

Living Young Newsletter

CLINTON THERAPEUTIC RECREATION
July | August | September 2024



Here's what's to come!

Vet to Vet Cafe

Vet to Vet Cafe is a monthly program held at the Wood Activity Center specifically for Veterans. This event provides an opportunity for those who have served our country to hear from speakers who share relevant information. Each month, Baptist Hospice will provide a light breakfast on the third Monday at 9:30AM. The speaker for July is Terry Wynn from the Vet Center. Veterans interested in attending are encouraged to RSVP by calling our office. This is a great chance to connect, learn, and share experiences with fellow Veterans.

Vet to Vet Schedule

JUL	Terry Wynn The Vet Center
AUG	Gary Gray DAV Veteran Disability Benefits
SEPT	Yolanda Davis VA Foster Program

National Watermelon Day Social:

Keep calm and watermelon on! Join us for our Watermelon Social on July 31 at 1:30PM sponsored by Harmony Court and Legal Shield. We'll have tasty watermelon, watermelon inspired treats, and more! RSVP required to attend.

Hospice Service Project

We invite you to join our community in making a difference for individuals under the care of Baptist Hospice. On July 10 at 2 PM, we will come together to create comforting and adorable octopus dolls from yarn. These handmade gifts will bring joy and comfort to those in hospice care, providing them with a sense of warmth and love. Their soft texture and unique design offer comfort and a tactile source of reassurance to those in need of care and support. No special skills are required to participate. We will provide all the materials and instructions needed to create these lovely dolls. Whether you're an experienced crafter or new to yarn crafts, your effort and time will surely make a difference. We look forward to seeing our group gather and work together to bring smiles to the faces of those at Baptist Hospice. Don't forget to let us know you're coming!



Movie + Ice Cream Social

Come celebrate the USA for our Patriotic Ice Cream and Movie Social sponsored by Electronic Caregiver! Enjoy a tasty, cold treat as we watch the movie *National Treasure* on July 3 at 1:30PM. National Treasure stars Nicholas Cage as a historian and code-breaker who has been searching his whole life for a rumored treasure that dates back to the creation of the United States.

Laughs, Pizza and Strikes!

What do pizza and bowling have in common? They are both meant to be shared with others. No matter how you slice it or strike it, we are sure to have a good time at this afternoon outing! Join us on July 12 at 11:30AM as we enjoy lunch at an Olde Towne Clinton favorite, The Bank by Pizza Shack. After lunch we have 1:30PM reservations for an hour of bowling at Indian Lanes here in Clinton. The Bank is located at 200 W Leake St. Clinton, MS. Indian Lanes is located at 815 E Northside Dr. Clinton, MS. RSVP by July 9 and bring a friend! Let's share some laughs, pizza, and strikes!



August - Spirit Month!!

In previous years, we have held a week full of fun events in celebration of the Living Young Program and all of the wonderful participants we have. This year we decided to not just focus on one week, but to create a month long celebration instead. We have designated the month of August as Living Young Spirit Month!! We have planned a month full of fun activities that everyone is sure to enjoy!

Join us for **Coffee and Conversation** on August 2 at 9:30AM. Then put on your loud colored neon clothing and come party with us at the Wood Center at 2PM. With entertainment by Larry Brewer, this **Neon Dance Party** is sure to have lots of toe tapping and hips swinging on the dance floor. We will have a chip and dip bar to enjoy and entry is free! Bring a friend and join in. RSVP by July 26 to attend.

Wood Center's Got Talent - Our annual talent show is back in a new format! Put your best foot forward in whatever area you have talent; singing, dancing, comedy, poetry, acting, etc! You name it, we want to see it! Stop by our office before August 1 to fill out the registration form to be included in the Talent Show on August 8 at 2PM. Keep in mind that participants do not have to be active in the Living Young Program, but they must be age 50+.

Potluck Brunch - Bring your favorite dish to share and enjoy a delightful morning of delicious food, great company, and lots of fun on August 12! Whether it's a sweet treat, a savory dish, or a refreshing drink, your contribution will make our brunch truly special. Be sure to call us and let us know ahead of time what you will be contributing to the meal or to ask for suggestions.

Team Colors Tailgate is back! Dress in your favorite team's colors or wear your favorite Living Young t-shirt and tailgate with us on August 23 at noon. Whether you're a die-hard fan or just there for the fun, there's something for everyone to enjoy. Participants are encouraged to bring in a dish to put under the Wood Center tent or gather a group of friends to create your own spread. We will have cornhole, ladder ball, dancing, card games and more!

