



October 2026 ♦ Month-at-a-Glance



Monday	Tuesday	Wednesday	Thursday	Friday
 Fri, Oct 16, 11:20am Mon, Oct 19, 11:20am Thu, Oct 22, 9:30am	 State Health Insurance Assistance Program Navigating Medicare		1 – West Pt Lake Trip Pickleball Yoga I SureFit Circuit Training Qi Gong Tai Chi Mahjong Contract Bridge Line Dancing I Ballroom Dancing	2 – Trip Sign-up Sausage Biscuits Vivo / FlexFit Bingo / DanceFit Singalong October Birthdays Oil Painting Chair Volleyball Billiards (West Pt) Line Dancing I
5 FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	6 – Frisbee Toss Haircare Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat	7 – Gentle Stretch Stick to the Beat Standing Aerobics Bingo Knit Witz Line Dancing I Hand & Foot Game Chair Volleyball Chorus	8 Pickleball Class Yoga I SureFit Photo Coaster Craft Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	9 – Catfish Supper Vivo / FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
12 – Your Treasure FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II Marine Corps League	13 – Game Night Haircare / Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat VA Assist / DAV Mtg	14 – Dr. Comerford Sausage Biscuits Stick to the Beat Standing Aerobics Bingo / Knit Witz Volunteer of the Month Line Dancing I Hand & Foot Game Volleyball / Chorus	15 – State Fair Trip Pickleball Class Yoga I SureFit Qi Gong Tai Chi Pumpkin Crate Craft Mahjong / Bridge Line Dancing I Ballroom Dancing	16 – Scam Patrol Football Toss Vivo / FlexFit Bingo / DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I 17 – Saturday Dance
19 – Scam Protection FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	20 – Fishing Derby Haircare / Bible Study Jewelry Craft Class Paper Dolls / DanceFit ChairFit Yoga II Oil Painting Line Dancing II Stick to the Beat	21 – Political Forum Stick to the Beat Standing Aerobics Line Dancing Bingo Crochet & Knitting Hand & Foot Game Volleyball Chorus	22 – Enrollment Prep Pickleball Mahjong Craft Yoga I Computer Class SureFit Hospice Benefit Bridge Line Dancing I Ballroom Dancing	23 Open Enrollment Assistance Vivo / FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
26 FlexFit / Genealogy Leadership Team Qi Gong Tai Chi BP Check / Vivo Mahjong / Pickleball ChairFit / GriefShare Line Dancing II	27 – Caregivers Conf Haircare / Paper Dolls Jewelry / DanceFit Bible Study / ChairFit Veterans Assistance Yoga II / Oil Painting Line Dancing II Stick to the Beat	28 – MyChart Overview Stick to the Beat Standing Aerobics Bingo MyChart Workshop Knit Witz Line Dancing I Hand & Foot Game Volleyball / Chorus	29 – Riverboat Trip Pickleball Class Yoga I SureFit Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	30 – Costume Contest Vivo / FlexFit Bingo DanceFit Singalong Halloween Dance Oil Painting Line Dancing I

The Active Life

October 2026

RECREATION FOR ACTIVE ADULTS 55+

Catfish Supper
Fri, Oct 9

My Trash, Your Treasure
Mon, Oct 12

Game Night
Tue, Oct 13

Saturday Night Dance
Sat, Oct 17

Fishing Derby
Tue, Oct 20

Computer Class
Thu, Oct 22

Open Enrollment Assistance
Fri, Oct 23

MyChart Workshop
Wed, Oct 28

Costume Contest
Fri, Oct 30

Halloween Daytime Dance
Fri, Oct 30

In this Issue

Bone & Joint Health P.1

Regular Activities P.2

Special Events P.3

Travel News P.3

Month-at-a-Glance P.4



10 Ways to Protect Your Bones & Joints

Maintaining bone and joint health requires proper nutrition, regular exercise, and healthy lifestyle choices to prevent bone loss and reduce joint strain.

Key Strategies for Bone & Joint Health:

- 1) Eat Nutritious Foods:** Consume adequate calcium (from dairy or leafy greens) and vitamin D to support bone strength, along with anti-inflammatory foods such as vegetables and healthy fats.
- 2) Stay Active:** Engage in weight-bearing and low-impact exercises such as walking, swimming, or cycling to build bone density and maintain joint flexibility.
- 3) Maintain a Healthy Weight:** Maintain a healthy weight to reduce pressure and stress on weight-bearing joints such as your knees and hips.
- 4) Practice Balance and Strength Training:** Perform muscle-strengthening and balance exercises, such as tai chi or yoga, twice a week to help prevent falls and protect your joints.
- 5) Avoid Harmful Habits:** Do not smoke and limit alcohol intake, as both can negatively affect bone density and overall musculoskeletal health.

