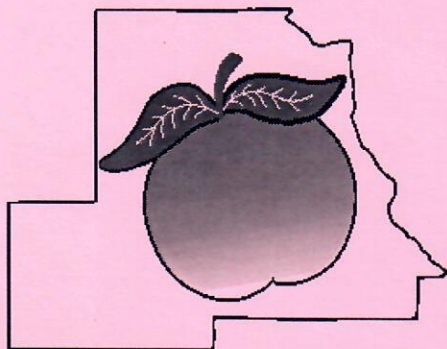


Senior Connection News



Our Purpose:

- To meet others who enjoy the same activities
- Improve Health and Fitness
- To Learn Things About You and Surrounding Areas
- Never too Late to Learn
- To Make New Friends

Staff

Vanessa McKinney, Director

Volunteer Staff

Sammy Wyatt, Treasurer
Charlotte Medley, Bookkeeping
Martha Thornburgh, Membership
Anita Canon, Front Desk Manager

Arthritis Exercise Class Instructors

Debra Darnell
Wilma Easterling
Judy Headley
Vanessa McKinney
Myra Patterson
Gordon Swenson
Alvin Teel
Paula Headley

Yoga - Tuesdays

Linda McKinney

Art Instructor

Scarlett Teel

Contact Us:

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Phone: 205-755-8227
205-217-1328
Address: 304 Park Plaza
Clanton, AL 35045

2019 Quarterly News

January, February, March

Special News Update

Scale Back Alabama

(Official Weigh In Station)



January 15 (Tuesday) – Kick-Off Event
January 21-27 (Monday-Sunday) – Weigh-In Week
April 1-7 (Monday-Sunday) – Weigh-Out Week
April 16 (Tuesday) – Final Event and Cash Prize Drawings

Open to Everyone • Must Be 18 or Older to Participate



Event Spotlight

Health Fair and Chili Competition

\$25.00 for Health Vendors and Competitors

Please call Vanessa if interested 205-217-1328. \$5 admission at door, all the chili you can eat
11-1pm - Door Prize Drawings - Deadline for booth and competition is January 27th !



Black Eye Pea Luncheon

January 23th \$7.00 Includes: Peas, Cole Slaw Cornbread w/fixins & Dessert/Drink

Valentine Banquet Featuring Sonny Grier

Sonny Grier who performed with The Rockin Gibralters is now on his own and performs beautiful music! Tickets for this event are on sale now for just \$10.00. We will have a catered sit-down dinner. Treat yourself, husband, wife or friend for a lovely outing!

Notes/Notices

Senior Connection does not rent out the building for events.
Senior Connection is funded by our hard working members,
fundraisers and The City of Clanton.

Volunteer Help Needed

- *Our Website needs attention. If you are technically creative and wish to donate some time to our seniors please call Vanessa at 205-217-1328.
- *We are in need of someone to fill in to work the front desk. Please see Anita Cannon. Must be a member.
- *Senior Connection is always looking for volunteers to help in various activities. Let Vanessa know if you would like to start a class. Example: Senior Choir, Scrapbook Class or DIY projects, or How to Sell on Ebay or coupon cutting class.

Senior Connection Proudly Offers:

- *Exercise Daily at 9 am
- *Perfect Peaches Line Dance Team (after exercise) Mon. & Wed.
- *Tuesdays at 10 am Yoga
- *2nd Monday at 9:45 am is Health Education by Brookwood/Shelby Baptist
- *3rd Monday at 9:45 am is Health Education by St. Vincent's Hospital
- *Monday mornings we have blood pressure Health Screenings by CV Home Health
- *Historical Society Meets 2nd Sunday every Quarter 2pm
- *Usual Suspects Jazz band rehearsal 3rd Sunday each Month from 4 to 6 pm
- *Bingo Everyday at 9:45am
- *Monthly Birthday Lunch is last Thursday of each month (unless otherwise noted)
- *Disabled Veterans meet every 2nd Saturday 10 am to 2 pm
- *Lions Club meets 1st & 3rd Monday of each Month @ 6pm

The above classes are ongoing, meaning you can always find one of these classes happening at the time scheduled above. Come join us!!

Exercise & Dance Instructors:

Alvin Teel	Vanessa McKinney
Judy Headley	Myra Patterson
Wilma Easterling	Gordon Swenson
Paula Headley	Debra Darnell



Art Classes to Enjoy at Senior Connection

Every Wednesday at noon at Senior Connection art classes are available for your enjoyment. Every artist proceeds at their own level to develop their piece of art. You may use the media of your choice - graphite pencils; colored pencils; ink; watercolor paints; oil paints; acrylic paints or any other medium you may choose. Work at your own speed.

Some Wednesdays we may have three or four artists or other Wednesdays we may have ten or twelve. Come by and see us if you are interested. Come see how our artists transport their work and supplies. There is really no right or wrong way to do your art work -- THE IMPORTANT THING IS WHETHER YOU ENJOY IT OR NOT AND YOU MAY BE SURPRISED AT THE OUTCOME. See you there. Bring a large good quality drawing paper pad; some pencils; colored pencils; and eraser and a set of children's watercolor set. You may even just want to bring your adult coloring book with colored pencils.

