

OCTOBER 2015

George M. Gibson

Toni Cova

Sr. Recreation Specialist

Jamie Davidson

Recreation Specialist

Chris Gonzalez

Recreation Specialist

Margie King

Recreation Specialist

Candice Tuosto

Recreation Specialist

Roberta Knighten

Community Services Director

George M. Gibson

Senior Center

250 N. 3rd. Avenue

Upland, CA 91786

(909) 981-4501

Hours of Operation:

Monday-Friday:

8:30am-5:00pm

Saturday:

Closed

Sunday:

Closed

GIBSON GABBER

General Information

Important Phone Numbers

Gibson Senior Center.....	909-981-4501	Recreation.....	909-931-4280
Fire Dept (Non-Emergency).....	909-931-4180	City Hall (General).....	909-931-4100
Police Dept (Non-Emergency).....	909-931-7624	Library.....	909-931-4200
Community Senior Services.....	909-621-9900	Access/Omni.....	909-379-7100
Dept of Aging & Adult Services...	800-772-1213	Social Security.....	909-891-3900

Dial 911 in the event of an emergency!

DVD Rentals

Cost: FREE

ON-GOING



Come check out your favorite DVD at the front desk!

We have many DVD's to choose from.

*Movies are property of the Gibson Senior

Center and must be returned within 72 hours.

Smart Cart

Cost: FREE

ON-GOING



Do you enjoy reading?

Did you know that you could check out library books at the Gibson Senior Center? We have a great selection of large print books from the Upland Public Library here for your convenience to check out.

Come to the Front desk and pick up a great read for FREE!

Vegetable Garden

Cost: FREE

ON-GOING



Your garden has a number of vegetables that are now ripe!

Feel free to pick the vegetables or herbs you need but please do not remove the plants by their roots.

We have 3-4 varieties of tomatoes and they are just ripening.

Fresh picked produce is placed in the Front Lobby DAILY!

For more information on what we are growing, please see our Volunteer Richard, Wednesday-Friday between 11am and 1pm

*Hot pepper plants available upon request

ALL DAY Activities - Billiards, TV, Puzzles

Cost: FREE

ON-GOING



Come join forces with our amazing Puzzle Players to exercise your Brain and learn new strategies. We have MANY puzzles to choose from.

Come play pool and socialize with the fun pool players and check out the newly re-felted tables. We also have TV, ping pong and foosball that are available most days depending on what is scheduled. Check at the front office daily.

Welcome Aboard Candice!!



We would like to welcome our new Staff Member Candice Tuosto!

Come get Familiar with our New Staff and come say Hi at the front desk!

We are committed to making your Senior Center Great!

