# Forever Young

## Southaven's Senior Adult Group

JULY | 2016 | AUGUST

## The Golden Grapevine

Best Costume

Why are they smiling? A dinosaur is getting ready to eat them.

**Our " LUAU" luncheon was a blast. Camellia Hospice was our sponsor. The winners of the best costumes were Nancy Cummings and Jimmy Dixon. There were so many great costumes, which made it very hard to choose. There were many hula girls and even a few beach bums showed up at our party. Thanks to Worley's at Goodman and Getwell for providing our metal art. His dinosaur was a big hit. We really appreciate Wende for taking the time out of her schedule to come take and develop our pictures. Don't forget to come by our office to pick yours up. Special thanks to Rebecca at Kroger/Getwell for our orchids, and to all of our seniors that helped us put this Luau together. Wasn't that waterfall spectacular?**

### *"Sock Hop " Luncheon*

**Our "Sock Hop" will be on Wednesday, August 17, 11:00 am at the Southaven Arena. Our sponsor will be Sharon Yount and Shaw Williams Insurance. Fernando will be our DJ. Our caterer, John Woods, is serving fried catfish and grilled chicken with all the trimmings. Tickets are $10 and must be purchased at our office by Monday, August 10. Sorry, we can no longer sell tickets the week before the luncheon. Come join the party, and don't forget to bring your cameras. Looking forward to all the great costumes and, of course, we will have a great prize for the most creative ones. Get ready for a rocking jam session. Brush up on your bopping skills.**

## *"Senior Fit n' Fun Day in the Park"*

***Forever Young Senior Building***

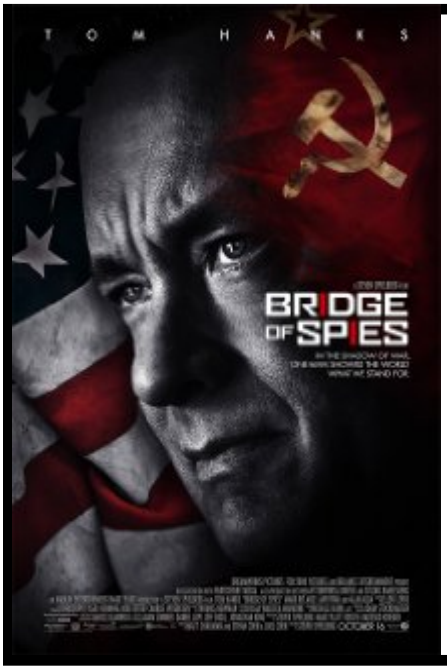
***Friday September 16 9am-12pm***

**Sponsored by Humana and partnering with Desoto County Greenways**

**Join us for a day of fun activities, horseshoe, corn hole, ping pong, dancing, walk-a-thon, bingo, games and prizes. Let's celebrate an active lifestyle among Forever Young Seniors**

**Hot dogs, chips, ice cream and beverage will be provided. Ticket price will go toward door prizes and food.**

**Purchase your tickets at Forever Young, cost $2.00 (cash only). Must purchase tickets by September 13.**




## *MOVIE DAY "BRIDGE OF SPIES"*

***Thursday August 25 1:30pm***

***Old Southaven Cinema, now SouthPoint Church***

During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers' only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release. Donovan boards a plane to Berlin, hoping to win the young man's freedom through a prisoner exchange. If all goes well, the Russians would get Rudolf Abel (Mark Rylance), the convicted spy who Donovan defended in court. Based on a true story. Rated: PG13

**Cost $2(cash) includes Theater Popcorn and Drink. The church has asked that we do not bring in candy. Limited Seating must purchase tickets at Forever Young by August 22.**

## *Grand Opening of our Senior Services Building*

***We appreciate everyone who came and helped us celebrated our Open House at Forever Young. A special thanks to all that helped.***

