

November
2022

ZEN VIBES

Latest news and bulletin updates



Laughter for the Soul

Why are trees so carefree and easy going?

Because every fall, they let loose.

What is the most popular college in November?

The Electoral College

The ladies of ZEN Community Service at Dobbins Air Reserve Base.



Thank you for your service!

Veteran Connection of Cobb Senior Services
October 2022
All meetings begin at 10:00 am, Contact Mike Nichols 770-928-1448 with questions.

Tuesday, Oct 11 Freeman Poole Senior Center, 4925 South Hurt Road, Smyrna, 30082
Guest Speaker: Carl "Skip" Bell, Board Member, Veteran, Cobb Veterans Memorial Foundation.

Wednesday, Oct 12 Senior Wellness Center, 1150 Powder Springs St., Marietta, 30064
Guest Speaker: Michelle Joyner, Volunteer Manager, Wellstar Community Hospice.

Tuesday, Oct 18 West Cobb Senior Center, 4915 Dallas Highway, Powder Springs, GA 30127
Guest Speaker: Brendan Murphy

Wednesday, Oct 19 Tim D. Lee Senior Center, 3332 Sandy Plains Road, Marietta, 30066
Guest Speaker: Brendan Murphy

Wednesday, Oct 26 6:00pm-7:00pm Women Veterans Connection, Switzer Library, 256 Roswell St., Marietta, GA 30060
Guest Speakers: Alexandria Boswick, Central Region Manager / Charles D. Switzer Library.

Thursday, Oct 27 Senior Wellness Center, 1150 Powder Springs St., Marietta, GA 30064
VA Live Claims Clinic. Angela Hatcher-Murray, Supervisory Claims Examiner, Atlanta Regional Office.

Important Dates to Remember

- 07 Oct War in Afghanistan Started (OEF 2001)
- 13 Oct Happy Birthday United States Navy
- 15 Oct Minuteman Day - Get Out!
- 16 Oct Cuban Missile Crisis 1962
- 18 Oct New Friendship Day - Volunteer
- 21 Oct Pets for Vets Day
- 23 Oct Bombing Barracks in Beirut 1983
- 25 Oct Invasions Grenada 1983
- 26 Oct Day of the Deployed
- 31 Oct Halloween Bring on the Reese's Cups

Upcoming Veteran Celebrations

- 05 Nov Give Thanks For Those Who Served
- 11 Nov Marietta Veterans Day Parade @ 11:11
- 11 Nov Open Night - Festival of Trees/Twin City
- 12 Nov American Legion Post 29-5K Race
- 12 Nov Six Flags - Veterans/Active Free
- 12 Nov GA Veterans Day Parade @ The Battery
- 12 Nov Run For The Rangers - DeKalb/Gwinnett
- 15 Nov Salute The Fallen Role - ALR Post 29
- 19 Nov UMC Thanksgiving Meal Giveaway
- 22 Nov Vet Fest Extreme in Forest Park

Diabetes amongs Veterans

There's 34.2 million Americans who were affected with type II diabetes. The risk of being diagnosed with type II diabetes mellitus is twenty five percent higher among veterans due to the exposure of agent orange and herbicides.

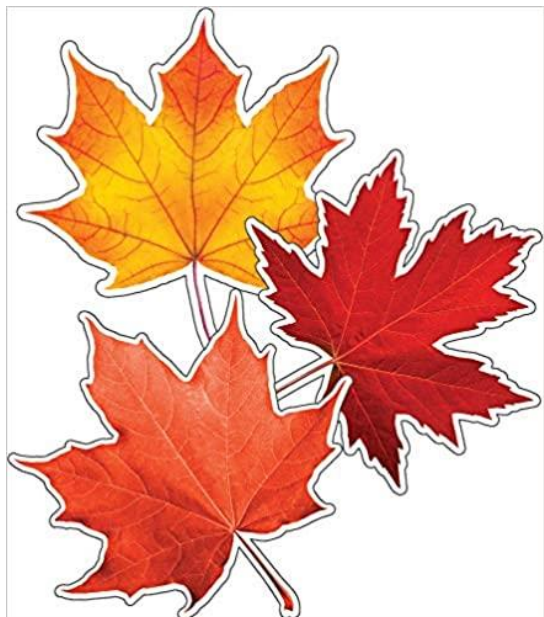
If you are someone you may know that served in the military were exposed or dies due to herbicide - related type II diabetes please contact the Agent Orange hotline at 800.749.8387.

★ YOUR VOTE IS YOUR VOICE ★
2022
ELECTION

From our family to yours.



Recipe to Sisterhood



- First add one cup of **FAMILY**
- Stir together $\frac{3}{4}$ cup of **PATIENTS**
- Boil together 2 chops of **LOVE**
- Add a pinch of Secrets. Bake 350 degrees **BONDING TIME**
- Drain out the **YELLING**
- Mix in **CARE** and **KINDNESS**
- Fry in a bat of **FAITH**
- Cook on high for movie night.
- Spread on **SISTERHOOD** and let it simmer.
- Decorate with **LIFE**



**American Diabetes
month**

**NOVEMBER is national
men's health awareness
month**

**Lung Cancer
awareness month**

ZEN