Monday- Margie & Jamie

Thursday- Toni & Chris

Tuesday- Margie & Candice

Friday- Toni, Chris & Candice

Wednesday- Toni & Jamie

Closed Saturday & Sunday



www.ci.upland.ca.us



Mon	Tue	Wed	Thu	Fri
Sept. 28 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Computer I 10:00 - 11:00 Intermediate Tap I 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Sept. 29 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 10:00 - 11:30 Art Class 10:00 - 11:30 Yoga 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Sept. 30 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00- 11:30 Harmonica 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 1 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10 :00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 10:00 - 11:30 Holistic Health 12:00 - 1:00 Ballet 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 2 All Day: Billiards, Puzzles 9:00 - 12:00 HICAP 10:00-1:00 Multiple Myeloma Support Group 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Chair Volleyball 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab
Oct. 5 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Computer I 10:00 - 11:00 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:00 Computer II 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 6 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 10:00-11:30 Art Class 10:00- 11:30 Yoga 12:30 - 2:30 Knitting 1:00- 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 7 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00- 11:30 Harmonica 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:00 - 4:00 Autobiography 2:15 - 4:45 Ping Pong 2:30 -4:45 Computer Lab	Oct. 8 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold NO 10 :00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 9 All Day: Billiards, Puzzles, TV 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Chair Volleyball 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab
Oct. 12 All Day: Billiards, Puzzles, TV 8:00-12:00 Health Fair 9:00 - 10:00 Seniorcise 10:00 - 11:00 Intermediate Tap I 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong	Oct. 13 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 10:00 - 11:30 Art Class 10 :00- 11:30 Yoga 12:30 - 2:30 Knitting 1:00- 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 14 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00- 11:30 Harmonica 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:00 - 4:00 Autobiography 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 15 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 9:00-11:00 Legal Consultation 10:00 - 11:30 Yoga 10:00-11:30 Alzheimer's Assoc. 12:00-1:00 Ballet 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 6:00 - 8:00 "What to know when Hiring a Caregiver"	Oct. 16 All Day: Billiards, Puzzles 9:00 - 12:00 HICAP 9:00 - 11:00 Vein Screening 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Chair Volleyball 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab
Oct. 19 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Computer I 10:00 - 11:00 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:00 Computer II 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 20 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 10:00 - 11:30 Art Class 10 :00 - 11:30 Yoga 11:00-1:00 Blood Pressure Screening 12:30 - 2:30 Knitting 12:30- 1:30 Dr. Tony 1:00 - 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 5:00 - 7:00 Ice Cream Social	Oct. 21 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00- 11:30 Harmonica 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:00 - 4:00 Autobiography 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 22 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 10:00 - 11:00 Harmonica 10 :00 - 11:30 Yoga 12:00 - 1:00 Ballet 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 23 All Day: Billiards, Puzzles, TV 9:00-11:30 Hearing Screening & Presentation 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Chair Volleyball 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab
Oct. 26 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Computer I 10:00 - 11:00 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:00 Computer II 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Color Your Bliss	Oct. 27 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 10:00 - 11:30 Art Class 10:00 - 11:30 Yoga 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:30 - 5:00 Grub Club	Oct. 28 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Harmonica 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab	Oct. 29 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 2:00 Treasure Hunt 10 :00 - 11:30 Yoga 12:00 - 1:00 Ballet 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Caregiver Support Group	Oct. 30 All Day: Billiards, Puzzles, TV 9:00 - 2:00 Treasure Hunt 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Chair Volleyball 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab



Upcoming Events

Health Fair & Flu Shot Clinic

Cost: FREE

Monday, October 12th, 2015

8:00 am – 12:00pm

Annual
Event



For those 50 years and older, join us for this very informative Health Fair. Free screenings will be offered as well as give-aways! Free Flu Shots will be available on a first come first serve basis until either 12:00 pm or until the flu vaccine runs out. The regular seasonal flu vaccine will be administered. Please contact the front desk for more information (909) 981-4501
*Pre-Registration is not Required, First Come First served Basis

Ice Cream Social

Cost: FREE

Tuesday, October 20th, 2015

5:00pm–7:00pm

NEW



One of our generous sponsors is hosting a yummy ice cream social. Come satisfy your sweet tooth and mingle with your friends. Ice Cream will be served while supplies last.
**Pre-Registration is required. Call (909)981-4501 or stop by the front desk to sign up for this tasty event.

Billiards Tournament

Cost: \$5.00

Monday, October 26th, 2015

1:00pm-4:00pm

ON-GOING



Join us for a double elimination pool tournament on the last Monday of every month. Tournament includes a Lunch ticket for the day of the tournament. Reserve your spot at the front desk on the day of the tournament. Beginners welcome!

Prizes awarded to 1st and 2nd place winners!



Congratulations to our Winners from September: Wayne & Ruben



Grub Club - Fall Feast

Cost: \$4.00

Tuesday, October 27th, 2015

3:30pm-5:00pm

ON-GOING



Come enjoy some delicious Chili and Cornbread and a great time! Ticket is required for entry (no potluck dishes in lieu of ticket). This is the last Grub Club of 2015, you won't want to miss it!

Last day to purchase tickets if Friday, October 16th

Many thanks to our generous sponsors

Fun After Fifty - Bingo Every Wednesday!!

