



# LIVING YOUNG NEWSLETTER

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## Spin and Shout Showdown

Get ready for Spin & Shout Showdown, a fun game show style event filled with laughter and friendly competition! Participants will play interactive games inspired by Wheel of Fortune and Family Feud, where they can spin the wheel, solve puzzles, and answer survey style questions. This special edition is part of our intern RJ's final project for his graduation. So be sure to come out and show your support on April 17 at 10:30! We also invite you to join us in saying goodbye to RJ at a **Farewell Pizza Party** on April 23<sup>rd</sup> at noon. This is a time for you to show your appreciation for his time with us and wish him well in his future career. RSVP required for both events.

## Living Young Mini Conference

Join us for the Living Young Mini Conference on Wednesday, April 29, where sessions will begin at 9:00AM and offer a full day of inspiration, learning, and connection. This exciting event features a variety of engaging sessions designed to support a vibrant lifestyle, along with on-site vendors and a complimentary lunch sponsored by AARP Mississippi. It's a wonderful opportunity to gain valuable insights, explore wellness tips, and enjoy a welcoming community atmosphere. Registration forms will be available on April 1, so mark your calendar and stay tuned for more details as we get closer to this energizing day of growth and fun.

## Nissan Tour

Excitement is building for our tour of the Nissan Vehicle Assembly Plant in Canton, Mississippi, on April 30 at 1:00PM. The event will involve carpooling to manage parking and ensure smooth check-in. At the Plant, participants will enjoy a ride on the tram for a behind-the-scenes look at Nissan's manufacturing process, witnessing the assembly of vehicles. Arriving early is encouraged to facilitate security checks and start the experience seamlessly. Get ready for an unforgettable glimpse into advanced automotive production! Only 18 spots are available for the tour, so be sure to reserve your space ASAP and stop by the office for further details for the day.

## Golden Buddies

We are excited to continue Golden Buddies, a connection program held every second Friday. The first quarter was successful, fostering friendships and connections beyond the Wood Activity Center. These monthly gatherings allow participants to meet new people, welcome new members, and enhance community bonds. On April 10, participants will be paired with their Golden Buddy, followed by a meetup for bonding in May and a final celebration of friendships in June. It's a fun way to socialize and potentially make new friends. RSVP to join us on April 10 to get to know new people and get paired with your buddy for the quarter.

## Come Out and Play!

If you're seeking a fun way to meet new people and enjoy some friendly competition, join our card-playing groups!

### Hand & Foot: Thurs at 12 PM

Hand and Foot is an easy to learn game that is open to all skill levels; newcomers are welcomed with guidance and camaraderie.

### Wild Cards: Various Dates

A rotating schedule for diverse card games; check the community calendar for meeting dates.

**No experience needed—just bring your enthusiasm for cards and fun!**

## Coin Collectors Social

Curious about the value of your old coins? Join our Coin Collectors Social to ask questions and connect with fellow enthusiasts. Whether you have inherited a collection or found interesting coins, this casual event welcomes all levels of experience. Come explore the stories and potential worth of your coins! Monday, April 13<sup>th</sup> at 1:00PM.

## Quarterly Meet & Eat

Applebee's - April 10 at 11:30

Krilakis - May 15 at 11:30

Coach's Creamery

June 15 at 1PM



## Spring Tea

You're invited to our charming Spring Tea on April 27 at 2 PM, a lovely afternoon designed to celebrate the season with good company, delightful refreshments, and a touch of elegance. Guests are encouraged to come dressed in their favorite tea-time attire—think florals, pastels, hats, and all things spring. It's the perfect occasion to relax, sip, and enjoy a graceful gathering that brings our community together. We look forward to sharing this beautiful afternoon with you. RSVP required to attend.

## Public Service Appreciation Breakfast

Join us as we honor the dedicated individuals who keep our community strong at the Public Service Appreciation Breakfast on May 2, hosted by the Living Young seniors.

Be part of a meaningful morning of gratitude as the Living Young group celebrates the City of Clinton's public service heroes—including all City of Clinton employees from police and fire to public works and every department in between.

We invite you to bring a breakfast item you think our community workers will enjoy and help serve them from 8 AM to 9:30 AM as they fuel up for the workday. It's a simple but heartfelt way to say thank you to those who serve our community every day. Don't forget to stop by the office and let us know what breakfast item you'd like to contribute.



