

May 2024 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Hummingbird Feeder 	Paper Flowers Craft 	1 – Commission Forum Trip Sign-up Sausage Biscuit Aerobics / Bingo Line Dancing / B-Day Crochet & Knitting Hand & Foot Game Chair Volleyball	2 Pickleball Class Yoga Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing Beautiful the Musical	3 – Mayor’s Forum Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing
6 – Charleston Trip Morning Stretch Genealogy Blood Pressure Chair Fit Mahjong Line Dancing Indoor Pickleball	7 – Rummikub His & Her Haircare Paper Dolls Dance Fit / Bible Study Cribbage / Chair Fit Oil Painting Line Dancing Veterans Assistance	8 – Gentle Stretch Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	9 Pickleball Class Yoga Chair Fitness Mahjong Bridge Line Dancing Ballroom Dancing	10 Morning Stretch Bingo / Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing Catfish Supper
13 – Thank You Mom Morning Stretch Genealogy Blood Pressure Chair Fit / Mahjong Line Dancing Indoor Pickleball Marine Corps League	14 – Golden Olympics His & Her Haircare Paper Dolls / Chair Fit Dance Fit / Bible Study Cribbage / Oil Painting Line Dancing Veterans Assistance DAV Meeting	15 – Fresh Food Demo Sausage Biscuit Standing Aerobics Traveling Angels Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	16 – Afternoon Dance Pickleball Class Yoga Chair Fitness Mahjong Bridge Line Dancing Ballroom Dancing	17 – Billiards Morning Stretch Bingo / Dance Fit Sing-a-long Chair Volleyball Oil Painting Class Line Dancing 18 Saturday Night Dance
20 – Game Night Stretch / Genealogy Auto Safety Check Blood Pressure Chair Fit / Mahjong Medicare Monday Line Dancing Indoor Pickleball	21 – Olympics Ends His & Her Haircare Hummingbird Feeder Paper Dolls / Cribbage Chair Fit / Bible Study Veterans Assistance Oil Painting Line Dancing	22 – Mayor’s Walk Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	23 – Buckner’s Trip Pickleball Class Yoga Chair Fitness Mahjong Bridge Line Dancing Ballroom Dancing	24 Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing
27 – Center Closed 	28 – Area Picnic His & Her Haircare Chair Fit Bible Study Veterans Assistance Oil Painting Line Dancing	29 – Legal Advice Standing Aerobics Traveling Angels Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	30 – Botanical Gardens Pickleball Class Paper Flowers Craft Yoga / Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	31 – Foot Clinic Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing

A Division of Troup County Parks & Recreation  TROUP COUNTY PARKS & RECREATION

 An Agency of the United Way of West Georgia



The Active Life
A Better Life to Live
 theactivelife

Federal and State Funding from Three Rivers RC 140 Ragland Street ♦ LaGrange, GA 30241 (706) 883-1681 ♦ theactivelife.org

 **Three Rivers**
AREA AGENCY ON AGING

Office Hours:
Monday – Friday (8am – 4pm)

The Active Life

May 2024

RECREATION FOR ACTIVE ADULTS 55+

- Political Forums: Commission Wed, May 1 LaGrange Mayor Fri, May 3
- Catfish Supper Fri, May 10
- Thank You Mom Mon, May 13
- Afternoon Dance Thu, May 16
- Saturday Dance Sat, May 18
- Auto Safety Mon, May 20
- Game Night Mon, May 20
- Hummingbird Feeder Tue, May 21
- Area Picnic Tue, May 28
- Paper Flowers Thu, May 30
- Foot Clinic Fri, May 31



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Is Your Mental Health Important?

Prioritizing mental health is so important, but with life constantly changing around us, it can be overwhelming to navigate it. However, you are not alone, and there a few simple steps you can take to boost your mental well-being.

- **Connect with people around you**, including family, friends, neighbors, and colleagues. Building strong relationships is crucial to your mental health.
- **Stay Active** by participating in activities such as walking, Chair Fitness, Line Dancing, Pickle ball, or Aerobics. You don't have to go to the gym; you can find what works best for you and make it part of your daily routine.
- **Keep learning new skills** which can give you a sense of accomplishment and confidence. Take healthy cooking courses, learn to make a quilt, take a dance class, or try your hand at a card game.
- **Give back to others** through small acts of kindness such as smiling, thanking someone, or offering a kind word. Volunteering or doing something nice for someone else can improve your mental wellbeing and help you build new social networks.
- **Be aware of the present moment**, including your thoughts, feelings, body, and surroundings. Mindfulness can positively change your approach to challenges and how you feel about life.
- **Seek professional help** from a counselor if you need someone to talk to about difficult feelings, trauma, stress, relationships, self-esteem, mental health conditions, significant life events, or just to celebrate accomplishments with.