1:20pm

ON-GOING



Come have a blast playing Bingo!
You must buy your bingo pack before the game starts. Winnings paid out by Fun After Fifty.
Open to the public (Must be 18 years or older to play)

Bingo Packs will be sold between 10:30am and 1:00pm
Game Starts promptly at 1:20



Senior Services - Save the Date!!

Tech Help

Cost: FREE

Every Thursday

1:00pm— 4:00pm

ON-GOING



Having trouble using your electronic gadget?

Call (909) 981-4501 to schedule an appointment and Chris will show you how to use that new laptop, tablet, cell phone or camera. Appointments are scheduled in 30 minute increments.

Please bring in your gadget at the time of your appointment .

*Chris is unable to diagnose or repair your electronics. (No Wi-Fi)

Legal consultation for Seniors

Cost: FREE

Thursday, October 15th, 2015

9:00am-11:00am

ON-GOING



Consultations will be held at the Gibson Senior Center.

Call (909) 476-9252 to make and appointment.

Walk-ins welcome based on availability.

Legal Services Provided by: Inland Counties Legal Services

HICAP Consultations

Cost: FREE

Friday, October 2nd & 16th, 2015

9:00am-12:00pm

ON-GOING



Do you need help paying for prescriptions, utilities, food or Medicare Premiums? Call 1-800-434-0222 for an appointment with a trained HICAP Counselor. "We can help!"

Confidential and FREE of charge.

Walk-ins are welcome base on availability.



AARP Treasure Hunt

Cost: Varies per item

Thursday & Friday Oct 29th & 30th, 2015

9:00am—2:00pm

Annual Event!



Lots of new and used resale items will be sold.

Come on down and find a great bargain!

A Treasure Hunt you wont want to miss with prices you can't resist.

If you wish to donate gently used or new items, please drop them off at the Gibson Senior Center on :

Wednesday, October 28th from 1:30pm-5:00pm

For more information please call: (909)985-0353



The power to make it better.

AARP- Alive Driving "Full Course"

Cost: \$15/\$20

Monday & Tuesday, November 2 & 3, 2015

12:00pm-5:00pm

ON-GOING



The Course is \$15 for AARP Members or \$20 for non-members.

Registration is required and payment is due at the time of registration. Checks only and made payable to: AARP

Upon completion, you will receive a certificate which will get you a mature driving discount on your Auto insurance.

There will NOT be a Mature Driving Course in October.



The power to make it better.

FREE Wellness Education

-Join us for some very educational presentations to help you live your best life!

-Pre-Registration is required. Call (909) 981-4501 or stop by the front desk to reserve your spot.

Holistic Health Series - "Healthy Gut"

Cost: FREE

Thursday, October 1st, 2015

10:00am – 11:30am

ON-GOING



Come learn the individual treatments of Ayurvedic Medicine. They include diet recommendation, Spices, herbs, Oil treatments, pranayana-therapeutic breathing and meditation. Presented By: Yael Steinfeld, RNP, MSN, Certified Ayurvedic Practitioner
 **Pre-Registration is Required (909) 981-4501
 Monthly Series through December.
 "Balancing Glucose, Blood Pressure & Weight" - November 5th
 "Healthy Immune System" - November 19th

Alzheimer's Association Workshop

Cost: FREE

Thursday, October 15th, 2015

10:00am – 11:30am

ON-GOING



The Alzheimer's Association will be presenting on:
 "Memory Loss"

**Pre-Registration is Required call (909) 981-4501



What you need to know when hiring a Caregiver

Cost: FREE

Thursday, October 15th, 2015

6:00pm-8:00pm

NEW



There are several components to consider when hiring a caregiver. What are your current and potential future needs? What are the legal requirements and risks? How do you find a caregiver?

All options and requirements and risks will be reviewed and considered in this community discussion led by Lindsey Rehfeld, M.A., Executive Director of Visiting Angels



Dr. Tony

Cost: FREE

Tuesday, October 20th, 2015

12:30pm – 1:30pm

ON-GOING



Dr. Tony is a local Chiropractor and will be here on the third Tuesday of every month. This month he will be presenting on:
 "How to Form Healthy Exercise Habits"

Next month's topic is:

"How to Stretch & Strengthen your Back and Hips"-November 17th

Considering Cremation?

