

SENIOR CITIZENS SERVICES OF  
MUSCOGEE COUNTY

*Gallops Senior Center*  
*Happy New Year!*



January  
2012

Gallops Center  
1212 15th Street  
Columbus GA 31901  
(706) 653-4193

Reggie Thompson  
Director  
Recreation for  
Adults  
Volume 33  
Issue 1  
Published Monthly.

**Gallops Members,**

**The New Year is here. Please give us your suggestions that we continue to move Gallops in the right direction. Happy New Year!**

**Reggie**

**Senior Fun Day**

Thursday, January 19th is Senior Fun Day. Please bring a friend, relative or neighbor that is a senior over 50 and not a member to visit our center. Let them come out and see what we have to offer. We will give out a prize to the senior that has the most visitors to sign up.

**Christmas Community Service Projects**

The Red Hatters gave gifts to a family in need this Christmas and the Crochet Class gave blankets to the Phenix City Nursing Home and Canterbury Nursing Home. Canned goods were also donated to the Valley Rescue Mission.

**Don't miss the  
newsletter!**

Is it time to re-  
new? Don't let  
your membership  
expire!

Please check the  
date by your  
name on the  
newsletter  
address label!

**Center Information**

**Hours:**

**Mon-Fri** 8:00 am - 5:00 pm

**Tues.** Square Dancers 7-9pm

**Fri.** Night Dance 6:00-9:30 pm

**Sat.** 9:00 am - 2:00 pm

**Phone Numbers**

(706) 653-4193, (706) 653-4194

To Contact a Senior:

(706) 320-9639

**Coffee Dues:** \$2.00 a month or  
\$.25 per cup.

**What's inside?**

**Center Closing—2**

**Program Schedule—3**

**Computer Classes—3**

**Red Hat Ladies—4**

**Red Cap Gentlemen—4**

### **Center Closing**

*We will be closed January 2-7 and January 16th.*

**AARP** meeting Thursday  
January 19th 9-4pm.

### **Volunteers**

Thank you so much for all you do! The new year is beginning and we look forward to a fantastic 2012 with your help. We know we could not be successful without your help.

### **Socialize**

Thursday, January 19th all day long will be our Senior Fun Day Social if you have a friend, neighbor or relative that is a senior and does not attend our center invite them out for a visit. So they can see what we have going on.



### **Lunch**

Lunch is served on Tuesdays and Wednesdays of every week. Price is now \$4. Biscuits are served on Fridays \$.80. For menu items ask Van, Barbara or Mable.

**NARFE Meeting January 9th**

### **Display Cases**

We are looking for someone to put the history of the Gallops Center into a display case. If you are that person who knows the history of the center please contact Reggie.

We would like for the center display case to be decorated with your activity program items. Please get with your groups and let's get them looking great!



### **Friday Night Dances**

Every Friday is dance night at Gallops. Come out and join in on the fun. Live band playing weekly.



### **Exercise**

We have started afternoon exercise on Monday and Thursday evening at 3:45pm. Wednesday afternoon at 3:30pm we have starting a walking class come out and join in on the fun.

### **Bingo Party**

This month's party will be held on Friday, January 20th 10-12pm. Feel free to bring in a snack to share.



### **Birthday Party**

Happy Birthday to all celebrating this month. Join us for your party Wednesday, January 18th at noon for cake and ice cream.



### **Square Dance**

Tuesday, January 24th 6pm will be beginner Square Dance Class. If you would like to learn how to Square Dance this is the date.

### **Recycle**

Reminder to put your aluminum cans into our recycle trash can.

**Wetumpka Trips January 12th and March 8th.**

## *Program Schedule*

### **Monday**

Exercise 9:45am  
Monday Menders 10am  
Canasta 12:30pm  
Crochet 1-4pm  
Ladies Pinochle 1:30pm  
Ballroom Dancing 2pm  
Exercise 3:45pm

### **Tuesday**

Bible Study 10am  
Scrabble 10am  
Line Dancing 10am  
Bridge 10am  
Bingo 1pm  
Ceramics after 1pm and 5-8:45pm  
Karaoke 2-5pm  
Square Dancing 7pm

### **Wednesday**

Exercise 9:45am  
Tai Chi 1:30pm  
Hula 3:30—4:45pm  
Walking 3:30pm

**January 11th 10:45am Medicare  
Information speaker.**

### **Thursday**

Quilting 9:30am  
Line Dancing 10am & 1:30pm  
Weekly Social  
Spades 1:30pm  
Exercise 3:45pm

### **Friday**

Exercise 9:45am  
Bingo 10am  
Scrabble 10am  
Sewing 12:30pm  
Bid Whist 1:30pm  
Ceramics after 1pm  
Chicken Foot Dominoes 1:30pm  
Friday Night Dances doors open at 6pm, band plays  
7:15—9:30pm. Cost \$4 unless other wise noted.  
Check newsletter for special dances.



### **Everyday**

Billiards  
Exercise Room  
Computer Room  
Wii Games  
Library

### **January Computer Classes**

16th 9:30am Basic  
16th 2pm Email  
19th Appointments for Tutoring  
23rd 9:30am Internet  
23rd 2pm Microsoft  
26th Appointments for Tutoring  
30th 9:30am Facebook  
30th 2pm Online games(need email)



Senior Citizen Services of  
Muscogee County meeting at the  
Gallops Center  
1212 15th Street  
Columbus GA 31901

Non-Profit  
Organization  
U.S. Postage  
Paid  
Columbus, GA  
Permit 131

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**Red Hat Ladies**

*Monday, January 16th Red Hat meeting 11 am lunch at Henry's Cajun Café (They have non spicy items). Everyone please meet at Henry's. Then to the front porch for shopping. We will be collecting clothes for the women's shelter to give out in February.*

*Liz*

**Red Cap Gentlemen**

*Men who are interested in taking fishing trips , going to sporting events and helping in the community need to contact Reggie immediately.*



*Happy New Year from the Gallops Staff Reggie, Van and Liz*