

ELDERBERRY PATCH

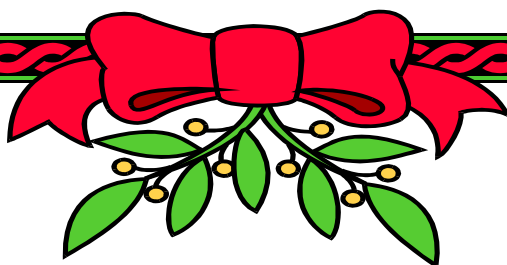
Prince William Senior Center at Manassa:
9320 Mosby St., Manassas, VA 20110
(703) 792-6405

A Program of the Prince William Agency on Aging

www.pwcgov.org/aoa



NOVEMBER 2003



BAZAAR & RUMMAGE SALE

Saturday, November 1st

9 a.m. – 2 p.m.

HANDMADE ORNAMENTS

RAFFLE

CRAFTS

CERAMICS

BABY ITEMS

AFGHANS

QUILTS

DECORATIONS

HAPPY HOOFER CAFÉ AND BAKE SALE

AND OUR ANNUAL RUMMAGE SALE

DOORS OPEN AT 9 a.m. sharp! No pre-sales, no early admittance

WELLNESS NEWS

By: Sharon Clark, RN, MS

Alzheimer's Seminar

Thursday, November 13th @ 11:00 a.m.

Diabetes Seminar

Friday, November 14th @ 11:00 a.m.

In November we celebrate both Diabetes Awareness and Alzheimer's Awareness Month. Both are important topics for seniors, so you will want to take advantage of seminars highlighting each disease. The Alzheimer's seminar will be held Thursday, November 13th at 11:00 a.m., and the Diabetes seminar will be at 11:00 a.m. on Friday, November 14th.

Over the last several months I have had several seniors ask questions and voice concerns regarding Alzheimer's disease, therefore, I am providing some information in this month's wellness news. For a more complete presentation be sure to attend the seminar.

Everyone has occasional lapses in memory. It's often quite normal to forget the names of people whom you rarely see. But it's not a normal part of aging to forget the names of familiar people and objects.

Alzheimer's disease – which is a progressive brain disease – goes beyond simple forgetfulness. It may start with slight memory loss and confusion, but it eventually leads to irreversible mental impairment that destroys a person's ability to remember, reason, learn and imagine.

The cause of Alzheimer's disease isn't well understood, but researchers have found that people with Alzheimer's have brain cells that become damaged and die for unknown reasons. Typically, loved ones notice very gradual – not sudden – changes in a person with Alzheimer's.

As the disease progresses, symptoms become serious and noticeable enough to cause people with Alzheimer's or their family members to seek medical help. Many people with Alzheimer's disease realize that something is happening to their memory, which can be frightening.

Although there is no cure for Alzheimer's disease, researchers have made progress. Treatments are available that help improve the quality of life for people with Alzheimer's. Medications, if administered early enough, may help treat the symptoms of Alzheimer's.

If anyone has concerns about themselves or a loved one, it is important to see their doctor immediately because the current medications are most helpful if the disease is diagnosed early. Current treatments aim to improve memory and calm anxieties.

Caring for someone with Alzheimer's takes patience and a focus on the things a person can still do and enjoy. Those with Alzheimer's – as well as those who care for them – need support and affection from friends and family to cope.

Plan to come to the Alzheimer's disease seminar to learn more .

BLOOD PRESSURE CLINICS

November 6, 10-11:30, Thursday
November 19, 9:30-11:00, Wednesday

It is important for seniors to have their blood pressure taken frequently. As a person gets older, the chance for their blood pressure to change quickly increases. Even if your blood pressure has always been normal, it is still important for you to have it checked regularly.

Be sure and take advantage of these FREE blood pressure clinics each month. Registered nurses Evelyn Adams, Bernice Griffin, and Juanita Zadell, volunteer to assist Sharon Clark at the clinics.

A NEED FOR NURSES

We are looking for registered nurses to volunteer to help with our Blood Pressure Clinic. We hold the clinic 2 times a month and are often needing substitutes.

Please contact Sharon Clark RN at 703-792-6405 if you are willing to volunteer.

