maybe I can't cook or maybe it just taste better when I cook it. Either way, we will have our meal on **October 26th at Noon**. Plan to come and bring a friend. Try something new, I am a good critic.

Coffee & Tea Again

One of the most enjoyable activities I have created is Coffee & Tea with Me. I get to entertain the group with snacks and coffee or tea every Friday from 9-11 AM. It is a good time to sit and visit, get to know each other and discuss the world situation. Sometimes we even catch up with the "news" in our neighborhood. Come see what your missing.

Between the Lines

"Between the Lines" coloring does not have a large number participating but we sure are enjoying the time together. We will meet October 6th and 20th from 1-3. This is a relaxing way to spend an afternoon. Many of us are evening spending time at home on a project. Come see if it is something you would like. I know most of us are.



Throw-Back-Thursday Games

The competition we enjoy on Thursday Games is sometime fierce. We are enjoying the time we spend learning something new or playing a game we already know. It's all for the bragging rights. This month games will be held 1-3 PM on October 13th and 27th. Usually there is laughter involved and everyone is a good sport.

Painters

Monday Painters are at it again. We meet from 1-3. You need to see some of the art that Elinor and Adella are working on. They are talented ladies. Stop in or better yet, join us. No talent is required since I paint too.

Camera Club














The Camera Club is back. They have just displayed their work in the Baldwin County Fair and now that the weather is cooling off they will be hitting the road to find the perfect shot. They are good at their craft and I think we could all learn from them. Join them and see if this is something you can get into. I know they do.

Ready?

This is a fun time of the year. There are all kinds of fall festivals going on (Shrimp Festival 10/13—10/17). Check some of them out. I will be getting ready for the little trick-or-treaters and checking out festivals while I am on vacation. I want to see if there is anything we can adapt to our program. I am always looking for new and different things for you to do and places for us to go. I will be back from vacation ready to go so come often and stay long. I love spending time with you. Thanks for everything, Beryl



October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Private Use
2 Private Use	3 Painting 1-3 PM  Yoga 3PM	4 Breakfast 8 AM Camera Club 9 AM	5 Birthday Party 1:30 	6 "Between the Lines Club" 1-3 PM Yoga 3PM 	7 Coffee & Tea 9-11AM 	8 Private Use
9 Private Use	10 Painting 1-3 PM  Yoga 3PM	11 Breakfast 8 AM Camera Club 9 AM	12 No Lunch Bunch Trip	13 Game Day 1-3 PM Yoga 3PM 	14 Coffee & Teas 9-11AM 	15 Private Use
16 Private Use	17 Painting 1-3 PM  Yoga 3PM	18 Breakfast 8 AM Camera Club 9 AM	19 Lunch Trip 3:30 PM 	20 "Between the Lines Club" 1-3 PM Yoga 3PM	21 Coffee & Tea 9-11AM 	22 Private Use
23 Private Use 30 Private Use	24 Painting 1-3 PM Yoga 3PM  31	25 Breakfast 8 AM Camera Club 9 AM	26 Pot Luck Lunch 12 Noon	27 Games 1-3 PM  Yoga 3PM	28 Coffee & Tea 9-11AM 	29 Private Use