



4th Quarter

Living Young Newsletter

Clinton Therapeutic Recreation Department

PROGRAM REMINDERS

AARP Defensive Driving Course: There is still space available in the AARP Defensive Driving Course scheduled for Monday, October 17th at Brighton Park. The class will take place from 12:00 to 4:30. If you would like to attend

this course, the cost is \$15 for AARP members and \$20 for non-members.

Limited space is available. To register, please call 601-924-6387

Checks can be made out to AARP and brought to class.

Myrtle Beach Christmas Tour: We have a fantastic line up ready for our annual Christmas tour. Myrtle Beach is a beautiful city that offers so much all year round. If you're new to our list, visit our website at www.clintonms.org or stop

by the center for more information on this trip. For those who have made initial payments, please remember that the deadline for final payment is October 17th. Checks can be mailed to P.O. Box 156, Clinton, MS, 39060

OCTOBER PROGRAM HIGHLIGHTS

Beginner's Line Dancing
Join us for a step by step instructional class that will teach you basic terminology and steps used in most line dances. This is the perfect way to transition into our weekly classes. Classes will be held each Wednesday in October at 3PM. Call

601-924-6387 to RSVP.

Taco Tuesday Luncheon
Who doesn't like a good taco or a nice soup? Combine the two and you have a tasty meal perfect for cool weather. We will be serving homemade taco soup on Tuesday, October 25th beginning at noon.

This will be a perfect lunch break between exercises class held at 11AM and Line Dancing which begins at 1:30. All participants must RSVP by October 21st to reserve a spot.

Lunch and Learn

The October Lunch & Learn will be held on Monday, October 31st. The speaker will be Marsha Barham the Director of the Clinton Visitor Center. Join us for pot-luck at 11:30 and learn what this Clinton jewel has to offer.

PROGRAM HIGHLIGHT

In September, the Wood Center hosted its first Living Young Art Exhibit from August 29 to September 2. During this time, more than 100 spectators stopped in and admired the work of 19 artist. With more than 160 pieces, the artist were

able to display works done on their own as well as pieces created in the monthly painting workshops. To view our online gallery, visit the Wood Activity Center Facebook page.



Ceramic Dates: Oct 21, Nov 18 & 19, Dec 16
(Prices for ceramics range from \$10-\$20)

Paint Workshop Dates: Please note changes to workshops for the holiday season. Oct 28, Nov 3, Dec 2

NOVEMBER PROGRAM HIGHLIGHTS

Fall Pumpkin Painting

Pumpkins are a favorite in Fall Décor. Spruce up your home this year with pumpkins hand painted by you. Bring in your pumpkin of any size, shape or color and we'll supply you with paint and glitter to make it



uniquely yours. This workshop will be held on

Thursday November 3 at 3PM. RSVP in advance to 601-924-6387 or by email to dwarren@clintonms.org

Christmas Wreath Making

On November 16 at 2PM we will host a Mesh Wreath Making Workshop for anyone who is interested in learning to make a beautiful holiday wreath for your front door or fireplace. We will provide step by step instructions and have you on your way to making professional look-



ing wreaths in no time. This class is free to you, but you must purchase your own supplies. Stop by the Wood Center or go online to see a full list of supplies that will be needed. RSVP required.

Quarterly Recipe Swap

Our quarterly Recipe Swap

will be held on November 4 at 12:00PM. Bring your favorite dish or holiday recipe to share with others while we get into the holiday spirit through music. RSVP by emailing your recipe to Dee at dwarren@clintonms.org or bring your recipe to the Wood Center by November 2.

Meet and Eat Breakfast

The November Meet and Eat will be held on Saturday the 12th at Shoney's. We will gather at 10AM and enjoy breakfast together.

DECEMBER PROGRAM HIGHLIGHTS

Mesh Christmas Trees

Ever wanted to create your own Christmas tree? Join us for a unique craft day on Thursday, December 1 at 2:00PM to create mesh Christmas tree using a tomato cage. Bring your own tomato cage and the mesh color of your choice. Call the Wood Center to RSVP

and visit the website for supply list.

Cocoa and Conversation

Join us on Wednesday, December 21 for Cocoa & Conversation at 2:00PM. Enjoy some refreshing hot cocoa with an appetizing toppings bar and socialize with your peers. For more information on

either of these events, contact the Wood Center at 601-924-6387.

Dirty Santa Christmas

Our annual Christmas party will be held on Monday, December 12 at 11:30. Bring a dish to share for potluck and an unused, wrapped gift ranging from \$5 to \$10 in value. It's fun

and everyone leaves full and with a gift! Picking out gifts does not have to be stressful. There are plenty of places right here in Clinton with great items in this price range that anyone would love to have. Feel free to call our office for shopping suggestions.

CALL FOR SERVICE

Community Service Project

Do you like to crochet in your spare time, but are running out of projects to work on at home? The Wood Center may have a project perfect for you! We have begun working on crocheting lap robes in the

granny square pattern and need more hands! These lap robes will be donated to individuals in the area in need. Join our efforts by calling 601-924-6387.

Wood Center Volunteers

The Wood Center is in search of volunteers! Do

you or someone you know have a special skill that you would like to share with a group of your peers? This is a great time to share your wealth of knowledge with others. For those who want to help but do not have a particular skill to

share, you can join our **Wood Center On Call List**. We are in the process of (continue on page 3)



compiling a list of those who are interested in volunteering for events and programs throughout the year.

Sewing Lessons: We've been in touch with someone who is willing to teach sewing lessons at the Center, but would like to first find out how many potential students we will have. If you would be interested in learning basic machine sewing techniques, give us a call.