Beach Day Luau - Aloha friends! Escape to a tropical paradise without leaving town! We are excited to invite you to our Beach Day Luau Social, an indoor celebration with all the fun and flair of a beach party. Indulge in hawaiian inspired Hors d'oeuvres, mocktails and beach themed activities. Feel free to dress in your best Hawaiian attire—think floral shirts, grass skirts, and flip-flops! Don't forget to bring your beachy spirit and a big smile on August 30 at 1:30PM. RSVP required to attend!

Tasty Tuesday - Each Tuesday in the month of August, we will have tasty treats following our Chairobics class around 11:45. Baptist Hospice will provide us with Root Beer Floats on August 6, you can pop on over for buttery popcorn on August 13, and on August 23 a Sno Biz truck will be on site at the Wood Center handing out sno-cones. Keep your money in your pockets, because it's all on us (Living Young Participants only).

- 2 Neon Dance Party
- 8 Wood Center's Got Talent
- 12 Potluck Brunch
- 23 Team Colors tailgate
- 30 Beach Day Luau

Momentary Reflections

Ever wish you had an outlet of friends to express your feelings and thoughts to in a non-judgmental environment? Our monthly Momentary Reflections group has proven to be that for our Living Young group. On the first Monday of each month, we delve into various group discussions that create open dialogue, discovery and allow for personal reflections to take place. Give it a try this quarter. We guarantee that you won't be disappointed.



September 11 at 2PM - Bring in your own 8x10 picture frame and we will provide you will materials to make a beautiful faux stained glass window. RSVP required to attend. Limited space available.

**TO: 81010
@liveyoung**

**Sign up to receive
text message
updates today!**



September Highlights

The **Living Young Art Exhibit** will return to the Wood Center from September 9th – 27th. We are always eager to see works of art done both inside and outside of the Wood Center walls. So showcase your crafts and artwork with us for the month of September by bringing your items to the Center from August 26th – 30th. We ask that all artists submit a brief bio sharing your crafting journey and a fun fact about yourself.

Women's Health & Fitness Day is September 25. In celebration of this day, we have activities lined up for the ladies to get fit, socialize and learn about women's health issues. At 9:30 our group will meet up at Lion's Club Park for a group walk in Olde Town Clinton. Then, at 11:00, we will have our usual Flexercise class which uses resistance bands to help build strength and follow it up with a 30 minute aerobic, fast paced exercise class that will really get your heart pumping. We will end the day with a luncheon together at 12:30. As motivation to get moving, all you have to do is join us for one of the three (3) events of the morning in order to attend the luncheon. RSVP required.

Meet & Eat @ The Hilton Garden Inn

You're invited to our Breakfast Meet & Eat September 13th at 8:30am, to be held at The Hilton Garden Inn, 5007 Hampstead Blvd, Clinton MS 39056. Indulge in a delightful breakfast and share lively conversations and laughter. Dutch treat. RSVP Required.

"A Galveston Island & Houston, Texas Christmas

Trek Travel Programs has put together another great Christmas tour itinerary for our Living Young group! We are looking forward to making lots of memories together in Galveston and Houston, Texas December 9-13, 2024. Share these tour highlights with family and friend and claim your spot ASAP!

TOUR HIGHLIGHTS

Round Trip Luxury Motorcoach Transportation
Four Nights First Class Hotel Accommodations in Galveston & Houston, Texas
The Famous "Festival of Lights" Trail in Galveston
A Tour of the 1895 Moody Mansion
A Tour of the Ocean Star Oil Rig Museum – The Only One in the World!
A Tour of The 1886 Bishop's Palace
Shopping and Sightseeing Time in Galveston - The Strand & Post Office Street
Guided Sightseeing in Houston - Step on Tour Guide
An Exciting Tour of NASA's Lyndon Johnson Space Center
Experience Houston's Enchanted Christmas Adventure -- All Decorated in Lights!
A Fun Afternoon at the Lone Star Flight Museum in Houston
Three Dinners & One Lunch Included
Deluxe, Hot Breakfast Included each Morning at Our Hotels
All Luggage Handling, Taxes and Gratuities Included

TOUR COST BASED ON 30 PAYING PASSENGERS

\$ 925.00 Per Person Quad Basis – Four People to a Room
\$ 975.00 Per Person Triple Basis – Three People to a Room
\$ 1,105.00 Per Person Double Basis – Two People to a Room
\$ 1,505.00 Per Person Single Basis – One Person to a Room

Trip Payment Details

The cost for this tour is based on 30 paying passengers. A minimum deposit of \$100 per person is due at the time of the reservation. Full payment is due by November 1. For credit card payments, you may contact Trek Travel at 601-951-8338. Cancellation insurance is also available through Trek Travel. Exact change or checks can be brought or mailed to the Wood Activity Center located at 111 Clinton Blvd., Clinton, MS 39056. Make checks payable to Trek Travel.



