



SENIORS IN MOTION

Lynn Haven Senior Center

905 Pennsylvania Ave., Lynn Haven, Florida 32444 (850) 277-2730

Opened Mon-Fri, 8:30 am - 4:30 pm

BAY COUNTY
Council on Aging

August 2017

Inside Issues:

- Center Activities
- Birthdays
- Monthly Calendar
- Spotlight

The Power of Passion



Use your Voice
for Kindness,
your Ears
for Compassion,
your Hands for Charity,
your Mind for Truth,
and your
Heart for Love.

Diane Rodriguez

Lynn Haven Senior Center Director
www.baycouncilonaging.org



National Senior Citizen Day



We are elderly people with baggage of knowledge and experience behind our back. We have lived fully and used to take everything from life. Now imagine suddenly we have no physical strength to be active, to do sports or even just to visit our friends regularly. Our relatives, our children and grandchildren have left us, as they have their own things to do. All that we have left is our memories and mental activities, but even that part of our everyday routine is difficult due to the fact that not only our body, but also our mind is weakened. We need to make our gray life full of colors, but we are unable to do it by ourselves. Sadly, we don't have someone by our side to help. In the past we were part of building a better society, but now society forgot about us!

Wow, now imagine a light of hope, a day has been created for seniors to celebrate Senior Citizens Day. This day is a great opportunity to show love and care for all seniors all around the globe. The thing is, you don't need a special day to visit seniors and show compassion. It's one more reason to do it. Obviously, not an obligatory action in any way, but it's still important and just good to perform it.

August 21, 2017 is National Senior Citizen Day, a proclamation declared and signed by President Ronald Reagan on August 19, 1988. National Senior Citizen Day was created as a day to support, honor and show appreciation to our seniors and to recognize their achievements, their valuable contributions to our communities. Let's give thanks and provide support to older people in our community!

Lynn Haven Senior Center Activities



Lynn Haven Senior Center Congregate Meal Site

The Lynn Haven Senior Center Serves as a congregate meal site sponsored by the Bay County Council on Aging and supported by the City of Lynn Haven. Hot lunches are served Monday thru Friday at 11:30 am. You must be at least 60 years of age and resident of Bay County. The Center also provides daily activities such as exercise, cards/games, and entertainment. The Center offers itself as a place where seniors can gather and have coffee with friends play games and enjoy each others company. The Center provides a monthly news letter reporting the center's activities and events. The newsletter also includes a monthly activity calendar. A copy of the activity calendar can be picked-up at the center or you can find it on our website www.baycouncilonaging.com.



Hats & Heels Senior Prom

On September 7, 2017 the Bay County Council on Aging will host a senior prom for its members sponsored by Humana. The event will start at 4:00 pm and end at 6:30pm. It will be held at the Coulliette Senior Center located at 1116 Frankford Ave. Panama City. There is no cost, heavy hors d'ouvers will be served, there will be a photo booth and DJ. Must RSVP by August 24th. Members of the Lynn Haven Senior Center can sign-up at the front desk or call 277-2730. If you do not have formal wear no worries just wear your Sunday's best!

Nutrition Advisory Council Congregate Meal Site



Members of the Lynn Haven Congregate Nutrition Advisory Council will meet on Tuesday August 15 at 10:00 am at the Center. Member Freddie Pharham, serving as chairman of the BCCOA Nutrition Council, will host the meeting.



The Wii is a home video game console released by Nintendo. It has a remote controller which can be used as a handheld device and which detects movement pointing in three dimensions. Some years back the members at the center were avid players of the game "Bowling". There has been some interest so the center is bringing it back! The game will be begin on Wednesday at 10:30 am. Come check it out before you say you cannot play!



Volunteers Needed

Patsy Davis the center's volunteer aerobics instructor has retired. The center is looking for a volunteer to replace Ms. Davis. You don't have to be certified just someone who is passionate, energetic, and can work with seniors. Chair aerobics is offered Mon., Wed., and Friday from 9:30 to 10:15am. If interested call the center at 277-2730 and ask for Diane.

