

Senior Citizens Services of Muscogee County
Meeting at
Frank Chester Center
Seniors in Action
Joy Hendrix – Director
May 2012 Newsletter



Happy Mother's Day!



CENTER PICNIC

Every year we have an indoor picnic and games. We will once again be having this fun event on Thursday, May 31st at noon! We will do hamburgers and hotdogs with the fixing's. In lieu of games this year we will instead have a fun Bingo from 9:30 - 11:00 am. Prizes will be awarded instead of money. Limit of 5 cards per game!!! You must be a paid member of South Columbus to attend! No children or guest permitted!! I will try to get some watermelons for us to enjoy and maybe we might just have a seed spitting contest outside. Deadline to sign up will be Thursday, May 24th at 5 pm! **NO EXCEPTIONS!!!!** Remember to wear your picnic outfit!



CENTER NEWS

- ◆ Please join us on Friday, May 11th at noon for a special Mother's Day Lunch. We will be recognizing all of our mom's at lunch. In addition we will award gifts to the oldest Mother and the Mother with the most children.
- ◆ The center will be open from 8 am - 3 pm for Memorial Day. Only a light lunch will be served that day. No exercise classes that day.
- ◆ Coffee dues are \$ 2.00 a month and due the first of every month.

Center Information:

Hours:

M - F 8:00 am - 5:00 pm
Sat. 9 am - 2 pm

OFFICE PHONE NUMBERS:

653 - 4964 or 653 - 4962
Senior Line : 653 - 4965

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Center Programs

Moderately Strenuous Exercise Classes:

Join Joy on Mon, Wed & Fri at 8:45-9:30 am for a great work out in the gym next door. Our class is growing by leaps and bounds. If you haven't been lately, now is the time to spring back into action. Exercise has been proven to not only help your body but it helps stimulate your brain cells as well!

Stretch & Strengthening Class:

Join Cathy every Mon, Wed & Fri at 9:30 am in the gym for a variety of exercises to help with pain associated with Arthritis and other ailments associated with growing older. Our afternoon sessions are Mon. & Wed. at 1:30 pm in the dining room.



BIRTHDAY PARTY

Please join us on Thursday, May 10th at noon for our Birthday Party. We will have cake & ice cream in conjunction with lunch. Everyone is invited to attend, even if it's not your birthday! We will give out a small gift for the youngest and oldest birthday person present.



Mother's Day Tea Party

Please join us for Tea and a delicious array of finger foods on Thursday, May 17th at 2:30 pm. We want to encourage all of our Mom's to join us for a very special Tea Party dedicated to all of our Mom's. It takes a special person to be a Mom and we would like our Dad's to come out and help us recognize that fact. Staff will prepare some extra special treats for all of our Mom's.

Art Class: Every Mon. from 10 am to 1 pm. Please note that until we can find another art teacher this is a self - help class only. If you know of someone who could help us out, please let Joy know.

Ceramics: Available daily. For one-on-one lessons please see a staff person to schedule an appt.

Pinochle: meets every day. Please bring a partner.

Bingo: will meet Tuesdays and Fridays with a morning session at 8:30 am (5 cents per card) and an afternoon session at 1 pm (25 cents per card). We have an extra bingo on the 1st Thurs. of every month @ 1:30 pm.

Needlepoint Club:

Meets every Mon., Wed., Fri after the morning exercise in the Ceramic Room.

Bible Study Class:

Meets in the Art Room at 10 am on Tues. New people always welcome!

CLUB MEETING:



Business Meeting

Date: Friday, May 4th at 11 am in the dining room.

Chaundra Wilson from Ga.

Legal Aid will be here to talk about Adv. Directives and Power of Attorney.

Doll Club Meeting:

Date: Wednesday, May 9th at 10 am.

Come check out the great crafts these ladies have been doing.

