

★HAPPY★ BIRTHDAY!

December 2024

- 1st Debbie Furimsky #204
- 10th Sylvia Danner #513
- 17th Risa Rank #219
- 18th Michael Cockerton #536
- 19th Pati Smith #332
- 23rd Charles Brungardt #519
- 25th Kenneth Bowcutt #107
- 27th Carol MacGregor #321
- 29th Elen Shapiro #124
- 31st Nancy Johnson #232

Join us in the dining room Tuesday, November 10th at 2 PM for the resident association meeting. This will be followed by cake, celebration of birthdays, and guitar & vocal music by Michael McCabe. I hope you can join us!



Five Generations are pictured here, KOP resident Juanita, her Daughter, Grandson, Great-Grand Daughter & Great-Great Grandson



#132 Kim McCoy

We're so glad you're here!



We Remember with Love
Sharon Follett
former bookkeeper of KOPRC who passed away October 31st.

And
Susan Wagenblast
mother of Sterling, the big orange cat who ruled the hallways of the second floor. Susan passed away on November 10th and is deeply missed by her family and her KOPRC friends.

Because I could not stop for death, He kindly stopped for me, The carriage held but just ourselves, and immortality.
Emily Dickinson



The Tidbits is a monthly publication of the Knights of Pythias Retirement Center, whose goal is to promote friendship, charity & benevolence among all mankind.



December 2024 Tidbits

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Created by Lori Staff
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Honoring our Vetrans on November 11th



Our KOPRC Veterans



Joe & Lori Presenting Roses



Honoring PFC Ian Walz





Did you know that November 14th was Grumpy Old Men day? We celebrated the day with Grumpy Old Men Open Mike at 2PM in our dining room. Three “grumpy old men” (Aka Gene, Saul and Joe) shared stories of grumpy old men moments. Everything from sports to traffic, there were many hilarious moments shared. We all had a great (not grumpy lol) time!

KOPRC Halloween Party

We had a great time at our Halloween party! Pizza was provided by the resident board, followed by music from Upfront Jazz Band, dessert and costume judging. Our winners were: Joe Rigney (left) first place, Diane Baldwin (right) third place.



You're Invited!

By Mary Lawrence

Would you like to feel better, move better, and sleep better, so you can enjoy life more? Did you know that movement is medicine? The more you move the better you feel!

And did you know that we have classes here at Knights of Pythias Active Retirement Center to get you moving again?

Your Teacher, Mary Lawrence

Mary is an Australian with a Masters in Education from the University of

Melborne. At 59 years of age she has decades of experience in education & training and health & fitness. Mary is a certified Personal Trainer (National Academy of Sports Medicine) with specialization in Corrective Exercise and Senior Fitness. All of Mary's clients are in their sixties or older. Her oldest client at the moment is Ray, 96. Mary loves working with seniors because she can see the difference it makes to their quality of life-greater strength and mobility means they can enjoy their retirement, continue to do their hobbies, to travel and play with their grandchildren and great grandchildren. Mary teaches Silver Sneakers, Senior Cardio & Strength, and Yoga at Firstenberg Community Center, Marshall Community Center and 24 Hour Fitness. We are very happy to have her here at Knights of Pythias Retirement Center!

Love
yourself
enough
to live
a healthy
lifestyle.

Silver Sneakers

Tuesday & Friday 1:30 PM

A 40 minute beginner-friendly class that focuses on balance exercises, strength and endurance.

Its suitable for all fitness levels and Includes modifications for each exercise.

You will use equipment like a chair, a ball, and resistance tubing.

You can do the class seated or standing.

We focus on fall prevention by improving Your balance and mobility.

Wear loose or stretchy comfortable clothing And bring a water bottle.

Chair Yoga

Tuesday & Friday 2:15 PM

A 45 minute beginner friendly yoga class that focuses on calming your nervous system with breathing practices, gentle stretching, and balance poses.

It's suitable for all fitness levels and includes modifications for each yoga pose.

You can do the whole class seated or practice some standing poses with the chair for Support.

We finish each class with 5 minutes of relaxation.

Wear loose or stretchy comfortable clothing and you may like an eye mask or blanket for relaxation.