



LIVING YOUNG NEWSLETTER

601-924-6387

111 CLINTON BLVD.

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Oktoberfest Luncheon

Oktoberfest is back! Join us on Monday, October 5th at 12:00 PM for a festive luncheon filled with good food, fun, and fellowship. Enjoy bratwurst with all the fixings, along with fun seasonal activities as we celebrate the season together. Come gather with friends and enjoy a warm, welcoming afternoon. We'll also welcome Malaika Ayers from CaptionCall, who will briefly share information about CaptionCall and the services they offer. RSVP is required!

Medicare Educational

Medicare can sometimes feel confusing, but understanding your benefits and options doesn't have to be! Join us for an informative Medicare Educational Session led by Dennis Ayers. Whether you are new to Medicare, currently enrolled, or simply want to better understand your coverage and available options, this session will provide helpful information and an opportunity to have your questions answered. Come learn, get informed, and feel more confident about your Medicare benefits! RSVP is required.

Intern Projects

Come out and support our internship students as they complete their very own special event. Your feedback and participation help them on their road to graduation.

Recreation Around The World - Get ready to travel the world without leaving the Wood Center! Join us on October 16th at 10:00 AM for a fun-filled multicultural recreational adventure. We'll virtually visit Mexico, Japan, Brazil, and Jamaica through exciting activities including Lotería, origami, music and movement, and trivia! Come socialize, get creative, stay active, exercise your mind, and learn about different cultures while having fun! Pack your passport and get ready to travel the world through recreation! RSVP by October 12th

Game Show Day - Spend the afternoon with us on Monday, November 2, 2026, at 1:30 PM at the Wood Center for a fun-filled Music & TV Trivia Activity! We'll kick things off with "What's Your Favorite?" and then test your memory with familiar TV show theme songs. See who can recognize the tunes and guess the shows first! RSVP is required.

Quarterly Meet & Eat at 11:30

Jamie's - Oct 9

Froghead Grill - Nov 20

McAlister's - Dec 11



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!

Mystery Tour

Join our Living Young Travelers for a fun-filled Mystery Day on October 22, 2026, with lunch included.

Depart: 7:30 a.m. from the Traceway Park parking lot
Return: Approximately 7:30 p.m.

Cost: \$159 per person, based on 40 paying passengers
\$50 deposit per person due to confirm your reservation
Full payment due by October 16, 2026
Cancellation penalties may apply after October 1, 2026

Make checks or money orders payable to TREK TRAVEL.

DIY Tote Bags

Get creative this fall on Wednesday, October 14th at 1:30 PM! Paint and decorate your very own tote bag using your favorite fall-inspired colors and designs. Come ready to get creative, have fun, and enjoy some crafty fellowship

Halloween Costume Contest + Candy Apple Nachos

Put on your best Halloween costume and join us for some friendly competition and a sweet tooth-satisfying candy apple nacho bar on Friday, October 30th at 2PM. RSVP and Costume required to attend.

A Cajun Country Christmas

December 1–3, 2026

Get ready for a Cajun Country Christmas adventure! Join Clinton Therapeutic Recreation for three days and two nights filled with Christmas lights, Cajun food, music, history, and unforgettable Louisiana experiences. Our journey begins in Natchitoches, Louisiana's oldest city, where we'll explore historic Front Street and locations made famous by Steel Magnolias. After a delicious Creole dinner, we'll experience Natchitoches' spectacular Christmas lights.

Day two takes us to St. Martinville and Lafayette, including a guided tour of historic Martin de Tours Church, Evangeline's grave and the famous Oak tree, followed by Rip Van Winkle Gardens and the Joseph Jefferson Home. That evening, enjoy a festive Cajun dinner before experiencing Noel Acadien Au Village, a breathtaking display featuring thousands of Christmas lights throughout Acadian Village.

We'll wrap up our adventure at the Acadian Cultural Center before heading to Avery Island for a tour of the famous TABASCO Factory and Visitors Center, including its history, production process, and Country Store. Then it's back to Clinton with memories of a wonderful Cajun Country Christmas!

