

ALEXANDRIA COMMISSION ON AGING MEETING

Thursday, September 10, 2015, 4:00 pm – 6:00 pm

Meeting Location

2525 Mt. Vernon Avenue, Cyphers Conference Room

AGENDA

MEMBERS: Please read all attachments and bring this packet of materials with you to the meeting.

1. Call to Order
2. Welcome Guests
3. Approval of June minutes– see attached
4. Public comments – please limit your comments to 3 minutes
5. Special Presentation: NVAN Platform
Presented by: Bob Eiffert, Jane King, Terri Lynch
6. Executive Committee Report– see attached
7. Discussion / Action Items
 - A. Committee Updates
 1. Housing – Chair, Jan Macidull– see attached
 2. Advocacy and Legislation – Chair, Bob Eiffert
 3. Communications / Outreach – Chair, Carol Downs
 4. Transportation – Chair, Alan Dinsmore– see attached
 5. Economic Development – Chair, Mary Lee Anderson
 6. Strategic Planning – Chair, Jane King
 7. Diversity Committee – Chair, Anestacia Graham– see attached
8. Moto's with Jane King
9. Liaison Reports

Liaison Reports - Please provide a written summary to be included in the minutes. No oral reports.

1. Virginia Hospital Center – Mary Belanich– see attached
2. Partnership for a Healthier Alexandria – Mary Parker
3. Commission on Persons with Disabilities - Mary Parker
4. Senior Center @ Charles Houston – Vanessa Greene– see attached
5. Senior Services of Alexandria – Mary Lee Anderson– see attached
6. Recreation, Parks and Cultural Activities – Margaret Orlando
7. Arlington County Commission on Aging – Mitch Opalski
8. Successful Aging – Darrell Wesley
9. Alexandria Adult Day Services Center, ADSC – Darrell Wesley
10. Affordable Housing Advisory Committee – Bill Harris– see attached
11. Division of Aging and Adult Services – Terri Lynch

12. INOVA Alexandria Hospital – Kim Alberty
13. Human Rights Commission – Michael Kreps
14. Alexandria Police Department – Ian Torrance
15. Commission for Women – Elisabeth Palmer Johnson
16. AHA – Carol Downs
17. AARP – Jane King
18. St. Martins Senior Center– Kathryn Toohey– **see attached**

10. Other Business
11. New Business

Next Commission Meeting: Thursday, October 8, 2015, 4pm, DCHS, 2525 Mt. Vernon Avenue, Cyphers Room , Alexandria, VA 22301

Next Executive Committee Meeting: Monday, September 28, 2015, 3pm, 4480 King Street, Room 524, Alexandria, VA 22302

COMMISSION OFFICERS: Carol Downs, Chair
Bob Eiffert, Vice Chair
Sean Dunbar, Secretary

The business of the Commission on Aging is largely conducted by its committees. ALL COMMISSION AND COMMITTEE MEETINGS ARE OPEN TO THE PUBLIC. Please call the Division of Aging and Adult Services at 703.746.5999 ext. #1 for more information. In addition, the Commission has official liaisons with several other commissions, organizations or activities.

The City of Alexandria complies with the terms of the Americans With Disabilities Act (ADA). An individual with a disability who wishes to request an accommodation may contact the Division of Aging and Adult Services at 703.746.5999 (TTY 703.836.1493). Please provide at least 7 calendar days advance notice.

COA Executive Committee Notes

August 31, 2015

Participants: Carol Downs, Bob Eiffert, Sean Dunbar, Jane King, Alan Dinsmore, Jan Macidull, Jim Lindsey, Mary Lee Anderson, Terri Lynch, Debbie Ludington

1. **Planning for September 10 Commission on Aging (COA) Meeting**
 - NVAN Legislative Process and Platform – Jane King, Bob Eiffert, Terri Lynch
 - LTC Ombudsman Program – Terri Lynch
 - Re-appoint Bill Harris as COA Liaison to Affordable Housing Advisory Committee
 - COA Executive Committee support of Katherine Dixon's letter regarding Ramsey Homes

2. **Planning for future COA meetings**
 - October – Partnership for a Healthier Alexandria – Katie Leonard
 - November – Legislative Director, City of Alexandria, Bernie Caton
 - December – ENDependence Center of NoVA (Bob) or Hospital Discharge Procedures (Pat and Carol) or Economic Development Committee (Mary Lee)

3. **NVAN Meeting, September 15 – Alexandria COA will host.**

4. **Goodwin House** – Executive Committee members were asked to respond to seven questions regarding existing services for seniors plus possible service gaps, developed by Holly Hanisian, Goodwin House.

