



Dear Foxes:

## May Is Older Americans Month!



**May 4: Area on Aging** hosts their annual wellness fair at Peachtree Mall. 8-10 a.m. Doors near the food court will be open early. First 100 to sign in will get a free t-shirt. See you there!

## May 4: Derby Day at Fox:

Wear your favorite and unusual hat and enjoy alcohol free mint juleps and cheese straws. Contest: Pick your favorite horse and hat to win a prize! Program begins at 2:00 p.m.



## May 6-11 is Senior Corp Week!

**RSVP Volunteer Week:** Come into the center to celebrate your talents all week long. We have lots of giveaways so be sure to stop in each day during the week to enter for prizes.

## May 7: Strawberry Picking and Lunch:

We are going to Reynolds to have lunch at Fort Wayne and then to pick strawberries. Cost of trip is \$5.00 + cost of strawberries and lunch. Join us for some sunshine! Meet at Fox at 10 a.m. and return at 3 p.m.



## May 21: "Newcomers' Coffee or Tea"

If you are new to this area or an old timer and want some information on Columbus activities this program is for you. Meet new friends and learn a little more about Columbus. Time: 10:30 a.m. following Exercise.

**May 25: Foxgloves Garden Club Meeting.** Noon. Bring your lunch. Annual dues: \$10.00

**May 28: Memorial Day: Center open from 8 a.m. to 3 p.m. With Spa Day presented by Vista Care.** Limit 12 persons. You must sign up by May 23rd to reserve your place. This is a free activity and includes manicures, pedicures, and massage treatment. Time: 10 a.m. to 12 p.m. - Bring your sack lunch and we will provide the tea!

**May 30: is our monthly Birthday Lunch in celebration of National Salad Month:**

Bring your favorite covered dish to share. The center will supply the iced tea for this event. Program starts at noon. Be sure to sign up so we will know how many to count on. Wear your favorite red, white & blue vest, hat or outfit and win a prize. Lunch starts at noon.



Got questions? Suggestions? Let us know and we will do our best to accommodate you. Remember we need at least 8 people to sign up to do programs in order to hold them. Sign up should be 3 days in advance of actual program.

Be sure to take our Travel/Trip Survey this month. Forms are located on the sign in table.

Have a Great Month!

Alice & Nikki

# May 2012

Sun      Mon      Tue      Wed      Thu      Fri      Sat

		1 Linus Project Bridge	2 Exercise Bingo Bridge	3 Quilting Sewing Bridge	4 Exercise Derby Day Sewing Bridge	5
6	7 Exercise Strawberries	8 Linus Project Bridge	9 Exercise Bingo Bridge	10 Quilting Sewing Bridge	11 Exercise Sewing Bridge	12
13	14 Exercise	15 Linus Project Bridge	16 Exercise Bingo Bridge	17 Quilting Sewing Bridge	18 Exercise Sewing Bridge	19
20	21 Exercise	22 Linus Project Bridge	23 Exercise Bingo Bridge	24 Quilting Sewing Bridge	25 Exercise Sewing Bridge Garden	26
27	28 Spa Day  Yes We Are Open on Memorial Day	29 Linus Project Bridge	30 Exercise Bingo Bridge	31 Quilting Sewing Bridge		

**Fox Center Programs:**

**Bingo:** Wednesday at 10:30a.m. & other days as announced on calendar page.

**Bridge:**

**Tuesday Duo Bridge and Friday Partner Bridge:** You need a partner to play! 1-4:00 p.m.

**Wednesday mornings** 10:30—12 noon and on **Thursdays 1-4 p.m.** (no partner needed).

**Bocce: Tuesday** mornings 10 –11 a.m.

**Crocheting/Knitting:** Mondays, 11 a.m.

**Exercise:** Mon, Wed, Fri at 9:30 a.m. with various instructors. Class is 1 hour.

**Gardening:** Last Friday of each month; noon; session is 2 hours; annual fee.

**Linus Project Sewing:** Tuesdays 9 a.m.—2 p.m.

**Quilting/Crafts:** Thurs/Fri: 9 a.m.

**Wii :** Fridays -10 a.m.

- **\$2.00 Coffee dues are due the first of every month. Per cup price is 50 cents.**



- **Trip Policy:**

**In order to travel on trips announced in this newsletter:**

1. You must be an “active participant” of the Fox Community Center unless we have indicated that the trip is for the entire Senior Section.
2. You must pay to reserve your spot in advance of putting your name on the list.
3. Refunds are NOT issued except under the following conditions:
  - A. We cancel the trip or
  - B. you cancel and we find a replacement for you. In this case, You will be issued a credit to take a future trip with us.

# Upcoming...

**Qigong anyone?** DEEP breathing/low impact exercise. 5 minutes each day. See Alice for more information.

**Ballroom Dancing or Bowling?** Call Reggie at Gallops for more information. 706-653-4193

**Bocce: Looking for a few players.** Low Impact Exercise in fresh air.

Check with Nikki on times and dates for practice. This might lead you to the Golden Olympics!

**Book Review Club** at Fox: Like to read? Ask us about this program.



The Fox

Center SPELLS **fun!**



**National  
Salad Month**



We're on the web

at:

[www.columbusga.org/parks/seniors](http://www.columbusga.org/parks/seniors)

Fox Community Center is a Columbus Parks and Recreation Center for senior adults 50 years and older. We are open Monday through Friday, 8 a.m. to 5 p.m..

RSVP: 706-225-4645

Address: 3720 5th Avenue, Columbus, Ga 31904

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706-225-4645

Nikki Idell, Recreation Leader

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**Fox Community News**  
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**Memorial Day**  
May 28  
**Memorial Day**  
May 28



‘an equal opportunity/affirmative action organization’