

**Columbus Day**  
 The Center will be Closed on  
**Monday, October 10th**



**Monday, October 31**  
**Lunch at 11:30 AM**  
**Games and Prizes After Lunch**  
**Prize for the Best Costume**



**Tip Top Grill in Hoover**  
**Thursday, October 13th**  
**11:00 AM**

“The Tip Top Grill is housed in a former full-service gas station built quite literally on the edge of a cliff. The restaurant serves breakfast and classic grill foods such as burgers, sandwiches and chili cheese fries, but it’s the view that steals the show. As they eat, customers can see miles of Shades Valley and the distant Red Mountain.” See menu at center, cost should be less than \$10. Great food! Great view!

**Join us for lunch and a view!**  
**Bus Ride \$3.00 Plus Money for Lunch**

**Sign up by 10-11-16.**




**WHISTLE STOP FESTIVAL**

The Irondale Senior Center was well represented at the 2016 Whistle Stop Festival by our own Ms. Senior Irondale, Regina Bearden. Regina sold handmade jewelry she created, and all the proceeds went to the Ms. Senior Irondale Program. Many thanks to Ruth Fielding, Dean Rowe and Cathy Sanderson for volunteering. If you or anyone you know is interested in the Ms. Senior Pageant, please contact Cathy at the Senior Center. *We even have “Barney Fite” out searching for new contestants!*



*Good decisions take time.* Interviews have begun for the Director’s position. We will announce as soon as we know something. Please like us on Facebook for up to minute news!



**WETUMPKA CASINO TRIP**  
**Thursday, October 20th**  
**Cost: \$30**

(includes bus trip and \$15 lunch credit on play card.)  
 Bus leaves the center at 8:30 am and returns around 6:00 pm.  
**Your payment is due no later than Friday, October 14th**

**This is a popular trip.** If your payment is not received by the deadline date you will be removed from the reservation list so that we can fill your seat with someone on the waiting list.

**Please call Penny at the Center, 951-1418.**

**Birthday Party  
October 19th  
at 11:30**



Make your reservations by  
**October 17th**



Lunch for all our  
October  
Birthday Stars!

Cathy Taylor .....	10/3
Judy Dunkle .....	10/3
Evie Balch.....	10/4
Gloria Wheeler.....	10/4
Inez Wilson.....	10/5
Eugene Smiley .....	10/6
Virginia Ozbolt .....	10/6
Harold Florence .....	10/7
Nancy DaBois .....	10/8
Mary Johnson.....	10/8
Catherine Fugate .....	10/13
Daisy Rich .....	10/16
Penny Gagliano.....	10/16
Jackie Franks .....	10/18
Mary Parker .....	10/18
Marie Swift .....	10/19
Mona Lewis .....	10/19
Linda Grissom .....	10/19
Charlotte Stark.....	10/25
Avozenia "Chuck" Musso.....	10/26
Craig Sanderson.....	10/27
Tom Reeves .....	10/30
Ernestine Howard .....	10/30
Patricia Walter .....	10/31



*If your birthday is incorrect or not listed,  
please contact the Center (951-1418).*

**Need Meeting Space?**

The center is available for rent evenings and weekends for your meetings, parties and special events.  
**\$150 for 4 hours & \$25/extra hour**  
Contact the center for date availability.  
**Center phone # 951-1418**



**TRANSPORTATION NEWS**

The bus leaves the center every morning no later than 7:30 for pick-up. If you want to be picked up you must notify the center no later than 7:00 am. Leave a message for the bus driver at 951-1418 ext. 3.



**Our September  
Birthday Stars**



**Left to Right:** Joyce Franklin,  
Barbara Wright and  
Joyce Martin

**FREE Private Computer Classes**



**Dr. Joey Gafford**

**October 20 & 21 (Thursday/Friday)**  
Call the center for availability  
**November 21 & 22 (Monday/Tuesday)**  
Call the center for availability.