The center is also looking for a Bingo Caller to call Bingo on Friday's from 10:30 to 11:15 am. If interested please call the center at 277-2730.



August 2017

- | | |
|----------------------|----------------------|
| Margaret Belgard-23 | Candice Bailey-12 |
| Jean Dockery-20 | Jim Edwards-16 |
| Gregory Ellsworth-15 | Martha Goheen-7 |
| Sue Hendricks-29 | James Hickman-26 |
| Rayetta Lee-4 | Phyllis Overfield-25 |
| Mary Sheesley-1 | Willie Mae Stanley-8 |
| Joyce Taylor-29 | Beth Stream-29 |

Elder Help Line
1 800-963-5337

August 2017 -Weekly Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| | 1 9:00 Tai Chi 9:00 Bridge 10:30 Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00HK Mahjong | 2 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter. Line Dance 1:00 Begin Line Dance 2:00 Mahjong | 3 9:00 GYSB Exercise 10:30 Cookie Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes | 4 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards |
| 7 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter. Line Dance 1:00 Adv. Line Dance | 8 9:00 Tai Chi 9:00 Bridge 10:30 Bingo 11:30 Hot Lunch H2U Dr.Murshed Radiation 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong | 9 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter. Line Dance 1:00 Begin Line Dance 2:00 Mahjong | 10 9:00 GYSB Exercise 10:30 Cheese/Cracker Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes | 11 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards |
| 14 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Book Club 11:30 Hot Lunch 12:00 Cards 12:00 Inter.LineDance 1:00 Adv. Line Dance | 15 9:00 Tai Chi 9:00 Bridge 10:30 Humana - Habits of Happiness 11:30 Lunch/Birthdays 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong | 16 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter. Line Dance 1:00 Begin Line Dance 2:00 Mahjong | 17 9:00 GYSB Exercise 10:30 Russell Mace (dance instructor) 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes | 18 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards |
| 21 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter.LineDance 1:00 Adv. Line Dance | 22 9:00 Tai Chi 9:00 Bridge 10:30 Surprise Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong | 23 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter. Line Dance 1:00 Begin Line Dance 2:00 Mahjong | 24 9:00 GYSB Exercise 10:30 Game Day 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes | 25 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards |
| 28 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter.LineDance 1:00 Adv. Line Dance | 29 9:00 Tai Chi 9:00 Bridge 10:30 Jewelry Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong | 30 9:30 Chair Aerobics 10:30 Bingo/Games 11:30 Hot Lunch 12:00 Cards 12:00 Inter Line Dance 1:00 Begin Line Dance 2:00 Mahjong | 31 9:00 GYSB Exercise 10:30 Super Food Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes | |



Lynn Haven Senior Center
905 Pennsylvania Ave.
Lynn Haven, Fl 32444

Non Profit
US Postage Paid
Permit #162
Panama City, Florida

RETURN SERVICE REQUESTED

Spotlight: Lois Kob



Ms. Kob was born and raised in Northern Indiana. She worked at several drug stores. She is a widow of 30 years of marriage. After her husband's passing she went on to own several business for herself. She and a partner owned a limousine business serving Chicago northern suburbs. Her partner passed and she continued to drive for 16 years. She then left for California and served as a campground host for several summers. During her stay in California she was introduced to buying text books. The text book venture took her traveling to Denver, Wyoming, and then into the Southwest. Ms. Kob has one son who lives in Lynn Haven and three grandsons and one granddaughter. Her granddaughter is a hair technician and lives in Chicago. Her grandsons, one a landscaper, the second is off to officer training school, and the third is in the Navy in Italy. She also has 15 year old great granddaughter and a 4 year old great grandson. When Ms. Kob moved to Panama City over five years ago she was looking for an opportunity to make new friends and so she decided to visit the center and has been coming since! She enjoys playing Dominoes and working on jigsaw puzzles. Ms. Kob claims she is a happy 90 year old and is thankful for her blessings of great partners, children, and friends!