



December 2017 Calendar

Should there be a change in location, date or time for any Senior Friends event for which you have pre-registered, we will notify you prior to the event.



WHEN TO KNOW IF OUR WINTER ACTIVITIES ARE CANCELLED

Because concern for your safety is foremost in our minds, Senior Friends activities during the winter months will be canceled in the event of bad weather. **A general rule of thumb, if the Pulaski County School system is closed due to inclement weather (snow & ice), our Senior Friends Event (including Parkinson's Disease Support Group) will also be canceled that day.** Even though the weather sometimes clears up by time of the activity, we would rather you be safe and not out in bad weather on wet/slick roads. However, if you have questions about the activity, please feel free to call us. Above all, be careful and stay warm during the winter season!

The Senior Friends Office will be **CLOSED** on the following dates:

In observance of the Christmas Holiday: Monday, December 25.

In observance of the New Years' Holiday: Monday, January 1, 2018.

SENIOR FUN & FITNESS CLASS

Lake Cumberland Cancer Treatment Center,
112 Tradepark Dr. - Community Room
Tuesdays and Thursdays,
10:00 – 11:00 a.m. thru Dec. 7, 2017.
Senior Fun & Fitness will recess during the holidays and **will resume classes on Tuesday, Jan. 9, 2018.**

For more information or to register, since space is limited, call (606) 678-3274.

WEDNESDAY, DEC. 13

GET ACQUAINTED BRUNCH

LCRH Conference Center, Ste. A
9:15 a.m. – Free Breakfast in Chatter's Café and Grill
10:00 a.m. – Senior Friends benefits Presentation

Have you ever been a Senior Friend? Our free breakfast is designed to offer you a free one-year membership if you have never been a member before. Come to this "Get Acquainted Brunch" and enjoy a **FREE delicious breakfast** in Chatters Café & Grill. We will provide you with information about all the benefits of your **free NEW one-year membership** – a \$15 value! Call (606) 678-3274 for your required reservation by Fri., Dec. 8. Please bring a NEW canned food or nonperishable item for Senior Friends food basket to be distributed to a family in need. Outdated foods cannot be accepted.

FRIDAY, DEC. 15

PARKINSON'S SUPPORT GROUP

Christmas Brunch

The Neighborhood
10:00 a.m. – 11:00 a.m.
FREE Christmas brunch immediately following the Parkinson's Support Group meeting. A support group for persons diagnosed with Parkinson's disease and

their family and friends. For additional information please call (606) 678-3274. Please bring a NEW canned food or nonperishable item for Senior Friends food basket to be distributed to a family in need. Outdated foods cannot be accepted. Please call 606-678-3274 for your required reservations.

TUESDAY, DEC. 19

SENIOR FRIENDS CHRISTMAS LUNCHEON

The Neighborhood
1:30 p.m.

Senior Friends and The Neighborhood unite to support God's Food Pantry. Enjoy a lovely afternoon of fellowship, food, and beautiful Christmas decorations, all while you support a wonderful charity. A donation of \$5 per person to God's Food Pantry will be appreciated.

Call 678-3274 for your **required reservations by Dec. 12 (seating is limited).**

THURSDAY, DEC. 21

MONTHLY MEETING CHRISTMAS OPEN HOUSE

12:00 - 1:30 p.m.
LCRH Conference Center, Ste A; basement level of the hospital.

The Christmas Open House is our way of saying "Thank you for not only being great Senior Friends members, but for truly being FRIENDS! Join us for some tasty treats and some great fellowship. Call (606) 678-3274 for your required reservation by Thurs., Dec. 7.

THURSDAY, DEC. 21

MOVIE-N-MUNCH

2:00 p.m.
"Greater"
Synopsis of "Greater": The story of Brandon Burlsworth, possibly the greatest walk-



on in the history of college football. Please bring a NEW canned food or nonperishable item for Senior Friends food basket to be distributed to a family in need. Outdated foods cannot be accepted.

Call (606) 678-3274 for your required reservation by Thurs., Dec. 14.

THURSDAY, DEC. 28 BIRTHDAY PARTY

LCRH Conference Center, Ste. A – Located in basement of hospital
2:00 p.m. –4:00 p.m.

It's time for those December "Senior Friend" babies to come and party. Bring a friend and share an afternoon of fun, games, delicious cake and ice cream. Call (606) 678-3274 by Thurs., Dec. 21 for your required reservations.

FRIDAY, DEC. 29 BUNCO

LCRH Conference Center, Ste. A
2:00 p.m. -4:00 p.m.
Senior Friends Members come and bring a \$5.00 donation for God's Food Pantry and spend the afternoon with "Friends". A perfect time for fun, fellowship, and refreshments. Senior Friends will provide the prize for the winner and the lowest scorer. Reservations are required and must be received by Friday, December 22. Call 678-3274 for your required reservations.

TUESDAY, JAN. 2

6th Annual POUNDS OFF PULASKI

Make plans to join us for the 6th Annual Pounds Off Pulaski weight loss contest.

NO DINE WITH THE DOCS DUE TO CHRISTMAS HOLIDAY.

There will not be a Dine with the Docs presentation in December or January. The next Dine with the Docs will be Tues., Feb. 13, 2018.

