

# JANUARY 2012



Monday	Tuesday	Wacky Wednesday	Thursday	Friday
<b>2</b> <b>TCCA OFFICE AND THE COVINGTON SENIOR CENTER CLOSED FOR THE NEW YEAR HOLIDAY</b>	<b>3</b> 10:00 Un-Deck the Halls	<b>4</b> 9:00 B/P Screening– BHC-H  10:00 Movie and Popcorn “Wizard of Oz”	<b>5</b> 10:00 Bible Study	<b>6</b> 10:00 BINGO
<b>9</b> 10:00 Craft Club 5:30 “For Men Only” Caregiver Wellness 5:30 Breast Cancer Support	<b>10</b> 10:00 Nursing Home Visits– Covington Care 5:30 S. Tipton Caregivers	<b>11</b> 9:00 Health Screenings– Covington Manor 10:30 Lunch Trip to KFC	<b>12</b> 10:00 Bible Study  5:30 Grandparents Caregiver	<b>13</b> 10:00 Creative Aging– Southern Central Band
<b>16</b> <b>TCCA OFFICE AND THE COVINGTON SENIOR CENTER CLOSED FOR MLK BIRTHDAY</b>	<b>17</b> 10:00 Storytelling 12:30 Lunch Bunch Caregiver	<b>18</b> 9:00 B/P Screening-BHC-H 10:00 Wacky Word Puzzles	<b>19</b> 10:00 Bible Study	<b>20</b> 10:00 BINGO
<b>23</b> 10:00 Book Club– “It Wasn’t Always Easy But I Sure Had Fun”-Lewis Grizzard	<b>24</b> 10:00 Nursing Home Visits– Covington Manor	<b>25</b> 10:00 Trip to Tipton Museum	<b>26</b> 10:00 Bible Study	<b>27</b> 10:00 BINGO  11:00 January Birthdays
<b>30</b> 10:00 Craft Club	<b>31</b> 10:00 Storytelling			

**Regularly Scheduled Programs**

**Monday**

Get Fit, Stay Fit 9:15 am-Cov  
 Line Dance Class 9 am-Munford

**Tuesday**

Exercise- Munford 9 am  
 Exercise-Garland 11 am

**Wednesday**

AM Water Exercise 6:30 am  
 Exercise-Cov 9:15 am  
 Line Dance-Cov 9:30 am  
 Exercise-Dunlap 10 am  
 Tap Class-Cov 10:30 am

**Thursday**

Gamepalooza- 1-5 pm

**Friday**

Get Fit, Stay Fit 9:15 am-Cov

**Daily**

Dominos  
 Pickleball  
 Puzzles  
 Computer Lab

**NOTE!!!**

Programs are scheduled at the Covington Center or the TCCA Meeting Room unless otherwise posted.

**Tipton County  
 Commission on Aging**

401 S. College, P.O. Box 631  
 Covington, TN 38019

**901-476-3333**

www.tiptonaging.org



## CREATIVE AGING

presents

### SOUTHERN CENTRAL BAND

Those fabulous guys performing country, blues, pop rock and bluegrass all on two guitars, will be at the Covington Senior Center on Friday January 13th at 10:00 am. So grab your friends and neighbors and join us for a morning of great entertainment!

### “COOKING WITH FRIENDS”

Don't forget to purchase your TCCA cookbook, Cooking with Friends. The cookbook has over 700 recipes and makes a great gift. The cookbooks are available for purchase in the TCCA office and several locations in Tipton County. Cost is \$15 or two for \$25. Happy Cooking!



## Wacky Wednesdays

JANUARY 4th– Movie and Popcorn  
“The Wizard of Oz”

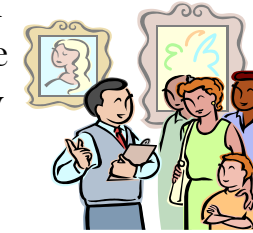
JANUARY 11th– Lunch Trip to KFC

JANUARY 18th– Wacky Word Puzzles

JANUARY 25th– Trip to the Tipton County Museum

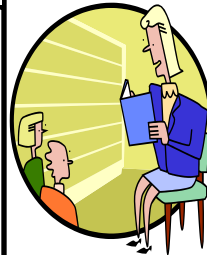
## TIPTON COUNTY MUSEUM

The Covington Senior Center will be taking a trip to the Tipton County Museum on Wednesday January 25th. The current exhibit includes a military collection of approximately 400 artifacts. The vans will leave the center promptly at 10:00 am and return by 11:15 am. Admission to the museum is free and the cost of the van ride is only \$1.00.

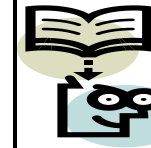


## STORYTELLING

Storytelling is the conveying of events in words, images and sounds, often by improvisation or embellishment. Before the written word, storytelling was the only way to remember and convey those events to the next generations. Everyone has a story to tell! Please join Kelly West on Tuesday January 17th at 10:00 am in the dining hall of the CSC for the first installment of our newest program, storytelling.



Join us in the dining hall of the CSC for Bingo on Friday January 6th, 20th and 27th beginning at 10:00 am each day. We will be starting the New Year with brand new Bingo Bucks that everyone can collect and then spend on fabulous prizes. **B-I-N-G-O!**



## BOOK CLUB

Book Club will be held Monday January 23rd at 10:00 am in the Craft Room of the CSC. Join facilitator, Charlene Mashburn, as she reads excerpts from the comedy book by the late Lewis Grizzard, “It Wasn't Always Easy But I Sure Had Fun”.



## To Your Health

This month we are fortunate to have several local healthcare agencies volunteer to provide free healthcare screenings.

Wednesday January 4th  
Ms. Cindy from Baptist Home Care will be in the Dining Hall of the CSC checking blood pressure beginning at 9:00 am.

Wednesday January 11th  
The wonderful staff at Covington Manor will provide blood pressure and blood sugar screenings beginning at 9:00 am in the CSC Dining Hall.

Wednesday January 18th  
Ms. Cindy from Baptist Home Care will be in the Dining Hall of the CSC checking blood pressure beginning at 9:00 am.