**WOOD CENTER  
CINEMA SHOWINGS**

**1:30 SHOWTIME**

**WICKED** APRIL 6  
**THE HELP** MAY 8  
**SING** JUNE 22

CLINTON THERAPEUTIC RECREATION DEPARTMENT

## Chef Charles Food Demo

Food lovers, this one's for you. Join plant-based Chef Charles Smith at the Wood Activity Center on May 20th at 1:00 PM for an inspiring cooking demonstration you won't want to miss. Chef Charles will walk you through simple techniques for creating flavorful, wholesome dishes that are as good for your body as they are for your taste buds. He'll share practical tips, answer questions, and of course, offer samples of his freshly prepared recipes. Whether you're a confident cook or just beginning your culinary journey, this is a wonderful chance to learn, taste, and enjoy a fun, food-filled afternoon. RSVP is required to attend.

## Cinco De Mayo Taco Tuesday

Celebrate Cinco de Mayo with a festive Taco Tuesday Luncheon at 12:00 on May 5th! Join us for delicious tacos, good company, and a lively midday break filled with flavor and fun. Come hungry and ready to enjoy a tasty celebration! Sponsored by Oak Street Health. RSVP Required. Limited space available.

## Crafter's Corner



We're thrilled to introduce the **Crochet Circle**, a welcoming space for crocheters of all skill levels to connect, create, and converse. This relaxed environment encourages sharing ideas, tips, and projects, fostering friendships while enjoying the art of crochet. Join us to unwind, learn, and celebrate handmade artistry as we create beautiful works together and build a supportive community. Check calendar for times and dates

**Tapered Candle Craft | April 15 at 1:30**

Join us for a fun and simple craft as we turn decorative napkins into beautiful tapered candles. This easy technique creates elegant, custom designs perfect for gifting or displaying at home. RSVP required. All materials provided.

**Framed Bouquet Craft | May 6 at 1:30**

Don't you wish a bouquet of flowers could last forever? Let's create one that does and can hang anywhere for you to admire! All supplies provided. RSVP Required by May 1<sup>st</sup> to attend.

## Holiday Mash Up

We are excited to introduce a new event to the Living Young Program—Holiday Mash-Up! Join us on June 10 at 12:00 PM for a fun and festive gathering that brings several holidays together in one creative celebration.

Participants will select a holiday and join a team to decorate a themed table and prepare a dish that represents their chosen celebration. Each team will work together to create a festive display and share holiday-inspired food with fellow attendees.

During the event, everyone will have the chance to visit each table, sample the holiday cuisines, and vote for their favorite table display. From decorations to delicious dishes, teams will showcase the spirit and traditions of their selected holiday.

Come ready to celebrate, share great food, and enjoy the creativity of our Living Young community. We can't wait to see all the festive tables and experience the many holidays together in one fun event! All attendees must be a member of a team. Limit 5 members per team. Call or stop by the office to see which holidays are available then meet with your team on .

## Living Young Olympics

On June 17 at 2:00 p.m., get ready to bring the excitement for our Living Young Olympics! As participants engage in thrilling activities and challenges, join us for an afternoon filled with joy, laughing, and friendly competition. RSVP REQUIRED!!! Don't miss out on the chance to cheer on your friends and family as they showcase their skills in a variety of fun events. From relay races to team games, there's something for everyone to enjoy. Refreshments and snacks will be available, ensuring you stay energized throughout the festivities. Be sure to mark your calendars and prepare for an unforgettable day of camaraderie and celebration. We can't wait to see you there!

## Wood Center Swap

It's time once again for the Wood Center Swap, our annual opportunity to refresh your space while giving gently used items a second life. This popular community event invites participants to donate items they no longer need and then return to shop for something new to them.

### Donation Drop-Off:

Participants can bring donations on the 19th during either drop-off window: 9:00 AM – 12:00 PM or 1:30 – 3:30 PM.

We welcome gently used items such as clothing, jewelry, home décor, kitchen supplies, and books. We are also accepting small working appliances.

### Shopping Days:

Shopping begins on the 24th, with VIP Shopping at 9:00 AM and General Shopping starting at 10:00 AM. The swap will continue through the 26th at noon.

So start sorting through those closets and drawers, gather your spring-cleaning finds, and join us for a fun, sustainable way to clear space and discover something new. It's the perfect way to give items a second life while finding a few treasures of your own.

