



**The Center will be Closed
 Monday February 20 For
 President's Day.**

**Southern Negro League
 &
 Alabama Sports Hall Of
 Fame**



Field Trip! \$20
 Includes Bus, Admission and Lunch!

Tuesday, February 21st
 at 9:30 am

Lunch at Uptown
 Sign up by 2-14



Let's Go Bowling And DO Lunch!!
 Friday February 3rd 11:00 - 2:00
 Lunch at Jim "n Nick's Bar - B - Q
 Then Bowling at Spare Time In Trussville
 Shoe Rental \$4.50 - \$3.00 per person to bowl
 There has been some interest in
 Getting a bowling team together.
 Lets see who wants to participate!
 Lunch on your own.
 Call ASAP for more information.

This event was originally planned for January and was cancelled due to the winter weather.

Irondale Senior Activity Senior
 Cordially Invites you to Our



Valentines Soiree

at
Pine Tree Country Club
 Tickets are \$20.00
Tuesday, February 14th
 11:30 am to 2:00 pm

RSVP by February 10th to
 Penny at the Center (205) 951-1418
 Prizes provided by Expect Home Care and Hospice
 and Right at Home
 Ray Reach on Piano

BAMA LUNCH BUNCH

Wednesday, February 15th at 11:00

We will be going to The Alabama Power Building for a meeting with the Bama Lunch Bunch. Mark Nelson, Dean of Communications from The University of Alabama in Tuscaloosa, will be the speaker. He will be discussing admissions and the future of his department. There will be time for questions and answers. You can buy lunch there or purchase a Turkey Sandwich box lunch for \$5 at the center to take with



"Could you be our next Ms. Senior Irondale?"

The Ms. Senior Irondale Pageant will be Saturday, April 8th at 2:00 at the Shades Valley High School Auditorium. We are looking for contestants now. Requirements are you must be 60 years young, a resident of Irondale or attend church, work or have grandchildren in Irondale, a talent, poise, have a philosophy of life and interview well. If not you, perhaps a friend, neighbor, church member, etc.

Grief Support Group

Rev. Charles Rutledge, Chaplain with Vitas Health Care, will be conducting a grief support group here at the Center. We all go through different stages of grief and can gain valuable support from others who have walked this path. Come and join us for a meaningful, healing time.
 Thursday, February 2nd, 10:30

I never loved you any more than I do, right this second. And I'll never love you any less than I do, right this second.

**Birthday Party
Wednesday,
February 22
at 11:30**



Make your reservations by
February 17th



Lunch for all our February Birthday Stars!

- Cathy Sanderson2/2
- Celia Smith2/2
- Jane Gordon2/3
- Diane Henley2/4
- Robert McLaughlin.....2/5
- Barbara Andolina Weide2/5
- Charles Littleton2/5
- Sarah Wilson.....2/5
- Henry Alexander.....2/8
- Nora Webster2/8
- Violet Branch.....2/8
- Carol Ogle.....2/10
- Frances Matthews2/10
- Lola Bunn2/10
- Lucille Crown2/16
- Betsy Lee2/16
- Jeanette Stricklin.....2/17
- Carolyn Bulger.....2/19
- Anotonette Herron2/19
- Linda Woods.....2/19
- Thomas McCulloch.....2/24
- Warren Snodgrass2/25
- David C. Brown2/26
- Vicky Carter.....2/28



If your birthday is incorrect or not listed, please contact the Center (951-1418).

Need Meeting Space?

The center is available for rent evenings and weekends for your meetings, parties and special events.
\$175 for 4 hours & \$25/extra hour
Contact the center for date availability.
Center phone # 951-1418



TRANSPORTATION NEWS

The bus leaves the center every morning no later than 7:30 for pick-up. If you want to be picked up you must notify the center no later than 7:00 am. Leave a message for the bus driver at 951-1418 ext. 3.



January Birthday Stars

*Cathy Olsen, Bill Moore,
Dianne Salter & Flo Wood*

FREE Private Computer Classes



Dr. Joey Gafford

February 23 & 24 (Thursday/Tuesday)
Call the center for availability

**March 30 & 31
(Thursday / Friday)**
Call the center for availability.

Classes fill up quickly, so reserve your spot for a class today!

