

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

HERNANDO PARKS & RECREATION

STARTING FRIDAY, JANUARY 5TH, 2024

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

ROOK®



YOUNG @ HEART

ARTHRITIS CLASSES

AGES 55 AND UP



MOSTLY SEATED EXERCISES

NO FEES TO JOIN

CLASS TIMES
MONDAYS 10AM
WEDNESDAYS 9AM

MEETS AT THE GALE CENTER

Incorporates exercises recommended by the Arthritis Foundation

HERNANDO PARKS & RECREATION

YOUNG AT HEART

EXERCISE SENIOR STYLE

THURSDAYS

9am

The Gale Center
2601 Elm St. Hernando, MS

- *Flexibility
- *Balance/Coordination
- *Increased Circulation
- *Joint Health
- *Pain Management
- *Enhanced Mental Health

Come and join us!

10AM

LINE DANCING

INSTRUCTOR: GLORIA MCMULLIN

Every Thursday EXCEPT the 3rd Thursday of each month

THE GALE CENTER

2601 ELM ST HERNANDO, MS 38632

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

E H O F W G D V X L F N G C Z I C S N U L Q L N
H V B Q X G A P P W X D K X R E U N E Y A K X U
P T I Z G N O R T S U N D E R S T A N D I N G J
L E G T G I W C F E N C O U R A G I N G C N N Q
A J G P I M E F P X Q K Z F J T M B H J O X I D
I A D E T S U R T S Y Y G R Y G S U C Z B M Z G
C L O O C L O X A U M R Z Q G L H L A D C J A H
E O D C O M Y P V S N C T D F U R M R P B M M M
P V M A C A W C F V C R H I E F K F I Z J G A U
S E V U D Y N N U F A U A A I R I M N W B Y C A
C D B O L A G T U M T J N R H E N Q G Z C V S R
J T Y O A E N K S P J I D F U D D X T Y J W P C
H Y S L O V I N G D Q H Y A W N G H E L P F U L
L I P E M R R L M Y B I Y N Z O G W P T D W E W
Q I R V B E I S W F A L C U V W I P A N E F H D
L R O G Q P P U W N C A K S U P P O R T I V E Q
R V U C X Y S P U N E R W B W H C G Q B Y V C R
A C D Y J T N E R M T I I R E B A N N B Y T W T
S A N C Z L I R F N O O I M D T W N N I K E D F
K G E V A R B G N I P U N Z C N D Y D U V Q Z P
A V F Z E X G J R Z D S S W E E T I B S B I K U
F S G B E S I W R E U F M P O V B G U M O Y G W
U H L Y R H U W K D A H V E V O L J Z U A M R J
N R O B I X F A P R O T E C T I V E T U U U E X

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