Managers Notes …

The last week of September was so refreshing! The center had closed for minor repairs and clean-up. We are very thankful for those who reached out by calling or came by to check on us and offer help! James Tyler and other staff worked many long hours to get the center up and running for our participants. Teachers and leaders are ready for classes so you can keep up your health, healing and well-being. Be sure to read the newsletter for current dates and times.

The Annual William A. “Buck” White Bridge Tournament is scheduled for October 16, 23, and 30th. The finale luncheon and Winners will be announced on November 6, 2017. Just a reminder: To win FIRST Place, Bridge players must of played the last two Monday's in September and October 2nd and 9th!

As we all know, there are thousands of people who were afflicted by Hurricane Harvey. Through this tragedy, many of us have witnessed a tremendous amount of kindness, integrity, and love in action. I was able to witness first-hand the many Best Years Center participants who were working in the community to help those in need—Betty Allison and Rogayle Franklin and many more. The participants were in churches, homes, shelters, helping friends, and making room in their own homes for friends and families. I am so proud to know these folks!

Virgie Landry’s Low Impact Aerobic classes are in full swing—Wednesday they used stretch arm bands to a popular Diana Ross 70’s peppy love song! Workout made fun! Water Aerobics has started back at the Holiday Inn on Walton Road! Also Ballroom Dancing will be meeting at their new time of 1:00 pm in the Auditorium!

Think RESTORATION: the act or process of returning something to its original condition by repairing it, cleaning it, etc.; the act of bringing back something that existed before and the act of returning something that was stolen or taken. Let’s get positive! Best Years Center wants to help you reach your recovery goals ... so you may enjoy feeling good!

A good place to start is here!
Lynn Huckaby, Manager,
Best Years Center
MEET THE NEW BYC STAFF MEMBERS!

James Tyler, Activity Coordinator

**Education:** Bachelors in Health from Lamar University

I enjoy working, teaching, exercising and family. I assist in any needs that each program requires, and I am available to help in the program department.

James Tyler, Activity Coordinator, is **NOW Full Time** and ready to help! His office is located across from the Pool Hall and connected with Amber Clark’s office, front hallway.

Welcome to OUR NEW STAFF!

Herbert Hanks, Building Maintenance

Welcome to BYC Herbert Hanks!!

Herbert is with our Building Maintenance. Herbert retired from the railroad and will add personality to the Best Years!! So happy he chose us! James and Herbert will meet your program needs!
BYC BRIDGE TOURNEY!

William A. "Buck" White Bridge Tournament ★

EVERY MONDAY @ 12pm
BEST YEARS CENTER

To Win FIRST PLACE:
You must play EVERY Monday in September and October 2017!
Tournament Dates: October 16, 23, and 30!
Finale & Awards: Monday, November 6, 2017

CONTACT: Lynn Huckaby, Amber Clark, or James Tyler at 409-838-1902
Christmas in New Orleans

We are so excited for our New Orleans trip! We are receiving our final payments and looking forward to spending the Holidays in the Big Easy!

Just a note to travelers! **A few disclaimers!**

- **Shuttle Payments are non-refundable after November 1, 2017**
- **There will be no refunds after November 26, 2017**

AARP Safety Driving Class

**October 19, 2017 from 8:00 am-12:00 pm**

Instructor: Joyce Gonsoulin

Not for traffic fines — Will reduce most insurance

- $15 for members — $20 for non-AARP members

**RSVP: 838-1902**

Book Club: The Supremes Sing The Happy Heartache Blues

**Dorothea Benton Frank**

**October 20, 2017 from 10:00 am - 11:00 am**

**BYC Library**

When a late life love affair blooms between Mr. Forrest Payne, the owner of the Pink Slipper Gentleman’s Club, and Miss Beatrice Jordan, famous for yelling warnings of eternal damnation at the Club’s departing patrons, their wedding summons a legend to town. Mr El Walker, the great guitar bluesman, comes home to give a command performance in Plainview, Indiana, a place he’d sworn never to set foot in again.

Spa Day by Mary Kay

**Monday, October 30 from 9:30 am-11:30 am**

Tammy Moulton (Satin Hands & Lip Personalities) — **Computer Lab**

Call 838-1902 or sign up in the front office
BYC NEWS

Stepping Stones Support Group – a Valuable Resource
with Laura Scott every Thursday
10 am – 11 am in the Choir Room.

If you’re facing a major illness or stressful life change, you don’t have to go it alone. A support group can help! Support groups bring together people facing similar issues, whether that’s illness, relationship problems, or major life changes. The members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same situation. While not everyone wants or needs support beyond that what is offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated, as you make connections with others facing similar challenges.

Recovering from Hurricane Harvey

In late August, Hurricane Harvey hit SETX with historic flooding that left this region virtually unrecognizable. Many families were displaced and returned to the uncertainty of how to rebuild. In the end, many individuals have started the long road of recovery to create the sense of normalcy that we once had.

Here is where you come in...