5. **Follow-up on AARP Age Friendly Communities** – Jane needs assistance in responding to all of the domains required for the project. Jane, Carol and Mary Lee will attend the AARP/WHO conference on Age-Friendly Communities, September 1 and 2, 2015. This should provide additional guidance in completing the application.

6. **Communications and Outreach Committee** – Jim Lindsey, Chair, will develop a Communication Plan that can be utilized by other COA Committees and Jim will meet with City Communication Department staff to discuss the City's Website. He will also explore creating an alternative Website that highlights the needs of Alexandria's senior residents. Joan Dodaro, Committee Vice-Chair, will be responsible for outreach to neighborhood associations and community organizations.

7. **Emergency Services** – Alan took part in the Webinar featuring Smart 911 and he plans to meet again with a representative from the City’s Emergency Services.
8. **COA Diversity Committee**- Carol announced that Anestacia Graham and Vanessa Greene have agreed to be Co-Chairs of the new Committee. Anestacia, Vanessa, Jane and Carol met after the Executive Committee meeting to develop a mission statement, determine goals and develop an action plan that will enable the Committee to move forward.
9. **Senior Academy 60+** - Mary Lee said all spots are filled and there is a wait list for the program. The program starts September 9.
10. **Boards and Commissions Chair’s August 3 meeting** – Carol. Discussion centered on the priorities each Commission/Board had identified for the upcoming year as well as ways in which the various Commissions could support each other’s efforts.
11. **The next Executive Committee meeting is Monday, September 28 at 3:00 PM.**

September 8, 2015

Dear Mayor Euille and Council members,

At the August 3, 2015 Boards and Commissions Chairs meeting, the need for affordable housing was a key priority for most of the groups represented. From the Alexandria Housing Affordability Advisory Commission to the Economics Opportunities Commission to the Children, Youth, and Family Collaborative Commission to the Commission on Aging and the Social Services Advisory Board, the need to increase housing options for low-income residents throughout the City was overwhelming – Ramsey Homes provides such an opportunity.

Ramsey Homes, a 15 unit ARHA property located on N. Patrick St between Wythe and Pendleton, could provide an additional 38 affordable homes if redeveloped. The existing four building complex is in dire need of repair – repair that goes well beyond simply ‘gutting’ it. According to ARHA interviews, a majority of its current Ramsey Homes residents are in favor of new and improved housing.

Those in opposition of Ramsey Homes’ redevelopment are citing its historical significance. The neighborhood BAR opposes the demolition, however the City’s Planning and Zoning department determined Ramsey Homes:

1. Lacks individual architectural distinction as a public housing or defense worker housing complex,
2. Is not known to be associated with the active life of a person or group of people significant in our past,
3. Has had significant exterior alterations since its original construction in 1942, and
4. Demolition would not adversely affect the integrity or significance of this historic district.

P&Z’s findings show Ramsey Homes does not meet the criteria required for historical preservation. Rather ‘redevelopment of the Ramsey Homes site will allow for the fulfillment of several guiding principles of Alexandria’s Housing Master Plan,’ as well as the Strategic Plan on Aging and the Strategic Plan to Prevent and End Homelessness, all adopted recently by the sitting Council.

We encourage you to approve ARHA’s request to demo Ramsey Homes, as it does not warrant historical preservation. By providing housing opportunities for 53 families and individuals (considering disabled persons and older adults), we can help these residents remain active members of the Parker Gray neighborhood and in turn help our city remain economically, socially and culturally diverse.

Sincerely,

...

Transportation Committee Report to Alexandria Commission on Aging
September 10 meeting

The Transportation Committee is working to set up a meeting with the Commission on Persons with Disabilities to discuss joint issues and, where appropriate and workable, to pursue joint activities.

Transportation Committee has prepared a draft set of goals and objectives to be included in the Commission on Aging's recommendations to the City Council. These recommendations may be submitted to AARP in a City application for Age Friendly City status under AARP/World Health Organizations standards.