WAIST AWAY!

Every Wednesday
9:30-10:00 a.m.
Meet in the Conference Room



Our WAIST AWAY class continues to lose weight and become healthier. We also continue to welcome new members.

If you are interested in making a commitment to lose weight in a healthy, sensible way, come join us. Each Wednesday we will “weigh-in,” discuss topics related to losing weight, and encourage one another toward our goals.

If you are interested in making a commitment towards a healthy lifestyle change, please join Waist Away! We meet at 9:20 AM for weigh in, then start class promptly at 9:30 AM in the conference room for a 30-minute discussion.

Sharon Clark, RN, MS, is leading the group; so, if you have any questions, you may contact her at the senior center (703) 792-6405. See you there!

DIABETES SEMINAR AND GLUCOSE TESTING

Glucose testing – 9:30-10:30 a.m.
Diabetes seminar – 11:00-12:00 a.m.
Friday, November 14th

Millions of Americans have diabetes, but one out of three do not know it! Seniors are at a higher risk of developing diabetes due to the aging process. There are many ways that you can delay or lessen problems associated with diabetes. Come to the Diabetes Seminar to learn about diabetes, symptoms to watch for, lifestyle changes for prevention, and ways to control your blood glucose level. There is a lot you can do to stay healthy, so come join others as we discuss diabetes.

Before the seminar there will be an opportunity to have your blood glucose level checked for one dollar. It's a good idea to be aware of your blood glucose level so that you can see if changes occur. Mark your calendars for November 14th and come to have your glucose level tested, then stay for the seminar to hear about this very important topic for seniors.

FOOT CLINIC

\$20.00

Thursday, November 6th
Friday, November 21st



The foot clinic will run from 9:00 a.m. - 3:00 p.m. on the dates listed above. The clinic is held by Sharon Clark, RN, MS. She provides a foot bath, trims nails as needed, and massages your feet. Mrs. Clark makes referrals to local podiatrists if she notes any problems that need to be assessed by a physician. If your feet need a little extra pampering, please call (703) 792-6405 to make an appointment.

ALZHEIMER'S DISEASE SEMINAR

Thursday, November 13th 11:00 a.m.

Alzheimer's disease – do I have it? You may feel embarrassed because you constantly forget the names of people you know. You may wonder why you feel so anxious or frustrated at the slightest change in your daily routine. You think, perhaps, these symptoms are due to stress, fatigue or getting older. You may even be concerned that you have Alzheimer's.

Come to the seminar to learn when to consult your doctor, early identification of the disease, what can be done to help decrease your risk of getting the disease, new medications being used, and other topics of interest.

Many of us have a friend or relative that has Alzheimer's disease, so this seminar will be beneficial in helping to understand how the disease may affect individuals. Come ready to learn and ask questions about this disease that scientists are discovering more about every day!

VOTE NOVEMBER 4th

Don't forget to get out and VOTE on Tuesday, November 4th. There are many local offices at stake.

Be sure to get to your polling place and cast your ballot!

NOVEMBER IS
NATIONAL FAMILY
CAREGIVERS MONTH

The Prince William Area Agency on Aging (PWAAA), along with numerous national organizations, major corporations and community-based groups around the country, celebrates National Family Caregivers Month 2003 (NFC Month) in November to honor, thank and support our nation's family caregivers.

According to the National Family Caregivers Association (NFCA), in any given year over 50 million people provide some level of caregiving services. More than 25 million people provide the equivalent of a half-time job in caring for a loved one. Those services are valued at more than \$257 billion dollars a year. Family caregivers provide more than 80% of all home care services. Of today's family caregivers, 46% provide some level of nursing support and 52% provide help with daily living activities such as dressing and toileting.

NFC Month is organized each year by the National Family Caregiving Association, a grass roots organization dedicated to empowering family caregivers and improving their overall quality of life by providing information, education, support and advocacy.

The PWAAA is pleased to have this opportunity to formally recognize and celebrate the valuable role that caregivers play. The PWAAA supports area caregivers through the Supportive Services for Adults (SSA) program. SSA provides consumers easy access to services provided by the PWAAA and other County agencies to include the Community Services Board, Health Department and Department of Social Services.

