

WELLNESS CENTER NEWSLETTER

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Fall 2025



Silver Sneakers Classic Class led by Rachel

Good job, Class Participants!

- Many of you have started coming to class or have come back to class after a break. It's great to see you! It's never too late to start or resume a healthy habit. Thank you to Rachel and Maureen for faithfully teaching!
- Are you looking for healthy eating tips to combat inflammation? Have you ever been the target of phone or internet scams? Don't forget to sign up for all the special events we have planned for the fall and winter.

Fall Calendar Line up



- Blood Pressure Checks: Oct 22, Nov. 19, and Dec. 10
- "Anti-Inflammation Lifestyle" talk: Oct. 28: 9:30-11:00 in lobby
- Harvest Thanksgiving Party Oct. 31, all morning in lobby
- Education on Senior Adult Scams by Lilburn Police Friday Nov. 14: 10:00-11:00
- Christmas Party Thurs. Dec 11: 12:00- 1:30 downstairs



Another puzzle completed!

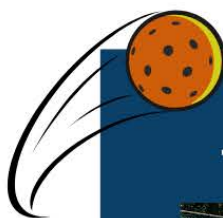


Participants Spotlight

In this issue, we highlight four special volunteers who often volunteer alone. We usually have two people, but these gentlemen do all the opening checklist by themselves. Clockwise from left top: Bill Nollner, Joseph Herzer, Gerren Grayer and Bob Pierce all open the gym at around 7:30. They prep for the morning, move out the pickleball nets, check the bathrooms, and set up all the stuff on the desk. They are the “opening shift”, making our building safe and ready for you all to walk in at 8:00. Thank you, guys!

Pickleball Review

- Thank you again to our Pickleball Ambassadors (some featured below right—sorry for the poor photo) who watch over our courts to keep them safe and welcoming. The team is led by Sue Grimsley, Jim Whitson, Patty Taylor and Judy Nollner. We hope you all enjoy the humor and camaraderie here! Welcome to new Ambassadors Jim Bellinger and Jody Bonceck!
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- We are organizing our old pickleball frames and nets. We'd like for them to go to good homes for a donation. Please see Karen Miller if you are interested.



Parkview High School Tournament Champs!



Well done to Taera DeFreese and Robert Martinez on their first place title!

