Forever Young—Revise 1

Southaven's Senior Adult Group

November

2025

December

THE GOLDEN GRAPEVINE







There were so many cowboys and cowgirls in attendance at the Western Luncheon. There was music, dancing, door prizes, and a best dressed contest. Congratulations to Annetria Redmond and Leon Martin for winning our best dressed contest. Our special thanks goes to Sharon Yount Insurance for sponsoring this luncheon, to Gary Abbott for providing the music, and to our volunteers for helping us create the western atmosphere.

Forever Young's Christmas Luncheon

Friday, December 19 at 11:00am

Our Christmas luncheon will be held in the Multi-Purpose Room at Forever Young on Friday, December 19, 2024. First Choice Catering will be serving the traditional turkey and dressing with all the trimmings. There will be door prizes toward the end of the luncheon; you must be present to win. For the ladies, there will be a contest to see who can best call

Santa to come home from his Toy Shop, and for the guys, there will be a contest to see who can best call Santa's reindeer. Gary Abbott will be there to entertain us with Christmas music and songs. Our sponsor for the luncheon will be SecurTrust Federal Credit Union.

Tickets go on sale Wednesday, November 5, 2025 for \$12.00 each for members; non-member tickets are \$17.00 each. (cash only).



Forever Young Bingo

Bingo will be held in the upstairs Art Room on Monday, November 24 from 1:00-2:00pm

Tickets go on sale 8:30am on Wednesday, November 5, 2025 for \$2.00 (cash only).

Tickets limited to 2 per person.



Forever Young Bingo

Bingo will be held in the upstairs Art Room on Monday, December 22 from 1:00-2:00pm

Tickets go on sale 8:30am on Wednesday, November 5, 2025 for \$2.00 (cash only).

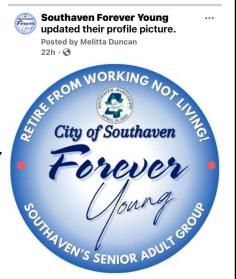
Tickets limited to 2 per person.

Forever Young holiday closures

Veteran's Day Thanksgiving Christmas New Year's Nov 11 Nov 27 & 28 Dec 25 & 26 Jan 1 & 2



Forever Young is now on Facebook. Watch for new posts from us.



Lunch Bunch at Texas Roadhouse

Tuesday, 12/2/25 at 11:00am

7125 DeSoto Cove Horn Lake, MS (in front of Home Depot)

The Texas Roadhouse Luncheon will be a private function for Forever Young members only.

Lunch will consist of your choice of a 6 oz sirloin or chicken breast along with a salad, baked potato, rolls, and beverage.

Tickets go on sale Wednesday, November 5, 2025 for \$17.00 (cash only) includes tax and tip.

Craft Class

The class will be in the upstairs Art Room on Monday, November 24 from 10am-noon. The project will a be a painted Gingerbread House and Christmas tree.

Tickets on sale Wednesday, November 5, 2025 at 8:30 for \$12.00 (cash only).





Craft Class

The class will be in the upstairs Art Room on Monday, December 22 from 10am-noon. The project will be a Crochet Snowman and the greenery and berry ornament.

Tickets on sale Wednesday, November 5, 2025 at 8:30 for \$12.00 (cash only).





Forever Young's Friday Night Dance

Come and join us for our Friday night dances. Our DJ's will be playing a variety of music for all dancers. Come dance the night away in an alcohol and smoke free environment.

Check your Forever Young calendars for start times.

Bring your favorite dish to share.

Cost \$7 at the door.

Sport Wagon Winner



Congratulations to Sandra Montesi who won the drawing for the Sports Wagon.



