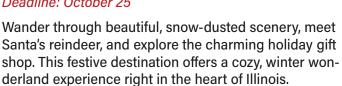


ROAD TRIP

Depart from Martens Center 9am-4pm • \$25/person per trip

Hardy's Reindeer Ranch in Rantoul, IL Friday, November 8

Deadline: October 25



VETERAN'S DAY CHICKEN & NOODLE LUNCH

Monday, November 11 12-2pm • Free! No registration required. **Douglass Annex**

Everyone is invited to this special luncheon as we celebrate and honor our veterans. Enjoy a delicious, home-cooked meal featuring chicken and noodles, and take a moment to show appreciation for the brave men and women who have served our country.

DOUGLASS HOLIDAY BREAKFAST & TREE TRIMMING

Monday, November 25 9-11am • Free! No registration required. **Douglass Annex**

Kick off the holiday season! Enjoy a hearty breakfast of seasonal favorites. We will provide a main dish and beverages. Please bring a dish to share! After breakfast we will decorate the community tree.

U OF I EXTENSION PROGRAMS

I ON DIABETES SERIES

Mondays & Wednesdays, Nov. 4-13 **10am-12pm** • Free! Registration is required **Martens Center**

Learn about diabetes' complications, planning meals, reading food labels, portion control, risk for other health problems, how to plan your doctor's visits, and eating out.

POSITIVITY & IMPROVED WELL-BEING

Wednesday, November 6

11am-12pm • Free! No registration required **Havs Recreation Center**

Participants will learn the common barriers to positivity and well-being and find out about simple science-backed practices to boost positivity and productivity, as well as mood and attitude.

ONLINE SEMINAR SERIES: AUTUMN HEALTH PICKS 2024

All sessions are free and will be presented at Hays & Douglass from Noon to 1 p.m.

Topics include:

- Nov. 6: Add a Little Bit of Spice: Seasoning Awareness and Culturally Tailoring Foods
- Nov. 13: Transform Your Aging Experience: How Mindfulness and Resilience Work Together



BURGERS AND FRYDAYS

First Friday of every month
12-2pm - Pay the cost of your meal

Meet us at the restaurant!

November 1: Culver's 2302 S Neil St, Champaign

LUNCH BUNCH

Second Wednesday of every month 11am-12:30pm • Pay the cost of your meal

Join us at the restaurant.

November 13: Panera Bread 1765 W Kirby Ave, Champaign

SUPPER CLUB

Third Wednesday of the month 4-6pm - Pay the cost of your meal Registration is required

Meet us at the restaurant and let's create lasting memories!

November 20: Longhorn Steak House 2101 N Prospect Ave, Champaign

MOVIE MONDAYS

Fourth Monday of each month 12-3pm • Free!

No registration required.

No registration required

Douglass Annex

November 25: *The Wiz* (1978)

CHAMPAIGN PARK DISTRICT

CREATE BETTER HEALTH

Senior Cooking & Nutrition Class

Friday, November 1 & 8
10am-12pm • Free! No registration required
Douglass Annex

Tailored specifically for seniors, each session of Better Health is thoughtfully designed to address the unique needs and interests of individuals aged 50 and above. Whether you're looking to enhance your nutrition knowledge, discover delicious new recipes, or explore ways to stay active, our classes offer something for everyone.

COMING IN DECEMBER









ROAD TRIP

Depart from Martens Center 9am-4pm • \$25/person per trip

Candy Canes on Main in Casey, IL Saturday, December 7

Deadline: November 23

Step into a holiday wonderland as you stroll through the street adorned with twinkling lights and oversized candy canes, delight in festive treats, and browse charming local shops. This enchanting event transforms the town into a merry celebration of the season.