

Welcome to our November Newsletter! Here you will find details about our upcoming events. During this time of Thanksgiving we'd like to thank everyone for your continued support. We've grown a wonderful senior center family here, and we appreciate each and every one of you! YOU make our center the friendly welcoming place it is. Don't forget to follow our new Facebook page, "Friends Of Jarvis Towship Seniors". You can also go to troyseniorcenter.com to see all that's going on at the center.

Join us for our next Live and Learn! November 3rd at 1 pm at Wiesemeyer.The Troy Police department will be here to teach us how to do CPR, and how to use an AED defibrillator machine. Let's learn what to do if someones heart and breathing stop. AED's are found in most public places, and they are very easy to use, but a little practice doesn't hurt! We'll do a basic CPR taining as well. You never know when you could help save a life, it may be in your own home! Free to attend, RSVP is appreciated!

Our next Monthly Luncheon is November 5th at NOON at Wiesemeyer. $10 at the door. We are serving turkey, au gratin potatoes, green beans with all the fixins, cranberry sauce, a dinner roll, and apple or pumpkin pie. The SAFB Airlifter Brass Band is entertaining. RSVP IS VERY IMPORTANT! Last day to RSVP is Friday Oct. 30th. If you RSVP'd and can no longer make it, PLEASE call the center at 618.667.2022 and let us know!

Tickets go on sale Nov. 16th at 10 am. for our Christmas trip to Powell Hall to see the Holiday Celebration. We will lunch at Zia's on The Hill. You will choose your entrée when you purchase your ticket. I will send out the flyer and menu choices soon. Tickets are sold by number. You may pick up your number no sooner than 9 am. $95 per person by check, or $98 per person with a credit card.

Bingo is every Monday at 12:30 pm. At Wiesemeyer. Prize is $2 per win! Join us!

Shoot the Breeze continues on Monday's at 11:30 at Wiesemeyer. Shoot the Breeze is just that, a time to get together and chat! You are welcome to bring a sack lunch, and catch up with friends. We have also added a Swap Table! Bring gently used, clothing, household goods, decorations etc. to donate to anyone who wants it. Take something, leave something!

Our Sit n Get Fit Class meets every Wednesday at 10 AM at the Wiesemeyer building. This class improves strength and flexibility, all in a fun inviting setting! We even exercise to the Beer Barrel Polka! Bring a friend for this seated exercise class! Weights, exercise bands and water are provided. THIS CLASS IS FREE! No RSVP required.

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