SSA coordinates and manages all elements of consumer care (medical, social, legal, financial), minimizing the stress and confusion caregivers experience when dealing with multiple service providers. Services provided through SSA include:

**(NATIONAL FAMILY CAREGIVERS
MONTH CONTINUED)**

- ◆ Adult Care Residence Assessment for Auxiliary Grant coverage
- ◆ Adult Day Care
- ◆ Chore Services
- ◆ Companion/Homemaker Services
- ◆ Coordination of Community Resources
- ◆ Friendly Visiting
- ◆ Home Delivered Meals
- ◆ Home Repairs and Maintenance
- ◆ Information and Referral
- ◆ Nursing Home Pre-Admission Screening for Medicaid coverage
- ◆ Personal Care
- ◆ Telephone Reassurance
- ◆ Mental Health

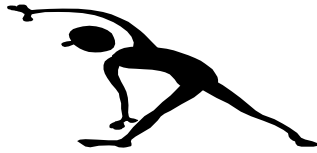
The PWAAA also provides support to caregivers through the Senior Day Programs located in Manassas and Woodbridge. The Senior Day Programs are licensed programs that provide support to families caring for health impaired and disabled adults age 50 and above. The programs offer:

- ◆ Therapeutic recreational and social activities
- ◆ Lunch and snacks
- ◆ Health monitoring
- ◆ Medication management
- ◆ Family supportive services and transportation
- ◆ Convenient hours for working caregivers

Support to caregivers is also provided through two Caregivers' Support Groups sponsored by the PWAAA and the Alzheimer's Association. The support groups meet twice monthly and provide a forum for caregivers to come together to discuss their needs and concerns, and receive support and reassurance from other members facing similar challenges.

To learn more about the PWAAA and the services and assistance we provide caregivers in Prince William, Manassas and Manassas Park, please call the Senior Assist/Intake Line at 703-792-6374.

EXERCISE CLASSES



We are so fortunate to be able to offer several levels of classes to keep you healthy and fit. Exercises are based on four areas of Endurance, Physical Activity, Balance and Strength Improvement that older adults should improve and maintain.

For those hoping to work out their mind and body, try Tai Chi on Monday mornings. Tai Chi cost is \$3.00 per session for active members, \$4.00 for non-members. These very slow movements will teach you control.

**Lifetime Fitness I currently is only \$1.00/class for members who choose to pay for the classes in advance. For November, 11 classes will be \$11.00, if paid by November 7th. If you drop in or are not a member of the senior center, classes are \$2.00 per class.

Your membership pays for itself when you take the
Fitness I Class!

**Lifetime Fitness II, a free chair exercise class with weight training, is held on Tuesdays and Thursdays at 10:00 a.m.

**Gentle Yoga for Seniors is offered Tuesdays at 11:00 a.m.. Classes are \$3.00 per session (see the full yoga article to read more about this new class.)

Remember, if you are using the fitness equipment, please only do so when there is no other class scheduled, and PLEASE, remember to check yourself in on the sign in book.

NUTRITION CLASSES CONTINUE

Thursday, November 6th and November 20th
11 a.m.-12 noon

A series of nutrition classes are being held in conjunction with the Cooperative Extension Service's SCNEP program here at the senior center.

The goals of the Smart Choices Nutrition Education Program are to help individuals and families in the areas of nutrition, healthy eating habits and stretching the food dollar.

The classes will be held every other Thursday from 11 a.m.-12 noon. The schedule for November will be held on November 6th and November 20th.

TAI CHI

Monday
8:45 a.m.



Have you thought of trying Tai Chi ? Research has shown that those that practice Tai Chi might be able to help themselves prevent falls that can lead to fractures, increase muscle strength and flexibility, and improve cardio respiratory functions.

It seems that the improved balance learned helps you actually think about how you're moving, and gives you a keener sense of where you are. Since Tai Chi involves swaying, it helps people practice their balance.

Why don't you give Tai Chi a try? Classes are small, and it's just \$3.00 weekly. Joyce Firsching is the instructor.

GENTLE YOGA for SENIORS CLASSES HAVE BEGUN

Tuesday mornings @ 1100
\$3.00

Last month, Susan Nowoslwski of the Yoga Connection gave a demonstration in Gentle Yoga for Seniors. That demonstration was so well attended and such a success that we have added **GENTLE YOGA for SENIORS** to our Tuesday morning classes.