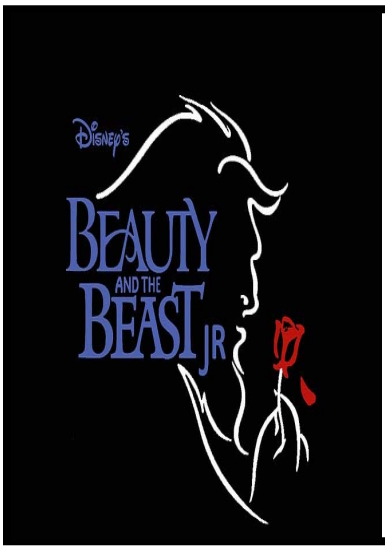
***We love our new building and we have a lot of new and exciting ideas coming your way. If you haven't seen it yet, please come by and see what a beautiful facility our seniors now have.***

## *Carolyn's Craft Classes*

***Christmas Ornaments Tuesday July 5 2pm***
***Quilted Balls***

***Glass Stone Magnets Tuesday July 12 2pm***

***Cost for each class is $5.00, includes supplies. Please contact Carolyn Hodges at 228-313-1820 to sign up. Limited class availability.***




## Beauty and the Beast

DeSoto Family Theatre Landers Center 4560 Venture Drive Southaven, MS

Friday September 9 11:30am

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an Enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to this former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Special Pricing for Forever Young members $7.00 (cash) must purchase tickets at our office. Cut off date for tickets is August 26. Please bring a sweater or small blanket; the theatre is always cold.

## LUNCH BUNCH

**Akita Japanese Hibachi and Steak House**
**Tuesday July 26 11:30am**
**35 Goodman Road/Southlake Center Southaven, MS**
**Across from Outback**

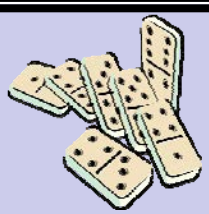
We will be seated at the Hibachi grills with master chefs. Your choice of Hibachi Chicken, Steak or Shrimp. Served with Soup, Salad, Fried Rice, Drink and Tip included $12.00.(Cash Only) Tickets must be purchased at our Forever Young office. We will sell out quickly, for there is limited seating. You must purchase your tickets by July 22.

## CASINO DAY AT FITZGERALD'S

**Wednesday September 14 10:30am**

**Bus Pick up at the Southaven Arena, 7360 Hwy 51 N Southaven, MS**

**$7.00(cash only) includes bus, tip, free buffet, and $10.00 free play. Tickets on sale at Forever Young. Limited seating. Get your tickets early, or you might miss your chance to go. Bus will reload at 3:30pm and arrive back at the Arena at 4pm. Due to gaming regulations, you must be on the bus upon arrival in order to receive buffet and free play.**



**Come join in the fun and games. Make new friends.**

**Call Jeanine Penn 901-487-5631 cell**
**662-342-0981- home**

**CHICKEN FOOT DOMINOS Monday & Wednesday 12:30**

**HAND AND FOOT, Card game similar to Canasta, played with partners Fri. 12:30**

**We can teach you to play, very easy to learn. Always room for more.**

**Fernando and Wanda have a dance every Friday night at our Forever Young Senior Center**

**7pm- 9:30pm. $5.00 at the door.**

**Big Fourth of July Pot Luck and Dance- A-Thon Band, 3:30- 8:30pm. DJ, 6pm-8:30pm, $5.00 at door. Bring lawn chairs to enjoy fireworks at Snowden Grove. All dancers are welcome.**

**They are teaching West Coast Swing, Tuesdays 3:30.**

FOREVER YOUNG
3335 PINE TAR ALLEY
SOUTHAVEN, MS 38672

***Ann Hamblin- Director/ Coordinator/ Arts & Cultural Affairs for Senior Services***
***Dee Dempsey- Administrative Assistant***
***Loretta Duncan- Administrative Assistant***
***Phone 662-895-1138 Fax 662-890-1496***