BYC would love to feature your stories of how you survived and conquered Hurricane Harvey. Your story could help those around you who have also experienced tragedy and how to restore hope for the future. If you would like to be featured in our upcoming newsletter, Email Jessica Prescott: jprescott@BeaumontTexas.gov or Lynn Huckaby: lynn.huckaby@beaumonttexas.gov to share your voice, or call 409-838-1902.

ATTENTION! THE SAN ANTONIO DEADLINE IS FAST APPROACHING!

DEADLINE IS 12/28/2017

Sign up for this 6 day/5 night tours to San Antonio, South Padre Island, and the Gulf of Mexico. The price is $599.00 for double occupancy and the $45.00 insurance is not included. Don’t miss out on this enjoyable tour with Best Years Center.

Call 838-1902 or sign up at the center with Jessica Prescott.
BYC NEWS

Come Play Dominoes 48 or 84!
Best Years Center
Every Thursday
from 12 Noon – 4 pm

Classic games such as Dominoes have many benefits. Just because technology and computer games have become better defined and with increased interactivity, it doesn’t mean that they have all of the benefits that can come from traditional games such as Dominoes. The social contact gives you a chance to spend quality time with friends, laughter, as well as increasing your thinking skills. Come have fun with us!! We also offer morning Dominoes — Monday-Friday, 8 – 10 am in the Pool Hall

Update on Pat Barbosa’s Line Dancing

Pat Barbosa’s classes held on Monday and Wednesdays, 9 am – 11:30 has been canceled indefinitely. Pat has home repairs and other projects due to our recent flooding. Best Years Center is incredibly grateful for Pat’s generosity of time and talent! For over 20 years, Pat taught Line Dancing for Exercise. In the past years, she also taught Zumba and created the fun video called Walking Club! The Walking Club will resume at 8:45 am.

Pat has a love for life, and has kept so many fit for life!
Thank you and God Blessings!

Giving Back: Crochet for Charity

Look at these beautiful baby booties! These booties were generously hand-made by the crochet class that meet at the Best Years Center every Monday and Wednesday, 9:30 – 11:30 am. The crochet group is very social! If you’re a creative and passionate person, why not use your talents to give back to the community! There are so many benefits to donating your knitting and crochet work to charity. Aside from helping others in need, it also gives knitters and crocheters a chance to discover new volunteer opportunities. Crocheting and knitting for charity is also a great time to learn a new skill. Whether you’re planning to crochet a blanket or knit a hat, you can find a pattern that challenges you. You can use your crocheting or knitting to make the world a better place.
Beaumont Community Players (BCP) has been in existence for over seventy-five years, entertaining audiences with professional quality Broadway plays and musicals that range from Rodgers and Hammerstein to Neil Simon. Best Years Center has been blessed with opportunity to preview BCP’s dress rehearsals for their upcoming 2017–2018 performances.

**Baby with the Bathwater**
*Dress Rehearsal: Thursday, October 12, 2017 at 7:00 pm*

Christopher Durang’s dark, absurdist comedy introduces us to some new parents who have no idea how to raise their new baby. The Mary-Poppins-Gone-Wrong Nanny they hire doesn’t help. Can the now grown child finally pull his life together after 377 therapy sessions?

**Scrooge**
*Dress Rehearsal: Thursday, November 30, 2017 at 7:00 pm*

The BCP Holiday Tradition returns! This beloved musical take on Charles Dicken’s "A Christmas Carol" features a great musical score by Leslie Bricusse and includes numbers like "Father Christmas," "Thank You Very Much" and "December the 25th."

**One Monkey Don’t Stop No Show**
*Dress Rehearsal: Thursday, January 18, 2018 at 7:00 pm*

Don Evans’ comedy that explores the clash of values between middle-class and working class African-Americans living in the 1970s. Critics raved, praising the show for its "sharp wit matched with generosity of spirit."

**The Marvelous Wonderettes**
*Dress Rehearsal: Thursday, February 22, 2018 at 7:00 pm*

The jukebox musical where a female quartet plays a high school prom, singing songs from the 1950s, and their reunion 10 years later when they sing songs from the 1960s. Featuring songs like "Mr. Sandman," "Stupid Cupid," "It’s My Party" and "RESPECT."

**Clybourne Park**
*Dress Rehearsal: Thursday, April 5, 2018 at 7:00 pm*

Bruce Norris’ acclaimed spin-off of Lorraine Hansberry’s "A Raisin in the Sun." This razor-sharp satire takes a jab at race and real estate in a fictional Chicago neighborhood. The play begins in 1959 as a black family moves into a white enclave. Act Two takes us back to the same house in 2009 as gentrification sets in and the roles are reversed.