Each Tuesday morning, Susan will lead a 45 minute class (which will more than likely run closer to an hour) in the basic techniques of yoga exercises. Susan has had special training in adapting yoga for seniors, with the emphasis on doing the exercises in chairs.

Yoga incorporates proper breathing, movement and posture. Participating in yoga is one way that you can improve your breathing. It requires little equipment- what we will be using in class Susan will be bringing from the studio. Those with specific health problems will be assisted in modifying the poses to accommodate your personal needs.

If you're interested in giving **GENTLE YOGA for SENIORS** a try, join us Tuesdays mornings at 11:00. The \$3.00 per class fee will be collected directly by Susan. Cash or checks made out to The Yoga Connection will be accepted.

BOOKS! BOOKS!

Friday, November 21st



Have you read an interesting book, and want to discuss it – but no one you know has read the same book? We're offering you the chance to read a book and discuss it with a group of people with different interests.

It's fun to share your interests with others! Give the group a try. There will be a meeting on Friday, November 21st, at 11:00 a.m.

Dorothy Carew will lead the group in the discussion. Let the office know if you're coming.



TAP DANCE CLASSES

We are happy to announce that Maureen Humphrey has found time to come back to the senior center and begin teaching tap again. With the upcoming holidays and Maureen's schedule, it will be a little sporadic until after the first of the year, however, if you're interested in tap, set aside Friday afternoons. The November class will be held on Friday, November 14th at 3:30.

HOMEMADE BREAD DAY

Monday, November 17th



Mark your calendar for Monday, November 17th because it's "Homemade Bread Day". In celebration of this day, we will treat you to a slice of bread hot from the oven! Look for the bread machines or let your nose sniff out that delicious aroma of freshly baked bread.

If you have a recipe for your favorite bread and would like to share it, just see Sue in her office.

A.A.R.P. MEETING

Wednesday, November 12th @ 1:30 p.m.

The AARP meeting will be held on Wednesday, November 12th at 1:30 p.m.. Monthly meetings include an informative meeting. Anyone 50 years or older is invited to attend the meetings.

National dues are \$12.50 annually, and Chapter dues are \$5.00. Many of the members come in early and join us for lunch. If you plan to do that, just be sure to call ahead by 10:30 a.m.

Anyone 50 years or older is invited to attend the meetings.

GREAT AMERICAN SMOKEOUT

Thursday, November 20th

November 20th is the date designated as the "Great American Smokeout", a day when all smokers are encouraged to quit smoking for at least 24 hours. If you are a smoker or know someone who is, look for the literature on this topic that we will have available. These pamphlets will provide you with There will be no nagging or pressure, just an urgent reminder of the serious consequences attributed to the smoking habit.

SPECIAL WEDNESDAY NIGHT BINGO

November 5th @ 4 p.m.

We are planning another special Wednesday night bingo! Sign up for the 5 o'clock dinner on Wednesday night and arrive at 4 p.m. for bingo. This is always well attended so be sure to sign-up early.

Just put your name on the sign-up sheet for Wednesday night at the front desk or call 703-792-6405 and ask to be signed up. Dinner will be served at 5 p.m., as usual.



ANNUAL THANKSGIVING DINNER

Thursday, November 20th
11:30 & 12:45 seatings
\$1.00 reserves a spot for you!

Please join your friends at the Annual Thanksgiving Luncheon, sponsored by Verizon Communications. Thursday, November 20th is the date, with two available seatings. Reserve your spot for either 11:30 or 12:45, with just \$1.00.

As always, current members of the senior center are given priority in making reservations for this event. Non-members, non-residents, and guests will receive a spot **ONLY** on the waiting list, and will be called should there be a vacancy.

**YOU MUST SIGN UP IN THE
OFFICE AND RECEIVE A
TICKET FOR THIS
LUNCHEON.**

****You MUST reserve transportation for this day at the time of registration if you need it.**

Transportation will ONLY be provided for those needing a ride to the luncheon.....