Lindsey Hutto, Health & Wellness Manager

Saturday Night Dance: Russ Moore
(Sat, May 18, 7pm – 9pm) \$5 Wellness Ctr Fellowship and Fun. Snacks Provided.

Everyday Events

Play Games in Game Room: Billiards, Dominoes, Mahjong, & Card Games

Make Works of Art in Craft Room: Quilting, Crocheting, Knitting, Sewing, & Other Crafts

Use a Computer in Media Room: Surf the Internet, Email, & Research your Family Tree

Enjoy the Outdoors: Walk and Exercise on the Nature Trail & Play Pickleball on our New Courts

Stay Well in the Wellness Center: Use a Fitness Machine & Attend a Wellness Class.

Weekly Events (\$ = Fee Charged)

Morning Stretch (Mon & Fri, 9:30am)

Margaret Ross-Williams (706-415-0245)

Genie Club (Mon, 9:30am)

Trace your Family Roots. Utilizes Ancestry.com

Blood Pressure Check (Mon, 10am)

LaGrange Fire Dept. in the Game Room

Chair Fitness (Mon, Tue & Thu 10:30am)

Low-impact Aerobics & Resistance Training

Mahjong (Mon & Thu, 12:45pm)

Gary Whitfield (706-302-4896)

Intermediate Line Dancing

(Mon, 1pm) Kim Basko / (Tue, 1pm) Jackie C.

Indoor Pickleball (Mon, 2:15pm)

His & Her Hair Care (Tue, 8:30am-1pm) \$

Hair Shop at the Center. Tracy (706-302-3806)

Bible Study (Tue, 9:30am) Media Room

Paper Dolls Craft Group (Tue, 9:30am)

Paper Crafts. Barbara Hudson (706-416-7106)

Veterans Assistance (Tue, 12-4pm)

Provided by Ann Erenheim, DAV in Front Office

Oil Painting Class (Tue, 1pm & Fri, 12pm) \$

For all Skill Levels. Donna Bailey (706-302-0392)

Standing Aerobics (Wed, 9:30am)

Low Impact Exercise to Music. Lora Norrell

Small Prize Bingo (Wed & Fri, 10:00am)

Beginners Line Dancing

(Wed, 10:45am) Kay Scarborough

(Thu, 5:30pm / Fri, 2:15pm) Jackie Chatterton

Hand and Foot Card Game (Wed, 1pm)

Fun Canasta Game held in the Game Room

The Knit Witz (Wed, 1:00pm)

This crochet & knitting club is for all levels.

Wonderful Wednesdays

Wed 11:00am, Dining Room

Political Forum (May 1)

Board of Commissioners Candidates

Gentle Stretch (May 8)

Lindsey Hutto, Wellness Manager

Fresh Food Cooking (May 15)

Jessica Spencer, UGA Extension TC

Legal Advice on Scams (May 29)

Megan McCulloch, GA Legal Services

Chair Volleyball (Wed & Fri, 1pm) Wellness Ctr

A seated fun competition for everyone.

Beginners Pickleball (Thu, 9am) Outdoor Courts

Call Sandy Dennis (706-675-6400) for Appointment

Yoga Class (Thu, 9:30am) Wellness Ctr

Taught by Certified Instructor Teresa Kuhns.

Contract Bridge Group (Thu, 2pm) Media Rm

Ballroom Dance Lessons* (Thu, 7pm) \$

Cody Foote (334-663-2408)

Dance Fit (Tue 9:30am / Fri 10:45am) Wellness

Get fit and have fun with Mirinda Douglas

Friday Sing-a-long (Fri, 10:45am)

A Good Ole Gospel Singing

Rummikub Group (Fri, 1pm) Coffee Rm

An easy tile game based on the card game Rummy.

DAV Veterans Assistance
Tuesdays, 12pm-4pm

Monthly Events

Trip Sign-Up (Wed, May 1, 8am)

Sign-up for Two Upcoming Day Trips.