**Young Frankenstein**
*Dress Rehearsal: Thursday, May 10, 2018 at 7:00 pm*

Mel Brooks’ zany comedy come to life on the main stage. Come sing along with Dr. Frankenstein and Igor as they try to bring their characters to life. This Tony nominated play includes songs like "He Vas My Boyfriend," "Roll in the Hay," "Transylvania Mania" and "Puttin' on the Ritz."
Our 2-day adventure to Waco, Texas was filled with many laughs as we explored the famous “Magnolia Market” owned by Fixer Upper’s own Chip and Joanna Gaines. Not only did we view the market, but we enjoyed a tour of the Dr. Pepper Museum and Homestead Heritage. Lastly, we ended our trip with a tour of the Texas Ranger Museum, which was filled with interesting knowledge of the law enforcement that protects our state. To top off our trip, the weather was perfect to enjoy a relaxing get-away with the Best Years Center.
The Health Benefits of Tai Chi

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

Tai Chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai Chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

Although Tai Chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Here's some of the evidence:

Muscle strength. Tai Chi can improve both lower-body strength and upper-body strength. When practiced regularly, Tai Chi can be comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in Tai Chi strengthens your upper body," says internist Dr. Gloria Yeh, an assistant professor at Harvard Medical School. "Tai Chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen." Flexibility. Tai Chi can boost upper- and lower-body flexibility as well as strength. Balance. Tai Chi improves balance and, according to some studies, reduces falls. Proprioception — the ability to sense the position of one's body in space — declines with age. Tai Chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai Chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.
Join Us For Our October Senior Tuesday Movie! - Only the Brave

**October 31, 2017**– Tinseltown Theater

**Tickets are $5.40! Please pay on sign-up!**

Based on the true story of the Granite Mountain Hotshots, this is the heroic story of one unit of local firefighters that through hope, determination, sacrifice, and the drive to protect families, communities, and our country become one of the most elite firefighting teams in the country. A drama based on the elite crew of firefighters who battled Yarnell Hill Fire, a wildfire in Prescott, Arizona in June 2013 that claimed the lives of 19 members of their team.

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**International Quilt Show**

**November 3, 2017**

Leave for 8:00 am (Please meet for 7:45 am)  
Arrive to the George R. Convention Center for 10:00 am  
—1001 Avenida De Las Americas, Houston, TX 77010—  
Leave event for 2:30 pm  
Lunch at Pappasitos Cantina Restaurant — 2:30 pm  3:00 pm  
Return to Center — 5:00 pm– 5:30 pm

**Cost**

**Tickets are $12.00 at the door! 65+ $9.00**

Van Fee $10.00  
Lunch $10-$15  
Total $35.00-$40.00

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**December Holiday Day Trips**

**December 1, 2017** (Main Street Market ($10) and Classic Movie Night Movie— *The Polar Express* at the Jefferson Theatre ($5)— **Tickets can be purchased today**!, New Orleans Amtrak Trip (December 3-6), **December 8, 2017**—Classic Movie Night “ELF” ($5)— **Tickets can be purchased today**!.
Upcoming Technology Classes!

**Microsoft Excel**  
*Instructor: Marian Pekar*  
Starting Wednesday, October 4 — November 15  
10:00am – 11:30 am

**Microsoft Office 365**  
*Instructor: Jean Williams & Charla Holeman*  
Thursdays, September 28 — November 9  
10:00am – 11:30 am

**Internet and Email**  
*Instructor: Marian Pekar*  
Starting Wednesday, October 4 — November 15  
10:00am – 11:30 am  
Max 12 per class

**Android Phone, Tablets, IPhone**  
*Instructor: James Tyler*  
Tuesdays/Thursdays, October 24 — November 28  
1:30 pm — 2:30 pm

Technology Classes are $5.00 one time fee and some classes require a book $5.00  
**Sign up 838-1902—Max 12 per class**
BASIC COMPUTER REFRESHER WORKSHOP

Basic Computer Skills Refresher Course

Tuesday/Thursday, October 17 & October 19
12:00 pm — 3:00 pm
Instructor: Casi Rikieta

This class has a maximum of 15 students

You are not officially enrolled unless you have paid your $5.00 fee for the computer class. Please pay upon sign up!
Call 838-1902 for interest
COMMUNITY EVENTS

Jazz at the Jefferson
October 12, 2017

Julie Rogers Theatre
345 Fannin St.
7:00 pm
Doors open at 6:00 pm
Free Admission

The Mary Morgan Moore Department of Music presents "The Lamar University Cardinal Jazz Orchestra, Directed by Rick Condit with Special Guest Tamir Hendelman. Mr. Hendelman will be featured with the Cardinal Jazz Orchestra performing his original compositions, in trio with Lake Charles bassist Jay Ecker, and Houston drummer Andrew Sneed, and playing solo piano.

The concert is sponsored by the City of Beaumont and admission is free. For more information about the concert, contact Rick Condit, Director of Jazz Ensembles and Applied Saxophone at Lamar University, at (409) 880-8146.

Dog-tober Fest
October 14, 2017

Julie Rogers Theatre
765 Pearl Street
Beaumont, Texas 77701
8:00am -2:00 pm
Free Admission

Families and their favorite canines can enjoy great food, music and festive things to do with your dog at Beaumont's DOG-tober Fest. There will be plenty of opportunities to enter your dog in contests throughout the day, including the "Master/Dog Look-a-Like Contest" and the "Best Dressed Dog Contest." And, you won't be able to resist the dog-related festivities. Everyone and their dog will be there!