Pedestrian and Bicycle Master Plan Update

Alan Dinsmore represents the Commission on the Ad Hoc Pedestrian and Bicycle Master Plan Advisory Committee. This Committee has been meeting since late May, 2014 with the purpose of developing recommendations and implementation strategies for the update of the 2008 City of Alexandria Transportation Master Plan. The draft plan and guidelines should be completed by January, 2016 and the task of the ad hoc committee should be completed in spring with adoption of amendments to the City Transportation Master Plan.

The following items from the draft master plan are of interest to Alexandria' older citizens:

1. Prioritize ongoing maintenance and repair to include staff training on how to properly clear and maintain areas during snow removal and maintenance without blocking pedestrian access.
2. Implement a Vision Zero program which would create a traffic safety program aimed at reducing preventable pedestrian deaths.
3. Discussion of signage and wayfinding to ensure uniformity and readability particularly for those citizens with low vision.
4. Discussion of need to create more consistency in sidewalk surface types with attention to installation and material standards that will stay smoother (more level) over time.
5. Apply the complete streets guidelines for all new developments and future capital improvement projects.
6. Prioritize and standardize curb ramp upgrades and other ADA improvements.
7. Improve walkability, connectivity and ADA access to transit.
8. Improve walkability, connectivity and ADA access near schools and parks.

Submitted by:

Alan Dinsmore wingsofthemorning@comcast.net

Chair, Transportation Committee

Members: Jane King, Cedar Dvorin, David Kaplan

DATE: September 1, 2015

FROM: Anestacia Graham, Co-Chair

Vanessa Greene, Co-Chair

TO: Commission on Aging

RE: DIVERSITY COMMITTEE MEETING MINUTES/REPORT

The Diversity Committee had their first meeting August 31, 2015 at 5:30 PM EST at the Panera Bread on Duke St, Alexandria. In attendance was the following:

1. Anestacia Graham
2. Vanessa Greene
3. Carol Downs
4. Jane King

As a group we discussed the requirement of this committee to the Commission and how we can use this committee to reach the diverse senior population in the City of Alexandria. In addition, we were able to cover the following:

1. Establish the mission and goals of the Committee
 - a. **The Diversity Committee Mission involves:**
 - i. **Establishing more diversity within the Commission on Aging**
 - ii. **Creating and maintain relationships that acknowledge the diversity of Alexandria's Senior Population**
 - iii. **Expanding the diversity within all COA committees**
2. Who are we trying to reach? Why?
 - a. We are trying to reach all ethnicities within the Senior Communities in the City of Alexandria.
3. Resources Needed
 - a. COA members will need to attend events sponsored by diverse groups/organizations in the City of Alexandria
 - b. We need secure other venues to host COA meetings that are diversely populated with seniors (ie. Charles Houston)
4. Next Actions
 - a. Vanessa will contact Senior Representatives at both Alfred Street Baptist Church and Shiloh Baptist Church to schedule COA participation in either their events/meeting so we can introduce the COA.
 - b. Anestacia will contact Councilman John Chapman and see if we can participate with the Departmental Progressive Club in their event to establish a relationship and introduce ourselves.

OUTSTANDING ACTIONS:

1. Bylaws of the Committee
2. Identifying Current programs that are successful in establishing diversity
3. Input on how to reach the Hispanic and Asian communities

Meeting Ended: 6:42 pm EST.

Healthy Aging Lecture Series Fall 2015

The free lectures are held at 601 S. Carlin Springs Road, Arlington, VA.

Time: 11:00am – 12:00pm. Please call 703.558.6859 to RSVP.

September 18 – Healthy Vision, Healthy Eyes with Amy Kotecha, MD of Capital Vision

Our vision is one of the most important senses to maintain to keep us independent and safe. Please join us for a discussion of the top concerns and issues we have with our vision. Also learn about good eye care to slow down the process of current conditions, treatment options, and symptoms to be aware of.

October 23, 2015 – Men’s and Women’s Urologic Issues with Andrew Joel, MD

There are many different urologic issues that affect us as we age, but there are options in managing and treating these conditions. Incontinence, overactive bladder syndrome, kidney stones to enlarged prostate are conditions that do not have to be life altering. Please join us as Dr. Andrew Joel discusses urologic issues and how we can address them.

November 13, 2015 – Keeping Your Heart Healthy As You Age with Jeremy Bock, MD

Aging can cause changes in the heart and blood vessels. Many of the problems older people have with their heart and blood vessels are really caused by disease, not by aging. The good news is there are things you can do to delay, lower, or possibly avoid or reverse your risk. Dr. Jeremy Bock will provide us with up to date information regarding heart health.