Sausage Biscuits Dining Rm Cost: \$1 Each

Pork Sausage in a Homemade Biscuit

Wed, May 1, 8:30am & Wed, May 15, 8:30am

Birthday Celebration (Wed, May 1, 11:50am)

Recognizing Participants with May Birthdays

Catfish Dinner* (Fri, May 10, 5:30pm) \$7

Games, Prizes and Great Food

Saturday Night Dance (Sat, May 18, 7pm) \$5

Foot Care Clinic* (Fri, May 31)

Sponsored by Freedom Baptist

Special Events (* = Registration Required)

Tasty and Nutritious Lunches

(Weekdays, 12:00pm) Dining Rm

Sign up before 11am daily. Limited seating.

Learning the Basics of Cribbage*

(Tuesdays, 10am) Sign-up in Game Room

Meet the Candidates Political Forums

All Forums held in the Dining Room

Troup Co. Commissioner, Districts 2, 3 & 4

Wed, May 1, 10:50am

Be Informed.

City of LaGrange Mayor

Fri, May 3, 11:25am



Learn more about your voting choices.

Catfish Supper Night*

(Fri, May 10, 5:30pm) \$7 Dining Rm

Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & **Chocolate Mousse**.

Thank You Mom Sideshow

(Mon, May 13, 11:35am) Dining Room

Everyone, share an old photo of you and your mother. Have scanned at office by Fri, May 12.



Schedule of Events

May 14 - 22, 2024

TUESDAY (May 14)

Bucket Ball 9:30am Dining Rm

Ladder Toss 9:30am Lobby

WEDNESDAY (May 15)

Pickleball 9:00am OutCourts

Basketball Free-Throw 9:00am Drop Off Area

Frisbee Toss 9:30am Wellness Parking

Chair Volleyball 12:45pm Wellness Cntr

THURSDAY (May 16)

Pickleball - If Needed 9:00am Courts

FRIDAY (May 17)

Football Toss 9:00am Wellness Parking

Billiards 1:00pm Game Room

MONDAY (May 20)

Indoor Baseball 9:30am Dining Room

Putt-Putt 10:30am Lobby

Fun Game Night 4:00pm Dining/Media/Game

TUESDAY (May 21)

Cornhole 9:00am Dining Rm

Washer Toss 9:30am Lobby

WEDNESDAY (May 22) - LaGrange Mall

Registration/T-Shirts 9:00am Center of Mall

Awards & Walk 9:30am Center of Mall

Mahjong & Rummikub tournaments held prior to May 14.

Free Afternoon Dance

(Thu, May 16, 1pm - 3pm) Wellness Ctr

Great Music. Bring Snacks to Share.



Automotive Safety Inspection*

(Mon, May 20, 9:30am) Drop Off Area

Sponsored by Mike Patton Auto Family

Medicare Monday Informational Talk

(Mon, May 20, 11:35am) Dining Room

Topic: Medicare Financial Savings

Game Night at the Active Life

(Mon, May 20, 4pm-8pm) Dining/Media/Game

Bring snacks to share.

Hummingbird Feeder Craft*

(Tue, May 21, 9:30am) \$4 Craft Rm

Taught by Gena Ogletree.



LaGrange Mayor's Wellness Walk

(Wed, May 22, 9:00am) LaGrange Mall

Free Active Life t-shirts to the first 125.

Golden Olympics Medals and Mayor's

Wellness Awards will be presented.

Paper Flowers Craft*

(Thu, May 30, 9:30am) \$2

Craft Room

Taught by Barbara Hudson.



TRAVEL (# of 🚶 indicates level of walking)

Beautiful the Musical* sold out Active Life

(Thu, May 2, 3:30pm) \$32 (+ meal) 🚶

Buckners & Noah's Ark* Shuford Fields

(Thu, May 23, 9am) \$10 (meal cost \$22) 🚶🚶

Great Food Served Family-Style and a Visit

to an Exotic Animal Rescue/Rehab Center.

Area Agency on Aging Picnic at Oakfuskee*

(Tue, May 28, 9:15am) **Signup Deadline 5/10**

Entertainment, Food & Fun. 🚶

State Botanical Gardens of GA* Shuford Fields

(Thu, May 30, 7:15am) \$10 (plus meal) 🚶🚶

Guided tour of these Beautiful Gardens.

Atlanta Braves Daytime Game* Shuford Fields

(Wed, July 24, 9am) \$49 plus lunch 🚶🚶

Pacific Northwest & California Trip*

(Sep 15-22, 2024) Spaces Available 🚶🚶

Myrtle Beach Entertainment Spectacular*

(October 21-25, 2024) Spaces Available 🚶

Hawaiian Adventure*

(Dec 8-17, 2024) Spaces Available 🚶🚶