

Senior News

Serving **MACON** & CENTRAL GEORGIA

*Dr. Nan
Johnson
and her
companion!*

*Story on
page 5*

Information For Ages
50 PLUS!



March 2014
Vol. 28, No. 3

A Shout Out for the Inspirational Thomas M. Linski

by JANE WINSTON

Thomas M. Linski ran seven 5K's in 2012 and 32 in 2013. He only "runs for a cause," and these causes have taken him as far north in Georgia as McDonough, as far south as Albany, as far west as Lizella and as far east as Savannah. His goal for 2014 is to compete in the "Biggest Loser" Race sponsored by the popular Biggest Loser TV show. He has nine months to prepare as the race is in Florida in December. There are 10,000 runners expected, and he figures he will merely be a "speck of

sand on the Florida beach." But he will be there, and he and all who know him will be proud!!

And why would 74 year-old Tom set this race as a goal? Because Tom is a big loser! In 2011 he weighed 400+ pounds, wore 4X and 5X clothes, had to ride in an electric cart, stopped taking his wife out to dinner and hunkered down at home. He came to the realization that his life was in jeopardy and it was time to do something. So he did... walking at Wal-Mart or the Mall (holding onto a cart), utilizing the Fit Bit his daughter gave him, joining a gym, getting back into the Church, talking with a family doctor and eventually getting on a food plan and working toward a healthier lifestyle.

Tom retired from the Air Force as a Chief Master Sergeant. Ultimately he and his wife moved to their dream home in Milledgeville where they hunted and fished to their hearts' content. In fact, Tom is not only a runner; he is a master turkey hunter with several Grand slams, Royal slams and a World slam! However, this wonderful life of leisure had negative consequences for Tom as he loved to eat. Spending more



Thomas Linski... a deserving winner!



Finishing the Race!

and more time at his hunting lease and at commercial hunting/fishing lodges plus dining out with his wife at buffets regularly allowed him to eat all he wanted. This life-style allowed him to slowly and steadily put on weight. In July 2011, his bathroom scale caught his attention when he stepped on it, and it screamed, "Err, you have gone over 400 pounds."

Fast forward to January 2014, when I met up with Thomas M. Linski for lunch in Macon. He nibbled away at a salad and shared his wonderful, heart-rending inspirational story. This gentle giant of a man in heart and physique... Tom is still of commanding stature... shared with me, often with tears in his eyes, how he lost a total of 207 pounds; how he on occasion fell in the woods

while hunting and had to summon friends to help get him up and home; how he could not finish his first race; how he is an inspiration for others; how folks expect him to be at the races; how prizes made by children bring him the greatest pleasure; how he has won weight-loss contests, and how he is determined to keep running for God and make it to the Biggest Loser race in Panama City, Florida in December.

We of *Senior News* wish Thomas M. Linski... an inspiration to many... God's speed!

Jane H. Winston is a freelance writer in the local area. Contact her at 478-542-1642 or jwins1939@gmail.com if you would like Senior News to feature someone you know.



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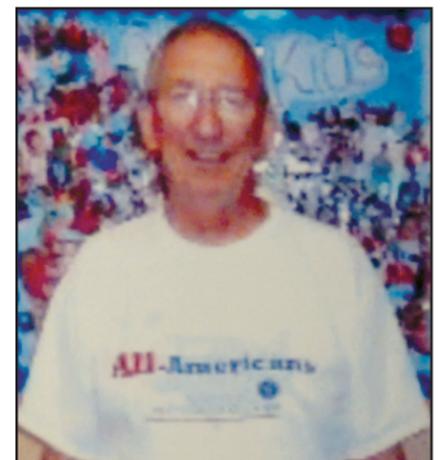
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Let us entertain you

by CLAIRE HOUSER DODD

He who is not content with what he has would not be content with what he would like to have.

Good News! We just read an article in Good Health Magazine that we don't have to kill ourselves exercising like a marathon runner; that short Bursts are Best! That is indeed good news to those of us who are spurters. That is we have small spurts of energy at various (and sometimes strange) times. And that is short lived! So... if you hear Elvis singing away, swing and sway the Elvis way with the song, then go on about your duties. Sometimes while in the car, we hear music that begs to be acted upon. Do so, but don't take your eyes off the road!

