

Recreation Newsletter for Montgomery Seniors

City Parks and Recreation Department of Montgomery

January

1972

PRAYER FOR A NEW YEAR

Instead of anger
Let Me feel
Compassion.

Instead of rage
Let me show
Concern.

Instead of hate
Let me seek
Change.

For, if
To a warring, wondering world
Each of us will bring

Compassion
Concern
Change,

Then perhaps there will be

Love.

Anonymous

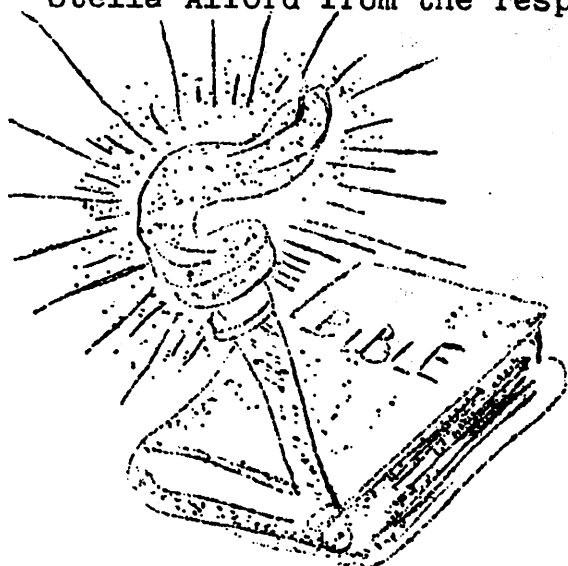


CHRISTMAS PARTY

Loveless and Carver Senior Citizens held their Christmas party on December 22, at Carver Community Center. Devotional service was lead by Rev. W. F. Alford, pastor of Beulah Baptist Church. meditation by Mrs. Mattie Carr and a Christmas poem was read by Mrs. Alice Ragland. The chorus was under the direction of H. O. Thompson with Mrs. Agnes Oliver at the piano.

A delicious Christmas dinner was served to 95 guest, after which bingo was played by all.

Coordinators of the program were Mrs. Virginia Daniels and Mrs. Stella Alford from the respective centers.



D E V O T I O N A L S

Tuesday evening is devotional time. The following is a schedule of leaders for January:

Tues. Jan. 4. Rev. Stallings & wife

Tues. Jan 11. John Dendy and
R. A. Group.

Tues. Jan. 18. Mr. Chastain and
Golden Age Group.

Tues. Jan 25. Rev. Spencer.

The devotionals are preceded by hymnals. Services are to begin at 7:00 P.M. You are all invited to attend. Ask your friends to join you.

JOHN KNOX GARDEN CLUB

The Garden Club will meet at John Knox Manor January 17, at 3:00 P.M., with Miss Betty Fitz-Gerald and will meet thereafter every third monday of each month. Dont forget the date and time.

WHERE TO GO ???

The following programs are planned for your pleasure. You might enjoy some of them:

Thurs. Jan 20, 7:30 P.M. Howard Roberts Chorale. Alabama Room, Alabama State University. Free. Public invited.

Sun. Jan 30, 4:00 P.M. Wayne Moore. Organ Recital. Vesper Services, Memorial Presbyterian Church. Free. Public invited.

Jan 4 - 30. Larry Godwin, One-Man Show.
Sculptures in welded steel. Montgomery Museum of Fine Arts. Week-days, 10 - 5 P.M., Sundays, 2:30 - 5 P.M. Closed Mondays.

Jan. 9 - 30. Shirley Chang, One Woman Show.
Contemporary paintings. Montgomery Museum of Fine Arts. Daily except Monday.

