

LIVING YOUNG NEWSLETTER

601-924-6387

111 CLINTON BLVD.

WWW.CLINTONMS.ORG



Change in Registration Policy

We've seen an increase in early registrations followed by no-shows without notice. This not only disrupts planning—it also takes away opportunities from others who are waiting for a spot to open up. To help ensure fairness and accountability, we're introducing a new policy: Effective immediately, anyone who registers but does not attend and fails to notify us ("no-show, no-call") will have their registration delayed for the following month. Since registration opens on the 15th of each month, affected individuals will be able to register 4 days later than the general public. Please remember: if you're unable to attend, a quick cancellation allows someone else to participate. We appreciate your cooperation in making our programs more accessible and respectful for everyone.

Nature Walk

Take a break and enjoy the outdoors with a peaceful Nature Walk! Whether you're spotting wildlife, enjoying the fresh air, or simply unwinding, it's a great way to recharge. Join us at the Clinton Nature Center at 10AM on October 20. Everyone is encouraged to bring a \$2 donation the day of the walk.

Oktoberfest Luncheon

Celebrate the arrival of fall with us at our Oktoberfest Luncheon on Friday, October 3rd at 12:00 PM. We're bringing the warmth and charm of the season to the table with savory bites, festive flavors, and lively conversation. Whether you're in the mood for bratwurst, pretzels, or simply great company, this is the perfect way to welcome October in style. RSVP required to attend.

Lunch and Learn: Oak Street Health

We're thrilled to announce a special Lunch and Learn event hosted by Oak Street Health on Tuesday, October 8th at noon. Enjoy a delicious lunch while learning about health resources and tips for seniors. This gathering is perfect for those interested in preventive care, managing chronic conditions, or connecting with others. RSVP is required to attend.

Dance Fitness

This quarter's dance fitness class will showcase Zumba® instructor Emma Magee Gonzales. Join us for this high-energy session, taking place on the 2nd and 4th Monday at 10 AM. Get ready to get in shape while dancing to the rhythm!

Halloween Family Feud and Costume Contest

This Halloween, get ready for a spook-tacular celebration filled with laughter, creativity, and a little friendly competition! We're kicking things off with a lively round of Family Feud, where teams will go head-to-head in a battle of wits and quick thinking. It's the perfect way to stir up some festive fun and bring out your inner game show star. But the excitement doesn't stop there—come dressed in your most creative, hilarious, or haunting costume and take part in our costume contest. Attendees will vote for the top three costumes, and winners will receive prizes and bragging rights until next year's showdown. Mark your calendar for October 31st and join us at 2PM for an unforgettable afternoon of games, giggles, and ghoulishly good times!

Quarterly Meet & Eat

October 10 at Bonsai	11:15
November 14 at Picante's	11:30
December 12 at Jamie's	11:30



Performance Therapy Fall Prevention Educational

As the seasons change, so do the challenges we face in staying safe and active. That's why we're inviting you to join us on Thursday, November 13 at 2:00 PM for a special Fall Prevention Session, proudly sponsored by Performance Therapy. This informative session is designed to help you feel more confident in your everyday movements. You'll learn practical tips and proven techniques to reduce your risk of falls—whether at home, outdoors, or on the go. Falls are one of the leading causes of injury among older adults, but with the right knowledge and support, they're often preventable. Don't miss this opportunity to invest in your well-being and connect with others who are prioritizing safety and strength this season. RSVP required to attend

Friendsgiving Potluck

Gather 'round the table for a heartwarming celebration at our Friendsgiving Potluck on Monday, November 17! This isn't just any meal—it's a chance to share your favorite dish, swap stories, and enjoy the kind of laughter that only good friends and great food can bring. Whether you're bringing Grandma's famous casserole or your own signature dessert, we can't wait to taste what you love.

Trek Travel will be joining us to unveil exciting details about upcoming adventures planned for the year ahead. If you've been dreaming of new destinations or curious about what's next, this is your chance to get inspired. We'll save you a seat! RSVP to attend.

Crafter's Corner

This season, our crafting table is brimming with heartwarming projects, holiday cheer, and opportunities to give back. Whether you're a seasoned crafter or just love the joy of creating, we've got something special for you. Mark your calendars and **RSVP to join the fun!**

Puzzle Pumpkins Workshop October 13 · 1:30 PM Celebrate the season with a playful twist—turn puzzle pieces into charming pumpkin décor! Bring in an old puzzle to join in on the fun.

