

# Senior Connection



A NEWSLETTER FOR ACTIVE ADULTS 50+

January 2018 • Volume 5, Issue 1



## Sign Up for Silver Sneakers Classic!

### This Month

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Move to music and have fun while exercising to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, bands, and a ball is used for resistance. A chair is used for seated exercises and standing support.

**Mondays beginning January 15th**  
**9 - 9:45am**  
**Harris Center**  
**FREE to the public!**

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(334) 501-2930 • [www.auburnalabama.org/seniors](http://www.auburnalabama.org/seniors) • [gmeredith@auburnalabama.org](mailto:gmeredith@auburnalabama.org)  
Open Monday - Friday • 8 a.m. - 5 p.m.

# Register for Trips

**January 11th: *The Lion King*, The Fox Theatre, Atlanta, GA** The Lion King is the story of a young lion prince living in the flourishing African Pride Lands. The most eagerly awaited stage production ever will leap onto the stage. Visually stunning, technically astounding and with a musical score like none other you've ever heard. Giraffes strut, birds swoop, and gazelles leap. The entire savannah comes to life and as the music soars, Pride Rock slowly emerges from the mist. See the Tony Award-winning Broadway sensation that has The New York Times saying, "There is simply nothing else like it." Please bring extra money for brunch prior to the matinee show. **\$70.**



**Payable to AAB. Thursday, January 11th • 8am - 4pm. THIS TRIP IS FULL, BUT YOU CAN BE ADDED TO THE WAITLIST.**

**January 26th: Lunchbox Museum and Rivermarket Antique Mall, Columbus, GA** Rivermarket Antique Mall is home to the largest lunchbox museum in the world, which has been featured in many newspaper articles and on national television. You remember it well, that rectangular metallic friend, bearing the image of your favorite teen idol, sports star or cartoon character. It swung daily at your side, filled with tuna sandwiches, tomato soup and browning banana from home. Allen Woodall owns the museum and began collecting lunch boxes in 1989. He now has more than 1,000 lunch boxes and related items, including thermoses, coolers and even tobacco tins that doubled as lunch boxes. After lunch, we will visit the museum as well as take some time to peruse the antique mall. The cost of the trip includes transportation and admission. Please bring extra money for lunch and shopping. **\$10. Payable to AAB. Friday, January 26th • 10am - 5pm.**



**February 8th: *The Color Purple*, Red Mountain Theatre Company, Birmingham, AL** *The Color Purple* is a musical based on the 1982 novel by Alice Walker. In the early 1900s in rural Georgia, Celie is a teenager giving birth for the second time. When her father offers her to a local farmer in need of a woman to raise his children, she is torn from her beloved younger sister and begins to learn about the world outside her family's humble residence. As years pass by, Celie becomes resigned to her unfortunate lot in life, but when newcomers Sofia and Shug enter and bring their fresh perspective, she begins to understand that there must be more to life. The cost of the trip includes transportation and admission. Please bring extra money for dinner prior to the show. **\$35. Payable to AAB. Thursday, February 8th • 3:30 - 11:30pm.**



**February 23rd: George Washington Carver Museum and The Oaks, Tuskegee, AL** In 1881, Booker T. Washington arrived in Alabama and started building Tuskegee Institute both in reputation and literally brick by brick. He recruited the best and the brightest to come and teach there including George Washington Carver who arrived in 1896. Carver's innovations in agriculture, especially with peanuts, expanded Tuskegee's standing throughout the country. We will visit both the George Washington Carver Museum as well as Booker T. Washington's home, which is known as "The Oaks." The cost of the trip includes transportation and admission. Please bring extra money for lunch. **\$5. Payable to AAB. Friday, February 23rd • 8:45am - 3pm.**



## Happy Birthday!

Please make sure we have  
**YOUR** birthday on our  
list so we can acknowledge it!

4- Doris L. Cook,  
Mae Moore

5- Ann Crutchfield

14- Gus Adair

17- Joann

Johnson,

Jerry Lewter

25- Norma Smith

26- Edna Golden,  
Richard McCullers

28- Jim Taylor

# Mark Your Calendar!

## Food for Thought: Brandy Ezelle for COA Public Works

Enjoy a presentation from City of Auburn Traffic Engineer Brandy Ezelle about plans to improve traffic and parking in Auburn.

**Tuesday, January 9th  
8:30 - 10am**

Register at the Harris Center by Friday, January 5th at 5pm.



## Munch 'N Mingle Lunch Club: Auburn University Golf Club

Get together with old friends and make some new as we gather for lunch at the AU Golf Club (1650 Yarbrough Farms Blvd. in Auburn). Participants must provide their own transportation and cover the cost of lunch.

**Wednesday, January 10th  
11:30am - 1pm**

Register at the Harris Center by Tuesday, January 9th at noon.



## Crafty Crew: Luggage Tags

Come hang out with us on select Wednesday afternoons each month and enjoy making a seasonal craft with step-by-step instruction from Gabby! This month we will be making luggage tags for all your 2018 travels!

**Wednesday, January 17th, 2 - 3pm**  
\$5 per person to cover the cost of supplies.

Please register by Friday, January 12th at 5pm.



## Movie Night: Lion



Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

**Thursday, January 18th, 5:30 - 8pm**  
\$5 to cover the cost of dinner.  
Register at the Harris Center by Wednesday, January 17th at 5pm.



## The Price is Right

*The Price Is Right* is an American television game show that revolves around contestants competing to identify accurate pricing of household merchandise to win cash and prizes. Contestants are selected from the studio audience when the announcer proclaims the show's famous catchphrase, "Come on down!" Join us as we play our own version of *The Price is Right* to win a multitude of prizes and have a ton of fun!

**Wednesday, January 24th,  
11:30am - 2pm**  
\$5 (includes lunch)  
Register at the Harris Center by Monday, January 22nd at 5pm.

## Golden Giving Days: Salvation Army

Each quarter we will focus on one local non-profit to donate our time to! This quarter we will be focusing on The Salvation Army. We will spend our time sorting donated items as well as assisting in any area where they require help. Each volunteer will receive a free t-shirt.

**Tuesday, January 30th, 3 - 5pm at The Salvation Army (1038 Opelika Rd. in Auburn)**

Limited to 15 volunteers.  
Register at the Harris Center by Monday, January 29th at 5pm.



## Get Out and Go! Local Adventure Club: Tour of VCOM

Meet us at VCOM (910 South Donahue Drive in Auburn) for an educational tour. Participants must provide their own transportation.

**Wednesday, January 31st, 3 - 4pm**  
FREE to the public.  
Participants must register by Monday, January 29th at 5pm.



I think more about running away now than I did as a kid.. but by the time I put my teeth in, my glasses on and find my keys I forget why I'm going.



THERE WAS AN OLD WOMAN WHO LIVED IN A SHOE... AND ALSO HAD A TIME-SHARE IN HAWAII.

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 	3	4	5	6
7	8	9  Food For Thought 8:30 - 10am	10 Munch N' Mingle 11:30am AU Clubhouse 	11  Field Trip 8am - 4pm	12	13
14	15 	16 	17  Crafty Crew 2 - 3pm	18 Movie Night: Lion 5:30 - 8pm 	19	20
21	22	23	24  11:30am - 2pm	25	26  Field Trip 10am - 5pm	27
28	29	30 Salvation Army 3 - 5pm 	31 Get Out & Go! VCOM 3 - 4pm 			

All classes and programs are held at the Harris Center, unless otherwise noted.  
Trips depart from the Harris Center. Trip departure times are exact.  
Return times are approximate.