November 2026 ✹ Month-at-a-Glance

Monday	Tuesday	Wednesday	Thursday	Friday
2 – Trip Sign-up **Sausage Biscuits** FlexFit / Genealogy **Christmas Tree Signup** Qi Gong Tai Chi BP Check / Vivo **November Birthdays** ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	**3 – Essential Oils Class** Haircare Paper Dolls DanceFit Jewelry Craft Class ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat	**4 – Gentle Stretch** Stick to the Beat Standing Aerobics Bingo Knit Witz Line Dancing I Hand & Foot Game Chair Volleyball Vivo / Chorus	**5** Pickleball Yoga I / SureFit **Diabetes Support Pt 1** Circuit Training Qi Gong Tai Chi Mahjong Contract Bridge Line Dancing I Ballroom Dancing	**6 – N. GA. Train Trip** Vivo FlexFit Bingo DanceFit Singalong Oil Painting Chair Volleyball **Billiards** Line Dancing I
9 – Performance FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II **Marine Corps League**	**10 – Game Night** Haircare / **Putt-Putt** Paper Dolls / DanceFit Jewelry / **iPhone Class** ChairFit / Bible Study Yoga II / Oil Painting Line Dancing II Stick to the Beat **VA Assist / DAV Mtg**	**11 – Center Closed**  VETERANS DAY	**12** Pickleball Class Yoga I / SureFit **Diabetes Support Pt 2** Circuit Training Qi Gong Tai Chi Mahjong / Bridge Line Dancing I Ballroom Dancing	**13 – Catfish Supper** Vivo / FlexFit Bingo DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I
16 – Legacy Museum FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	**17 – Ask a Lawyer Day** Haircare / DanceFit **Nativity Craft** Jewelry / ChairFit Bible Study / Yoga II **Advance Directives** Painting / Line Dancing Stick to the Beat **NYC Pre-trip Meeting**	**18 – Dr. Carlos Wise** **Sausage Biscuits** Stick to the Beat Standing Aerobics Bingo / Knit Witz **Volunteer of the Month** Line Dancing I / Vivo Hand & Foot Game Volleyball / Chorus	**19 – Photo Coaster** Pickleball Class Yoga I / SureFit Circuit Training Qi Gong Tai Chi Mahjong Contract Bridge Line Dancing I Ballroom Dancing	**20 – Velcro Darts** Vivo / FlexFit **Open Enrollment Help** Bingo / DanceFit Singalong Chair Volleyball Oil Painting Line Dancing I **21 – Saturday Dance**
23 FlexFit Genealogy Qi Gong Tai Chi BP Check / Vivo ChairFit / Mahjong GriefShare Indoor Pickleball Line Dancing II	**24** Haircare / Bible Study Jewelry Craft Class Paper Dolls / DanceFit ChairFit / Yoga II **Veterans' Assistance** Oil Painting Line Dancing II Stick to the Beat	**25 – Being Thankful** Stick to the Beat Standing Aerobics Line Dancing I Bingo / Vivo Crochet & Knitting Hand & Foot Game Volleyball Chorus	**26 – Center Closed**  	**27 – Center Closed** 
30 – Decorating Starts FlexFit / Genealogy Leadership Team Qi Gong Tai Chi BP Check / Vivo Mahjong / Pickleball ChairFit / GriefShare Line Dancing II	 	 	 	

TROUP COUNTY PARKS & RECREATION
A Division of Troup County Parks & Recreation

UNITED WAY West Georgia
An Agency of the Local United Way

Federal and State Funding from Three Rivers RC
ThreeRivers AREA AGENCY ON AGING

140 Ragland Street ◆ LaGrange, GA 30241
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Office Hours:
Monday – Friday (8am – 4pm)

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The Active Life

November 2026

RECREATION FOR ACTIVE ADULTS 55+

Essential Oils
Tue, Nov 3

Diabetes Support Workshop
Thu, Nov 5 & 12

Patriotic Choral Performance
Mon, Nov 9

iPhone Class
Tue, Nov 10

Game Night
Tue, Nov 10

Catfish Supper
Fri, Nov 13

Ask a Lawyer Day
Tue, Nov 17

Craft Classes
Nov 17 & 19

Advance Directives
Tue, Nov 17

Saturday Night Dance
Sat, Nov 21

Annual Craft Sale
Dec 1-4



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Chronic Disease Management

Approximately 33% of adults aged 65 and older have diabetes. About 50% of adults in this age group have prediabetes. A significant number of older adults have diabetes without knowing it, as symptoms can be mistaken for normal signs of aging. Most older adults with diabetes have Type 2 diabetes, which is driven by age-related insulin resistance and changes in how the body processes sugar.

Over 80% of adults aged 65 and older live with two or more chronic conditions, such as heart disease, high blood pressure, arthritis, or diabetes. Diabetes accelerates risks for cognitive impairment, depression, urinary incontinence, muscle loss, frailty, and mobility challenges.