Dr. Joey is also available for In-Home Computer Repair when he is in town. Appointments are limited so give him a call at 1-888-361-0509.

He also has an assortment of used and refurbished computers for sale. This includes laptops and desktops starting at around \$150.

“Danna’s Delights”



Overdone Pasta

Stop the cooking process by running pasta under cold water as soon as possible. This will also make the starches inside contract.

You can reheat by adding pasta to the warm sauce. The acid in tomato sauce will help the pasta to hold up even better.

For Carrots that Keep
ALWAYS store your carrots with the tops removed. The green parts pull moisture from the carrots.



Our Special Prayer List



Joyce Martin
Don Standifer
Maria Josher
Beth Smith
Virginia Stewart
Virginia's
Daughter, Pam

John McAlister
Gail Manning
Jack Bailey
Maria Foshee
Cathy Olson
Cathy's
Daughter, Elaine

Our Deepest Sympathy is extended to the Family of Mary Hightower who passed away in January.

ALABASTER SENIOR CENTER

Will be showing off their
Singing Skills on
Monday February 13th



Your Irondale Senior Center Team

Susan Clark- Director
Penny Gagliano - Administrative. Asst.
Cathy Sanderson - Activities Coordinator/Yoga Inst.
Danna Wright - Kitchen Manager
Ruth Fielding - Ceramics Instructor, Assistant
Dale Lucas- Art Instructor
Rachael Relaford - Yoga Instructor
William Dimbo - Bus Driver
Paul Zimmerman - Center Rental Manager

Temporary and Volunteer Helpers

Debbie Ash - Lunch Assistant
Barbara Wright-Lunch Assistant

Volunteers Needed

To help serve once a month.
(Second Thursday of each month)
Thursday, February 9th



Bus will leave the Center at 10:30 and
return in time for lunch.

If you want to be an important part of this rewarding mission work, put your name and phone number on the activity board list so Ruth can schedule your serve day.

Head Wrap

Delores will be teaching a class on the art of Head Wrap on
Wednesday,

February 15th
at 10:30 AM



Bring your own scarf,
24 inch by 60 inch,
non slippery material.

Pearl River Resort...



Pearl River Casino Trip

Wednesday, March 15th

Leave at 7:00 am Return by 7:00 pm

Sign up for next month's Pearl River Trip this month. We have a wait list in the event anyone has to cancel. This is a fun trip and fills up fast, so call Penny at the Center.

205 951-1418 COST \$30:00

Dancer-Cize_Fitness Classes

will be holding a Line Dancing Class
every Thursday at 8:30 am starting

February 2nd

By: Ashley Moore

Owner and Director of
Jovani Dance Factory



BINGO MANIA™

www.gambing.it



Every
Tuesday and
Thursday
9:30 - 11:30

Earn points daily as you play throughout the month. The participant with the most points **February 23rd** will win the monthly Grand Prize!
This will be an ongoing tournament to be rebooted each month.



First Monday Bingo

February 6th at 12:30

Sponsored
by:



with
Jay Jones



Wednesday,
February 22nd

Lunch at 11:30
Bingo at 12:30

Reservations must be
made by Monday,
February 20th

Sponsored by:

Skyline Village
At Red Mountain



Congratulations to Mr. William Dimbo
For passing his CDL Exam !!



Border Run to State Line for
Lottery Tickets \$5 for the Bus
Tuesday, February 7th at 10:00 AM

St. Francis Xavier
Catholic Church
Next Bingo and Lunch
Thursday, **February 23rd**

Leave center at 3:30 am
Return to center by 2 pm
Cost \$7 for meal & 2 bingo
Cards for 10 games.

An extra game will be played at the end
for 25¢ per card for the last prize.

Sign up by noon on
Tuesday, **February 21st**

Please let us know if you will be driving
so we can give them an accurate count.