FOREVER YOUNG 3335 PINE TAR ALLEY SOUTHAVEN, MS 38672



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Internet: www.southaven.org



"Southaven, Mississippi: Where you retire from working not living"

Explore Tuscany - Oct 28-Nov 8, 2026

The adventure begins in Rome with a day of leisure. Tour highlights will include a visit to the Vatican Museum, St Peter's Basilica, the Sistine Chapel, Michelangelo's mural of the Last Judgement. While in Rome, walk over the cobblestone streets to discover famous sights such as the Trevi Fountain, the Pantheon, and Piazza Navona. As the Roman tour concludes, we transfer to Montecatini Terme to begin your tour of Tuscany which starts at the town of Montecatini. In the evening enjoy a welcome dinner where regional foods and Italian wines kick off your adventure. Journey to the Republic of Pisa for a visit of its famous Piazza dei Miracoli, and capture the gravity-defying inclination of the Leaning Tower. Other tour highlights include Luca, family-owned winery experience, Florence, cooking class, Chinese farm, and San Gimignano.

Slide show presentation will be Wednesday, November 19, 2026 at 1:30 in the Front Lounge.

Cost per person for double occupancy \$5,398 or \$6,098 for single occupancy. Insurance is \$549 per person. Payable by either credit card or check.

Branson Show Extravaganza - April 6-10, 2026

Enjoy four nights in the Live Music Show Capital of the World, Branson. The following shows are included in our tour: Spirit of America Show, The Haygoods, Doug Grabriel Show, Edge Of Illusion, Beach Boys California Dreamin', and David at the Sight & Sound Theatre. You will visit Historic Downtown Branson as well as Branson Landing and discover waterfront shopping, dining, and attractions on Lake Taneycomo's beautiful waterfront.

Cost per person for double occupancy is \$688 payable by check only. Add \$155 for a single occupancy.

Travel Confident insurance, which must be purchased within 14 days to cover pre-existing conditions, is \$62 for double occupancy or \$72 for single occupancy and must be purchased with a credit card.

This trip goes on sale at the Forever Young office on Wednesday, November 12, 2025 at 8:30 am.

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Mon.	Tue.	Wed.	Thu.	Fri.
3. 10. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge 12:00 Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	4. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance 11:30 Tai Chi / Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance	5. 8:30 Yoga 9:00 Aerobics 9:45 Mindful Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class	6. Office closed 8:15 Pilates 9:00 Susie's Line Dance 11:00 AARP Meeting 11:30 Mexican Dominos 12:30 Aerobics Class 1:00 Bunco Ladies	7. 8:15 Yoga 8:30 Chair Yoga 9:00 Shot Nurse 10:00 Aerobics wts/Cardio 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30 –2:00 Ping Pong 2:00 FY Dance table setup 7:00pm Gary's Dance
10. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge 12:00 Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	11. Closed Veterans Day	12. 8:30 Yoga 9:00 Aerobics 9:45 Mindful Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class	13. 8:15 Pilates 9:00 Susie's Line Dance 11:30 Mexican Dominos 12:30 Aerobics Class 1:00 Bunco Bunch 1:30 Bunco Babes	14. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics weights/cardio 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30 -2:00 Ping Pong 2:00 FY Dance table setup 6:30pm Barry's Dance
17. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics Cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge / Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	18. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi / Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance Class	19. 8:30 Yoga 9:00 Aerobics 9:45 Mindfulness Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/ Cardio 11:30 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 1:30 Rome/Tuscany Slide Show 2:00 Advanced Line Dance Class	20. 8:15 Pilates 9:00 Susie's Line Dance 11:30 Mexican Dominos 12:30 Aerobics Class 1:00 Bunco Girls	21. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics weights/Cardio 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30 -2:00 Ping Pong 2:00 FY Dance table setup 7:00pm Gary's Dance
24. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics Cardio 10:00 FY Bingo 10:00-10:45 Aerobic weights 10:00 Canasta / Craft Class 11:00 Chinese Mahjongg 12:00 Bridge / Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	25. 8:30 Yoga 9:00 Men's Coffee 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi / Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance Class	26. 8:30 Yoga 9:00 Aerobics 9:45 Mindfulness Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class	27. Closed	28. Closed
		You must be a member of Forever Young to participate in our activities and classes	Southaven Arena– Walking Forever Young members may use the Southaven Are- na for walking on Monday- Friday 9am-noon. Must wear your Forever Young badge with medical information.	Soccer Field: Indoor walking Monday-Thursday 8am-2pm Friday 8am-1pm Must wear your FY badge