BASKET WEAVING

Monday, December 1st

12:30

\$16.00*



SIGN UP FOR THIS EARLY DECEMBER CLASS

Join other members of the senior center when they get together with basket maker Ivie Wright to learn the intricacies of basket weaving. In just one afternoon, you'll learn how it's done, complete a basket of your own, and go home with either a very special Christmas gift or something to treasure for yourself!

Class size will be limited to the first 8 paid registrants, so sign up for this December class right away. As always, registration priority is given to current members of the senior center.

*The fee will cover all materials for this basket.

SOLITAIRES

Thursday

November 13th

12:30



Solitaires are a group of senior center folks who are on their own, and meet monthly for friendship and camaraderie. Each month they get together at a local restaurant to try it out and enjoy an afternoon out. On Thursday, November 13th, the group will be getting together at Olive Garden. If you would like to join this fun loving group and enjoy an afternoon with them, stop by the office to sign up or let Florence Coleman know.

HAPPY HOOFER NEWS



The Happy Hoofers had four engagements in October! We danced for Old Country Buffet, Hearth & Home, Fairmont Retirement Home and Adult Day Care. ALL our audiences thoroughly enjoyed our performances.

VOLUNTEERS URGENTLY NEEDED

The Prince William Senior Center at Manassas is seeking volunteers to deliver noontime meals to homebound senior citizens throughout the Western Prince William County area.

The delivery only takes from one and one-half to two hours of your time weekly or every other week and meals are not delivered on weekends, holidays or in the event of inclement weather.

Training is provided. If you want to help, call the senior center as soon as possible at (703) 792-7154 and ask for Sue.

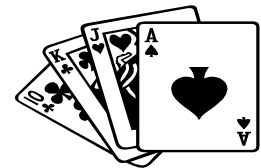
INCLEMENT WEATHER POLICY



When PRINCE WILLIAM COUNTY SCHOOLS are closed due to snow, ice, and bad weather, the senior center is CLOSED. When the COUNTY schools are delayed in opening, we are OPEN, but with no transportation. Listen to your local radio and TV stations for closings.

If you have a scheduled class, assume it has been cancelled if the schools are closed, but not cancelled if there is just a delay!

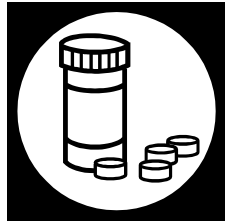
BRIDGE CLUB NEWS



The bridge winners for the month of September were Martha Whetzel, with a score of 3140, and Madeline Ferry, with a score of 3570, and Hazel Harich with a score of 4140, and Martha Whetzel, with a score of 4160, and Carol Hinson, with a score of 4410. Congratulations to all the winners!

**Please note: the game room is Reserved for Bridge every Monday afternoon, even if there are not 7 full tables. We must ask that you not interrupt the Bridge sessions with other activities. On Mondays, please play your other card games, puzzles, and table games in the multi-purpose room.

PHARMACY CENTRAL PROGRAM RESUMES AT THE SENIOR CENTER



The Prince William Area Agency on Aging (PWAAA) and Northern Virginia Family Service (NVFS) are pleased to offer the Pharmacy Central Program at the Senior Centers in Woodbridge and Manassas. The Pharmacy Central Program will assist **ELIGIBLE** seniors in obtaining free or low-cost prescription medications that are taken for long-term/chronic medical conditions.

The Pharmacy Central Program is available to eligible Prince William County area residents through a grant from the Virginia Health Care Foundation (VHCF) and the United Way. The program uses The Pharmacy Connection, a software program, which is a product of VHCF, to find out information about patient assistance programs that are offered by pharmaceutical companies.

A representative from NVFS, called the Medication Access Coordinator will use the software to help individuals order free or low-cost medications directly from the companies that make them. The Medication Access Coordinator will determine your eligibility for the programs, fill out the necessary paperwork for enrollment, and assess immediate medication needs as well.

If you or someone you know is interested in the program, you should **call** the Medication Access Coordinator in your area. The coordinator will pre-screen you over the phone for eligibility and then mail you an application.

The coordinator will then set up an appointment with you at the Senior Center to collect the application and necessary documents from you. The Coordinators are available to answer any questions you may have regarding eligibility or the application process, and provide you with any assistance you may need in filling out the application as well.