CHECK YOUR CALENDAR OF EVENTS FOR REGULARLY SCHEDULED PROGRAMS

RULES FOR A HAPPY RETIREMENT

1. **RESPECT YOUR BODY AS GOD'S TEMPLE.** It has served you well. Don't abuse it or make too many demands on it now.
2. **KEEP REGULAR HOURS.** Make it a habit to be in bed by 11 P.M. and get up by 7 A.M.
3. **EAT A BALANCED DIET.** Avoid candy and rich desserts.
4. **WATCH YOUR WEIGHT.** Stay within the weight range your doctor advises--neither over nor under.
5. **HAVE YOUR TEETH CHECKED EVERY SIX MONTHS.** Don't give cavities a chance!
6. **DON'T SMOKE.** If you do, stop. It can be done.
7. **THANK GOD FOR HEALTH AND STRENGTH.** And don't waste them.
8. **LOOK AFTER YOURSELF.** For years, you've looked after others. Now, look after yourself.
9. **BALANCE YOUR DAY.** Eight hours sleep, eight hours work, eight hours recreation.
10. **TAKE IT EASY.** Every day has 24 hours. Take your time!
11. **LET OTHERS DO THINGS FOR THEMSELVES.** If you wait on others, you overburden yourself and deprive them of growth.
12. **KEEP UP YOUR MORNING DEVOTIONAL.** There's no better way to begin your day.
13. **LOOK YOUR BEST.** Even at home. Take your morning bath, dress nicely, and groom yourself. Age is no excuse for dowdiness--nothing is.
14. **DON'T WEAR OLD, WORN OUT CLOTHING.** Keep your clothes cleaned, pressed, repaired (buttons, seams, hems, etc.). If you're tired of a garment, pass it on to Goodwill Industries.
15. **VARY YOUR ROUTINE.** Clean house one day; sew, paint, do yardwork--something different--the next.
16. **GET OUT OF THE HOUSE EVERY DAY.** Even a brief change of scene is good for you.
17. **READ SOMETHING WORTHWHILE DAILY.** Try poetry, philosophy, the Bible.
18. **AVOID TOO MUCH TELEVISION.** Don't live vicariously!
19. **COMBINE YOUTH'S VITALITY AND AGE'S DIGNITY.** Include young people among your friends. Keep an open mind. Take some self-improvement courses.
20. **STAY CURRENT.** Know what's going on today in world affairs, the arts, fashion. Revere the past--but don't live in it.
21. **SMILE.** Don't impose your problems on others--they have their own.
22. **LISTEN WHILE OTHERS TALK.** You'll be better company. It may be more fun to talk yourself, but if you listen you'll learn a lot, have less to take back, keep old friends and make new ones.
23. **MIND YOUR OWN BUSINESS.** Making your own life rich and rewarding is a full-time job.

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January 1972

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Thurs. Jan 20	Library Hour w/ Mrs. Bolding	3:00 P.M.
Sun. Jan 30	Tele-cast (March of Dimes)	

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February 1972 Mardi Gras Masquerade Ball

R E G U L A R W E E K L Y P R O G R A M S

MONDAYS

Morning Coffee	Richardson Terrace	Monday thru Friday
Ceramics	Richardson Terrace	All Day
Bingo	Goodyn Comm. Ctr	9:00 A.M.
Bridge	Loveless Comm. Ctr.	10:00 A.M.

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Dominoes & Card Games	Richardson Terrace	Every Day
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Dev. & Song Services	Richardson Terrace 1 & 3 wks	7:30 P.M.

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"Elderly Club" Meets	Trenholm Ct. Rec. Room	10:00 A.M.
Games & Dancing	Carver Comm. Ctr.	10:00 A.M.

THURSDAYS

Curb Market	Richardson Terrace	8:30 A.M.
Grocery Shopping	John Knox Manor	10:00 A.M.
Ceramics	Loveless Comm. Ctr.	10:00 A.M.
Ceramics	Carver Comm. Ctr	10:00 A.M.
Salvation Army Program	Richardson Terracy 1 & 3 wks	3:30 P.M.
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FRIDAYS

Shopping Trip	Richardson Terrace	9:30 A.M.
Variety of Programs	Richardson Terrace	7:30 P.M.
Arts & Crafts	Carver Comm. Ctr	10:00 A.M.

RECREATION NEWSLETTER IS PUBLISHED BY:

The Montgomery Recreation Department, 1301 Adams Avenue
Mary Lee Henderson, Director, Senior Services
Mary McMaster, Director, Recreation - Richardson Terrace
Telephone 265-0318

As this report was late before the Board.
directive regarding lateness, I felt to
forward on to you, as we do have some
delightful persons assisting our May
activities.