Irondale Senior Activity Center * 5313 Beacon Drive * Irondale, AL 35210 Monday- Friday 8:30 AM - 3:30 PM
Phone #: 205-951-1418 Email: seniorcenter@cityofirondaleal.gov Facebook: Irondale Senior Activity Center

Clubs and Meetings



Men's Coffee Club

Starting at 9:00 am

Friday, February 10th
Steak and Biscuit

Friday, February 24th
Pigs in a Blanket

Bring your friends and join us
for breakfast, fellowship & coffee!

(Donations to help cover cost appreciated)

GOVERNMENT MILITARY ID

To renew your Military ID you can go to
5401 East Lake Blvd. Birmingham, AL 35212
Or call 205-714-2315 for more information.

Tuesday- Friday 7:30-4:30

Or 987-8443 Ext. 4388

Monday - Thursday 7:00 to 4:30



COME YOGA WITH US!



Join the Silver Bullets Gun Club

Saturday, February 25th

9:00

Contact Cathy for further details
205-951-1418



Ladies Bible Study

(non-denominational)

with **Nancy DuBois**

Every Monday

Beginning January 30th going
through April 10:00 - 11:30

"Studying the Words of Jesus"

RETIREES... NOT RETREADS!!

Join Us for Bible Class

by: Dottie Ike

Beginning Friday February 10th at 10:30am &

"WEEKLY GOINGS ON"

Chair Yoga Classes

Monday, Wednesday & Friday
9:15-10:00



Art Club

Tuesdays, 9:00-3:30
Instructor: Dale Lucas



Bunco

Tuesdays and Thursdays
9:30-11:30



Poker Club

Wednesdays, 1:00-3:30
(Birthday Wednesday play will start at 1:30)



Ceramics Classes

Wednesdays & Fridays
8:30-3:30

Instructor: Ruth Fielding



Mahjong

Tuesdays, 12:30-3:30



Bridge Club

Fridays, 12:30-3:30



Line Dance

Thursdays,
8:30





Changes and Improvements coming to your Irondale Senior Activity Center



Building additions and improvements

- ◆ Fresh painting in all the rooms,
- ◆ Addition to the back of the building for storage
- ◆ New flooring throughout the center

We appreciate your patience as we enter the construction and improvement process.

“Lord give me patience, and give it to me quick!”



Fruits and Vegetables

The Fruit and Vegetable Truck is still coming to the Center on Wednesdays, 1:00 to 2:00.

*Come and support this community service.
“Have you had your fresh veggies?”*



**What did the light bulb say to the switch?
"You turn me on."**

**If it is not Valentines day and you see a man
in a flower shop, you can probably start up a
conversation by asking, 'What did you do?'**

Event Registrations

Fortunately Event and Program participation has dramatically increased!

As with all growth—there comes some amount of pain. You can help ease the pain by following the procedures listed below.

- ◆ All participants *must* have an updated release form, information sheet and picture ID on file.
- ◆ Only sign up for an event if you are sure you can attend. If you need to cancel please do so 24 hours in advance. Please list your phone number on the sign up form. If you do not want your number listed publicly, then notify Penny so that she may list it privately.

Your Cooperation is Greatly Appreciated!



Irondale Senior Activity Center is Proud to Offer

THE ARK ENCOUNTER & CREATION MUSEUM

**5 Days, 4 Nights \$549 per person, double occupancy, add \$179 for single occupancy
Monday-Friday April 17-21, 2017**

The Ark Encounter is a replica of biblical proportions of Noah's Ark. Built in Williamstown, Kentucky it is a 510 foot long, \$100 million dollar attraction. Trip includes motorcoach transportation, 4 nights lodging, 8 meals (4 breakfast and 4 dinners), admission to the Ark Encounter, admission to the famous Creation Museum, dinner party with entertainment, admission to the Newport Aquarium, admission to the Cincinnati Zoo and Botanical Gardens. We will be staying in Cincinnati, Ohio, 45 minutes away from the Ark.

You can invite family, friends and/or church members to go on this trip with you. They do not have to be a member of the Irondale Senior Activity Center or a senior. Just please, no small children. We need at least 30 people to make this trip happen.

A \$75 deposit is due upon signing. Final payment due 2-13-17. Trip insurance is available for \$45.

