

ONSTED SENIOR CITIZEN CENTER
 AMERICAN LEGION, ONSTED, MICHIGAN
 DIRECTOR Julie Ruttinger

PROGRAM AND NEWSLETTER
 467-6917 Cook- Carole Jones

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

WE BEGIN SERVING LUNCH
 AT 11:30

November 2018

Nutrition Notes:

MONDAY	WEDNESDAY	THURSDAY
		1 9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES
5 9:30 GENTLE AEROBICS 10:00 STRETCH & BALANCE 10:30 BLOOD PRESSURE CHECK 12:30 VEGGIE MOBILE	7 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:00 Glass Ornament Class	8 9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES
12 VETREAN'S DAY CLOSED	14 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFT	15 9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES
19 9:30 GENTLE AEROBICS 10:00 STRETCH & BALANCE 12:30 VEGGIE MOBILE	21 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFT	22 THANKSGIVING CLOSED
26 9:30 GENTLE AEROBICS 10:00 STRETCH & BALANCE 10:30 BOARD MEETING 12:30 VEGGIE MOBILE Secret Santa Draw	28 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFTS	29 9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES

As winter approaches and the days get shorter it is a good time to count your blessings and one of those for your may be having a home that is safe, warm and special to you. This is a great time to assess your living space. Make sure that there are no trip hazards, that there are night lights placed where they are most needed, and that you have some emergency supplies in case of a power outage. Be sure to have a flashlight near your bed, have bottled water on hand, and some foods that do not have to be refrigerated. Take small steps to insure your safety during these winter months.

~Wishing you wellness...

Cassie Hollenbeck, Nutrition Director

LENAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN, MI 49221, PHONE: 264-5280

CLOSED on 11/12 for Veterans Day & 11/22 for Thanksgiving Day.

11/7/2018 Express Yourself Glass to make a fused glass Christmas ornament. SIGN UP IS REQUIRED!

11/26 will be our day to draw a secret Santa person for Christmas. If you wish to participate, be here on Monday.