

# Living Young Newsletter

2025 Jul | Aug | Sept

## Summertime Fun

### **Boulevard Burger Bash**

Enjoy a juicy burger from our sponsor, Insurance Protection Specialists, and great company on July 11 at noon! Space is limited, so RSVP early for this tasty event, whether you're a cheeseburger lover or just looking for fun.

### **Sweet Treats Food Demonstration**

Got a sweet tooth? Join Chef Charles for a fun cooking demo and discover how delicious plant-based desserts can be! Learn to make rich, dairy-free, egg-free treats—and enjoy tasty samples too. Space is limited, so RSVP early! July 30 at 1:00.

### **Pickleball**

Pickleball has bounced back into the Wood Center! Snag a buddy and dive into a lively game that's guaranteed to get your feet dancing. Indoor court, check! All gear and guidance, double check! 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 11:00.

## Community Outtings

### **Bowling at Indian Lanes**

"Strike Up Some Fun!" Join us for a lively afternoon of bowling, laughter, and friendly competition! Whether you're a seasoned pro or just in it for the fun, our bowling day is the perfect way to stay active and socialize. Let's roll into good times together! July 7 at 2:00.

### **Meet and Eat**

#### Cock of the Walk

July 18 at 11:30

#### Coach's Creamery

August 29 at 2:00

#### Newk's

September 12 at 11:30

RSVP  
Required  
Dutch Treat

## New Text System!

Out with the old and in with the new. Sign up to receive program updates and reminders by texting liveyoung (no space) to 855-785-7896.

Please note that this is a new system, so even if you received texts in the past, you will need to register with the new system to continue receiving texts.

## Registration Dates

July Programs - June 15

August Programs - July 15

September Programs - August 15

Programs in **bold** require RSVP

Must speak directly to staff when calling to register.



## LIVING YOUNG SPIRIT MONTH

### **Summer Fashion Show**

Kick off Spirit Month in style! We're inviting all participants to take the spotlight and show off their favorite summer outfits—think bright colors, bold prints, and breezy fashion galore. From sundresses to statement hats, it's all about confidence. Walking the runway or cheer models on, we want you there!

### **Pajama Jam Brunch**

Put on your PJ's and join us for a delicious catered brunch with friends on August 8 at 10:00.

### **Tabletop Game Day + Poster Making**

Games, games, and even more games! Make sure to join us on Wednesday, August 13, at 1:30 for an afternoon filled with fun and games alongside friends. Enjoy classics like Monopoly, Uno, Phase 10, and many more. Grab a game, invite a friend, and dive right in! Not a fan of playing games? You can still come out and make a Living Young poster to hang at our tailgate at the end of the week.

### **Team Spirit Tailgate**

Dress in your favorite team's colors or wear your favorite Living Young t-shirt and tailgate with us on August 15 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.

### **Neon Dance Party**

Put on your loudest colored neon clothing and come party with us at the Wood Center at 1:30 on August 19. This Neon Dance Party is sure to have lots of toes tapping and hips swinging on the dance floor. Bring a friend and join in.

### **Living Young Carnival**

Join us for an exciting indoor carnival at the Wood Activity Center! Enjoy classic and new games, including ring toss, bean bag toss, cup knock down and a photo booth. Bring friends and family for a day of fun, laughter, and Living Young spirit—we can't wait to see you!

### **Traditions Health Lunch & Learn**

Join Traditions Health for a Lunch & Learn on August 22 at noon. Enjoy a free meal while experts shed light on the intricacies of home health, palliative, and hospice services. The session features a skit illustrating the process of accessing appropriate care, from recognizing needs to coordinating in-home support, making a complex journey feel approachable and clear. Limited space available.