December 4, 2015 – Fall Prevention with Virginia Hospital Center Senior Health Department

Falls are serious public health problems among older Virginians. In 2000, they were the leading cause of hospitalizations for injuries to people aged 65 and older, accounting for 71% of the total injury hospitalizations for this age group. Please join the Senior Health Department as we discuss the prevalence of falls in our area as well as tips on how to prevent one from falling down.

Special Community Events

October 9, 2015 – “Fall-Risk” Assessment at Carlin Springs Health Pavilion from 1:00pm – 4:00pm

Virginia Hospital Center and Marymount University will provide comprehensive examinations measuring your risk for falling down. The appointment includes a one-on-one medication review, blood pressure check, vision screening, and six physical therapy tests to assess your balance and risk for a fall. A physical therapist will review your results and give you a personalized evaluation, recommendations on how to reduce or eliminate those risks, and provide education about successful independent living. To schedule an appointment, please call 703.558.6861.

STEADI
Stopping Elderly
Accidents, Deaths & Injuries



November 12, 2015 – Memory Screening at Langston Brown Senior Center from 9:00am – 12:00pm

Virginia Hospital Center and Care Options will be sponsoring free, confidential memory screenings to promote proper detection of memory problems and provide education about successful aging. The one-to-one, noninvasive screening takes only about five to ten minutes administered by a qualified healthcare professional. For more information or to schedule an appointment, please call (703) 237-9048.

Ongoing Wellness Programs

Free MallWalking Program at Ballston Common Mall

Tues. & Thurs. between 8:30am-9:30am walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff on the Food Court Level. Call 703.558.6859 for more information.

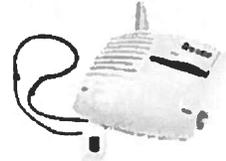


Alzheimer's Caregiver Support Group

Meets the 3rd Wednesday of each month between 10:30am-11:30am at Carlin Springs. FREE! Call 703.558.6859 for more information.

Philips Lifeline Personal Alert System by VHC

VHC Senior Health staff manages the personal emergency response system. Help is available 24-hours a day, seven days a week. Monthly cost starts at \$40.00. Call 703.558.6859 for more information.



Senior Fitness Programs & Classes Fall-Winter 2015

(H) = Virginia Hospital Center, 1701 N. George Mason Dr., 22205

(CS) = Health Pavilion, 601 S. Carlin Springs Rd., 22204

Please call (703) 558-6740 for exact dates and to register or visit online at www.virginiahospitalcenter.com/healthy.

Seniorcise: Maintain and regain strength and flexibility. *10-week sessions

Locations and times vary:

Mon, Wed, & Fri, 9:00 – 10:00 am \$90
at Carlin Springs Health Pavilion

Mon, Wed, & Fri, 9:15 – 10:15 am \$90
at McLean Baptist Church

Strength & Stretch For Seniors: Improve range of motion, strength & bone health. All abilities welcome. \$42

Mondays, 1:00–1:45 pm (H)

Thursdays, 1:00 – 1:45 pm (CS)

Gentle Pilates: A non-traditional mat Pilates class with modifications to suit all abilities. \$78

Mondays, 7:30 – 8:30 pm (CS)

Tuesdays, 7:30 – 8:30 pm (H)

Saturdays, 9:00 – 10:00 am (H)

Saturdays, 11:15am – 12:15 pm (H)

Gentle Yoga: Restore flexibility, strength & ease tension. All levels welcome. \$66

Mondays, 9:30 – 11:00 am (H)

Tuesdays, 9:30 – 11:00 am (CS)

Thursdays, 9:30 – 11:00 am (CS)

Sundays, 4:15 – 5:30 pm (CS)

Tai Chi: Slow, flowing movements help foster a balanced mind and body. Class follows 37-posture Yang short form. Suitable for all ages. * 10-week session (CS) \$112

Beginner: Mondays, 5:30pm – 6:30pm

Intermediate: Thursdays, 5:45–6:45 pm

Yoga for Everybody: This traditional approach to yoga reduces stress and increases strength and flexibility. (CS) \$66

Wednesdays, 7:00 – 8:30 pm

Saturdays, 10:00 – 11:30

Adaptive/Seated Yoga: For those with limited mobility, chronic pain or neuropathy. (CS) \$66

