October 2024 Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
 Tue, Oct 15, 10am	1 – October B-days Trip Sign-up Sausage Biscuit Haircare Paper Dolls / Chair Fit Dance Fit / Bible Study Oil Painting Line Dancing Veterans Assistance	2 – LaGrange Change Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	3 - Picnic at the Lake Pickleball Class Yoga / Chair Fitness Mahjong / Art Class Ping-Pong Bridge / Line Dancing Balance Class Ballroom Dancing	4 – Foot Clinic Morning Stretch Bingo / Sing-a-long Dance Fit Grandparents Day Billiards Chair Volleyball Painting / Line Dancing
7 Morning Stretch Genealogy Blood Pressure Mahjong Line Dancing Indoor Pickleball	8 – Cancer Prevention Haircare / Auto Safety Paper Dolls / Chair Fit Dance Fit / Bible Study Painting / Line Dancing Myrtle Beach Pre-trip Veterans Assistance DAV Meeting	9 – Breast Cancer Talk Standing Aerobics Bingo / Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball "Your Pie" Fundraiser	10 – State Fair Pickleball Class Yoga / Chair Fitness Dance Workshop Mahjong / Art Class Bridge / Line Dancing Balance Class Ballroom Dancing	11– Directory Photos Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Painting / Line Dancing Catfish Supper
14 Morning Stretch Genealogy Blood Pressure Mahjong Line Dancing Indoor Pickleball Marine Corps League	15 - Fishing Derby His & Her Haircare Paper Dolls Dance Fit / Chair Fit Bible Study Veterans Assistance Oil Painting Line Dancing	16 – Dr Gordan Sausage Biscuit Standing Aerobics Bingo / Line Dancing Crochet & Knitting Chair Volleyball Canadian Trip Preview	17 – Hospice Fundraiser Pickleball / Yoga Chair Fit Mahjong Ping-Pong / Bridge Line Dancing Balance Class Ballroom Dancing	18 – N GA Trip Signup Stretch / Bingo Sing-a-long / Dance Fit Chair Volleyball Oil Painting Line Dancing 19 – Huck's Trio Band Saturday Night Dance
21 - Myrtle Beach Trip Morning Stretch Genealogy Blood Pressure Mahjong Line Dancing Indoor Pickleball	22 – Manger Craft His & Her Haircare Dance Fit Chair Fit Bible Study Veterans Assistance Oil Painting Line Dancing	23 Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	24 – Game Night Pickleball Yoga Computer Class Chair Fit / Mahjong Ping-Pong / Bridge Line Dancing Ballroom Dancing	25 – Dance Fit Party Morning Stretch Bingo Sing-a-long Chair Volleyball Oil Painting Line Dancing US Airforce Band
28 Morning Stretch Open Enrollment Help Genealogy / BP Leadership / Mahjong Line Dancing Indoor Pickleball	29 - Thanksgiving Craft His & Her Haircare Dance Fit / Chair Fit Bible Study Veterans Assistance Painting / Line Dancing Sunset Cruise	30 – Legal Advice Standing Aerobics Open Enrollment Help Bingo / Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	31 – Fall Festival Day Pickleball Costume Contest Fall Fest Dance Mahjong Bridge / Line Dancing Balance Class	Your Pie Active Life Fundraiser Wed, Oct 9, 5pm-9pm

A Division of Troup County Parks & Recreation

TROUP COUNTY PARKS & RECREATION

Federal and State Funding from Three Rivers RC

ThreeRivers AREA AGENCY ON AGING

United Way

An Agency of the United Way of West Georgia

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

Office Hours:
Monday – Friday (8am – 4pm)

The Active Life
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The Active Life

October 2024

RECREATION FOR ACTIVE ADULTS 55+

- Auto Safety Check Tue, Oct 8
- Your Pie Fundraiser Wed, Oct 9
- Dance Workshop Thu, Oct 10
- Directory Photos Fri, Oct 11
- Catfish Supper Fri, Oct 11
- Fishing Derby Tue, Oct 15
- Saturday Dance Sat, Oct 19
- Manger Craft Tue, Oct 22
- Computer Class Thu, Oct 24
- Game Night Thu, Oct 24
- Medicare Help Oct 28 & 30
- Wall Hanging Tue, Oct 29
- Fall Festival Thu, Oct 31

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Proactive Steps Toward Prevention

October is Breast Cancer Awareness Month, a global initiative that aims to spark action and raise awareness about the importance of early screening and prevention of breast cancer. With 2.3 million women affected worldwide, it's crucial to spread the message and support those facing the diagnosis. It's also essential to take proactive steps and consider regular cancer screenings for all types of cancer. **Did you know that 440 men and women per 100,000 people are diagnosed with cancer each year?**

Furthermore, over half of all cancers are preventable, and only 5 to 10% are hereditary. By embracing a healthy lifestyle, steering clear of carcinogens, and considering preventive measures, we can actively reduce the risk of cancer. **Early detection can significantly improve treatment outcomes.** Your doctor can provide guidance on the most suitable screenings for you and help schedule them.

American Cancer Society's recommendation is to talk to your doctor about screening for cancer.

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women age 45 to 54 should get mammograms every year.
- Women 55 and older should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening.

Let's stand together against cancer by spreading awareness and taking proactive steps towards prevention. Your actions can make a real difference!