PHARMACY CENTRAL CONT.

For Betty, the Manassas Area coordinator, call (703) 392-4901 extension 31. The Medication Access Coordinator will be out at the Senior Centers for appointments, on Monday mornings in Manassas and on Wednesday mornings in Woodbridge. Please call to set up a time to meet with a coordinator, as the coordinators are available at the Senior Center **by appointment only!!**

THE BIRTH OF THE SAXOPHONE



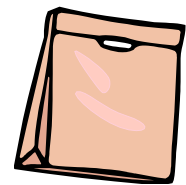
Thursday, November 6th
during lunch with
Ralph Aurillo

Did you know that Thursday, November 6th is the birth date of Adolphe Sax? Mr. Sax was a Belgium musician and inventor who brought us the saxophone!

Learn a bit about Adolphe Sax and enjoy the wonderful sounds of a live saxophone performance by Ralph Aurillo during lunch on Thursday, November 6th. It should be a great way to spend an afternoon...good food, live music! What more could you ask for?!

BREAKFAST NOW AVAILABLE

from 9-10:30 a.m.



Stop by the kitchen window and request your "breakfast in a bag". Every morning between the hours of 9 a.m. and 10:30 a.m., you can pick up a bag containing different breakfast-type foods such as fresh fruit or juice, cereal, muffin or granola bar and milk. This meal is part of the congregate nutrition program and you may make a donation in the donation box as you do for lunch.

Breakfast is the most important meal of the day so start your day off right at the Senior Center!

“REMINISCING”

Wednesdays @ 11:00 a.m.
November 5th & 12th



We are fortunate to have George Mason University student Andrea Lorah joining us this fall. As part of her internship, Andrea will be working with the Area Agency on Aging. Wednesdays, she'll be joining us here to lead a reminiscing group.

Plan to join this group in the conference room- if we have a bigger turnout, we'll move to another room! This should be interesting and fun!

COMPUTER CLASSES



We are taking names of interested persons for our computer classes. If you are interested in taking a class, you **MUST** register in advance. Please come by the office or call (703) 792-6405.

Introduction to Computers Classes

Wednesday, November 12, 19, 26
10 - 12 noon

Intermediate Level Classes

Wednesday, November 12, 19, 26
2 - 4 p.m.

Our computer classes remain an incredible bargain, at **just \$10.00** for the three week session!

LEGAL SERVICES

Monday, November 24th
11:00

Dorothy Herman from Legal Services will be here on the 4th Monday this month, November 24th, at 11:00. She is available to help you with legal questions or concerns.

If you would like to meet with her in October, please call the office at (703) 792-6405 to place your name on the list. Please note that she sees folks on a first-come, first-serve.

RAFFLE TICKETS



Have you purchased your raffle tickets? We have a wonderful raffle presently being held. Many thanks to this year's contributors for their efforts. Our quilting group made the beautiful quilt that is the first prize, the ceramics group made the lovely 16 piece nativity that is second prize, and Ivie Wright (daughter of Florence Coleman) made the beautiful basket which is our third prize. (Ivie has an upcoming class where you can learn to make your own basket on December 1st!).

All our prizes are handmade and just beautiful. The winning tickets will be drawn on December 16th.

Tickets are available from senior center council members, or at the reception desk, and are \$1.00 each, or 6 for \$5.00.

LATE NIGHT WEDNESDAY PROGRAM

Our "Late Night Wednesday" program continues to be well attended. If you haven't done so already, please plan on attending. The Senior Center is open until 8 p.m. every Wednesday except the last Wednesday of the month. A light supper is served from 5-6 p.m.

Sign up for dinner by 2:30 p.m. on Wednesday. The sign up sheet is located at the front desk. Come early, stay late! If transportation is a problem, please speak to Sue to see if we can fit you into a carpool.

We look forward to seeing you on Wednesday nights! Bring a friend!