Hospice Craft: Holiday Coasters November 10 · 1:30 PM This quarter's service project is all about spreading comfort and joy. We'll be making festive coasters to gift to patients with Baptist Hospice. Supplies provided.

Wood Center Cinema

1:30 Showtimes

GhostBusters

October 15th

Encanto

November 26th

Christmas with the Kranks

December 8th



Senior Medicare Patrol Fraud Seminar

The Senior Medicare Patrol will host a seminar on Medicare fraud on November 12 at 1:30 PM. Attendees will learn to identify scams and protect themselves. Experts will share insights and answer questions. **RSVP required.**

Living Young Christmas Party and Gift Exchange

Get ready to eat, laugh, and celebrate the season with us! Join the fun on Monday, December 15th at 12 PM as we kick off the Christmas festivities with a delicious potluck lunch. Bring your favorite dish to share, then stick around for plenty of holiday cheer and our always-entertaining Dirty Santa gift exchange—just bring a \$10 gift to join the laughs! It's going to be an afternoon full of joy, good food, and festive fun you won't want to miss!



Quilted Christmas Ornaments November 19 · 1:30 PM Add a handmade touch to your tree with cozy quilted ornaments. Bring in your own fabric pieces for a personalized touch.

Terra Cotta Snowmen December 1 · 10:30 AM Bring these adorable snowmen to life using terra cotta pots—perfect for a candy dish, gifting or just decorating your home with holiday cheer.

Let's craft, connect, and make this season unforgettable. RSVP today to reserve your spot!



Living Young Pine Belt Tour

On Tuesday, November 18, 2025, the Clinton Therapeutic Recreation Department invites you on a delightful day trip to the Pine Belt, exploring the charming towns of Laurel and Hattiesburg. This excursion promises a day filled with intriguing sights and unique experiences, all conveniently accessed via round-trip luxury motorcoach transportation.

As you embark on this journey, anticipate a full day of discovery in the Mississippi Pine Belt. The adventure begins in Laurel, where you will enjoy a delectable New Orleans-inspired lunch at Café Le Fleur. This culinary treat sets the stage for an afternoon of exploration, starting with an HGTV "Our Hometown" riding tour, offering a glimpse into the town's captivating history and architecture.

The tour continues with a visit to "The Remnant," a distinctive shopping venue in Laurel, where you can indulge in a one-of-a-kind shopping experience. This visit also provides an opportunity to support their ministry, which aids women in need; you're encouraged to bring a household item or piece of artwork to donate.

Next, the journey takes you to Hattiesburg, where you'll enjoy a campus visit and a student-led tour at the University of Southern Mississippi (USM). This offers a chance to witness the vibrant campus life and learn about the university's history and achievements. The exploration of Hattiesburg also includes a stop at the new Pocket Museum and a guided tour of the historic Saenger Theatre, both providing glimpses into the city's rich cultural landscape.

The all-inclusive tour price is just \$125 per person, based on 30 paying passengers, with all taxes and meal gratuities covered. To secure your spot, please ensure your reservation and full payment by October 17th. Don't miss this opportunity to experience the beauty and charm of the Pine Belt! Cash and check payments can be brought to the Wood Activity Center located at 111 Clinton Blvd.. Please make checks payable to Trek Travel. For questions please give us a call at 601-924-6387.

Living Young Shirt Oder

A total of 110 shirts were ordered in July and August for our Living Young program. While we will not be reordering the blue and orange options, we are excited to offer long sleeve choices for the Fall. You can select between Khaki and Navy for just \$20.

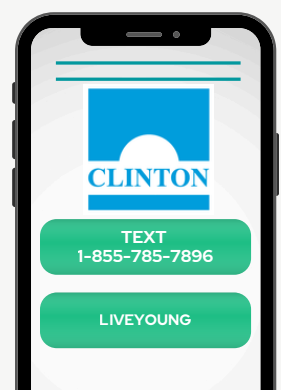
- Payments must be made in cash at the Wood Center.
- Payment is required at the time of ordering.
- The ordering period is open until October 24th.



Cellphone Q&A

Once a month, appointments will be offered for individuals seeking assistance in navigating their cellphones.

