Art for Life

Think back to that first coloring book you got with an eight pack of Crayola crayons.

For many of us that was our first foray into art. Trying to stay inside the lines and coloring pictures the way we saw them in our minds.

Joyce Beasley, an artist in our Wednesday group that meets at the Guy Thompson Community Center, recalls just that moment while her mother was busily doing her chores in the kitchen.

But her love of art didn’t stop there, it blossomed into a passion where she would eventually study art and create art that would become presents or even works people would buy.

“When I went to school there were no art classes to take,” Beasley recalled. “But I had a teacher in high school that would ask me to draw pictures on the board on special occasions such as Easter, Christmas, and such.

“After high school I

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Dates to remember

Lunch and Learn
Date: April 3
Topic: Veteran’s Benefits 101
RSVP by calling: 983-5466 before March 29th.

Pickin’ and Grinnin’ will meet on April 14th at 2 p.m. Bring your instruments to participate or come to enjoy a fun afternoon of music at the Guy Thompson Community Center.

Senior Outdoor Games will start on April 16th from 9 a.m. to noon. Play games like horseshoes, cornhole, croquet, and more every Tuesday.

For more information check us out online at www.miltonfl.org/205/Senior-Citizens-Program.
Yoga is for everybody. You don’t have to be a flexible, bendy, strong twenty-something year old to gain the benefits of yoga. The benefits are numerous; increased flexibility, strength, better breathing, and an increased sense of well-being.

Teaching the seniors at the Guy Thompson Community Center, and as a senior myself, I feel it is my obligation to include everyone who takes the class. In our 9 a.m. class on Tuesday and Fridays, we do gentle yoga with movement, stretching, and different approaches to improve balance. Some of our yoga is done on mats on the floor, but generally we do not get up and down constantly. I also interweave short Awareness Through Movement lessons (a part of the feldenkrais Method of Somatic Movement) into my classes.

In our Chair yoga, we work on many yoga poses that are modified for sitting. We also stand, and using the chair for support, and practice standing poses, and poses that help us work toward better balance.

Throughout all classes, if a pose appears too challenging, I alternate variations for different levels and abilities. In this way, the benefits of yoga can be gained by everyone.

Yoga really can be for everyone: female, male, young, short, tall, etc.

You are welcome to just come to class, or if you have any questions about which class is right for you, please drop by the center between 10:10 and 10:25 a.m. on Tuesday or Friday to speak with me in person.

Please come and join our delightful, warm, welcoming group.

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Senior Tips

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Lunch and Learn

April 3, 2019
11 a.m. to Noon
Veteran’s Benefits 101
Presented by Tabitha Ingermann
Vitas Representative/Military Benefits
Guy Thompson Community Center
Limited seating - RSVP by March 29th
To RSVP call 983-5466

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What is there to do? How can I help?

There are many ways for volunteers to help people in our community.

One opportunity is driving. The Community center needs golf cart drivers to bring seniors to and from the parking lot, this is a long walk for many. There is a need for people willing to drive cancer patients to treatments. Seniors, who can no longer drive safely, need help getting to doctors, shopping, or to social activities at the community center. Our Veterans lost their “Vets to VA” program about a year ago, because of funding cuts to transportation programs, so these Veterans need to get to their appointments at the VA Clinic in Pensacola. Another opportunity is food packers and sorters. Packers, pack food boxes for low income seniors. The food sorters will check and sort food that will go to local food pantries.

There are many other ways to make a big difference in the community such as mentoring adults trying to make a better life for their families, helping hospice patients and their families, being a voice for a child, or helping in times of disaster.

For some volunteers helping with special events is what they enjoy. Events like the “Senior Expo”, “Re-imagine”, “Walk for Mommy and Me”, “National Night Out”, and “Farm Share” are just a few community events that need volunteers to help people of this community.

If you want more information on how to get involved or on any of the programs that are making a positive difference in Santa Rosa County come by the RSVP office at the Guy Thompson Community Center or call (850)983-5220.

Business and Community Organizations interested in participating should call RSVP at 983-5220.

Senior Expo and Health Fair
Thursday, March 21 * 8 a.m. to Noon
Guy Thompson Community Center
5929 Byrom Street in Milton
Free Health Screenings
Blood Pressure, Breast Self-Exam Education,
Diabetes Education, Smoking Cessation,
Weight management and other health related issues
Business and Community Organizations
Community, Public Services, Health Care for Seniors, Home Improvement Companies,
Health Insurance, Medicare Advisors,
Financial Advisors, and many, many more

Learn how to get and stay healthy through education and regular health screenings. Visit with a variety of local businesses and community organizations, participate in demonstrations enjoy live entertainment, and have FUN!

Free Health Screenings
Blood Pressure, Breast Self-Exam Education,
Diabetes Education, Smoking Cessation,
Weight management and other health related issues

Free Health Education
Healthy Snacks for all participants
Door Prizes, 50/50 Drawing
And much, much, more!

Questions? Call RSVP at 983-5220

MARCH BIRTHDAYS

Happy birthday to the following:
Erma Adams
Bill Bone
Bill Dove
Tammy Howard
Muriel Jones
Suzanna Jones
Sharon Maloney
Bridgett PAggent
Mary Pittman
Janie Robinson
Dorothy Schuman
Loretta Shoemaker
Betty Toomey
### Strawberry Avocado Salsa

**Ingredients:**
- ½ small red onion – diced (about ¼ cup)
- 1 cup diced strawberries
- 1 medium jalapeno – cored seeded and finely chopped
- 2 Tbsp chopped fresh cilantro
- 2 Tbsp freshly squeezed lime juice (1 med lime)
- ½ tsp honey
- ¼ to ½ tsp kosher salt
- 1 medium avocado – diced

**Instructions:**
Mix lime juice, honey, kosher salt & jalapeno together to make a dressing. Toss with the rest of the ingredients and top with chopped cilantro.

This salsa is great over grilled or baked chicken. Strawberries are in season in the panhandle now through the end of April. They are full of folate, manganese and potassium. Great for lowering blood pressure, increasing your HDL (good cholesterol).

**Nutritional bonus:**
Avocados like strawberries are full of Vitamin C,E, K, B-6, folate, magnesium, potassium omega 3 and beta-carotene.

*This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.*

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**RSVP NEEDS YOU!**

**CAN YOU...**

**DRIVE**

**PACK DISASTER KITS**

**HELP AT A LOCAL FOOD BANK**

**AND MUCH MORE!**

**CALL RSVP AT 985-5220!**