This article says it takes "commitment and intensity rather than duration." The study was done at Laval University in Quebec. One group cycled 45 minutes without stopping while the spurter cycled 15-90 seconds in bursts of energy without stopping while resting in

between.

It is true the longer duration group burned twice the calories but not more fat! The interview group burned the most fat. In fact, nine times more for every calorie burned.

Obviously, the key, after studying over 7,000 people is that it is not length or endurance, but intensity. The more energy a person exerted, the lower the risk of heart attack. Make your exercise enjoyable; you're more likely to stick with it! Try **HYPERLINK** "<http://www.alsearsmd.com> for more info.

Music and the Arts at Vineville United Methodist Church on Vineville Street in Macon is always outstanding. It's free and a great Sunday afternoon venue. At 4:00 pm, March 23rd Compass Divas will present a program. Nadine Cheek, of Wesleyan College, Rebeca Lanning of Macon State, Martha Malone from Mercer University with Cam Bishop as accompanist will entertain you.

On March 8th at 8pm in the Douglas Theater on Broadway in downtown Macon, Tommy Talton and friends, and The Mike Veal

Band will present Southern Rock and Blues. We got our information from Mike Toland who helps promote through Music Matters Entertainment. It's always good to catch these popular musicians between tours for a smaller group showing at home. \$20.00 advance, \$24.00 at the door. Go to or call the Douglas Theater 478-742-2000 or douglasstheatre.org.

Macon's Grand Opera House offers two different but exciting venues this month. The first is "Disney's Beauty and The Beast" based on the Academy Award-winning animated feature film and Broadway hit. A musical love story of classic proportions, a lavish show of dramatic sets and costumes with dazzling songs of romantic enchantment. March 12 & 13, 7pm.

On March 29th at 2:30 & 7:30 pm, the Grand presents "The Ten Tenors on Broadway," an Australian troupe which has a unique approach to opera bringing together rock and classical music with raw power and soothing beauty. You will enjoy some of Broadway's most adored musical numbers on the Grand stage right here in Macon, GA. 478-301-5470

is the number to call for both venues.

Of course The Cherry Blossom Festival is a highlight for March in Macon, and the Finale is one of the most outstanding happenings. It is held at 5 pm on the Wesleyan Golf Course on Forsyth Road. It offers fun for all ages with children's activities, food vendors, live entertainment and fireworks at dusk! Bring picnics and blankets and enjoying the closing event of the annual festival. And its FREE.

We want to report on the Leader Tribune's campaign to help "Beyond Hope Foundation" to buy the Robotic bicycle for legs for Heather Rumph. The goal of \$15,000 has been reached. We're still working on the \$5,000 extra beyond the original goal. The new equipment works and stimulates the upper body muscles. We presented the idea to the Fort Valley Study Club and got an overwhelming backing and desire to donate \$100.00 to this worthy cause. Thanks to all members of the Study Club. You're the greatest.

Good character – like good soup – is generally homemade.

You want to experience all that life has to offer, but if you're not seeing as clearly as you used to, cataracts could be getting in your way.

Today, you have a wide range of options when it comes to cataract surgery. Whether you want to wear reading glasses, bifocals, or no glasses after your surgery, the physicians at the Eye Center of Central Georgia have the tools to help you see your very best.

With options like multifocal lenses to correct both distance and near vision, or toric lenses to correct astigmatism, your doctor can help you find the best option for your eyes and your lifestyle

**Set up an appointment today,
and start seeing your best!**



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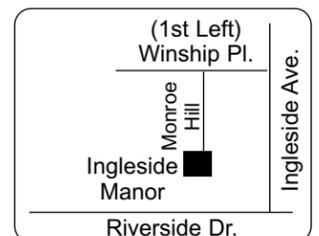
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Senior News & Views of Georgia

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

STONES

by June D. Wilhite

Stones.

*Strong, hard, useful weapons;
Used for defense, to injure, to
frighten away*

*Stones in the hand give the bearer
a sense of security.*

The more stones I carry

The safer I feel.

Growing older.

Hands becoming arthritic.

Hard to hold stones.

Hard to throw them.

*Back won't allow me to bend to pick
them up.*

I feel vulnerable,

No stones to throw.

Words.

Strong, hard, useful weapons.