Notice: The 4th quarter edition of this Newsletter due to be mailed in September 2024 will be the last paper mailout. We will only email those who have signed up to go paperless. Paper copies will still be available at the Wood Center for pick up. If you are not currently receiving emails, please contact us to be added by October 2024.



July

August - Spirit Month!

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Quilting	2 11:00 Chairobics 1:30 Line Dancing	3 10:00 Momentary Reflections 11:00 Flexercise 2:00 Movie + Ice Cream Social (Electronic Caregivers)	4 Happy Independence Day!! Closed	5 Closed
8 10:00 Dance Fitness	9 11:00 Chairobics 11:45 Tasty Tuesday sponsored by Sam Peacock-Retirement Income Planning 1:30 Line Dancing	10 11:00 Flexercise 2:00 Hospice Service Project (Octopus Yarn Craft)	11 11:00 Chairobics 1:00 Music Workshop	12 11:30 Meet and Eat at The Bank by Pizza Shack 1:30 Bowling at Indian Lanes
15 9:00 Quilting 9:30 Vet to Vet Cafe	16 11:00 Chairobics 1:30 Line Dancing	17 11:00 Flexercise	18 11:00 Chairobics 2:00 Bingo	19 10:00 Pickleball
22 10:00 Dance Fitness	23 11:00 Chairobics 1:30 Line Dancing	24 11:00 Flexercise 2:00 Medicare Educational (Dennis Ayers)	25 11:00 Chairobics 1:00 Music Workshop	26 10:00 Paint Workshop
29 12:30 Mexican Train Dominoes	30 11:00 Chairobics 1:30 Line Dancing	31 10:00 Momentary Reflections 1:30 Watermelon Social	1 11:00 Chairobics 12:30 Bridge	2 9:30 Coffee and Conversation at Cups, Clinton 2:00 Neon Dance Party— music by Larry Brewer
5 9:00 Quilting 10:00 Dance Fitness	6 11:00 Chairobics 11:45 Tasty Tuesday Ice Cream Floats (Baptist Hospice) 1:30 Line Dancing	7 10:00 Momentary Reflections 11:00 Flexercise	8 11:00 Chairobics 1:00 Music Workshop 2:00 Wood Center's Got Talent	9 10:00 Pickleball
12 10:30 Potluck Brunch	13 11:00 Chairobics 11:45 Tasty Tuesday-Popcorn Pop Up 1:30 Line Dancing	14 11:00 Flexercise	15 11:00 Chairobics 2:00 Wacky Bingo	16 10:00 Pickleball
19 9:00 Quilting 9:30 Vet to Vet Cafe	20 11:00 Chairobics 11:45 Sno Biz Truck 1:30 Line Dancing	21 11:00 Flexercise	22 11:00 Chairobics 1:00 Music Workshop	23 12:00 Team Colors Tailgate
26 10:00 Dance Fitness 12:30 Mexican Train Dominoes	27 11:00 Chairobics 11:45 Tasty Tuesday 1:30 Line Dancing	28 11:00 Flexercise	29 11:00 Chairobics	30 1:30 Beach Day Luau
2 Labor Day Closed	3 11:00 Chairobics 1:30 Line Dancing	4 10:00 Momentary Reflections	5 11:00 Chairobics 12:30 Bridge	6 Coffee and Conversation 10:00 Pickleball
9 10:00 Dance Fitness Living Young Art Exhibit Opening	10 11:00 Chairobics 1:30 Line Dancing	11 11:00 Flexercise 2:00 Faux Stained Glass Craft	12 11:00 Chairobics 1:00 Music Workshop	13 8:30 Meet and Eat at Hilton Garden Inn (Clinton)
16 9:00 Quilting 9:30 Vet to Vet Café	17 11:00 Chairobics 1:30 Line Dancing	18 11:00 Flexercise	19 11:00 Chairobics 2:00 Bingo	20 10:00 Pickleball
23 10:00 Dance Fitness	24 11:00 Chairobics 1:30 Line Dancing	25 Women's Health and Fitness Day 9:30 Walk in Old Towne 11:00 Flexercise 11:45 Aerobics 12:30 Luncheon	26 11:00 Chairobics 11:45 Quarterly Birthday Social 1:00 Music Workshop	27 10:00 Paint Workshop Living Young Art Exhibit Closing
30 9:00 Quilting 12:30 Mexican Train Dominoes				