Tour Includes: Luxury motorcoach transportation • 2 nights hotel accommodations • Guided tours • Steel Magnolias tour • Acadian Cultural Center • TABASCO Factory tour • Cajun dance lessons & live music • 2 dinners • 1 lunch • Hotel breakfasts and included meal gratuities.

Food Demonstration

Get ready for the holiday season with Chef Charles on November 4th! Join us for a fun and delicious food demonstration featuring holiday-inspired ideas, helpful tips, and plenty of inspiration for your own holiday table. Come hungry, leave inspired, and get a head start on making this holiday season extra delicious!

Pricing:
Double \$680 | Triple \$615 | Quad \$565 |
Single \$899 per person
\$100 deposit due with registration. Full payment due November 6. Reservations are required, and cancellation penalties apply after November 6.
Space is limited, so reserve your spot and come make some holiday memories with us in Cajun Country!



Donuts, Espresso & Good Company!

We're celebrating two delicious National Days this November! Join us on November 5th for National Donut Day with our **Donut Day Drop In** from 9:30-10:30. Then, on November 12th at 9:30 AM, come "**Espress Yourself!**" for National Espresso Day. Grab a sweet treat, sip some coffee, and enjoy good conversation and great company with friends. Come celebrate, socialize, and perk up your November!

Friendsgiving Potluck

Join us on November 13th at 11:30 AM for an afternoon filled with delicious food, laughter, friendship, and fellowship! Bring your favorite dish to share as we gather around the table, make memories, and celebrate the wonderful friendships we're thankful for.

Nature Center Walk

Enjoy the beauty of the outdoors on Friday, November 6th at 10:00 AM as we take a relaxing walk at the Nature Center in Clinton, MS! Take in the fresh air, explore the trails, enjoy the scenery, and spend some time connecting with friends. A \$2 donation to the Nature Center is requested. RSVP required.

Want to learn to play pickleball? Check the calendar for indoor pickleball workshops in October, followed by outdoor game play at Towne Park in November. Come learn the basics, have some fun, and get ready to play!

Cookie Decorating

Join us on December 7 at 2:00 PM for a fun and festive Cookie Decorating workshop! Participants will have the opportunity to decorate delicious holiday cookies using colorful icing, sprinkles, and festive toppings. Come enjoy some creativity, conversation, and sweet treats with friends while getting into the holiday spirit! RSVP is required.

Reindeer Games

Get ready for holiday fun on December 16 at 2:00 PM with our Reindeer Games! Participants will take part in a variety of festive games and challenges designed to bring laughter, teamwork, and holiday cheer. Join us for an afternoon of friendly competition and fun, and see who can become the Reindeer Games Champion! RSVP is required.

McNeely Plastics Tour

Join us for a special behind-the-scenes tour of McNeely Plastics in Clinton on December 11 at 10:00 AM! Get an inside look at how products are manufactured and learn more about the people, processes, and technology that help make this local company a part of our community. This is a unique opportunity to see a local business in action and learn something new right here in Clinton. Space is very limited, with room for only 20 participants, so be sure to register early! Additional details, including the meeting time and transportation information, will be provided to registered participants.

Christmas Party and Gift Exchange

Celebrate the season with us on Monday, December 14th at 11:00 AM! Bring your favorite dish to share and enjoy a festive afternoon filled with delicious food, holiday cheer, laughter, and fun. Don't forget to bring a \$10 gift for our Dirty Santa gift exchange!

Health Challenge Informational

Start planning for a healthier new year! Join us for an informational session about the Living Young Health Challenge, returning in January. Learn how the challenge works and how to set realistic goals around physical activity, nutrition, wellness, and everyday healthy habits.

The goal isn't perfection or competition it's taking small, meaningful steps toward feeling better, staying active, and improving your quality of life. Come get motivated and start planning your goals for the new year.

