



NEWS AND EVENTS OF THE AVON LAKE SENIOR CENTER AT THE OLD FIREHOUSE

# Talk on the Lake

## Special Events this Month!

**November 1st**

Set clocks back 1 hour.

**November 3rd**

Election Day.

VOTE. VOTE. VOTE!

**November 10th**

Veterans Pinnings 11:30am–1:00pm

**November 11th**

Veterans Day

**November 12th**

Vision Concerns Meeting 11:00am

**November 12th**

BINGO! with Sharon Nicholas 2:00pm

Always Best Care

**November 17th**

Senior Hot Lunch 12:00pm

Honey Cured Ham, Steamed Broccoli, Scalloped Potatoes AuGratin, Sliced Nut Roll

Blood Pressure Screenings 12:30pm

**November 19th**

Friendsgiving 12:00p

O'Neill Healthcare

**November 26th & 27th**

Closed for Thanksgiving



**AVON LAKE**

Receive severe weather notifications, closures, emergency information, or general updates. SIGN UP NOW! [AvonLake.org/Alert](https://AvonLake.org/Alert) or Call 440-933-6141.

**We collect aluminum pull tabs to help support the Ronald McDonald House.**

They generate thousands of dollars from the pop tab collection program every year and that helps keep the lights on!



SilverSneakers®

**Renew Active™**  
by UnitedHealthcare

Be sure to take advantage of our SilverSneakers® or Renew Active® memberships provided with your Medicare Supplemental Insurance.

## 5 fun facts about the month of November

Americans celebrate Thanksgiving each November, thus kicking off a holiday season that lasts until January 1. Though many see November as the start to a festive time of year, there's even more interesting and fun facts about the eleventh month of the year.

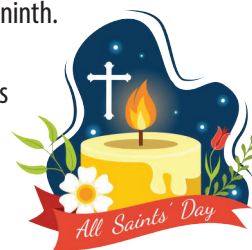
1. Like various other months on the calendar, November has something of a misleading name. November gets its name from the Latin word "novem," which means "nine." But today November is the eleventh month of the year. So is November a misnomer? Not exactly. November was the ninth month on the early Roman calendar. However, when the

### CALENDAR BY ROMULUS

|                   |                   |                  |                  |                     |                    |                     |                   |                    |                    |
|-------------------|-------------------|------------------|------------------|---------------------|--------------------|---------------------|-------------------|--------------------|--------------------|
| MARTIUS - 31 DAYS | APRILIS - 30 DAYS | MAYIUS - 31 DAYS | JUNIUS - 30 DAYS | QUINTILIS - 31 DAYS | SEXTILIS - 30 DAYS | SEPTEMBER - 30 DAYS | OCTOBER - 31 DAYS | NOVEMBER - 30 DAYS | DECEMBER - 30 DAYS |
|-------------------|-------------------|------------------|------------------|---------------------|--------------------|---------------------|-------------------|--------------------|--------------------|

Gregorian calendar was adopted and the Julian calendar was abandoned, November kept its name if not its spot in the monthly pecking order. Hence, November is still known as "November" even though it's now the eleventh month of the year and not the ninth.

2. If October goes out with ghouls and goblins on Halloween, which is celebrated on October 31, November begins a little more piously. That's because November 1 is All Saints' Day, a Christian solemnity, or feast day, that honors of the saints of the Christian church.



3. November is a significant month in world history. On November 11, 1918, at 5:45 a.m., an armistice was signed between the Allied Pow-



ers and Germany at Compiègne, France. The signing of the armistice ended hostilities on the Western Front, thus putting an end to World War I, which had begun more than four years earlier. The signing of the armistice ultimately led to the observance of Armistice Day on November 11, 1919.

Armistice Day was subsequently renamed Remembrance Day and

Americans celebrate Veterans Day on November 11. Both Remembrance Day and Veterans Day honor military personnel who served honorably in times of war, conflict and peace.

4. Topaz is the traditional birthstone of November. According to the Farmer's Almanac, the ancient Greeks believed topaz could make anyone who wore it invisible. Though that idea no longer holds water, topaz remains a symbol of honor and strength.



5. Upon his inauguration as President of the United States in 2021, Joe Biden became the sixth U.S. president with a November birthday. That tied November with July as the months



with the most presidential birthdays. In addition to President Biden, Presidents James K. Polk, Zachary Taylor, Franklin Pierce, James A. Garfield, and Warren G. Harding were all born in November.

