

Greetings!!

We are entering the time of year where we tend to especially reflect on the people and circumstances we are thankful for in our lives—family, friends, co-workers, jobs, etc . I know I'm blessed to have them and hope you are as well.

For those of you who have been coming to the Kay H. Hind Senior Life Enrichment Center, I know you will be thankful to have over 60 new lighted parking spots for your convenience. Work may be completed by the time you read this article which will be great because we have a lot of programming going on in November and December. Thanks for bearing with us through the inconvenience you have experienced during this process, but it's going to be worth it.



We have hired a new Wellness Coordinator who has hit the ground running. You will enjoy meeting Robin McCord who comes to us from working many years at the YMCA in Moultrie. She is planning some new and exciting programming beginning in January, so stay tuned for announcements.

November is National Caregiver Month and to celebrate the important role of caregiving, we will hold our Annual Caregiver Lunch and Learn on Thursday, November 9th, beginning at 11 a.m. This is a special time set aside just for caregivers. Please see more information about this event in the newsletter. Speaking about being thankful for our families and friends, many people are facing the difficult news that their loved one has been diagnosed with Dementia, with Alzheimer's being most familiar with people. To help family members with the many issues facing them as the disease progresses, we are offering a program called Docs and Dinner. This program will be held on Tuesday, November 14th, from 6-8 p.m. and is free, however, reservations will be required. Please see more information on this event in the newsletter. Dr. Marla Morgan, Neurologist with Phoebe Putney Memorial Hospital will discuss Dementia and then take questions from the audience. I hope you will take advantage of this opportunity to come have dinner and ask the questions you need to ask to help you in your caregiving journey.

Enjoy the wonderful family gatherings and great food that comes this time of year. If you overeat during this season, don't worry – Our Senior Life Enrichment Centers can shape you right back with exercise classes and dancing opportunities.

Already thinking of Christmas, here's a great Christmas gift suggestion:
To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, great service. To all, charity. To every child, a good example. To yourself, respect.

By: Oren Arnold.

Quote: This Holiday Season is a Perfect Time to reflect on our blessings and Seek Out Ways to Make Life Better for Those Around Us.

Until next time,
Debbie
Executive Director

Mark Your Calendars!

The following programs take place at the Kay H. Hind Senior Life Enrichment Center unless otherwise noted.

Call (229) 435-6789 to register

LINE DANCING

- FREE -

Mondays 11 am - 12 pm
Wednesdays 3 pm - 4 pm
Learn the basics of line dancing,
have fun and stay active!
Beverly Shippey, Instructor

CHAIR FITNESS

- FREE -

Mondays & Wednesdays 10 am
Martha McKnight, Instructor
Tuesdays & Thursdays 11 am
Shirley Brown, Instructor

CHAIR YOGA

- FREE -

Mondays 3 - 4 pm
Fridays 9 - 10 am
Experience all the benefits of yoga with
the assistance of a chair
*Starts November 6
Robin McCord, Instructor

DRUMMING

- FREE -

Fridays 10:15 am

ART CLASSES

- FREE -

Mondays at 1 pm
Carole Gum, Instructor
Bring your own supplies / oils or acrylics

Chronic Disease Self Management Program (CDSMP)

November 8 - December 13, 2017
9:30 AM - 12 PM
Classes meet on Wednesdays
Registration fee \$10

TAI CHI FOR ARTHRITIS

January 4 - February 22
Thursdays, 3 - 3:45 pm
8 sessions, \$10

Chronic Disease Self Management Program (CDSMP)

February 7 - March 14, 2018
1 - 3:30 pm
Classes meet on Wednesdays at the
Pelham Senior Center
Registration fee \$10

SMART PHONE EDUCATION

- FREE -

Provided by the City of Albany Technology &
Communications Department

(bring your own phone)
iPhones - February 8, 2018
Android phones - February 22, 2018
10 am - 12 pm

LOVE IS AN ART -

VALENTINE'S DIY CENTERPIECE CLASS

Wednesday, January 31, 2018
1:30 pm

**Put a little love into creating your very own
Valentines centerpiece**, courtesy of Derrell
Humphries of Flowers by Derrell
Registration Fee: \$35 includes flowers and supplies
Class limit is 15 participants

AARP DRIVER SAFETY PROGRAM

December 7 & 8, 2017, 1 - 4 pm
March 8 & 9, 2018, 1 - 4 pm
\$15 AARP Member / \$20 Non-Member
Must attend both days
Quarterly AARP Driver Safety Classes
Available

