



Senior Health & Wellness Newsletter

November 2025 Edition

*"Give thanks to the Lord, for He is good; His love endures forever."
Psalm 107:1*



November Focus: Gratitude, Giving, and Good Health

November is a time of reflection, thanksgiving, and connection. As the holiday season approaches, we're reminded of the power of **gratitude**—not just as a feeling, but as a life-giving habit that nurtures both body and soul. For seniors especially, cultivating gratitude can bring lasting emotional and spiritual benefits.

This month's theme is **"Grateful Hearts, Healthy Lives."** Science and Scripture agree—thankful people live healthier, more joyful lives. Let's open our hearts in thanksgiving for the blessings we've received and the blessings we still have to give.



November is National Family Caregivers Month

Many of our senior members are not only being cared for—but are also caregivers themselves. National Family Caregivers Month is a time to honor those who offer loving support to family and friends, often with little recognition.

If you're a caregiver:

- Take care of your health—your well-being matters.
- Ask for help when you need it. You are not alone.
- Don't neglect your spiritual care. Rest in God's promises.

If you know a caregiver:

- Offer a meal, a listening ear, or prayer.
- Encourage them to attend church activities or support groups.
- Remind them of God's strength when theirs is running low.

Church Resource: We offer caregiver support through our Senior Health Ministry. Contact us if you or someone you love needs encouragement, respite, or practical help.

Special Senior Holiday: Veterans Day – November 11th

Each year on November 11, we honor all U.S. military veterans who have served our country with courage and sacrifice. Many in our senior community are veterans or spouses of veterans. We thank you for your service and your faithfulness.



Thanksgiving Health Tips

As you gather with loved ones this Thanksgiving, don't forget to care for your health, too!

Simple Tips for a Healthier Holiday:

- Enjoy all foods in moderation—especially salty and sugary dishes.
- Stay active with a post-dinner walk or light stretching.
- Keep your hydration up—water is your friend!
- If traveling, bring your medications and a health checklist.



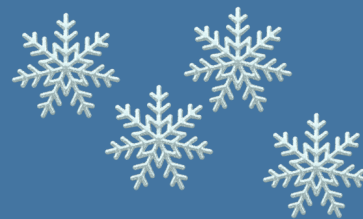
A Prayer of Thanksgiving

“Lord, we thank You for the blessings You pour out daily—health, friendship, family, and faith. May we continue to be vessels of Your grace, giving generously from the abundance You’ve given us. Help us to live every day with gratitude and purpose.”

Winter is Coming: Prepare Now

Cold weather can bring seasonal challenges. Take time this month to:

- Check that your home heating is safe and in good working order.
- Wear layers to stay warm when temperatures drop.
- Have a supply of essentials in case of a winter storm.



Upcoming Events:

Until Help Arrives

What We Do or Don't Do Matters

Learn to Recognize Life Threatening Injuries &

Basic First Aid

Be Prepared ... Be Confident

Tuesday, November 4th

Time: 10:00-12:00

Location: Room 107

Instructor: Marcia Lucas, RN, MA, ACC

Emergency Response Team members, Parking Lot Volunteers, Kitchen Volunteers, & anyone interested in joining a ministry ENCOURAGED to attend.

SIGN UP at GUEST SERVICES Kiosk or @ www.fairwaycc.org/upcoming-events

CPR/AED Training

November 18th (Tuesday) 1:00-3:30pm

Fellowship Hall

Instructors: CERT of The Villages

Emergency Response Team members, Parking Lot Volunteers, Kitchen Volunteers, & anyone interested in joining a ministry ENCOURAGED to attend.

SIGN UP at GUEST SERVICES Kiosk or @ www.fairwaycc.org/upcoming-events

VETERANS
EDUCATION & RESOURCE SEMINAR
Are you a Veteran or surviving spouse of a Veteran?

★ Come & meet with the local expert Lisa Honka who will explain financial benefits for medical in-home or facility care. ★

TUESDAY, NOVEMBER 11, 2025 12:30 PM – 2:00 PM
Fairway Christian Church, 8400 E County Rd 466, The Villages

★ **SPACE IS LIMITED AND REGISTRATION IS REQUIRED** ★
SIGN UP AT A KIOSK IN GATHERING AREA OR ONLINE AT WWW.FAIRWAYCC.ORG

★ **YOUR KEY TO SENIOR LIVING OPTIONS** ★

In Christ's love,

Lynn Canale

Senior Health & Wellness Ministry Team

Questions or need help? Contact: Lynn@fairwaycc.org or call the church office.