You Can Manage Arthritis Symptoms

Five effective things you can do, without medicine, to control arthritis pain and symptoms include:

- 1) Learn to Manage Arthritis:** Choose low-impact activities to protect your joints and do strength training to build muscles around your joints and reduce shock. Avoid repetitive, high-impact activities that hurt your joints. A physical therapist can help develop a safe, personalized exercise routine.
- 2) Be Active:** Regular activity can reduce pain, improve physical function, and delay limitations caused by arthritis. Try to get at least 150 minutes of moderate physical activity each week, such as walking or bicycling.
- 3) Keep a Healthy Weight:** Maintaining a healthy weight can reduce stress on your joints.
- 4) See Your Healthcare Provider:** Early evaluation can help identify and manage arthritis.
- 5) Protect Your Joints:** Avoid injuries and activities, sports, or jobs that involve repetitive motions.

Kay

Everyday Events

Play Games in Game Rm: Billiards, Dominoes, Mahjong, & Card Games

Make Works of Art in Craft Rm: Quilting, Crocheting, Painting, Sewing, & Other Crafts

Use a Computer in Media Rm: Surf the Internet, Email, & Research your Family Tree

Enjoy the Outdoors: Nature Trail Walk/Workout, Exercise in Wellness Pavilion & Play Pickleball

Stay Well in the Wellness Center: Use a Fitness Machine, Attend Class, Enjoy the Snack Bar & Visit with Friends in the Coffee Rm.

Weekly Events (\$ = Fee Charged)

FlexFit (Mon & Fri, 9:30am)

Dynamic Stretch *Judy Shimandle & Patricia Pruitt*

Genie Club (Mon, 9:30am)

Trace your Family Roots using *Ancestry.com*

Blood Pressure Check (Mon, 10am)

Sponsored by *LaGrange Fire Dept* in Game Rm

Vivo: Chair Fitness Class (Mon, 10am & Fri, 9am)

Led by Certified Teachers Kevin & Mellisa.

Qi Gong Tai Chi (Mon, 10:30am / Thu, 1pm)

Flexibility, Balance and Strength *John Poythress*

Mahjong (Mon & Thu, 12:45pm)

Strategic Tile Game *Gary Whitfield*

GriefShare (Mon, 1pm)

Grief Support Group led by *Dan & Melinda Williford*

Line Dancing II - Intermediate

(Mon, 1pm & Tue, 1pm) *Kathy M. & Jackie C.*

Indoor Pickleball (Mon, 2:15pm)

His & Her Hair Care (Tue, 8:30am-1pm) \$

Hair Shop *Tracy Sanders (706-302-3806)*

DanceFit (Tue 9:30am / Fri 10:45am)

Fitness Made Fun *Karen Head & Mirinda Douglas*

Bible Study (Tue, 9:30am) Media Room

Paper Dolls Craft Group (Tue, 9:30am)

Paper Crafts *Barbara Hudson*

Jewelry Making Crafts (Tue, 10:45am)

Make Beautiful Wearable Art *Ruby Gibson*

ChairFit (Mon, 11am & Tue, 10:30am)

Low-impact Aerobics *Kim Basko & Ricki Robbins*

Yoga Class II - Intermediate (Tue, 12pm)

Taught by Certified Instructor *Teresa Kuhns*

Oil Painting Class (Tue & Fri, 1pm) \$

For all Skill Levels *Donna Bailey (706-302-0392)*

Wonderful Wednesdays

Gentle Stretch (Oct 7)

Lindsey Hutto, TC Health/Wellness Mgr

Bone & Joint Health (Oct 14)

Robert Comerford MD, Emory Orthopedics

Political Forum (Oct 21)

LaGrange City Council District 2

MyChart Overview (Oct 28)

Patient Access Team, WellStar West GA

Followed by a Workshop, 1pm in Media Rm

Stick to the Beat (Tue, 2:15p & Wed, 8:30am)

Cardio Drumming Workout *Karen Wesley*

Standing Aerobics (Wed, 9:30am)

Low Impact Exercise to Music *Lora Norrell*

Small Prize Bingo (Wed & Fri, 10:00am)

Line Dancing I - Beginners

(Wed, 10:45am) *Kay Scarborough*

(Thu, 5:30pm / Fri, 2:15pm) *Jackie Chatterton*

The Knit Witz (Wed, 1pm)

Crochet and Knitting Club for All Levels

Chair Volleyball (Wed & Fri, 1pm)

Seated Fun Competition *Jackie & Tom Chatterton*

Beginners Pickleball Lessons (Thu, 9am)

Call *Sandy Dennis (706-675-6400)* for Appointment

Yoga Class I - Beginners (Thu, 9:30am)

Taught by Certified Yoga Instructor *Teresa Kuhns*

SureFit (Thu, 10:30am)

Improve Strength and Balance *Jenny Averill*

Contract Bridge Group (Thu, 2pm)

Ballroom Dance Lessons* (Thu, 7pm) \$

Five-Week Classes *Cody Foote (334-663-2408)*

Friday Singalong (Fri, 10:45am)

Good Old-Time Gospel Singing

Rummikub Group (Fri, 1pm)

Fast-Paced Rummy-Style Tile Game

Monthly Events

Day Trip Sign-Up (Fri, Oct 2, 8:00am)

Birthday Celebration (Fri, Oct 2, 11:50am)

Sausage Biscuits Dining Rm Cost: \$1 Each

Fri, Oct 2, 8:30am & Wed, Oct 14, 8:30am



Special Events (*= Registration Required)

Let the Competition Begin!

