












NOVEMBER	Aging Ahead ~~~Union				2020
	email: union@agingahead.org				
	Call 636-583-5432 for More Information from 9am-3pm, Mon.- Fri.				
Monday	Tuesday	Wednesday	Thursday	Friday	
2 Practical Tips to Improve Posture, Balance & REDUCE FALLS 11/2/20 10-11:00 AM national deviled egg day! 	3 Zoom into Choice! Please register for Presentation to gain access to the Zoom link. You can either click the REGISTER link below or email Jean Sotomayor at jsotomayor@agingahead.org with the presentation you would like to attend. A confirmation email will be sent with link to the presentation. Your	4 Chair Yoga 11/6--10-11:00 AM Cancer Prevention 11/9--10-11:00 AM 	5 Clearing the Path for the Most JOY 11/16--10-11:00 AM The Importance of Find a Sense of Purpose and Mental Health 10-11:00 11/19	6 BINGO CONTINUES! SEND IN YOUR CARDS FOR A PRIZE NEXT WEEK!	
9 For those who may need help with tech to get on Zoom, Cyber Seniors has a one-on-one help line www.cyberseniors.org or call 1-844-217-3057	10 CHOICE Bakers of the world rise up and bake some bread, for today is <i>Homemade Bread Day</i>	11 THANK YOU, VETERANS 	12 LEAF ART! 	13 IT'S FRIDAY!! THE 13TH 	
16 Chair Yoga 11/20-10-11:00 AM Fall Prevention 101 11/23-10-11:00 am	17 CHOICE Bakers of the world rise up and bake some bread, for today is <i>Homemade Bread Day</i>	18 STORY TELLING LETS GET GOING! START NOW! 	19 SEND IN <u>YOUR</u> STORY.	20 <i>Today is a perfect day to just be happy.</i> <small>purehappylife.com</small>	
23 Tooth Wisdom Get Smart about the Mouth 11/30 10-11:00 AM	24 This 8-week program will help you: explore your strengths, change your habits and manage your own well-being.	25 CREATE LEAF ART... 	26 Happy THANKSGIVING Day 	27 	
30 cookbook created by UNION seniors for Seniors is ongoing.. send in your receipes... receive a prize!	MUFFINS..... SPELLED BACKWARDS IS WHAT YOU DO WHEN YOU TAKE THEM OUT OF THE OVEN?? SMIFF ' UM!	“Acknowledging the good that you already have in your life is the foundation for all abundance.” —ECKHART TOLLE 	CLOSED FOR THANKSGIVING winners from last month's Bingo & receipes ANNOUCING:	CLOSED FOR THANKSGIVING WE ARE TEMPORARILY CLOSED DUE TO Covid-19 	

Daily Menus May Change Without Notice This calendar is printed by UNITED BANK OF UNION