

MESSAGE FROM THE WAY:

To the "Seasoned" Citizens of Trigg County,

The Way is proud to continue saying thanks to each of you for your service to GOD, Country and Community. We hope you are enjoying the activities and informational opportunities offered on Tuesdays and Thursdays. The favorite activity is line dancing, which is held each Thursday. Seventeen of you attended last Thursday. Please tell others, whether they get meals from Senior Center or not, about the following plans for February. Bring your lunch and a friend and come on out!!! The gym continues to be open from 9 AM until Noon on both days for walking and exercising. GOD bless you all.

Tuesday Feb 9th John Vinson, Trigg County Coroner, to discuss planning for our "final graduation" (our words) to make sure our desires are met and minimizing what our families must do in their time of grief.

Thursday Feb 11th. Line dancing with Brenda Hawkins and Lois Brown. Also, Bingo.

Tuesday Feb. 16th. Tajuana Davis, Christian Counselor, to speak on process of grieving and how to identify and cope ---from a Christian perspective. Also, Glynn and Pat Whobrey will provide uplifting music.

Thursday Feb. 18th Line dancing with the ever popular Lois Brown and Brenda Hawkins.

Tuesday Feb. 23rd. Back by popular demand, Patrick Dawson, Edward Jones Investment Analyst, to discuss Investment strategies and estate planning. Everyone who attended this seminar in January learned something they did not know and needed to do. Also, back by popular demand, the musical stylings of Becky Freeman and Ray Wyatt.

Thursday Feb 25th Line dancing and Bingo.

A preview of March includes (in addition to line dancing):

---"Health Fair" conducted, on **March 9th and 23rd**, by Hopkinsville Community College Nursing students. Topics include "men's and women's health", "holistic alternative therapies", "blood pressure checks" and "healthy skin".

---The Humor of Southern Women ---including videos of Jennie Robertson and Chonda Pierce.

May GOD bless you all.

In His Service,

The Way Volunteers