

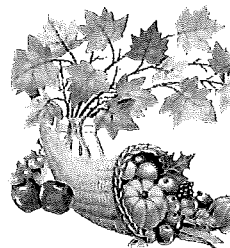


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recurring Events  What we do <b>Everyday!</b>	8am-5pm 8 Ball Pool/Snooker Coffee with Friends, Darts, Games, Puzzles Craft Room 8:30 Power Walking 9am Zumba	8am-5pm 8 Ball Pool/Snooker Coffee with Friends, Darts, Games, Puzzles Craft Room 9am Dance 2 Fitness	8am-5pm 8 Ball Pool/Snooker Coffee with Friends, Darts, Games, Puzzles Craft Room 8:30am Power Walking 9am Zumba	8am-5pm 8 Ball Pool/Snooker Coffee with Friends, Darts, Games, Puzzles Craft Room 9am Dance 2 Fitness	8am-5pm 8 Ball Pool/Snooker Coffee with Friends, Darts, Games, Puzzles Craft Room 8:30am Power Walking 1pm BINGO	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			November 1st we will be watching <i>Coco</i> and <i>The Book of Life</i> .	1 All Saints Day  1:30pm Alzheimer's Workshop	2  Dia De Los Muertos BINGO	3
4 	5	6 Medicare Part D 10am-2pm  <b>vote</b>	7 1 pm Cooking with Zandy 2 pm Fall Craft	8	9	10
11	12 <b>CLOSED</b> <b>VETERANS DAY</b>	13 9:30am Advisory Council Meeting	14 1 pm Cooking with Friends 2 pm Fall Craft	15 1 pm Making Memories	16	17
18	19	20	21 1 pm Cooking with Friends 2 pm Fall Craft	22  HAPPY Thanksgiving OFFICES WILL BE CLOSED	23	24
25	26	27 Fun NIGHT 3-6pm Thanksgiving meal 	27	29	30	

### 10 Ways to Love Your Brain

1. Break a sweat—engage in regular cardiovascular exercise.
2. Hit the books—read a book or take a class.
3. Butt out—quit smoking.
4. Follow your heart—take care of your heart health.
5. Heads up!—protect yourself by wearing your seat belt and taking steps to prevent falls.
6. Fuel up right—eat a healthy and balanced diet.
7. Catch some Zzz's—make sure you are getting enough sleep.
8. Take care of your mental health—seek medical help if you are experiencing depression, anxiety or other mental concerns.
9. Buddy up—pursue social activities that are meaningful to you!
10. Stump yourself—challenge and activate your mind with puzzles or games.

Information obtained from [www.alz.org](http://www.alz.org).



### Unique November Holidays

1	Men Make Dinner Day
3	Book Lover's Day or Sandwich Day
8	Cook Something Bold Day
13	World Kindness Day
19	Have a Bad Day Day
23	National Cashew Day
30	Stay at Home Because You Are Well Day

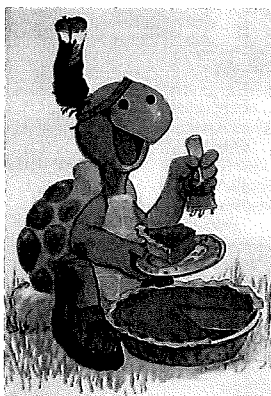
### Friendsgiving

November 27th 3:00 to 5:00 pm  
Please bring a covered dish  
with you to share!  
Meat will be provided  
by Friendship Center.

### November

#### BIRTHDAY'S

- 1 Kay Berry
- 4 Steve Armijo
- 5 Juanita Maldonado
- 7 Manuel Sena
- 7 Santiago Lucio
- 9 Josephine De La Cruz
- 12 Margie Aragon
- 13 Eduardo Caldera
- 20 Jerry Burke
- 20 Dolores Moralez
- 20 Liz Holt
- 20 Estela Trujillo Chavez
- 25 James Hayman
- 28 Debra Stevenson
- 28 Shirley Kapus
- 29 Gamboa Ronald
- 30 Jimmy Martinez



### DON'T FORGET TO VOTE ON

**11/06/2018!**

You can vote at the following locations between  
7:00 am and 7:00 pm:

- Colonial Golf Course—Clubhouse
- Roy Walker Center
- Youth Recreation Building (YRB)
- Farmer's Electric Cooperative
- Pleasant Hill Fire Department
- Texico Community Center
- Melrose City Hall

**vote**