Oktoberfest
October 21, 2017

Rogers Park
1455 Dowlen Road
Beaumont, TX 77701
3:00 — 8:00 pm
Free Admission

Oktoberfest at Rogers Park will feature live polka performances by The Royal Klobasneks and music by Cody Scheaffer and Barellands. Food will be available for purchase from Blue Dave's BBQ, Taco Local, and Kona Ice. There will be a large beer garden, food and fun for the entire family. The event is free and open to the public. No outside food or alcohol will be allowed on the premises.

McFaddin-Ward House Fall Picnic
October 26, 2017

McFaddin-Ward House
1906 Calder Avenue
Beaumont, TX 77701
From: 5:30 PM to 7:30 PM
Free

Our Annual Fall Picnic is back with a purpose. The Golden Triangle has been through so much this year. Let’s come together and celebrate the goodness and generosity of our community with food, music and fun. Bring lawn chairs, blankets, babies, and baskets for your own family picnic. We’re rolling out the green carpet on the lawn just for you. This year’s entertainment is the Kaiser Brothers. We’ll have games for the kids and food trucks too. And don’t forget Halloween. Let’s trick or treat!

The information about events may be found at www.beaumontcvb.com/events
COMMUNITY EVENTS

Gift of Life — JULIE RICHARDSON PROCTER
Walk of Survivorship
Presenting Sponsor DIANE & DON SHAVER

SATURDAY, OCTOBER 7
DOWNTOWN BEAUMONT

SCHEDULE OF EVENTS

8:30 AM | Walk Registration
10:00 AM | Event Kick-Off
10:30 AM | Walk of Survivorship
11:15 AM | Celebration Ceremony
Jill Conner Browne (Sweet Potato Queen)
Yvonne Washington (Top Vocalist)

REGISTER TODAY!
GOLRIBBONRUN.ORG
Benefiting the Gift of Life’s Breast Health & Educational Awareness Initiatives Serving Seven Southeast Texas Counties

409.833.3663 | #SETXSurvivor | H-E-B Jason’s deli

PRE-REGISTRATION GIFT OF LIFE OFFICE
FRIDAY, OCT. 6
9:00 AM - 6:00 PM
2390 DOWLEN ROAD
BEAUMONT, TX 77706
The Beaumont Heritage Society will host a family-friendly Pumpkin Walk. Show us your creativity by bringing your decorated pumpkins for display! Enter various categories for judging by our visitors.

We’ll also have pumpkins inside Heritage Hall for children to decorate.

Costumes are welcome!

For complete rules and entry form, please visit the Beaumont Heritage Society at beaumontheritage.org.

**Also, don’t miss this fun event:**

Chambers House Museum Haunted Halloween Tour

**October 26, 2017**

For more information, visit beaumontheritage.org.
According to Liz Fredrichs, President of BBB “This year’s event is focusing on an interactive, fun environment while providing timely resources and agencies to help our seniors and their caretakers. With the aftermath of Hurricane Harvey, we want to thank our vendors and sponsors for making this event possible.”

This year’s Expo includes:

- Free health screenings and education related to cancer, stroke, diabetes and more provided by Baptists Hospitals.
- Local, state and national organizations assisting with disaster relief linked to Hurricane Harvey and personnel on site to answer questions from:
  - FEMA
  - Red Cross SE TX
  - US Small Business Administrations
  - TX Department of Insurance
  - Live music
  - Live cooking demonstration by James Brown of James Brown Gumbo House & Grill
  - Door prizes, Bingo and free haircuts provided by Vista College

BBB Accredited Businesses Home Instead Senior Care of Beaumont, TX and Cigna Healthcare are sponsors. Home Instead Senior Care will provide a “Senior Chauffer” ride from the parking lot to the civic center for attendee’s needing the service.

ABOUT BBB: For more than 100 years, the Better Business Bureau has been helping people find businesses, brands and charities they can trust. Before doing business, check companies out by visiting: http://www.bbb.org.

Call BBB: (409) 835-5348 or (855) BBB-SETX. Report scams: https://www.bbb.org/scamtracker/us

Date: October 26, 2017
Time: 8:30 am to 2 pm
Location: Beaumont Civic Center
ATTENTION!

We are developing a interest list to see how many participants we have that are interested in this trip before we launch. If interested, place your name in the front office, with Jessica Prescott, or call 838-1902. More info on page 15. The deadline to place name on the interest list is **January 31, 2018**. Please place name if there is a **serious interest**. We are trying to create the most accurate census as possible.

**Serious Inquires only!**
PARIS & LONDON 2019!!

Best Years Senior Center

presents..

London & Paris

Departing March 13, 2019 — March 20, 2019

8 Days ● 9 Meals: 6 Breakfasts ● 3 Dinners – IAH air and tax

Hometown Roundtrip Transfers included

Versailles, Louvre, and Windsor all included as well

Per Person Rates: Double $3,529; Single $4,129; Triple $3,729

Included in Price:

- Roundtrip Airfare, Attractions, Presold Option, Air Taxes, Hotel Transfers

Not included in price:

- Insurance ($290.00), Presold Option

Day 1: Overnight Flight

Take two! Experience two of the world's most captivating cities: Paris and London! To help you make the most of your getaway, you'll unpack just once in each city.