Steering Committee Meeting:

Friday, May 25th at 11 am. Please bring any comments good or bad to this meeting



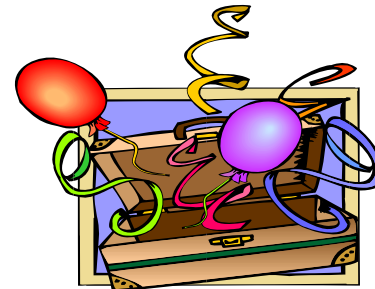
Birthdays



5/1 Annie Carlton
 5/2 Josephine Redmond
 5/2 Julia Gardner
 5/3 Jo Ann Butler
 5/4 Olivia Griffin
 5/5 Monika Young
 5/5 Marylyn Starr
 5/5 Zobedia Armour
 5/7 Dorothy Jackson
 5/11 Myrtle Berklite
 5/12 Kathy Lindh
 5/12 Doris Paschal
 5/14 Bobbie Garnett
 5/14 Joyce Washington
 5/15 Willie Pearl Farley
 5/16 Betty H. Leonard
 5/16 Gloria Ford
 5/16 Geraldine Knowles

5/18 Julia Steward
 5/19 Mae Rojas
 5/19 Sophia Kontaxis
 5/20 Johnnie Hutto
 5/20 Peggy Bucklew
 5/20 Margaret Garrison
 5/20 Christine Reynolds
 5/21 Earl Jones
 5/22 Bernice McCalla
 5/22 Ella Sanders
 5/23 Martha Burgamy
 5/23 Paul Green
 5/24 Jennie Lewis
 5/25 Era Mae Patrick
 5/25 Martha Williams
 5/25 Charles Kinney
 5/27 Robert Conklin
 5/28 Remona Woods

5/29 Lucile Pike
 5/29 Lucille Lewis
 5/29 Charles Rasley
 5/29 Kenneth E. Shelby
 5/30 Jeffrey Magnussen
 5/30 Sarah Jackson
 5/31 Daisy Chambers
 5/31 Mary Williams



Saturday Schedule 9-2 pm

May 5 - Jo Ann - Grilled Cheese & Soup- \$2.00
 May 12 - Veronica - Sausage Biscuits - .75 each
 May 19th - Cathy - Soup & Sandwich - \$2.00
 May 26 - Joy - Hotdog Plate - \$2.00



RED HAT SOCIETY

Our next Red Hat outing will be to Warm Springs for shopping and lunch at the Bulloch House on Tues. May 15th Warm Springs is a beautiful place to visit in the spring. They have some nice little shops along the strip to browse through, and there is also a little ice cream shop along that same strip that we may want to try out. We will leave the center at 10:30 am, You will need to be here by 10:15 am to check in and sign the waiver. We have a lunch reservation at 11:30 am. Afterwards we will stop and look through the shops. Seating is limited and you must reserve your seat by Tues. May 8th at 5 pm. Cost is \$19.00 and includes lunch, gratuity and transportation cost.



TRIPS

GAMING TRIP

Our next gaming trip will be to Tallapoosa Our center will be the host this time so plan to arrive at the center no later than 7:45 am to check - in and sign the waiver. Date for this trip is Thurs. May 10th at 8 am. Cost is \$18.00.

German Market Trip



By special request we are heading back to Patak Meats in Atlanta. We will also go to the Farmer's Market in Dekalb. Seating is very limited and please no large coolers. We will stop at a fast food place for lunch in between stops. Date and time for this trip is Thurs. May 24th @ 8:00 am. Make sure you arrive early enough to get checked in & sign your waiver. Cost to ride the van is \$7.00 with lunch on your own.

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of Muscogee Co.
meeting at Frank Chester
Senior Center
1441 Benning Dr.
Columbus, GA 31903

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U.S. Postage
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Permit No. 131
Columbus, GA

Misc. News

Scrap booking with Cathy is on Thursdays at 10 am. We have the Sizix Machine here and available for use in all your scrap booking needs. If you can't make it on Thurs. just get with Cathy for other available times. Bring your own supplies and plenty of pictures and we'll take care of the rest.

Keep in mind when going on day trips with us or any other company that you use the back and side lots for parking. Our daytime participants have no where to park when we fill it up with our day trip participants. Thanks in advance for your cooperation!!