



November 2009

Monthly Calendar Of Events

FOCUS on Senior Citizens
1920 Sixth Street, Tuscaloosa, AL 35401
Monday—Friday from 8:00 to 4:30
Phone: (205) 758-3393
Fax: (205) 758-3395
Website: www.focustuscaloosa.org

Area residents age **50** and above are invited to participate in these functions.

Every Week at FOCUS...

Monday

8:30 AM	Advanced Line Dancing
9 AM	Oil Painting Class
10:30 AM	Senior Exercise
12:00 PM	Dominoes
12:30 PM	RSVP Singers
3:30 PM	Tai Chi
7 PM	Senior Dance <i>(live music by Hurdis Lake & The Choctaws)</i>

Tuesday

8:30 AM	BINGO
9 AM	RSVP Quilters
10 AM	PACE: Arthritis Exercise
10:30 AM	Bible Study
1:30 PM	Bridge

Wednesday

8:30 AM	Line Dancing Beginners
9:45 AM	Line Dancing Advanced
10:30 AM	Senior Exercise
1 PM	Canasta
3:30 PM	Tai Chi

Thursday

9 AM	Mexican Train Dominoes & other games
10 AM	PACE: Arthritis Exercise
12:00 PM	Dominoes
12:30 PM	Crochet & Knitting
1:30 PM	Bridge

Friday

9 AM	Canasta
10:30 AM	Senior Exercise
12 PM	Dominoes

We offer all of these fun and exciting activities each week at FOCUS on Senior Citizens! If you have any questions about any of our activities or events, please call Linda at 758-3393.

Save the Date:

Tuesday, December 1st

4:00 pm —6:00 pm

A Jazzy Blues Christmas

FOCUS ON SENIOR CITIZENS
CHRISTMAS OPEN HOUSE

LIVE MUSIC BY
THE ALABAMA BLUES PROJECT

November Recipe of the Month

HOT CINNAMON CIDER

- 4 cups apple cider
- 1 cup orange juice
- 2 tbsp honey
- 12 whole allspice berries
- 4 cinnamon sticks
- 1 whole nutmeg
- 1/2 tsp grated orange rind
- 1 small red apple cored and wedged

Directions:



Bring -a- Dish Taste -a- Dish

*Friday, November, 20th
10:30am*



Please join us for our Thanksgiving celebration, Bring a Dish Taste a Dish Event! Bring one of your favorite Thanksgiving dishes or desserts and a copy of the recipe to share with one another. However, if you are not the chef and you'd like to be just bring \$3 instead of a dish & enjoy all the wonderful food. Best dish and best dessert will win a prize. Come hungry and have a little taste of each dish. (All dishes must be accompanied with the recipe.)

Call 758-3393 to register
or see Linda Mills



Hi everyone, my name is Linda Mills,

and I will be taking Marissa Moore's position as Center Director here at FOCUS. I am looking forward to meeting and getting to know everyone. If we have not met please come by the office and introduce yourself. I hope to have a lot of new and exciting events coming into the new year. If you have new ideas and would like to share them, come by, I would love to hear them.

November Group Meetings

Grandparents United— November 3 at 11AM
American Legion— November 3 at 6PM
Widowed Persons Services— November 8 at 2PM
AARP— November 17 at 10AM
OASIS— November 17 at 2PM
UAW Retirees— November 19 at 2PM

Fabulous Fall Nature Walks



Wednesdays

November 18
December 10

9:30 am
UA Arboretum

Come and enjoy a leisurely stroll on an easy walking path. You will be guided by the Arboretum staff and learn about all kinds of plant life.

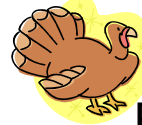
Widowed Persons Services

Monthly meeting will be held
Sunday, November 8th
2:00 pm

Featuring Guest Singer:
Billy Barton

PENNY AUCTION!

Thursday, November 19
10am in the Multi-Purpose Room



Fun and Prizes!
Refreshments served, too!

Sponsored by Northport Health & Rehabilitation



Saturday Senior Tours November 2009



November 7th
Columbus, MS
Historic Home Tours

November 14th
Philadelphia, MS
Lunch @ Silver star

Call Melissa at 758-3393 for more information
or to sign up!