*Used for defense, to injure, to
frighten away.*

*Words used as stones come from
the heart.*

The more it can carry

The safer I feel.

Growing older.

Heart growing weaker,

Injured by so many stones.

Carried too many too long.

Stones in my heart,

Must unload them.

*Feeling vulnerable,
No "stones" to throw.*

Pearls.

Beautiful, valuable, durable,

Treasured find or purchase,

A perfect gift.

Enhance my clothes.

Pearls around the neck,

On earlobes or fingers

Pretty to behold.

Growing older.

Pearls are ageless,

Pleasant to the eyes,

Still make me feel beautiful.

Remembering the giver,

Grateful memories,

Feeling a comfort,

As I gaze at these stones.

Words.

Kind, encouraging, loving.

Pearls of wisdom,

Pearls of great price,

Words that comfort, build up,

inspire,

Reward, praise, and support.

The more pearls I give,

The more I will hold.

Growing older.

Heart full of gladness.

Many trials turned into pearls...

Peace, joy, and love

From gathering pearls,

And giving them away.

Thanking God for His Words,

Living Pearls of life.

ODE TO MY LOVE

by Pat Walker Johnson

Oh, my love, how you are missed.

The ways would make a long list.

*From school days I loved you,
And this you always knew.*

*Memories I treasure in my heart,
Even though we are apart.*

*To love and be loved, some have
never known.*

*I felt your love as tender as the
dawn.*

*I say your name, but you're not here.
On my cheek I feel a wet tear.*

*I long for the day I shall see your
sweet face.*

And all my sorrow will be erased.

God in heaven tells me it's true.

On that day, our love we'll renew.

Till then, my love, I await.

To see you again at Heaven's gate!

WHEN

by Jean P. Daniel

*We'll be together,
by and by,*

*when the moon has tipped over,
and darkened the sky.*

We'll be together,

when the dust shall be;

laid out on the ocean,

made of you and me.

When the sky grows downward,

shields the earth in pain,

when the storm clouds lie

on the earth with rain.

We'll be together,

by and by;

in a graveyard old and mellow,

together,

when we die!

Spiritual Notes

God's Encounters

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

It has been my observation in the past years, as I have worked with senior adults, that they sometimes feel that life is over for them and they are no longer needed or useful. By the same token, there are many that are involved in activities that keep them busy and excited about life.

So many seniors are preoccupied

with the physical changes that are occurring to their bodies. It is natural that years will have an effect on our appearance. One lady resolved this problem by taking a very hot shower. She indicated that the steam covered the mirrors, therefore sparing her from observing the obvious.

A person's personality is molded by the experiences they have had during their lifetime. Therefore, when senior adulthood arrives, all of the episodes one has been through are still a part of who they are.

God has been arranging encounters for a long time. Senior adults have a lot to offer and many are engaged in activities that are productive and meaningful. Rather than giving up, look for the chance encounter that will change your life. As someone has said, "The next time you feel that God can't use you, remember, Noah was a drunk, Abraham was too old, Isaac was a daydreamer, Jacob was a liar, Moses

had a stuttering problem, Timothy was too young, Peter denied Christ and The Disciples fell asleep while praying."

The following Scriptures are promises of God if we put our trust in Him and follow his teachings:

Luke 18:27: "The things which are impossible with men are possible with God."

Romans 8:31: "If God be for us, who can be against us?"

Joshua 1:9: "Be strong and of good courage, do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Romans 8:28: "And we know that all things work together for the good to those who love God, to those who are called to His purpose."

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

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On the Cover

Dr. Nan Johnson and her companion!

by CLAIRE HOUSER-DODD

COVER

Dr. Nan Johnson and Gertie

Betty Hiley entertained the Study Club's February Meeting at SunMark's Social Room. Ann Ballard had the program. She introduced Dr. Nan Johnson of Perry as the speaker. Some wondered why Nan appeared with a dog. She certainly wasn't blind and she was speaking well which meant to lots of us that she wasn't deaf. Wrong. Nan is deaf and her companion is Gertie, the Hearing Dog. She is a mixed bred which is thought to be more easily trained than a thorough bred, and also healthier. Gertie is half Labrador Retriever and half Golden Retriever. She was trained by Canine Companions for Independence (CCI).

