



LIVING YOUNG NEWSLETTER

601-924-6387

111 CLINTON BLVD.

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January Happenings

The new year is kicking off with a month full of engaging, uplifting, and wellness-focused opportunities at the Wood Center! January brings a mix of health initiatives, creative projects, social connection, and returning favorites to help everyone step into 2026 with energy and community.

We also encourage you to invite friends and help spread the word about Clinton's best-kept secret—our Living Young programs! This quarter is filled with ways to engage, connect, and grow. We look forward to seeing you as we celebrate community and new beginnings together.

Annual Health Challenge

We begin the month with the Health Challenge Informational Luncheon on January 5 at 12:30 PM. This luncheon will introduce our annual four-week Health Challenge, created to help participants start the year on a positive and healthy note. Attendees will enjoy lunch while receiving guided instruction on what to expect during the challenge, which officially runs from January 12 through February 6. RSVP by Dec 31.

Friends and Fun Open House

We will host a fun and welcoming afternoon at our Friends and Fun Open House on January 22 from 1:30–3:00 PM. Participants are encouraged to bring friends who are not yet involved in the program to experience mini-sessions highlighting the variety of activities our department offers. Guests can enjoy games, crafts, social activities, and more—a great introduction to our warm and lively community. RSVP by January 15.

Golden Buddies

We are excited to introduce Golden Buddies, a new connection program meeting every second Friday. This monthly gathering gives participants a simple and meaningful way to meet new people, helping new members feel welcomed while encouraging everyone to build friendships across the center. Golden Buddies is designed to strengthen our sense of community, make it easier to socialize, and create a friendly space where conversations and connections come naturally. It's an easy, enjoyable way to get involved and make someone's day, while gaining a friend of your own. Join in on the first gathering on January 9.

Flexercise + Aerobics

Aerobics is back! We are pleased to announce that Aerobics + Flexercise is returning for January and March. On the second and fourth Wednesdays, participants can enjoy a blended session beginning with 30 minutes of Flexercise followed by 20 minutes of aerobics—a balanced fusion of strength, flexibility, and heart-healthy movement.

Meeting of the Minds

On January 8 at 10:30 AM, we invite all of our Living Young participants to join us for Meeting of the Minds. This open forum allows attendees to share ideas, interests, and suggestions for programs they'd like to see offered at the Wood Center. Your input helps shape experiences that truly reflect the needs and creativity of our community.

Vet to Vet Café

The Vet to Vet Café – hosted by Baptist Hospice is returning with updates. Due to the holiday schedule, the group will meet on the fourth Monday in January and February. Also, note that moving forward, the new meeting time will be 11:00 AM, offering veterans a consistent space for camaraderie, conversation, and connection.

Beginner's Line Dancing Tuesdays, 1:00–1:30 PM

Join us for a fun and easy introduction to line dancing! This 30-minute beginner session is perfect for anyone wanting to learn basic steps, build confidence, and get comfortable before the regularly scheduled line dance class. No experience needed—just bring your enthusiasm and enjoy moving to the music!

Lakewood Lunch and Learn

Join us on February 2 at 12 p.m. for a special Lunch & Learn hosted by Lakewood Memorial Funeral Home. Participants will enjoy a complimentary meal while gaining valuable information and resources. This relaxed, supportive session offers an engaging way to learn more about important life-planning topics.

Soup & Bowl Competition

We're heating things up with our annual Soup & Bowl! Bring your best homemade soup to share, sample a variety of delicious creations, and help vote for our First, Second, and Third Place winners. Whether you're competing or just tasting, this cozy, flavorful event is always a favorite. February 4 at noon.

Valentine's Dance

Love is in the air, and we're turning the Wood Center RED! Slip into your brightest Valentine's gear and help us celebrate both the season of love and Heart Health Awareness Month. Get ready for an afternoon filled with upbeat music, lots of dancing, plenty of laughter, and sweet moments with friends. It's one of our happiest gatherings of the year—don't miss it! February 10 at 1:30.

Program Reminders

Momentary Reflections - 1st Wednesdays at 10
Discuss and engage in activities surrounding various life topics

Dance Fitness - 2nd and 4th Mondays at 10
Up beat, moderate exercise

Quilting Workshop - 1st and 3rd Mondays at 9
BYO supplies and quilt with friends

Wild Cards
Learn new card games to play with friends
Check calendar for dates.

