



# Shoreline News

*Life Enriching Activities for the Adult 50 & Over*



Hello Everyone,

My name is Justine Clarke, and I am excited to be welcomed aboard here at the Orange Beach Senior Center. Growing up a military brat, I am both from everywhere and nowhere, but have been living in the area and working in Orange Beach for about three years. I know Carolyn left big shoes to fill, yet I am thankful to her and all of you for the opportunity to get to know each of you and to grow with our Senior Center. I look forward to seeing you soon.... Justine

## November 2021 Events

Oct 31st– Nov. 7th SEC Women's Soccer Tournament: Soccer matches at the Sportsplex. We have secured passes for FREE entry. So please come by the center to pick up a pass.

Nov. 1st @ 6pm - "A Night of Recognition": at the Orange Beach Community Center. Policeman & Fireman of The Year Recognition Awards and Potluck Dinner. Main Dish provided please bring a side dish to pass.

Nov. 11th— Veteran's Day Center Closed

November 24th - 26th: Thanksgiving Holiday: Center will be Closed.

Let's Talk Fire Safety... This month the Orange Beach Fire Department is focusing on kitchen safety..

Here are a few tips:

1. Stay in the kitchen when frying, boiling, grilling, or boiling food.
2. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, an oven mitt, or a wooden spoon as a reminder that you have something cooking.
3. If a pan of food catches fire, slide a lid over it and turn off the burner.

## ON GOING WEEKLY ACTIVITIES

**\*SIT & BE FIT EXERCISE CLASS:**

Mondays & Wednesdays: 2:00pm—3:00pm

**HAND & FOOT CANASTA:**

Monday & Thursday : 9:30am—12:00pm

**MAH JONG:** Monday @ 1:00pm

**BRIDGE:** Tuesday & Thursday:

12:00pm—3:30pm

**\*YOGA for EVERY BODY:\***

Tuesday & Thursday 8:30am—9:30am

**DOMINOES:**

Wednesday: 9:30am—12:00pm & Thursday: 1:00pm

**\*TAI CHI:** Wednesday 9:00am—10:00am

\*Cost for class is \$3.00 residents \$ 5.00 non-residents

## NOVEMBER 2021 ARTS & CRAFTS

Please call 981-3440 to sign up for our Classes

**OPEN WORKSHOPS:** Mondays- 9am—2pm.

**CERAMICS:** Tues 9am—11am, Cost is per Item.

**BURLAP CHRISTMAS TREE**

Wednesdays 9am -11am

Cost is \$ 15.00

**SEASHELL ORNAMENTS**

Thursdays 9am -11am

Cost is \$ 10.00

*Reminder: Medicare Part D*

*Open Enrollment*

*October 15, 2021 –December 7, 2021*

*You can make an apt. with Council on*

*Aging by calling:*

*251-972-8506*