"What," you ask, "are you talking about?" We didn't know either. Yes, there are Hearing Dogs to be had, and we can only hope they are all as precious as the one that came around to every member to sort of speak or sniff. She drags her leash everywhere as that is part of her training. To let a dog off its leash is to turn it loose, and this can be catastrophic as they are leash trained and don't know what to do when released. Recently, one ran into the road and was run over and killed. The approximate value to these well trained dogs is \$40,000. So, discipline is mandatory. Not only for the dog, but for the hearing impaired person who has responsibility of her dog. Nan

does not own the dog, cannot give her away or sell her. (Not that she would ever want to.) These highly trained dogs are only given to people who are deaf and need them, and the people go through intensive training as well.

This is not a phone-in request for a dog. It takes years to get one and some traveling about. Nan had to go to Delaware, Iowa to be judged capable of handling and interacting with dogs. Ironically, she interacted with Gertie's brother in Iowa and was deemed a suitable candidate to handle a Hearing Dog. Lucky for her. But it was not over; another lengthy wait before she was called to go to California to meet the retriever chosen for her and to train and be tested over and over to actually receive Gertie.

Nan must give exactly the same commands and requests each time she needs Gertie to re-act. After her most interesting speech, Dr. Johnson gave us a demonstration of how she and Gerti work together. When the phone rings, when she's lost her keys, when the door bell rings, etc.

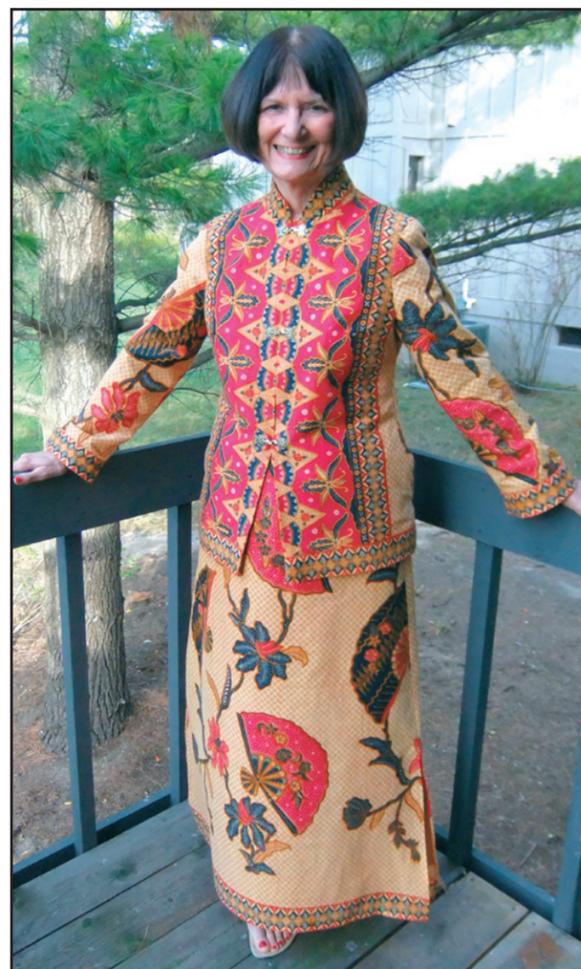
Nan hid the phone in a remote area of the room, and asked one of the members to call her number. This done, Gertie goes over to Nan, nudges her and takes her immediately and directly to the phone. When Gertie nudges Nan, Nan turns around and holds both arms out as if asking, "Where?" Gertie responds to that gesture and acts accordingly.

Next, Nan pretends to lose her car keys. She goes to the door and

rattles the door knob. Gertie comes over and nudges her as if to say, "I'm here, what do you need?" Nan then holds her arms out again as if to say, "Where are my keys?" and Gertie takes her to the place in the room where Nan had previously dropped the keys.

This was a fascinating speech, and clear, as Nan was six before her parents and teachers realized she was becoming deaf. Consequently she learned to speak before going deaf which we knew immediately as we have worked with people in the past who were deaf. It is very difficult to learn to speak. You can't hear anyone saying the words, nor can you hear yourself trying to enunciate. Therefore, your sound must be felt and is largely nasal. Nan's speech is nice and well modulated, very easy to understand. In fact, she's easier to listen to than most of us with our southern drawl.

