

# FOREVER ACTIVE

Our official newsletter for **active adults** in American Canyon



## Holiday Schedule

The Senior Center will be closed on Monday November 12, Thursday November 22, and Friday November 23.

## Veteran's Day

**Sunday, November 11th, 11AM to 12PM**

This year's ceremony features Keynote Speaker, Dan Schilling, a member of Operation Gothic Serpent, popularly known as Black Hawk Down. The ceremony also includes a Presentation of Colors, pledge of allegiance, City Council Proclamation, special guest speakers and live music. Refreshments to follow.

# WEEKLY SCHEDULE

OF ONGOING PROGRAMS AT THE SENIOR CENTER

## Mondays

FREE Yoga/Pilates Class | 9:00am – 10:00am  
FREE Forever Young Fitness Class | 10:10am – 11:10am  
Senior Nutrition Program | 11:30am – 12:30pm  
FREE Sign Language Class | 11:30am – 12:30pm

## Tuesdays

FREE Pinochle Club | 10:30am – 2:00pm  
Senior Nutrition Program | 11:30am – 12:30pm  
Low Impact Dance | 1:00pm – 2:00pm  
Line Dancing with Evolution Soul | 7:00pm-9:00pm

## Wednesdays

FREE Yoga/Pilates Class | 9:00am – 10:00am  
FREE Forever Young Fitness Class | 10:10am – 11:10am  
Senior Nutrition Program | 11:30am – 12:30pm

## Thursdays

Watercolors Class | 9:00am – 11:00am  
Senior Nutrition Program | 11:30am – 12:30pm  
FREE Stitchers Social Class | 12:30pm – 2:30pm

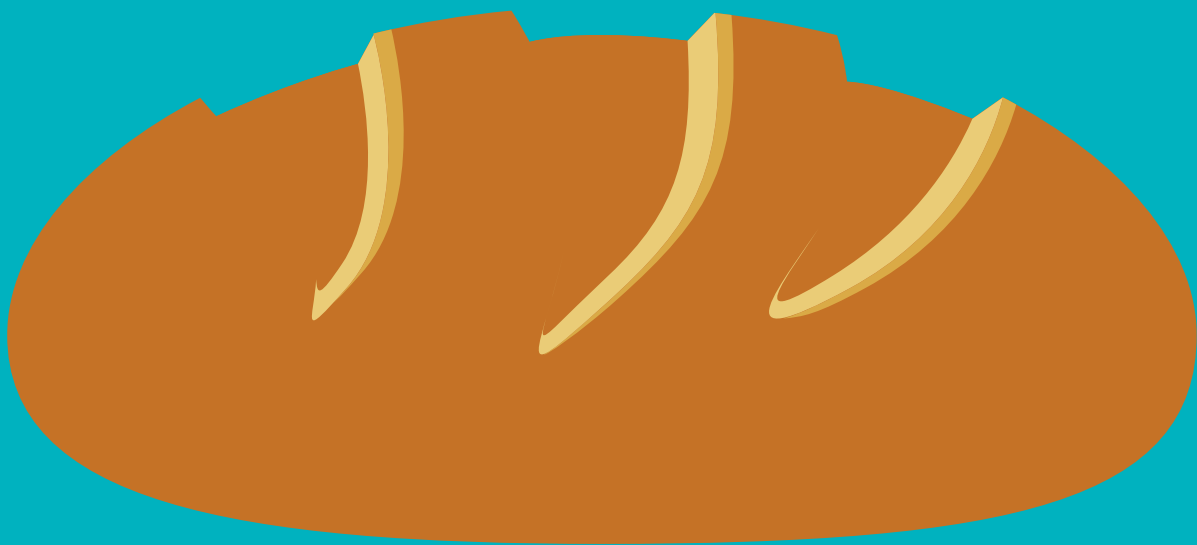
## Fridays

FREE Forever Young Fitness Class | 10:10am – 11:10am  
FREE Pinochle Club | 10:30am – 2:00pm  
Senior Nutrition Program | 11:30am – 12:30pm



CITY OF AMERICAN CANYON

# NATIONAL BREAD DAY CONTEST



**CELEBRATE NATIONAL BREAD DAY WITH US  
BY ENTERING OUR BAKING CONTEST!**

TWO WINNERS FROM EACH CATEGORY (LOAVES AND ROLLS)  
WILL BE SELECTED, JUDGE'S CHOICE AND PEOPLE'S CHOICE.

ENTRIES MUST BE DROPPED OFF BY 11:30AM.  
GUESTS ARE INVITED TO SAMPLE ENTRIES AND VOTE FOR THEIR  
FAVORITES AT 12PM.

REGISTER BY PHONE AT (707) 647-5350

**NOVEMBER 16, 2018 - 12PM  
SENIOR CENTER (2185 ELLIOTT DR)**



# MONTHLY PUZZLE

## Thanksgiving Spot the Difference!

Can you find 10 differences between the two pictures?