I regret this lateness and will
not allow this to occur again.

Recreation Newsletter for the Retired

CITY PARKS and RECREATION DEPARTMENT of MONTGOMERY

May

1972

Senior Citizens' Month

by

Proclamation of

Governor

George C. Wallace

CITY-WIDE ACTIVITY

Friday - May 12

8:00 A.M.

Everybody grab your "Sun-hat", pack a basket of goodies and get dressed comfortably for a days' outing at Moundville, Ala.

We will visit an Indian Village, see interesting relics, browse in the Museum and enjoy our lunch in that pretty picnic area.

We will travel by Trailways Bus - leave sharply at 8:00 a.m., and return before 5:00 p.m.

Please make your reservations early to get a seat. Tickets are 1.00 per person. Contact your Center Director for detailed information.

We hope you will ask a friend to join you on this trip for a day of fun!

FUND RAISING PROJECT

Golden Agers are selling the most beautiful Alabama Scenic place mats - a set of 6 boxed for \$3.00

These mats are plastic coated and reversable. They make useful gifts. Proceeds to go to the travel fund.

***** CHANGES IN PROGRAMS AT THE GOLDEN AGE CLUB *****

"FUN WITH BOOKS" (Happy Face Club) will meet at 10:30 a.m. on the 3rd Friday of each month with Mrs. Helen Bolding from the Public Library.

"BINGO" will be played Monday afternoon at 2 o'clock. Bring a friend to enjoy the game.

GOSPEL SINGING at 1:30 p.m. just before devotional services each Thursday afternoon.

A WONDERFUL MOTHER

God made a wonderful mother,
A mother who never grows old;
He made her smile of the sunshine,
And He molded her heart of pure gold;
In her eyes He placed bright shining stars,
In her cheeks, fair roses you see;
God made a wonderful mother,
And He gave that dear mother to me.

Pat O'Reilly

***** ALL SENIORS OR RETIRED PERSONS in the *****
are invited to participate in the
Community Center Activities.

Spontaneous activities are fun! To know and hear of our

BEAUTY HINTS

What are you doing about that bottle of pure Olive Oil on your kitchen shelf? It may be just the beauty treatment your skin needs.

Olive oil is good for dry, rough skin. It helps to remove the tiny worry lines about the eyes.

Olive oil softens, whitens and feeds the skin.

It is one of the best beauty aids a woman past 40 can use on her skin.



So get yourself a bottle of oil and watch for the improvements!



THE NATIONAL PARKS CENTENNIAL

1972 is National Park Centennial Year. Great progress has been made in the development of our National Parks for the enjoyment of our citizens. Some of the improvements include trails, picnic areas, campsites and long drives.

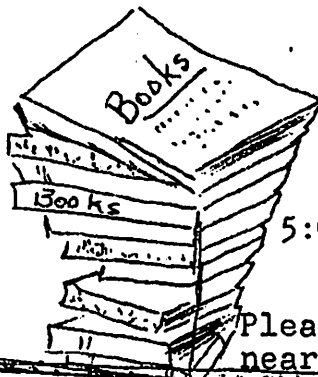
Stamp Collectors, watch for special commemorative stamps on "YELLOWSTONE NATIONAL PARK".

SENIOR CITIZEN'S DAY

Sunday - May 28 - 4 P.M. (Carver Community Center)

Loveless and Carver Community Centers are combining their efforts in a special program for the seniors. Their Chorus will present a "Medley of old time favorite Music" at Carver Community Center, Sunday, May 28 at 4 P.M.

The public is invited.



BOOK BAZAAR

(sale of used books)

Saturday and Sunday, May 13-14, 12:00 p.m. to 5:00 p.m.

On the Terrace of the Montgomery Public Library
445 South Lawrence Street.