Day 2: Paris, France - Tour Begins

Your tour opens in Paris, the “City of Light,” a sophisticated metropolis featuring style, culture and history. Its bustling city streets are filled with colorful history, regal pageantry, beautiful gardens, fascinating museums, celebrated monuments and grand theatres. Today dinner will be included.

Day 3: Paris

Enjoy a truly Parisian experience, take in some of the most iconic sights by Metro. Either way you'll see the Arc de Triomphe, Notre Dame Cathedral, Champs-Elysees, Place de la Concorde, and the magnificent Place Vendome with a local guide.

Day 4: Paris

Tonight, sample delicious French cuisine and witness breathtaking views during dinner at the Eiffel Tower. End the perfect day with a romantic Seine River cruise set against Paris' glittering skyline. Today breakfast and dinner will be included.


Hop the sleek, futuristic Eurostar High Speed Train to London. Arrive in London, the United Kingdom's cosmopolitan capital. Settle into your hotel for a 3-night stay. Enjoy the remainder of your afternoon at leisure. Perhaps you'll take a walk to Tower Bridge, stroll along the Thames River, or visit the London Eye. Today breakfast will be included.

Day 6: London

This afternoon, it's your choice! Return to wartime Britain while exploring the Churchill War Rooms, the secret underground center of Britain's government during WWII. Or tour Westminster Abbey,* the coronation church of Britain's monarchs from William the Conqueror to Elizabeth II. Today breakfast will be included.

Day 7: London

After a hearty breakfast, enjoy a day to explore at your leisure. You may take an optional excursion to Windsor Castle: originally built to guard the city of London, Windsor Castle has been the home of kings and queens for nine centuries and is the oldest royal residence still in use today. This evening, experience a classic British tradition during a special farewell dinner at a traditional pub, complete with an ale tasting. Today breakfast and dinner will be included.

Day 8: London - Tour Ends

You depart today, but Paris and London will remain in your heart forever. Today breakfast will be included.
EXTENDED TRIPS

BEST YEARS CENTER PRESENTS
San Antonio, Padre Island & The Gulf of Mexico

INCREIBLE PRICE INCLUDES:
- Motorcoach transportation
- 5 nights lodging
- 10 meals: 5 breakfasts and 5 dinners
- See the Gulf of Mexico at PADRE ISLAND NATIONAL SEASHORE PARK!
- Admission to the TEXAS STATE AQUARIUM in Corpus Christi, TX
- GUIDED TOUR OF SAN ANTONIO
- San Antonio’s famous RIVERWALK CRUISE!
- Admission to the famous ALAMO and IMAX Theater presentation: “ALAMO...The Price of Freedom”
- Admission to the INSTITUTE OF TEXAN CULTURES & SAN ANTONIO MISSIONS
- Admission to the NATIONAL MUSEUM OF THE PACIFIC WAR & Tour of the LBJ RANCH

For more pictures, video and information visit: www.GroupTrips.com/BestYearsCenter

$599 *
6 DAYS 5 NIGHTS
PER PERSON, DOUBLE OCCUPANCY
(Sun - Fri)
March
4 - 9, 2018

Departure: Beaumont, TX @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for the beautiful city of San Antonio - Home of the Alamo. You’ll enjoy a relaxing Dinner before checking into your San Antonio area hotel for a five night stay.

Day 2: After enjoying a Continental Breakfast, you will take a GUIDED TOUR OF SAN ANTONIO. The tour includes visits to San Fernando Cathedral, the King William Historical District, and El Mercado, an area patterned after an authentic Mexican market. Later you will enjoy Dinner and go on San Antonio’s famous RIVERWALK CRUISE!

Day 3: After enjoying a Continental Breakfast, you’ll head to the Gulf of Mexico! Your journey will begin with a stop at the stunning TEXAS STATE AQUARIUM in Corpus Christi, Texas. Enjoy this huge aquarium’s IMAX theatre presented in 4K high-definition as well as an amazing display of sea life. Then, you’ll head to the PADRE ISLAND NATIONAL SEASHORE PARK. After watching an eight minute video at the visitor’s center, you’ll have a chance to stroll the beach, sit on a bench with a view of the Gulf of Mexico, or explore their boardwalk nature trail. After having Dinner at a local restaurant, you’ll head back to your hotel for a good night’s rest.

Day 4: Enjoy a Continental Breakfast before departing for Fredericksburg, “Jewel of the Texas Hill Country”. Start with a visit to the Lyndon B. Johnson National Historical Park where you will go on a tour of the LBJ RANCH, and see the “Texas White House.” Then, depart for the NATIONAL MUSEUM OF THE PACIFIC WAR, including the George Bush Gallery. Here, visitors become quickly engaged in the personal stories of Americans from all branches of the military involved in the Pacific theatre of World War II. This evening, enjoy a Local Dinner with entertainment.

