

May 2025 Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
	Rocking Summer Painting Craft 	Candy Jar Craft 	1 – May Birthdays Trip Sign-up Sausage Biscuits Pickleball / Food Talk Beginner's Drawing Yoga / Chair Fitness Bridge / Mahjong Line Dancing / Ballroom	2 Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing
5 Morning Stretch Genealogy BP Check Vivo Exercise Class Mahjong Line Dancing Indoor Pickleball	6 – Craft Shopping Trip His & Her Haircare Paper Dolls Dance Fit Chair Fitness Bible Study Oil Painting Line Dancing	7 – Gentle Stretch Standing Aerobics Line Dancing Bingo Ever Active Awards Crochet & Knitting Hand & Foot Game Chair Volleyball	8 – Trash & Treasure Pickleball Class Beginner's Drawing Yoga Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	9 Morning Stretch Bingo / Dance Fit Sing-a-long Chair Volleyball Oil Painting Line Dancing Catfish Supper
12 – Thank You Mom Morning Stretch Genealogy BP Check / Vivo Mahjong Line Dancing Indoor Pickleball Marine Corps League	13 – Golden Olympics His & Her Haircare Paper Dolls / Dance Fit Chair Fit / Bible Study Veterans Assistance Oil Painting Line Dancing DAV Meeting	14 – Sausage Biscuits Standing Aerobics Line Dancing Bingo Diverse Power Picnic Crochet & Knitting Hand & Foot Game Chair Volleyball	15 – Game Night Pickleball Class Fishing Tournament Yoga / Drawing Class Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	16 – Rummikub Morning Stretch Bingo / Dance Fit Sing-a-long Chair Volleyball Oil Painting Line Dancing 17 – Saturday Dance
19 – Medicare Info Morning Stretch Genealogy BP Check Vivo Exercise Class Mahjong Line Dancing Indoor Pickleball	20 – Rock Painting His & Her Haircare Dance Fit Chair Fit Bible Study Oil Painting Line Dancing Olympics Events End	21 – Mayor's Walk Standing Aerobics Line Dancing Bingo Crochet & Knitting Hand & Foot Game Chair Volleyball	22 – Dinner Night Out Pickleball Class Introduction to AI Beginner's Drawing Yoga / Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	23 Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing
26 – Center Closed 	27 – Candy Vase Craft His & Her Haircare Leadership Team Dance Fit / Bible Study Veterans Assistance Chair Fitness Oil Painting Line Dancing	28 – Atlanta Bin Store Standing Aerobics Line Dancing / Bingo Men's Health Luncheon Crochet & Knitting Hand & Foot Game Chair Volleyball	29 – Rocky Point Picnic Pickleball Class Beginner's Drawing Yoga / Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	30 – Foot Clinic Morning Stretch Bingo / Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing


 A Division of
 TROUP COUNTY Parks & Recreation


 UNITED WAY
 West Georgia
 An Agency of the
 Local United Way

Federal and State Funding
from Three Rivers RC


 Three Rivers
 AREA AGENCY ON AGING

140 Ragland Street ♦ LaGrange, GA 30241
 (706) 883-1681 ♦ theactivelife.org

Office Hours:

Monday – Friday (8am – 4pm)


The Active Life
 A Better Life to Live
 theactivelife

The Active Life

May 2025

RECREATION
FOR ACTIVE
ADULTS 55+

Beginner's Drawing
Thursdays

Trash & Treasure
Thu, May 8

Catfish Supper
Fri, May 9

Thank You Mom
Mon, May 12

Golden Olympics
May 13 - 21

Game Night
Thu, May 15

Saturday Dance
Sat, May 17

Rock Painting
Tue, May 20

Mayor's Walk
Wed, May 21

AI Introduction
Thu, May 22

Candy Vase Craft
Tue, May 27

Area Picnic
Thu, May 29



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Mental Wellness: Learning to be Present

As we observe **Mental Health Awareness Month**, we're focusing on the theme of **Being Present**, the practice of being aware of what's going on **now** both in you and around you. You can learn to be fully immersed in the here and now without dwelling on the past or worrying about the future. It will help to keep your life in balance, being conscious of your emotional, mental and relational wellness. In today's fast-paced environment, it's easy to become overwhelmed, but the practice of **being present helps you maintain focus and resilience, which are essential for your overall well-being.**

Here are some activities of life where you can train yourself to be present:

- 1) Breathing: Focus your attention on your breath, noticing each inhale and exhale.
- 2) Sensing: Pay attention to different body parts, from your toes to your head, noticing any sensations you feel.