# Fitness at the Old Firehouse



**Renew Active™**  
by UnitedHealthcare

**SilverSneakers®**

## Renew Active® & SilverSneakers™ compliant.

No charge for Renew Active or SilverSneakers members. Otherwise, there is an \$8.00 drop-in fee per class.

12 visit punch pass membership is available for \$60.00 which may be used for any of our regular group fitness classes.

## Fitness Levels

- 1** For people with limited mobility (e.g., MS, Parkinsons, Severe Arthritis).
- 2** For mobile people that may require a chair for some additional support.
- 3** For people with no mobility issues.

| MON                                                          | TUE                                           | WED                                    | THU                                       | FRI                                             |
|--------------------------------------------------------------|-----------------------------------------------|----------------------------------------|-------------------------------------------|-------------------------------------------------|
| 8:15-9:15<br><b>Advanced TRX*</b><br>Carrie                  |                                               |                                        |                                           |                                                 |
| 9:30-10:15<br><b>Stability</b><br>Beth                       | 9-10<br><b>Boom Muscle</b><br>Carrie          | 9:30-10:15<br><b>Stability</b><br>Beth | 9-10<br><b>Boom Muscle</b><br>Carrie      | 9:15-10<br><b>Chair Yoga</b><br>Crissy          |
| 10:30-11:15<br><b>Circuit</b>                                | 10:30-11:15<br><b>Stability Plus</b><br>Beth  | 10:30-11:15<br><b>Classic</b><br>Kelly | 10:15-11:00<br><b>Boom Move</b><br>Carrie | 10:15-11:00<br><b>Stability Plus</b><br>Heather |
| 11:30-12:15<br><b>Gentle &amp; Meditation Yoga</b><br>Sherri | 11:35-12:20<br><b>Gentle Yoga</b><br>Sherri   | 11:30-12:15<br><b>Gentle Yoga Flow</b> | 11:15-12:00<br><b>Yin Yoga</b><br>Crissy  | 11:15-12:00<br><b>Yoga Plus</b><br>Heather      |
|                                                              | 5:00-5:45<br><b>Slow Flow Yoga*</b><br>Sherri |                                        | 4:00p-5:00p<br><b>Yoga Flow</b><br>Sherri |                                                 |

\*SilverSneakers/Renew Active DO NOT APPLY to this class.

**3 ADVANCED TRX** Class uses the TRX suspension trainer that leverages gravity and the user's body weight to complete the exercises. This highly intensive conditioning class requires proficiency in the use of the TRX Suspension Trainer. THE CLASS WILL BE LIMITED TO 10 PARTICIPANTS.

\*SilverSneakers/Renew Active DOES NOT APPLY to this class.

**3 BOOM MUSCLE** Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill. This class is designed to work all major muscles with a variety of strength and conditioning exercises.

**2 BOOM MOVE** Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate-to-vigorous-intensity workout, exercising from a standing position.

**2 CIRCUIT** Standing upper-body strength work alternated with low impact cardio using a chair for standing support. A perfect 50+ class that incorporates stretching, balance, agility and strength, along with fun music. This class utilizes various equipment, such as weights, exercise balls, drumming sticks, and much more. A portion of the class is seated in chairs, no floor work.

**2 CLASSIC** Seated and Standing exercises to increase muscular strength, range of motion and activities for daily living.

**1 STABILITY** This class is designed to increase mobility and flexibility for all with limited range of motion. The program is especially helpful to those suffering the effects of Parkinson's Disease and Multiple Sclerosis. Exercises will focus on the four components of fitness: cardio, strength, flexibility and balance and are specifically designed to gradually improve overall fitness and to combat symptoms of disease.

**2 STABILITY+** Similar to our Stability Class, but more intense. This class has been set up for those with lesser mobility issues, but wish to improve their motion and flexibility.

**1 CHAIR YOGA** The chair serves as a stable foundation, allowing you to deepen your stretches, engage your muscles, and experience the benefits of yoga in a safe and comfortable manner.

**1 2 GENTLE & MEDITATION YOGA** A slower-paced class that pairs traditional Hatha postures with guided meditation, offering time to move mindfully and time to simply be still. Poses are held longer to focus on Breath Awareness, Alignment, Body Awareness, Improved flexibility, Relaxation & Balance, and Mind-Body Connection. Class finishes with a meditation practice to calm the nervous system and center the mind.

**2 3 GENTLE YOGA** Standing & seated yoga poses to increase flexibility, balance and range of motion. Modifications for poses will be offered, but students must be able to get down to the floor and up again unassisted.