Nan has worked at Michigan State University in East Lansing, Michigan as a professor in the Sociology Department. She is now retired and will be glad to speak to any group that want to learn about the inimitable Hearing Dog. It will



Dr. Nan Johnson

be quite a thrill to meet Dr. Johnson and Gertie. She says, "It is amazing what a retriever can be taught to do. My dog understands both oral English and American sign language. I will be happy to share my knowledge to anyone interested in needing the information. My email address is HYPERLINK "mailto:drnanjohnson@hotmail.com."



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Coliseum Northside Hospital, 400 Charter Blvd. For complete information call 478-746-4646.

Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355
- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. – Lymphedema Support**

Group: 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.

- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
 - **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
 - **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
 - **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
 - **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
 - **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
 - **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia – Partners

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- Golden Opportunities**
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- Central Georgia Rehabilitation Hospital**
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- **Implantable Cardioverter Defibrillator (ICD) Support Group:** 478-633-7157
 - **Empower Seniors Fall Risk Assessment:** 478-757-7817
 - **Stroke Support Group:** 478-201-6500
 - **Smoking Cessation:** 478-633-9090
 - **CPR Classes:** 478-474-3348

- **Spinal Cord Injury Support Group:** 478-201-6500
 - **Brain Injury Support Group:** 478-201-6500
 - **Parkinson's Disease Support Group:** 2:30-3:30 p.m., 478-743-7092, ext. 254
 - **Parkinson's Disease Caregivers Support Group:** 478-743-7092, ext. 254
 - **Crohns and Colitis Support Group:** 3rd Sun., 3 p.m., 478-737-8788 or kjhague@cox.net
 - **Community Seminar for Arthritis, Knee & Hip Pain:** 478-633-1865
 - **Central Georgia Autism Support Group:** For information call 478-633-8088
 - **Pine Point Adult Grief Support Group:** 478-633-5615
 - **Lymphedema Therapy:** Ask physician to call 478-201-6748 for referral.
- Cancer Life Center**
Information and Reservations: 478-633-8537;
www.cancerlifecenter.org
- **The Pink Alliance:** 478-633-8537
 - **The Pink Alliance HoPe Chapter:** 478-719-8528
 - **Look Good, Feel Better:** 478-633-8537
 - **Prostate Cancer 101:** 478-633-8537
 - **Man-to-Man Support Group:** 478-633-6349
 - **Chemotherapy Orientation Classes:** 478-633-8537
 - **Cancer WellFit:** 12-week oncology recovery program. 478-757-7847
 - **Genetic Counseling:** 478-633-6270
 - **Cancer Clinical Trials:** 478-633-1738 or www.mccgclinicaltrials.org.

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

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- **Warner Robins SeniorCare**
- **Centerville SeniorCare**
- **Perry SeniorCare**
- **TOPS Club, Inc.**

Call 478-923-9771 for programs provided and additional information.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups
Call 478-746-7050 or 800-272-3900 for details.

- **Bibb County**
 - 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 478-746-7050
 - 1st Wed., 10 a.m., Martha Bowman UMC, 500 Bass Rd., Macon, 478-743-7050
 - **Houston County**
 - 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669
 - 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532
 - **Dodge County**
 - 3rd Thurs., 5:30 p.m., Dodge County Hospital, Educational Annex, 901 Griffin Ave., Eastman, 478-374-0600
 - **Lamar County**
 - 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516
 - **Laurens County**
 - 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 12-A Family Room, 1826 Veterans Blvd., Dublin, 478-272-1210, x2328
 - **Monroe County**
 - 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754
 - **Peach County**
 - 3rd Thurs., 7 p.m., The Medical Center of Peach County Cafeteria, 1960 Highway 247 Connector, Byron, 478-951-3613
 - **Putnam County**
 - 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331
 - **Upson County**
 - Last Thurs., 7 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607
- Telephone Support Group**
• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 1-866-453-5550. To learn more about "Caring Connection" call 800-272-3900.

continued on page 7

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General Business Directory For Seniors



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CALENDAR

from page 6

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.
Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers. If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00
 • Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry Wright at 478-751-2796.
 • Choir - "Band of Angels:" Practice Mondays at 10 a.m. Call Brenda at 478-751-2790
 • Stretching and Strengthening Exercise: Tues. & Thurs., 10:30-11:30 a.m.
 • More Than A Number Dance Aerobics: Wed. evening, 6:15-7 p.m. Call Dona at 478-751-9238
 • Spades: Wed. mornings, 10 a.m. Call Charlie at 478-751-2790
 • Tai Chi for Arthritis: Sponsored by the American Arthritis Foundation. Mon. & Wed., 12:30 p.m. Call Dona at 478-751-9238
 • Needle Crafts daily 10 a.m.-2 p.m. The fiber craft room is open daily for quilting, crocheting, knitting, and sewing. Call 478-751-2790.