**Classes fill up quickly, so reserve your spot for a class today!**

**Dr. Joey has a Refurbished Win 10 Laptop for \$200.  
Call 1-888-361-0509**

**Dr. Joey is also available for In-Home Computer Repair when he is in town. Appointments are limited so give him a call at 1-888-361-0509.**

He also has an assortment of used and refurbished computers for sale. This includes laptops and desktops starting at around \$150.

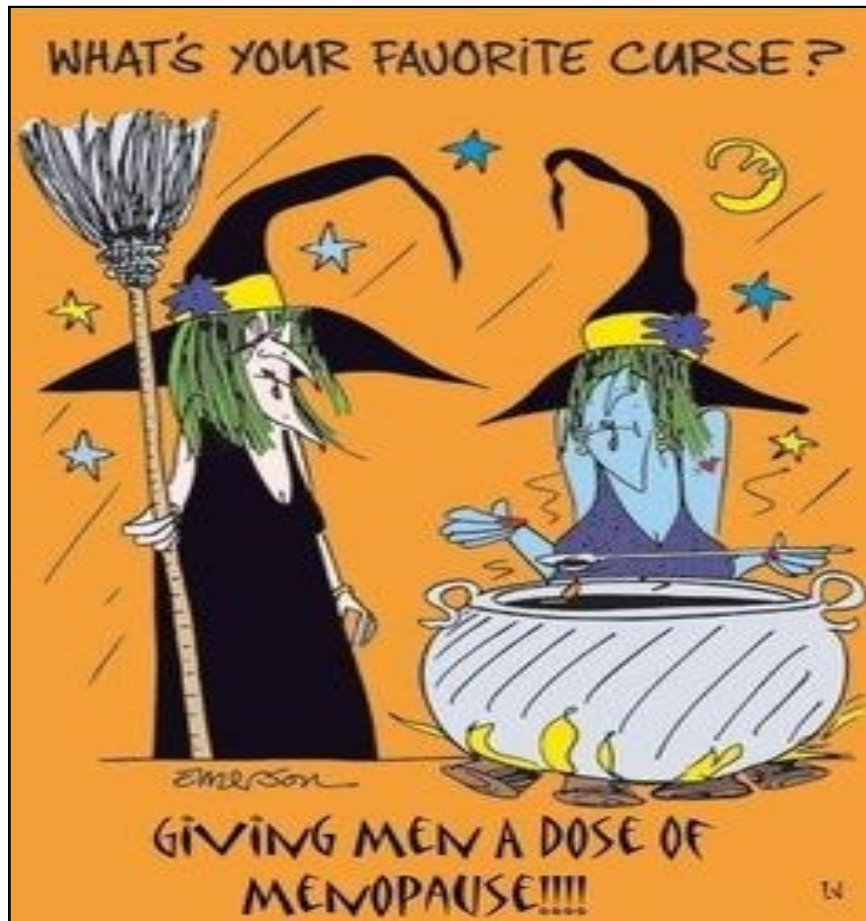
### "Danna's Tips From the Kitchen"

Nothing says "Fall" like toasted nuts!

Toasting brings out the full flavor of nuts. And it is easy to do. Start with nuts that are shelled and about the same size. Then decide whether you want to toast them in the oven or in a skillet...

**\*\*Oven-** Spread the nuts in a single layer on a baking pan and cook them at 400 degrees for 7 to 10 minutes, or until the nuts start to turn golden. Halfway through the toasting, carefully rotate the nuts by shaking the pan.

**\*\*Skillet-** Place nuts in a single layer and put the skillet over medium-high heat. Stir or shake the nuts while they're toasting for 5 to 7 minutes, or until they start to turn golden. Always aim for golden. Toasted nuts taste best if they're not darker than light brown.