Coffee and Conversation
1st Fridays at 9:30

Crafter's Corner

String Art Classes – January 7 & 21 | 1:30 PM

Get creative with our hands-on String Art classes! Using simple patterns, nails, and colorful string, participants will design a unique piece of art while building focus and fine motor skills. Join us for one or both sessions—materials and guidance included.

Spring Flower Pot Painting Craft – March 18 | 1:30 PM

Celebrate the season with a fun and relaxing Spring Flower Pot Painting craft! Participants will paint and decorate a flower pot to take home—perfect for adding a pop of color and creativity to your space. All supplies provided, and no experience is needed.



String Art



Spring Flower Pots

Feb 11th Lattes and Crochet

Start your day with a warm, delicious latte in honor of National Latte Day—perfect for sipping, relaxing, and enjoying good conversation. Stop by the Wood Center any time between 9AM and noon to grab a cup.

Later at 2 p.m., join us for the first of 3 Beginner's Crochet workshops. This will be an inviting session for anyone wanting to learn the basics. No experience needed—just bring a size 5 or larger crochet needle, your creativity, and a willingness to try something new!

Mardi Gras in Lafayette, LA

On February 17, buckle up for the thrill of the month! Our annual Mardi Gras adventure is whisking us away to Lafayette, Louisiana, for a day jam-packed with genuine celebration. Dive into dazzling parades, devour mouth-watering food, soak up rich culture, and jam out to lively tunes. This all-day fiesta is the crown jewel of events—truly unmissable! All this fun for just \$210 per person, complete with a custom t-shirt to cherish the memories. To lock in your spot, a \$50 deposit is needed, with the balance due by January 16. Send payments via mail or drop them at the Wood Activity Center. This is a party you don't want to miss!

Ice Cream Social

Join us on March 11 at 1:30 PM for a delightful Ice Cream Social, generously sponsored by Wound Management Specialists. This wound care company provides expert services designed to accelerate healing and enhance quality of life. Their compassionate approach and proven results meet the needs of thousands of individuals each year. At the event, you can enjoy a variety of delicious treats while mingling with friends and community members. You'll also have the opportunity to learn about the valuable services offered to promote community health. RSVP to attend

Lucky Charms Casino Day

Get ready to try your luck on March 16 at 1:30 p.m.! Lucky Charms Casino Day is back, and we're turning the Wood Center into a mini casino—using coins instead of real money (so go ahead, bet big without the risk of losing your lunch money!). Roll the dice, spin the wheel, and join in on some friendly competition. Whether you're a high roller or just here for the laughs, there will be games, prizes, and plenty of excitement to keep you on your toes. Come strike gold and make it an afternoon to remember!

Pickleball at Towne Park

On March 23 we are hitting the court! Try your hand at pickleball at the newly built Towne Park complex. Whether you're a seasoned player or just curious to try, this fast-paced, fun sport is a great way to get active and make new friends. Courts are first come, first serve so don't forget to let us know you're coming.

Equipment will be provided for those who need it, and there will be staff on hand to explain the rules and offer pointers to beginners. It's a fantastic opportunity to enjoy the fresh air, engage in friendly competition, and possibly even discover a new favorite pastime. We can't wait to see you there and make it a day filled with fun and friendly rallies!

Nature Walk

Grab your walking shoes and join us on March 20 at 11 a.m.! For just a \$2 donation, we'll take a refreshing stroll through the beautiful Clinton Nature Center. Breathe in the fresh air, spot some local wildlife, and enjoy the scenery—plus, it's the perfect excuse to chat and laugh with friends along the way. Nature never looked this good (or this fun)!

Quarterly Meet & Eat

Join us at 11:30 for Lunch

January 16 at Daddy Shark

February 20 at Roma

March 20 at Hot Bowl



Breakfast Potluck

Rise and shine on March 25 with a delicious start to the day! Bring your favorite breakfast dish to share and enjoy a morning of food, friendship, and conversation. It's the perfect way to kick off a March morning with a little flavor and a lot of fun. Whether you're into savory or sweet, our Breakfast Potluck has something to tickle your taste buds. It's a fun way to swap recipes, try new dishes, and meet fellow food lovers. Don't miss this foodie get-together filled with warmth, good vibes, and lots of smiles to kick off your day. RSVP and let us know what you're bringing!

Family Fun Day

Mark your calendars for March 21 from 11 a.m.–1 p.m.! It's our annual Family Fun Day, and we're bringing together Living Young participants and Abilities participants for a celebration of games, laughter, and community spirit. There will be food, fun, and activities for all ages, giving everyone a chance to show off our program and invite friends to join in on the excitement. Bring your family, bring your friends, and make it a day full of smiles, connection, and memories!