**2 3 YIN YOGA** is a gentle and relaxing style of yoga that works deeply into the connective tissues and joints. Students must be able to get on and off the floor unassisted.

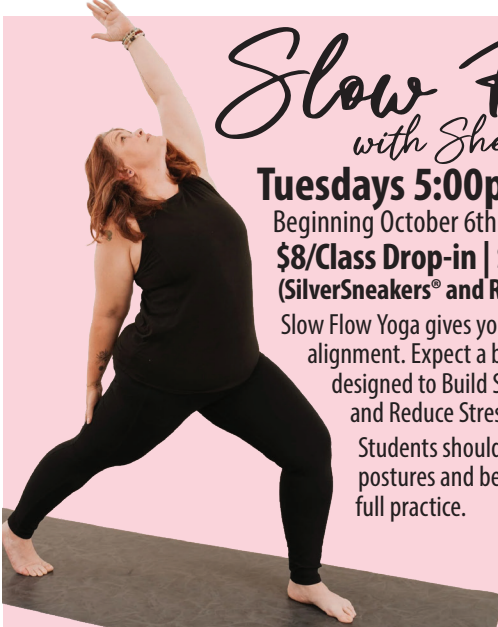
**3 YOGA FLOW** Flow-based (continual movement between poses) class tying breath to movement between individual postures. Focus will be on strengthening, lengthening, and stretching through a creative series of postures in constant motion. In order to thrive in a flow based class, your body should be healthy and free of injury and you should have an understanding of the individual postures.

**2 3 YOGA PLUS** Pilates, Weights, Core & more. Yoga Plus intertwines components of your favorite yoga class with common weight training exercises, Pilates movements and more. In this class you will get all the benefits that yoga has to offer plus some cardio, strength training and toning as well. Each class will be different and will allow you to work at your own pace as you continue on your journey to build strength.

# Friendsgiving

**Thursday, November 19 at 12:00pm**

**Stop by the office to sign up  
or call 440-930-4135!**

## Slow Flow Yoga

*with Sherri*

**Tuesdays 5:00p–5:45p**

Beginning October 6th at The Old Firehouse Community Center  
**\$8/Class Drop-in | \$60/12 Visit Punch Pass**  
 (SilverSneakers® and Renew Active® DO NOT APPLY)

Slow Flow Yoga gives you time to settle into each posture and refine alignment. Expect a blend of grounding sequences and longer holds designed to Build Strength, Improve Flexibility, Improve Balance, and Reduce Stress & Quiet the Mind.

Students should have some familiarity with foundational yoga postures and be comfortable moving at a steady pace through a full practice.

**This is a Level 2–3 Fitness Class**  
 Questions? Contact Brian Mahoney.  
 440-930-4135 or [bmahoney@avonlake.org](mailto:bmahoney@avonlake.org)

## Senior Strong



The Senior Strong focuses on mental health, wellness and building resilience in older adults. Thomas Hayes of The Far West Center will facilitate a topic each week.

One week each month will be dedicated to current events. If there are topics relating to mental health and coping that you would like addressed, please feel free to let us know.

**Thursdays mornings at  
11am–12pm at the Old Firehouse.**

*Far West Center is a private non-profit outpatient center providing mental health services for community residents and organizations.*

f a r w e s t c e n t e r

## Tree Tips

### Tree Planting, Part 3: Give Your New Tree a Good Start

You've picked your tree and found the right spot. Now it's time to plant. Taking a few simple steps can help your tree grow strong and healthy.

Start by digging a hole that is wider than the tree's root ball, but not deeper. Look for the spot at the bottom of the trunk where it begins to spread out into the roots. This area should be at or slightly above ground level. Planting a tree too deeply can cause problems later.

Place the tree in the hole and make sure it is standing straight. Fill the hole with the soil you removed. Gently press the soil down, but do not pack it too tightly. Then give the tree a good, slow watering.

Next, spread 2 to 3 inches of mulch around the tree. Mulch helps the soil hold moisture and keeps grass and weeds away. But don't pile mulch against the trunk. Leave a little open space around the base of the tree.

Does your new tree need a stake? Not always. If the tree stands firmly on its own, it may not need extra support. If it leans or the area gets strong winds, stakes can help. Use soft, flexible ties so they do not damage the trunk, and remove the supports after the tree becomes established.

Finally, remember that a newly planted tree needs regular watering. Keep the soil moist, but not soaked.

With a good start and a little care, your new tree can provide enjoyment for many years to come.



