

West Point Active Life

Monthly Newsletter

A Better Life to Live

May 2024

Happening this month:

- Chair Stretch Fitness Jamboree – Friday, May 3rd @ 10:15 AM.
- Craft class - Thursday, May 9th AND May 23rd @ 10:00 AM.
- Line Dance class - Friday, May 24th AND May 31st @ 1:00 PM.
- Billiards Tournament @ LaGrange Active Life - Friday, May 17th @ 1 PM.
- Photos to Art class w/ Larry Kelley beginning Monday, May 13th @ 1 PM.
- Trip to All American Fun Park in Albany, GA – Thursday, May 16th.
- Chattahoochee Early Learning Academy end-of-school performance - Friday, May 17th @ 10:00 AM.
- Philip Sublett from GA Center of the Deaf and Hard of Hearing presentation on GA TEDP - Tuesday, May 7th @ 10:30 AM.



May is also Mental Health Awareness Month. Use these steps to boost your mental well-being:

- *Connect with people around you.
 - *Stay Active.
- *Keep learning new skills.
 - *Give back to others.
- *Be aware of the present moment.
- *Seek professional help, if needed.



Anna S. – 17th



May is Older Americans Month!



**Thursday, May 28th @ Oakfuskee.
Chick-Fil-A lunch will be provided.
Sign-up by Friday, May 10th! There is no cost. The theme this year is Superheroes so feel free to dress up.**

May 2024 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
		1 >B/P checks 10:00 >Bingo 10:30 >Exercise 1:00 <u>(Deadline for All American Fun Park)</u>	2 >Quilting 10:00	3 >Chair Stretch Jamboree 10:15 >Bingo 11:00
6 >Exercise 10:00	7 >Quilting 10:00 >GA Center of the Deaf & Hard of Hearing 10:30	8 >Bingo 10:30 >Exercise 1:00	9 >Quilting 10:00 >Crafts 10:00	10 >Bingo 10:30 >Chair V-ball 1:00 <u>(Deadline for Senior Picnic)</u>
13 >Exercise 10:00 >Photos to Art program w/ Larry Kelley 1:00	14 >Quilting 10:00	15 >Bingo 10:30 >Exercise 1:00	16 All American Fun Park – Albany, GA CENTER CLOSED	17 >CELA Performance 10:00 >Chair Stretch 10:15 >Bingo 11:00 >Chair V-ball 1:00 >Pool Tournament @ LaGrange 1:00
20 >Exercise 10:00 >Photos to Art program w/ Larry Kelley 1:00 <u>(Deadline for Warm Springs, GA)</u>	21 >Quilting 10:00 >Advisory Team 10:00 >Medicare Zoom 11:00	22 >Bingo 10:30 >Exercise 1:00	23 >Quilting 10:00 >Crafts 10:00	24 >Bingo 10:30 >Line Dance 1:00
27 CLOSED IN OBSERVANCE OF MEMORIAL DAY	28 Senior Picnic @ Oakfuskee CENTER CLOSED	29 >Bingo 10:30 >Exercise 1:00	30 >Quilting 10:00	31 >Chair Stretch 10:15 >Line Dance 1:00 Monthly B-day Celebration



TROUP COUNTY
PARKS & RECREATION

West Point Active Life

1114 O.G. Skinner Drive
West Point, GA 31833
(706) 645-3580

Hours: Monday – Friday (9:00AM – 3:00PM)

An Agency of the
United Way
of West Georgia