Day 5: Start the day with a Continental Breakfast. Afterwards, depart for a visit to the SAN ANTONIO MISSIONS. Experience the “Queen of the Missions” - Mission San Jose, established in 1720. Next, you will visit the INSTITUTE OF TEXAN CULTURES. The Institute is devoted to the 26 different cultures that settled Texas. Later, go to the IMAX Theatre at San Antonio Rivercenter to see “ALAMO...The Price of Freedom”. Then, stand where history took place when you visit the buildings and grounds of the ALAMO - “The Shrine of Liberty”. This evening, you will relax and enjoy Dinner.

Day 6: Today, after enjoying a Continental Breakfast, you will depart for home...a perfect time to chat with your friends about all the fun things you’ve done, the great sights you’ve seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

$75 Due Upon Signing. *Price per person, based on double occupancy. Add $150 for single occupancy.
Final Payment Due: 12/28/2017

FOR INFORMATION & RESERVATIONS CONTACT:

Jessica Prescott @ (409) 838-1902

Form ID: 3900-5A8306

WM

Tour #: 1416073
EXTENDED TRIPS

BEST YEARS CENTER PRESENTS
The Ark Encounter & Creation Museum

INcredible price includes:
- Motorcoach transportation
- 8 nights lodging including 4 consecutive nights in the Cincinnati area
- 14 meals: 8 breakfasts and 6 dinners
- Admission to the New, Stunning – ARK ENCOUNTER!
- Admission to the Famous CREATION MUSEUM
- Admission to the NEWPORT AQUARIUM
- Admission to the CINCINNATI ZOO & BOTANICAL GARDENS
- For more pictures, video and information visit: www.GroupTrips.com/BestYearsCenter

$875 *

9 DAYS 8 NIGHTS
PER PERSON, DOUBLE OCCUPANCY
(Sat - Sun)
Oct 27 - Nov 4
2018

Deparature: Beaumont, TX @ 8 am

Day 1: Depart your group’s location in a spacious, video and restroom equipped Motorcoach and set off on your exciting trip! Tonight, settle into a comfortable en route hotel for a good night’s rest.

Day 2: After enjoying a Continental Breakfast, you will depart for the Vulcan Park and Museum, which is home to the world’s largest cast iron statue and features spectacular panoramic views of Birmingham, AL. Later in the day, enjoy Dinner and check into your en route hotel.

Day 3: Today after a Continental Breakfast, you’ll arrive in your destination. Later that day, enjoy a relaxing Dinner and check into your accommodations in the Cincinnati area for a four-night stay.

Day 4: Start the day with a Continental Breakfast before the big event you’ve been waiting for: THE ARK ENCOUNTER! Bigger than imagination, this life-sized Noah’s Ark experience will amaze you. Ark Encounter features a full-size Noah’s Ark, built according to the dimensions given in the Bible. Spanning 510 feet long, 85 feet wide, and 51 feet high, this modern engineering marvel amazes visitors young and old. From the moment you turn the corner and the towering Ark comes into view, to the friendly animals in the zoo, or the jaw-dropping exhibits inside the Ark, you’ll experience the pages of the Bible like never before. This evening, enjoy Dinner before heading back to your hotel.

Day 5: Start the day with a Continental Breakfast before you head to The Ark Encounter’s sister attraction: THE CREATION MUSEUM. Prepare to believe as you explore 75,000 square feet of state-of-the-art exhibits, full-size Allosaurus skeleton, stunning botanical gardens, petting zoo, and more. The state-of-the-art Creation Museum allows you to venture through biblical history. Tonight, enjoy a Dinner Party with Entertainment!

Day 6: After a continental breakfast, you’ll start your day by feeding a live giraffe at one of the TOP RATED Zoo’s in America - CINCINNATI ZOO & BOTANICAL GARDENS. If you wish, feed lettuce to a giraffe under the supervision of a zoo staff member! You’ll also witness Mammals, Amphibians, Fish, Birds, Invertebrates, Reptiles, a stunning Garden, and more! Afterwards, you’ll head to the famous NEWPORT AQUARIUM: 70 exhibits, 14 galleries, five seamless tunnels totaling over 200 feet in length. Sharks (including a Shark Bridge), Penguins, Gators and Canyon Falls are just part of what you will experience here. This evening, enjoy Dinner before heading back to your hotel.

Day 7: Enjoy a Continental Breakfast before leaving for the Kentucky Derby Museum in Louisville, KY. Later that day, after a relaxing Dinner, you’ll check into your en route hotel.

Day 8: Today you will have Continental Breakfast and then go to the Birmingham Botanical Gardens in Birmingham, AL, featuring the largest clear glass greenhouse in the Southeast. Tonight, relax in your en route hotel.

Day 9: Today, after enjoying a Continental Breakfast, you depart for home—a perfect time to chat with your friends about all the fun things you’ve done, the great sights you’ve seen and where your next group trip will take you!

Add Peace of Mind to Your Trip...
With Diamond Tours Exclusive Travel Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details.