Cost: FREE

Wednesday, October 21st, 2015

9:00am-12:00pm

NEW



All are welcome to join this very informative presentation. Find out about affordable options and savings, veteran benefits, travel and relocation protection & Social Security benefits. Find out more information on making the best choice for you and your family.

Refreshments will be Provided!

**Pre-Registration is Required (909)981-4501



www.ci.upland.ca.us



FREE Wellness Screenings

-Come receive FREE preventative screenings to help you live your best life!

-Pre-Registration is required. Call (909) 981-4501 or stop by the front desk to reserve your spot.

UiC Vein Screenings

Friday, October 16th, 2015

Cost: FREE

9:00am– 11:00am

ON-GOING



Do you experience leg discomfort? Leg Pain? Varicose Veins? Restless leg syndrome? Skin Discolorations? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Experts from the UiC Vein Center will be here to answer all your questions and provide a free vein screening **Walk-Ins Welcome!**

Presented By:



UiC VEIN CENTER

Blood Pressure Screenings

Tuesday, October 20th, 2015

Cost: FREE

11:00am to 1:00pm

ON-GOING



Come get your blood pressure checked in the front lobby. Walk-Ins Welcome! Sponsored by:



Come Learn The ABC's of Hearing!

Friday, October 23rd, 2015

Cost: FREE

9:00am– 11:30am

NEW



This Educational Hearing Health Talk will give you a more thorough understanding of the different types of hearing loss and potential side effects, treatments and treatment outcomes. Get information regarding hearing aids or other hearing related topics. Hearing Screenings Will Also Be Available. Registration is required.

Presented By:



Osteoporosis & Bone Density Screening

Tuesday, November 10th, 2015

Cost: FREE

10:00am-12:00pm

NEW



Come learn about Osteoporosis and how it can be prevented. Early diagnosis, treatments and risk factors are also discussed. Presented by :



www.ci.upland.ca.us



Fitness for FREE

Chair Volleyball

Every Friday

Cost: FREE

1:30pm-2:30pm



Come join the fun of this NEW activity by exercising with a beach ball challenging your body to a better fit!

Sign-up's taken at the front office, but Walk-Ins are Welcome. Sponsored By: CareMore



CAREMORE
It's what we do™

Tai Chi

Thursday, October 10th & 22nd, 2015

Cost: FREE

1:15pm-2:15pm



Tai Chi is a fun, low impact dance like exercise that helps with balance and stress management.

Sign-ups taken at the front office but Walk-Ins are Welcome!
Every 2nd and 4th Thursday



CAREMORE
It's what we do™

Miscellaneous

AARP Potluck



The American Association of Retired Persons Potluck will be held at the **Upland Recreation Center at 11:00am**

Every third Monday of the Month **October 19th, 2015**

For Club information please contact Bob Endicott at (909)985-0353
For other information regarding AARP please call: 1-800-424-3410

Fun After Fifty Special Luncheons



4th Tuesday of the Month—**October 27th, 2015** at Magnolia Park, Upland Recreation Center. **Doors open at 10:00am.**

Please call Annette (909)949-9777 for more information concerning other club activities

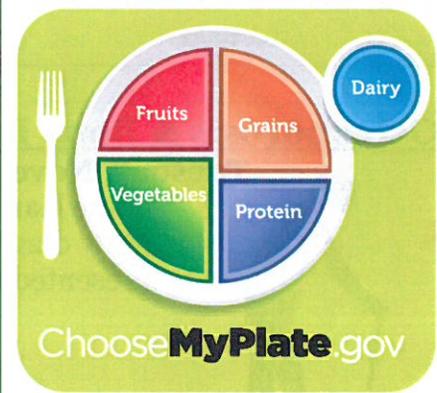
*For Casino Trips offered by Fun after Fifty,
Contact Lisa Short at (909)982-8754



A Special Thanks to our Dedicated Volunteers
Shirley, Richard, Tony and Joan, Millie & Mindy

We are always looking for volunteers!