How can you put the brakes on diabetes and its complications (heart disease and stroke, blindness and other eye problems, kidney disease, and nerve damage)?

- ✓ **Follow a healthy eating plan.** Include more non-starchy vegetables such as broccoli, spinach, and green beans. Avoid added sugars, refined grains, and highly processed foods.
- ✓ **Be physically active** for at least 150 minutes a week, 30 minutes a day for five days or however you want to split it up.
- ✓ **Manage your ABCs**: Get a regular A1C (blood sugar) test, keep your blood pressure below 140/90, control your cholesterol levels, and stop smoking.
- ✓ **Lose weight if needed**.
- ✓ **Take medicines as instructed**.
- ✓ **Make and keep appointments with your health care team**.

You can both prevent diabetes and its complications and work to improve it with a healthy diet, physical activity, losing weight if needed, managing your ABCs, losing weight if needed, taking medicines as instructed, and keeping appointments with your doctor.

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Everyday Events

Play Games in Game Rm: Billiards, Dominoes, Mahjong, & Card Games
Make Works of Art in Craft Rm: Quilting, Crocheting, Painting, Sewing, & Other Crafts
Use a Computer in Media Rm: Surf the Internet, Email, & Research your Family Tree
Enjoy the Outdoors: Nature Trail Walk/Workout, Exercise in Wellness Pavilion & Play Pickleball
Stay Well in the Wellness Center: Use a Fitness Machine, Attend Class, Enjoy the Snack Bar & Visit with Friends in the Coffee Rm.

Weekly Events ($ = Fee Charged)

FlexFit (Mon & Fri, 9:30am)
Dynamic Stretch *Judy Shimandle & Patricia Pruitt*

Genie Club (Mon, 9:30am)
Trace your Family Roots using *Ancestry.com*

Blood Pressure Check (Mon, 10am)
Sponsored by *LaGrange Fire Dept* in Game Rm

Vivo: Chair Fitness Class (Mon, 10am, Wed, 1pm & Fri, 9am) *Certified Teachers Mellisa* & Sydney

Qi Gong Tai Chi (Mon, 10:30am / Thu, 1pm)
Flexibility, Balance and Strength *John Poythress*

Mahjong (Mon & Thu, 12:45pm)
Strategic Tile Game *Gary Whitfield*

GriefShare (Mon, 1pm)
Grief Support Group led by *Dan & Melinda Williford*

Line Dancing II - Intermediate
(Mon, 1pm & Tue, 1pm) *Kathy M. & Jackie C.*

Indoor Pickleball (Mon, 2:15pm)

His & Her Hair Care (Tue, 8:30am-1pm) $
Hair Shop *Tracy Sanders (706-302-3806)*

DanceFit (Tue 9:30am / Fri 10:45am)
Fitness Made Fun *Karen Head & Mirinda Douglas*

Bible Study (Tue, 9:30am) Media Room

Paper Dolls Craft Group (Tue, 9:30am)
Paper Crafts *Barbara Hudson*

Jewelry Making Crafts (Tue, 10:45am)
Make Beautiful Wearable Art *Ruby Gibson*

ChairFit (Mon, 11am & Tue, 10:30am)
Low-impact Aerobics *Kim Basko & Ricki Robbins*

Yoga Class II - Intermediate (Tue, 12pm)
Taught by Certified Instructor *Teresa Kuhns*

Oil Painting Class (Tue & Fri, 1pm) $
For all Skill Levels *Donna Bailey (706-302-0392)*

Wonderful Wednesdays

Gentle Stretch (Nov 4)
Lindsey Hutto
Troup County Health & Wellness Mgr

Diabetes & Chronic Disease Management (Nov 18)
Carlos Wise MD
Family Medicine Practice at Emory

Being Thankful (Nov 25)
Active Life Participants

Stick to the Beat (Tue, 2:15p & Wed, 8:30am)
Cardio Drumming Workout *Karen Wesley*

Standing Aerobics (Wed, 9:30am)
Low Impact Exercise to Music *Lora Norrell*

Small Prize Bingo (Wed & Fri, 10:00am)

Line Dancing I - Beginners
(Wed, 10:45am) *Kay Scarborough*
(Thu, 5:30pm / Fri, 2:15pm) *Jackie Chatterton*

The Knit Witz (Wed, 1pm)
Crochet and Knitting Club for All Levels

Chair Volleyball (Wed & Fri, 1pm)
Seated Fun Competition *Jackie & Tom Chatterton*

Beginners Pickleball Lessons (Thu, 9am)
Call *Sandy Dennis* (706-675-6400) for Appointment

Yoga Class I - Beginners (Thu, 9:30am)
Taught by Certified Yoga Instructor *Teresa Kuhns*

SureFit (Thu, 10:30am)
Improve Strength and Balance *Jenny Averill*

Contract Bridge Group (Thu, 2pm)