Sign up for
**TEXT
ALERTS**

Cellphone 101

Have questions about your phone? Call our office to schedule your 30 minute one-on-one session.









2026

Registration Dates
[January Programs](#)
 December 15
[February Programs](#)
 January 15
[March Programs](#)
 February 17

January

February

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 
5 9:00 Quilting 12:30 Health Challenge Informational Lunch	6 11:00 Chairobics 1:30 Line Dancing	7 10:00 Momentary Reflections 11:00 Flexercise 1:30 String Art	8 10:30 Meeting of the Minds 11:00 Chairobics 1:00 Music Workshop	9 10:00 Golden Buddies Social Club Initial Meeting Health Challenge weigh in deadline
12 10:00 Dance Fitness 11:30 Potluck Luncheon	13 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	14 11:00 Flexercise + Aerobics	15 11:00 Chairobics 2:00 Bingo <small>Sponsored by Oakstreet Health</small>	16 9:30 Coffee and Conversation 11:30 Meet and Eat at Daddy Shark 1:30 Wild Cards
19  Martin Luther King Jr. Day	20 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	21 11:00 Flexercise 1:30 String Art	22 11:00 Chairobics 1:00 Music Workshop 1:30 Friends and Fun Open House	23 10:00 Phase 10
26 10:00 Dance Fitness 11:00 Vet to Vet 12:30 Mexican Train Dominoes	27 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	28 11:00 Flexercise + Aerobics	29 11:00 Chairobics Cellphone Q&A Appointments Available	30 10:00 Paint Workshop
2 9:00 Quilting 12:00 Lunch & Learn Lakewood Funeral Home	3 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	4 10:00 Momentary Reflections 11:00 Flexercise 12:00 Soup & Bowl	5 11:00 Chairobics 12:30 Bridge*	6 9:30 Coffee and Conversation Health Challenge Final Weigh in ends at noon Closes at
9 10:00 Dance Fitness 11:00 Health Challenge Wrap Up 1:30 Wild Cards	10 1:30 Valentine's Dance	11 9-12 Latte Day 11:00 Flexercise 2:00 Beginner's Crochet	12 11:00 Chairobics 1:00 Music Workshop*	13 10:00 Golden Buddies Social
16  Presidents' Day	17 Mardi Gras Trip 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	18 11:00 Flexercise 2:00 Beginner's Crochet	19 11:00 Chairobics 2:00 Bingo <small>Sponsored by Lakewood Funeral Home</small>	20 11:30 Meet and Eat at Roma
23 10:00 Dance Fitness 11:00 Vet to Vet Café 12:30 Mexican Train Dominoes	24 11:00 Chairobics 1:00 Beginners Line Dancing 1:30 Line Dancing	25 11:00 Flexercise 2:00 Beginner's Crochet	26 11:00 Chairobics 1:00 Music Workshop*	27 10:00 Paint Workshop 10:00 Phase 10
2 9:00 Quilting 1:30 Wild Cards	3 11:00 Chairobics 1:30 Line Dancing	4 10:00 Momentary Reflections 11:00 Flexercise	5 11:00 Chairobics 12:30 Bridge*	6 9:30 Coffee and Conversation 10:00 Phase 10
9 10:00 Dance Fitness	10 11:00 Chairobics 1:30 Line Dancing	11 11:00 Flexercise + Aerobics 1:30 Ice Cream Social <small>Sponsored by Wound Management Specialists</small>	12 11:00 Chairobics 1:00 Music Workshop*	13 10:00 Golden Buddies Social
16 9:00 Quilting 11:00 Vet to Vet Café 1:30 Lucky Charms Casino Day	17 11:00 Chairobics 1:30 Line Dancing 	18 11:00 Flexercise 1:30 Painted Flower Pots	19 11:00 Chairobics 2:00 Bingo <small>Sponsored by Legacy Hospice</small>	20 10:00 Paint Workshop 10:00 Nature Walk (\$2) 11:30 Meet and Eat at Hot Bowl 21 11:00-1:00 Family Fun Day
23 10:00 Dance Fitness 11:00 Pickleball at Towne Park	24 11:00 Chairobics 1:30 Line Dancing	25 9 Breakfast Potluck 11 Flexercise + Aerobics	26 1:30 Quarterly Birthday Social	27  Good Friday
30 12:30 Mexican Train Dominoes	31 11:00 Chairobics 1:30 Line Dancing			