

Living Young Newsletter

CLINTON
THERAPEUTIC
RECREATION

Oct | Nov | Dec 2024



Important Update: Final Mailed Edition of Living Young Newsletter

Back in January, we announced that the Living Young Newsletter would no longer be mailed after 2024. With that in mind, this is the final mailed edition of the newsletter.

But don't worry—you can still pick up printed copies daily at the Wood Activity Center. For those with active email accounts, we highly recommend joining our email list by sending a request to cweathersby@clintonms.org. This is the best way to stay informed about upcoming programs and events. Our monthly program reminders ensure you never miss an important registration date.

For the quickest updates, we also encourage you to sign up for text alerts. Simply text @liveyoung to 81010 to receive real-time notifications about schedule changes and other important announcements.

Stay connected with us and never miss a beat!

Educational Opportunities

Medicare Sales Seminar

Attend a Medicare Sales Seminar with Dennis Ayers on Thursday, October 3rd at 1:30 PM. Get expert advice, learn more about Medicare options, and have your questions answered in this informative session. RSVP required to attend.

CPR Training

Take part in a CPR Certification Session hosted by Bell Life Safety on Wednesday, October 16th from 9AM-10:30. Learn life-saving skills including CPR, choking and AED use for adults, children and infants in this hands-on training. Don't miss this important opportunity! Send email reservations to SUSAN.RODRIGUEZ@lhcgroupp.com

Monthly Vet to Vet Cafe Schedule

Participate in our monthly Vet to Vet Café featuring a variety of speakers serving the needs of Veterans and spouses in our area. Sessions are held on the third Monday of each month. A light breakfast will be served. RSVP to attend.

October 21st at 9:30 AM
Rebecca Kincaid/ Visiting Angels

November 18th at 10 AM
Baptist Hospice/ Vet Pinning Brunch

December 16th at 9:30 AM
Eleanor Harris/VA Advance Care Planning

Program Highlight

Join us the first Wednesday of each month for Momentary Reflections. This time was created to foster a welcoming space to discuss meaningful topics. Whether it's life experiences or personal reflections, this offers an opportunity to have meaningful conversations and connect with others. No RSVP required to attend.

Let's Eat!

Tasty Tuesday Cookie Swap

Join us on October 1st at 11:45 AM for a fun cookie swap! Bring a dozen of your favorite cookies—baked or store-bought—and take part in a blind drawing to swap treats and take home a new batch!

Oktoberfest Luncheon

Celebrate fall at our Oktoberfest Luncheon on Friday, October 18th at 11:30 AM! Enjoy a delicious meal with festive flavors, great company, and lively fun. Don't miss out! Limited space available. RSVP to attend.

Candy Apple Creations

On Monday, October 21st at 2 PM will walk you through how to make your very own candy apples, complete with toppings and sweet treats. RSVP required to attend. All supplies provided.



Spooktacular Events

Get into the Halloween spirit and come watch the original *Hocus Pocus* at The Wood Center Cinema on Monday, October 28th at 1:30 PM! Enjoy this classic spooky comedy with friends and popcorn. Don't miss the fun!

Who Wore it Best: Costume Contest

Cute or creepy, show off your best Halloween costume at Chairobics on October 31st. We'll vote on the top three, so come dressed to impress!

Crocheting 101

Have you ever wanted to learn how to Crochet? Well this is your chance to learn the basics! Grab a friend and join in on one of two classes offered this quarter. November 14 or 20 at 1:PM. RSVP to attend.

Fresh & Fit: A Healthy Food Demo

Are you looking for ways to improve your diet without breaking the bank? Join us on November 1st at 1:30 PM for an informative, hands on food demonstration! Learn how to prepare nutritious and delicious foods with simple ingredients. Whether you're looking to improve your diet or try something new, this demo will provide tasty tips and easy-to-follow recipes. Limited space available. RSVP required to attend.

Meet and Eat at Santa Fe Grill

Come out on November 8th and support one of Clinton's newest restaurants! Located at 1004 Hampstead Blvd, Santa Fe Grill is a casual dining establishment, offering a diverse menu of American and Mexican cuisine. Dutch treat.

November Happenings

Potluck + Fall Recipe Swap

With the holidays fast approaching, we want to know what some of your favorite dishes are! Join us on November 15 at 11:30AM for our Potluck + Fall Recipe Swap. Submit your full recipes by November 8th to be placed in a booklet that will be given to all attendees on the day of the luncheon. All dishes must be home made. The name of the dish should be submitted when you reserve your spot. If registering online, please include the name of dish in the comment section.

Calling all crafters! If you've driven through Olde Towne Clinton in the spring, you may have noticed the vibrant yarn-wrapped trees. What many don't know is that this is an annual project organized by our Main Street Department. During the luncheon, we'll have the pleasure of hearing from our friends at Main Street as they share the details of their Yarn Bombing project. It's a fantastic way to get involved in the community and enhance your crocheting skills on your own time! If you're not participating in the Recipe Swap but are curious about yarn bombing, feel free to join us at 11:50 to learn more.

Heartwarming Movie Showing: Soul Surfer

Join us at Wood Center Cinema on November 25 at 1:30 PM for a special screening of *Soul Surfer: The Bethany Hamilton Story*. This inspiring film follows the incredible journey of surfer Bethany Hamilton as she overcomes a life-altering event with resilience and determination. Experience a story of courage and triumph that will touch your heart. Don't miss out—RSVP to reserve your spot!

Meet and Eat at Jamie's

Come join us for a wonderful meal and great company at Jamie's, located at 507 Springridge Rd here in Clinton, on Friday, December 6th at 11:30 AM for our Meet and Eat! There's plenty of seating so bring a friend, and don't forget to let us know you're coming.