### Living With Deer in Avon Lake This November

November is an active time for Ohio's white-tailed deer. During the fall breeding season, known as the rut, bucks search for does, and deer may move more frequently as they travel. The season is a good reminder that we can enjoy seeing wildlife while taking a few simple steps to live alongside it safely.

Enjoy deer from a distance. Feeding deer may seem like a kind gesture, but it can encourage them to gather in one place and become accustomed to people. This can increase conflicts with neighbors, damage to landscaping, and the risk of deer crossing nearby roads. The best way to help wild deer is to let them find their own natural food.

Take extra care when driving. Deer are active at any time, but they are especially likely to move around dawn and dusk. During November, stay alert on roads near wooded areas and parks, watch for additional deer after one crosses, and slow down when you see deer near the road. If a collision seems unavoidable, brake firmly and stay in your lane rather than swerving into oncoming traffic or off the road.

Choose plants deer are less likely to eat. If deer regularly browse your garden, consider plants that tend to be less appealing to them. Native Ohio options include spicebush, serviceberry, black-eyed Susan, purple coneflower, and native grasses such as switchgrass. No plant is completely deer-proof, and hungry deer may eat plants they would normally avoid, but thoughtful plant choices can help reduce damage.

Deer are a familiar part of life in Avon Lake, and November offers a chance to appreciate them while being mindful of our shared surroundings. A few small choices—giving wildlife space, driving attentively, and planning a deer-resistant garden—can help make our community safer and more enjoyable for people and wildlife alike.

*Environmental Advisory Board tip: For more ideas, the Ohio Department of Natural Resources offers a list of native Ohio plants that are deer-resistant.*





## Avon Lake Women's Chorus Rehearsals

If you enjoy singing, laughter, & conversation with new friends, there's a spot for you in the

### Avon Lake Women's Chorus.

Convenient Monday Morning Rehearsals.

Start the week off with a smile!

9:30–11:30am (September–May)

### NO AUDITIONS!

Old Firehouse Community Center

100 Avon Belden Road

(Rt. 83 & Lake Road, Avon Lake)

(Convenient Parking)

Questions? Call Irene at 440-937-8827.

(Please leave message when prompted)

*Our 76th Year of performing local for independent/assisted-living residents, local groups/clubs.*

[501(c)(3) Non-Profit Organization – Federal ID#34-1427819]

## Friday Crafts



ALL crafters are welcome to join our very crafty people on Friday mornings from 10:00am–Noon. Whether your thing is beads, sea glass, knitting, crocheting, or needlepoint, the group will enjoy having you.

# HOT LUNCH

## NOVEMBER 17TH AT 12:00PM

\$7.00 | \$5.00 for Members | Free for 90+

— MENU —

Honey Cured Ham,  
Steamed Broccoli,  
Scalloped Potatoes  
AuGratin,  
Sliced Nut Roll

If you have paid for your lunch and you are unable to attend, you may find someone to fill your spot. No refunds will be given. You may drop your payment off in our office, mail it or register online at [www.AvonLakeRec.com](http://www.AvonLakeRec.com).  
**Payment due at time of registration.**

## Blood Pressure Checks

**Tuesday, Nov. 17th 12:30p–2:30p**

Evelyn from St. John Medical Center will be available to check blood pressures this month.



**University Hospitals**  
St. John Medical Center  
A CATHOLIC HOSPITAL



This month Sharon Nicholas from *Always Best Care* will be calling the numbers on Thursday,  
**November 12th at 2:00pm.**  
Call 440-930-4135 to reserve your spot.

## ASIAN MAHJONG



**Thursday's 12:30p-3p**  
**At The Old Firehouse**  
EASY TO LEARN • FUN TO PLAY  
NO SIGN-UP NECESSARY

*Bobbi Smedley*  
BCPP, IHHP, ER, RPE

Heal through the  
power of touch!



Relaxation & Sports Massage  
(Designed for individual needs)  
Raindrop Massage  
Lymph Massage  
Shoulder, neck, cranium, face massage  
Polarity Therapy  
Chakra Balancing & Tuning Forks  
Aromatherapy Massage  
Energy Bodywork  
Elemental Reflexology

## Newsletter Subscription Form

I would like a yearly subscription to the  
"Talk On The Lake" Senior Newsletter for a cost of \$12.00/year  
Single newsletters will continue to be sold at a cost of \$1.00 each.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_

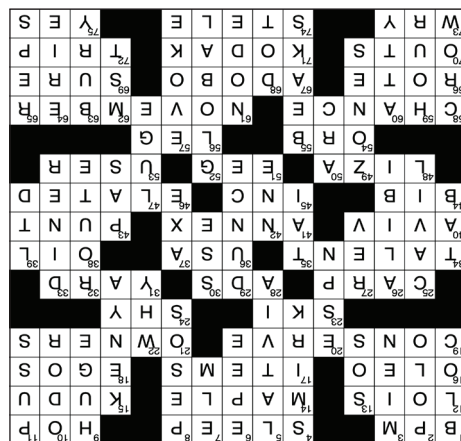
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Please submit this form along with your payment in person at the Old Firehouse or mail to:

**The Old Firehouse, 100 Avon Belden Rd, Avon Lake, OH 44012**

Checks payable to "The City of Avon Lake"



## Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner, or significant other.

