

LIVING YOUNG NEWSLETTER



Therapeutic
Recreation

2025 | January | February | March

2025 Vision Board Party

Welcome, 2025! Start the new year off right by setting your goals and dreams into motion. Join us on January 3 at 10 AM for our Vision Board Party! This is your chance to visualize and map out everything you want to accomplish in the year ahead. Bring along old magazines, newspapers, or any materials you'd like to include on your vision board, and let's create something inspiring together.

Don't miss out—RSVP to reserve your spot today!

Health Challenge Kickoff Lunch

Let's start the new year with a bang of healthiness! Join our Health Challenge Kick-off on January 6 at noon, where the fun begins! Each week, you'll rack up points for tackling healthy tasks like a champ! We'll arm you with tips and resources to make your wellness journey a breeze. By signing up, you're saying "yes" to the Health Challenge from Jan. 6-31. Wrap it all up with a fabulous celebration luncheon and final weigh-in on February 7th. Get ready to strut your way to a healthier, happier you in 2025!

Potluck and Trip Informational

Curious about the travel adventures in store for the Living Young group? Join us on January 13 at 11:30 AM for a Potluck Luncheon, featuring Lance Clay from Trek Travel Programs as our guest speaker. Lance will unveil exciting details about the upcoming trips planned for Living Young in 2025. Bring your favorite dish to share and discover the adventures that await. Don't miss this chance to plan your next journey!

Meet and Eat at Sonny's BBQ

Come enjoy lunch and fellowship with friends on Friday, January 17 at 11:30 a.m. at Sonny's BBQ, located at 101 Hampstead Place. Enjoy amazing food and a great time as we gather to laugh. We hope to see you there!

New Fitness Class: Aerobics

Looking for a high-energy workout to get your heart pumping? Join us for our introductory Aerobics class, perfect for those who want a faster-paced session to really get moving! This class is designed to boost your stamina, improve coordination, and keep you energized. Classes will be held on the 2nd and 4th Wednesdays of the month, starting at 11:35 AM, right after our Flexercise class. Come ready to sweat, have fun, and take your fitness to the next level!

Calling All Card Players!

Join in on our afternoon new card playing group, the Wild Cards! Learn the rules of various card games in a fun and relaxed setting. Whether you're a beginner or a seasoned player, this is your chance to sharpen your skills, enjoy friendly competition, and connect with others. Let the games begin! Check your monthly calendar for dates.

Golden Cue

Step up to the table and show your skills at Golden Cue, a fun 8-ball pool session! Whether you're a seasoned player or picking up a cue for the first time, this is your chance to enjoy friendly competition and share laughs. Join us and make every shot count every first Thursday of each month at 1:30.

Vet to Vet Cafe

Sponsored by Baptist Hospice, this monthly program offers veterans and their loved ones a space to connect and learn about available services. Check the calendar for dates!

Program Registration

Registration opens on the 15th of the month prior to the event. When the 15th falls on a weekend, call in registrations will take place on the first business day following the 15th.

January Programs: Now

February Programs:

January 15

March Programs:

February 15



Heart Wreath Making Workshop

Get creative and celebrate the season of love with our Heart-Shaped Wreath Making Workshop! Join us on January 29th at 1 PM to craft a beautiful heart-shaped wreath using coffee filters. This hands-on workshop is perfect for adding a personal and charming touch to your Valentine's décor. Spots are limited to 15 participants, so be sure to sign up early to secure your place. Don't miss this chance to create something special and enjoy an afternoon of fun and creativity!

Annual Soup and Bowl Competition

Think you've got the best soup recipe in town? Put it to the test at our annual Soup & Bowl competition on February 5 at 12:30PM! Sign up to compete and bring a hot pot of your specialty soup on the big day for everyone to sample. Participants will receive tickets to vote for their favorite, and a winner will be crowned once all the soups have been tasted. Not a chef? No problem! We need voters too. Sign up to be a judge and help us choose the best soup of the day. Have questions? Call or stop by the Wood Center. Don't forget to RSVP and let us know your soup specialty in advance!

Valentine's Dance + Cupid's Gift Exchange

Get ready to spread the love at our Valentine's Day Dance on February 14th at 1:30 PM! Join us for a heart-thumping good time with the fabulous Hunter Gibson, who'll be serenading us with his tunes and charm. But wait, there's more! We're throwing a Cupid Gift Exchange! To join the fun, just bring a small wrapped gift (worth \$10 or less) to sprinkle a little joy. So, lace up those dancing shoes, come ready to chat, and create some unforgettable memories. Love is in the air—don't let it float away!