Sign up for
**TEXT
ALERTS**



October

November

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2 11:00 Chairobics 12:30 Bridge	3 9:30 Coffee and Crosswords 12:00 Oktoberfest Luncheon
6 9:00 Quilting 1:30 Wild Cards	7 Tasty Tuesday 11:00 Chairobics 1:30 Line Dancing	8 10:00 Momentary Reflections 11:00 Flexercise 12:00 Oak Street Health Lunch and Learn	9 11:00 Chairobics 1:00 Music Workshop	10 10:00 Wii Bowling 11:15 Meet and Eat at Bonsai
13 10:00 Dance Fitness 1:30 Pumpkin Puzzle Craft	14 11:00 Chairobics 1:30 Line Dancing	15 11:00 Flexercise 1:30 Wood Center Cinema: Ghostbusters	16 11:00 Chairobics 2:00 Bingo (Vital Caring)	17 10:00 Phase 10
20 9:00 Quilting 9:30 Vet to Vet Cafe 10:00 Walking at Nature Center (\$2)	21 11:00 Chairobics 1:30 Line Dancing	22 11:00 Flexercise Cellphone Q&A Appointments Available	23 11:00 Chairobics 1:00 Music Workshop	24 10:00 Wild Cards
27 10:00 Dance Fitness 12:30 Mexican Train Dominoes	28 11:00 Chairobics 1:30 Line Dancing	29 11:00 Flexercise	30 11:00 Chairobics	31 10:00 Paint Workshop 1:30 Halloween Family Feud and Costume Contest
3 9:00 Quilting 1:30 Wild Cards	4 Tasty Tuesday 11:00 Chairobics 1:30 Line Dancing	5 10:00 Momentary Reflections 11:00 Flexercise	6 11:00 Chairobics Followed by Quick Chats 12:30 Bridge*	7 9:30 Coffee and Coloring
10 10:00 Dance Fitness 1:30 Hospice Holiday Coaster Craft	11 11:00 Chairobics 1:30 Line Dancing	12 11:00 Flexercise 1:30 Medicare Fraud Talk Cellphone Q&A Appointments Available	13 11:00 Chairobics 2:00 Fall Prevention Workshop (Presented by Performance Therapy) 1:00 Music Workshop*	14 10:00 Paint Workshop 12:00 Meet and Eat at Picante's (Hwy 80 Clinton)
17 9:00 Quilting 9:30 Vet to Vet Café 11:30 Friendsgiving Potluck	18 Laurel Tour 11:00 Chairobics 1:30 Line Dancing	19 11:00 Flexercise 1:30 Quilted Christmas Ornament Craft	20 11:00 Chairobics 2:00 Bingo	21 Wood Center Closed from 11:30A—2:30P
24 10:00 Dance Fitness 12:30 Mexican Train Dominoes	25 11:00 Chairobics 1:30 Line Dancing	26 11:00 Flexercise 1:30 Wood Center Cinema Showing: Encanto	27 	28 
1 9:00 Quilting 10:30 Terra Cotta Snowman Craft Branson Tour Departure	2 Tasty Tuesday 11:00 Chairobics 1:30 Line Dancing	3 10:00 Momentary Reflections 11:00 Flexercise	4 11:00 Chairobics 12:30 Bridge	5 Center Opens at Noon 1:30 Wild Cards Branson Tour Returns
8 10:00 Dance Fitness 9:00 Quilting 1:30 Wood Center Cinema: Christmas with The Kranks	9 11:00 Chairobics 1:30 Line Dancing	10  for City Function	11 11:00 Chairobics 1:00 Music Workshop* 2:00 Bingo (Senior Medicare Patrol)	12 10:00 Wii Bowling 11:30 Meet and Eat at Jamie's (Springridge Village)
15 9:30 Vet to Vet Café* 11:30 Christmas Party & Gift Exchange	16 11:00 Chairobics 1:30 Line Dancing	17 11:00 Flexercise 1:00 Quarterly Birthday Social	18 11:00 Chairobics Cellphone Q&A Appointments Available	19 Center Opens at Noon 9:30—12:00 Be A Santa To a Senior Gift Wrapping
22 10:00 Dance Fitness	23 11:00 Chairobics 1:30 Line Dancing	24 	25 	26 
29 12:30 Mexican Train Dominoes	30 11:00 Chairobics 1:30 Line Dancing	31 11:00 Flexercise	1 Closed	2