

# Forever Young

## Southaven's Senior Adult Group

JULY

2017

AUGUST

### THE GOLDEN GRAPEVINE



Our Luau luncheon brought out the hula skirts, coconuts and a few beach bums. Our sponsor for this luncheon was Edward Jones. Entertainment was provided by the "Kuuiipu Dancers". The beautiful gift baskets from Dillard's went to the best costume winners, Nancy Cummings and Doug Casey. Our pictures, taken and developed by Winde, captured the island spirits. Be sure to come by the office and pick up your pictures. Special thanks to Rebecca from Kroger at the Getwell/Goodman location for the lovely orchard centerpieces. Our wonderful volunteers helped us once again pull off a fantastic Luau.

### Forever Young Sock Hop

Wednesday, August 16 11am

Southaven Arena 7360 Hwy 51 N Southaven, MS

Our sponsor for this luncheon will be The Bradley Law Firm. Fernando will be our DJ. and Jerry Vinzetta will be entertaining us with his famous Jerry Lee Lewis impersonations. John Woods with First Choice Catering will be serving Pot Roast with all the trimmings. Tickets will go on sale Wednesday, July 5 at our office for \$10 for members. The last date to purchase your ticket is Friday, August 11. Door prizes will be given out at 1:00pm to our lucky winners. Our sponsors will be judging the best costumes contest. The winners will receive great prizes, so get out those high school jackets, poodle skirts and bobbie socks. It is always fun to dance to the music from the fifties and sixties. It brings back many fond memories of yesterday.



***We are sorry but you can not bring children into our Senior Building unattended while in classes and at functions. This building is for our Seniors and we can not be responsible for their safety.***

***Please check your membership cards to make sure they are up to date and the information is current. You should have your card with you at all times.***

**HELLO**  
my name is



## Fernando's Fourth of July Dance

Tuesday, July 4 Cost \$5

5pm-6pm Line Dance Hour.

6pm-8:30pm Music for Everyone.

*Bring your favorite snack to share. Remember to also bring a lawn chair to enjoy the fireworks at Snowden Grove Park at 9pm.*

## Learn to paint with Watercolors Monday's 10am- Noon

Forever Young has added a new class for those who want to learn to paint with watercolors. This class is free. For more information, call Barbara Downing at 262-325-1331.



## Carolyn's Craft Classes



***Thursday, August 24 1pm Cost \$6; includes all supplies.  
Leather and glass bead necklaces.***

***Thursday, August 31 1pm Cost \$5; includes all supplies.  
Handmade Birthday and Holiday cards.***

*Contact Carolyn at 228-313-1820 to sign up for classes.*



**Fernando and Wanda have a dance every Friday night at Forever Young, 7:00-9:30pm. . Bring your favorite snacks to share. Beverages are furnished. \$5 at the door is appreciated. All adult dancers are welcome. Alcohol and smoke free.**

**We have a Line Dancing Hour from 6 :00 to 7:00pm. At 7:00pm the dance opens to all dancers and continues until 9:30pm. Something for everyone. Come and enjoy the evening, dancing the night away.**



## LUNCH BUNCH

TUESDAY July 25 11:30am

## LOST PIZZA

*Come and have lunch with Forever Young members and try out their buffet with salad, pizza, pasta, and assortments pizza desserts. Beverage, tax and tip included. Tickets will go on sell Wednesday, July 5th \$12(cash) until they run out. They must be purchased at our Forever Young office. Limited seating.*

## CASINO DAY

WEDNESDAY, September 13 10:30am

Bus pick up at the Southaven Arena,  
7360 Hwy 51 N. Southaven, MS

Cost: \$7 (cash only) includes bus, tip, free buffet, and \$10 free play. Tickets on sale at Forever Young. Limited seating. Get your tickets early, or you might miss your chance to go. Please park in front of the new storm shelter for bus pickup. 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.



## MOVIE DAY

Tuesday, August 29

SouthPointe Church (Old Southaven Cinema)  
2010 Stateline Rd. Southaven, MS

## GOING IN STYLE

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Includes theater popcorn and drink. Purchase tickets at Forever Young by Friday, August 25 or until sold out. \$2(Cash only) Limited seating. The church requested that we do not bring candy.

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”**

Italy was beautiful, so amazing to see and experience. I can mark this one off my bucket list.



Having a great time with my traveling friends in beautiful Savannah, GA.



