



LIVING YOUNG NEWSLETTER

601-924-6387

111 CLINTON BLVD.

WWW.CLINTONMS.ORG

Free Hearing Evaluations

Don't miss this opportunity to take an important step toward better hearing and overall wellness! On Wednesday, July 8, Home Hearing Healthcare will be at the Wood Activity Center offering FREE hearing evaluations for Living Young participants. Dr. Carrie Snyder will conduct private, 15-minute screenings between 1:00 PM and 4:00 PM.

Untreated hearing loss can affect much more than conversations. It has been linked to social isolation, difficulty following medical instructions, increased fatigue, and reduced quality of life. The good news is that early detection can help individuals explore treatment options and stay connected with family, friends, and the activities they enjoy. Appointments are limited, so be sure to reserve your spot today.

Potluck Luncheon

Bring a dish to share and enjoy a delicious afternoon with friends! Join us for our Potluck Lunch on Monday, July 6 at 11:30 AM. RSVP Required! It's a great time to gather, taste a little bit of everything, and enjoy good conversation around the table.

Bowling at Indian Lanes

Bowling at Indian Lanes: Strike up some fun with us at Indian Lanes! Enjoy an afternoon of friendly competition, laughter, and socializing while bowling with friends. Whether you're aiming for a perfect game or just having fun, this outing is a great way to stay active. Friday, July 10 at 1:00 PM, located 815 E Northside Dr. Clinton. RSVP Required!

Continental Tire Factory Tour

Join us for an exciting behind-the-scenes tour of Continental Tire Company. Friday, July 17 learn about the tire manufacturing process, discover the technology and innovation behind the products, and gain insight into the company's operations. This unique experience offers an educational and engaging look at a world leading tire manufacturer right here in our own backyard. Limited space available at 10:30 and 1:30.

Ice Cream Social

Cool off with a delicious ice cream treat and enjoy an afternoon of laughter and conversation. Monday July 27 at 1:00 PM gather with friends, meet new people, and make sweet memories. Sponsored by Oakstreet Health.

Quarterly Meet & Eat at 11:30

Butler's - July 24

Pedros - August 21

Fox's Pizza - September 18



Every month, we feast at local Clinton eateries! Dive into delicious bites and friendly chatter with us. It's a Dutch Treat, so bring your appetite and your wallet!

Golden Buddies

Golden Buddies is new and improved this quarter! Looking to make new friends and expand your social circle? Join us on July 10 at 10:00 AM for a fun-filled morning of activity, laughter, and conversation. Whether you're new to the program or a familiar face, Golden Buddies is the perfect place to build new connections and strengthen old friendships. The group will meet monthly to encourage social engagement and welcome new participants. RSVP is required each month to attend. Check calendar for monthly meet up dates.

Drawing Workshops

Zentangle Art: Create simple, free flowing intricate designs using pen and ink in two instructional workshops. Intro to Zentangle will be held on Wednesday, July 15 and a freestyle class will be held on July 29 at 1:30pm.

Bloom & Sketch Flower

Drawing: Explore your creativity and learn the basics of sketching beautiful flowers. On Wednesday, July 22 at 1:30pm this fun and relaxing activity is perfect for beginners.

All supplies provided*

Wild Cards

Learn various card games that are sure to keep you mind in tip-top shape!

July: 13 & 24 ; August: 10 & 21
September: 4 & 18

Spirit Month Activities

Hold onto your hats, folks, because Spirit Month in August is bursting at the seams with excitement for our Living Young crew! Each week is like a gift bag of surprises, filled with treats and fun for everyone! Remember, RSVP is your golden ticket for all these special shindigs, so we can whip up the perfect party plan for you.

Boot Scootin Brunch

Dust off your boots and join us for a toe-tappin' good time on Monday, August 3 at 11:00 AM! Enjoy a delicious brunch, sweet treats, and plenty of laughs with friends as we kick off the day in true country style. Whether you're a cowboy, cowgirl, or just love good company, this is the perfect chance to relax, socialize, and have some fun. Boots are encouraged, but smiles are required!

Light of Entertainment: Disco Fever

Get ready to boogie! Join us Friday, August 7 at 1:00 PM for a groovy afternoon packed with disco hits, throwback fun, and plenty of sparkle. Whether you're showing off your best dance moves, singing along to the classics, or simply enjoying the show, you're sure to have a blast with the dynamic Light of Entertainment performers. Break out your bell bottoms, sequins, or favorite retro outfit and let's turn back the clock for an afternoon of fun and friendship!

Tabletop Game Day

Roll the dice and let the games begin! An afternoon filled with laughter, friendly competition, and classic tabletop favorites awaits you on Wednesday, August 12 at 1:30 PM. Challenge your friends, learn a new game, or simply enjoy the fun atmosphere. No matter your skill level, there's a seat at the table for everyone!