**If you are interested in Volunteering at the Gibson Senior Center, Please see Jamie at the front desk.



Choose **MyPlate.gov**



www.ci.upland.ca.us



Support Groups

Multiple Myeloma Support Group

Friday, October 2nd, 2015

Cost: FREE

10:00am-1:00pm

ON-GOING



Have you or someone you love been diagnosed with Multiple Myeloma? This is an excellent way to meet and interact with other Multiple Myeloma patients, family members and, caregivers. Learn more about up to date information and treatment options for Multiple Myeloma patients.

For more information, please contact Charlene Pratt at carlene_pratt@yahoo.com

Family Care Giver Support Group

Thursday, October 29th, 2015

Cost: FREE

3:00pm-4:30pm

ON-GOING



Attention Family Caregivers! Do you feel overwhelmed that no one understands what you are going through? This support group focuses on the family caregivers of adults with brain impairing conditions (Alzheimer's, Parkinson's, Huntington's, MS, ALS, Stoke, Traumatic Brain injury, etc.)

For more information, please call Inland Caregiver Resource at (800)675-6694

Ongoing Enrichment

Clutter Chaos

Every Tuesday

Cost: FREE

1:00pm-2:30pm

ON-GOING



Are you a pack rat who saves everything? Are you tired of being surrounded by so much stuff?

All are welcome to join this very informative fun group

Guided Autobiography Writing Class

Wednesday, October 7th, 14th & 21st, 2015

Material Fee: \$20

2:00pm-4:00pm

ON-GOING



Tell the story of your life! Express yourself and create a written legacy. Each week you will learn tips to develop your writing skills. Course is free and Material fee is payable to the instructor.

**Pre-Registration is Required (909)981-4501

Poetry Group Has been **canceled** and will no longer be offered.

Color Your Bliss

Monday, October 26th, 2015

Cost: FREE

3:00pm-4:30pm

NEW



Join us for a break from your stressful day and enjoy the benefits of creativity and social interaction!. Did you know that coloring is a low-stress activity that allows an individual to unlock their creative potential. Most importantly it is considered a "Meditative Activity" that helps to relieve tension.

Every 2nd and 4th Monday, Starting Monday, October 26th, 2015

**Pre-Registration is Required (909)981-4501





Autumn Word Search



Can you find the Autumn words in the puzzle below?

h	t	b	x	t	n	y	e	l	l	o	w
b	r	o	w	n	s	e	j	j	s	l	s
g	b	h	v	t	t	p	y	u	q	i	c
c	q	q	z	f	x	a	e	j	u	c	a
m	l	e	a	v	e	s	c	a	i	w	r
c	j	s	y	i	l	g	b	o	r	k	e
h	a	r	v	e	s	t	o	d	r	i	c
f	s	e	u	o	r	a	n	g	e	n	r
w	a	d	k	l	a	p	f	q	l	r	o
s	s	l	d	q	f	x	i	g	x	a	w
k	b	m	l	y	l	h	r	c	x	k	p
a	p	p	l	e	b	h	e	y	c	e	h

rake	scarecrow	brown	yellow
squirrel	leaves	apple	red
bonfire	harvest	fall	pear
orange	acom		



www.ActivityVillage.co.uk - Keeping Kids Busy

Upcoming in November - Stay Tuned!

Thurs. Nov. 5th - Holistic Health Series "Balancing Glucose, Blood Pressure & Weight"
 Tues. Nov. 10th - Osteoporosis & Bone Density Screening & Presentation
 Wed. Nov. 11th - Day of Thanks for our Veterans" Donut & Coffee
 Tue. Nov. 17th - Dr. Tony "How to Stretch & Strengthen your Back & Hips"
 Thurs. Nov. 19th - Holistic Health Series "Healthy Immune System"
 Tues. Nov. 24th - Thanksgiving Dinner