



2019

Antoinette's News

Hello guys starting next week we will start Ageless Grace on Tuesdays 12:00PM-1:00PM. Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain - analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination - addresses all 21 physical skills needed for lifelong optimal function. All done while sitting.

Tai Chi

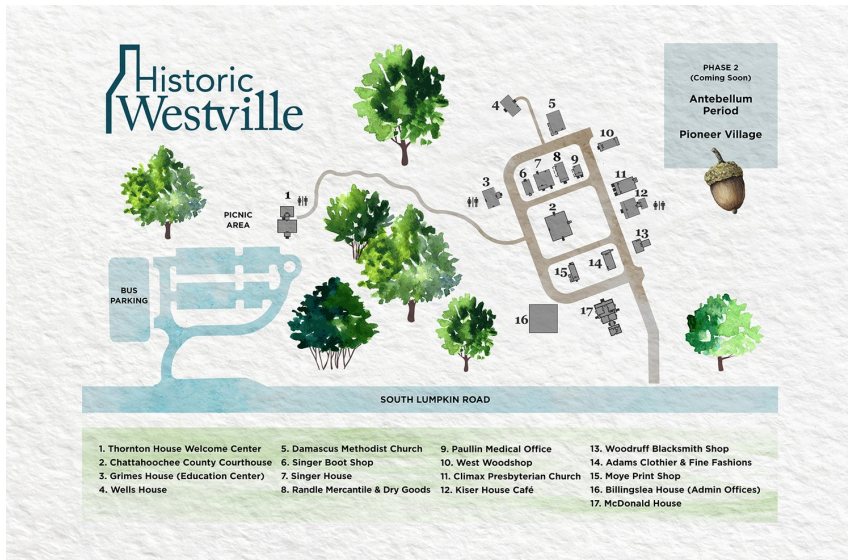
太極

Has officially started please join us every Monday 10:45-11:15 we had a great turn out for our very first class.

The Senior Center will be closed on Tuesday, **November 12th**. The JOY Club is going on a trip to Bullock House in Warm Springs that day. The Center will open for the Happy Days Travel Club to have their monthly meeting at 1:00 on the 12th. Business will resume as usual the next day. If you are going to Warm Springs you need to be at the Center between 8:45—9:00. The bus is leaving at 9:00.

**POTLUCK
BINGO**
November 21st
Dinner at 5:00
Bingo at 6:00





The Happy Days Travel Club has a trip scheduled for November 7th to Columbus, Georgia to visit the Lunch Box Museum and Historic Westville.

Please join us to Honor our
Veteran Members

When: November 15th
Where: Lamar County Senior
Center
Time: 11:00 am



Music with Tara

If you have not stayed for Music Therapy with Tara you are missing out on fun. She comes in once a month to play the piano or guitar and to sing with us. She tries to pick out songs that remind us of our roots and bring back childhood memories.

She will be here on November 13th and December 11th. She comes around 12:00 and stays until 1:00.



happy



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Walking 9:15 Bingo 10:30 Exercise	2
3	4 9:00 Walking 9:15 Bingo 10:30 Tai Chi 12:00 Penny Pitch 1:00 Line Dancing Class	5 9:30 Game 12:00 Oil Painting Class 	6 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Connect Hearing	7 9:30 Crafts 	8 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Birthday Celebration	9
10	11 9:00 Walking 9:15 Bingo 10:30 Tai Chi 12:015 Penny Pitch 1:00 Line Dancing Class	12 Center Closed 1:00 HDTC Meeting JOY Club Trip Bullock House	13 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Music With Tara	14 9:30 Crafts 5:00–7:00 Potluck Bingo	15 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Diabetes Wellness Class	16
17	18 9:15 Bingo 10:30 Exercise 12:00 Penny Pitch 1:00 Line Dancing Class	19 9:30 Game 12:00 Ageless Grace 12:00 Oil Painting Class	20 9:00 Walking 9:15 Bingo 10:30 Exercise	21 9:30 Crafts 10:30 Bible Study 	22 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Games	23
24	25 9:00 Walking 9:15 Bingo 10:30 Exercise 1:00 Line Dancing Class	26 9:30 Game 12:00 Oil Painting Class 	27 9:00 Walking 9:15 Bingo 10:30 Exercise 12:00 Blood Pressure Check	28 Center Closed Happy Thanksgiving 	29 Center Closed	30

Thanksgiving

Wordsearch



E S Y S D X T M N R P P A A M
G C N E L S H K O E U S M U A
C I U A K R O L V W M T E T S
Y E V A I R X L E O P U R U H
Y L L E S D U N M L K F I M E
B V I E T Y N T B F I F C N D
D Y A M B H R I E Y N I A X P
M F P R A R A R R A P N D C O
N P S C G F A N E M I G Q N T
H A R V E S T T K B E G R I A
P I L G R I M S E S N O X R T
Z N K G J K V Z L R C A P V O
T H A N K S G I V I N G R H E
Y Q O W C R F C G A B E P C S
P T D U Z T S L B X M U M J Z

- AMERICA
- AUTUMN
- CELEBRATE
- CORN
- CRANBERRYSAUCE
- FAMILY
- GIVETHANKS
- GRAVY
- HARVEST
- INDIANS
- MASHEDPOTATOES
- MAYFLOWER
- NOVEMBER
- PILGRIMS
- PUMPKINPIE
- STUFFING
- THANKSGIVING
- TURKEY