First Thursday of each month 7pm–8pm

at Avon Lake United Church of Christ

32801 Electric Blvd., Avon Lake, OH 44012

Contact: Amy Boyd-Kirksey 216.383.3788

Email: [aboyd-kirksey@hopicewr.org](mailto:aboyd-kirksey@hopicewr.org)

## Meals On Wheels

If you are 60 or over, live alone, cannot drive and cannot cook for yourself, you are eligible for this free program offered through Neighborhood Alliance. To receive a hot, nutritional lunch Monday–Friday, call: 440-233-8768, Opt. 2.

## Residential Lock Box Program

Lock Boxes are safe, secure, and affixed near to the main entry of your home where only safety services will have access in emergencies. To order a residential lockbox, please visit [roperlock.com/product/avonlake](http://roperlock.com/product/avonlake) or call 1-800-466-9312 to request a *Crest Guardian Lock Box-Wall Mount* and use *Key Code: Avon Lake*. When your Lock Box arrives, call 440-933-8305 to schedule installation.

## Community Transportation

Available to all Avon Lake residents on Monday through Thursday 8:30 a.m. to 3 p.m. The transport van has a wheelchair lift available. Scheduling is done Thursdays and Fridays from 8:00am–12:00pm by calling (440) 930-4126. You may schedule up to three weeks in advance. There is no fee for this service. Appointments are taken on a first-come basis.

All passengers must return a completed Passenger Transportation Information Form prior to their first trip. Forms are located at City Hall, at the Old Firehouse Community Center and online at [www.avonlake.org](http://www.avonlake.org).

### MONDAY

Medical Appointments and Drug Mart Plaza

### TUESDAY

Medical Appointments, Giant Eagle, and Learwood Square.

### WEDNESDAY

Medical Appointments, Avon Commons, Aldi and Wal-Mart.

### THURSDAY

Medical Appointments, Meijer's, local banks, and hair appointments.

## DRIVE-UP VETERAN PINNING CEREMONY



**Tuesday, November 10 11:30am-1:00pm**  
**Old Firehouse parking lot.**

**Brief ceremony includes pinning & box lunch for Veteran & spouse.**

**REGISTER BY FRIDAY, OCTOBER 30 Call 440-930-4135.**

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 **Right at Home**  
In Home Care & Assistance

 **RESIDENCE**  
HOME CARE

**Home Care**  
on the Lake



## WEDNESDAY MOVIES AT 10AM

### NOVEMBER 4

#### Breadwinner

PG | 1h 40m | Comedy

Cast: Nate Bargatze, Mandy Moore, Colin Hanks

When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters.



### NOVEMBER 11

#### The Art of Racing in the Rain

PG | 1h 49m | Comedy, Sport

Cast: Kevin Costner, Milo Ventimiglia, Jackie Minns

Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.



### NOVEMBER 18

#### Ordinary Angels

PG | 1h 58m | Drama

Cast: Hilary Swank, Alan Ritchson, Emily Mitchell

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter.



### NOVEMBER 25

#### Breakdown: 1975

R | 1h 32m | Documentary

Cast: Jodie Foster, Patton Oswalt, Josh Brolin

Breakdown 1975 looks at the diverse palette of movies released in that year and attempts to analyze the movie industry in the wider context of American culture.

Serving income-qualified residents of Avon & Avon Lake.



