



*“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.”*

***Visit our Facebook page***

***Lamar County Active Life Senior Center***

***106 Veterans Drive Barnesville, GA 30204***

***Tele:770-358-5361***

***Antoinette Watts—Director***

***Amanda Kilchriss- Site Manager***

# OCTOBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Craft Day	2 9:00 Bingo 10:00 Yoga 11:00	3 <i>Movies &amp; Popcorn</i>	4 9:00 Bingo 10:00 Yoga 11:00	5
6	7 9:00 Bingo 10:00 Yoga 11:00 Group Games	8 Craft Day	9 9:00 Bingo 10:00 Yoga 11:00 Bible Study	10 <i>Movies &amp; Popcorn</i>	11 <i>Fall Festival</i>	12
13	14 9:00 Bingo 10:00 Yoga 11:00	15 Craft Day	16 9:00 Bingo 10:00 Yoga 11:00 Bible Study	17 <i>Movies &amp; Popcorn</i>	18 9:00 Bingo 10:00 Yoga 11:00	19
20	21 9:00 Bingo 10:00 Yoga 11:00 Group Games	22 Craft Day	23 9:00 Bingo 10:00 Yoga 11:00 Bible Study	24 <i>Movies &amp; Popcorn</i>	25 9:00 Bingo 10:00 Yoga 11:00 Jewelry	26
27	28 9:00 Bingo 10:00 Yoga 11:00	29 Craft Day	30 9:00 Bingo 10:00 Yoga 11:00 Bible Study	31 <i>Halloween Contest</i>		

## What is breast cancer?

Breast cancer occurs when cells in the breast divide and grow without their normal control.

Tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster.

About 80 percent of breast cancers begin in the milk ducts, about 10 percent begin in the lobules and a few begin in other breast tissues.

## Invasive breast cancer

Invasive breast cancer occurs when abnormal cells from inside the milk ducts or lobules break out into nearby breast tissue.

Cancer cells can travel from the breast to other parts of the body through the bloodstream or the lymphatic system. They may travel early in the process when a tumor is small or later when a tumor is large.

If breast cancer spreads, the lymph nodes in the underarm area (axillary lymph nodes) are the first place it's likely to go.

## Metastatic breast cancer

Metastatic breast cancer (also called stage IV or advanced breast cancer) is invasive breast cancer that has spread beyond the breast and nearby lymph nodes to other parts of the body (most often the bones, lungs, liver or brain).

Metastatic breast cancer is not a specific type of breast cancer. It's the most advanced stage of breast cancer.

## **Dates to Remember**

4th- Bingo with Cindy

8th- Bling T- Shirt Class \*

11th- Fall Festival

11th- Birthday Celebration

16th- Bingo/ Medicare with Britney

18th- Potluck Bingo

23rd—DJ Doug

24th- Paint and Pie

25th- Breast Cancer Awareness

25th- Joy Club Fish Fry

31st- Halloween Costume Contest/  
Celebration

Line Dancing every Monday at 1:30

Bingo every Monday, Wednesday and Friday  
at 9 am

Yoga held every Monday, Wednesday and  
Friday at 10am

Potluck Bingo is held at 10am

**Travel club meetings**

LC Senior Center  
Presents....

# FALL HARVEST

## *Festival*

FRIDAY

OCTOBER 11TH

106 Veterans Drive Barnesville, GA 30204

FROM 10:00AM - 01:00PM

*Lots of Things Gonna Be Happening Here:*

**CRAFT FAIR, MUSIC, FOOD TRUCKS, VENDORS, FACE  
PAINTING, FUN GAMES, RAFFLE PRIZES**

*For more information & ticketing::*

*Please call the office*

*Ask for Antoinette 770-358-5361*

**FREE  
ADMISSION  
& PARKING**



# Oktoberfest

## Word Search



**DIRECTIONS:** Find and circle the vocabulary words in the grid.  
Look for them in all directions including backwards and diagonally.



ACCORDION  
AUTUMN  
BAVARIA  
BEER  
BIERGARTEN  
BRASS BAND  
BRATWURST  
CAROUSEL

COSTUME  
DANCING  
DIRNDL  
DUMPLINGS  
GERMANY  
KEG  
LEDERHOSEN  
MUNICH

OKTOBERFEST  
POLKA  
PRETZELS  
RADISH  
SAUERKRAUT  
SINGING  
TANKER  
TENT

