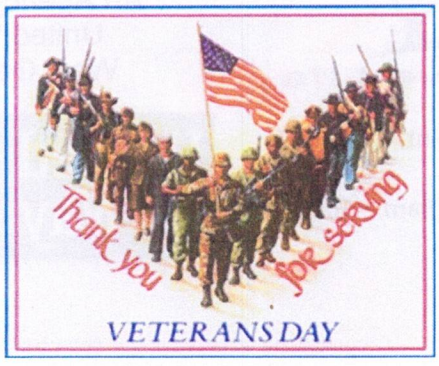
West Point Active Life

Monthly Newsletter | **A Better Life to Live** | **November 2026**

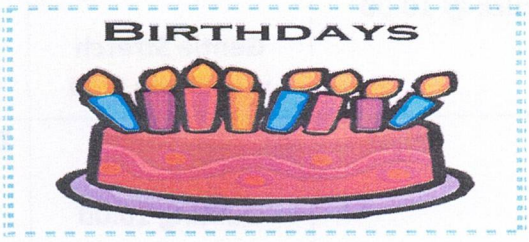
EVENTS THIS MONTH:

- November 2nd: Center is **CLOSED**. We will be traveling to the Tuskegee Airman Museum. We will also be eating at Old Times Country Buffet in Auburn afterwards.
- Nov. 4th: ScamSmart w/ TCSO @ 1:00 PM.
- Nov. 6th: Pool Tournament @ 1:00 PM in LaGrange.
- The center will be **CLOSED** on Wednesday, Nov. 11th in observance of Veteran's Day. Thank you to all veterans who served in our Armed Forces!
- Nov. 12th: Feeding the Valley Monthly Food Distribution.
- Nov.13th: Catfish Dinner in LaGrange @ 3:00 PM.
- Nov. 16th: Feeding the Valley Produce Truck @ 10:00 A.M.
- Nov. 17th: Gentle Stretch w/Lindsey @ 1:00 PM.
- Quarterly Nutrition Talk w/ Maureen Geboy from Three Rivers AAA – Tuesday, Nov. 18th @ 1:00 PM. Make plans to join us!
- Nov. 20th: Birthdays Celebration (Sponsored by Kimble's Corrections); Chair Fit @ 10:00 AM; Living Well talk & Bingo (Sponsored by Adoration Home Health) @ 11:00 AM.
- Nov. 25th Thanksgiving Lunch @ 12:00 and Bingo @ 1:00 PM.





We invite all Adults 55+ to come be a part of West Point Active Life! There is no cost to join. We are open Monday thru Friday. It's a great way to meet new friends, see some old friends and socialize. Lunch must be pre-ordered by 10:00 AM each day!



1st – Ray B.
3rd – Linda P.
16th – Sharon B.
18th – Allee J.
21st – Maxine A.
27th - Larry S.

November is American Diabetes Month. More than 37 million children and adults have diabetes in the United States. Approximately 953,887 adult Georgians have been diagnosed with diabetes while another 234,000 have it but don't know they do. In Alabama, about 568,189 adults have been diagnosed and another 119,000 have it but don't know it. Serious complications of diabetes include: heart disease, stroke, amputation, end-stage kidney disease, blindness and death. Check out www.diabetes.org for more information!

November 2026 ★ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tuskegee Airman Trip @ 10:30 CENTER CLOSED	3 Quilting 10:00 V-Ball 10:30	4 Quilting 10:00 Bingo 10:30 ScamSmart W/TCSO @ 1:00	5 V-Ball 10:30	6 Chair fit 10:00 Bingo 11:00 Pool Tournament @ LaGrange 1:00
9 Craft 1:00	10 Quilting 10:00	11 CLOSED! IN HONOR OF OUR VETERANS	12 V-Ball 10:30 Feeding The Valley Monthly Food Distribution	13 Chair Fit 10:00 Bingo 1:00 Catfish Dinner 3:00
16 Feeding the Valley Produce Truck @ 10:00	17 Quilting 10:00 V-Ball 10:30 Gentle Stretch w/Lindsey 1:00	18 Quilting 10:00 Bingo 10:30 Nutrition Talk w/Maureen 1:00	19 V-Ball 10:30	20 Chair Fit 10:00 Living Well & Bingo w/ Dana Martin 11:00 Birthday/Kimble's Correction
23	24 Quilting 10:00 V-Ball 10:30	25 Quilting 10:00 Thanksgiving Lunch 12:00 Bingo 1:00	26 CLOSED! 	27 CLOSED! 
30				ThreeRivers AREA AGENCY ON AGING

TROUP COUNTY PARKS & RECREATION

West Point Active Life
A Better Life to Live

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Office Hours: Monday – Friday (8am – 4pm)

An Agency of the United Way West Georgia

United Way