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1. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics Cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge 12:00 Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	2. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:00 Lunch Bunch 11:30 Tai Chi / Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance Class	3. 8:30 Yoga 9:00 Aerobics 9:45 Mindful Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00-2:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class in Yoga room	4. 8:15 Pilates 9:00 Susie's Line Dance 11:00 No AARP Meeting 11:30 Mexican Dominos 12:30 Aerobics 1:00 Bunco Ladies	5. 8:15 Yoga 8:30 Chair Yoga 9:00 Shot Nurse 10:00 Aerobics wts/Cardio 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30-2:00 Ping Pong 2:00 FY Dance - table setup 7:00pm Gary's Dance
8. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics Cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge 12:00 Wii Bowling 12:30 Ping Pong 5:00 Linda's Christmas Party	9. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi / Chair Yoga 12. Bunco Friends 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance Class	10. 8:30 Yoga 9:00 Aerobics 9:45 Mindful Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00-2:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class in Yoga Room	11. 8:15 Pilates 9:00 Susie's Line Dance 11:30 Mexican Dominos 12:30 Aerobics 1:00 Bunco Bunch 1:30 Bunco Babes	12. 8:15 Yoga 8:30 Chair Yoga 10:00 Aerobics weights/Cardo 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30-2:00 Ping Pong- 2:00 FY Dance - table setup 6:30pm Barry's Dance
15. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics Cardio 10:00-10:45 Aerobics weights 10:00 Canasta 11:00 Chinese Mahjongg 12:00 Bridge 12:00 Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	16. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi / Chair Yoga 12:00 Mahjongg 12:00 Bunco Friends 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginner's Line Dance Class	17 8:30 Yoga 9:00 Aerobics 9:45 Mindfulness Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class in Yoga room	18. Multi purpose Room-Closed Office closed 8:15 Pilates 9:00 Susie's Line Dance Cancelled 11:30 Mexican Dominos 12:30 Aerobics Class - Cancelled 1:00 Bunco Girls	19. Christmas Luncheon / Office Closed 8:15 Yoga 8:30 Chair Yoga-cancelled 10:00 Aerobics weights/Cardio-cancelled 10:00 Art Class 11:00 Chinese Mahjongg 11:00 Hand & Foot #1 11:30 Hand & Foot #2 12:30-2:00 Ping Pong-cancelled 2:00 FY Dance - table setup 7:00pm Gary's Dance
22. 8:15 Yoga 8:30-9:15 Aerobics weights- Cancelled 9:30-10:00 Aerobics Cardio 10:00-10:45 Aerobics weights 10:00 FY Bingo 10:00 Canasta / Craft Class 11:00 Chinese Mahjongg 12:00 Bridge / Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	23. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginners' Line Dance Class	24. 8:30 Yoga 9:00 Aerobics 9:45 Mindfulness Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class in yoga room	25. Closed MCRRY	26. Closed CHRISTMOS!
29. 8:15 Yoga 8:30-9:15 Aerobics weights 9:30-10:00 Aerobics cardio 10:00-10:45 Aerobics weights 10:00 Canasta / Craft Class 11:00 Chinese Mahjongg 12:00 Bridge & Wii Bowling 12:30 Ping Pong 5:00 Linda's Line Dance Class	30. 8:30 Yoga 9:00 Men's Coffee Hour 9:00 Water Aerobics (DAC) 10:00 Gloria's Line Dance Class 11:30 Tai Chi 11:30 Chair Yoga 12:00 Mahjongg 12:30 Kick Boxing 1:00 Rook 1:30 Aerobics / Knitting/Crocheting 2:00 Beginners' Line Dance Class	31. 8:30 Yoga 9:00 Aerobics 9:45 Mindfulness Meditation 10:00 Art Class / Canasta 10:00 Aerobics weights/Cardio 11:00 Chinese Mahjongg 11:30 Hand & Foot #1 12:00 Wii Bowling 12:30 Ping Pong 2:00 Advanced Line Dance Class in Yoga room	Southaven Arena Walking Forever Young members may use the Southaven Arena for walking on Monday-Friday 9am-noon. Must wear your Forever Young badge with medical information.	Soccer Field: Indoor walking Monday— Thursday 8am-2pm Friday 8am-1pm Must wear badge