

JIMMY FURLOW SENIOR CITIZEN CENTER

April 2019

201 S. First Street
"Recreation for ALL Seniors"

NEWSLETTER

601-835-5076
Ages 50+

ANNOUNCEMENTS

Please remember to bring an inexpensive wrapped gift on Bingo day.

Building Closed April 19th for holiday.

April 8th @ 8:30 a.m. - KDMC will be here to check Blood Pressure and Glucose levels.

April 16th @ 1:00 to 2:30 p.m. - Diabetic Class will have a meeting called "Live Happy & Healthy" - Topics discussed; Chronic Illness, Depression, Medicare Annual Wellness checkups, Stress, and Alcohol Screening. Taught by Brenda Townsend, RN with Quality Improvement Advisor Information & Quality Healthcare.



COMPUTER CLASS

- Beginner Computer Class – Ideal for adults with weak or no computer experience. Call Bonnie Brown (601-835-5076) and schedule your class time today.
- Advanced Computer Class – Contact Bonnie Brown (601-835-5076) to get on the list, she will inform you when classes come available.



FITNESS CLASSES

Our fitness classes are DVD based. They help with balance, stretch, endurance but most importantly we have wonderful fellowship! So come join our FREE fitness classes.



See Activity Calendar for days and times.

MEETINGS

- Bunco Group – 2nd Monday at 11:00 a.m.
- TRIAD – 2nd Tuesday at 11:00 a.m.
- Homemakers – 2nd Tuesday at 12:00 noon.
- Class of 69 – 3rd Tuesday at 11:00 a.m.
- Retired Teachers – 2nd Tuesday at 11:00 a.m.
- Ebony Women's Society Club – 4th Wednesday at 1:00 p.m.
- American Legion - 2nd Thursday at 4:00 p.m.
- AARP – 3rd Thursday at 2:00 p.m.
- Lincoln County Historical Society – 4th Thursday at 6:30 p.m.



If there are any questions, contact Kail Garrett (601-835-5076)

Please keep our building in mind for your next senior citizen "only" club meeting. We also welcome suggestions for new actives or events. Also, events may vary from Calendar.

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April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Advance Line Dance Class 5:00 Round Dance Class	2 10:00 Fitness Class 1:00 Bridge Group	3 9:30 Beginner Line Dance Class	4 10:00 Fitness Class 1:00 Bingo	5 12:00 Card-Sharks 7:00 Square Dance Class
8 8:30 KDMC (Wellness Checkups) 9:00 Advance Line Dance Class 11:00 Bunco Group 5:00 Round Dance Class	9 9:00 Fitness Class 11:00 TRIAD 12:00 Homemakers Club 1:00 Bridge Group	10 9:30 Beginner Line Dance Class 11:00 Retired Teacher	11 10:00 Fitness Class 1:00 Bingo 4:00 American Legion	12 12:00 Card-Sharks 7:00 Square Dance Class
15 9:00 Advance Line Dance Class 5:00 Round Dance Class	16 10:00 Fitness Class 11:00 Class of 69 1:00 Bridge Group 1:00 to 2:30 Living Happy and Healthy	17 9:00 Beginner Line Dance Class	18 10:00 Fitness Class 2:00 AARP	19 Building Closed
22 9:00 Advance Line Dance Class 12:00 Card-Sharks Fun Day 5:00 Round Dance Class	23 10:00 Fitness Class 11:00 Class of 69 1:00 Bridge Group	24 9:00 Beginner Line Dance Class 1:00 Ebony Women's Society Club	25 10:00 Fitness Class 1:00 Bingo 6:00 Lincoln County Historical Society	26 12:00 Card-Sharks 7:00 Square Dance Class
29 9:00 Advance Line Dance Class 5:00 Round Dance Class	30 10:00 Fitness Class 1:00 Bridge Group			

OUR VISION

Helping seniors engage, enrich and empower their lives. [http:// www.brookhavenrecreation.com/](http://www.brookhavenrecreation.com/)