

Bonner Senior & Community Center

OCTOBER 2026

Newsletter

Hello - Flu Season

Flu season is here, and a few simple steps can help keep you healthy. Get your annual flu vaccine, wash your hands often, and avoid close contact with people who are sick. Eating well, staying active, and getting enough rest can also help support your immune system. If you're feeling ill, stay home and contact your healthcare provider.



Important Dates

October 8

9:00am PoCo Health Dept. Vaccine Clinic @ Bonner

October 12

CLOSED

October 19-22

Quarter Sale

October 29

Halloween Party



Halloween Party

Thursday, October 29

- Dessert bring in
- Costume Parade & Contest 10am

We can't wait to see everyone's costumes & desserts!

Trips

INMAN'S BOWLING

Sign Up: 10/7 9am-3pm
Trip Date: 10/14/2026 BL 9:30am
Price: \$8 (Bowling \$1.50 per person per game, shoes \$4.99 + tax, and lunch OYO)

SUPPER CLUB: TAVERN ON THE LAKE

Sign Up: 10/14 9am-3pm
Trip Date: 10/21 BL 4pm
Price: \$8 (Dinner OYO)

FOUR WINDS

Sign Up: 10/14 9am-3pm
Trip Date: 10/28 BL 9:40am
Price: \$15



Golden Heart Award

KATHY BROWN

Your compassion helps make our center a welcoming place where everyone feels valued and appreciated.

Reminder

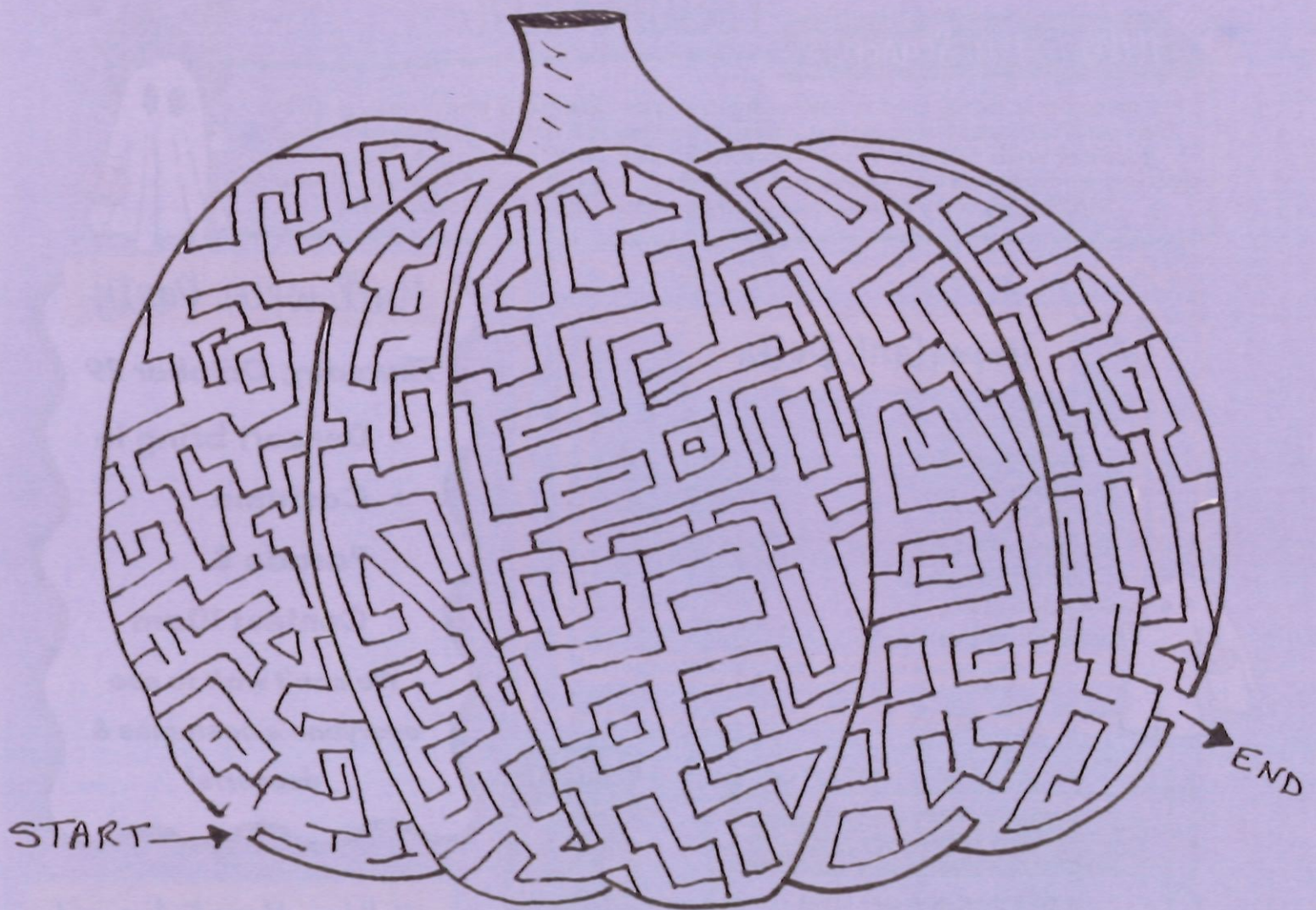
\$105 INCL. LUNCH

DRURY LANE: ANNIE

**SIGN UP OCTOBER 5, 2026 FOR
THE NOVEMBER 4, 2026 TRIP!**



BRAIN GAME



THANK YOU FOR YOUR SPONSORSHIP!



NorthShore
HEALTH CENTERS

**Don't Let Your
HEALTH Haunt You**

Don't let your health become a scary surprise. Stay up to date with recommended exams and screenings, and talk with your healthcare provider about your care.

☎ 219-763-8112 🌐 www.NorthShoreHealth.org

