

Cahill Chronicle

November 2024



Cahill

THANKSGIVING LUNCH

CODE: 81173

NOVEMBER 15 2024
12PM

MENU:

TURKEY, GRAVY, STUFFING, MASHED
POTATO, VEGETABLE, ROLL AND
DESSERT

RTA Members \$6 Non-Members \$7
call to register (480) 858-2420



Registration closes at Noon on 11/6.



Tech Time

Tech Together...A social group for seniors 50+

Bring your tech questions and share your knowledge related to smart phones, computers, printers, tablets, and more. An IT expert will join us for a portion of the meeting to answer advanced questions. Cost: FREE. Code: 82396

Thursday, November 14th from 10:00am-11:30am

Sound Healing Sessions

Vibrational Sound Therapy with Kristen Harper

Sound therapy helps induce relaxation, reduce stress, and promote healing. Call today to schedule your FREE one-hour, individualized session. Space is limited.

**Thursday, November 21st
Sessions available between 9am-2pm.**

November Ongoing Classes

Chair Fit and Fabulous Virtual

Mondays, 10:30-11:30am. All levels welcome in this virtual exercise class. Exercise at your pace and comfort level, using a chair or standing. Stay online after to socialize. 9/9-12/30, no class 10/14 and 11/11. Cost: FREE. Code: 81161

Games, Games, Games

Wednesdays, 9:30-11am. Have fun playing games in a casual, social environment. Games and snacks provided. 9/4-12-4. Cost:\$10 season, \$2/drop-in. Code: 81175

Chair Fit & Extra Fabulous Virtual

Thursdays, 10:15-11:15am. Exercise at your pace using a chair or standing. Similar to Chair Fit & Fabulous with additional equipment & exercises. 9/5-1/2, no class 11/28. Cost: FREE. Code: 81162

Senior Social Virtual

Fridays, 11:00am-12:00pm. Get some face time with old friends & make new ones along the way! Learn creative ways to stay connected & keep your mind sharp. Class includes an adult activity book. 9/6-1/3, no classes 9/27, 10/25, 11/15, 12/13. Cost: FREE. Code: 81167



Terrific Tuesday Lunches!

Join us for our fresh & delicious Tuesday lunches!
 \$3 RTA members, \$4 non-members. See last page for menu & codes.

Space is limited. Please register by Thursday prior to lunch service.

Cahill Birthdays



November

- 6. Marion Smith
- 7. Ron Mitchell
- 18. Janet Harris

December

- 1. Brian Malcolm
- 7. Eileen Collins
- 8. Roger Newsome
- 9. Loretta O'Malley
- 9. Mary Paschal
- 10. Gina Shier
- 10. Renee Reidhead
- 12. Lupe Gonzales
- 21. Kathleen DeKneef
- 27. Samantha Feigenbaum
- 29. Otilia Garcia-Rosales



Britney



November Birthday Bingo

Join us Thursday, November 14 at 12:00pm as we celebrate November birthdays with bingo for prizes and treats. All are welcome!

Cost: \$2 RTA members, \$3 non-members. Code: 81165

*Birthday Bingo will require a minimum enrollment of 10 participants. If the requirement is not met by the Tuesday before the event, registered participants will be contacted about the cancellation and payments will be refunded back to their account.

Coming up in December....

- There will be no classes/activities December 9-12
- Save the date! Cahill's Special Event will be December 13th.
- Cahill will be closed on December 25th
- There will be no in-person programming December 23-January 3



Cahill Art Class Exhibit with special guest visitors from the Head Start program



Cahill November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:00am Senior Social - FREE Virtual Code: 81167
4 10:30am Chair Fit & Fabulous - FREE Virtual Code: 81161	5 11:30am \$3/\$4 Lunch Menu: Chicken salad sandwich, fruit and chips Code: 82249 Starts at 1 pm	6 9:30am Games, Games, Games \$10 (one time fee pays for all classes) Code: 81175 9:30am-11:00am Cycling without Age bike rides 1:00pm- 2:30pm Painting class Code: 82385	7 10:15am Chair Fit & Extra Fab - FREE Virtual Code: 81162	8 11:00am Senior Social - FREE Virtual Code: 81167
11 CAHILL CLOSED 	12 11:30am Bring Your Own Lunch & play Bingo Starts at 12 Noon	13 9:30am Games, Games, Games \$10 (one time fee pays for all classes) Code: 81175 9:30am-11:00am Cycling without Age bike rides 1:00pm- 2:30pm Painting class Code: 82385	14 10:00am Tech Time - FREE Code: 82396 10:15am Chair Fit & Extra Fab - FREE Virtual Code: 81162 12:00pm Birthday Bingo Code: 81165 FEE: \$2 /\$3	15 12:00pm Thanksgiving Event Menu: Turkey, gravy, stuffing, mashed potatoes, vegetable, roll and dessert Code: 81173 FEE: \$5/\$6
18 10:30am Chair Fit & Fabulous - FREE Code: 81161	19 11:30am \$3/\$4 Lunch Menu: Italian wedding soup, side salad and garlic bread Code: 82250 Starts at 1 pm	20 9:30am Games, Games, Games \$10 (one time fee pays for all classes) Code: 81175 9:30am-11:00am Cycling without Age bike rides 1:00pm- 2:30pm Painting class Code: 82385	21 10:15am Chair Fit & Extra Fab FREE Virtual Code: 81162 9:00am- 2:30pm Sound Healing Sessions	22 Senior Social - FREE Virtual Code: 81167
25 10:30am Chair Fit & Fabulous - FREE Virtual Code: 81161	26 11:30am \$3/\$4 Lunch Menu: Baked ziti, garlic bread and side salad Code: 82251 Starts at 1 pm	27 No Programming	28 CAHILL CLOSED	29 CAHILL CLOSED