**We are going to “The Ark Encounter” in Kentucky, \$530, includes all tips. Bigger than imagination, this life sized Noah’s Ark and Creation Museum is a sight to see. The trip will be 5 days and 4 nights, September 18-22. We will be visiting the Cincinnati Zoo, Botanical Gardens & the top rated Newport Aquarium. This trip sold out quickly, but you may put your name on the wait list, as some may cancel. We will go again next year for those that were not able to go this year.**

# JULY 2017

Mon.	Tue.	Wed.	Thu.	Fri.
<b>3. CLOSED</b>	<b>4. CLOSED</b> 	<b>5.</b> 8:30 Yoga 10:00 Aerobics 10:00 Art Class 12:00 Chicken Foot 12:00 Canasta 12:00 Wii Bowling & Ping Pong	<b>6.</b> 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" 11:30 Mexican Dominos 1:00 Aerobics Class	<b>7</b> 8:15 Yoga <b>9:00 Shot Nurse</b> 10:00 Aerobics & Art Class 12:00 Hand & Foot 12:00 Canasta <b>Fernando's Dance 7:00-9:30pm</b> 
<b>10.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin' Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta & Bridge 12:30 Chicken Foot 12:00 Wii Bowling & Ping Pong 5:00 Linda's Line Dance Class	<b>11.</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 10:45 Tai Chi <b>12:00 Mahjongg- Closed</b> <b>1:00 Rook-Café/ Downstairs</b> 1:30 Aerobics Class 3:30 Fernando's Dance Class	<b>12.</b> 8:30 Yoga <b>Office closed</b> <b>10:00</b> 10:00 Aerobics 10:00 <b>Art Class- Canceled</b> 10:30 <b>Casino Day</b> 12:00 <b>Chicken Foot- Downstairs/ Yoga</b> 12:00 <b>Canasta/ Closed</b> 12:00 Wii Bowling & Ping Pong	<b>13</b> 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" <b>11:30 Mexican Dominos- Closed</b> 1:00 Aerobics Class <b>1:00 Bunco Bunch</b> <b>Downstairs/Cafe</b>	<b>14.</b> 8:15 Yoga 10:00 Aerobics 10:00 <b>Beginner's Art Class- Canceled</b> 12:00 <b>Hand &amp; Foot/ Downstairs/ Yoga</b> 12:00 <b>Canasta- Closed</b>  <b>Fernando's Dance 7:00-9:30pm</b>
<b>17.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin' Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta & Bridge 12:30 Chicken Foot 12:00 Wii Bowling & Ping Pong 5:00 Linda's Line Dance Class	<b>18.</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 10:45 Tai Chi <b>12:00 Mahjongg- Closed</b> <b>1:00 Rook -Downstairs /Cafe</b> 1:30 Aerobics Class 3:30 Fernando Dance Class	<b>19.</b> 8:30 Yoga 10:00 <b>Art Class- Canceled</b> 10:00 Aerobics 12:00 <b>Chicken Foot- Downstairs/ Yoga</b> 12:00 <b>Canasta-Closed</b> 12:00 Wii Bowling & Ping Pong	<b>20.</b> 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" 11:30 <b>Mexican Dominos- Closed</b> <b>12:30 Bunco Girls- Downstairs/Cafe</b> 1:00 Aerobics Class	<b>21.</b> 8:15 Yoga 10:00 Aerobics 10:00 <b>Beginner's Art Class- Canceled</b> 12:00 <b>Hand &amp; Foot- Downstairs/ Yoga</b> 12:00 <b>Canasta- Closed</b>  <b>Fernando's Dance 7:00- 9:30pm</b>
<b>24.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin' Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta & Bridge 12:30 Chicken Foot 12:00 Wii Bowling & Ping Pong 5:00 Linda's Line Dance Class	<b>25.</b> 8:30 Yoga <b>Closed 11:00-2pm</b> 9:15 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 10:45 Tai Chi <b>11:30 Lunch Bunch</b> 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class	<b>26.</b> 8:30 Yoga 10:00 Art Class 10:00 Aerobics 12:00 Chicken Foot 12:00 Canasta 12:00 Wii Bowling & Ping Pong	<b>27.</b> 8:15 Pilates 9:00 Jean's Line Dance Class 10:00 "Fitness /Dance" 11:30 Mexican Dominos 1:00 Aerobics Class	<b>28.</b> 8:15 Yoga 10:00 Aerobics 10:00 Beginner's Art Class 12:00 Hand & Foot 12:00 Canasta <b>Fernando's Dance 7:00-9:30pm</b>
<b>31.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin' Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta & Bridge 12:30 Chicken Foot 12:00 Wii Bowling & Ping Pong 5:00 Linda's Line Dance Class	<b>INDOOR WALKING</b> <b>MONDAY-FRIDAY-</b> <b>8am-2pm Soccer Field</b>  DAC- DeSoto Athletic Center <b>Water Aerobics</b> <b>Tuesday 9:15 (only)</b>			<b>God Bless the USA!</b> 



