

# JANUARY NEWSLETTER

JANUARY 2012

## *A New Year a New Start*

Its hard to believe that 2011 has come to an end already. It seems as if I've just only gotten use to writing 2011 in my checkbook and its already time for a new year! The great thing about New Years is that it can be a time for renewal and reflection. After the holidays are over with and Christmas trees, lights and decorations are all taken down, I encourage you all to take time out to reflect on 2011. Think of all of the things that you accomplished as well as those that you set out to do, but didn't quite get around to completing. Reflect on the good, the bad and the ugly, because it all has brought you where you are today. As you prepare for 2012, set goals on new things you would like to see and do in the new year, make new friends, start a new routine, get involved in community service, resolve to do something different in 2012. Variety is the spice of life so do what you can to make 2012 count. I hope everyone has/had a wonderful holiday season and I look forward to seeing you all next year!

Sincerely,

Chandra Fontenot

Special Services Coordinator

## *What's To Come*

### **Arthritis Foundation Exercise Program**

The Arthritis Foundation Exercise Program, also know as Seniorsize, is an Award winning program for the Clinton Parks and Recreation Department. In this 45 minute course, participants work their arms, legs and back as well as other areas of the body that may be affected by arthritis or other conditions involving joints. Using a combination of seated and standing exercises and dance and movement, participants can expect benefits such as increased range of motion, improved balance and decreased pain from arthritis among others. Join us on Tuesdays and Thursdays at 11:00 am at Brighton Park.

### **Potluck Luncheon**

On the last Monday of each month, our "Living Young" group gathers for lunch, fellowship and a brief meeting. This is a great time to connect with old friends as well as make new ones. Bring in your favorite dish and join us at 11:30 at Brighton Park.

### **Meet and Eat**

Join a group of your peers at local restaurants for food and fellowship. This month we will visit the new Bonsai Japanese Steakhouse in Clinton! After this much anticipated arrival, we finally get to enjoy this hibachi experience together. We will meet up at 11:30 am on January 13 at the restaurant for Dutch treat. We hope to see you there!

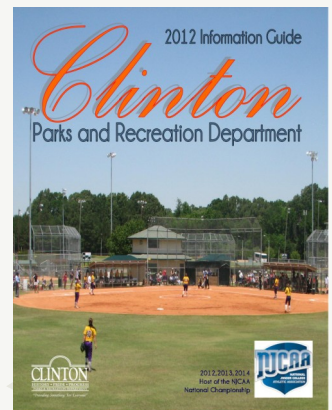
### **Line Dancing**

Learn the basics of Country Line Dancing in this weekly Course. From the electric slide to the waltz, you're sure to find something you'll love. Join us at the Baptist Healthplex on Tuesdays at 1:30 for this fun workout!

**Check out our 2012 Information Guide for more information on these 2012 programs:** Senior Appreciation Day, Dinner and a Movie, Crafts workshop, Movie in the Park, Sign Language, Beginners Drawing, and much more!

### **CPRD 2012 INFORMATION GUIDE!**

**BE SURE TO LOOK OUT FOR THE 2012 INFORMATION GUIDE IN THE MAIL AT THE FIRST OF THE YEAR. IF YOU PAY A WATER BILL IN CLINTON IT WILL COME DIRECTLY TO YOUR MAIL! THIS MAGAZINE WILL HAVE ALL OF THE INFORMATION ON CLINTON PARKS AND RECREATION PROGRAMS FOR THE ENTIRE YEAR! THEY MAY ALSO BE PICKED UP AT TRACEWAY PARK AND BRIGHTON PARK.**



### **IMPORTANT DATES:**

<i>New Years Holiday</i>	2
<i>Office Closed</i>	
<i>Meet and Eat at Bonsai</i>	13
<i>MLK Jr. Day</i>	16
<i>Office Closed</i>	
<i>Community Bingo</i>	19
<i>Potluck Luncheon</i>	30