

The Active Life

Volume 8, Issue 6

Recreation for Adults 55+

June 2010

Day Trips

On the Road Again

By Dan Wooten
Senior Center Director



The Active Life / Troup County Senior Center has exciting day trips around Ga. & Alabama. By taking advantage of these trips you will have the wonderful opportunity of seeing interesting attractions, meeting new people, eating great food and even exercising your muscles & bones without even realizing it.

Our day trips, like all our activities, are open to all independent adults (55+). Sign up usually begins on the first business day of each month at 8am (this month it is Mon. June 7). Each trip includes a small trip fee (usually \$5) plus any admission or event expense. You will also need to bring extra money for meals.

If you are interested in joining us for a day of fun and adventure, you need to sign up early. Our trips often fill up the first day. If the trip is filled, you can be placed on a standby list. We will contact you if an opening becomes available.

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Fitness Is Golden



A good exercise program includes cardiovascular exercise, muscular conditioning and flexibility exercises. The best cardiovascular exercises for adults 55+ are non-jarring, such as walking, low-impact aerobics, swimming and cycling. Start with a light regimen and gradually build up to a total of at least 30 minutes of activity on most, preferably all, days of the week. Playing with children, gardening, dancing and housecleaning are other ways to incorporate activity into your daily routine.

Strengthening exercises such as lifting light weights (or even household items such as canned foods or milk jugs) help to maintain your muscle mass and promote bone health. Plus, research suggests that adults older than 50 years who do not perform resistance training lose nearly 1/4 pound of muscle mass per year. Since muscle mass is directly related to how many calories your body burns each day, resistance training is important for weight management. And strong leg and hip muscles help to reduce the risk of falls, a cause of considerable disability among older adults. Aim to participate in resistance training at least two days per week, making sure to exercise all major muscle groups through a full range of motion.

End each workout with stretching exercises to help maintain your mobility and range of motion and decrease your risk for injury.

From American Council on Exercise (ACE) Article

Everyday Events

In the Lobby Area: Be Welcomed by a Greeter, Sign Up For Events, Browse at the Gift Shop, or Visit with the Staff.

In the Game Room: Play Cards, Billiards, Dominoes, Board Games, or Darts.

In the Craft Room: Sew, Quilt, Crochet, Knit, Create a Special Craft, or Paint.

In the Media Room: Surf the Internet, Type a Letter, Play a Computer Game, View a Video, Read a Book, or Look at a Magazine.

In the Dining Room: Fellowship with New and Old Friends, Check Out the Wall of Fame, and Enjoy Good Conversation over Lunch.

Outdoors: Play Horseshoes, Bocce, Shuffleboard, or Clock Golf. Take a walk on our walking track and nature trail.

Wellness Center

Play Wii games with your friends, participate in low-impact aerobics, learn valuable health information, dance, workout with fitness machines and much more.

Weekly Events

Genie Club (Mon, 9:30am)

Trace your Family Roots with this Group in the Media Rm. *Mel Henry (706-845-9171)*

Mah Jongg (Mon & Thu, 1pm)

A rummy-like game played with tiles in the Game Room. *Betty Ward (706-812-8840)*

Scrapbooking Class (Mon, 12:30pm)

Learning creative ways to display your photos *Barbara Hudson (706-884-7239)*

His & Her Hair Care (Mon, Wed, Thu & Fri)

Low-cost Hair Care at the Center. Walk-ins welcome. *Pam Wisniewski (706-883-1681)*

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

Low-impact aerobics class in the Wellness Center. *Doris Purlee (706-884-3762)*

Zumba Gold (See Schedule Below)

Fitness class with a Latin beat in the Wellness Center. *Dottie Fonte (706-333-1650)*

Morning Zumba Gold (Wed 10am)

Chair Zumba (Wed 11:00am) - Free

Afternoon Zumba Gold (M,T, & Th 5:15pm)

Duplicate Bridge (Mon, 6:30pm)

Myrtice Carpenter Adcock (706-882-9655)

Tai Chi Class (Tue & Thu, 8:45am)

Jan Stewart (334-756-2561)

Happy Line Dancers (Tue, 1pm)

Betty Cook (706-882-1955) Resumes in Aug.

Shufflers Square Dancers (Tue, 7:30pm)

An Evening of Called Square Dancing in the Wellness Center. *Mel Bowling (706-884-4974)*

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

Free Bingo for Participants in Dining Room.

Wonderful Wednesdays (Wed, 11:00am)

Speakers Discuss Topics of Interest in Dining Room. Schedule Listed on Next Page.

Crochet & Knitting Circle (Wed, 1:00pm)

Beginner and Intermediate Level in Craft Room. *Minna Banks (706-882-7381)*

Blood Pressure Check (Mon, 10am)

Provided by the Lagrange Fire Dept. in the Game Room.

Senior Healthy Living (Tue & Thu, 9:30am)

Meets in the Wellness Center. *Celeste Garrett, University of Ga. / Troup Co. Extension Office*

Hydrorobics (Tue & Thu, 1pm)

Water Aerobics Class held at the Parks & Rec. *Margaret Hunter (706-884-4485) \$25 (8 wks)*

Old Fashion Singing (Fri, 11:00am)

Enjoy Good Ole Gospel Singing.

Monthly Events

Trip Sign-Up Starts (Mon, 7th at 8:00am)

First Opportunity to Sign Up for this Month's Trips (In Person). Please Take a Number.

Birthday Celebration (Tue, 1st at 11:50am)

Special Recognition for those with Birthdays this Month in the Dining Room.

Nutrition Education (Tue, 8th at 11:30am)

Lisa Hale, a Registered Dietitian from the Area Agency on Aging Provides Nutrition Tips in the Dining Room.



