

West Point Active Life

Monthly Newsletter

A Better Life to Live

April 2024

What's happening at West Point Active Life:

- Lunchbox Museum & Lunch @ Rose Hill Seafood – Columbus, GA Thursday, April **11th** (Leaving at 10:00). **Deadline is April 3rd!**
- Quarterly Nutrition/Wellness Talk with Maureen Geboy – Wednesday, April 17th at **10:00 AM**
- Smoke On The Mountain play @ New Horizon Theatre - West Point Thursday, April 25th (Meet at theatre @ 7:00 PM)
- Three Rivers Aging and Mental Wellness Conference – Newnan, GA Tuesday, April 30th (Leaving @ 9:00)

< April is the month to reflect on the significance of harmonious relationships. >

HAPPY BIRTHDAY THIS MONTH:

Elizabeth W. – 3rd

Jothaniel Z. – 9th

Martha S. – 9th

Words of Inspiration

“Try to be a rainbow in someone else's cloud.”

-Maya Angelou

PLEASE NOTE: We will start planting raised bed vegetable gardens (for those signed up) on April 8th so you can begin getting prepared by making sure you have seeds/plants that you want to harvest.

Thanks to a grant received this year from AgSouth Farm Credit, we were able to purchase brand new raised garden beds for our seniors. We were also able to purchase other gardening tools/materials. A HUGE thank you to Mr. Tucker and Ms. Waldroup for bringing FFA students from Troup High School to assemble the beds. Check our Facebook page for photos!


GROWING
OUR COMMUNITIES GRANT

April 2024 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise 10:00 Line Dance 1:00 (Deadline for Conference in Newnan, GA)	2 Quilting 10:00	3 B/P checks 10:00 BINGO 10:30 Exercise 1:00 (Deadline for Lunchbox Museum)	4 Quilting 10:00	5 Chair Stretch 10:15 BINGO 10:30 Billiards Tournament @ WP 1:00
8 Exercise 10:00 Line Dance 1:00	9 Quilting 10:00	10 BINGO 10:30 Exercise 1:00	11 Lunchbox Museum & Lunch at Rose Hill Seafood in Columbus, GA (Leaving @ 10 AM) CENTER CLOSED	12 BINGO 11:00 Chair V-Ball 1:00
15 Exercise 10:00	16 Quilting 10:00	17 BINGO 10:30 Exercise 1:00 Nutrition Talk w/ Maureen 10:00	18 Quilting 10:00 Craft 10:00	19 Chair Stretch 10:15 BINGO 10:30 Line Dance 1:00
22 Exercise 10:00	23 Quilting 10:00 Advisory Team 10:00	24 BINGO 10:30 Exercise 1:00	25 Quilting 10:00 Craft 10:00 Play @ New Horizon in WP 7:30 PM	26 BINGO 10:30 Line Dance 1:00
29 Exercise 10:00	30 Aging & Mental Wellness Conference in Newnan, GA (Leaving @ 9 AM) CENTER CLOSED			



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