WEDNESDAY NIGHT DINNER MENU

November 5 Chicken Salad Sandwich
with Tomato Soup
November 12 Crab Cakes with Lobster Bisque
November 19 Chicken Fettuccini
November 26 DROP IN DAY – no evening
program or dinner

NOVEMBER MENU

Mon	Nov 3	Cabbage Rolls or Chef Salad
Tues	Nov 4	BBQ Pork Chopette
Wed	Nov 5	Swedish Meatballs
Thur	Nov 6	Goulash
Fri	Nov 7	Salmon Cakes or Chef Salad
Mon	Nov 10	Pot Pie or Chef Salad
Tues	Nov 11	SENIOR CENTER CLOSED
Wed	Nov 12	Ham with Pinto Beans
Thur	Nov 13	Baked Fish
Fri	Nov 14	Oven Fried Chicken or Chef Salad

Mon	Nov 17	Scrambled Eggs or Chef Salad
Tues	Nov 18	Steak & Green Peppers
Wed	Nov 19	Cottage Cheese/ Fruit Cold Plate
Thur	Nov 20	THANKSGIVING LUNCHEON
Fri	Nov 21	Vegetable Lasagna or Chef Salad

Mon	Nov 24	Beef Stroganoff or Chef Salad
Tues	Nov 25	Chicken Cordon Bleu
Wed	Nov 26	Cheeseburger
Thur	Nov 27	SENIOR CENTER CLOSED
Fri	Nov 28	SENIOR CENTER CLOSED

****Special Event Sign up REQUIRED** in the office. Below is the suggested contribution table. The table is on a sliding scale according to your monthly income, with the minimum suggested donation, and everyone is given the opportunity to make this donation anonymously. You can make your donation in cash, check (payable to Prince William County). Your guests are always welcome (please sign them in when you do), and for those under the age of 60, there is a charge of \$3.00. If you have any questions, see Sue Gilbert.

Note: Please let us know if you will be having lunch at the senior center by 10:30 that day.

You can call and let us know at (703) 792-6405 or drop by the center.

Monthly Income:	Suggested Donation:
Under \$300	\$1.50
\$301 - \$400	\$1.75
\$401 - \$500	\$2.00
\$501 - \$600	\$2.25
\$601 - \$700	\$2.50
\$701 - \$800	\$2.75
Over \$800	\$3.00

“Note, there is no in-service day this month. The senior center will be open for all regular Wednesday programming on November 26th.

NOVEMBER BIRTHDAYS

Everyone is invited to join the Senior Center Council on November 14th as we honor all center members celebrating their birthdays in November.

Please let the office know if you will be present at least one day prior. This helps with the lunch count, cake, ice cream, favors, and cards. **Everyone with a birthday who registers** for the party is eligible to have their name put in for a drawing to a local restaurant!

The winner of the November birthday will be announced in the December Newsletter.....

Carl Ritenour	11/1	Elizabeth Perry	11/19
Laura Lehman	11/1	Emma Nickens	11/20
Patricia Jackson	11/4	Karlene Murphy	11/20
Trudy Burks	11/4	Ed Morales	11/20
Howard Lee	11/5	Marvis Heintze	11/20
Doris Tchakirides	11/6	Doris Haan	11/20
Mac McMahan	11/7	Lola Davis	11/20
Eiko Fry	11/7	Yen Hong	11/21
Pegge Vale	11/7	Marilyn Smith	11/22
Wanda Elgazawy	11/8	Lillie Duper	11/23
Ruth Owens	11/11	Mickey Sullivan	11/25
Ruth Mirus	11/12	Hilde Reed	11/26
Thelma Gill	11/13	Robert Grimes	11/27
Marie Moore	11/14	Helen Snably	11/27
Charles Dean	11/16	Clarence Martin	11/28
Mille Keene	11/16	Mildred Messall	11/29
Myer Katz	11/17	Luis Gonzalez	11/30
Mary Griffith	11/17		



