

West Point Active Life

Monthly Newsletter

A Better Life to Live

September 2026

REMINDERS:

- ▶ *Deadline for Plains, GA trip this month is Sept. 4th*
- ▶ *Deadline for Mystery Trip in October is Sept. 25th*

This month is National Senior Center Month. Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. Senior centers provide countless hours of support and encouragement to older adults. They offer a place for older adults to discover their unique interests, talents, and aspirations. The numerous senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. The mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

Effective IMMEDIATELY - Our policy for trip sign-up is as follows: You must come to the center yourself to sign-up and pay costs. No longer will anyone be allowed to sign others up or call to sign-up!



West Point Active Life Center will be CLOSED on Monday, September 7th in observance of Labor Day!

We invite all participants to join us at 9:30 AM every Tuesday and Thursday as we begin an informal walking club around our track behind the building. Walking & exercise has numerous physical and mental health benefits and we want to provide an outlet for you to achieve those benefits.

**~ Join ~ Enjoy lunch ~
Socialize ~ Get Involved**



- ☼ Richard R. – 8th
- ☼ Earnestine J. – 9th
- ☼ Alfred M. – 11th
- ☼ Cherry G. – 14th
- ☼ Earnestine B. – 19th

September 2026 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 ○ Chair Fit 10:00 ○ BINGO 11:00 ○ Pool Tournament @ LaGrange 1:00
7 <u>CLOSED</u>	8 ○ Advisory Team 9:00 ○ Chair V-Ball 10:30	9 ○ ScamSmart w/ USPS 9:30 ○ BINGO 10:30 ○ Exercise 1:00	10 ○ Living Well w/ Kenneth Hoats 10:30	11 ○ Chair Fit 10:00 ○ BINGO 11:00 ○ Catfish Supper in LaGrange 3:00
14 ○ Exercise 10:00	15 ○ Chair V-Ball 10:30	16 ○ BINGO 10:30 ○ Exercise 1:00	17 ○ Chair V-Ball 10:30	18 ○ Chair Fit 10:00 ○ Living Well w/ Valley Pharmacy 11:00 ○ BINGO 1:00
21 ○ Exercise 10:00	22 ○ Trip to Jimmy Carter Nat'l Historic Park in Plains, GA (Depart @ 8:45 AM)	23 ○ BINGO 10:30 ○ Exercise 1:00	24 ○ Chair V-Ball 10:30	25 ○ Chair Fit 10:00 ○ Big Blue BINGO w/ WPPD 10:30 ○ Monthly B-day Celebration
28 ○ Exercise 10:00	29 ○ Chair V-Ball 10:30	30 ○ BINGO 10:30 ○ Exercise 1:00		



TROUP COUNTY
PARKS & RECREATION



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