Monthly Billiards Tournament

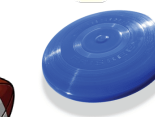
Fri, Oct 2 at 1pm (West Point)

Frisbee Toss Tournament

Tue, Oct 6 at 9:30am

Football Toss

Fri, Oct 16 at 9:00am



Tasty and Nutritious Lunches*

(Weekdays, 12:00pm) Dining Rm

Sign up 8:45am to 11am daily.

Bingocize*

(Mon and Thu, 10:30am) Dining Rm

Active Life Chorus

(Wednesdays, 2pm) Dining Rm

Led by Choral Director *Kathy Kirby*



Photo Coaster Craft*

(Thu, Oct 8, 9:30am) \$5/\$8 Craft Rm

Bring 1 or 2 4x6 photo(s). Limited to 10.

Taught by *Shelia McCord*.

Catfish Supper Night*

(Fri, Oct 9, 5:30pm) \$7 Dining Rm

Menu: Catfish Fillet, Hushpuppies, Cole Slaw,

Baked Potato & *Apple Cinnamon Pecan*

Muffin.

My Trash Your Treasure

(Mon, Oct 12, 8am – 11:00am) Dining Room

In-House "Garage Sale" (Buy, Sell or Trade)

Veterans Assistance*

(Tue, Oct 13 & 27, 12pm-4pm) Front Lobby

Wanda & Cecil Renfroe, DAV

Active Life Game Night

(Tue, Oct 13, 4pm-8pm)

Bring a Tasty Snack to Share

Volunteer of the Month Recognition

Oct 14, 11:50am) Dining Rm

Pumpkin Crate Craft Class*

(Thu, Oct 15, 1pm) \$2 Craft Rm.

Taught by *Gena Ogletree* Limit 8

Scam and Fraud Prevention Talks

(Fri, Oct 16, 11:20am) Dining Rm

Nathan Coffin, Senior Medicare Patrol

(Mon, Oct 19, 11:20am) Dining Rm

Harry Schaefer, Peachtree City

Auxiliary Police Force

Saturday Night Dance

(Sat, Oct 17, 6:30pm–8:30pm) \$10

Live music featuring the *Huck's Trio Band*.

Pizza & Dessert Provided.

Fishing Derby at TC Agr Ctr Lake*

(Tue, Oct 20, 9:30am) \$5 (Includes Lunch)

Live bait provided and awards presented for largest fish, smallest & most caught.



Mahjong Decoupage Craft*

(Thu, Oct 22, 9:30am) \$2 Craft Rm

Taught by *Barbara Hudson*. Limited to 8.

Bring White or Beige Fabric Item

Basic Computer & Technology Class*

(Thu, Oct 22, 9:30am-11:30am) Media Rm

Scams (9:30am) Basic MS Excel (10:30am)

Taught by *Larry Ninas*.

Open Enrollment Talk & Assistance

Talk (Thu, Oct 22, 11:30am) Dining Rm

Adrienna Beaver, SHIP Coordinator

Assistance* (Fri, Oct 23, 9am) Coffee Rm

Learn about Medicare options from the unbiased State Health Insurance Assistance Program (SHIP).

MyChart Training Workshop

(Wed, Oct 28, 1pm) Media Rm

Receive one-on-one assistance from the WellStar Patient Access Team on MyChart sign-up & tools.



Halloween Daytime Dance

(Fri, Oct 30, 1pm) Wellness Ctr

Includes Costume Contest

Sponsored by the American Legion.

TRAVEL (# of indicates level of walking)

Georgia National Fair*

(Thu, Oct 15, 9:30am) \$5 plus meal cost

Lunch on your own at the Fair.  *Shuford*

Caregiving Workshop*

(Tue, Oct 27, 8:30am) \$4

Includes Light Breakfast & Lunch in Newnan.  *Shuford*

Riverboat Cruise*

(Thu, Oct 29, 10am) \$30 lunch included

Enjoy a relaxing cruise down the Alabama River.

We will be taking up to 100 people on this trip.  *Shuford*

Blue Ridge Train & Apples Trip*

(Fri, Nov 6, 6am) \$65 plus meal cost

Enjoy beautiful north Georgia by train.