- 3) Eating: Focus on the taste, texture, and smell of your food, enhancing your enjoyment of eating and helping prevent overeating.
- 4) Walking: Pay attention to the sensation of your feet touching the ground, the rhythm of your steps, and the feeling of the wind against your body. Be more aware of the world around you as you walk by using all of your senses.

This Mental Health Awareness Month, try adopting the above techniques. **These habits can be transformative in your quest for balance, effective stress management, and improved mental health.** Remember, however, learning to be present takes practice. Your journey to a calmer, more balanced life starts now.

Kay

BBQ Fundraiser

BBQ Pork Plate, Chips, Slaw & Bread

Fri, Jun 13, 11am to 2pm

\$10 per plate

See front desk to purchase tickets

Everyday Events

Play Games in Game Room: Billiards, Dominoes, Mahjong, & Card Games

Make Works of Art in Craft Room: Quilting, Crocheting, Knitting, Sewing, & Other Crafts

Use a Computer in Media Room: Surf the Internet, Email, & Research your Family Tree

Enjoy the Outdoors: Walk and Exercise on the Nature Trail & Play Pickleball on our New Courts

Stay Well in the Wellness Center: Use a Fitness Machine & Attend a Wellness Class.

Weekly Events (\$ = Fee Charged)

Morning Stretch (Mon & Fri, 9:30am)

Margaret Ross-Williams (706-415-0245)

Genie Club (Mon, 9:30am)

Trace your Family Roots. Utilizes Ancestry.com

Blood Pressure Check (Mon, 10am)

LaGrange Fire Dept. in the Game Room

Vivo Exercise Class* (Mon, 11am)

Taught by Kevin Smith via Zoom in Wellness Cntr

Mahjong (Mon & Thu, 12:45pm)

Gary Whitfield (706-302-4896)

Intermediate Line Dancing

(Mon, 1pm) Kim Basko / (Tue, 1pm) Jackie C.

Indoor Pickleball (Mon, 2:15pm)

His & Her Hair Care (Tue, 8:30am-1pm) \$

Hair Shop at the Center. *Tracy (706-302-3806)*

Dance Fit (Tue 9:30am / Fri 10:45am) Wellness

Get fit with *Sherea Copeland & Mirinda Douglas*

Bible Study (Tue, 9:30am) Media Room

Paper Dolls Craft Group (Tue, 9:30am)

Paper Crafts. *Barbara Hudson (706-416-7106)*

Chair Fitness (Tue & Thu 10:30am)

Low-impact Aerobics w/ *Ricki Robbins & Kim Basko*

Oil Painting Class (Tue, 1pm & Fri, 12pm) \$

For all Skill Levels. *Donna Bailey (706-302-0392)*

Standing Aerobics (Wed, 9:30am)

Low Impact Exercise to Music with *Lora Norrell*

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

Beginners Line Dancing

(Wed, 10:45am) Kay Scarborough

(Thu, 5:30pm / Fri, 2:15pm) Jackie Chatterton

Wonderful Wednesdays

Gentle Stretch (May 7)

Lindsey Hutto, Wellness Manager

Diverse Power Picnic (May 14)

Bill Credit for Customers who Attend at Diverse Power Headquarters

Mayor's Wellness Walk (May 21)

Jim Arrington, Mayor of LaGrange at LaGrange Mall

The Knit Witz (Wed, 1:00pm)

This crochet & knitting club is for all levels.

Chair Volleyball (Wed & Fri, 1pm) Wellness Ctr

A seated fun competition with *Jackie & Tom Chatterton*

Beginners Pickleball Lessons (Thu, 9am)

Call Sandy Dennis (706-675-6400) for Appointment

Yoga Class (Thu, 9:30am) Wellness Ctr

Taught by Certified Instructor *Teresa Kuhns*.

Contract Bridge Group (Thu, 2pm) Media Rm

Ballroom Dance Lessons* (Thu, 7pm) \$

Cody Foote (334-663-2408)

Friday Sing-a-long (Fri, 10:45am)

A Good Ole Gospel Singing

Rummikub Group (Fri, 1pm) Coffee Rm

An easy tile game based on the card game Rummy.

Veterans Assistance
Tue, May 13 & 27 12pm-4pm

Monthly Events

Trip Sign-Up (Thu, May 1, 8am)

Sign-up for Upcoming Day Trips.