Team Spirit Tailgate

It's game day, Living Young style! Wear your favorite team's colors or your favorite Living Young t-shirt and join us Thursday, August 14 at 12:00 PM for a spirited tailgate celebration. Bring your favorite dish to share under the Wood Activity Center tent or gather a team of friends and create your own tailgate spread. Expect great food, fun games, team pride, and plenty of fellowship. Whether you're cheering for your team or just here for the snacks, you won't want to miss it!

Family Feud Game Show

Survey says... FUN! Join us Wednesday, August 19 at 2:00 PM for an exciting Family Feud-style showdown. Team up with friends, test your guessing skills, and see if you can uncover the most popular survey answers. With lots of laughs, friendly competition, and audience participation, this game show is sure to be a crowd favorite!

Wacky Bingo

Bingo just got a little crazy! Join us Thursday, August 20 at 2:00 PM for Wacky Bingo, where the rules may change, surprises are around every corner, and laughter is guaranteed. Expect silly challenges, unexpected twists, and plenty of opportunities to win fun prizes. You never know what will happen next!

Tropical Paint N Sip

Join us for delightful mocktails and a relaxed atmosphere at this instructional painting class. Grab a brush and step up to your canvas as we create a beautiful tropical beach scene that everyone can take pride in. Limited spaces are available, so don't miss out!

Lip Sync Battle

Grab the mic and unleash your inner superstar! Join us Monday, August 24 at 1:30 PM for an unforgettable Lip Sync Battle. Pick your favorite song, bring your best stage presence, and wow the crowd with your performance. The best part is that you don't have to be a vocalist to participate! Whether you're competing for bragging rights or cheering on your friends, this afternoon promises plenty of laughs, music, and entertainment. Sing solo or in a group, the choice is yours. RSVP by August 14..

September Programs

Hospice Service Project

On September 2 at 2:00 PM you'll have the chance to brighten someone's day with a handmade gift from the heart. Our Living Young group is passionate about creating small, thoughtful tokens for individuals enrolled in hospice programs, reminding them that they are remembered, valued, and cared for. Join us for this meaningful service project as we work together to bring comfort and encouragement to as many people as possible. Your participation can make a lasting difference. RSVP by August 27.

Walking Tacos & Trail Mixer

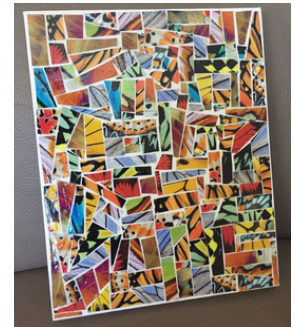
Enjoy a flavor-packed lunch on Thursday, September 3 at 12:00 PM! Participants will enjoy delicious walking tacos and unleash their inner trail mix artist. Each person will have the opportunity to create their own custom trail mix made up of ingredients brought in by attendees. Everyone will bring in one trail mix ingredient to share as we mix, mingle, and build the ultimate snack combination together. RSVP by August 1

Cellphone Workshops

In the month of September the Therapeutic Recreation Department staff will host 3 cellphone focused workshops that are designed to help you become more comfortable and confident using your device. Join us for **Cellphone Basics: Email** on September 9 at 1:30 PM, where you'll learn how to send, receive, and organize emails on your phone. Then, attend **Cellphone Basics: Store Apps** on September 16 at 2:00 PM to discover how to download, update, delete, and use apps with confidence. Finally, bring your questions to **iPhone Open Q&A** on September 30 at 10:00 AM or 2:00 PM, where staff will be available to provide personalized assistance and help you get the most out of your iPhone. Limited space available for each session. RSVP required.

Craft Workshop: Magazine Mosaic

Bring in your old magazines and create something new! Join us on September 23 at 1:30 PM for a creative and fun-filled workshop where we'll transform recycled materials into beautiful works of art. This hands-on session will guide you through the process of cutting, arranging, and gluing magazine pieces to form intricate mosaics. Whether you're an experienced crafter or a beginner, this activity is a wonderful way to express your creativity and make new friends. Bring in any magazines you'd like to include in your masterpiece or donate for a friend to use. Don't miss this opportunity to explore your artistic side and contribute to a sustainable art practice. RSVP by September 15.



Intro to Pickleball

Join us for Pickleball 101 indoors at the Wood Activity Center. A beginner-friendly class will be held on September 4th at 10:00 AM in September. Learn the basics of this popular sport with guidance from skilled instructors. No prior experience is needed, and all equipment will be provided. It's a great way to stay active, meet new people, and have fun. RSVP by August 25 to secure your spot.