Please donate books in the following categories to your nearest fire station between now and May 11:

Children's Books - Paperbacks - Mysteries and Adventures
Fiction, Reference Books, How To Books & Field Guides

S P E C I A L A C T I V I T I E S

May - 1972

CARVER COMMUNITY CENTER 3180 OAK STREET

Stella Alford - Leader Phone 269-1201

Fri. May 8	Fishing Trip Lagoon Park	8:00 a.m.
Mon. May 22	Fishing Trip Lagoon Park	8:00 a.m.
Sun. May 28	Sr. Citizen's Day - Carver	4:00 p.m.

GOLDEN AGE CENTER 316 Church Street

Louise Holloway, Director Phone 262-4421, ex. 357

Fri. May 18	Fun with Books (Happy Face Club	10:30 a.
Tues. May 2	Auction - Hooper Stockyard	9:30 a.m.
Tues. May 9	Shopping & Lunch	9:30 "
Wed. May 31	Birthday Luncheon (covered dish)	Noon
Wed. May 31	"Birthday Party"	Afternoon

COMING EVENTS

June 16 Grandparents Day All Day
(Details at Club and in June Newsletter)
Trip to "Land Between the Lakes" in planning stage. Watch for details.

HOUSTON HILLS COMMUNITY CENTER 207 No. Hall St.

Julia Sanders - Director Phone 262-0493

Tues. May 2	Corsage Making	10:00 a.m.
Tues. May 9	" "	" "
Wed. each week	Movie - Paramount Theatre	9:30 a.m.

LOVELESS COMMUNITY CENTER 921 West Jeff Davis

Virginia Daniels - Leader Phone 262-5189

Mon. May 22	Fishing at Lagoon Park	8:00 a.m.
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RICHARDSON TERRACE 1301 ADAMS AVE.

Mary Lee Henderson - Director Phone 265-0318

Mon. May 1	Council Meeting	7:00 p.m.
Wed. May 3	Tour Jasmine Hill (Jr. Woman's Club	9:00 a.m.
Tues. May 9	Buy Food Stamps	2:00 p.m.
Wed. May 10	Luncheon	12:00 Noon
Tues. May 16	Choral Group (Eastern Hill Baptist Church	7:00 p.m.
Thurs. May 18	Food Tips - Mrs. Gilchrist	10:30 a.m.
Tues. May 23	Films: "Cultivate Your Garden Birds"	
	"Return of the Wild Turkey"	2:30 p.m.
Thurs. May 25	"Fun with Books - Mrs. Bolding	2:00 p.m.
Tues. May 30	Films: "Mission Muskie"	2:30 P.M.
	"Salt water Rodeo"	
	"A Place to Live"	

***** EXTRA! EXTRA! EXTRA! *****

Friday - May 12 Moundville Trip & Picnic

ALL CENTERS INVITED TO TAKE THEIR SENIORS Leave 8 A.M.

C A L E N D A R O F E V E N T S

MAY - 1972

R E G U L A R W E E K L Y P R O G R A M S

MONDAYS

Bridge	Loveless	10:00 a.m.
Cross Classes	Bellingrath Comm. Ctr.	10:00 "
Bingo	Goodwyn Comm. Ctr.	9:00 "
Roll Papers	Golden Age Ctr.	9:30 "
Ceramics	Richardson Terrace	9:00 "
Coffee & T. V.	Richardson Terrace	Each morning
Chorus practice	Carver & Loveless Ctrs.	2:00 P.M.
Bingo	Golden Age Center	2:00 "
Meditation	Richardson Terrace	3:30 "

TUESDAYS

Guest Hour	Bellingrath Comm. Ctr.	10:00 a.m.
Ceramics	Capitol Hgts. Comm. Ctr.	9:30 a.m.
Bridge	Carver Comm. Ctr.	11:00 "
Coffee	Golden Age Ctr.	Each morning
Ceramic Classes	Capitol Hgts. Comm. Ctr.	
	All Ctrs. invited	9:30 a.m.
Arts & Crafts, Sewing	Houston Hills Comm. Ctr.	10:00 a.m.
Games, Arts & Crafts	Loveless Comm. Ctr.	10:00 a.m.
Sing along with Sue	Richardson Terrace Comm. Ctr.	10:00 "
Bridge Club & Snacks	Golden Age Ctr.	1:30 P.M.
Dev. & Song Services	Richardson Terrace Comm. Ctr.	2:30 "

WEDNESDAYS

Movie Party	Paramount Theatre All Ctrs.	9:30 A.M.
Melodies to Remember	Bellingrath Comm. Ctr.	10:00 a.m.
Games & Dancing	Carver Comm. Ctr.	10:00 a.m.
Games & T.V.	Golden Age Ctr.	Afternoon
Games & T.V.	Richardson Terrace	"
Meditation	Richardson Terrace	3:30 P.M.