## CRAFTER'S CORNER

**Zentangle** - Create free flowing intricate designs using pen and ink in 4 instructional workshops. Check Calendar for dates

**Citrus Coaster Craft** - July 9

**Wooden Keepsakes** - Bring in a photo printed on copy paper and transfer it to wood! September 10

**Coffee & Coloring** - Join us for casual conversations, warm drinks, and stress free coloring sessions. First Fridays at 9:30



## Spirit Days

### **Tasty Tuesday's**

Treats given each week at 11:45

### **Throwback Thursday**

Wear attire from another decade

### **Twin Day**

Find a friend and dress alike

### **Tacky Day**

Dress Wild & crazy



## Living Young Art Exhibit

Celebrate creativity and expression at our Living Young Art Exhibit, opening September 8th! Participants are invited to showcase their talents by submitting artwork between September 2 –5 for inclusion in the exhibit. Whether it's painting, drawing, or mixed media—let your art shine and be part of this inspiring display! Art exhibit ends on September 26 at noon.

### Technology Workshops

Have questions about your phone? Our **iPhone Q&A** session on Thursday, September 11, at 2 PM is the place for you to get help with settings, apps, photos, or to just learn something new. RSVP & bring your device and questions for assistance.

Join our **Facebook 101** session on Friday, September 12 at 10:00 for personalized help with using Facebook and managing social media. Bring your device and questions for a guided walkthrough to boost your online confidence!

### September Luncheons

**Women's Health Luncheon:** Celebrate National Women's Health and fitness day on September 24<sup>th</sup> with a relaxed luncheon focused on women's health and wellness. at 11:00, we will enjoy good food, conversation, and friendly chat on topics like nutrition, heart health, and staying active. RSVP required to attend.

**Potluck Lunch:** Bring a dish to share and enjoy a delicious afternoon with friends! Join us for our Potluck Lunch on Monday, September 29 at 11:30 AM. It's a great time to gather, taste a little bit of everything, and enjoy good conversation around the table.

### LIVING YOUNG IN BRANSON, MO

Join us for "KING DAVID – CHRISTMAS SHOWTIME IN BRANSON!" from December 1-5, featuring top-tier entertainment and holiday fun in Branson, Missouri. The trip includes:

- Four nights of first-class hotel accommodations
- Reserved seating at six shows: "David," Million Dollar Quartet, The Platters, Legends in Concert, Clay Cooper's Country Express, and The Presley Family Show
- Guided tours of College of the Ozarks and Top of the Rock
- Shopping time at Branson Landing and Old Town Branson
- Meals including BBQ dinner, two additional dinners, one lunch, and daily breakfast