Birthday Social

IF your birthday falls in October, November or December, we want to celebrate you! RSVP to attend the Quarterly Birthday Social on December 17th at 1PM

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
Wild Cards | Various Dates



Crafts

Join us for two festive, hands-on craft sessions this November. All materials provided. RSVP required.



OCTOBER

NOVEMBER

DECEMBER

MON	TUE	WED	THURS	FRI
			1 11 Chairobics 1:30 Indoor Pickleball	2 9:30 Coffee and Coloring Fall Edition 10 Indoor Pickleball
5 9:00 Quilting 12 Oktoberfest Luncheon	6 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	7 10 Momentary Reflections 11 Flexercise 2 Medicare Educational (Dennis Ayers)	8 11 Chairobics 2 Bingo 1:00 Music Workshop	9 11:30 Meet and Eat at Jamie's 1:30 Wild Cards
12 10 Dance Fitness	13 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	14 11 Flexercise 1:30 DIY Fall Tote Bag Craft	15 11 Chairobics 2 Bingo (Sponsor: Senior Helpers)	16 10 Recreation Around the World (Internship project)
19 9 Quilting 11 Vet to Vet Cafe 1:30 Wild Cards	20 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	21 11 Flexercise	22 Mystery Tour 11 Chairobics 1:00 Music Workshop	24 1:30 Wood Center Cinema: The Haunted Mansion
26 10 Dance Fitness 12:30 Mexican Train	27 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	28 11 Flexercise	29 11 Chairobics	30 10 Paint Workshop 2 Halloween Costume Contest + Candy Apple Nachos
2 9 Quilting 1:30 Game Show Day (Intern project)	3 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	4 10 Momentary Reflections 11 Flexercise 1:30 Chef Charles Holiday Food Demo	5 9:30-10:30 National Donut Day Drop In 11 Chairobics 1:30 Pickleball at Towne Park	6 9:30 Coffee & Coloring Thanksgiving Edition 10 Nature Center Walk 1:30 Wild Cards
9 10 Dance Fitness 1:30 Wood Center Cinema: Home Alone 3	10 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	11  VETERANS DAY Closed	12 9:30 Express Yourself 11 Chairobics 1:00 Music Workshop 1:30 Pickleball at Towne Park	13 11:30 Friendsgiving Potluck 1:30 Wild Cards
16 9 Quilting 11 Vet to Vet Cafe 1:30 Christmas Poinsettia Craft	17 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	18 11 Flexercise 1:30 Pipe Cleaner Christmas Tree Craft	19 11 Chairobics 2 Bingo (Sponsor: Dignity Memorial)	20 10 Paint Workshop (freestyle) Meet and Eat at 11:30 Froghead Grill
23 Closed from 11-3	24 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	25 11 Flexercise	26 	27 Closed
30 12:30 Mexican Train Dominoes	1 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	2 10 Momentary Reflections 11 Flexercise Cajun Country Christmas Tour 1-3	3 11 Chairobics 12:30 Bridge	4 9:30 Coffee & Coloring Christmas Edition 10 Health Challenge Informational
7 9 Quilting 10 Dance Fitness 2 Christmas Cookie Decorating	8 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	9  Closed for City Function	10 11 Chairobics 1:00 Music Workshop	11 10 McNeely Plastics Tour 11:30 Meet and Eat at McAlister's 1:30 Phase 10
14 11 Living Young Christmas Potluck and Gift Exchange	15 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	16 11 Flexercise 2:00 Reindeer Games	17 11 Chairobics 1 Quarterly Birthday Social 2 Bingo	18 9-1 Closed 1:30 Wild Cards
21 9 Quilting 11 Vet to Vet Cafe 1:30 Wood Center Cinema: The Grinch	22 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	23 11 Flexercise	24 Closed	25 
28 10 Dance Fitness 12:30 Mexican Train Dominoes	29 11 Chairobics 1 Beginner's Line Dancing 1:30 Line Dancing	30 11 Flexercise	31 11 Chairobics	1  Closed