

News You Can Use from Your Centers

By Mary Borchardt and Sam Kaempf

Pepin Center -- It's November already and where did the year go? Cindy Schultz from Pepin Manor will be here on Monday, November 2nd for a blood pressure clinic. Stop in and have your blood pressure checked and stay for lunch. Just be sure to order your meal the day before. We will be having an Alzheimer's speaker on Monday, November 16th at 11:15 and a Diabetes speaker on Monday, November 30th at 11:15. Paul Hoch will join us on Wednesday, November 18th. We will be having our Birthday Party on Thursday, November 5th. Thanksgiving Dinner and Thanksgiving Bingo will be held on Wednesday, November 25th. We are closed on Thursday, November 26th and Friday, November 27th for our Thanksgiving Holiday.

Volunteers are needed at the Pepin Meal Site. Your help is always important to keep our program running smoothly. One day a week or whenever it is convenient for you would be welcome. Please call Mary at 442-2289 to sign up. Have a wonderful Thanksgiving.

Mary

Pepin Activity Schedule

Sun., Nov. 1	Daylight Savings Time Ends
Mon. Nov. 2	Benefit Specialist, Judy Norrish; Bingo; Blood Pressure Clinic – Cindy Schultz
Thurs., Nov. 5	Birthday Party, Bingo, Cards
Mon., Nov. 9	Bingo
Tues., Nov. 10	Nutrition – Mary Ritscher
Wed., Nov. 11	Veteran's Day, Current Events with Dave
Mon., Nov. 12	Cards
Mon., Nov. 16	Benefit Specialist – Judy Norrish, Bingo
Mon., Nov. 16	Alzheimer's Speaker from Pepin Manor – 11:15
Thurs., Nov. 19	Cards
Mon. Nov. 23	Bingo
Wed. Nov. 24	Paul Hoch, Elder Abuse
Wed., Nov. 25	Thanksgiving Dinner, Thanksgiving Bingo
Thurs., Nov. 26	Closed
Fri., Nov. 27	Closed
Mon., Nov. 30	Diabetes Speaker, 11:15, Bingo

Hello from your **Durand Center**. I hope this finds everyone well. Here we are - time to turn the clocks back for daylight savings once again and to start thinking about the change in weather that will soon be upon us. Just a reminder to keep your sidewalks shoveled so that your meal delivery person can safely deliver your meal. Also, don't forget to wash your trays before you send them back. THANKS.

Our Birthday Party this month is on the 9th. That's a Monday, so please join us in wishing our November Birthdays the best of the year to come.

The Arthritis Exercise Program will be changing from Fridays to Thursdays so we will be getting together for our exercising on MONDAYS AND THURSDAYS, 10:30-11:30. Again, there is no charge for this class. Thanksgiving Dinner is Wednesday the 25th. It is always a special meal followed by "Thanksgiving Bingo". Judy will also be here that day with information on Health Care Fraud. Just one last date before I say good bye...On Tuesday the 10th Human Services Board members will be joining us for lunch, so come on down and join us at "one of the nicest places to eat in town".

Until next month...STAY SAFE...Sam

Durand Activity Schedule

Mon. Nov. 2	Arthritis Exercise 10:30-11:30
Tues., Nov. 3	Quiddler
Wed., Nov. 4	Benefit Specialist, Bingo, 12:30
Thurs. Nov. 5	Arthritis Exercise 10:30-11:30
Mon., Nov. 9	Arthritis Exercise 10:30-11:30
Wed., Nov. 11	Robin-Nutrition Health, Benefit Specialist, Bingo, 12:30
Thurs., Nov. 12	Arthritis Exercise 10:30-11:30
Mon., Nov. 16	Arthritis Exercise 10:30-11:30
Tues., Nov. 17	Paul Hoch, Elder Abuse Lunch with Human Services Bd. Guys Against Gals Pool
Wed., Nov. 18	Benefit Specialist, Bingo, 12:30
Thurs., Nov. 19	Arthritis Exercise 10:30-11:30
Fri., Nov. 20	Quiddler
Mon. Nov. 23	Arthritis Exercise 10:30-11:30 Marie Ritscher, Nutrition Ed.
Wed., Nov. 25	Thanksgiving Dnr., Health Care Fraud
Thurs., Nov. 26	Closed
Fri., Nov. 27	Closed
Mon., Nov. 30	Arthritis Exercise, 10:30-11:30