## Southaven, Mississippi, where you retire from working not living

***Seniors having fun on the Biltmore trip***

**We are going on a daytrip, Saturday, September 17, to "Discovery Park" in Union City, TN. to see, "The Great American Airshow" on the Great Lawn, after exploring the many activities on history, art, science technology and much more. We will be dining at Boyette's Restaurant, well known for it's catfish and chicken, before we get to the park. Tickets went on sale, June 1. $60 includes transportation, park entrance fee, meal, and all tips. This trip is sold out but you may put your name on the wait list.**

**We will be going to enchanting Italy, April 22-May 4. This is a trip you won't want to miss. Trip Highlights include, Rome, Coliseum, Ruins of Pompeii, Sorrento Coast, Isle of Capri, Florence, Statue of David, Leaning Tower Of Pisa, Tuscan Winery, Venice, Murano Island, Verona, Stresa, Locarno, Switzerland and many exciting excursions. We are touring from one end of Italy to the other. Cost of trip is $4,999 with savings of $250 for early booking. This trip will require a passport. Come into the office for more information and a brochure. Collette's will have a slide show here at Forever Young on Tuesday, July 19 at 1:30. They are offering an additional $50 discount to those that sign up that day or before. This trip is selling out fast!**

*Someone just told me " It's great to be a senior in Southaven MS". I agree. Forever Young offers so many fun activities. Get your newsletter early so you don't miss out on anything!*
*DEE*

# JULY 2016

| Mon. | Tue. | Wed. | Thu. | Fri. |
|---|---|---|---|---|
| **INDOOR WALKING MONDAY-FRIDAY 8am-2pm Soccer Field**<br><br>**DAC– Desoto Athletic Center Water Aerobics (only) Tuesday – 9:15** | | ***No AARP Safe Driving Class this month*** | | **1. Shot Nurse 9am**<br>8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br><br>**Fernando's Dance 7-9:30pm** |
| **4. OFFICE CLOSED**<br> <br>**Fernando's Fourth of July Dance A Thon** | **5.** 8:30 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance<br>10:45 Tai Chi<br>12:00 Mahjongg<br>1:00 Rook<br>1:30 Aerobics 2:00 Craft Class<br>3:30 Fernando's Dance Class | **6.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **7.**<br>8:15 Pilates<br>9:00 Jean's Line Dance<br>10:00 Zumba<br>10:00 AARP<br>11:30 Mexican Dominos<br>1:00 Aerobics Class | **8.** 8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br><br>**Fernando's Dance 7-9:30pm** |
| **11.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **12.** 8:30 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance<br>10:45 Tai Chi<br>12:00 Mahjongg/<br>1:00 Rook 2:00 Craft Class<br>1:30 Aerobics<br>3:30 Fernando Dance Class | **13. Office closed**<br>8:30 Yoga<br>10:00 Art Class<br>10:00 Aerobics<br>10:30 **CASINO DAY**<br>12:00 Chicken Foot<br>12:00 Canasta | **14.**<br>8:15 Pilates<br>9:00 Jean's Line Dance<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Bunco Bunch<br>1:00 Aerobics Class | **15.** 8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br><br>**Fernando's Dance 7-9:30pm** |
| **18.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **19.** 8:30 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance<br>10:45 Tai Chi<br>12:00 Mahjongg<br>1:00 Rook<br>1:30 Aerobics<br>3:30 Fernando's Dance Class | **20.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **21.**<br>8:15 Pilates<br>9:00 Jean's Line Dance<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Aerobics Class<br>1:00 Bunco Girls | **22.** 8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br><br>**Fernando's Dance 7-9:30pm** |
| **25.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **26** 8:30 Yoga **Office closed 11am-1**<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance<br>10:45 Tai Chi **11:30 Lunch Bunch**<br>12:00 Mahjongg .<br>1:00 Rook<br>1:30 Aerobics<br>3:30 Fernando's Dance Class | **27.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **28.**<br>8:15 Pilates<br>9:00 Jean's Line Dance<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Aerobics Class | **29.** 8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br><br>**Fernando's Dance 7-9:30pm** |

