



OCTOBER 2018 LUNCH BUNCH ACTIVITIES

PLEASE READ ALL DETAILS TO BETTER UNDERSTAND THE ACTIVITY. SOME EVENTS ARE FREE UNLESS OTHERWISE NOTED. ENTRANCE FEES AND EATING AT OUTINGS ARE THE PARTICIPANTS RESPONSIBILITY. IF YOU WISH TO BE ON THE TEXT MESSAGING LIST, PLEASE CONTACT ROCHELLE AS LISTED BELOW. PLEASE GET INVOLVED! WE HAVE A WONDERFUL GROUP AND FELLOWSHIP IS GOOD FOR THE SOUL! FOR MORE INFORMATION, CONTACT:

Rochelle Darnell: 256-341-4950 or rdarnell@decaturn-af.gov

Please contact the pool for updated aquatic schedules and class cancellations: 256-341-4953

Oct 4: Fraud Prevention Summit-held at the First United Methodist Church in Moulton, AL. Reservations must be made so please register ASAP. Transportation will be provided for 10 people. This is a free event and lunch is included.

Oct 8: Columbus Day-The pool and center will both be open.

Oct 9: Crafternoon-Framed Rolled Pumpkin and Rolled Rope Pumpkin-Go by the Dollar Tree to purchase a certificate frame and a ball of rope for these projects. Please register at the business office if you plan to attend. The fee is \$4 to cover other supplies provided. You will also need a pair of sharp scissors for class.

Oct 9: Movie & Dinner-A STAR IS BORN (Time TBA) and dinner at Chicken Salad Chick after the show.

Oct 10: Lunch & Learn-The topic of this month's seminar is "Cold Frames and Winter Wrap Up." The speaker is Allyson Shabel with the Morgan County Extension Service. You are welcomed to bring lunch or snacks. No registration is required.

Oct 11: Diabetes Seminar-A licensed and dietetic certified dietitian will lead this informative discussion concerning meal prep, diet and medications for those who have diabetes. This seminar is free and no registration is required.

Oct 16: Crafternoon-This class will entail the American Indian art of painting on feathers. You will leave class with a finished painted project of the U.S. Flag that will be framed. The fee is \$6 and includes all supplies. Registration is required!

Oct 17: Senior Health Fair and Aging Well Presentations-Please see the attached flyer. Reservations are required so please register ASAP. I can only transport 10 people. Be at the Aquadome at 8:15am.

Oct 18: Yesterday's Event Center-“The Cadillac’s” will be performing the oldies for this event. The fee is \$12 per person and includes lunch. The event is currently sold out but you may add your name to the waiting list as often there will be a last minute cancelation.

Oct 19: Day Trip-Natural Bridge and Kinlock Falls-Natural Bridge is located in Winston County and is the largest sandstone natural bridge east of the Rocky Mountains. The entry fee is \$3.50 per person. Kinlock falls is a beauty in its own right, located in Bankhead National Forest. There is slow paced walking with both experiences so please be prepared for the outdoors and the elements. Registration is required. Limit of 10 people for the van but you may drive yourself.

Oct 23: Movie & Dinner-TBA

Oct 29: Pot Luck & Speaker-Soup and sandwiches will be the theme for our October lunch. After enjoying our meal, Cissy Pearson, with NORGOG, will be giving us up to date information concerning the new Medicare Cards and any updates with the program. Please attend if possible as this is good information for anyone using Medicare. We will **NOT** have BINGO this month. A food sign-up sheet is in the business office or call Rochelle at 256-341-4950.

Oct 30: Crafternoon-Rochelle will be doing a number of Christmas crafts and decorating ideas using only items purchased from the Dollar Tree. The fee is \$5 per person and there will be demonstrations, hands on activities, as well as door prizes. Attendees will receive instruction sheets for all crafts. Please register for this activity.