



**JANUARY
2025**

ADULT 50+ NEWSLETTER

INCLUDED IN ADULT 50+ MEMBERSHIP:

(ANNUAL FEE=\$40.00)

TUESDAY:

Chair Yoga
9:30AM



Chair Volleyball
10:30AM
(2nd & 4th Tues)

Sit Fit and Bingo-
Brooklet Rec
10:30 am

WEDNESDAY:

Walking Class
9:00AM



Scrabble
10:00AM

THURSDAY:

Sit Fit
9:30 AM



Bingo
10:30AM

Silver Liners
2:00PM

UPCOMING EVENTS

JANUARY 7TH:

Brooklet's First 50+ Class
(Every Tues at 10:30- Sit Fit
and Bingo)

JANUARY 10TH:

Field Trip to Coleman House

JANUARY 21ST:

Tech Class in Brooklet

OTHER ADULT PROGRAMS

(*SEPERATE COST REQUIRED*)

- Regina's Line Dancing
- Cornhole
- Softball
- Pickleball
- Basketball
- Kickball
- Soccer
- Flag Football



www.bullochrec.com
Aquatic Classes @ Splash in the
Boro-Visit
www.splashintheboro.com for
more info!

MORE INFO :
TBURGESS@BULLOCHREC.COM

2025

Happy New Year

BULLOCH COUNTY
recreation
and parks

FUN FACTS OF THE MONTH

- The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon.
- About 1 million people gather in New York City's Times Square to watch the ball drop.



GOOD LUCK SOUP!



- 12 ounces smoked sausage
- 2 medium onions diced
- 2 cloves garlic minced
- 16 ounce greens (Fresh or Canned)
- 2 (15 ounce) cans black eyed peas drained & rinsed
- 1 (15 ounce) can Great Northern beans, drained & rinsed
- 1 (10 ounce) can diced tomatoes
- ½ teaspoon onion flakes
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- 1 bay leaf
- 4 cups chicken broth

1. Sauté sliced smoked sausage and diced onion in pot on heat over medium-high
2. Add the remaining ingredients, and stir.
3. Bring to a boil, cover, and reduce heat to low.
4. Simmer for 2-4 hours, stirring occasionally to make sure the soup doesn't stick to the bottom of the pot. (The longer the soup cooks, the better)
5. Remove bay leaf, and enjoy!

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