Travel in a luxury motorcoach with restroom and DVD. Prices per person based on room occupancy: Single - \$1,615, Double - \$1,275, Triple - \$1,165, and Quad \$1,110 person. \$150 deposit required. Final payment is due by October 17, 2025. Cancellation penalties apply after October 1, 2025. Travel insurance is available—contact Trek Travel at 601.951.8338 for insurance details and pricing.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:00 Chairobics 1:30 Line Dancing	2 11:00 Flexercise 10:00 Momentary Reflections 2:00 Intro to Zentangle	3 11:00 Chairobics 12:30 Bridge	4 
7 9:00 Quilting 10:00 Wii Bowling 1:30 Wild Cards	8 11:00 Chairobics 1:30 Line Dancing	9 11:00 Flexercise 1:30 Citrus Coaster Craft	10 11:00 Chairobics 1:00 Music Workshop 2:00 Living Young Bowling @ Indian Lanes	11 12:00 Boulevard Burger Bash
14 10:00 Dance Fitness 11:00 Pickleball	15 11:00 Chairobics 1:30 Line Dancing	16 11:00 Flexercise 2:00 Zentangled Flowers	17 11:00 Chairobics 2:00 Bingo	18 11:30 Meet and Eat at Cock of the Walk 13560 Highway 49 N.
21 9:00 Quilting 9:30 Vet to Vet Café	22 11:00 Chairobics 1:30 Line Dancing	23 11:00 Flexercise	24 11:00 Chairobics 1:00 Music Workshop	25 10:00 Paint Workshop 1:30 Wild Cards
28 10:00 Dance Fitness 11:00 Pickleball 12:30 Mexican Train Dominoes	29 11:00 Chairobics 1:30 Line Dancing	30 11:00 Flexercise 1:00 Chef Charles' Sweet Treats Food Demonstration	31 11:00 Chairobics	1 9:30 Coffee & Coloring 2:00 Living Young Summer Fashion Show
4 9:00 Quilting 1:30 Wild Cards	5 11:00 Chairobics Tasty Tuesday 1:30 Line Dancing	6 10:00 Momentary Reflections 11:00 Flexercise	7 Throwback Thursday 11:00 Chairobics Followed by Quick Chats 12:30 Bridge*	8 10:00 Pajama Jam Brunch
11 10:00 Dance Fitness 11:00 Pickleball	12 11:00 Chairobics Tasty Tuesday 1:30 Line Dancing	13 11:00 Flexercise 1:30 Tabletop Game Day & Tailgate Poster Making	14 Twin Day 11:00 Chairobics 1:00 Music Workshop*	15 12:00 Team Spirit Tailgate
18 9:00 Quilting 9:30 Vet to Vet Café	19 11:00 Chairobics Tasty Tuesday 1:30 Neon Dance Party	20 11:00 Flexercise	21 Tacky Day 11:00 Chairobics 2:00 Wacky Bingo	22 11:00 Traditions Health Lunch and Learn 1:30 Wild Cards
25 10:00 Dance Fitness 11:00 Pickleball 12:30 Mexican Train Dominoes	26 11:00 Chairobics Tasty Tuesday 1:30 Line Dancing	27 11:00 Flexercise 1:00 Living Young Carnival	28 11:00 Chairobics 1:00 Music Workshop*	29 10:00 Paint Workshop 2:00 Meet and Eat at Coach's Creamery
1 ★ Happy ★ <b>LABOR DAY</b> 🔧🔨	2 11:00 Chairobics 1:30 Line Dancing	3 10:00 Momentary Reflections 11:00 Flexercise 2:00 Zentangled Intials	4 11:00 Chairobics 12:30 Bridge	5 9:30 Coffee & Coloring 1:30 Wild Cards
8 10:00 Dance Fitness 11:00 Pickleball *Art Exhibit Opens*	9 11:00 Chairobics 1:30 Line Dancing	10 11:00 Flexercise 2:00 Wooden Keepsake Craft Workshop	11 11:00 Chairobics 1:00 Music Workshop* 2:00 iPhone Q&A	12 10:00 Facebook 101 11:30 Meet and Eat at Newk's
15 9:00 Quilting 9:30 Vet to Vet Café*	16 11:00 Chairobics 1:30 Line Dancing	17 11:00 Flexercise 2:00 Zentangle Freestyle	18 11:00 Chairobics 2:00 Bingo Sponsored by Traditions Health	19 10:00 Wii Bowling 1:30 Wild Cards
22 10:00 Dance Fitness 11:00 Pickleball	23 11:00 Chairobics 1:30 Line Dancing	24 11:00 Flexercise 12:00 Women's Health Day Luncheon	25 11:00 Chairobics 1:00 Music Workshop* 1:00 Quarterly Birthday Social	26 10:00 Paint Workshop *Art Exhibit Closes*
29 11:30 Potluck 12:30 Mexican Train Dominoes	30 11:00 Chairobics 1:30 Line Dancing			

July

August - Spirit Month

September

2025



# new SHIRTS!

2 designs and price points to  
choose from!

Pre-order until **July 15<sup>th</sup>**

Full payment due by  
August 4th.

Payments can be mailed or brought to  
Wood Activity Center, 111 Clinton Blvd.  
Clinton, MS 39056

601-924-6387 for more information



\$15



\$20