Tuesdays, 11:15am – 12:15 pm

Sundays, 3:00pm – 4:00 pm

The Senior Center @ Charles Houston COA Report – July & August 2015

The senior participants were involved in the following activities this summer:

- **Pontoon Boat Ride & Picnic @ Bladensburg Waterfront Park**
- **Atlantic City, NJ Day Excursion**
- **Medicare Presentation by VICAP Coordinator Cedar Dvorin**
- **Book Club Gatherings (2)**
- **Waterworks Program @ CHRC Pool w/Red Cross Certified Instructor twice weekly**
- **Poetry Slam Event where participants composed and performed original works**
- **Ancient Arts Movement Dance Classes (2)**
- **Excursion to the new Alexandria Wegman's store**
- **Crafted interesting and decorative bracelets and earrings during the jewelry crafts project**
- **Planted seedlings for green peppers and endive greenery**
- **2 Competitive Matches of Scategories & Wii Bowling with the residents of Ladrey Highrise. On the first outing, Ladrey reigned supreme in both categories and on our second match Houston was victorious in the scategories game, Ladrey won the bowling games**
- **Riding tours of the National Arboretum, Historic Mount Vernon Estates and George Washington Home**
- **Presentation & Discussion of Senior Taxi Program by Yellow Cab General Manager, Matt Valasquez**
- **Summer Safety Presentation w/Walgreen Pharmacist Krystal Patel**
- **Public Safety Presentation by Alexandria Sherriff's Deputy Valarie Wright**
- **Participation in ARHA sponsored events Ruby Tucker Day and National Night Out**
- **Tao Wisdom for Seniors Presentation, a holistic approach to living well**
- **Field Trip to African American Civil War Museum**

Our participants were also engaged in our regularly scheduled activities that include weekly bingo, weekly shopping trips to area located malls/stores, and cognitive games/activities.

Submitted By,

Vanessa K. Greene
Senior Center Director



August 31, 2015

To: Commission on Aging

**From: Mary Lee Anderson, Executive Director
Senior Services of Alexandria**

Subject: Update on Senior Services of Alexandria

Save the date! The fifth annual Senior Law Day will be held on Saturday, October 17, at the First Baptist Church of Alexandria from 8:30 a.m. to 12:30 p.m. The topic will be "Family Law: Planning Early and Often". Local experts will discuss the importance of planning for the future including later-in-life legal and financial planning, how seniors may be affected by divorce, remarriage, and child custody issues, and the importance of communication. Our keynote speaker will be renowned geriatric specialist, Dr. Richard Lindsay. This free event is co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association. Call 703 836 4414 ext 110 or go to www.seniorservicesalex.org to register.

The first "Senior Academy" will begin on Wednesday, September 9. This course is modeled on the City's Citizen's Academy and will provide participants with information about how Alexandria's Government works, and an opportunity to learn about the local organizations that provide services to our seniors. The four sessions are fully subscribed.

If you'd like to support more programs for seniors and learn the latest walking craze, come to the "Robust Walkathon" on Wednesday, October 7, at 10am at Ben Brenman Park for a fun walk that will include a series of exercises aimed at increasing flexibility, balance and endurance. The Walkathon's goal is to raise funds for three annual senior events sponsored by the Successful Aging Committee. To find out more and to register for this enjoyable morning go to www.seniorservicesalex.org.

MEMORANDUM

TO: Commission on Aging
FROM: Bill Harris, CoA Liaison to the Alexandria Housing Affordability Advisory Committee
DATE: June 17, 2015
SUBJECT: Alexandria Housing Affordability Advisory Committee Report

The AHAAC met in special called meeting at 7 PM today in room 2000 at City Hall.

Note the new name for the committee! Several months ago the committee discussed the idea that the term “affordable” in the name was too limiting, and left one with the idea the committee’s purpose was advising on housing only for very-low-income people, when in fact it advised on housing for people of all income levels unable to afford “market-rate” housing. The committee agreed “affordability” was a more accurate term. Following the committee’s agreement the new name was submitted to City Council which approved it earlier this month.

Two new projects with affordable housing for people with incomes of 40% to 60% of AMI (Area Median Income) were presented by Housing Staff to the committee for its consideration, with recommendation for approval.

