



Seminar: Yoga Laughter **November 8 - 2 pm**

Teena Miller will teach us how to release stress through laughter!

Stay for lunch afterwards in our dining room

RSVP by calling Grace: 224-7855

Seminar: Stress Management **November 13 - 6:30 pm**

Guest Speaker: Dr. Jacklyn Weisbein, DO

She will talk about ways to reduce our stress. Dr. Weisbein is a practicing physician at Napa Pain Institute.



Cards for Soldiers **November 9 - 10 am**

Come help us make cards to send to our soldiers, many who are still overseas.

Outward Bound Fundraiser:
\$5 raffle tickets for flat-screen TV!

FALL Craft Fair

November 22 & 23, 10 am - 3 pm

Vendors will showcase their handmade crafts and manufactured items.

Gifts for the Holidays!



Tribute to American Flag **November 10 - 3 pm**

Guest Speaker: Dan Tovar will present his Pledge of Allegiance Tribute to Veterans & their families.

RSVP by calling Grace: 224-7855

Brain Games **Tuesday's at 11 am**

Guest Speaker: Marilyn Barnes, Senior Helpers, Regional Director

Fitness for our brain with fun games & activities!