Breakfast (June 1st & 17th, 8:30am)

Sausage and Biscuit. *Cost: 50¢ Each*

Catfish Supper* (Fri, June 11th, 5:30pm)

Great Catfish, Wonderful Fellowship, & Exciting Prizes. *Cost: \$7*

Special Events

Computer Classes*

Intermediate - Advanced

When: Classes Resume in August

Cost: \$25 per person (4 Days of Training)



Wonderful Wednesdays Programs

(11:00am – 11:45am)

- 2nd – **Indoor Plants: Potting & Care**
Patrick Bexton & Susan Thomas
Troup County Master Gardeners
- 9th – **Over 52,000 Miles Walked**
Clinton "The Walking Man" Kirk
- 16th – **Legacy Museum on Main**
Kaye Minchew, Executive Director
- 23th – **Arthritis and Exercise**
Lori Jeter, Physical Therapist
Southern Therapy Service
- 30th – **The History of the Senior Center**
Center Participants



Father's Day Celebration

(Mon, June 21, 11:45am)
Join us as we celebrate fatherhood and recognize those who are dads. Prizes will be awarded

Terrific Tournaments

Monthly Billiards Tournament

Thu, June 3rd at 8:55am (Game Room)

Georgia Games Bocce Tournament

Thu, June 17th at 9:30am (Bocce Court)

Georgia Games Horseshoes Tournament

Thu, June 24th at 9:30am (Horseshoe Pit)



Flag Day Patriotic Celebration

(Monday, June 14, 11:30am)
Join us for this special annual patriotic event at the Center. The LaGrange Police Department

Color Guard will participate in our ceremony and the Woodman of the World will provide a beautiful new American Flag.

Free Diabetic Foot Screening

(Tue, June 15, 9:00-11:00am)
Emory Clark-Holder Clinic will provide this free screening in the Hair Care Room.



AARP Safe Driving Class*

(Fri, June 11, 1pm to 5pm
& Sat, June 12, 9:30 am to 1pm)

You may save up to 10% on your automobile insurance.
Cost: \$12 (AARP) or \$14



TRAVEL NEWS

Phantom of the Opera*

(Thu, July 1, 10:30am) \$20 deposit

This great musical will be held one last time at the Fabulous Fox Theatre. Don't miss this special opportunity. Final payment of \$27 is due on June 7.



Trip to Chick-fil-A Headquarters*

(Fri, June 18, 8:30am) \$5

This trip is for those who have not yet had a chance to tour the Chick-fil-A Corporate Headquarters. **Lunch is provided.**

Trip to the New World of Coca-Cola*

(Mon, June 28, 8:00am) \$18 plus meal cost

This trip includes a thrilling 4-D Theater, the world's largest collection of Coke memorabilia, a fully functioning bottling line that produces commemorative 8-ounce bottles, tasting experience with over 70 different products and much more! **Lunch at the Piccadilly Cafeteria.**




Trip to an Atlanta Braves Game*

(Thu, July 22, 10am) \$19 plus lunch cost

Join us for a daytime game of the Atlanta Braves vs. the San Diego Padres. We will stop for lunch on the way to the game.

* Registration Required

◆ June 2010 ◆ Month-at-a-Glance ◆

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Biscuit Bkft Tai Chi Chair Aerobics Birthday Celebration Zumba Gold Square Dancing	2 Bingo Zumba Gold Chair Zumba WW – Taking Care of Indoor Plants Crochet & Knitting	3 Tai Chi Billiards Tournament Chair Aerobics Mah Jongg Zumba Gold	4 Chair Aerobics Bingo Gospel Singing 
7 Trip Sign-up Genealogy Group Greeter's Meeting BP & Chair Aerobics Scrapbooking Mah Jongg & Bridge Round Dancing	8 Tai Chi Chair Aerobics Nutrition Education Zumba Gold Square Dancing	9 Peace Officers Mtng Bingo WW – Walking Man Zumba Gold Chair Zumba Crochet & Knitting Leadership Meeting	10 Chair Aerobics Mah Jongg Zumba Gold 	11 Chair Aerobics Bingo Gospel Singing Bring Your Own Lunch Day  AARP Safe Driving Catfish Supper
14 Genealogy Group BP & Chair Aerobics Patriotic Celebration Scrapbooking Mah Jongg Bridge	15 Tai Chi Diabetic Foot Screening Chair Aerobics Zumba Gold Square Dancing	16 Bingo WW –The Legacy Museum on Main Zumba Gold Chair Zumba Crochet & Knitting	17 Sausage Biscuit Breakfast Tai Chi Bocce Tournament Chair Aerobics Mah Jongg Zumba Gold	18 Trip to Chick-Fil-A Headquarters Chair Aerobics Bingo Gospel Singing Bring Your Own Lunch Day 
21 Genealogy Group BP & Chair Aerobics Scrapbooking Father's Day Celebration Mah Jongg Zumba Gold & Bridge Round Dancing	22 Tai Chi Bible Study Chair Aerobics Zumba Square Dancing	23 Bingo WW – Arthritis & Exercise Zumba Gold Chair Zumba Crochet & Knitting	24 Tai Chi Horseshoes Tournament Chair Aerobics Mah Jongg Zumba Gold	25 Chair Aerobics Bingo Gospel Singing 
28 World of Coca-Cola Genealogy Group BP & Chair Aerobics Scrapbooking Mah Jongg Bridge	29 Tai Chi Bible Study Chair Aerobics Square Dancing	30 Bingo WW – The History of the Senior Center Crochet & Knitting		

A Division of
Troup County
Parks & Recreation



The Active Life
Recreation for Adults 55+

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Office Hours: Monday – Friday (8:00am – 4:00pm)

An Agency of the
United Way
of West Georgia