1. Gateway at King-Beauregard

The intersection of King and Beauregard is the main entrance to Alexandria City from the west. The shabbiness of the southeast corner has concerned City leaders for some time, and the demolition of the old Jefferson Hospital opened several acres of land. The entire project will include some 300 units of housing, a Harris-Teeter grocery store, office space, and commercial space on the first level. Alexandria Housing Development Corporation will acquire some 72 units of housing over the first level commercial space. Following discussion the committee approved the staff recommendation for a predevelopment loan to AHDC of \$360,000 and a permanent loan of up to \$4,500,000. It is expected this project will get land use approvals later this year.

2. The Episcopal Church of the Resurrection (ECR) and AHC, Inc.

The ECR located at the entrance to Goodwin House Alexandria at Beauregard and Fillmore streets is partnering with AHC¹ to raze the existing church building and incorporate a new church within some 85 units of affordable housing in a Phase I. A Phase II is being considered for some future date. Following discussion the committee approved the staff recommendation for a predevelopment loan of up to \$400,000 and a permanent loan of up to \$6 million. It is anticipated this project will get land use approvals sometime in 2016.

The committee considered a spreadsheet listing the HMP (Housing Master Plan) projects staff is currently working on, the challenges faced in each project, and tasks targeted for FY 2016. While all affordable housing projects are available to seniors only one is designated specifically for seniors, and that is a Mixed-income Affordable Assisted Living facility. The need for this project has been recognized by City leaders for several years. The staff work schedule on this project calls for identifying by FY 2016 a free or low cost site on which it can be built. Staff stressed the importance of committee members attending and supporting the various projects when they are being discussed in community public meetings.

Following discussion of a number of housekeeping matters the Chair adjourned the meeting at 8:35 PM.

For any questions, or a copy of the Work Schedule, I can be reached at wpharris@comcast.net or 703-684-6432.

¹ AHC, Inc. is an Arlington nonprofit corporation that is developing the affordable housing project at Reed and US 1, and also was approved to build an affordable housing project on the St James Methodist Church site.

**St. Martin de Porres Senior Center Highlights Report for August 2015
to the Alexandria Commission on Aging Meeting in September 2015**

- We continued the fun at St. Martin de Porres Senior Center with our Tuesday Monthly Concert Series where a talented duo played Cello, Bassoon, Piano, and serenaded with songs of classical music and jazz.
- The Seniors had a wonderful field trip to Mount Vernon Estate, where they toured Washington's house and gardens.
- On August 6th, we held inter-generational activities with Our Lady of Good Council Summer Work Camp. The students harvested over 50 bags of vegetables in our garden for our participants to take home!
- In addition to the bountiful harvest, the students presented a fun Discover America Learning Series on Virginia and gave out mini blueberry muffins to the participants.
- VA Cooperative Extension Service cooked up a storm during their "Tasty Recipes with 5 ingredients or Less." During this presentation food master volunteers taught the participants how to make a corn and black bean salsa and carrot fruit salad. Our next cooking demonstration will be on Thursday, September 10, 2015 at 12:30 pm.
- Due to Senior Council Decree, our participants voted to have Birthday Parties every month. This month we did a Birthday "Snack" Potluck, where participants shared pre-packed snacks and we listened to a live guitar performance.
- Our second field trip was to the Air and Space Museum in Chantilly. We had a guided tour of the museum by a retired pilot!
- This month's Cultural Learning Series was on Peru and the participants had a fun time listening to famous Peruvian opera singers and watching videos on Machu Piccu.
- We held our monthly Senior Council Meeting, participants voted on future activities and field trips. Our next Senior Council Meeting will be Friday, September 25, 2015 at 10:30 am.
- Senior Center Assistant Director held a fun "Men's Outdoor BBQ Cookout!" It was a great way to end the Summer and enjoy the warm weather before Autumn.
- INOVA Nurses Council came in on August 27th and held free health session about stroke and medical emergencies; they also answered general health questions. The Nurses Council will do another health session again in January, as part of the center's Winter Health Fair event. More details to come in December.
- This month our garden harvested 85 bags of squash, tomatoes, jalapenos, carrots, eggplant, cucumbers, and basil.
- Exercise programs such as Fit 4 Life, Zumba Gold, Workout Walking and Line Dancing were held daily.
- Team Indoor Shuffleboard, Indoor Bowling, and Wii Games were the most physically energetic among the stimulating games this month that also included Bridge, Hangman, and Group Word Search.
- Our usual schedule of activities also included Tuesday morning shopping trips, bread raffles, and prize bingo.

Submitted by: Kathryn Toohey, Senior Center Director, St. Martin de Porres Senior Center