# AUGUST 2017

Mon.	Tue.	Wed.	Thu.	Fri.
<p><b>INDOOR WALKING MONDAY-FRIDAY 8am-2pm Soccer Field</b></p> <p><b>DAC– DeSoto Athletic Center Water Aerobics Tuesday 9:15 (only)</b></p>	<p><b>1.</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria’s Line Dance Class 10:45 Tai Chi 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class 3:30 Fernando’s Dance Class</p>	<p><b>2.</b> 8:30 Yoga 10:00 Aerobics 10:00 Art Class 12:00 Chicken Foot 12:00 Canasta 12:00 Wii Bowling &amp; Ping Pong</p>	<p><b>3.</b> 8:15 Pilates 9:00 Jean’s Line Dance Class 10:00 “Fitness /Dance” 1100 AARP 11:30 Mexican Dominos 1:00 Aerobics Class</p>	<p><b>4.</b> 8:3:30 315 Yoga <b>9:00 Shot Nurse</b> 10:00 Aerobics &amp; Art Class 12:00 Hand &amp; Foot 12:00 Canasta <b>Fernando’s Dance 7-9:30pm</b></p> 
<p><b>7.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin’ Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta &amp; Bridge 12:30 Chicken Foot 12:00 Wii Bowling &amp; Ping Pong 5:00 Linda’s Line Dance Class</p>	<p><b>8.</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria’s Line Dance Class 10:45 Tai Chi 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class 3:30 Fernando’s Dance Class  3:30 Fernando’s Dance Class (TC)</p>	<p><b>9.</b> 8:30 Yoga 10:00 Aerobics 10:00 Art Class 12:00 Chicken Foot 12:00 Canasta 12:00Wii Bowling &amp; Ping Pong</p>	<p><b>10.</b> 8:15 Pilates 9:00 Jean’s Line Dance Class 10:00 “Fitness /Dance” 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Bunco Bunch  1:30 Craft Class?????</p>	<p><b>11.</b> 8:15 Yoga 10:00 Aerobics 10:00 Beginner’s Art Class 12:00 Hand &amp; Foot 12:00 Canasta <b>Fernando’s Dance 7-9:30pm</b></p>
<p><b>14.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin’ Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta &amp; Bridge 12:30 Chicken Foot 12:00 Wii Bowling &amp; Ping Pong 5:00 Linda’s Line Dance Class</p>	<p><b>15.</b> 8:30 Yoga <b>Office Closed</b> 9:15 Water Aerobics (DAC) 10:00 Gloria’s Line Dance Class 10:45 Tai Chi 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class 3:30 Fernando’s Class –<b>Canceled</b></p>	<p><b>16. Office Closed</b> 8:30 Yoga 10:00 Art Class 10:00 Aerobics <b>11:00 Luncheon</b> 12:00 Chicken Foot &amp; Canasta 12:00 Wii Bowling &amp; Ping Pong</p>	<p><b>17.</b> 8:15 Pilates 9:00 Jean’s Line Dance Class 10:00 “Fitness /Dance” 11:30 Mexican Dominos 12:30 Bunco Girls 1:00 Aerobics Class</p>	<p><b>18.</b> 8:15 Yoga 10:00 Aerobics 10:00 Beginner’s Art Class 12:00 Hand &amp; Foot 12:00 Canasta <b>Fernando’s Dance 7-9:30pm</b></p>
<p><b>21.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin’ Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta &amp; Bridge 12:30 Chicken Foot 12:00 Wii Bowling &amp; Ping Pong 5:00 Linda’s Line Dance Class</p>	<p><b>22.</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria’s Line Dance Class 10:45 Tai Chi 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class 3:30 Fernando’s Dance Class</p>	<p><b>23.</b> 8:30 Yoga 10:00 Art Class 10:00 Aerobics 12:00 Chicken Foot 12:00 Canasta 12:00 Wii Bowling &amp; Ping Pong</p>	<p><b>24.</b> 8:15 Pilates 9:00 Jean’s Line Dance Class 9:00 AARP Safe Driving Class 10:00 “Fitness /Dance” 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Carolyn’s Craft Class</p>	<p><b>25.</b> 8:15 Yoga 10:00 Aerobics 10:00 Beginner’s Art Class 12:00 Hand &amp; Foot 12:00 Canasta <b>Fernando’s Dance 7-9:30pm</b></p>
<p><b>28.</b> 8:00 Yoga <b>8:30 &amp; 10:00 Aerobics</b> 10:00 Stayin’ Alive <b>10:00 Water Colors Paint Class</b> 12:00 Canasta &amp; Bridge 12:30 Chicken Foot 12:00 Wii Bowling &amp; Ping Pong 5:00 Linda’s Line Dance Class</p>	<p><b>29. Office Closed 12-3pm</b> 8:30 Yoga 9:15 Water Aerobics (DAC) 10:00 Gloria’s Line Dance Class 10:45 Tai Chi 12:00 Mahjongg 1:00 Rook 1:30 Aerobics Class <b>1:30 Movie Day</b> 3:30 Fernando’s Dance Class</p>	<p><b>30.</b> 8:30 Yoga 10:00 Art Class 10:00 Aerobics 12:00 Chicken Foot 12:00 Canasta 12:00 Wii Bowling &amp; Ping Pong</p>	<p><b>31.</b> 8:15 Pilates 9:00 Jean’s Line Dance Class 10:00 “Fitness /Dance” 11:30 Mexican Dominos 1:00 Aerobics Class 1:00 Carolyn’s Craft Class</p>	