

The Scoop



January 2022

Happy New Year!

Oconee County Senior Center

3500B Hog Mountain, Watkinsville, GA 30677
(706) 769-3979 www.oconeecounty.com

Open Monday through Thursday, 8 am to 4 pm

Find us at www.oconeecounty.com.

Look for us on Facebook!

Welcome to the Scoop newsletter. Our goal is to provide Oconee County Seniors with the most up to date information to help with their daily lives.

Oconee County Senior Center Mission: To positively impact our community by creating opportunities for healthy aging through social engagement, physical activity and well-being, civic involvement, creativity, and lifelong learning.

Oconee County Senior Center Goal:

To give all our members a sense of belonging, providing them with programs that contribute to their well-being, and helping to keep them healthy, happy and informed.

Senior Center News

As of January 10th, the Senior Center will be open for all active members Monday through Thursday. Transportation and meals will be available those same days. There will be limited seating in the dining room and meal reservations must be made three days in advance. On Fridays, the Senior Center will be open for billiards and card games. Please remember that the schedule is always subject to change due to COVID. Please check your email or the Senior Center page at www.oconeecounty.com for updates.

Things To Do In The New Year

1. Be more active
2. Play in the snow (*if it snows*)
3. Find a nearby park where you can walk
4. Make new friends
5. Get together with old and new friends
6. Plan a road trip and then go
7. Listen to your favorite music
8. Try a new music genre
9. Watch your favorite movies
10. Pet an animal
11. Resolve to love more
12. Tell your loved ones how much you care
13. Hold hands more with your loved ones
14. Play games
15. Do some jigsaw puzzles (*plenty available at the Senior Center*)
16. Eat healthy
17. Love yourself



"The bad news is time flies. The good news is you're the pilot." -- Michael Altshuler

Stopping by Woods on a Snowy Evening (Robert Frost)

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

Quotable Quotes (rd.com)

"Do what is right, not what is easy nor what is popular." —*Roy T. Bennett, author*

"Start where you are. Use what you have. Do what you can." —*Arthur Ashe, American tennis player*

"You can, you should, and if you're brave enough to start, you will." —*Stephen King, author*

"For every minute you are angry, you lose sixty seconds of happiness." —*Ralph Waldo Emerson, author*

"Everyone you will ever meet knows something you don't." —*Bill Nye, the Science Guy*

"Challenges are what make life interesting and overcoming them is what makes life meaningful." —*Joshua J. Marine, author*

Upcoming Events at the Senior Center

Tuesday, January 11th – Pajama Day – Remember to wear your PJs.

Monday, January 17th – the Center will be closed in observance of Martin Luther King Day

Thursday, January 20th – Join us for some tasty Hot Chocolate with all the fixings.

What to Eat on New Years Day

All around the world, there are New Year's food traditions. Different cultures consider certain foods to be fortuitous for the New Year, especially when eaten right as the clock strikes 12. In Chile, it's lentils, while in Spain, it's 12 white grapes. In case you needed any excuse to indulge in doughnuts and pretzels, several cultures believe ring-shaped foods represent coming full circle. And on New Year's Day, the traditional Southern spread consists of black-eyed peas and collard greens (symbols for wealth—coins and green folding money, respectively), ham or pork (for prosperity), and cornbread (for gold).