



CIVIC CENTER NEWS

Monthly Senior Activities

• Birthday Party	
• Lunch Trip	
• Pot Luck Lunch	
• Sweets /Sweets	

Regular Activities

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

This Month

February is a short month but we are going to pack in as many activities as we can. We are going to have a full calendar so come often and stay long.

We will start the month off with our **Birthday Party** on February 1st at 1:30 PM **Coloring Between the Lines** will be on February 2nd and 16th from 1-3 PM. **Coffee and Tea** will be each Friday from 9-11 AM as usual.

Breakfast will continue as always on Tuesdays with us eating at 8AM. Our DAV friends will be here on February 7th and we have a treat in store. Katherine and the Church

of God ladies will be cooking and the Veterans will get to eat free. Then our **Lunch Bunch Trip** will be on February 8th and we are heading to **Desoto's** in Gulf Shores. Be the first to sign up and ride the bus free. We will leave at 10:30 AM and eat at 11'ish. **Game Day** will be the 9th & 23rd and Coffee and Tea will close the week.

The next week things will not slow down any. We will have a Valentine's Day Breakfast and **Planning Committee meeting** on the 14th, then on the 15th we will enjoy coffee and Pie @ 1:30 PM incase

you have not had enough sugar. I am calling it **"Sweets for the Sweet."** Coloring and Coffee and Tea will round out the week.

If that is not enough, the following week we see us with breakfast, **Pot Luck Lunch** on the **22nd**, Games on the **23rd** and Coffee & Tea on Friday the **24th**.

Thankfully, only two more days in February and we will have Breakfast on the 28th.

Check out the calendar for times for our events.

If you think this is a busy month, just wait till next

Keep this in Mind

Our regular activities keep you busy and they have some health benefits too. Painting (each Monday from 1-3 PM) and "Coloring Between the Lines" help us with eye/hand coordination and keeps us thinking. It is calming and helps reduce

stress.

Games keep our mind active and us social (especially as much as we carry on in the sessions). Chair Yoga is a good way to improve your balance, flexibility, and muscle strength.

These activities are fun. Come check them out and even if you don't think you can paint, bring a paint by numbers. If you come to games, we can teach you how to play whatever you are playing. In Yoga, you do only what you can. Try it and see.

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

Lost your Newsletter? Check us out on the Web. We are @ <http://townofloxley.org>. This is a good place to get an advance copy of the Newsletter or you can reprint it if you have misplaced your original.

Getting Older

Not all topics relating to aging are pleasant but we need to talk about them.

They are important.

As we get older, physical changes and health conditions change. So let's talk about **fall prevention**. Falls can cause serious injury and cause more issues.

Preventive measures should include a **talk with your doctor**. On your next

visit ask him how your meds or their interaction might increase your risk of falling. Discuss any falls or your concern about falling. He may be able to work with your concerns.

Take a walk. Even a walk around the yard will help. We need to improve our balance, flexibility and strength. Even a small amount of exercise is better than none.

Wear sensible shoes.

When I broke my foot a couple of years ago, I was wearing floppy slippers. Don't do that. Slick soles can also cause you to slip, stumble and/or fall. So can walking in stocking feet. Instead, wear properly fit, sturdy shoes with nonskid soles. They may reduce joint pain too. Be aware of your health. You matter to me.

Be My Valentine

I have a special day for you on February 15th. I know that is the day after Valentine's day but I want to surprise you with desert. We will have pie and coffee at 1:30. You'll have time to eat lunch and make it up here for your desert. This will give us an extra time to fellowship and enjoy being together. Plan to bring yourself and a friend. You will be my **Valentines**.



Feel Good About Yourself

Every New Year we make resolutions that we don't keep. This year I plan to keep mine since I made none. I have decided to enjoy each day to the fullest.

I love being with each of you and want you to know how much you each mean to me. I enjoy planning

our events and love when we can get together.

It seems that each year family and friends get to be more important. Since you are friends, you are important too. I guess that is just me.

I hope this month you will find something that sparks

your interest and you will get involved. If not, let me know what you would like to see happening and I will try to make it work.

You all know that I am an optimist and my outlook for the future is good. I look forward to the future and want to meet changes head on.

Happy Birthday

2/7 Shirley Parker
2/13 Sandra Spicer
2/13 Louise Tyson
2/15 Frank Ganley
2/22 Sandra Coogan
2/28 Buford Blackmon

City Rhythm Big Band

The City Rhythm Big Band will hold their February dance on the February 11th. This is a time for you to come enjoy the music of our youth. You can watch the dancers and participate if you will. The charge is \$7.00 per person and you can bring your own refreshments. The musicians are local personalities and they play for your enjoyment. Come check them out even if you don't plan to dance. You can at least tap your foot.

February 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 Birthday Party 1:30	2 Coloring Between the Lines 1-3 PM Yoga 3 PM	3 Coffee & Tea 9-11AM	4 Private Use
5 Private Use	6 Painting 1-3 PM Yoga 3PM	7 Breakfast 8 AM Camera Club 9AM	8 Senior Lunch Trip Desoto's 10:30	9 Game Day 1-3 PM Yoga 3PM	10 Coffee & Tea 9-11AM	11 City Rhythm Big Band 7-10 PM
12 Private Use	13 Painting 1-3 PM Yoga 3PM	14 Breakfast 8 AM Camera Club Planning Committee	15 Sweets for the Sweet	16 Coloring 1-3 PM Yoga 3PM	17 Coffee & Tea 9-11AM	18 Private Use
19 Private Use	20 Painting 1-3 PM Yoga 3PM	21 Breakfast 8 AM Camera Club 9 AM	22 Pot Luck Lunch 12 Noon	23 Game Day 1-3 PM Yoga 3PM	24 Coffee & Tea 9-11AM	25 Private Use
26	27 Painting 1-3 PM Yoga 3PM	28 Breakfast 8 AM Camera Club 9 AM				

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