



November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Activities: 10:00 Arrival and Coffee Talk 11:00 Yoga (Mon) 11:00 Seated Exercise (Tu, W, & Th) 12:00 Lunch				
			1	2
Morning Mix Penny Candy Day Candy Cornucopia Paws4Comfort <div style="text-align: right;">5</div>	Brain Teasers Music with Peter <div style="text-align: right;">6</div>	Current Events <i>Ronnie Smith Duo</i> <div style="text-align: right;">7</div>	Trivia Student Activity Paws4Comfort <div style="text-align: right;">8</div>	Friday Funnies Student Activity Yoga <div style="text-align: right;">9</div>
Center Closed Veterans' Day <div style="text-align: right;">12</div>	Cranium Crunches Veterans' Day Program <div style="text-align: right;">13</div>	Puzzlers Thanksgiving Cards Paws4Comfort <div style="text-align: right;">14</div>	Thanksgiving Lunch at Ten Oaks Ballroom <div style="text-align: right;">15</div>	Friday Funnies Student Activity Yoga  <div style="text-align: right;">16</div>
Cranium Crunches Paper Airplanes Paws4Comfort <div style="text-align: right;">19</div>	Brain Games Music with Janice <div style="text-align: right;">20</div>	Current Events Bingo Paws4Comfort <div style="text-align: right;">21</div>	Center Closed Thanksgiving Holiday <div style="text-align: right;">22</div>	Center Closed Thanksgiving Holiday <div style="text-align: right;">23</div>
Today in History Music with MaryAnn Paws4Comfort <div style="text-align: right;">26</div>	Morning Mix Music with Ellis <div style="text-align: right;">27</div>	Brain Teasers Bingo Paws4Comfort <div style="text-align: right;">28</div>	Current Events Holiday Cookies Paws4Comfort <div style="text-align: right;">29</div>	Connections at Miller Branch Library 10-1 <div style="text-align: right;">30</div>

CAREGIVER'S CORNER

The Centers for Disease Control and Prevention (CDC) wants to emphasize the importance of older adults getting their flu shots. According to their website, flu vaccination is especially important for people 65 years and older because they are at high risk of developing serious complications from the virus. Flu vaccines are updated each season as needed to keep up with changing viruses. Also, immunity wanes over a year so annual vaccination is needed to ensure the best possible protection against influenza. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season.

Older people with weaker immune systems often have a lower protective immune response after flu vaccination compared to younger, healthier people. This can make them more susceptible to the flu. Although immune responses may be lower in the elderly, vaccine effectiveness has been similar in most flu seasons among older adults and those with chronic health conditions compared to younger, healthy adults. Despite the fact that older adults have weaker immune responses to vaccine flu vaccines, there are many reasons why people in that age group should be vaccinated each year.

Please see the Connections staff if you need help finding a place to get a flu shot.

Excerpted from <https://www.cdc.gov/flu/about/disease/65over.htm>

LET'S CELEBRATE OUR NOVEMBER BIRTHDAYS



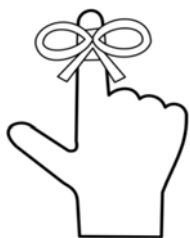
We will celebrate our **November birthdays** on **November 26** with a delicious cake made by our wonderful volunteer, Gary Pon. Celebrating birthdays this month are Connections' members Alberta and Ross.

RTA CONTACT INFORMATION



Questions about anything bus-related? Call 1-800-270-9553. Press "3" and follow prompts.

IMPORTANT DATES REMINDER!



Connections will be **CLOSED** for the Veterans' Day holiday on **November 12** as well as the Thanksgiving holiday on **November 22 and 23**. Connections' members will meet at the Miller Branch library instead of the center on **Friday, November 30** from **10am to 1pm**. **If you have a library card, please bring it along on the 30th.**