

West Point Active Life

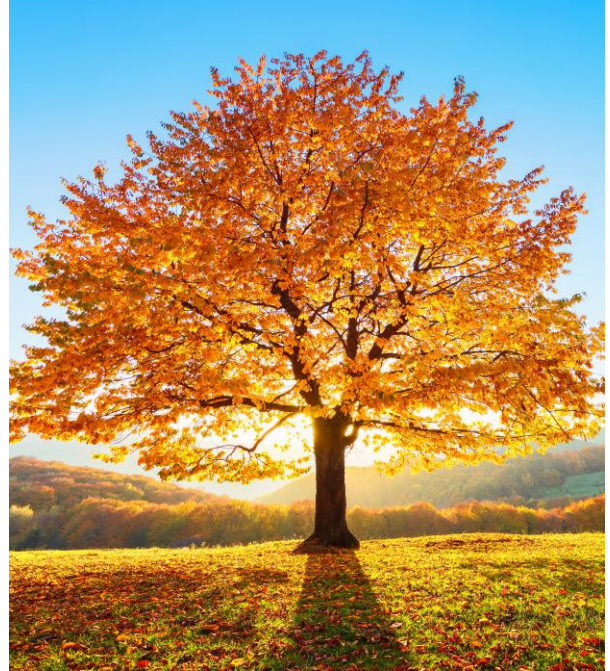
Monthly Newsletter

A Better Life to Live

October 2026

Happening This Month:

- The U.S. Army Corps of Engineers @ West Point Project presents the 45th Annual "Special Day for Special People" on **Thursday, October 1st** at Rocky Point Recreation Area in West Point. A picnic lunch will be provided. Activities and live entertainment are planned. **Bus will leave at 8:15 AM!**
- Harvest Health W/ Lindsey Hutto on Monday October 5th @ 10:30
- Mystery Trip October 6th leaving at 8:30 AM!
- Living Well w/ Dr. Joe Downs October 7th @ 11:00 AM!
- Caregiver Conference October 27th leaving @ 8:30 AM!
- CELA Performance October 28th @10:15 AM!



A fallen leaf is nothing more than a summer's wave goodbye.

Looking Ahead

- Nov. 1st – Daylight Savings Time (Fall Back 1 hour)
- Nov. 11th – CLOSED for Veteran's Day
- Nov. 26th & 27th – CLOSED for Thanksgiving Holidays



10th – Jennifer C.
28th – Josephine M.

October is Breast Cancer Awareness Month! With 2.3 million women affected worldwide, it's crucial to spread the message and support those facing the diagnosis. It's also essential to take proactive steps and consider regular cancer screenings for all types of cancer. Did you know that 440.5 men and women per 100,000 people are diagnosed with cancer each year? Furthermore, over half of all cancers are preventable and only 5 to 10% are hereditary. By embracing a healthy lifestyle, staying away from carcinogens, and considering preventive measures, we can actively reduce the risk of cancer. Early detection can significantly improve treatment outcomes. Your doctor can provide guidance on the most suitable screenings for you and help schedule them. Women 55 and older should have a mammogram every 1-2 years. All women should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. Let's stand together against cancer by spreading awareness and taking proactive steps towards prevention. Your actions can make a real difference!

October 2026 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Special Day for Special People Event @ Rocky Point CENTER CLOSED	2 Chair Fitness 10:00 Bingo 11:00 Pool Tournament @ West Point 1:00
5 Harvest Health W/ Lindsey 10:30	6 "Mystery Trip" CENTER CLOSED	7 Bingo 10:00 Living Well w/ Dr. Joe Downs 11:00	8 V-Ball 10:30 Feeding the Valley Food Distribution 11:00	9 Chair Fit 10:00 Bingo 11:00 Catfish Supper 3:00
12	13 Advisory Team Meeting 9:00 Chair V-Ball 10:30	14 Bingo 10:30	15 Chair V-Ball 10:30	16 Chair Fitness 10:00 Bingo 11:00
19 Gentle Stretch w/Lindsey 1:00	20 V-Ball 10:30	21 Bingo 10:30	22 V-Ball 10:30	23 Chair Fit 10:00 Bingo 11:00
26 Feeding the Valley Produce truck 10:00	27 Caregiver Conference Coweta Fair Grounds 10-2 CENTER CLOSED	28 CELA Performance 10:15 Bingo 10:30	29 Chair V-Ball 10:30	30 Chair Fit 10:00 Bingo 11:00 Monthly B-Day Celebration



TROUP COUNTY
PARKS & RECREATION

**West Point
Active Life**

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(706) 645-3580
Office Hours: Monday – Friday (8am – 4pm)

An Agency of the
United Way
of West Georgia

