

# Senior News

April 2019



## Senior of the Month



### Kathy Gray

Kathy was born and raised in New Orleans, LA. She was married to her husband for 37 years and is now a widow. She has 2 children that are now married and live in other states. Kathy graduated from Loyola University. She is retired from Johnson and Higgins. She moved to Slidell in 1980 and joined Crossgates 3 years ago with a friend. She loves coming to Water Aerobics classes at Military and working out on the machines upstairs. Kathy also joins us for our luncheons each month and recently joined us on our trip to the Racetrack in which she bet and won "big" on the 1st race!! She loves making crafts and gardening. We love having Kathy as part of our Fitness Family!

## Senior Lunch at Military Cafe

Lunch is held at our Military Café on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month from 10:30-11:30. The cost is \$6 per lunch. Lunch includes Chef Trip's choice for the Main Entrée, a drink, coffee and a cookie.

When you pay then you will receive a ticket as proof of purchase. This ticket will then go into a drawing to win a free Senior Lunch at a later date. **2 Lucky Winners** will be. **You must sign up at the front desk at Military (985) 643-3500, no later than Wednesday, the day before the lunch to make sure there is enough food available.**



## Birthdays for April

The first Monday each month at Military in Studio One  
We Celebrate YOU! Come and join us for cupcakes.



## Calendar of Events

Date	Location	Event
4/1/2019	Military	12:15pm April Birthdays.
4/4/2019	Military	10:30am Sr. Luncheon..Must sign up at the front desk by Wed. 4/3
4/8/2019	Military	12:20 Bingo
4/10/2019	Pontchartrain	8:15am Muffin/Donut Social
4/11/2019	Gause	1:00pm Bunco
4/16/2019	Pontchartrain	12:20pm Pokeno
4/18/2019	Military	10:30am Sr. Luncheon.. Please sign up by at the front desk by Wed 4/17
4/21/2019	All clubs	Happy Easter!! All clubs will be closed!!
4/25/2019	Gause	10:00am Muffin Social
4/29/2019	Military	12:30pm Springtime Potluck

## Coffee and Muffin Social

Pontchartrain, Wed, April 10th at 8:15am

Gause, Thurs, April 25th at 10:00am





## Bingo at Military

Monday, April 8th

12:20pm Studio One

\$5.00 to PLAY... PRIZES to WIN!!!

## Bunco at Gause

Thursday, April 11th

1:00pm Mind Body Studio

\$5.00 to play...Prizes to win!!!



## Pokeno at Pontchartrain

Tuesday, April 16th

at 12:20pm Mind Body Studio

Bring \$3.00 in change to play (preferably dimes & nickels) plus one quarter.



We have a new Facebook Page  
Crossgates Senior News

SMH SEMINAR: No Seminar in  
April. Will resume in May.



Potluck by the pool at  
Military

Monday, April 29th at 12:30pm

Please sign up at the front desk to  
bring a dish to share.

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