Reminder: The final day to pay for the Houston and Galveston Tour is November 1st! Don't miss out on this great tour!

Bringing Christmas Cheer!

November 13th Hospice Craft



Be part of a heartwarming service project where we'll create adorable hand towel teddy bears, each paired with an encouraging message, to bring comfort to hospice patients. Help us spread kindness and smiles through these thoughtful handmade gifts this holiday season! Towel donations are welcome and encouraged.

Living Young Christmas Party + Gift Exchange

Every year, our Living Young group comes together for the biggest Potluck of the season at Christmas! Don't miss the celebration on Monday, December 16th at 11 AM, where you can enjoy delicious food, festive music, and plenty of laughter. Let's make joyful holiday memories together! Bring a wrapped gift valued between \$5 and \$10 for our exciting Dirty Santa Gift Exchange to wrap up the fun.

Christmas Sip n' Swap

Come celebrate with us on Wednesday, December 18th at 2:00 PM with a Christmas Sip & Swap! Warm apple cider to sip while exchanging holiday ornaments with friends. It's the ideal way to spread joy and get into the Christmas spirit!

Wood Center Cinema & Pajama Party

Get cozy! The Wood Center Cinema will be hosting a Pajama Party and showing The Polar Express on Monday, December 20th at 1:30 PM! Wear your favorite pajamas and enjoy this heartwarming holiday classic with us!



Paintbrush Ornaments

On November 6th at 2PM we will make ornaments using paint brushes! These unique ornaments can be used on your tree or as home decor this holiday season. All materials provided. Limited space available. RSVP by November 1.

STAY IN THE KNOW!!!

Sign up for Text Message Updates TODAY






This code is for Living Young programs only (Age 50+).

Carrier data rates may apply if you do not have a text message plan with your service provider.

Need help? Step into the office and we will get you signed up



October
November
December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CLINTON	1 11:00 Chairobics 11:45 Tasty Tuesday Cookie Swap* 1:30 Line Dancing	2 10:00 Momentary Reflections 11:00 Flexercise	3 11:00 Chairobics 11:45 Quick Chats 1:30 Medicare Sales Seminar (Dennis Ayers) 12:00 Bridge	4 9:30 Coffee and Conversation 10:00 Pickleball
7 9:00 Quilting	8 11:00 Chairobics 1:30 Line Dancing	9 11:00 Flexercise	10 11:00 Chairobics 1:00 Music Workshop	11 10:00 Pickleball 1:30 Phase 10
14 10:00 Dance Fitness	15 <i>Pink Out for Breast Cancer Awareness</i> 11:00 Chairobics 1:30 Line Dancing	16 9:00 CPR Training \$25 11:00 Flexercise	17 11:00 Chairobics 2:00 Bingo	18 11:30 Oktoberfest Luncheon
21 9:00 Quilting 9:30 Vet to Vet Café: Visiting Angels 2:00 Candy Apple Creations	22 11:00 Chairobics 1:30 Line Dancing	23 9:30 Gel Air Freshener Making 11:00 Flexercise	24 11:00 Chairobics 1:00 Music Workshop	25 10:00 Paint Workshop
28 10:00 Dance Fitness 12:30 Mexican Train Dominoes 1:30 Wood Center Cinema: Hocus Pocus	29 11:00 Chairobics 1:30 Line Dancing	30 11:00 Flexercise	31 11:00 Chairobics 11:45 Costume Contest	1 10:00 Pickleball Trip payment due
4 9:00 Quilting 10:00 Dance Fitness	5 11:00 Chairobics 1:30 Line Dancing	6 10:00 Momentary Reflections 11:00 Flexercise 2:00 Paintbrush Ornament Making	7 11:00 Chairobics 11:45 Quick Chats 12:00 Bridge	8 10:00 Pickleball 11:30 Meet and Eat at Santa Fe Grill 1:30 Phase 10 Recipe entry deadline
11 Closed for Veteran's Day	12 11:00 Chairobics 1:30 Line Dancing	13 11:00 Flexercise 2:00 Hospice Service Project	14 11:00 Chairobics 1:00 Crocheting 101 Music Workshop	15 11:30 Potluck and Fall Recipe Swap 12:00 Main Street Yarn Bombing Informational
18 Closed from 11:30 -2P 9:00 Quilting 10:00 Vet to Vet Café: Vet Pinning Brunch	19 11:00 Chairobics 1:30 Line Dancing	20 11:00 Flexercise 1:00 Crocheting 101	21 11:00 Chairobics 2:00 Bingo	22 10:00 Painting Workshop
25 10:00 Dance Fitness 12:30 Mexican Train Dominoes 1:30 Wood Center Cinema: Soul Surfer	26 11:00 Chairobics 1:30 Line Dancing	27 11:00 Flexercise	28 	29 Closed for Thanksgiving
2 9:00 Quilting	3 11:00 Chairobics 1:30 Line Dancing	4 10:00 Momentary Reflections	5 11:00 Chairobics 11:45 Quick Chats 12:00 Bridge	6 10:00 Pickleball 11:30 Meet and Eat Jamie's
9 10:00 Dance Fitness	10 11:00 Chairobics 1:30 Line Dancing	11 9:00—1:00 Closed for City Event	12 11:00 Chairobics 1:00 Music Workshop	13 9:00—11:30 Closed 1:30 Phase 10
16 9:30 Vet to Vet Café: VA Advanced Care Planning 11:00 Living Young Christmas Party	17 11:00 Chairobics 1:30 Line Dancing	18 11:00 Flexercise 2:00 Christmas Sip 'N Swap	19 11:00 Chairobics 2:00 Bingo	20 1:30 Wood Center Cinema & Pajama Party: The Polar Express
23 10:00 Dance Fitness	24 11:00 Chairobics 1:30 Line Dancing	25 	26 Closed	27 Closed