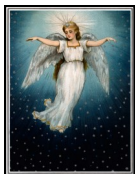
### Our Special Prayer List

Lela Jenkins  
Don Standifer  
Peggy Horton  
Virginia Stewart  
And Virginia's daughter Pam



Peggy Pearson  
Gayle Manning  
Mary Hightower  
Bobbie Zimmerman  
Jack Bailey  
Maria Josher

### Cathy Olson's Daughter—Elaine



**Our Prayers and Deepest Sympathy go out to Betty and Alvin Kay on the loss of Betty's sister, Kathy Burnett And Betty Burchfield in the loss Of her nephew James Burchfield**

### Your Irondale Senior Center Team

- Director
- Penny Gagliano - Administrative. Asst.
- Cathy Sanderson - Activities Coordinator/Yoga Inst.
- Danna Wright - Cook
- Ruth Fielding - Ceramics Instructor
- Ralph Holzman - Art Instructor
- Rachael Relaford - Yoga Instructor
- William Dimbo - Bus Driver
- Cal Pabst - Driver
- Paul Zimmerman - Center Rental Manager
- Temporary and Volunteer Helpers**
- Debbie Ash - Lunch Assistant

### BOW MAKING WITH JANICE

Janice will be teaching a bow making class again for your fall decorating! This is a popular class so please sign up and make a beautiful fall bow for your home or to give as a gift! Donations to defer cost appreciated! Happy Fall Y'all!

### Event Registrations Fortunately Event and Program participation has dramatically increased!



As with all growth—there comes some amount of pain. You can help ease the pain by following the procedures listed below.

- ◆ Only sign up for an event if you are sure you can attend. If you need to cancel please do so 24 hours in advance. Please list your phone number on the sign up form. If you do not want your number listed publicly, then notify Penny so that she may list it privately.
- ◆ All participants must have an updated release form, information sheet and picture ID on file.



*Your Cooperation is Greatly Appreciated!*



## First Monday Bingo

October 3rd at 12:30

Sponsored by:



Wednesday,  
October 19th

Lunch at 11:30  
Bingo at 12:30

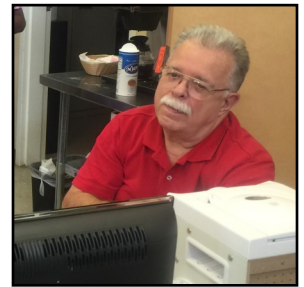
Reservations must be  
made by Monday,  
October 17th

Lunch  
and Bingo  
Fun!

Sponsored by:



With CAL



Friday - Oct. 28th at 12:30 - 2:30



Every  
Tuesday and  
Thursday  
9:30 - 11:30

Earn points daily as you play throughout the  
month. The participant with the most points

**October 4th**

will win the monthly Grand Prize!

This will be an ongoing tournament to be  
rebooted each month.

## Bingo & Lunch At St. Francis Xavier Catholic Church

Thursday, Oct. 27th

Leave center at 11:00am  
Return to center by 2 pm

### Cost

\$7 for meal &  
2 bingo cards  
for 10 games.

An extra game will be  
played at the end for 25¢  
per card for the last prize.

Sign up by noon on  
Tuesday, Sept. 20th

**Please let us know if you  
will be driving so we can  
give an accurate count.**



## Gospel Singing with Marti

Thursday, October 6th at 12:30



Join us as we gather  
around the baby grand  
piano and sing some  
beautiful time honored  
hymns.



Introduction to Facebook at the  
Irondale Public Library

Tuesday, October 4th,  
10:00—11:00.

*Come join us as we learn more about  
Facebook at our own Pubic Library.*

**This is a Free Class!**

# Clubs and Meetings



## Men's Coffee Club

2nd & 4th Friday in  
October

Starting at 9:00 am

October 14th & 28th

14th— **Men's Breakfast Casserole**

28th— **Steak and Egg Biscuit**

Bring your friends and join us  
for breakfast, fellowship & coffee!



## Ladies Bible Study

(non-denominational)

with **Nancy DuBois**

Beginning September 8th  
going through December

10:00 - 11:30

## "Color Gods Word"

A colorful in-depth study of biblical scriptures!