Cathy Sanderson, Activity Coordinator, Group Leader, 951-1418



Membership/Travel Rules for Irondale Senior Activity Center

- 1. Members and their guests are expected to abide by membership rules. Any violation of rules may be subjected to the members suspension or forfeiture of their membership or guest expulsion.**
- 2. Members must be cordial and polite to members and staff. Members and guests may not display rude or unsportsmanlike conduct.**
- 3. No Abusive or Provocative language. Respect other members.**
- 4. Report all complaints regarding staff, other member or member's guest to centers management Team.**
- 5. Smoking is not permitted in open areas. Must smoke in designated smoking area.**
- 6. Members and guests are required to follow parking and traffic regulations. Parking in reserved, restricted or unmarked areas are subjecte to traffic guidelines governed by the City of Irondale Police Department.**
- 7. Members/Guests traveling with the center must pay their trips as mandated. Cancelations two week in advance will grant 25% of your payment being returned. Cancelations one week in advance will return 15% of your payment. Most of the trips require payment in advance.**
- 8. No equipment or furniture may be set or moved without the permission of staff.**
- 9. Members and guests who attend events on site and off site are required to regulate their own diet.**

Seniors Need To Set Goals

You still need to set goals. Goals can be set at any stage and at any age. Your goal may be something as simple as being able to dress yourself each morning, and it could expand to mean that you want to be totally independent. You may think you are too old to have dreams or set goals, but goal setting could very well mean the difference between being independent or not. Think about it and form a mental picture of what you want the rest of your life to be like. Goal setting is what makes life interesting. Goal setting is what gives you that little extra push to achieve.

Most people do not set goals because they are afraid of failure. Instead of figuring our how to make their goals a reality, they either downsize their dreams or stop dreaming altogether.

Time is still at hand. You can start today to set goals and strive to achieve. Set your goals and write them down. break the goal up into manageable segments and count each success as a victory. Maybe today you are striving to get your clothes on, tomorrow your shoes, and the next day fixing your own breakfast. Is that too basic? How about that exercise program? A walk around the block today can morph into a stronger body tomorrow and this all leads to independent living.

What is a goal anyway? A goal is a dream with a deadline. The goal is very specific. Use the acronym SMART to think about this.

S stands for a specific achievement

M is for making it something measurable

A means that it must be something that is actually achievable

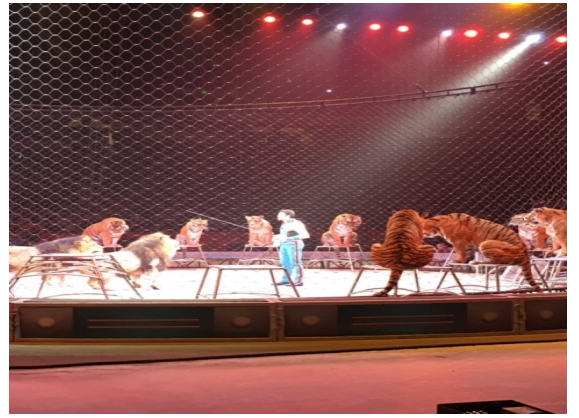
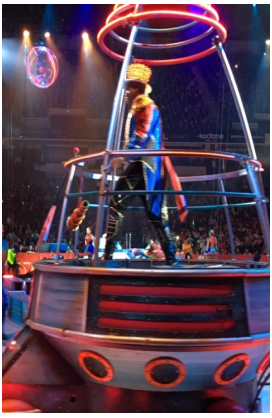
R means it must be simple and it must be realistic

T gives it a time frame

A goal minus action is just a dream and will always be just a dream. You don't just say something like, "I want to lose weight." You say that you want to lose 2 pounds in 2 weeks by means of a diet and exercise plan.

Goal statements should be positive and they should be realistic. You aren't just saving money, you are saving x amount of money

Pictures from our trip to the Circus !!!!!!!!



Birthday Fun !!!!

**McGowin & King Mortgage Workshop
James A. King III**



Birmingham Museum



Karaoke Fun!

More January Fun!

