HERNANDO YOUNG AT HEART

June Luncheon

BBQ Sandwiches and Sides Provided *Please bring chips, salad or a dessert*

10:30am / June 20th

TOPIC
RETIRE ON YOUR TERMS
5 KEYS TO RETIRING FEARLESSLY

SPEAKERS
Taylor Agee / Brad Bosi

THE GALE CENTER - 2601 ELM ST HERNANDO / 662.429.2688

SUGGESTED DONATION \$2 PER PERSON

REGISTRATION DEADLINE - JUNE 14TH

CLASSES & ACTIVITIES

MONDAYS

- *Walking @6am
- *5-Milers Walk @7am
- *Arthritis Class @10am
- *Hook & Needle (2ND Monday each month)

WEDNESDAYS

- *Walking @6am
- *5-Milers Walk @7am
- *Arthritis Class @9am

THURSDAYS

*Line Dancing -Thursdays 10am (No class the 3rd Thursday of each month

FRIDAYS

- *Walking @6am
- *5-Milers Walk @7am
- *Rook @1:30pm

FOUR WAYS EXERCISE BENEFITS SENIORS

*Reduces the risk of disease

Protects our heart health, prevents high blood pressure, and reduces the risk of diabetes, cancer, or strokes.

*Slowing muscle loss

We naturally lose muscle as we age, but staying active can slow the rate of loss. This helps prevent falls and supports our bones and joints.

*Protecting cognitive function

Maintains good cognitive function, preventing memory loss and even reducing the chances of developing dementia.

*Supporting healing

Helps our immune system function properly and speeds up wound healing – possibly as much as 25%

Source: The National Institute of Health

IMPORTANT DATES

June 14th — Registration Deadline for Luncheon PLEASE REGISTER for LUNCHEONS so we can accommodate everyone! We must buy enough food and set up enough tables — thank you!

June 16th – Father's Day

June 20th – Young at Heart Luncheon

June 20th – Summer Solstice

The Gale Center will be CLOSED on July 4th

SHOT NURSE

10am

B12 shots for \$10



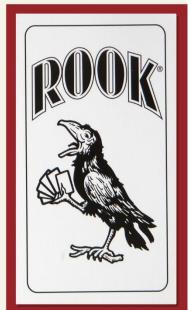
COME AND JOIN IN THE FUN!

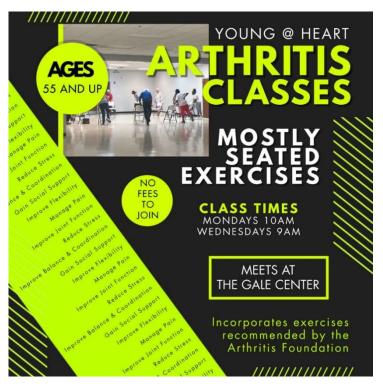
NO ADMISSION FEES

Don't know how to play? Come and learn!

FRIDAYS @ 1:30 PM

THE GALE CENTER
2601 Elm St. Hernando MS







THURSDAYS 9am

The Gale Center 2601 Elm St. Hernando, MS

*Flexibility

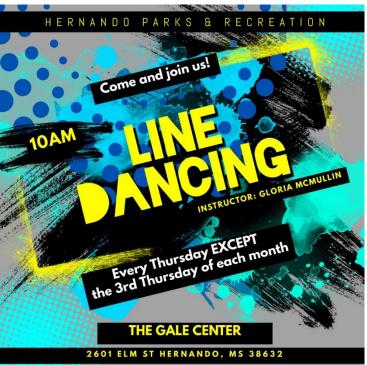
*Balance/Coordination

*Increased Circulation

*Joint Health

*Pain Management

*Enhanced Mental Health



Sharon Yount can help you if you have questions with

- Medicare
- Medicare supplements
- Medicare Advantage and Part D
- Life insurance
- Final expenses and long-term care policies for all age groups



Father's Day

Ε G G C Ζ Ι N U Н 0 W D Q Ν Κ Х R Ε Н В Q Х G Α Ρ Ρ W Х D U N Е Υ Α Κ Х U Z G S Ν Е R S Т G Ρ Т Ι Ν 0 R Т U D Α Ν D Ι Ν J Т C Ε G G Ι W F Ν C 0 U R Α G Ι G C Ν Ν Ν Q G F Q Ζ F А J Ρ Ι М E Ρ Х Κ J Т М В Н J 0 Х Ι D R Т S G R G S C Ζ Z I D Е Т S U Υ Υ Υ U В М G 0 0 C L 0 Х Α U М R Ζ Q G L Н L Α D C J Н C 0 Μ Ρ S C Т D F U R F 0 D Υ V Ν М R В М М М М Α C W C F C R Н T Е F Ι Z G Α Α V K J U S F U D Υ N Ν U F Α U Α Α T R Ι М Ν W В Υ C Α O Т Т J R Е G Ζ C Α G М Ν Н Ν Q R S J Т Υ O Α E Ν Κ Ρ J Ι D F U D D Х Т Υ J W C S Ι G Е Ρ F Н Υ L 0 Ν G D Q Н Υ Α W Ν Н L L Ι Е В Ζ М R R М Υ Ι Υ Ν 0 G W Ρ Т D Е C O Ι R В E Ι S W F Α L U W Ι Ρ N E F Н D C S R 0 G Q Ρ Ρ U W Ν Α Κ U Ρ Ρ 0 R Т Ι Е Q R U C Х S Ρ Ε В R V U N R W W C G В Υ Q Υ C D Υ J Т N Ε R Т Ι Ι R Ε В Α N Ν В Т Т Μ Υ S Α Ν C Ζ L Ι R F Ν 0 0 Ι М D Т W N N Ι Κ Ε D F Κ G Ε V Α R В G Ν Ι Ρ U Ν Ζ C Ν D Υ D U Q Ζ Ρ V F Ζ G J Ζ S S Ε Ι S В Ι Х R D W Е Т В U S S G В Е Ι W R Е U F М Ρ 0 ٧ В G U М 0 Υ G W L Υ R Н U W Κ D Α Н ٧ Ε ٧ 0 L J Ζ U Α М J 0 В Ι Х F Α Ρ R 0 Т E C Т Ι V Е Т U U Х

understanding inspiring trusted strong super great love

encouraging hilarious special caring sweet funny cool

supportive unafraid amazing loving smart wise dad protective positive helpful proud handy kind fun wonderful handsome giving loved brave best