Quarterly Birthday Social

If you have a birthday in July, August or September, we want to celebrate you! The 3rd Quarter Birthday social will be hosted by Baptist Hospice on September 24 at 1:00 PM. RSVP by September 18 to ensure we have enough cake for everyone!

Program Reminders

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

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



JULY

Registration Opens: June 15 Online/ June 16 In-Person

MON	TUE	WED	THURS	FRI
		1 10 Momentary Reflections 11 Flexercise 1:30 Intro to Zentangle Art	2 10 Coffee & Conversation 11 Chairobics 12:30 Bridge	3  Closed for July 4th
6 9 Quilting 11:30 Potluck Luncheon	7 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	8 11 Flexercise 11:40 Aerobics 1-4 Hearing Evaluations by Home Hearing Healthcare	9 11 Chairobics 1:00 Music Workshop	10 10 Golden Buddies 1 Bowling at Indian Lanes
13 10 Dance Fitness 1:30 Wild Cards	14 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	15 11 Flexercise 1:30 Zentangle Art Freestyle	16 11 Chairobics 2 Bingo (Sponsor: Dignity Memorial)	17 10:30 / 1:30 Continental Tire Factory Tour
20 9 Quilting 11 Vet to Vet Cafe (Sponsor: Baptist Hospice) 1 Ice Cream Social	21 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	22 11 Flexercise 11:40 Aerobics 1:30 Bloom and Sketch	23 11 Chairobics 1:00 Music Workshop	24 11:30 Meet and Eat at Butler's 1:30 Wild Cards
27 10 Dance Fitness 12:30 Mexican Train	28 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	29 11 Flexercise 1:30 Bloom and Sketch	30 11 Chairobics	31 10 Paint Workshop



AUGUST

Registration Opens: July 15

MON	TUE	WED	THURS	FRI
	1 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	2 10 Momentary Reflections 11 Flexercise 2 Hospice Service Project (craft	3 11 Chairobics 12 Walking Tacos + Trail Mixer 12:30 Bridge	4 9:30 Coffee & Conversation 10 Intro to Pickleball @Wood Center
3 9 Quilting 11 Boot Scootin Brunch	4 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	5 10 Momentary Reflections 11 Flexercise	6 11 Chairobics 12:30 Bridge	7 9:30 Coffee & Conversation 1:00 Light of Entertainment Disco
10 10 Dance Fitness 1:30 Wild Cards	11 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	12 11 Flexercise 1:30 Tabletop Game Day	13 11 Chairobics 1:00 Music Workshop	14 12 School Spirit Tailgate
17 9 Quilting 11 Vet to Vet Cafe (Sponsor: Baptist Hospice) 1:30 Paper Quilts	18 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	19 11 Flexercise 2 Family Feud Game Day	20 11 Chairobics 2 Wacky Bingo (Sponsor: Senior Medicare Patrol)	21 Meet & Eat at Pedro's Clinton 1:30 Wild Cards
24 9-4 Lip Sync Battle Practices 10 Dance Fitness	25 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	26 11 Flexercise 1:30 Lip Sync Battle	27 11 Chairobics 1:00 Music Workshop	28 10 Tropical Paint and Sip
31 12:30 Mexican Train Dominoes		Living Young <i>Spirit Month</i>		



SEPTEMBER

Registration Opens: August 15 Online/ August 17 In Person

MON	TUE	WED	THURS	FRI
	1 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	2 10 Momentary Reflections 11 Flexercise 2 Hospice Service Project (craft)	3 11 Chairobics 12 Walking Tacos + Trail Mixer 12:30 Bridge	4 9:30 Coffee & Conversation 10 Intro to Pickleball @Wood Center
7 * HAPPY * LABOR DAY Closed	8 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	9 11 Flexercise 11:40 Aerobics 1:30 Cellphone Basics: Email	10 11 Chairobics 1:00 Music Workshop City Blood Drive at Brighton Park	11 10 Golden Buddies
14 10 Dance Fitness 11:30 Potluck Luncheon	15 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	16 10 Cellphone Basics: Store Apps 11 Flexercise 2 Cellphone Basics: Store Apps	17 11 Chairobics 2 Bingo Sponsor: Dignity Memorial	18 Meet and Eat at Fox's Pizza 1:30 Intro to Pickleball @Wood Center
21 9 Quilting 11 Vet to Vet Cafe Sponsor: Baptist Hospice	22 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	23 11 Flexercise 11:40 Aerobics 1:30 Craft Workshop: Magazine Mosaics	24 11 Chairobics 1:00 Music Workshop 1 Quarterly Birthday Social Sponsor: Baptist Hospice	25 Paint Workshop
28 10 Dance Fitness 12:30 Mexican Train Dominoes	29 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	30 10 iPhone Open Q&A 11 Flexercise 2 iPhone Open Q&A		