



September 2026 ♦ Month-at-a-Glance



Monday	Tuesday	Wednesday	Thursday	Friday
	1 – Trip Sign-up Sausage Biscuits Haircare / Paper Dolls Jewelry Craft Class DanceFit / Bible Study ChairFit / Yoga II September Birthdays Oil Painting Line Dancing II Stick to the Beat	2 – Gentle Stretch Stick to the Beat Standing Aerobics Bingo Knit Witz Line Dancing I Hand & Foot Game Chair Volleyball Chorus	3 Pickleball Yoga I SureFit Circuit Training Qi Gong Tai Chi Mahjong Contract Bridge Line Dancing I Ballroom Dancing	4 – Billiards FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
7 – Center Closed 	8 – Game Night Haircare / Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat VA Assist / DAV Mtg	9 – GBI Scam Talk Chicago Trip Signup Stick to the Beat Aerobics / Bingo Volunteer of the Month Knit Witz / Line Dancing Hand & Foot Game Volleyball / Chorus Women's Self-Defense	10 – Greeters Mtg Pickleball Class Yoga I SureFit Circuit Training Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	11 – Catfish Supper FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
14 - GriefShare FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong Indoor Pickleball Line Dancing II Marine Corps League	15-Dinner Night Out His & Her Haircare Cornhole / Paper Dolls Jewelry Craft Class DanceFit / Bible Study ChairFit / Yoga II Oil Painting Line Dancing II Stick to the Beat	16 – Healthy Aging Sausage Biscuits Stick to the Beat Standing Aerobics Bingo / Knit Witz Line Dancing I Hand & Foot Game Volleyball / Chorus Women's Self-Defense	17 – Ireland Pre-Trip Pickleball Class Yoga I / SureFit Circuit Training Qi Gong Tai Chi Dessert Stand Craft Mahjong / Bridge Line Dancing I Ballroom Dancing	18 – Farmer's Market FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I 19 – Saturday Dance
21 – Bingocize Starts FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	22 – AARP Driving pt1 Haircare / Bible Study Jewelry Craft Class DanceFit ChairFit Veterans Assistance Yoga II / Painting Line Dancing II Stick to the Beat	23-Team Spirit Day Stick to the Beat Aerobics / Line Dancing Chorus / Bingo AARP Driving pt2 Crochet & Knitting Hand & Foot Game Volleyball / Chorus Women's Self-Defense	24 - Fall Into Fitness Pickleball Yoga I SureFit Mahjong Bridge Line Dancing I Ballroom Dancing Ladies Night Out	25 - Ladder Toss FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
28 – Flu Shots FlexFit / Genealogy Leadership Team Qi Gong Tai Chi BP Check / Vivo Mahjong / Pickleball ChairFit / GriefShare Line Dancing II	29 – Caves & Cream His & Her Haircare Decoupage Craft Jewelry / DanceFit Bible Study / ChairFit Yoga II / Oil Painting Line Dancing II Stick to the Beat	30 –Protein Power Stick to the Beat Standing Aerobics Bingo Knit Witz / Chorus Line Dancing I Hand & Foot Game Volleyball / Chorus Women's Self-Defense		

 A Division of
TROUP COUNTY Parks & Recreation

 **UNITED WAY**
West Georgia An Agency of the
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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

September
2026

**RECREATION
FOR ACTIVE
ADULTS 55+**

Game Night
Tue, Sep 8

**Women's Self -
Defense Class**
Wed, Sep 9

Greeters Meeting
Thu, Sep 10

Catfish Supper
Fri, Sep 11

GriefShare Begins
Mon, Sep 14

Farmers' Market
Fri, Sep 18

Saturday Dance
Sat, Sep 19

Bingocize Starts
Mon, Sep 21

AARP Driving Class
Tue, Sep 22 &
Wed, Sep 23

Fall Into Fitness
Thu, Sep 24

Flu Shots
Mon, Sep 28

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Age Well. Think Well. Live Well.



Healthy aging and brain wellness rely on an active lifestyle, a nutritious diet, strong social ties, and routine medical care. Adopting proactive daily habits can strengthen cognitive resilience, protect brain cells, and lower the risk of age-related cognitive decline.

Regular physical exercise increases blood and oxygen flow to the parts of the brain responsible for thinking.

Aim for 30 minutes daily of brisk walking on the nature trail, dance fit, standing aerobics, or Stick to the Beat, all offered here at The Active Life.

Building healthy muscles by strength training supports the brain. Practice exercises that improve stability to significantly reduce the risk of head injuries from falls, such as Tai Chi, ChairFit, Vivo, SureFit, Yoga, and FlexFit.