BASIC COMPUTER CLASSES

January 3 - 26, 2018
Wednesdays & Fridays, 10 am - 12 Noon
\$10 for 8 sessions
Marilyn Ellis, Instructor

ADVANCED COMPUTER CLASSES

February 7 - March 2, 2018
Wednesdays & Fridays, 10 am - 12 Noon
\$10 for 8 sessions
Marilyn Ellis, Instructor

Senior Life Enrichment Center Activities

**For complete information on activities in your
area; contact the center of your choice:**

• ARLINGTON	229.207.2505
• BAINBRIDGE	229.246.8672
• BLAKELY	229.207.2506
• CAIRO	229.379.3061
• COLQUITT	229.758.3836
• DAWSON	229.518.9567
• DONALSONVILLE	229.207.2500
• LEESBURG	229.759.0909
• MOULTRIE	229.985.8006
• NEWTON	229.734.4350
• PELHAM	229.294.8460
• SYLVESTER	229.463.3140
• THOMASVILLE	229.226.9470

Springer Opera House "Million Dollar Quartet"

Columbus, GA

Friday, November 10, 2017

Registration Fee: \$60 per person
Fee includes ticket, dinner and transportation
Registration Deadline: October 26

Bus leaves at 4 pm / Returning 11 pm

Peppermint Pops

Albany, GA

Saturday, December 16, 2017

Registration Fee: \$25 per person
Fee includes transportation and ticket
Registration Deadline: December 8

Bus leaves at 6:30 pm

All trips are scheduled to depart from the Senior Life Enrichment Center located at 335 W. Society Avenue, Albany. Space is Limited Call (229) 435-6789 to register

"The Drifters" @ the Rylander Theatre

Americus, GA

Friday, January 19, 2018

Registration Fee: \$35 per person

Fee includes transportation and ticket

Registration Deadline: January 10

Bus leaves at 6:30 pm

Orlando and Cocoa Beach, FL

Diamond Tours Bus Trip

April 23 - 27, 2018

5 days, 4 nights - \$500.

\$75 due at registration

Full Payment due - February 15, 2018.

Some of the adventures include: Holy Land Experience, Exploration Tower, Cocoa Beach Pier, Gatorland, Bok Tower Gardens, "Florida's Natural" Grove House, and a visit to the Davidson of Dundee Citrus Candy Factory and more!

Wellness Room

Our Wellness Room is equipped with treadmills, stationary bikes and various other tools to strengthen the body. Schedule a wellness orientation today by calling (229) 435-6789.

Volunteer staff hours are
Monday - Thursday,
8:30 - 11am.





November: American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. According to the American Diabetes Association, one in 10 Americans have diabetes — that's more than 30 million people. Another 84 million adults in the United States are at high risk of developing type 2 diabetes.

More seniors have diabetes than any other age group.

Diabetes can cause blindness, nerve damage, kidney disease that can lead amputations and other major medical problems.

The good news is that there are things you can do to prevent these diabetes-related problems, no matter your age. Take control of your health.

Keep your blood glucose level under control

Control your weight

Eat well balanced meals

Keep blood pressure under control

Keep your cholesterol levels in normal range.

Stop smoking

Increase your physical activity

Choose whole grain products and avoid processed meat

Drink water instead of sugary drinks

The SOWEGA Council on Aging offers a wide variety of services for seniors to promote health and wellness. Call the ADRC (Aging and Disability Resource Connection) at 800.282.6612 to find out about nutritious congregate meals, meals on wheels, health fairs, senior center activities and programs addressing diet, exercise, health and chronic disease prevention offered through the Wellness Program.



**For Aging
and Disability
information and
resources,
contact the ADRC
program at
1-800-282-6612**



For local information contact
GeorgiaCares Program Coordinator:
hollis.smith@sowegacoa.org or
call 1-866-552-4464 option 4

**Open Enrollment is October 15 through December 7.
This is the time to make changes to your Medicare plans.
GeorgiaCares will be in your area throughout Open
Enrollment to offer face to face counseling. You can
meet with a counselor in person or talk over the phone
by calling 1-866-552-4464 option 4.**

Find your county to see when counselors will be in your area.