Warner Robins Senior Citizen Services (50+ Years Old)
Warner Robins Recreation Department - Melanie Lewis
 Email: mlewis@wrga.gov; 478-293-1066

Senior Activity Center

152 Maple Street, Warner Robins
 Office: 478-293-1066
 • Ceramics: Tuesday and Friday from 10 am-12 pm, and 1 pm-4 pm. Charges are for greenware, lights, music boxes, etc. No charge for firing or paint. Brushes and cleaning tools are available for purchase.
 • Aerobics: Monday, Wednesday, Friday at 9 am. Cost is \$2 a class or \$20 a month. Join us for low-impact aerobics for seniors. For more information contact 478-293-1066.
 • Prime Painters: Open to anyone who wants to come and paint. Bring your own supplies. Thursday afternoon from 1:30 pm -4:00 pm. Please call 478-293-1066 for more information.
 • Quilting Party: Wednesdays, 10 am-2 pm. Bring your own (small) scissors and personal thimble. Quilting materials supplied. *NOTE: We hand quilt for the public and also have quilts for sale. Currently has a waiting list for the class.
 • Woodworking Shop: Daily (except on Thursdays) at 9 am. "Woodworking Safety Orientation" is a prerequisite for participation and is scheduled upon request. What would you like to make?
 * Ikebana: Japanese flower arranging, Mondays at 2 pm. Please contact Yuko Hancock at 478-923-7312 for more information.
 • Line Dancing: On Wednesdays - New Beginners Class at the Wellston Center from 1-2 pm. \$2 admission. The Intermediate Class at the Wellston Center from 2:30-4:00 pm - \$3 admission. For more information please contact Terry McLeroy at 478-987-0019.
 • Tai Chi: On Monday and Thursday mornings from 10-11 am in the Senior Center. If you are looking for a way to reduce stress and a variety of other health conditions, Tai Chi promotes serenity through gentle, flowing movements. The class is free.
 The instructor is Ron Shively at 478-719-9944.
 • Senior Water Aerobics: Monday, Tuesday, Thursday and Friday, 9 am-10 am at Fountain Park. The cost is \$25.00 per month. Please con-

tact Miranda at 478-293-1071 if interested.
 • Yoga: Tuesday at 2 pm & Thursday at 11 am in the Senior Center. \$5 per class. Chair Yoga: Mondays at 2 pm in the Senior Center. \$5 per class. Our teacher is Dena Hobbs. You can reach her for more information at 478-225-0133.

Wellston Center

• Regular Meetings and Programs
 AARP: The 4th Wednesday of the month, Oct. 23, 2013, 10 am to 12 noon. Jeanine Frey, President, 478-922-5489.
 • AARP Driver Training: Please contact Robert Woodall at 478-397-6690 for information and reservations.
 • NARFE: 2nd Wednesday of the month, 10 am-12 noon. Charles Farmer, President, 478-922-2453.
 • Ted Wright Senior Citizens Social Club: 2nd & 4th Thursday. Betty Lou Lovain, President, 478-922-7774.
 • Warner Robins Senior Citizens Social Club: 2nd & 4th Tuesday. Van Adams, President, 478-923-2174.
 • LMNO (Ladies and Men's Night Out): For information call 478-923-0229.

Support Group for Caregivers of Frail Elderly Family Members

First & third Tuesdays of each month, 3:30-5 p.m., 6060 Lakeside Commons Place (off Bass Rd.), Macon. Call Martha Duke at 478-808-6957.

The Gospelaire Quartet Outreach Ministry

The Gospelaire Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.
 For additional information call 478-929-3816.

Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Theatre Macon
 438 Cherry Street, Macon

478-746-9485
 • *The Three Musketeers*: March 1-9

Divorce Recovery Group
 First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.
 For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.
 DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.
 For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
 478-397-6568 or 478-788-2262

New Dimension of Praise International Ministries, Inc.
 Uletha Durham, Pastor, 207 S. Davis Dr., Warner Robins, Church: 478-329-8780, Cell: 478-283-9494

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Thursday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: chiefstrib@cox.net.

Bare Bulb Coffee

1117 Highway 96, Suite 100, Kathleen. For schedule of events and information call 478-787-3482 or email nikki@barebulbcoffee.org.

A "brief" Run to Fight Colon Cancer

The undy 5000 5K Run/Walk. Sat., March 8, 9:00 a.m., Wesleyan College. For details call the Coliseum Cancer Institute at 478-765-4805.

General Business Directory For Seniors

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Age gives more personal meaning to written word

by SUSAN LARSON

Some years back we went to Branson. It was wonderful. I'll never forget how simple it was to get around. All the restaurants, shops and concert halls were within walking distance of our motel. But many senior tourists came by bus and I'll never forget how they all wore name tags with the company logo and bus number around their neck.

Surely they didn't need those tags to remember their own names, did they? It must have been only to help them remember their bus. Right?

But as I get older, I get wiser, and I better understand the importance of the written word, for whatever reason. And the world today is much more complicated. For example, back in the day, we didn't have TV remote controls that we could misplace. The dial was right on the television where it couldn't get lost. Now we have not only one, but four remote controls, which I keep track of with labeled sticky dots.

We used to have only three channels. For Channel 2, we turned that dial that could not be lost to Channel 2. Today, for Channel 2, I have to find the remote with the sticky dot labeled "cable" and hit 3. If I want high definition, I find the "HD"

remote and hit 803. Then there's surround sound, but I lost the sticky note explaining which buttons to press and in what order and I'm embarrassed to ask my husband for directions again.

At the grocery store it used to be shop, pay, go. Now I have to remember if the store I'm in uses those laminated savings cards, and if so, where I put it. About a year ago, I bought three canvas grocery bags, but I always left them in the back seat of the car. Then Publix gave out little green stickers to place on the

windshield asking "Do you have your bags?" This actually works! Every time I shop I dutifully sling all three bags over my shoulder. Only problem is, at the checkout, I get so carried away chitchatting with the person behind me – you'd be amazed how many columns I get that way – that the clerk bags up all my groceries in plastic and I hate to hold up the line asking her to rebag them.

Then there's the Wednesday senior discount. It seems at my age I wouldn't have to say anything, but sometimes a teenage cashier will

ring me up before I mention it, and then it's too late. You know what? I think I might make a little tag to put around my neck that says "I am a senior citizen. I have bags." And maybe, considering the world's not getting any simpler and I'm not getting any younger, it might not be a bad idea to put my name on it.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

Everybody Talkin' Bout Heaven Sho Ain't Goin'

by JANE WINSTON

March 21, 22 and 23 Heart's Desires Productions will bring to middle Georgia audiences, for the first time, the musical *Everybody Talkin' Bout Heaven Sho Ain't Goin'* at the Historical Douglass Theatre on Martin Luther King Jr. Boulevard in Macon. Show time is 7:15, tickets are \$18.00 and the reservation box office number is 478-742-2000.

Venis Glover is the writer and director of the production. She was born in Perry, graduated from Northside High School and Fort Valley State University. She taught for a while in both Bibb and Houston Counties but ultimately gave that up to free-up time to be on stage (and she has been on all stages in the local area) and to follow her dream of sharing the word of God through the



Venis Glover

dramatic arts

The setting is the Depot of Heavenbound Railways where the motto is "getting you where you think you're going fast, but where you're actually

going faster because everybody talkin' bout heaven sho ain't goin'!" A caravan of Sojourners gather at the station, some looking forward to their journey and some fearful of it, but they all take a ticket and discover whether they are headed on a Northbound or Southbound train. The musical numbers enhance each character's reality and are memorable thanks to the gifted and dynamic talent of the musical director Christopher D. Graddick.

Venis guarantees an evening to experience every human emotion possible as you sing, dance, clap, cry and ponder whether or not you can make a difference while on earth and after!!

Jane Winston is a freelance writer in the local area. You may contact Jane at 478-542-1642 or jwins1939@gmail.com.



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