

January 2020

The Club/Programming

Fran Davis, Recreation Specialist

- Nutrition Program 8 am –Noon, Monday through Friday, the Nutrition Program is for those (60+ years for lunch) all other programs....no age limits
 - Joints in Motion, chair exercise class
 - Monday/Wednesday/Friday, 8:45 am -9:45 am
 - Uplifting music from yesteryear
 - No Fee
 - Instructor Fran Davis
 - On Monday's after class we Pray Around the Flagpole
 - After class we play background music
 - We play Rook, Rummy cubes and various games
 - Scheduled Arts and Crafts classes along with
 - Special events
 - Many people play games after lunch
 - On Friday's we wear **Red** to show support for our troops and first responders and law enforcement officers
 - On Tuesday and Thursday, we offer BINGO from 9:45 am to 10:30 am
 - Sign up for lunch by 10:30 am as it is first come first serve
 - We serve 35 lunches on Monday/Wednesday/Friday
 - We serve 30 lunches on Tuesday and Thursdays
 - The Nutrition Program is closed
 - Federal and State Holidays
 - The week of 4th of July
 - Between Christmas and New Years
 - \$1 donation

- The Club is open for games, activities and fellowship each day Monday-Friday 8 am to 4 pm with games being played in the afternoons.
- We offer public transportation
 - For those no longer able to drive
 - \$1 donation
 - Call 256.760.6420 to arrange a ride
- Farmers Market Food Vouchers
 - Register January-April each year on line
 - \$30 coupons for the local farmer's market
 - Register by calling 256.760.6420
 - Or register yourself, 60+ years old at www.buylocalalabama.com
- Singing River Squares
 - Beginner Square Dance lessons begin
 - Approximately every 10 weeks
 - Monday nights 6:30-8:30 pm
 - Singing Rivers Squares Square Dance Club meets
 - Friday evenings 6:30-8:30 pm
 - First Friday evenings we celebrate birthdays & anniversaries of the month
 - New Year's Eve Dance Party
- Tuesday night Boomers & Seniors Dance featuring
 - The Browns
 - Music from across the decades
 - \$5 each person, 18 + years old
 - Themed dances and pot luck dinners

- Dulcimers meet on the 4th Thursday night each month
 - 6:00 pm-9:00 pm
 - Visitors welcomed
 - Pot Luck Dinner each time
 - 3rd Thursday night November and December to accommodate Thanksgiving and Christmas
- Special events
 - Fish fry, BB dinners, pot luck dinners
 - Fantastic Friday's with BINGO or MUSIC or both
 - Spring Yard Sale
- Kayak
 - Kayaking during the warmer months
 - 3rd Saturday May –October
 - Meet at Wildwood Park 1 pm
 - Put in at Cox Creek Parkway
 - Picnic to follow
- Billiards
 - Best kept secret in Florence
 - 8 am-Noon Monday-Friday
 - Yearly tournament in January
 - Pool room located in the 4th building at Fairground
 - At Cox Creek Park
- Fishing at Deibert Park
 - Scheduled fishing days at the park
 - 6:30 am to Noon
 - Geezers and Grandkids
 - All ages invited
- SCAD
 - Senior Citizens Appreciation Day
 - Spring of each year sponsored by NACOLG

- Spring Dance
 - Spring dance each year sponsored by NACOLG
 - Coliseum
- Masters Games of Alabama
 - 50 + years or older
 - Compete in age groups of each four years 50-54, 55-59, etc.
 - Frisbee, Nerfball, Softball throw, Basketball throw, Checkers, Rook, Dominoes singles and doubles, Tennis, Golf, Swimming, Table Tennis, 5K walk/run, Pickle ball, Horseshoes
 - District 1 games in June year
 - State games in October each year
- Trips/Travel
 - Motor coach tours to various places & some trips include air transportation
 - Niagara Falls, Toronto, Branson, Nashville, Pigeon Forge, San Antonio, Mackinac Island, Savannah, Germany, Ireland, New England Islands
 - The Dam Fall Color Tour, Wheeler Dam, Wilson Dam covering the Dam Store and surrounding country side in the fall of the year
 - Christmas Lights
 - Mystery trips
- The Club offers public transportation in our new handicapped accessible bus for those no longer able to drive. Call The Club for transportation to and from The Club.
- The Club plants a small vegetable garden each summer for our participants to enjoy.
 - Everyone helps.
 - Everyone benefits from fresh vegetables.

- The Club Volunteers are the back bone of our success.
 - WE would like to say THANK YOU, VOLUNTEERS!!

UPDATED: December 2019