Quarterly Birthday Social Sponsored by Baptist Hospice

It's time to celebrate! If your birthday falls in January, February, or March, you're invited to our Quarterly Birthday Social on March 27th at 1 PM. Join us for a fun and festive afternoon featuring delicious cake and ice cream, generously sponsored by Baptist Hospice. This is your moment to be recognized and celebrated among friends and fellow birthday honorees. Come ready to enjoy great company, sweet treats, and the chance to make your special day even more memorable. Don't miss this opportunity to share in the joy of birthdays with others who share your quarter! Limited to the first 20 participants to register by March 15th.

Friends and Fun Open House

Do you have friends over 50 who you would like to join the Living Young Program? Mark your calendar for January 10 at 11AM and invite them to join in on our Open House. This program will include lunch, arts and crafts, games, exercise and more and is designed to help them to get a feel for the programs that are offered at the Wood Center. All you have to do is RSVP with your friend's name to attend by January 8th. Hope to see you there!

Wii Bowling

Get ready to strike up some fun! Our Wii Bowling group meeting will be held on 3rd Fridays this quarter at 10 AM. Whether you're a seasoned pro or trying Wii Bowling for the first time, this is the perfect opportunity to enjoy a friendly competition and connect with others. No experience is needed—just bring your enthusiasm and team spirit!

Yarn Bombers Workshop

If you've wandered through the charming streets of Olde Towne Clinton in the Spring, you may have been enchanted by vibrant trees adorned with whimsical knitted and crocheted wonders. This year, our Living Young group will sponsor a tree in Olde Towne, filling it with delightful creations crafted by our talented members. If you wish to participate in the Main Street Clinton Yarn Bombing project this Spring, gather your crochet supplies and join us for our Yarn Bombers Workshops on February 19 and 26 at 1 PM as we finish up our pieces to be added to the display. For those wishing to donate crocheted treasures (such as flowers, granny squares, and more) but unable to attend the workshops, simply drop off your creations by March 3rd to be included in our vibrant display. Not sure what to crochet? Give us a call and we will be glad to set you on the right path.

Family Fun Day at the Wood Center

Join us at the Wood Center for a special Family Fun Day on Saturday, March 1 at 11 AM. This program will bring together participants from the Abilities and Living Young programs and their loved ones to enjoy a lively day filled with fun, food, and games for all ages. It's the perfect opportunity to connect, celebrate, and create lasting memories with family and friends. RSVP by February 21 with the number in your group to secure your spot. Don't miss this exciting day of community and fun!

Wood Center Cinema: The Notebook

Attend our special movie screening of Nick Cassavetes's *The Notebook* on February 12 at 1:30 PM. See how love, sorrow, and second chances are all beautifully captured in this classic romantic tale. Don't pass up this chance to unwind and take in an act, and spend time with friends.

Spring Flower Pots

If you enjoy potted plants and want to create a personalized pot to reflect the vibrance of Spring time, join us on March 12 at 2PM as we paint beautiful flower pots. Free. RSVP required to attend.

Lucky Charms Casino Day

Roll the dice and join the fun at this year's Lucky Charms Casino Day on St. Patrick's Day, March 17th at 1 PM! Dive into a whirlwind of thrilling casino games and compete for fabulous donated prizes. No need to break out the cash—just bring your A-game and get ready for an afternoon packed with laughter, games, and all the festive St. Paddy's Day spirit you can handle! Don't let this chance slip away! Space is limited, so RSVP and secure your spot!

Tabletop Game Day

Get ready for a morning of fun and friendly competition at our Tabletop Game Day on March 14th from 10 AM to 12 PM! Whether you're a seasoned strategist or just looking to enjoy some lighthearted games, there's something for everyone. Join us for classic board games, card games, and other tabletop favorites. Bring a friend or make new ones as we play, laugh, and share great company. Don't miss out on this fun-filled event—let the games begin! RSVP to attend.

Nature Walk

Join us for a relaxing walk in one of Clinton's hidden treasures, the Clinton Nature Center on March 21 at 2PM. Please bring a \$2 donation to support the Nature Center.

Program Highlights

Momentary Reflections

Join us on the first Wednesday of each month at 10 AM for Momentary Reflections, a small group designed for thoughtful conversation and self-discovery. Each session explores topics that encourage attendees to reflect on and discuss meaningful aspects of life in a supportive and engaging environment.

Paint Workshop

Unleash your creativity! Bring your canvas and join us on the last Friday of each month at 10 AM to create a beautiful masterpiece you can proudly call your own. No experience needed—just bring your imagination!

Coffee and Conversation

Start your month off with good company and great conversation. Join us on the first Friday of each month for Coffee and Conversation, a relaxed gathering where you can connect with peers and enjoy wherever the discussion takes you.

