

2016

LIFE LINES

October-November December



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Volume 5, Issue 4
4th Quarter-2016



By the time this newsletter reaches you – we hope you will detect at least an inkling of “crisp” in the air. We’re ready! We’re ready for sweaters and boots and all things fall and it seems like it takes longer and longer to arrive each year. But that’s life – right – and we learn to change and adapt and try new things. The good news is – it’s still warm enough to exercise outside, fish and maybe your gardens are still producing!

Hopefully you all will take advantage of some of activities found inside – health fairs, flu shots, exercise classes and lots of special events. And if you have any spare time – if you’re not already doing it – think about volunteering at DMH a half day a week. We’ve got lots of opportunities and need the extra smiles. Happy Fall y’all!

Noel, Kathy, Donna and Melanie

SPECIAL EVENTS

- Health Fairs
- Power of Pink Lunch/Walk
- Flu Shots
- Jewelry Sales
- Holiday Lunch
- Gala
- Lights of Love

ONGOING ACTIVITIES

- Exercise & Line Dancing
- Support Groups
- Wellness
- Breakfast & Dinner Clubs
- Trips

MATURE LIFESTYLE RESERVATION LINE

256-973-3222

SPECIAL/COMMUNITY EVENTS

Grace Point Church Community Health Fair October 1, 2016 10:30am-4:00pm	Medicare Update/2017 Morgan A&B October 5, 2016 Speaker: Cissy Pearson Must RSVP: 256.973.3222	Flu Shots Wednesday, Oct. 19th 7:000am – 11:00am Decatur Campus Morgan A & B Please wear short sleeves No appt. necessary Must have a current Mature LifeStyle Card	Gala XXII December 9, 2016 Ingall's Harbor Pavilion John A. Caddell Award Recipients: DeLoain Burgess and Rodney Harney , M.D. Tickets \$350 per couple
Power of Pink Walk October 23, 2016 FOUNDER'S PARK AMPHI-THEATER Activities/Food/ Other Vendors begin@12pm Walk begins @ 2pm For more information or for a registration form please call 256.973.2187	DMH Volunteer Jewelry Sale Nov. 8 & 9, 2016 7am-6pm Parkway Campus Baugh Wiley Smith Classroom Nov. 10 & 11, 2016 7am-6pm Decatur Campus Plaza 1 Lobby	Holiday Lunch December 1, 2016 @ 11:30am Parkway Campus Bob Wiley Smith Classroom Must RSVP: 256.973.3222	Lights of Love Tree lighting Ceremony December 15, 2016 @5:30pm Plaza 1 Lobby

WELLNESS & SUPPORT

Free Blood Pressure Checks

1st and 3rd Wednesday: 9am—11am Decatur Morgan Hospital-Parkway Campus—Main Lobby
2nd and 4th Wednesday: 11am—1pm Decatur Morgan Hospital—Decatur Campus—Main Lobby

Prostate Cancer Support Group

Every 3rd Tuesday at 6pm at Decatur Morgan Hospital, Morgan A&B—Decatur Campus.
For additional information, please call Melanie Odom 256-973-2184. No cost.

Pulmonary Pals

Every 2nd Thursday of every other month at 11am. (Lunch provided) For reservations and additional information, please call Melanie Odom at 256-973-2184. No cost

Bosom Buddies

Every 3rd Monday at the Decatur General Campus in Morgan Room A&B at 6pm. Each person is asked to bring a finger food to share with the group. Drinks and paper products are provided. For more information, please call Melanie Odom at 256-973-2184.

Today is the oldest you've EVER been and the youngest you'll EVER be again!
Eleanor Roosevelt

****Hospital Volunteers Needed****

The areas where Volunteers are needed are listed below:

Admissions: Friday mornings

Info Desk: Tuesday Afternoon

Plaza I: Tue/Thurs/Fri mornings
and Mon/Wed Afternoons

Become a Volunteer.

You could make a difference in the lives of so many!

Decatur Morgan Hospital
Is proud to be recognized as
A Tier 1 Preferred Hospital



AlabamaBlue.com/HTN

DecaturMorganHospital.net

EXERCISE

STRETCH & FLEX CLASS

Tuesdays & Thursdays

8:30 & 11:00 am

St. Paul's Lutheran Church

\$10 per month

NO CLASS ON DECEMBER 20 & 22



ADVANCED LINE DANCING

Mondays @ 4:30pm

Camp Bluebird Room

Decatur Campus

FREE!



Wellness Center

2349 Danville Road , SW

256.973.4900

Monday-Thursday 5:00 am—8:00 pm

Friday 5:00 am - 6:00 pm

Saturday 8:00 am -1:00 pm

Sunday CLOSED

\$25 per person monthly

\$40 per couple monthly

Classes are open to all Wellness Center members. Some classes have limited capacity. See or call a staff member for more information about classes.

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 am	Morning Yoga		Morning Yoga		
8:30 am					
9:00 am	SS Classic Water Aerobics		SS Classic Water Aerobics		Water Aerobics
9:30 am					
10:00 am		SS Yoga		SS Yoga	
10:15 am					
5:00 pm					
5:30 pm	Fitness Challenge Group	Fitness Challenge Group	Fitness Challenge Group	Fitness Challenge Group	

SS = Silver Sneakers



Decatur Campus
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 Decatur, AL 35601
 256.973.2184

Hours: Monday-Thursday
 9am—3pm

decaturmorganhospital.net

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Mailing Address Line 1
 Mailing Address Line 2
 Mailing Address Line 3
 Mailing Address Line 4
 Mailing Address Line 5

TRIPS & OUTINGS

Breakfast Club

8:30 am
 BYOB - (buy your own breakfast)

October 14, 28
 Golden Corral

November 11, 25
 BoJangles

December 9, 23
 IHOP

Dinner Club

5:00 pm
 BYOD- (buy your own lunch)

October 11
 Red Lobster

November 8
 Francisco's

December 13
 Lucina's

Oct. 19-22 Fall Foliage Mt Airy NC home of Andy Griffith, Charlotte, Billy Graham Library, Nascar Museum, Tour of Rock Hill and Rock Mill SC plus a dinner Musical At Naraway productions, Three nights lodging, Three dinners, three breakfasts. Sgl. \$729 ea., Dbl. \$589 ea. Tpl. \$559 ea. Qd. \$539 ea.

Nov. 16-19 Christmas at the Galt House (Louisville) Three night lodging, Three dinners, three breakfast, two musical shows, KY derby museum, drive under Louisville in the caves, Sgl. \$769 ea. Dbl. \$649 ea. Tpl. \$639 ea. Qd \$ 629 ea,

Nov. 11-12, Grande Ole Opry at the Ryman plus Christmas Shopping galore.. One night lodging, One dinner, One breakfast, Sgl. \$299 ea. Dbl. \$239 ea, Tpl. \$229 ea. Qd. \$219 ea

Dec. 7-10 Branson Christmas, Three nights lodging, Two dinners, One lunch, Three breakfast, Four shows, Sgl. \$609 ea. Dbl. \$509 ea. Tpl \$499 ea. Qd. \$489 ea

For a complete list of tours contact:

***Fred at 256-383-3594 or
 Fred@connectionforthelord.org***