Ballroom Dance Lessons* (Thu, 7pm) $
Five-Week Classes *Cody Foote* (334-663-2408)

Friday Singalong (Fri, 10:45am)
Good Old-Time Gospel Singing

Rummikub Group (Fri, 1pm)
Fast-Paced, Rummy–Style Tile Game



Monthly Events

Day Trip Sign-Up (Mon, Nov 2, 8:00am)

Birthday Celebration (Mon, Nov 2, 11:50am)

Sausage Biscuits Dining Rm *Cost: $1 Each*
Mon, Nov 2, 8:30am & Wed, Nov 18, 8:30am

Special Events (*= Registration Required)

Let the Competition Begin!
Monthly Billiards Tournament
Fri, Nov 6 at 1pm (Game Room)
Putt-Putt Tournament
Tue, Nov 10 at 9:30am
Velcro Darts Tournament
Fri, Nov 20 at 9am





Tasty and Nutritious Lunches*
(Weekdays, 12pm) Dining Rm
Sign up 8:45am to 11am daily.

Christmas Tree Sign-up*
Sign-up Starts Mon, Nov 2
(Trees to be Decorated on Nov 30 or Dec 1)
Adopt an Active Life Christmas tree and help beautify the Center for the holidays.

Autumn Essential Oils Class*
(Tue, Nov 3, 9:30am) Coffee Rm – Limited to 12
Taught by Valerie Roscoe, CNHP

Diabetes Support Workshop*
(Thu, Nov 5 & 12, 9:30am) Limited to 10
Learn to manage diabetes through healthy eating, staying active & simple lifestyle changes.

Patriotic Performance (Active Life Chorus)
(Mon, Nov 9, 11:30am) Dining Rm
Led by Choral Director Kathy Kirby
(Join in the Fun! Chorus Meets every Wed, 2pm)

iPhone Training and Assistance*
(Tue, Nov 10, 10:30am-11:30am) Coffee Rm
Led by Ella Kahikina, LaGrange College Student

Veterans Assistance*
(Tue, Nov 10 & 24, 12pm-4pm) Front Lobby
Kassie Jones & Cecil Renfroe, DAV



Active Life Game Night
(Tue, Nov 10, 4pm-8pm)
Bring a Tasty Snack to Share

Catfish Supper Night*
(Fri, Nov 13, 5:30pm) $8 Dining Rm
Menu: Catfish Fillet, Hushpuppies, Cole Slaw, Baked Potato & ***Pecan Pie.***

Ask a Lawyer Day*
(Tue, Nov 17, 10am - 2pm) Front Lobby
Sign-up for free legal advice from an attorney.
Sponsor: Georgia Legal Services Program



Nativity Scene Craft*
(Tue, Nov 17, 9:30am) $2 Craft Rm
Taught by Barbara Hudson. Limited to 6.

Advance Directive Workshop
(Tue, Nov 17, 10:30am) Media Rm
GA Legal Services guides participants step-by-step through completing advance healthcare directives.

Volunteer of the Month Recognition
(Wed, Nov 18, 11:50am) Dining Rm



Photo Coaster Craft*
(Thu, Nov 19, 9:30am) $5/$8 Craft Rm
Bring 1 or 2 4x6 photo(s). Limited to 10.
Taught by Shelia McCord.

Open Enrollment Assistance*
(Fri, Nov 20, 9am) Coffee Rm
Learn about Medicare options from the unbiased State Health Insurance Assistance Program (SHIP).

Saturday Night Dance
(Sat, Nov 21, 6:30pm–8:30pm) $10
Live music featuring the **Huck's Trio Band**.
Chicken Sandwich, Chips & Dessert Provided.



Annual Arts & Crafts Sale
(Dec 1-4, 9am-3pm) Craft Rm
Get a head start on Christmas shopping with handmade arts & crafts.

TRAVEL (# of 🚶 indicates level of walking)

North GA Train and Apples Trip* 🚶 *Departs Shuford*
(Fri, Nov 6, 6am) $65 - *Sold Out*

The Legacy Museum* 🚶🚶 *Departs Shuford*
(Mon, Nov 16, 9:30am) $10 plus meal cost
Experience Montgomery's profound civil rights history with museum visits & scenic boat ride.
Lunch at Farmer's Market Cafe ($10+)

New York City Pre-Trip Meeting*
(Tue, Nov 17, 2pm) Dining Rm

Eufaula Christmas Tour of Homes* 🚶🚶 *Departs Active Life*
(Sat, Dec 5, 8am) $50 plus meal cost
Featuring historic Southern mansions and houses lavishly decorated for the holidays.
Choose from four restaurants for lunch ($12+)

Nashville Noel at the Nixon* 🚶 *Departs Active Life*
(Thu, Dec 10, 3:30pm) $25 plus meal cost
This festive production blends soulful country melodies and seasonal warmth to celebrate Christmas. ***Dinner at Texas Roadhouse ($15+)***