

April 21,2017 Newsletter

The Baxter Senior Center is springing forward with new ideas and activities to better engage our persons 60 plus years in an active lifestyle.

On April 28, 2017 we will have our monthly pot luck lunch featuring Sarah Bresslings from Power of Putnam County as our guest speaker. Starting about 10:15 we will begin our morning with a sing a-long with our musicians and move to our speaker and then lunch. Lunch is served at 12:00 noon, bring a covered dish to share and maybe you can swap recipes with some of our fantastic cooks while you enjoy the meal. After lunch we will do bingo and enjoy being with our neighbors and friends.

The month of May includes Get caught Reading Month, Reading is fun Month and Mystery Month. The Baxter Librarian Sarah Lewis will be speaking to us on May 5 at 11:30 on these topics and what is available at our library. Sarah also heads our book club which meets on the third Friday in each month. Make friends with a book seems like a good idea.

Beginning on May 6 through May 12 (Florence Nightingale Day) is Nurses Week, follow May 14 through May 20 is National Nursing Home Week.

The month of May is Older Americans Month and the theme for the Month is "Age Out Loud". Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

This year's theme "Age Out Loud" emphasizes the way older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The Baxter Senior Center encourages all seniors to focus on how older adults in our community are redefining aging-through work or family interests, by taking charge of their health and staying independent for as long as possible.

The Baxter Senior Center can be reached at 858-5657 and we are open Monday, Tuesday, Thursday and Friday. Come by and enjoy a cup of coffee with us and see how we can encourage each other to live our lives with the idea of "Age Out Loud".