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Open M-F, 10am - 2pm.  
Closed Fridays from  
Memorial Day–Labor Day

ON-SITE FOOD PANTRY

EMERGENCY FINANCIAL  
ASSISTANCE

PERSONAL DEVELOPMENT  
PROGRAMS

# THANKSGIVING

by Jimmy and Evelyn Johnson

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden quotation by Charles Dickens. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

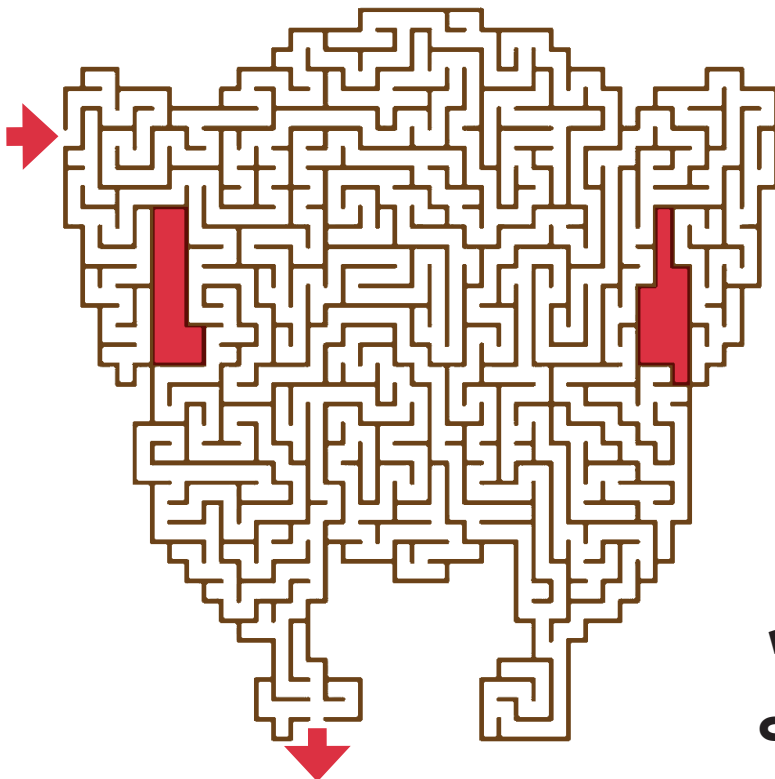
CELEBRATE  
CRANBERRIES  
DRUMSTICK  
FEAST  
FOOTBALL

GIBLETS  
GRATEFUL  
HOLIDAY  
INDIANS  
LEFTOVERS

NOVEMBER  
PIE  
PILGRIMS  
PLATTER  
PUMPKIN'S STUFFING

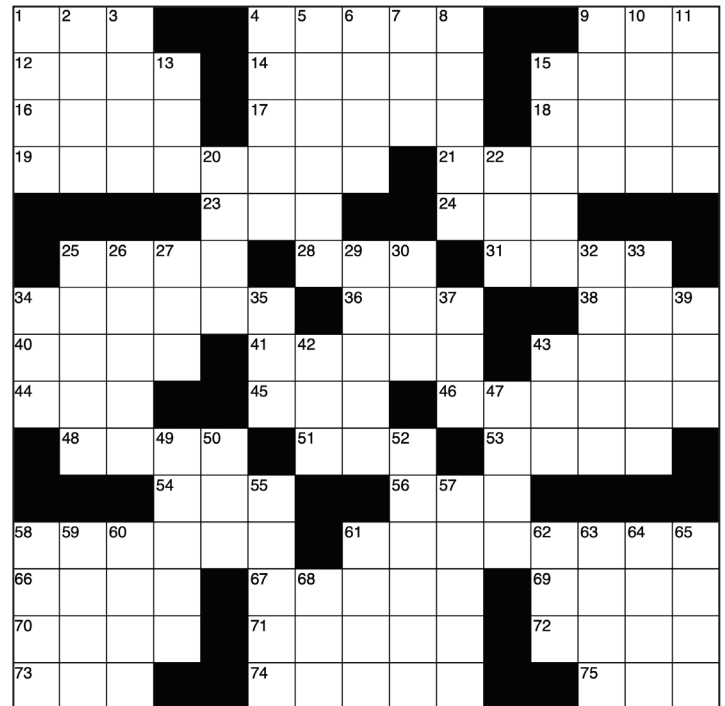
THANKSGIVING  
THURSDAY  
TRADITION  
TURKEY  
YAMS

## GOBBLE UP THAT TURKEY!



# TIME

by Jimmy and Evelyn Johnson



Solution on page 4.

