



CIVIC CENTER NEWS

Monthly Senior Activities

• Birthday Party	
• Lunch Trip	
• Pot Luck Lunch	

Regular Activities

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

This Month's Happenings

We will start the month off with our **Birthday Party** on March 1st at 1:30 PM. **Coloring Between the Lines** will be on March 2nd and 23rd 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 March 7th. A **Theatre Trip** will be on March 9th, Be the first to sign up. We will leave at 6 PM. **Game Day** will be the

16th & 30st and **Coffee and Tea** will close the week.

The next week things will not slow down any. We will have Breakfast and **Planning Committee meeting** on the 14th, then on the 15th we will go to eat at Felix's Fish Camp. The bus will leave at 10:30 and we will eat around 11 AM. **Games and Coffee & Tea** will round out the week.

The following week we have breakfast, and our **Senior Trip** to see the

Malbis Plantation Greek Orthodox Church with lunch at the Cracker Barrel. **Coloring and Coffee & Tea** will finish out our third week.

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

Check out the calendar for times for our events.

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

Keep this in Mind

Our regular activities are here to keep you busy, active and social. Painting (Monday from 1-3 PM), Breakfast (Tuesdays @ 8AM) Birthday Party (1:30PM), "Coloring Between the Lines," Trips, Chair Yoga, Games and Pot Luck Lunch are

planned with you in mind. It keeps you moving, gets you out and about, and with friends to fellowship. Some activities are calming and helps reduce stress while others are meant to motivate and stimulate your mind and body.

Some say mind and body work together and if you don't use it you lose it so lets stay busy and healthy.

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

"Wouldn't it be lovely?"

The next trip to Pensacola Little Theatre will be on March 9th to see "My Fair Lady." We have enjoyed several trips to their productions and this should be a good one. The tale of Eliza Doolittle learning to be a dignified lady through her speech and her actions will include a lot of singing and dancing. We will leave the center at 6 PM to enjoy the show. The tickets will be \$11.00 each due at sign-up.

Getting Older or Better?

Looking for that ever-elusive fountain of youth? Me too. But there are many things we can do to stay vital and healthy as we get older — such as exercising regularly and eating a healthy diet — but experts now believe that one of the best ways to age gracefully is to engage in social networking.

Surveys show that socially active people have a 70%

less decline in mental ability and a 30% decline in depression. Make an effort to stay in touch with friends and family by phone, e-mail or face book, Play games or do puzzles to keep your mind working. Joining a club or **senior center** offers a good place to make new friends and engage in social events. Another way to stay social is to volunteer with your community,

church or senior center. Find a purpose and take on the responsibility.

It's not uncommon for older people to become socially and intellectually withdrawn. But if we make an effort to stay engaged as we get older, we will find more joy and satisfaction in life — and there is a good chance we will stay healthier as we age.

Check us out on the Web.

<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.

We're on the Web
townofloxley.org

Feel Good About Yourself

You make my life better. I enjoy planning for you and being involved with our functions.

There are a couple of things that I have not mentioned. March 1 is Ash Wednesday, March 12 is when we go back to Daylight Savings Time & March 17th is

St. Patrick's Day.

Remember even with the time changing, our activities will remain the same. You will have more daylight so plan to work in the yards later in the day.

I do ask you to participate as often as you can.

My job is to keep you active and I need to have your help to justify the events we have at the Civic Center. I always say come often and stay late.

Feel free to let me know if there is something you want to see us do. I can make it happen.

Happy Birthday

3/2	Tom Davis
3/4	Beverly Wiggins
3/9	Janell Wingard
3/12	Jan Hartman
3/12	Alice Anderson
3/13	John Lindsey
3/18	Ted Schmitz
3/20	Margie Anderson



City Rhythm Big Band

The City Rhythm Big Band will hold their March dance on the 25th. 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.

March 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	9 Theatre Trip 6PM	10 Coffee & Tea 9-11AM	11 LITTLE MISS STRAWBERRY PAGEANT
12 Private Use Daylight Sav- ings Time Be- gins	13 Painting 1-3 PM Yoga 3PM	14 Breakfast 8 AM Camera Club Planning Committee	15 Lunch Bunch trip to Felix's Fish Camp 10:30 AM	16 Game Day 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 Senior Trip to Malbis Planta- tion Greek Or- thodox Church	23 Coloring 1-3 PM Yoga 3PM	24 Coffee & Tea 9-11AM	25 City Rhythm Big Band 7-10 PM
26 Private Use	27 Painting 1-3 PM Yoga 3PM	28 Breakfast 8 AM Camera Club 9 AM	29 Pot Luck Lunch 12 Noon	30 Game Day 1-3 PM Yoga 3PM	31 Coffee & Tea 9-11AM	

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