

JIMMY FURLOW SENIOR CITIZEN CENTER

Spring 2011 Newsletter

201 S. First Street
"Recreation for All Seniors"

601-835-5076
Ages 50+

AARP-Local chapter meets the third Thursday of every month at 2:00.

American Legion-Local chapter meets the third Tuesday of each month at 6:00 p.m.

Art Class— Now teaching Watercolor by Tony Biagi. The charge for this class is \$24 per week, to be paid monthly by the first class of the month. Call for more information.

Bingo Games-are held the 1st and 3rd Thursdays at 1:00. Please bring a \$1 gift which will be a prize for Bingo.

Bunco Games-are held the 2nd and 4th Thursdays at 1:00. Please bring a \$1 gift which will be a prize for Bunco.

Chair Exercise— Exercise classes for seniors who are not comfortable standing during exercise. Free Class.

Chair Yoga-Exercise program focusing on the basic principles of yoga. Beginners welcome. Free Class.

Checkers/Chess Tournament-If you would like to compete, simply sign up at the center. There will be a \$1 entry fee to enter the tournament.

Community Project-Downtown Walking Area-Partnering with BCCWAA, we will design a walking area around the center for our community project. Thursday, April 21.

Free Computer Classes-beginner classes are available. Ideal for adults who have never used a computer before. Beginning new classes, so sign up now! Free Class.

Advanced Computer Classes-taught by Co-Lin Instructor Celeste Williamson. Designed for seniors. Now focusing on Microsoft Word, Excel, Powerpoint and Surfin' Seniors (all things internet). Classes fill first come, first served. Sign up now! Free Classes.

Crochet-meets every other Wednesday at 9:00. This class is for beginners and those experienced with crochet. Free Class.

Domino Tournament-If you would like to compete, simply sign up at the center. There will be a \$1 entry fee to enter the tournament.

Handmade Show & Tell bring an item you have made with instructions to make it. (Crochet, painting, home décor items, etc.)

Health Fair-We will hold a free health fair in lieu of other activities on Friday, April 1st from 10am-2pm.

Homemakers-meets the second Monday of each month at 3:00.

ILR Fun Day-we will be hosting this month's ILR Fun Day on February 28th beginning at 9.

Knitting/Quilting-meets every other Wednesday. For beginners and those experienced in knitting or quilting. Free Class.

Line Dancing-taught by Sharon Langley 3 Mondays per month. Check calendar for specific dates. Free Class.

Please keep us in mind for your senior group meetings, card groups, game players, etc. We welcome suggestions for activities, informative meetings, and events.

JIMMY FURLOW SENIOR CITIZEN CENTER

Spring 2011 Newsletter

201 S. First Street

"Recreation for All Seniors"

601-835-5076

Ages 50+

Long-term Care- presented by Case&Price Insurance. Informative seminar for seniors concerning long-term care options.

Nutrition- Presented by Erika Walker with the Lincoln County Cooperative Extension Office.

Picassobilities—1-Day Painting Class- Join us for a morning of fun, fellowship and painting! Class on **Thursday, February 17, 2011 10:00**. All materials provided (canvas, paints, brushes, etc.) Learn to paint on canvas and leave with your 16x20 painting completed. Samples at the senior center. Charge is \$35 payable to Brookhaven Recreation Department.

Senior Stretch- Free Exercise program, helps develop strength and enhance the ability to function in daily life. Meets Thursday mornings at 9 am and some Monday mornings at 9 am.

Spring Gardening- Join us as Rebecca Bates gives tips and tricks for spring gardening. Free Class. Thursday, April 28th.

Spring Tea- bring your teacup and saucer and join us for tea Thursday, March 24 at 2:00 pm. Wear your hats and gloves and we will provide tea. Five County Transportation will provide free transportation for this event. Please call 601-408-2541 to make transportation reservations.

Square Dancing- Every Friday night at 7:00, everyone is welcome to come and join.

Triad- Seniors in partnership with law enforcement officials to address crime issues which affect older citizens. Meets the second Tuesday at 10:00.

Trek trip to Newton- "Small town MS roots and rich American history" - Thursday, May 5, 2011 - Trip includes: Hidden Springs Arabian Horse Farm, lunch at the historical Newton Station Train Depot, "Secret Garden" Art Studio, Doolittle Confederate Cemetery, downtown tour and more! Trip cost includes all admissions and lunch. Cost is \$75 per person. Checks payable to Trek Travels. Final day to sign up and pay is Friday, April 15, 2011.

Please keep us in mind for your senior group meetings, card groups, game players, etc. We welcome suggestions for activities, informative meetings, and events.