### ACROSS

- |                        |                                                   |                                                   |
|------------------------|---------------------------------------------------|---------------------------------------------------|
| 1 Pace                 | 31 Three feet                                     | 54 Bolus                                          |
| 4 State of bodily rest | 34 Knack                                          | 56 Limb                                           |
| 9 Skip                 | 36 Adopted time zones and began using DST in 1918 | 58 Random                                         |
| 12 Superman's Ms. Lane | 38 Cooking fat                                    | 61 Eleventh month of the year                     |
| 14 Tree                | 40 Tel _____ (Israel's capital)                   | 66 Memorization                                   |
| 15 Antelope            | 41 Ell                                            | 67 Philippine dish with marinated chicken or pork |
| 16 Margarine           | 43 Parlay                                         | 69 Certain                                        |
| 17 Objects             | 44 Baby eating apparel                            | 70 Not ins                                        |
| 18 Id's counterparts   | 45 Business abbr.                                 | 71 Film brand                                     |
| 19 Keep safe from loss | 46 Exultant                                       | 72 Slip                                           |
| 21 Proprietors         | 48 Ms. Minelli                                    | 73 Contorted                                      |
| 23 Slide on snow       | 51 Electroencephalograph (abbr.)                  | 74 Inscribed stone                                |
| 24 Timid               | 53 Exploiter                                      | 75 Affirmation                                    |
| 25 Fish                |                                                   |                                                   |
| 28 Advertisements      |                                                   |                                                   |

### DOWN

- |                        |                       |                                        |
|------------------------|-----------------------|----------------------------------------|
| 1 Alignment            | 25 Raise an objection | 50 Electric spark                      |
| 2 Horse game           | 26 Excuse             | 52 Worldwide                           |
| 3 Bearing              | 27 Reverend (abbr.)   | 55 Birds noses                         |
| 4 Conceited smile      | 29 Booby              | 57 Provoke                             |
| 5 Baltic State         | 30 Compass point      | 58 Black bird                          |
| 6 Fencing sword        | 32 Course             | 59 Unit of time equal to sixty minutes |
| 7 Shade tree           | 33 Eating house       | 60 Attorney (abbr.)                    |
| 8 Spanish coins        | 34 Bill               | 61 What a leaf comes from              |
| 9 Gigantic             | 35 Thai               | 62 Clock time                          |
| 10 Smell               | 37 Wood chopper       | 63 Cover from sight                    |
| 11 Domestic cat        | 39 Limited (abbr.)    | 64 Canal                               |
| 13 Distress call       | 42 North northeast    | 65 Representatives                     |
| 15 African country     | 43 Pop (plr.)         | 68 Dab                                 |
| 20 Sports channel      | 47 Toboggan           |                                        |
| 22 Reporter's question | 49 Time _____         |                                        |

