

October Events

**Closed October 13th
For Columbus Day**

**Cards
Daily
12:45 PM**

**Mahjong
Tuesdays
12:45 PM**

**Crafts
Tuesdays
12:45 PM**

**Bone Builders
Wednesdays
9:00 AM**

**Blood Pressure Check
Wednesdays
11:00 AM**

**Bingo
Wednesdays
1:00 - 3:00 PM**


**Birthday Celebration
Thursday
October 30th**



HARVEST OF THE MONTH - APPLES


Apples originated in Central Asia, where they have been growing for thousands of years. There are more than 7,500 known cultivated varieties of apples! Apples were introduced to the United States by colonists in the 17th century. Only crabapples are native to North America. Most of the nutrients in an apple are found just under the skin. Apples are high in fiber and good sources of potassium and vitamin C. It takes about 36 apples to make a gallon of cider. Apple trees mature slowly and can take 4-10 years to produce fruit.

For an apple treat, try our apple bar and apple crisp on our October menu!



Aerobic

Aerobic exercises improve the health of your heart, lungs, and circulatory system.



Muscle-strengthening

Muscle-strengthening exercises can help you stay independent and prevent fall-related injuries.



Balance

Balance exercises help prevent falls and can improve stability.

Want to get moving?
Try different types of exercise!

NIH National Institute on Aging

To learn more about older adults and exercise, visit: www.nia.nih.gov/exercise.



**THE FALL BASKET
RAFFLE IS BACK!**
~ \$500 VALUE ~



Tickets Available For

\$1 each
\$5 for 6

Purchase tickets at:

Berlin Senior Center
610 Sullivan Street, Berlin, NH

Or call 603-752-2545

Thank you for supporting the
Senior Meals Program!