Computer Courses: Have questions about the latest version of Windows 10 or are you wanting to learn computer basics? Contact Mr. Dee at the Wood Activity Center to book a 45 minute computer course.

Call 601-924-6387 for more information.



Get continuous program updates and help the environment by eliminating unnecessary paper mail outs. Sign up to receive your quarterly newsletter through email. Call 601-924-6387 or send an email with the subject PAPERLESS to cfontenot@clintonms.org

OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 Players Choice	4 11:00 Seniorsize 1:30 Line Dancing	5 9:00 Tai Chi 3:00 Beginner's Line Dancing	6 11:00 Seniorsize	7 11:30 Players Choice
10 11:30 Players Choice	11 11:00 Seniorsize 1:30 Line Dancing	12 9:00 Tai Chi 3:00 Beginner's Line Dancing	13 11:00 Seniorsize	14 Meet and Eat @ Takara (HWY 80)
17 11:30 Players Choice	18 11:00 Seniorsize 1:30 Line Dancing	19 9:00 Tai Chi 3:00 Beginner's Line Dancing	20 11:00 Seniorsize 2:00 Bingo	21 10:00 Ceramics
24 11:30 Players Choice	25 11:00 Seniorsize 12:00 Taco Tuesday Lunch 1:30 Line Dancing	26 9:00 Tai Chi 3:00 Beginner's Line Dancing	27 11:00 Seniorsize 12:00 Indian Senior Network	28 10:00 Paint Workshop
31 11:30 Potluck and Lunch & Learn				

OCTOBER IMPORTANT DATES	
BEGINNER'S LINE DANCING	5
BEGINNER'S LINE DANCING	12
AARP DRIVING COURSE	17
BEGINNER'S LINE DANCING	19
BINGO	20
CERAMICS	21
TACO TUESDAY	25
BEGINNER'S LINE DANCING	26
INDIAN SENIOR NETWORK	27
PAINT WORKSHOP	28
POTLUCK AND LUNCH & LEARN	31

Community Ceramics will be held on Saturday, November 19 from 9:30 –12:30. Bring the entire family out and enjoy a morning of exploring your creativity. A variety of items will be available to choose from for participants of all ages. RSVP to dwarren@clintonms.org.

NOVEMBER IMPORTANT DATES	
PUMPKIN PAINTING	3
RECIPE SWAP	4
INDIAN SENIOR NETWORK	10
VETERAN'S DAY—CLOSED	11
MEET AND EAT @ SHONEY'S	12
WREATH MAKING WORKSHOP	16
BINGO	17
CERAMICS	18
COMMUNITY CERAMICS	19
POTLUCK LUNCHEON	28

NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:00 Seniorsize 1:30 Line Dancing	2 9:00 Tai Chi	3 11:00 Seniorsize 3:00 Pumpkin Painting	4 11:30 Players Choice 12:00 Recipe Swap
7 11:30 Players Choice	8 11:00 Seniorsize 1:30 Line Dancing	9 9:00 Tai Chi	10 11:00 Seniorsize 12:00 Indian Senior Network	11 Veteran's Day Office Closed
14 11:30 Players Choice	15 11:00 Seniorsize 1:30 Line Dancing	16 9:00 Tai Chi 2:00 Wreath Making Workshop	17 11:00 Seniorsize 2:00 Bingo	18 10:00 Ceramics
21 11:30 Players Choice	22 11:00 Seniorsize 1:30 Line Dancing	23 9:00 Tai Chi	24 Happy Thanksgiving!	25 Office Closed
28 11:30 Potluck Luncheon	29 11:00 Seniorsize 1:30 Line Dancing	30 9:00 Tai Chi		

Be a Santa to a Senior

The Wood Activity Center will serve as a pickup/ drop off location for this program from **November 28 to December 16**. Many of you have heard of Angel Tree. This program is similar in that individuals can sponsor a senior by picking names from a tree at different locations in the Metro Area. Finances are always an issue around the holiday season, so items listed are reasonable necessities such as slippers, socks, etc. Come into the Wood Center any time between 9AM and 5PM to browse the list of those in need this holiday season. All packages are to be delivered and unwrapped by 12/16.

DECEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11:00 Seniorsize 2:00 Christmas Tree Workshop	2 10:00 Paint Workshop
5 Christmas Tour Departure	6 11:00 Seniorsize 1:30 Line Dancing	7 9:00 Tai Chi	8 11:00 Seniorsize 12:00 Indian Senior Network	9 11:15 Meet & Eat @ Mazzio's Italian Eatery
12 11:30 Christmas Party	13 11:00 Seniorsize	14 9:00 Tai Chi	15 11:00 Seniorsize 2:00 Bingo	16 10:00 Ceramics
19 11:30 Players Choice	20 11:00 Seniorsize 1:30 Line Dancing	21 9:00 Tai Chi 11:00 Cocoa and Conversation	22 11:00 Seniorsize	23 11:30 Players Choice
26 Closed	27 11:00 Seniorsize 1:30 Line Dancing	28 9:00 Tai Chi	29 11:00 Seniorsize	30 10:00 Paint Workshop

DECEMBER IMPORTANT DATES	
MESH TREE WORKSHOP	1
PAINT WORKSHOP	2
INDIAN SENIOR NETWORK	8
MEET & EAT @ MAZZIO'S	9
CHRISTMAS PARTY AND DIRTY SANTA EXCHANGE	12
BINGO	15
CERAMICS	16
COCOA & CONVERSATION	21
CLOSED	26
PAINT WORKSHOP	30