For Information & Reservations Contact:
Jessica Prescott @ (409) 838-1902

Form ID: 6200-9A

Diamond Tours Inc.
Bringing Group Travel to a Higher Standard

$75 Due Upon Signing. *Price per person, based on double occupancy. Add $299 for single occupancy. Final Payment Due: 8/20/2018

WM

Tour#: 1394124
Hurricane Harvey 2017

Can take my house…but not my home

Can take my possessions…but not my peace

Can take my car…but not my ride

The World didn’t give it to me…Harvey can’t take it away

Harvey can wash away my things…but only God can wash away my sin.

Can destroy my stuff…but not my spirit

Can take my job…but not my vocation

Can block my road…but not my path

Can take the sunshine out of my day…but not the Son out of my heart

Can send the rain…but God always has a rainbow

Harvey is limited…God is all powerful

Harvey is temporary…God is eternal

Harvey is in the destructive business…God is in the rebuilding business

So look UP Child of God

If God brought you to it…God will surely see you through it

Be prepared for the days ahead…God has a plan for you

“So when you walk through the waters, do not be afraid, God is with you. And when you pass through the floods…they will not consume you. And when you walk through this fiery trial, you will not be burned. Neither shall the flame kindle upon thee…For I am the Lord your God…The Holy One of Israel…Shelah”

Isaiah 43:2

~ by Franks Watson ~ Chaplain for Riceland Hospice
1. The first Jack-o-Lanterns were made out of what?
   A. Watermelons  B. Cantaloupe  C. Turnips  D. Pumpkins

2. According to superstition, if you stare into a mirror at midnight on Halloween, who would you see?
   A. Bloody Mary  B. Your Future Spouse  C. Your Death  D. Dead Ancestors

3. Where did Halloween originate?
   A. England  B. America  C. Scotland  D. Ireland

4. Which is the top-selling candy for Halloween?
   A. Snickers  B. Candy Corn  C. M&Ms  D. Reese's

5. How many "witches" were burned at the stake in the Salem Witch Trials?
   A. 13  B. 20  C. 33  D. None

6. The average American household spends how much on Halloween candy each year?
   A. $28  B. $35  C. $44  D. $52

7. What was the first wrapped penny candy in America?
   A. Necco Wafers  B. Tootsie Rolls  C. Sweethearts  D. Hershey's Kisses

8. Which day of the year has the highest candy sales?

9. Of the $1.9 billion in candy sales, how much of it is from chocolate candy?
   A. $1 billion  B. $1.2 billion  C. $1.5 billion  D. $1.7 billion

10. The days leading up to Halloween account for what percentage of the year's candy sales?
    A. 10%  B. 15%  C. 20%  D. 23%

11. What does the English word "hallow" mean?
    A. Sin  B. Spirit  C. Saint  D. Spook

12. What phobia do you suffer from if you have an intense fear of Halloween?
    A. Phasmophobia  B. Samhainophobia  C. Wicca-phobia  D. Halloweenophobia

13. "Halloween," the movie was made in 1978 on a low budget in how many days?
    A. 15 days  B. 17 days  C. 19 days  D. 21 days

14. According to legend, a unibrow, tattoos, and a long middle finger, are all signs of which Halloween creature?
    A. Werewolf  B. Witch  C. Vampire  D. Golem

