



April 2024 * Month-at-a-Glance



Monday	Tuesday	Wednesday	Thursday	Friday
1 – Trip Sign-up Sausage Biscuit Morning Stretch Genealogy Blood Pressure B-Day Celebration Chair Fit / Mahjong Line Dancing Indoor Pickleball	2 His & Her Haircare Dance Fit Paper Dolls Chair Fit Bible Study Oil Painting Line Dancing	3 – Clothing Center Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	4 Pickleball Class Yoga Chair Fitness Mahjong Bridge Ballroom Dancing	5 – Tour of Homes Morning Stretch Bingo / Sing-a-long Dance Fit Chair Volleyball Billiards Tournament Oil Painting Line Dancing
8 Morning Stretch Genealogy Blood Pressure Chair Fit / Mahjong Line Dancing Indoor Pickleball Marine Corps League	9 – Blooming Tea His & Her Haircare Paper Dolls Dance Fit / Bible Study Chair Fit Painting / Line Dancing Veterans Assistance DAV Meeting	10 – Nutrition Talk Standing Aerobics Traveling Angels Bingo Line Dancing Crochet & Knitting Hand & Foot Game AARP Driving Class 1 Chair Volleyball	11 – Computer Class Pickleball Class Yoga Chair Fitness Mahjong Bridge AARP Driving Class 2 Ballroom Dancing	12 Morning Stretch Bingo / Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing Catfish Supper
15 – Hawaii Preview Morning Stretch Genealogy Blood Pressure Tax Aide Gratitude Chair Fit / Mahjong Line Dancing Indoor Pickleball	16 – Buffet & Buc-ee's Trash & Treasure His & Her Haircare Paper Dolls / Chair Fit Basketball Free-throw Dance Fit / Bible Study Painting / Line Dancing Veterans Assistance	17 – Gentle Stretch Sausage Biscuit Standing Aerobics Traveling Angels Bingo Line Dancing National Banana Day Crochet & Knitting Hand & Foot Game	18 Pickleball Class Yoga Chair Fitness Mahjong / Bridge Line Dancing Ballroom Dancing	19 – Foot Clinic Morning Stretch Bingo / Dance Fit Sing-a-long Chair Volleyball Oil Painting Line Dancing 20 Saturday Night Dance
22 – Braves Sign-up Stretch / Genealogy Leadership Team BP / Chair Fit Mahjong Line Dancing Indoor Pickleball Game Night	23 – Rock Painting His & Her Haircare Frisbee Toss Paper Dolls Chair Fit / Bible Study Veterans Assistance Painting / Line Dancing Savannah Pre-Trip	24 Standing Aerobics Bingo Line Dancing Crochet & Knitting Hand & Foot Game Chair Volleyball	25 – Tile Craft Pickleball Class Computer Class Yoga / Chair Fitness Mahjong / Bridge Matilda Musical Line Dancing Ballroom Dancing	26 – Political Forum Morning Stretch Bingo Sing-a-long Dance Fit Chair Volleyball Oil Painting Line Dancing
29 – Political Forum Stretch / Genealogy Blood Pressure Chair Fit Mahjong Line Dancing Indoor Pickleball	30 – Wellness Trip His & Her Haircare Chair Fit Bible Study Oatmeal Cookie Day Veterans Assistance Painting / Line Dancing	 Driver Safety Apr 10 & 11, 1pm Sign-up at Front Desk	Rock Painting 	Tile Craft 

A Division of
Troup County
Parks & Recreation **TROUP COUNTY**
PARKS & RECREATION



An Agency of the
United Way
of West Georgia

Federal and State Funding
from Three Rivers RC

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

f theactivelife

The Active Life

April
2024

RECREATION
FOR ACTIVE
ADULTS 55+

Blooming Tea
Tue, Apr 9

AARP Driving Class
April 10 & 11

Computer Classes
Thu, Apr 11 & 25

Catfish Supper
Fri, Apr 12

Trash & Treasure
Tue, Apr 16

Foot Clinic
Fri, Apr 19

Saturday Dance
Sat, Apr 20

Rock Painting
Tue, Apr 23

Tile Craft
Thu, Apr 25

Political Forums:
Clerk & Coroner

Fri, Apr 26

Sheriff

Mon, Apr 29

Commission

Wed, May 1



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Harmonious Relationships

Relationships look different for everyone. Every day we are interacting and communicating with others. How we cultivate these relationships takes effort. After all, who doesn't want to improve their relationships whether at home, work or in the community.

There are several factors that influence the relationships in our lives. Each of these relationships is different and how we cultivate and maintain these relationships is important. Relationships take work and require us to "give and take".

Some relationships feel effortless, easy and calm, while other relationships can feel conflictual, tense and draining. There are different ways to improve our relationships to be harmonious, healthy and supportive. So how do we build these types of relationships? Through communication!

Here are a few tips on how to better communicate from Norah Briden, LCSW from The Pastoral Institute in Columbus, GA:

When you have conflict with a friend or family member, pause, take a deep breath and calmly share what is bothering you. Use "I" statements to help reduce feelings of "blaming." It is important to let others know what we are feeling, asking questions of how we can come to a resolution and how to move forward. People are not mind-readers, and if we think "they should just know what they did made me mad," that will increase stress in that relationship and potentially cause resentment and further discord.

Have Boundaries. Boundaries help you define what you are comfortable with and how you would like to be treated by others. It is important to reflect on what your boundaries are and what you need from others. It is also important to use assertive communication to express your needs.

Increase your understanding and awareness of your own needs, strengths, and weaknesses. This will help you better communicate with others to build positive relationships.