## Program Reminders

Beginner's Line Dancing | Tuesdays at 1PM  
Dance Fitness | 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 10AM  
Quilting | 1<sup>st</sup> and 3<sup>rd</sup> Mondays at 9AM  
Vet to Vet Cafe | 3<sup>rd</sup> Mondays at 11AM

Paint Workshop | Last Fridays at 10AM  
Rummikub | Wednesdays at 12:30PM  
Bingo | 3<sup>rd</sup> Thursdays at 2PM  
Aerobics | 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays in May



# APRIL

		1 11 Flexercise	2 11 Chairobics 12:30 Bridge	3 <b>Good Friday</b> Closed
6 9 Quilting <b>1:30 Wood Center Cinema: Wicked</b>	7 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	8 10 Momentary Reflections 11 Flexercise <b>1:30 Tapered Candle Craft</b>	9 11 Chairobics 1:00 Music Workshop & <b>Wii Bowling</b>	10 <b>10 Golden Buddies Informational</b> <b>11:30 Meet and Eat at Applebee's</b>
13 9:30 Coffee and Crosswords 10 Dance Fitness <b>1 Coin Collectors Social</b>	14 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	15 11 Flexercise 1:30 Crochet Circle	16 11 Chairobics 2 Bingo Sponsored by Lakewood	17 <b>10:30 Spin and Shout Showdown</b> (RJ's Project)
20 9 Quilting <b>11 Vet to Vet Cafe</b> Sponsored by Baptist Hospice 1:30 Wild Cards	21 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	22 9:30 Crochet Circle 11 Flexercise <b>Conference Registration Deadline</b>	23 11 Chairobics 1:00 Music Workshop <b>12:00 RJ's Farewell Party</b>	24 10 Paint Workshop
27 10 Dance Fitness 12:30 Mexican Train* <b>2 Spring Tea</b>	28 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	29 <b>Living Young Mini Conference</b> (Register form required to Attend)	30 11 Chairobics <b>1 Nissan Plant Tour</b>	1 <b>8-9:30 Public Service Appreciation Luncheon</b>

# MAY

4 9 Quilting 9:30 Coffee and Crosswords	5 11 Chairobics <b>12 Cinco De Mayo Luncheon</b> 1:30 Line Dancing	6 10 Momentary Reflections 11 Flexercise <b>1:30 Framed Bouquet Craft</b>	7 11 Chairobics 12:30 Bridge	8 10 Golden Buddies <b>1:30 Wood Center Cinema: The Help</b>
11 10 Dance Fitness	12 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	13 11 Flexercise + Aerobics 1:30 Crochet Circle	14 11 Chairobics 1:00 Music Workshop	15 <b>11:30 Meet and Eat at Kriiakis</b> (Olde Towne)
18 9 Quilting <b>11 Vet to Vet Cafe</b> Sponsored by Baptist Hospice	19 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	20 9:30 Crochet Circle 11 Flexercise <b>1 Chef Charles Food Demo</b>	21 11 Chairobics 2 Bingo	22 10 Wii Bowling
25  <b>MEMORIAL DAY</b> Closed	26 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	27 11 Flexercise + Aerobics	28 11 Chairobics 1:00 Music Workshop	29 10 Painting Workshop

# JUNE

1 9 Quilting	2 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	3 10 Momentary Reflections 11 Flexercise 11:30 Holiday Mash up group meetings	4 11 Chairobics 12:30 Bridge	5 9:30 Coffee and Crosswords 10 Wii Bowling
8 10 Dance Fitness	9 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	10 11 Flexercise <b>12:00 Holiday Mashup</b>	11 11 Chairobics 1:00 Music Workshop	12 10 Golden Buddies <b>1 Meet and Eat at Coach's Creamery</b>
15 9 Quilting <b>11 Vet to Vet Cafe</b> Sponsored by Baptist Hospice	16 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	17 11 Flexercise <b>2 Living Young Olympics</b>	18 11 Chairobics 2 Bingo	19 Swap Dropoff times 9-12 or 1:30-3:30
22 10 Dance Fitness <b>1:30 Wood Center Cinema: Sing</b>	23 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	24 11 Flexercise	25 11 Chairobics 1:00 Music Workshop & <b>Quarterly Birthday Social</b>	26 10 Paint Workshop

29 12:30 Mexican Train	30 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing
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### Registration Dates

April Programs: March 16    May Programs: April 15  
June Programs: May 15

