

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

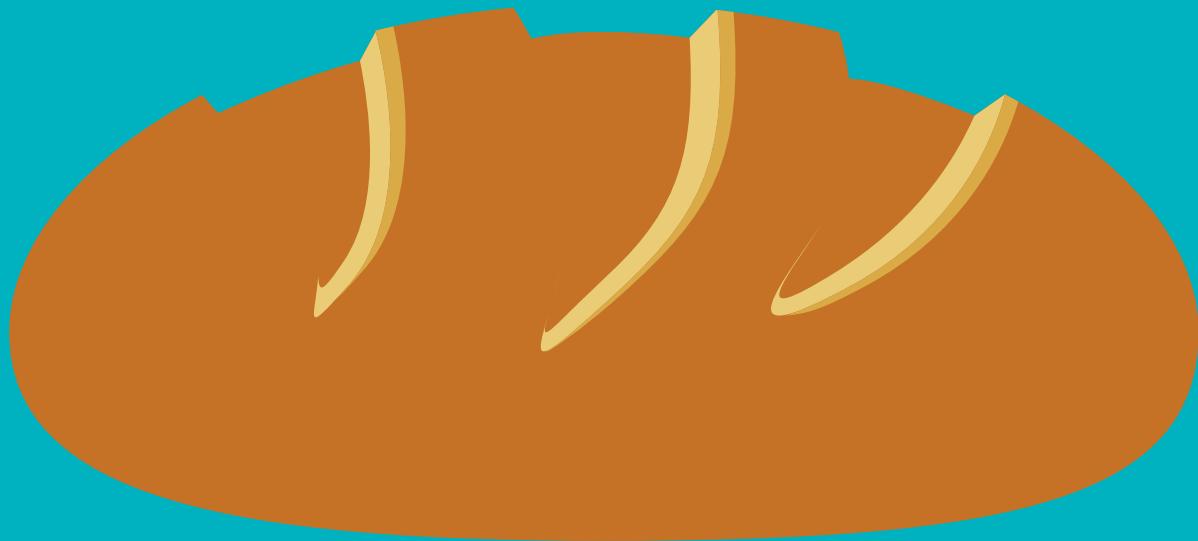
Fridays

- 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?

