

## 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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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

Please call Vanessa if interested 205-217-1328. \$5 admission at door, all the chili you can ear 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 Judy Headley Wilma Easterling Paula Headley Vanessa McKinney Myra Patterson Gordon Swenson 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 ad 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.)







Go with us on our field trips! We use City Transit buses in most cases and our day trips are fantastic! Most of the time we leave at 10 am and return by 4 pm. Some trips leave earlier depending on destination. Our bookkeeper takes care of your payment when you sign up - but sorry no refunds except 1 week before departure due to funding of our buses (unless specified).

**Up Coming Trips** 

January 17th - Field trip antiquing in Montgomery/ Prattville area. Leaving at 8am.

January 24th - Trip to the Casino in Wetumpka. Leaving at 8am. Seating is limited so reserve your seat asap. No Charge and Lunch is on you.

January 28th - Trip to Country Club at Ross Bridge and shopping at the Galleria. Leaving at 10am

February 7th - Lunch at Hartley's and Tour Premier Assisted Living. We will stroll through the Town of Columbiana and Shoppes. Then to the Baptist Thrift Store.

February 21st - Trip to Scottsboro, Al to Unclaimed Baggage and to "Famed Restaurant" 50 Tators. Seating Limited and Members only. No cost for bus you pay for your lunch. Leaving 8AM

February 22nd - Trip to a unique restaurant at Thomas Jefferson Towers called Roots & Revelry and then shopping. Leaving at 9:45am.

March 7th - Storybook Farm in Opelika is a magical nonprofit ministry where courageous children faced with a variety of physical, emotional, social and cognitive challenges embrace and celebrate life. It is a remarkable place where the unmistakable hand of God is made visible every day through every rider, volunteer, and horse. Lunch is on you. Itinerary as follows:

8:30 Departing Senior Connection

9:45 Arriving at Museum Auburn, Al

10:30 Depart for Acres Restaurant

11:00 Lunch

12:30 Depart for Opelika

1:00 Tour Opelika Town Stores

1:45 Depart for Storybook Farm

2:00 Tour Farm

3:00 Depart for Senior Connection



Every month we celebrate Senior Connection members birthday! Bring a dish and wish everyone a Happy Birthday!! Lunch is early though, so come to exercise first, meet and greet, and then we eat!



AND



# Stay Connected You Might Just Miss Something!!

January 14th

Brookwood/Shelby Mobile Health Clinic Tour and Kick off for Scale Back Alabama

January 23rd

Black Eye Pea Luncheon Tickets \$7.00 Get your Ticket Today!!

February 2nd Health Fair and Chili Competition

11-1pm - Door Prize Drawings Admission \$5.00

February 14th

Valentine Banquet Featuring Sonny Grier

Tickets \$10.00 each includes a Meal and a lot of fun!!

So grab your sweetie and come to this lovely outing!

#### Benefits of Volunteering

1. Find meaning and purpose at any age

- 2. Experience improved health and well being
- 3. Make new friends and improve your mind
- 4. Learn new skills
- 5. Know that you can make a difference

Come join our volunteer team today! Ways you can help, be a front desk volunteer, start a bible study, start a Senior Connection Choir! In addition, volunteering not only provides us with the opportunity to get involved in a cause that we are passionate about, but also provides the chance to look beyond our own circumstances and appreciate what others are experiencing. The difference that you'll make in someone else's life will make an even bigger difference in yours.

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Your dues are a vital part of our operating funds. If you are uncertain when your due date is, please check with our bookkeeper.