Lindsey Hutto

Troup Co. Health & Wellness Manager

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

Chair Fitness (Mon, Tue & Thu 10:30am)
Low-impact Aerobics & Resistance Training

Mahjong (Mon & Thu, 12:45pm)
Gary Whitfield (706-302-4896)

Intermediate Line Dancing (Mon, 1pm) / (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)

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

Paper Dolls Craft Group (Tue, 9:30am)
Paper Crafts. Barbara Hudson (706-416-7106)

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

Hand and Foot Card Game (Wed, 1pm)
Fun Canasta Game held in the Game Room

The Knit Witz (Wed, 1:00pm)
This crochet & knitting club is for all levels.

Wonderful Wednesdays Wed 11:00am, Dining Room

- The Clothing Center (Apr 3)**
Cindy Pendleton, Director
- Nutrition Talk (Apr 10)**
Maureen Geboy, Nutritionist/Dietitian
- Gentle Stretch (Apr 17)**
Lindsey Hutto, Wellness Manager
- Political Forum (May 1)**
Board of Commissioners Candidates

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)

Dance Fit (Tue 9:30am / Fri 10:45am) Wellness
Get fit and have fun with *Mirinda Douglas*

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 (Mon, Apr 1, 8am)
Sign-up for Four Upcoming Day Trips.

Sausage Biscuits Dining Rm Cost: \$1 Each
Pork Sausage in a Homemade Biscuit
Mon, Apr 1, 8:30am & Wed, Apr 17, 8:30am

Birthday Celebration (Mon, Apr 1, 11:50am)
Recognizing Participants with April Birthdays

Catfish Dinner* (Fri, Apr 12, 5:30pm) \$7
Games, Prizes and Great Food

Foot Care Clinic* (Fri, Apr 19)
Sponsored by Freedom Baptist

Saturday Night Dance (Sat, Apr 20, 7pm) \$5

Special Events (* = Registration Required)

Terrific Tournaments

Sponsored by Abide Home Care
Monthly Billiards Tournament
Fri, Apr 5 at 1pm (West Point)



Basketball Free-throw Tournament
Tue, Apr 16 at 9:30am



Frisbee Toss Tournament
Tue, Apr 23 at 9:30am



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

Blooming Tea Class*

(Tue, Apr 9, 11am) Coffee Rm
A free wellness class taught by Chef Tara & Lindsey Hutto. Limit 20



AARP Safe Driving Class*

(Wed & Thu, Apr 10 & 11, 1-4pm) Dining Rm
\$20 (AARP Members) or \$25 (Non-Members)

Computer & Technology Classes*
(Thu, Apr 11 & 25, 9:30am-11:30am) Media Rm
Taught by Larry Ninas.

Catfish Supper Night*

(Fri, Apr 12, 5:30pm) \$7 Dining Rm
Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & **Lemon Bar.**

AARP Tax Aide Volunteer Recognition (Mon, Apr 15, 11:45am) Dining Room
Hurray for our great AARP Tax Aide Team!

My Trash & Your Treasure (Tue, Apr 16, 8am - 11:00am) Dining Room
In-House "Garage Sale" (Buy, Sell or Trade)

Saturday Night Dance: Russ Moore (Sat, Apr 20, 7pm - 9pm) \$5 Wellness Ctr
Join us at our wonderful monthly dance with great music, dancing and fun. Snacks provided.

Game Night at the Active Life (Mon, Apr 22, 6pm to 8pm) Dining Rm
Enjoy an evening of fun playing games with friends. Use our games or bring your own.

Spring Rock Painting Class* (Tue, Apr 23, 9:30am) \$2 Craft Room
All supplies will be provided
Taught by Wanda Stribling



Meet the Candidates Political Forums All Forums held in the Dining Room

Troup Co. Commissioner, Districts 2, 3 & 4
Wed, Apr 24, 10:50am

Clerk of Superior Court and Coroner
Fri, Apr 26, 11:25am

Troup Co. Sheriff
Mon, Apr 29, 11:25am

Be Informed.



Learn more about your voting choices.



Scripture Tile Craft* (Thu, Apr 25, 9:30am)
\$2 Craft Rm
Taught by Barbara Hudson.

TRAVEL (# of walking icon indicates level of walking)

Eufaula Spring Tour of Homes* Sold Out (Fri, Apr 5, 8am) \$30 (plus meal) Shuford Fields

Hawaii Trip Preview

(Mon, Apr 15, 2pm) Dining Room
Dec 8-17, 2024 (Brochures at Front Desk)

Ole Time Country Buffet & Buc-ee's* (Tue, Apr 16, 4pm) \$4 (plus meal)
Great Southern Cooking and a Huge Gas Station with a Silly Beaver Mascot. Active Life

Savannah & Charleston Pre-Trip Meeting (Tue, Apr 23, 2pm) Dining Room

Matilda the Musical at the Nixon* (Thu, Apr 25, 3:30pm) \$19 (plus meal)
We will be eating at the Olive Garden. Active Life

Agging & Mental Wellness Conference* (Tue, Apr 30, 8:30am) Free (\$5 deposit)
Lunch Provided! Great Door Prizes! Shuford Fields

Beautiful the Musical at the Springer* (Thu, May 2, 3:30pm) \$32 (plus meal)
Winner of both the Grammy Award and the Tony Award, Beautiful tells the story of the incomparable Carole King. Active Life

Atlanta Braves Daytime Game* (Thu, July 24, 9am) \$49 plus lunch at Stadium
Atlanta Braves vs Cincinnati Reds
Sign-up Starts Mon, Apr 22, 8am. Shuford Fields

Pacific Northwest & California Trip* (Sep 15-22, 2024) 4 Spaces Available

Myrtle Beach Entertainment Spectacular* (October 21-25, 2024) 1 Space Available