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

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 and have fun with *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 & Resistance Training

Veterans Assistance (Tue, 12-4pm)
Provided by Ann Erenheim, DAV in Front Office

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. *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 Wednesday

What's New in LaGrange (Oct 2)
Alton West, City of LaGrange

Breast Cancer Support (Oct 9)
Rhonda Rogers, WellStar Nurse Navigator

What to do about the Flu (Oct 16)
Dr. Kenneth Gordon, WellStar

Older Adult Legal Issues (Oct 30)
Atty Monique Bandong, GA Legal Services

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 for everyone.

Beginners Pickleball (Thu, 9am) Outdoor Courts
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.

DAV Veterans Assistance
Tuesdays, 12pm-4pm

Monthly Events

Trip Sign-Up (Tue, Oct 1, 8am)
Sign-up for Upcoming Day Trips.

Sausage Biscuits Dining Rm *Cost: $1 Each*
Pork Sausage in a Homemade Biscuit
Tue, Oct 1, 8:30am & Wed, Oct 16, 8:30am

Birthday Celebration (Tue, Oct 1, 11:50am)
Recognizing Participants with October Birthdays

Foot Care Clinic* (Fri, Oct 4)
Sponsored by Foot Care Team

Catfish Dinner* (Fri, Oct 11, 5:30pm) $7
Games, Prizes and Great Food

Saturday Night Dance (Sat, Oct 19, 7pm) $10

Special Events (* = Registration Required)

Tasty and Nutritious Lunches
(Weekdays, 12:00pm) Dining Rm
Sign up before 11am daily. Limited seating.

Ping-Pong (Thu, Oct 3, 17 & 24, 1pm)

Grandchildren Slideshow
(Fri, Oct 4, 11:35am) Dining Room
Bring in photo of you with grandchildren to scan.

Billiards Tournament
(Fri, Oct 4, 1pm) West Point

Auto Safety Checkup
(Tue, Oct 8, 9:30am – 11:00am) Drop Off Area
Sponsored by the Mike Patton Auto Family

Cancer Prevention Talk
(Tue, Oct 8, 11:30am) Dining Rm
Lora Norrell will share vital health information.

Performance Dance Workshop
(Thu, Oct 10, 1pm) Wellness Center
Learn the Havana Cha. Taught by Kim Basko

Final Picture Directory Photo Day*
(Fri, Oct 11, 10am – 12pm) Coffee Rm
The Troup Co. Sheriff's Office is sponsoring our new Color Name & Photo Directory.

Catfish Supper Night*
(Fri, Oct 11, 5:30pm) $7 Dining Rm
Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & ***Cinnamon Rolls***.

Fishing Derby at TC Agr Ctr Lake*
(Tue, Oct 15, 10am) $5 (Includes Lunch)
Extra fishing poles available, bait provided and awards for largest fish, smallest & most caught.

Saturday Night Dance: Huck's Trio Band
(Sat, Oct 19, 7pm – 9pm) $10 Wellness Ctr
Join us at our monthly dance with great music, dancing and fun. Snacks provided.

Away in a Manger Craft*
(Tue, Oct 22, 9:30am) $2, Limit 8
Taught by Barbara Hudson in Craft Rm.

Email, Text and Internet Scams and Cons*
(Thu, Oct 24, 9:30am-11:30am) Media Rm
Taught by Larry Ninas.

Game Night at the Center
(Thu, Oct 24, 4pm-8pm)
Bring snacks to share.

Thanksgiving Wall Hanging*
(Tue, Oct 29, 9:30am) $5 Craft Rm
Limit 8 Taught by Gena Ogletree

Open Enrollment Assistance*
(Oct 28 & 30, 9am) Coffee Rm
Sign up is the morning of event. Sponsored by the State Health Insurance Assistance Program

International Dance Fit Party & Social
(Fri, Oct 25, 5:30pm) $10 Wellness Ctr
Enjoy fun, fitness and fellowship at this special event. *Fundraiser for Fall Festival.*

Fall Festival at the Active Life
(Thu, Oct 31, 9am-3pm) various locations
A great day of food, music, special events and prizes. **Includes Costume Contest.**
Pick up a Schedule of Events at Front Desk.

Halloween Daytime Dance
(Thu, Oct 31, 1pm) Wellness Center
Sponsored by the American Legion.

TRAVEL (# of indicates level of walking)

Special Day at West Point Lake* Filled Up
(Thu, Oct 3, 9am) $3 (free meal) Shuford Fields

Myrtle Beach Pre-trip Meeting
(Tue, Oct 8, 2pm) Dining Rm

GA National Fair in Perry*
(Thu, Oct 10, 8am) $6 (+ meal) Shuford Fields

Canadian Rockies & Glacier National Park*
(Aug 3-9, 2025) Level 2 – *See Brochure*
Preview and Sign-up Starts **Wed, Oct 16, 2pm**.

Sunset Cruise on West Point Lake*
(Tue, Oct 29, 4pm) $17 (+ meal) Active Life
Dinner: *Good Ole Buffet ($12+)*

US Airforce Band at the Rivercenter*
(Fri, Oct 25, 3:15pm) $5 + meal Active Life
Featuring the Concert Band and Singing Sergeants
Dinner: *Cheddars ($13+)*

A Christmas Carol at Alliance Theatre*
(Thu, Nov 14, 4pm) $25 (+ meal) Active Life
Featuring a magical set design and striking costumes

North GA Helen & Jaemor Farms Trip *
(Mon, Nov 4, 7:30am) $6 (+ meal) Shuford Fields
Sign-up Starts Fri, Oct 18, 8am

Hawaiian Adventure*
(Dec 8-17, 2024) Level 1
Visiting the Islands of Hawaii, Maui and Oahu