THURSDAYS

Creative Writing	Bellingrath Comm. Ctr.	10:00 a.m.
Ceramics	Carver Comm. Ctr.	9:30 a.m.
Games, Crafts & T.V.	Golden Age Ctr.	Mornings
Grocery Shopping	John Knox Manor	10:00 a.m.
Ceramics	Loveless Comm. Ctr.	"
Curb Market	Richardson Terrace	8:30 "
Eat Out (Dutch Treat) Choose	Richardson Terrace	Noon
Singing & Devotional	Golden Age Center	1:30 p.m.
Bingo	Loveless Comm. Ctr.	12:00 noon
Salvation Army Program	Richardson Terrace (1st & 3rd)	2:30 p.m.

FRIDAYS

Arts & Crafts	Carver Community Center	10:00 a.m.
Games, T. V. & Crafts	Golden Age Center	Mornings
Table Games	Loveless Comm. Center	10:00 a.m.
Shop at Mall	Richardson Terrace	9:30 a.m.
Rhythm Band Practice	Golden Age Center	2:00 p.m.
Games	Richardson Terrace	Afternoon

RECREATION NEWSLETTER published by:

Montgomery Parks & Recreation Department 1301 Adams Ave.
 Mary McMaster Supervisor Senior Service Project
 Typist Sue Boatwright
 Telephone - 265-0318

December 1971 Golden Age Center Monthly Report



CALENDAR OF EVENTS

DECEMBER - - - - - 1971

Tues.	-	Dec. 7	Shopping and Lunch at the Mall
Wed.	-	Dec. 8	Trim the Tree - Party - Golden Age Center
Fri.	-	Dec. 10	Bazaar - Sell your Handwork Richardson Terrace
Mon.	-	Dec. 13	Band to play at Maxwell A.F.B. Hospital
Tues.	-	Dec. 14	Planetarium - A Star shall rise - 3:30P
Wed.	-	Dec. 15	Take Betty Jean shopping
Fri.	-	Dec. 17	City-wide Christmas Program at Museum 3 P.M.
Wed.	-	Dec. 22	December Birthdays and Christmas Party Golden Age Center
Thur.	-	Dec. 23	Tour the Town - See Christmas Lights 8: P.M.

REGULAR WEEKLY PROGRAMS

Hot lunch served at noon on Monday through Friday

MONDAY

Roll Newspapers	Golden Age Center	Morning
Dominoes	Golden Age Center	Anytime

TUESDAY

Ceramics	Capitol Heights Comm. Center	9:30
Bridge Game	Golden Age Center	1:30 P.M.
Coffee Break	Golden Age Center	3:00 "

WEDNESDAY

Movie Party	Paramount Theatre	9:30 A.M.
Dominoes	Golden Age Center	Anytime
Coffee Break	Golden Age Center	3:00 P.M.

THURSDAY

Community Singing	Golden Age Center	1:30 P.M.
Bible Study	Golden Age Center	2:00 P.M.
Bridge	Golden Age Center	3:00 "
Fun Night- Snack Supper	Golden Age Center	5:45 "
Gospel Singing	Golden Age Center	6:45 "
Bingo	Golden Age Center	8:00 "

FRIDAY

Arts & Crafts	Golden Age Center	9:30 A.M.
Rhythm Band	Golden Age Center	1:30 P.M.
Dominoes	Golden Age Center	Anytime

THE GOLDEN AGE NOTES is published by THE MONTGOMERY RECREATION DEPARTMENT

THE GOLDEN AGE CLUB
316 CHURCH STREET
MONTGOMERY, ALABAMA.

TELEPHONE - 262-4421
Ext. - 357

J. H. H. H.

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