Sausage Biscuits Dining Rm Cost: \$1 Each

Pork Sausage in a Homemade Biscuit

Thu, May 1, 8:30am & Wed, May 14, 8:30am

Birthday Celebration (Thu, May 1, 11:50am)

Recognizing Participants with May Birthdays

Catfish Dinner* (Fri, May 9, 5:30pm) \$7

Games, Prizes and Great Food

Saturday Night Dance (Sat, May 17, 7pm-9pm)

Foot Care Clinic* (Fri, May 30, 8:30am)
Sponsored by Foot Care Team

Special Events (* = Registration Required)

Tasty and Nutritious Lunches*

(Weekdays, 12:00pm) Dining Rm

Sign up before 11am daily. Limited seating.

Beginners Drawing Class*

(Starts Thu, May 1, 10am) Craft Rm Limit 15

Taught by retired educator Larry Kelley.

My Trash & Your Treasure

(Thu, May 8, 8am – 11:00am) Dining Room

In-House "Garage Sale" (Buy, Sell or Trade)

Catfish Supper Night*

(Fri, May 9, 5:30pm) \$7 Dining Rm

Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & *Banana Pudding*.

Thank You Mom Slideshow

(Mon, May 12, 11:35am) Dining Room

Moms, share an old photo of you and your children together. Have your photo scanned in the front office by Fri, May 9.



Schedule of Events May 13 - 21, 2025

TUESDAY (May 13)

Bucket Ball	9:30am	Dining Rm
Ladder Toss	9:30am	Lobby

WEDNESDAY (May 14)

Basketball Free-Throw	9:00am	Drop Off Area
Frisbee Toss	9:00am	Wellness Parking

THURSDAY (May 15)

Fishing Tournament	9:30am	Extension Office
Fun Game Night	4:00pm	Dining/Media/Game

FRIDAY (May 16)

Football Toss	9:00am	Wellness Parking
Rummikub	9:30am	Game Room
Chair Volleyball	12:45pm	Wellness Cntr
Billiards	1:00pm	Game Room

MONDAY (May 19)

Pickleball	8:00am	Courts
Indoor Baseball	9:30am	Dining Room
Putt-Putt	9:30am	Lobby

TUESDAY (May 20)

Cornhole	9:00am	Dining Rm
Washer Toss	9:00am	Lobby

WEDNESDAY (May 21) – LaGrange Mall

Registration/T-Shirts	9:00am	Center of Mall
Awards & Walk	9:30am	Center of Mall

Mahjong tournament held prior to Olympic week.



Game Night at the Center

(Thu, May 15, 4pm-8pm)

Bring snacks to share.

Saturday Night Dance: Huck's Trio Band

(Sat, May 17, 7pm – 9pm) \$10 Wellness Ctr

Join us at our monthly dance with live music, dancing and fun. Snacks provided.

Rocking the Summer Rock Painting Class

(Tue, May 20, 9:30am) \$2 Dining Rm Limit 8

All Supplies Provided. Taught by Wanda Stribling

LaGrange Mayor's Wellness Walk

(Wed, May 21, 9:00am) LaGrange Mall

Free Active Life t-shirts to the first 125.

Golden Olympics Medals and Mayor's Wellness Awards will be presented.

Introduction to Artificial Intelligence*

(Thu, May 22, 9:30am-11:30am) Media Rm

Taught by Larry Ninas.

Candy Vase Craft Class*

(Tue, May 27, 9:30am) \$4 Craft Rm Limit 8

Taught by Barbara Hudson. Supplies Provided.

TRAVEL (# of  indicates level of walking)

Craft Shopping Trip in Columbus* 

(Tue, May 6, 8:15am) \$5 Departs from Center

Visiting Michaels, Hobby Lobby and Quilt Shops.

Dinner Night Out at Cheddars* 

(Thu, May 22, 3:30pm) \$5 Departs from Center

Enjoy a great meal with friends. *(Meal \$15+)*

Atlanta Bin Store* 

(Wed, May 28, 7:30am) \$5 Departs from Shuford

Amazing Bargains! All items marked \$2 each.

Lunch: *Applebee's (\$15+)*

Three Rivers Picnic at Rocky Point Park* 

(Thu, May 29, 9:30am) 2 Buses Departs Center

Food & Fun. Bus seats filled first come first

served on trip morning. Please Pre-Register.

Atlanta Braves Daytime Game*

(Thu, June 5, 9am) \$49 Sold Out

Canadian Rockies & Glacier National Park*

(Aug 3-9, 2025) Level 2 – See Brochure

Discover Amazing Greece* 8 Spots Left

(Oct 21-31, 2025) Level 3 – See Brochure

Once in a lifetime adventure. Includes cruise.

Christmas at the Biltmore* Stand By List

(Dec 2-5, 2025) Level 2 – See Brochure