## Irondale City Council Meeting



Every 1st and 3rd Tuesday  
of each Month

Pre-Council—6:00 Council—7:00



**Due to popular demand Chair Yoga  
is now three Days a week!**

## Ruth's Words of Wisdom



**"Yes, I am listening!"  
When you listen, do  
you really hear?"**



## Join the Silver Bullets Gun Club

Tuesday evening

**October 25th at 6:00 pm**  
Contact Cathy for further details  
205-951-1418



## Chair Yoga Classes

Monday, Wednesday & Friday

9:15—10:00

## Art Club

Tuesdays, 9:00—3:30

Instructor: Ralph Holzman



## Bunco

Tuesdays and Thursdays

9:30—11:30



## Poker Club

Wednesdays, 1:00—3:30

(Birthday Wednesday play will start at 1:30)



## Ceramics Classes

Wednesdays & Fridays

8:30—3:30

Instructor: Ruth Fielding



## Mahjong

Tuesdays, 1:00—3:30



## Bridge Club

Fridays, 12:30—3:30





## Changes and Improvements coming to your Trondale Senior Activity Center



### Building additions and improvements

- ◆ Addition to the back of the building for storage
  - ◆ New flooring throughout the center
  - ◆ Fresh painting in all the rooms

We appreciate your patience as we enter the construction and improvement process.



## Biblical History Center

130 Gordon Commercial Dr.  
LaGrange, GA 30240



The Biblical History Center (formerly Explorations in Antiquity Center) in LaGrange, Ga., is an archaeological museum exploring daily life in ancient times. Through archeological replicas, Biblical meal presentations, lectures, and other personal experiences, ancient Middle Eastern life becomes real today. Step back in time as you sit in an authentic goat-hair tent like the nomadic shepherds lived in for thousands of years. See tombs like those in which Abraham and Jesus were buried. Visit a village and city gate area to see what life was like 2,000 years ago. Dine on a Passover Meal much like Jesus ate at the Last Supper. Enter the Time Tunnel and learn about the worship practices of pagans, Jews, and Christians from 2500 BCE to 500 CE by exploring replicas of excavated houses of worship from Israel. These opportunities and so many more wait for you at the Biblical History Center.

*Trip is Tuesday, October 25th, cost \$50, includes transportation, fast food breakfast on the bus, admission and lunch. Bring extra money for souvenirs and gifts. Reserve your seat by Tuesday, October 18th. We will leave at 7:30 AM and return before 6 PM.*



## OLD PERSON PRIDE

- ◆ Old People are easy to spot at sporting events; during the playing of the National Anthem Old People remove their caps, stand at attention and sing without embarrassment. They know the words and believe in them!
- ◆ Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy and Hitler.
- ◆ They remember the Atomic Age, the Korean War, The Cold War, the Jet Age and the Moon Landing.
- ◆ If you bump into an Old Person on the sidewalk he will apologize.
- ◆ If you pass an Old Person on the street, he will nod or tip his cap to a lady.
- ◆ Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.
- ◆ Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in the movies.
- ◆ Old People have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.
- ◆ It's Old People who remove their hats while eating in a restaurant in respect for the ladies and guests.
- ◆ It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country.

### Senior Health: Falls and Fractures

#### Make Your Home Safe

You can help prevent falls by making changes to unsafe areas in your home.

*In stairways, hallways, and pathways:*

- Make sure there is good lighting with light switches at the top and bottom of the stairs.
- Keep areas where you walk tidy.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Have handrails on both sides of all stairs, from top to bottom, and be sure they're tightly fastened.

*In bathrooms and powder rooms:*

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Keep lights on.

*In your bedroom:*

- Keep electric cords and telephone wires near walls and away from walking paths.
- Tack all carpets and area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.

Make sure your sofas and chairs are a good height for you so that you can get into and out of them easily.



*So hard to say goodbye!*

# *First Annual Luau Party 2016 Aloha Alisa and Barbara!*



Thank you Fair Haven for helping to sponsor this new, fun, annual event!