Baker County

November 1 - Baker County Senior Center
10am - 12pm
December 6 - Baker County Senior Center
10am - 12pm

Calhoun County

November 8 - Edison Library
9am - 11am
November 29 - Arlington Senior Center
10am - 12pm

Colquitt County

October 18 - Moultrie Library
10am - 12pm
October 26 - Moultrie Senior Center
10am - 12pm
November 15 - Moultrie Library
10am - 12pm

Decatur County

October 19 - Decatur County Library
10am - 12pm
November 16 - Decatur County Library
10am-12pm
November 16 - Decatur County Senior Center
10am - 12pm

Dougherty County

Make an appointment to meet with a
counselor at the Kay H. Hind Senior Life
Enrichment Center.

Early County

November 8 - Early County Library
1:30pm - 3:30pm
November 21 - Blakely Senior Center
10am - 12pm

Grady County

October 17 - Grady County Library
10am - 12pm
October 17 - Grady County Senior Center
10am - 12pm
November 21 - Grady County Library
10am - 12pm

Lee County

November 7 - Lee County Library
1:30am - 3:30pm
November 13 - R.S. Boney Senior Center
10am - 12pm
December 5 - Lee County Library
1:30pm - 3:30pm

continued

For local information contact
GeorgiaCares Program Coordinator:
hollis.smith@sowegacoa.org or
call 1-866-552-4464 option 4

Miller County

October 16 - Miller County Library
10am - 12pm
November 2 - Miller County Senior Center
10am - 12pm
November 20 - Miller County Library
10am - 12pm

Mitchell County

November 14 - Mitchell County Library
10am - 12pm
November 14 - Pelham Senior Center
10am - 12pm

Seminole County

October 16 - Seminole County Library
1:30pm - 3:30pm
October 25 - Seminole County Senior Center
10am - 12pm
November 20 - Seminole County Library
1:30pm - 3:30pm

Terrell County

November 6 - Dawson Senior Center
10am - 12pm
December 4 - Dawson Senior Center
10am - 12pm

Thomas County

October 24 - Thomas County Library
10am - 12pm
November 9 - Scott Senior Center
10am - 12m
November 28 - Thomas County Library
10am - 12pm

Worth County

October 25 - Shipp Senior Center
10am - 12pm
November 9 - Worth County Library
10am - 12pm



Commissioner
Robyn Crittenden
and her team
conducted a
listening session at
the SOWEGA
Council on Aging.

MONTHLY CAREGIVER SUPPORT GROUP

Group meetings help members feel less isolated as they make connections with others facing similar challenges.

FAMILY CAREGIVER

SUPPORT GROUP MEETING DATES:

2nd Thursday of Each Month

11 am - 12:30 pm

Greater Cutliff Grove Baptist Church
835 W Broad Ave, Albany

Call: 229-432-1124 for more information

ALZHEIMER'S

SUPPORT GROUP MEETING DATES:

1st Wednesday of each month

12 - 1 pm

Central Baptist Church
1618 W. 3rd Ave, Albany

Call: 229-432-2705 for more information

Offered by:



Docs & Dinners

featuring guest speaker

Dr. Marla Morgan

Neurology,
Clinical Neurophysiology
Phoebe Putney Memorial Hospital

Kay H. Hind
Senior Life Enrichment Center

Tuesday, November 14, 2017

6 - 8 pm

FREE



SOWEGA Council on Aging



alzheimer's association®



Phoebe
Physicians

Join us for an informative Q&A session with Dr. Marla Morgan while enjoying an evening of dinner and hearing the latest information about Alzheimer's disease.

SOWEGA Council on Aging
P.O. Box 88
Albany, Georgia 31702
229-432-1124 800-282-6612
www.sowegacoa.org

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SOWEGA Council on Aging
***Newsletter Subscription**
P.O. Box 88
Albany, GA 31702

If you would like to receive this newsletter and the latest news and events for FREE via e-mail, please e-mail:
amanda.morris@sowegacoa.org

MISSION:

To coordinate a system of services that promote the well-being and independence of older and disabled Georgians, helping them achieve healthy and self-sufficient lives.

For more information about
SOWEGA Council on Aging:

- Service Area
- Programs & Services
- Upcoming Events
- Photos
- News
- Donations
- Job Listings
- Volunteer Opportunities

www.sowegacoa.org



“Like” us on Facebook:
SOWEGA Council on Aging /
Area Agency on Aging

1-800-282-6612