***A special Thank You** to Jan Downing for the beautiful cakes for the birthday parties.

NOVEMBER 2003

<p>3</p> <p>8:45 Tai Chi 9:00 Pharmacy Central 10:00 Piano Lessons 10:00 Fitness I 1:00 Bridge 1:00 Quilting Class</p>	<p>4</p> <p>10:00 Fitness II 10:00 Knitting 11:00 Gentle Yoga Class 11:00 Walking 12:30 Bingo 1:30 Poker 1:30 Line Dancing</p> <p style="text-align: center;">ELECTIONS TODAY VOTE – VOTE - VOTE</p>	<p>5 OPEN UNTIL 8 p.m.</p> <p>9:30 Waist Away 10:00 Fitness I 10:00 Crafts 10:00 Table Tennis 11:00 Reminiscing 1:00 Senior Center Council 4:00 Bingo 5:00 Supper and Activities</p>	<p>6</p> <p>9:00 Foot Clinic 10:00 Blood Pressure 10:00 Fitness II 10:00 Line Dancing 11:00 Nutrition Class 11:00 Walking 12:30 Bible Study</p> <p style="text-align: center;">THE BIRTH OF THE SAXOPHONE</p>	<p>7</p> <p>10:00 Fitness I 10:00 Beginning Ceramics 10:00 Table Tennis 12:30 Beginning Ceramics 1:00 Poker</p>
<p>10</p> <p>8:45 Tai Chi 9:00 Pharmacy Central 10:00 Piano Lessons 10:00 Fitness I 1:00 Bridge 1:00 Quilting Class</p>	<p>11</p> <p style="text-align: center;">SENIOR CENTER CLOSED HOLIDAY</p>	<p>12 OPEN UNTIL 8 p.m.</p> <p>9:30 Waist Away 10:00 Intro to Computers 10:00 Fitness I 10:00 Crafts 10:00 Table Tennis 11:00 Reminiscing 1:30 AARP Meeting 2:00 Interm to Computers 5:00 Supper and Activities</p>	<p>13</p> <p>10:00 Fitness II 10:00 Line Dancing 11:00 Alzheimer’s Seminar 11:00 Walking 11:00 Nutrition Class 12:30 Solitaires – Olive Garden 12:30 Bible Study</p>	<p>14</p> <p>9:30 Glucose Testing 10:00 Fitness I 10:00 Beginning Ceramics 10:00 Table Tennis 10:00 Line Dancing 11:00 Diabetes Seminar 12:30 Birthday Party 12:30 Beginning Ceramics 1:00 Poker 3:30 Tap Dancing</p>
<p>17</p> <p>8:45 Tai Chi 9:00 Pharmacy Central 10:00 Piano Lessons 10:00 Fitness I 1:00 Bridge 1:00 Quilting Class</p> <p style="text-align: center;">HOMEMADE BREAD DAY</p>	<p>18</p> <p>10:00 Fitness II 10:00 Knitting 11:00 Gentle Yoga Class 11:00 Walking 12:30 Bingo 1:30 Poker</p>	<p>19 OPEN UNTIL 8 p.m.</p> <p>9:30 Blood Pressure 9:30 Waist Away 10:00 Intro to Computers 10:00 Fitness I 10:00 Crafts 10:00 Table Tennis 10:00 Intro to Computers 2:00 Interm Computers 5:00 Supper and Activities</p>	<p>20</p> <p>10:00 Fitness II 10:00 Line Dancing 11:00 Walking 11:30 Thanksgiving Luncheon 11:00 Nutrition Class 12:30 Bible Study 12:45 Thanksgiving Luncheon</p> <p style="text-align: center;">GREAT AMERICAN SMOKEOUT DAY</p>	<p>21</p> <p>9:00 Foot Clinic 10:00 Fitness I 10:00 Beginning Ceramics 10:00 Table Tennis 12:30 Beginning Ceramics 1:00 Poker 1:00 Book Club</p>
<p>24</p> <p>8:45 Tai Chi 9:00 Pharmacy Central 10:00 Piano Lessons 10:00 Fitness I 1:00 Bridge 1:00 Legal Services</p>	<p>25</p> <p>10:00 Fitness II 10:00 Knitting 10:00 Line Dancing 11:00 Gentle Yoga Class 11:00 Walking 12:30 Bingo 1:30 Poker</p>	<p>26</p> <p>9:30 Waist Away 10:00 Intro to Computers 10:00 Fitness I 10:00 Crafts 10:00 Table Tennis 10:00 Intro to Computers 2:00 Interm Computers</p>	<p>27</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;">THANKSGIVING</p>	<p>28</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p> <p style="text-align: center;">THANKSGIVING</p>
<p>December 1 12:30 Basket Weaving – sign up early for this class. Seating is limited</p>				