



BINGO/WED'S
@ 2PM
GA2 LOBBY!
\$1 A CARD



BOOK MOBILE
COMES EVERY
OTHER WEDNESDAY
1:15- 1:30PM



11/4 Jack Kimsey
 11/11 Nancy Byford
 11/21 Barbara McDowell



Tuesday, November 26th @
Noon/GA2

Sign up to bring a suggested
dish or dessert to share.

To Your Health - By Dr. Daniel Scarbrough

It's that time of year again, i.e., the leaves will be turning brown, temperatures will be dropping, and it's time to get your annual vaccines: flu vaccine and COVID-19 shot. The Center for Disease Control and Prevention's 2024-2025 influenza season guidelines recommend the annual flu shot for all individuals ages six months and older with rare exceptions. The recommendations include two key updates: a return to the trivalent flu vaccine and high-dose vaccines for adults receiving organ transplants. Infectious disease experts recommend getting both your flu shot and the updated COVID-19 shot simultaneously. Ideally, from late September through October, you can get both shots in the same arm or separate arms. This gives both vaccines their best chance to protect you during the winter months when you are most likely to become ill. Older persons, frail persons, and people who are immune compromised are at greatest risk for severe disease from the flu. The flu vaccine is best at preventing severe disease and has some impact on reducing transmission so you can provide some protection to those around you.

The updated COVID-19 vaccine will target more recently identified circulating versions of the coronavirus and have been given the green light by the FDA. Those are two mRNA vaccines and one protein-based vaccines and they target the KP.2 viruses. All three vaccines are expected to provide good protection as we head into the respiratory virus season, and also as I have said, it's recommended for everyone ages six months and older.

These vaccines are free to Medicare beneficiaries, safe, and should be taken by all of us. Also, the federal government is relaunching the at-home testing program in late September, with each household able to order four free coronavirus tests from [COVIDtest.gov](https://www.cdc.gov/covid19/testing). Shipping is also free, and the tests will be able to detect all new current COVID-19 variants. - Dr. Dan







Live Oak Village Independent Living

**Dedicated to enhancing the quality of life
for an ever growing senior population.**

November

LIVE OAK VILLAGE INDEPENDENT LIVING

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p>SIGN UP</p> <p>WHEN YOU SEE THIS SYMBOL, PLEASE SIGN -UP!</p> <p>@ 2100 VICKSBURG LANE/GA2</p>		<p>Kim Dumond Live Oak Village Independent Activity Coordinator & Clubhouse Manager kdumond@liveoakvillage.com 251-424-4995 work cell</p>		<p>1</p> <p>11am Resident Led Carpool to Methodist Church Fish Fry! Meet at GA2 Lobby</p> <p>SIGN UP</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>10am Bible Study GA1</p> <p>Game Day! 1pm/GA2</p>	<p>5</p> <p>10am/GA2 Coffee and Donuts!</p>	<p>6</p> <p>1:15-1:30 Book Mobile 2pm- BINGO GA2 Lobby \$1 a card</p>	<p>7</p> <p>1:30 pm Rummikub/ GA2</p>	<p>8</p> <p>Garden 2 Lobby @ 1pm Bring a variety of treasure with you in a bag and come make a deal with Kim to win fabulous prizes!</p>	
<p>10</p>	<p>11</p> <p>10am Bible Study GA1</p> <p>12:30 to 2:30 Shopping at Walmart</p>	<p>12</p> <p>SIGN UP</p> <p>10:30AM The Roadkill Café in Elberta</p>	<p>13</p> <p>2pm- BINGO GA2 Lobby \$1 a card</p>	<p>14</p> <p>1:30 pm Rummikub/ GA2</p>	<p>15</p> <p>Pumpkin Pie Milkshakes!</p>  <p>GA2 Lobby @ 2pm</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>10am Bible Study GA1</p> <p>Game Day! 1pm/GA2</p>	<p>19</p> <p>10am/GA2 Coffee and Donuts!</p> 	<p>20</p> <p>1:15-1:30 Book Mobile 2pm- BINGO GA2 Lobby \$1 a card</p>	<p>21</p> <p>10:30/GA2 LOV Admin/ Resident 1:30 pm Rummikub/GA2</p>	<p>22</p> <p>SIGN UP</p> <p>CHRISTMAS Craft with Kim And Carla 1pm/GA 2 Lobby</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>10am Bible Study/ GA1</p> <p>12:30 to 2:30 Shopping at Publix/</p>	<p>26</p> <p>Thanksgiving Potluck! Turkey will be provided!</p>	<p>27</p> <p>2pm- BINGO GA2 Lobby \$1 a card</p>	