Your instructor is: Scarlett Teel

SPECIAL EVENTS:

January 2019

- 8th - YOGA starts at 10am
- 9th - Alabama Cares Program (Education) 9:45am
- 10th - Local Lunch Bunch Kountry Kitchen 11am
- 13th - Judge Martins Retirement Reception 1-3pm
- 14th - Brookwood/Shelby Mobile Health Clinic Tour and Kick off for Scale Back Alabama
- 16th - Myra's Flight Class at Alvins Hanger! Good Luck & Bon Voyage Party with Hot Dogs and Cake - 10AM Everyone is welcome to send her off!!
- 17th - Field Trip Antiquing in Montgomery/Prattville
- 21st - Closed
- 22 - 27th - Weigh In Scale Back Alabama 8 to 4pm
- 23rd - 5th Annual Black Eye Pea Luncheon \$7.00 Tickets
- 24th - Trip to the Casino Leaving at 8am
- 24th - Scale Back Alabama Late Night Weigh In from 6-8pm
- 28th - Trip to Ross Bridge for Lunch and Galleria Shopping
- 31st - Birthday Lunch

February 2019

- 2nd - Health Fair and Chili Cook off 11 - 1pm
- 7th - Trip to Columbia, Tour Premier Living, Hartley's, Thrift Store/Antiquing
- 9th - Pancake Day at First United Methodist Church
- 14th - Valentine Banquet - Get Your Tickets Now!!!
- 21st - Field Trip to Unclaimed Baggage/Famed Restaurant 50 Tators. Seating Limited Members Only. No cost for bus you pay for your lunch. Leave 8AM
- 22nd - Unique restaurant at Thomas Jefferson Towers called Roots & Revelry - Then Shopping. Leaving 9:45am
- 27th - Local Lunch Bunch - Shoney's 11am
- 28th - Birthday Lunch at 10:45am (approx. time)

March 2019

- 4th - Free Hot Dog and Movie - Sea Biscuit 10am lunch after.
- 7th - Trip Storybook Farm - Leaving 8am
- 13th - Memory Lane Party - Bring a picture of you and tape it to your shirt and dress the part of the The Good Ole Days! Dance, Karaoke and lots of healthy food and fun!!!
- 19th - Memphis Trip - Details inside Senior Connection
- 28th - Birthday Lunch



Let's Break Bread and Rejoice!!!

\$3.00 Friday Lunches are back.
Plan to join us and have a good meal and lots of friendship and fellowship.



Feature Article



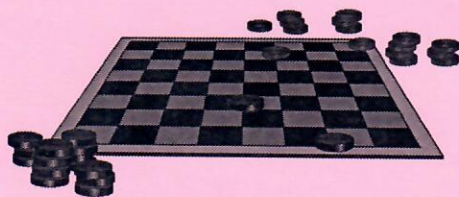
FUN AT THE STATE GAMES

The Master Games of Alabama are held every year in Trussville, Al. This year we had several people to participate. Larry Glenn, Zed Price, and James Darnell participated in checkers. Alvin Teel, James Darnell and Larry Glenn participated in Billiards.

Everyone was able to meet new friends. There was so much more to do such as, shuffle board, golf, basketball, dominoes, ping pong, and cards and they even gave out medals just for participating in the 5k, which was walking around a track! Each participant received a t-shirt.

James went on to the State games which were held in Valley, AL. He and his wife, Debra, went for the full 3 day adventure. They were able to stay in a nice hotel and participate in the evening dinners and celebrations. James brought back a 1st Place Medal in checkers. Everyone that went had a great time.

James would like to encourage everyone to participate this year in one or more of the games. Remember its not about winning it's just about having fun!!! Stay tuned to our calendar of events for games dates!



Special Classes

January 23rd - 9:30 Fall Prevention
Presented by Chilton Physical Therapy

January 30th - 9:30 Chaulk Couture Art Class
Instructed by Mae Mae Made It Designs

February 13th - 9:30 Genealogy Class and Research
Presented by Elder Turnbow
(will help free of charge)



In Memory of Dave Norman

Donations given in his memory by:

Dian and Jimmy Easterling

Robert Lane

Ivan and Sue Smith

Sue and Johnny McKinney

Lona Porter

Mike and Nancy Cooper

2019

Things to Do at Senior Connection!!!

Play Games like Rummikube, Rook, Mexican Train
and Card Games are played almost daily!
Come join a group today!!

The guys and girls are always striking up a game of pool
and shuffle board. Now with a new professional grade pool
table we can join the Master Games Tournament? Shuffleboard
is making a comeback and it's easy to play and great exercise.

Yoga starts on the 8th. Linda McKinney will lead
the group in starting basic yoga. Learn to relate and
exercise at the same time. Great for the heart and soul!

Checkers is a big hit with some of our guys. Come see
if you can beat them! Bingo is played on a daily basis
with our members.

Trips are a favorite among our members. We travel across
Alabama for day trips and antiquing. Trips are free of charge
until further notice and are on a first come first serve basis.
(Tickets and lunch are on your own.)