# AUGUST 2016

| Mon. | Tue. | Wed. | Thu. | Fri. |
|---|---|---|---|---|
| **1.**<br>8:15 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **2.** 9:00 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance Class<br>10:45 Tai Chi<br>12:00 Mahjongg<br>1:00 Rook 2:00 Craft Class<br>1:30 Aerobics Class<br>3:30 Fernando's Dance Class | **3.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **4.**<br>8:15 Pilates<br>9:00 Jean's Line Dance Class<br>10:00 Zumba<br>11:00 AARP<br>11:30 Mexican Dominos<br>1:00 Aerobics Class (TC) | **5.**<br> <br>8:15 Yoga<br>9:00 **Shot Nurse**<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br>**Fernando's Dance 7-9:30pm** |
| **8.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **9.** 9:00 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance Class<br>10:45 Tai Chi<br>12:00 Mahjongg 2:00 Craft Class<br>1:00 Rook<br>1:30 Aerobics Class<br>3:30 Fernando's Dance Class | **10.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **11.**<br>8:15 Pilates<br>9:00 Jean's Line Dance Class<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Aerobics Class<br>1:00 Bunco Bunch | **12.**<br>8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br>**Fernando's Dance 7-9:30pm** |
| **15.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **16.** 9:00 Yoga **Office closed for set up**<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance Class<br>10:45 Tai Chi<br>12:00 Mahjongg/<br>12:00 AARP EXC MEETING<br>1:00 Rook<br>1:30 Aerobics Class<br>3:30 Fernando Dance Class | **17. Office closed for Luncheon**<br>8:30 Yoga<br>10:00 Art Class<br>10:00 Aerobics<br>11:00 **Luncheon/Sock Hop**<br>12:00 Chicken Foot<br>12:00 Canasta | **18.**<br>8:15 Pilates<br>9:00 Jean's Line Dance Class<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Bunco Girls<br>1:00 Aerobics Class | **19.**<br>8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br>**Fernando's Dance 7-9:30pm** |
| **22.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **23.**<br>9:00 Yoga Office<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance Class<br>10:45 Tai Chi<br>12:00 Mahjongg .<br>1:00 Rook<br>1:30 Aerobics Class<br>3:30 Fernando's Dance Class | **24.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | **25. Office closed 12-3**<br>8:15 Pilates<br>9:00 Jean's Line Dance Class<br>9:00 AARP Safe Driving Class<br>10:00 Zumba<br>11:30 Mexican Dominos<br>1:00 Aerobics Class<br>1:30 **Movie Day** | **26.**<br>8:15 Yoga<br>10:00 Aerobics<br>10:00 Beginner's Art Class<br>12:00 Hand & Foot<br>12:00 Canasta<br>**Fernando's Dance 7-9:30pm** |
| **29.**<br>8:30 Yoga<br>10:00 Aerobics<br>12:00 Chicken Foot<br>12:00 Canasta & Bridge<br>5:00 Linda's Line Dance Class | **30.** 9:00 Yoga<br>9:15 Water Aerobics (DAC)<br>10:00 Gloria's Line Dance<br>10:45 Tai Chi<br>12:00 Mahjongg .<br>1:00 Rook<br>1:30 Aerobics Class<br>3:30 Fernando's Dance Class | **31.**<br>8:30 Yoga<br>10:00 Aerobics<br>10:00 Art Class<br>12:00 Chicken Foot<br>12:00 Canasta | | **INDOOR WALKING**<br>**MONDAY-FRIDAY**<br>**8am-2pm Soccer Field**<br><br>**DAC– Desoto Athletic Center**<br>**Water Aerobics (only)**<br>**Tuesday – 9:15** |