

CIVIC CENTER NEWS

This Month's Happenings

Monthly Senior Activities

• Birthday Party	
• Lunch Trip	
• Senior Trip	
• Pot Luck Lunch	

Regular Activities

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

April is a busy month at the Civic Center and we have a busy program for the Seniors. We will start the month off with our **Breakfast** continuing on Tuesdays with us eating at 8AM. Our DAV friends will be here on April 4th.. on Tuesdays, **Birthday Party** on April 5th at 1:30 PM **Coloring** will be on April 6th and **Coffee and Tea** Friday from 9-11 AM. That's just the first week. Don't forget the Baldwin County Strawberry Festival on April 8 & 9.

The next week things will

not slow down any. We will have **Breakfast** and **Planning Committee meeting** on the 11th, then on the 12th we will go to eat at Ivy's. The bus will leave at 10:30 and we will eat around 11 AM. **Games** will be the 13th and the Center will be Closed on the 14th for Good Friday. That rounds out the second week.

The third week we have **Breakfast** on the 18th, our **Senior Trip** on April 19th to see Hank Williams, Sr Boyhood Home and Museum. We will eat

in Evergreen and then visit the home. We will leave at 9 AM since this will be a long trip. Plan on an all day outing. Then there is **Coloring** on the 20th and **Coffee & Tea** will be back on the 21st.

The last week will offer **Breakfast, Pot Luck Lunch** on the 29th, **Games** and **Coffee & Tea** will end the month of April.

Check the calendar for times for dates and times

Don't Forget

Our regular activities are here to keep you busy too.. Painting (Monday from 1-3 PM) & Chair Yoga (Monday and Thursday)

are also offered to entertain you. These activities keeps you moving, gets you out and about with friends and fellowship. All

the activities we offer are fun and benefit you in some way. Come try them and see.

Strawberry Festival

The second week-end of each April we see the Baldwin County Strawberry Festival here at the Civic Center and Municipal Park. Each year it seems to get bigger and better. If you are looking for something to keep you occupied all year long this would be something that would do it. They start right after the festival evaluating the event to see what they can do better. Want to get involved? Let me know and I will get you in touch with the people you need to know. They love their volunteers and can put you to work.



Don't ignore the Signs

Did you know the signs of a heart attack can be different for women than men?

Instead of the crushing chest pain that radiates down one arm, women may experience chest pressure, tightness and/or heaviness. This can be accom-

panied by pain in your arm, back, neck, or jaw. This pain can be gradual or sudden. It may wake you if you are asleep. Don't ignore it.

Shortness of breath or trouble breathing for no apparent reason could mean you have having a heart attack.

It can be accompanied by pain, nausea or cold sweats. Don't ignore it.

If you have chest discomfort especially with one or more symptoms, Don't ignore it. **CALL 9-1-1**

Happy Birthday

4/1	Caren Davis
4/4	Jane Herlocker
4/7	Anita Devine
4/10	Dan Nimrod
4/19	Delores Stanley
4/20	Marguirite Lambert
4/21	Barbara Lovell
4/26	Sandra Maples
4/26	Lois Wright

Big Time Fun

The big event I have planned for this month is the trip to Georgiana to the Hank Williams, Sr Boyhood Home and Museum. The trip will be about 2 hours but I think the visit will be worth it. Sign up early so you don't miss the bus. The cost of the ride will be \$4.00 and the admission will be \$5.00. We will stop in Evergreen to eat at Shoney's Lunch Bar before visiting the Museum. We might even stop for pie and Coffee on the way home. March 19th we will leave the center at 9 AM.

Did you know?

- Tina is now a Grandma? Carter Preach Harris was born on March 10th and weighed in at 7 lbs and 13 oz. We are all proud for her. She has pictures.
- We **only** have 8 more breakfast meetings before the Summer Youth Program springs into action.
- We have a total of 104 members in our Senior Program. We can always use more. If you know someone needing us, let me know and I will make contact and invite them to come see what fun we have.
- I have now (as of January) been your Activities Director for nine years and enjoyed every minute of it.

We're on the Web
townofloxley.org

Check out Senior Services on the Web.

<http://townofloxley.org>.

City Rhythm Big Band

The City Rhythm Big Band will hold their April dance on the 22th. The charge is \$7.00 per person and you can bring your own refreshments. The musicians are local personalities and play for your enjoyment. This is a time for you to come enjoy the music of our youth, watch the dancers and participate if you will. Come check them out even if you don't plan to dance. . . You can at least tap your foot and remember days gone by.

April 2017

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 9AM	5 Birthday Party 1:30	6 Coloring 1-3 PM Yoga 3PM	7 Coffee & Tea 9-11AM	8 STRAWBERRY FESTIVAL 
9 Private Use	10 Painting 1-3 PM Yoga 3PM	11 Breakfast 8 AM Camera Club Planning Committee	12 Lunch Bunch to Ivy's 10:30 AM	13 Game Day 1-3 PM Yoga 3PM	14 Civic Center Closed <i>Remembering GOOD Friday</i>	15 Private Use
16 Happy Easter 	17 Painting 1-3 PM Yoga 3PM	18 Breakfast 8 AM Camera Club 9 AM	19 Senior Trip to Hank Williams Sr Boyhood Home 9:00 AM	20 Coloring 1-3 PM Yoga 3PM	21 Coffee & Tea 9-11AM	22 City Rhythm Big Band 7-10 PM
23 Private Use 30	24 Painting 1-3 PM Yoga 3PM	25 Breakfast 8 AM Camera Club 9 AM	26 Pot Luck Lunch 12 Noon	27 Game Day 1-3 PM Yoga 3PM	28 Coffee & Tea 9-11AM	29

Tina Harris 964-7733

Beryl Allen 964-4995