**What's the difference between a turkey and a chicken?**  
**Chickens celebrate Thanksgiving.**



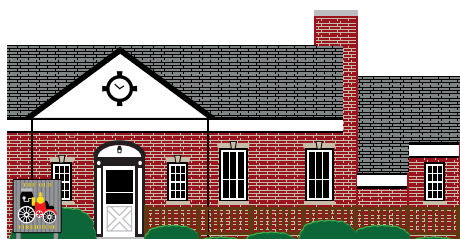
# NOVEMBER 2026

| MONDAY                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>8:15a Advanced TRX<br>9:30a Women's Chorus<br><b>9:30a Stability*</b><br><b>10:30a Circuit*</b><br><b>11:30a Gentle &amp; Meditation Yoga*</b><br>12:30p Bridge<br>1:00p Hand & Foot                                                 | <b>3</b><br><b>9:00a Boom Muscle*</b><br>10:00a Painting Group<br><b>10:30a Stability PLUS*</b><br><b>11:35a Gentle Yoga*</b><br>12:30p Mahjong<br>1:00p Dominoes<br>                                   | <b>4</b><br><b>9:30a Stability*</b><br>10:00a Movie<br><b>10:30a Classic*</b><br><b>11:30a Gentle Yoga*</b><br>12:30p Bridge<br>1:00p Game Players<br>1:30p Rummikub                                                                                                                                        | <b>5</b><br><b>9:00a Boom Muscle*</b><br><b>10:15a Boom Move*</b><br><b>11:15a Yin Yoga*</b><br>12:30p Asian Mahjong<br><b>4:00p Yoga Flow*</b>                                                                                                                                                | <b>6</b><br><b>9:15 Chair Yoga*</b><br>10:00a Friday Crafts<br><b>10:15a Stability PLUS*</b><br><b>11:15a Yoga PLUS*</b><br>12:30p Bridge<br>1:00p Hand & Foot<br>1:00p Duplicate Bridge   |
| <b>9</b><br>8:15a Advanced TRX<br>9:30a Women's Chorus<br><b>9:30a Stability*</b><br><b>10:30a Circuit*</b><br><b>11:30a Gentle &amp; Meditation Yoga*</b><br>12:30p Bridge<br>1:00p Bunco<br>1:00p Hand & Foot                                  | <b>10</b><br><b>9:00a Boom Muscle*</b><br>10:00a Painting Group<br><b>10:30a Stability PLUS*</b><br><b>11:35a Gentle Yoga*</b><br><b>11:30a Veteran Pinning</b><br>12:30p Mahjong<br>1:00p Dominoes<br> | <b>11</b><br><b>9:30a Stability*</b><br>10:00a Movie<br><b>10:30a Classic*</b><br><b>11:30a Gentle Yoga*</b><br>12:30p Bridge<br>1:00p Game Players<br>1:30p Rummikub<br>1:00p Duplicate Bridge<br><br><b>Veterans Day</b> | <b>12</b><br><b>9:00a Boom Muscle*</b><br><b>10:15a Boom Move*</b><br><b>11:00a Vision Concerns</b><br><b>11:15a Yin Yoga*</b><br>12:30p Asian Mahjong<br><b>2:00p Bingo</b><br><b>4:00p Yoga Flow*</b><br> | <b>13</b><br><b>9:15 Chair Yoga*</b><br>10:00a Friday Crafts<br><b>10:15a Stability PLUS*</b><br><b>11:15a Yoga PLUS*</b><br>12:30p Bridge<br>1:00p Hand & Foot                            |
| <b>16</b><br>8:15a Advanced TRX<br>9:30a Women's Chorus<br>9:30a Garden Club<br><b>9:30a Stability*</b><br><b>10:30a Circuit*</b><br><b>11:30a Gentle &amp; Meditation Yoga*</b><br>12:30p Bridge<br>1:00p Duplicate Bridge<br>1:00p Hand & Foot | <b>17</b><br><b>9:00a Boom Muscle*</b><br>10:00a Painting Group<br><b>10:30a Stability PLUS*</b><br><b>11:35a Gentle Yoga*</b><br><b>12:00p Hot Lunch</b><br><b>12:30p Blood Pressure</b><br>12:30p Mahjong<br>1:00p Dominoes<br>1:00p NE Pinochle Club                                  | <b>18</b><br><b>9:30a Stability*</b><br>10:00a Movie<br><b>10:30a Classic*</b><br><b>11:30a Gentle Yoga*</b><br>12:30p Bridge<br>1:00p Game Players<br>1:30p Rummikub                                                                                                                                       | <b>19</b><br><b>9:00a Boom Muscle*</b><br><b>10:15a Boom Move*</b><br><b>11:15a Yin Yoga*</b><br><b>12:00p Friendsgiving</b><br>12:30p Asian Mahjong<br><b>4:00p Yoga Flow*</b><br>                       | <b>20</b><br><b>9:15 Chair Yoga*</b><br>10:00a Friday Crafts<br><b>10:15a Stability PLUS*</b><br><b>11:15a Yoga PLUS*</b><br>12:30p Bridge<br>1:00p Hand & Foot<br>1:00p 3rd Friday Bridge |
| <b>23</b><br>8:15a Advanced TRX<br>9:30a Women's Chorus<br><b>9:30a Stability*</b><br><b>10:30a Circuit*</b><br><b>11:30a Gentle &amp; Meditation Yoga*</b><br>12:30p Bridge<br>1:00p Hand & Foot                                                | <b>24</b><br><b>9:00a Boom Muscle*</b><br>10:00a Painting Group<br><b>10:30a Stability PLUS*</b><br><b>11:35a Gentle Yoga*</b><br>12:30p Mahjong<br>1:00p Dominoes                                                                                                                       | <b>25</b><br><b>9:30a Stability*</b><br>10:00a Movie<br><b>10:30a Classic*</b><br><b>11:30a Gentle Yoga*</b><br>12:30p Bridge<br>1:00p Game Players<br>1:30p Rummikub                                                                                                                                       | <br><b>Closed Thursday &amp; Friday</b><br><b>Happy Thanksgiving!</b><br>                                              |                                                                                                                                                                                            |
| <b>30</b><br>8:15a Advanced TRX<br>9:30a Women's Chorus<br><b>9:30a Stability*</b><br><b>10:30a Circuit*</b><br><b>11:30a Gentle &amp; Meditation Yoga*</b><br>12:30p Bridge<br>1:00p Hand & Foot                                                | <br><b>NOVEMBER 1<sup>ST</sup></b><br>Turn back clocks 1 hour                                                                                                                                        |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                            |

\*SilverSneakers® and Renew Active™ approved fitness class. See description and details on page 2.

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