

Today's guest speaker

Dr. Aaron Bates

Dr. Bates gave us a wonderful run down of his "100 years of Healthy Living" presentation. He talked about the healthy benefits of proper nutrition, exercise and sleep. He gave us some alternative suggestions to combating such things as headaches, lower back aches by simple changes in lifestyle. He also shared with us a fundraising idea of his and some of the success it had with another high school. His Chiropractic office is on Carmen Dr.

Announcements

- Peanut Day is November 14th. Assignments are filled and when we run out of peanuts on Saturday, we're done.
- The next Celtic Faire meeting will be at Walt's home December 9 at 7 pm. The date has will be either the 1st or 3rd weekend in May.
- Next 5k/10k meeting – John's home November 17th @ 7 pm.
- Book buddies will end after 11/10/09 and resume on 1/12/09.
- If anyone would like to invite and military personnel for Thanksgiving, please let Don know right away so we can contact Port Hueneme base.

Save the Date!

Christmas Parade – December 12

Salvation Army Bell ringing – December 19

5k / 10k race – April 10, 2010

Calendar of Events

11/12/09	DCM – 6 pm, Colina Middle School Boys and Girls Club, 1450 Hillcrest Rd, Thousand Oaks
11/14/09	Peanut Day – 8-12 pm, various locations throughout Camarillo
11/17/09	Tuesday lunch meeting – Round Table Pizza on Arneill @ 12 pm Speaker will be Marie Sanchez – PR for American Red Cross
11/17/09	5k/10k meeting @ John's home – 7 pm

Assignments

Senior Nutrition delivery

11/19/09 Carole/Hattie

11/26/09 Happy Thanksgiving!

Inspirational thought for the week

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. ~Edward Everett Hale