



November

President's Message: Georgia Sutter

Here we are in November already! Welcome to the "Holiday Season". Get out your Thanksgiving decorations and start Christmas shopping. Kathy Del Pino has been working on updating the League's tri-fold brochure. A draft has been provided to our nurses so they can critique the content regarding their services and there will be new color photos of Mallory and Larisa and well as the front of the Senior Center. Hopefully the finished product will be ready by December. Thank you ladies for voting to approve the \$1800 to cater the special holiday meal for the dining out program at the Senior Center. Haute Cuisine is on board and will deliver a wonderful turkey meal with all the trimmings on Dec. 14th and the Golden Tones will be on stage to sing Christmas carols to the luncheon guests. More details on how the League can help that day will follow in the next few weeks. Don't forget..... Our General Meeting on November 9th will be held at the Senior Center, Room 232 starting at 1:00. We will be required to wear masks and FYI, no food or beverages are allowed, so no snacks or coffee. I'm looking forward to seeing everybody.

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Notes from the Nurses

Time for third Covid shots and flu vaccinations! Yay! More shots! Please get yours, if you haven't already. Flu surveillance for the US shows very low activity so far this season, but it is unknown how things will progress. Since we are out in public more this time, often without masks, and gathering for the holidays, public health officials think there will be more flu this year than last. Flu is a serious respiratory illness and right now, a couple of hundred people are in the hospital with flu. For sure, we do not want to be in the hospital these days! This is our biggest message to you now – please get vaccinated. Larisa and I are happy to help you make an appointment if you need it. We are finding, earlier in the mornings, we can book same day appointments for people within the County system.

As we head into the holidays, we are trying to remember to be patient, give grace, go slow – we are still in a pandemic and, true to Covid, things are not smooth. We wish everyone a Happy Thanksgiving and a Happy Hanukkah! Please call us if you need help with anything ~ Mallory and Larisa

Thought of the Month

The most decisive actions of our life-I mean those that are most likely to decide the course of our future-are, more often than not, unconsidered.
-André Gide

UPCOMING EVENTS

*General Meeting, Tuesday November 9th
1:00 pm Senior Center, Rm 232*

*Breakfast Club, Monday, November 15th
9:00 am Mission City Grill*

*Dining out-Holiday Meal, Tuesday, December 14^h
Senior Center, Main Hall*

One day, my boyfriend sent me a text saying we should break up. I didn't even have time to be sad because he sent me another text a few minutes later saying "Sorry, wrong person."