A Mediterranean diet may help lower your overall risk of dementia. Fill your plate with leafy greens, berries, and bright vegetables rich in antioxidants. Eat fish, poultry, and legumes while

cutting back on heavily processed foods. Challenge the brain with mental exercise. Learn a foreign language, take a class, or pick up a new instrument. Play complex card games, solve crosswords, or do number puzzles. Get involved with Game Night at The Active Life. Explore gardening, painting, cooking, or writing.

Isolation acts as a severe risk factor for mental decline. Join the various activities here at The Active Life to stay connected to others. Look into volunteer opportunities here at The Active Life.

Proactively managing underlying health conditions keeps your mind and body functioning at their highest capacity. Monitor and manage your blood pressure, blood sugar, and cholesterol levels. Aim for seven to nine hours of sleep to allow your brain to process memories. Address hearing or vision loss early to avoid mental fatigue. Schedule annual cognitive screenings and monitor memory changes.

Kay

Everyday Events

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

Make Works of Art in Craft Rm: Quilting, Crocheting, Painting, Sewing, & Other Crafts

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

Enjoy the Outdoors: Nature Trail Walk/Workout, Exercise in Wellness Pavilion & Play Pickleball

Stay Well in the Wellness Center: Use a Fitness Machine, Attend Class, Enjoy the Snack Bar & Visit with Friends in the Coffee Rm.

Weekly Events (\$ = Fee Charged)

FlexFit (Mon & Fri, 9:30am)

Dynamic Stretch *Judy Shimandle & Patricia Pruitt*

Genie Club (Mon, 9:30am)

Trace your Family Roots using *Ancestry.com*

Blood Pressure Check (Mon, 10am)

Sponsored by *LaGrange Fire Dept* in Game Rm

Vivo: Chair Fitness Class (Mon, 10am)

Led by a Certified Fitness Instructor *Kevin Smith*

Qi Gong Tai Chi (Mon, 10:30am / Thu, 1pm)

Flexibility, Balance and Strength *John Poythress*

Mahjong (Mon & Thu, 12:45pm)

Strategic Tile Game *Gary Whitfield (706-302-4896)*

GriefShare Support Group (Mon, 1pm)

Resumes on September 14 - *Melinda Williford*

Line Dancing II - Intermediate

(Mon, 1pm & Tue, 1pm) *Kathy M. & Jackie C.*

Indoor Pickleball (Mon, 2:15pm)

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

Hair Shop *Tracy Sanders (706-302-3806)*

DanceFit (Tue 9:30am / Fri 10:45am)

Fitness Made Fun *Karen Head & Mirinda Douglas*

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

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

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

Jewelry Making Crafts (Tue, 10:45am)

Make Beautiful Wearable Art *Ruby Gibson*

ChairFit (Mon, 11am & Tue, 10:30am)

Low-impact Aerobics *Kim Basko & Ricki Robbins*

Yoga Class II - Intermediate (Tue, 12pm)

Taught by Certified Instructor *Teresa Kuhns*

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

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

Wonderful Wednesdays

Gentle Stretch (Sep 2)

Lindsey Hutto, TC Health/Wellness Mgr

GBI Scams/Fraud Talk (Sep 9)

Marc Griffith, GA Bureau of Investigation

Healthy Aging (Sep 16)

Lawrence Brack, MD, Emory Healthcare

Team Spirit Day (Sep 23)

Troup High School Cheerleaders

Protein Power (Sep 30)

Maureen Geboy RDLD, Three Rivers AAA

Stick to the Beat (Tue, 2:15p & Wed, 8:30am)

Cardio Drumming Workout *Karen Wesley*

Standing Aerobics (Wed, 9:30am)

Low Impact Exercise to Music *Lora Norrell*

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

Line Dancing I - Beginners

(Wed, 10:45am) *Kay Scarborough*

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

The Knit Witz (Wed, 1pm)

Crochet and Knitting Club for All Levels

Chair Volleyball (Wed & Fri, 1pm)

Seated Fun Competition *Jackie & Tom Chatterton*

Beginners Pickleball Lessons (Thu, 9am)

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

Yoga Class I - Beginners (Thu, 9:30am)

Taught by Certified Yoga Instructor *Teresa Kuhns*

SureFit (Thu, 10:30am)

Improve Strength and Balance *Jenny Averill*

Contract Bridge Group (Thu, 2pm)

Ballroom Dance Lessons* (Thu, 7pm) \$
Five-Week Classes *Cody Foote (334-663-2408)*

Friday Singalong (Fri, 10:45am)

Good Old-Time Gospel Singing

Rummikub Group (Fri, 1pm)

Fast-Paced Rummy-Style Tile Game

Monthly Events

Day Trip Sign-Up (Tue, Sep 1, 8:00am)

Birthday Celebration (Tue, Sep 1, 11:50am)

Sausage Biscuits Dining Rm Cost: \$1 Each
Tue, Sep 1, 8:30am & Wed, Sep 16, 8:30am



Special Events (*= Registration Required)

Let the Competition Begin!