15. Which celebrity does not have a Halloween Birthday?
    A. Vanilla Ice  B. Dan Rather  C. Peter Jackson  D. Kevin Bacon
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>OCT. 2 *6</td>
<td>OCT. 3 *5</td>
<td>OCT. 4 *5</td>
<td>OCT. 5 *6</td>
<td>OCT. 6 *6</td>
</tr>
<tr>
<td>SWISS STEAK W/ PEPPERS &amp; ONIONS</td>
<td>CHICKEN ENCHILADAS</td>
<td>MEATLOAF W/ CREOLE SAUCE</td>
<td>SPAGHETTI &amp; MEAT SAUCE W/ PARMESAN</td>
<td>PORK CHOPS W/ GRAVY RICE</td>
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<tr>
<td>MASHED POTATOES</td>
<td>W/ RED SAUCE</td>
<td>MASHED POTATOES</td>
<td>CHEESE BROCCOLI</td>
<td>BLACK-EYED PEAS PEAR CRISP</td>
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<tr>
<td>ZUCCHINI ROLL</td>
<td>MEXI-CORN</td>
<td>BRUSSELS SPROUTS</td>
<td>GREEN SALAD W/ GARLIC TOAST</td>
<td>MILK</td>
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<tr>
<td>VANILLA PUDDING JUICE</td>
<td>GREEN BEANS</td>
<td>ROLL</td>
<td>CINNAMON APPLES</td>
<td>WORLD SMILE DAY</td>
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<td>GUARDIAN ANGEL DAY</td>
<td>TORTILLA</td>
<td>PEACH HALVES</td>
<td>JUICE</td>
<td>NAVY'S BIRTHDAY</td>
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<tr>
<td>OCT. 9 *5</td>
<td>YOGURT MILK</td>
<td>JUICE</td>
<td>NATIONAL PIZZA MONTH</td>
<td>SAUSAGE W/ WHITE BEANS</td>
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<tr>
<td>BEEF BROCCOLI STIR FRY</td>
<td></td>
<td>NATIONAL PIZZA FLOWER</td>
<td>NATIONAL GUMBO MONTH</td>
<td>OKRA &amp; TOMATOES CORNBREAD</td>
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<tr>
<td>BROWN RICE</td>
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<td>CHOCOLATE FLUFF JUICE</td>
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<tr>
<td>STEAMED BABY CARROTS</td>
<td>BAKED RANCH</td>
<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
<td>BEEF PATTY W/ LIMA BEANS</td>
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<tr>
<td>ROLL MUFFIN COLUMBUS DAY</td>
<td>CHICKEN</td>
<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
<td>TURNIP GREENS CORNBREAD</td>
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<tr>
<td>CRUNCHY FISH PATTY TARTER SAUCE</td>
<td>CALIFORNIA BLEND SITES</td>
<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
<td>CORNBREAD ORANGE SLICES</td>
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<tr>
<td>CHUCKWAGON CORN TATER TOTS WHEAT BREAD</td>
<td>VETABLES ROLL</td>
<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
<td>JUICE</td>
</tr>
<tr>
<td>NATIONAL BOSS DAY</td>
<td>PEACH COBBLER MILK</td>
<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
<td>NATIONAL CHILLI MONTH</td>
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<td>OCT. 16 *5</td>
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<td>PORK TIPS</td>
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<td>TURKEY TETRAZZINI</td>
<td>CHICKEN &amp; DUMPLING</td>
<td>SWEDISH MEATBALLS</td>
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<td>BROWN RICE</td>
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<td>COUNTRY KITTY FYR</td>
<td>PEAS &amp; CARROTS</td>
<td>Mashed Potatoes Spinach</td>
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<td>GREEN BEANS ROLL</td>
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<td>COUNTRY KITTY FYR</td>
<td>GARDEN SALAD W/ RANCH DRESSING</td>
<td>ROLLED PEANUT BUTTER COOKIE</td>
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<tr>
<td>APPLESauce</td>
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<td>COUNTRY KITTY FYR</td>
<td>ROLL BANANA PUDDING MILK</td>
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<td>NATIONAL BOSS DAY</td>
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<td>COUNTRY KITTY FYR</td>
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<tr>
<td>OCT. 23 *4</td>
<td>CADILLAC BIRTHDAY</td>
<td>COUNTRY KITTY FYR</td>
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<td>CHICKEN PAPRIKA</td>
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<td>CABBAGE</td>
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<td>STEAMED BABY CARROTS</td>
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<td>COUNTRY KITTY FYR</td>
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<tr>
<td>NATIONAL PORK MONTH</td>
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<tr>
<td>OCT. 30 **</td>
<td>NATIONAL PORK MONTH</td>
<td>COUNTRY KITTY FYR</td>
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<tr>
<td>PORK ROAST W/ GRAVY MASHED POTATOES</td>
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<td>COUNTRY KITTY FYR</td>
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<tr>
<td>ZUCCHINI ROLL</td>
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<tr>
<td>ROLL CHOCOLATE PUDDING JUICE</td>
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<tr>
<td>NATIONAL OATMEAL MONTH</td>
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<td>COUNTRY KITTY FYR</td>
<td>COUNTRY KITTY FYR</td>
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</tbody>
</table>

Milk or juice served with each meal. Substitutions may be made due to delivery of products.

* Indicates Carr Exchanges

Meals and Wheels serves lunch in the BYC Cafeteria every Monday-Friday from 11:30-12:00 pm.
## MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Low Impact Aerobics</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Walking Club</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Ceramics, Crochet, Zumba, Golden Inspirations</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Bridge</td>
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</tbody>
</table>

## TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Jazz And Tap, Quilting</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Water Aerobics, Spanish Holiday Inn Walden Road</td>
</tr>
<tr>
<td>10:30 am</td>
<td>Music Theory</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Yoga, V. Voices Choir</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Line Dancing– Beginners</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Line Dancing-Advanced</td>
</tr>
</tbody>
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## WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Low Impact Aerobics</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Walking Club</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Ceramics, Crochet, Zumba, Golden Inspirations</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Water Aerobics Holiday Inn Walden Road</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Ball Room Dancing</td>
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<tr>
<td>2:00 pm</td>
<td>Microsoft Excel</td>
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</tbody>
</table>

## THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Quilting</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Water Aerobics, Spanish Microsoft Office 365</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Stepping Stones</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Yoga</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Line Dancing– Beginners</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>42 Dominoes</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Line Dancing-Advanced</td>
</tr>
</tbody>
</table>

## FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Low Impact Aerobics</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Water Aerobics Holiday Inn Walden Road</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Bridge</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Duplicate Bridge</td>
</tr>
</tbody>
</table>

## MONTHLY ACTIVITIES

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Thursday</td>
<td>Garden Tips 10:00 am</td>
</tr>
<tr>
<td>2nd Friday</td>
<td>Book Club 10:00 am</td>
</tr>
<tr>
<td>3rd Thursday</td>
<td>Low Vision Support 1:00 pm</td>
</tr>
<tr>
<td>Monday – Friday</td>
<td>Daily Dominoes, Pool Hall, Gym</td>
</tr>
</tbody>
</table>