Quilting Workshop

Whether you're a beginner or a seasoned quilter, this workshop is the perfect space to craft your own unique quilt. On 1st and 3rd Mondays at 9 AM, you'll have a chance to collaborate, learn, and share your passion for quilting with others as you create your individual works of art.



2025

January

February

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><u>Key</u> * Small Program Room Bold—Requires RSVP to attend</p>		1 Closed for New Year's Day	2 11:00 Chairobics 12:30 Bridge 1:30 Golden Cue Club	3 9:30 Coffee and Conversation 10:00 Vision Board Party
6 9:00 Quilting 12:00 Health Challenge Kickoff	7 11:00 Chairobics 1:30 Line Dancing	8 10:00 Momentary Reflections 11:00 Flexercise 11:35 Aerobics	9 11:00 Chairobics 1:00 Music Workshop*	10 11:00 Friends and Fun Open House
13 10:00 Dance Fitness 9:30 Vet to Vet Café* 11:30 Potluck Lunch (Guest Speaker Trek Travel Programs)	14 11:00 Chairobics 1:30 Line Dancing	15 11:00 Flexercise 1:30 Wild Cards*	16 11:00 Chairobics 2:00 Bingo Sponsored by Baptist Hospice	17 10:00 Wii Bowling 11:30 Meet and Eat at Sonny's BBQ
20 Closed for Martin Luther King, Jr. Holiday	21 11:00 Chairobics 1:30 Line Dancing	22 11:00 Flexercise 11:35 Aerobics	23 11:00 Chairobics 1:00 Music Workshop*	24 1:30 Wild Cards*
27 10 Dance Fitness 12:30 Mexican Train Dominoes	28 11:00 Chairobics 1:30 Line Dancing	29 11:00 Flexercise 1:00 Heart Wreath Workshop	30 11:00 Chairobics	31 10:00 Paint Workshop
3 9:00 Quilting Workshop 1:30 Wild Cards **Turn in Health Challenge Numbers**	4 11:00 Chairobics 1:30 Line Dancing	5 10:00 Momentary Reflections 11:00 Flexercise 12:30 Soup and Bowl Competition	6 11:00 Chairobics 12:30 Bridge 1:30 Golden Cue Club	7 9:30 Coffee and Conversation 11:00 Health Challenge Wrap Up Party
10 9:30 Vet to Vet Café* 10:00 Dance Fitness	11 11:00 Chairobics 1:30 Line Dancing	12 11:00 Flexercise 11:35 Aerobics 1:30 The Notebook	13 11:00 Chairobics 1:00 Music Workshop*	14 1:30-3:00 Valentines Dance
17 Closed for President's Day	18 11:00 Chairobics 1:30 Line Dancing	19 11:00 Flexercise 1:00 Yarn Bombing Workshop 1:30 Wild Cards*	20 11:00 Chairobics 2:00 Bingo	21 10:00 Wii Bowling 1:30 Wild Cards*
24 10:00 Dance Fitness 12:30 Mexican Train Dominoes	25 11:00 Chairobics 1:30 Line Dancing	26 11:00 Flexercise 11:35 Aerobics 1:00 Yarn Bombing Workshop	27 11:00 Chairobics 1:00 Music Workshop*	28 10:00 Paint Workshop
3 9:00 Quilting Workshop 11:30 Potluck Lunch	4 11:00 Chairobics 1:30 Line Dancing	5 10:00 Momentary Reflections 11:00 Flexercise	6 11:00 Chairobics 12:30 Bridge 1:30 Golden Cue Club	1 11:00 Family Day
10 10:00 Dance Fitness	11 11:00 Chairobics 1:30 Line Dancing	12 11:00 Flexercise 11:35 Aerobics 2:00 Spring Flower Pots	13 11:00 Chairobics 1:00 Music Workshop*	7 1:30 Wild Cards*
17 9:00 Quilting 9:30 Vet to Vet Café 1:00 Lucky Charms Casino Day	18 11:00 Chairobics 1:30 Line Dancing	19 11:00 Flexercise 1:30 Wild Cards*	20 11:00 Chairobics 2:00 Bingo	14 10:00—12:00 Tabletop Game Day
24 10:00 Dance Fitness	25 11:00 Chairobics 1:30 Line Dancing	26 11:00 Flexercise 11:35 Aerobics	27 11:00 Chairobics 1:00 Music Workshop*	21 10:00 Wii Bowling 11:30 Meet and Eat at Chopsticks 2:00 Nature Walk
31 12:30 Dominoes 1:30 Wild Cards*			1:00 Birthday Social (Baptist Hospice)	28 10:00 Paint Workshop