Monthly Billiards Tournament

Fri, Sep 4 at 1pm (Game Rm)

Cornhole Tournament

Tue, Sep 15 at 9:30am

Ladder Toss Tournament

Fri, Sep 25 at 9:00am



Tasty and Nutritious Lunches*

(Weekdays, 12:00pm) Dining Rm

Sign up 8:45am to 11am daily.

Active Life Chorus

(Wednesdays, 2pm) Dining Rm

Led by Choral Director *Kathy Kirby*

Circuit Weight Training* Filled Up

(Thursdays, Ends on Oct 1, 1pm)

Led by Certified Fitness Instructor *Orry Martin*.

Veterans Assistance*

(Tue, Sep 8 & 22, 12pm-4pm) Front Lobby

Kassie Jones & Cecil Renfroe, DAV

Active Life Game Night

(Tue, Sep 8, 4pm-8pm)

Bring a Tasty Snack to Share

Safe & Strong: Women's Self Defense*

(Starts Wed, Sep 9, 2:15pm) Wellness Center

Topics include situational awareness, safety decision-making, physical self-defense, emergency response, & firearm usage and safety.
Led by *Troup County Sheriff's Office*

Volunteer of the Month Recognition

(Wed, Sep 9, 11:50am) Dining Rm

Greeters Meeting

(Thu, Sep 10, 9:45am) Wellness Center

Catfish Supper Night*

(Fri, Sep 11, 5:30pm) \$7 Dining Rm

Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & *German Chocolate Cake*.

Saturday Night Dance

(Sat, Sep 19, 6:30pm-8:30pm) \$10

Live music featuring the *Huck's Trio Band*.

Hamburger, Chips & Dessert Provided.



2 Tier Dessert Stand*

(Thu, Sep 17, 1pm) \$6 Craft Rm.

Taught by *Gena Ogletree* Limit 6

GA Farmers' Market Nutrition Program*

(Fri, Sep 18, 11am) Wellness Center

Free locally grown produce. Pick up registration packet in front office.

Bingocize (10 Weeks)*

(Starts Mon, Sep 21, 10:30am) Dining Rm

Combo of bingo with light physical exercise on Mondays & Thursdays. Limited to 20 people

AARP Safe Driving Class*

(Tue & Wed, Sep 22 & 23, 1-4pm) Media Rm

\$20 (AARP Members) or \$25 (Non-Members)

Team Spirit Day w/ Troup High Cheerleaders

(Wed, Sep 23, 11am) Dining Rm

Dress up to support your favorite team.

Prizes awarded for dress and spirit!

Fall into Fitness Dance

(Thu, Sep 24, 1pm-2:30pm) Wellness Center

Featuring DanceFit and Line Dancing.

A part of Mayor Arrington's Health Initiative.

Flu Shots from Publix*

(Mon, Sep 28, 9am) Media Room

Registration forms are available at front desk.



Fall Decoupage Craft*

(Tue, Sep 29, 9:30am) \$2 Craft Rm

Taught by *Barbara Hudson*. Limited to 6.

Bring White Fabric Tennis Shoes

TRAVEL (# of indicates level of walking)

Chicago, Illinois Trip Signup*

(May 16-22, 2027) Level 3 – See *Flyer*

Sign-up starts Wed, Sep 9, 8am for members.

Applebee's Dinner Night Out *

(Tue, Sep 15, 3:30pm) \$5 + meal *Departs Dining Rm*

Entrées: \$15+

Ireland Pre-Trip Meeting*

(Thu, Sep 17, 2pm) Dining Rm

Girls Night Out: Dinner & Show*

(Thu, Sep 24, 3:30pm) \$25 + meal *Departs Dining Rm*

Enjoy an evening celebrating legendary female performers at the Nixon Theatre.

Dinner at the Meat N Greet (\$15+)

Blue Bell Creamery & Majestic Caverns*

(Tue, Sep 29, 8am) \$30 + meal *Departs Shuford*

Cool underground cave & delicious ice cream.

Lunch at Hubbard's Off Main (\$15+)