



**Iona Senior Services**  
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*fall*  
**VIBES**



November 2025

# Asia Pacific Islanders Center

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Greetings Participant,

## Gratitude and Gathering: A November Reflection

As November arrives and the leaves complete their colorful transformation, we find ourselves in a season that naturally invites reflection and togetherness. This month, we celebrate not only Thanksgiving but also the everyday moments that bring warmth to our lives.

There's something special about gathering around a table to share a meal. Whether it's our weekly lunches here our dining sites or Thanksgiving celebrations with family and friends, these moments remind us that good food tastes even better when enjoyed in good company.

This November, we encourage you to take a moment to appreciate the little things: a warm cup of tea on a chilly morning, a phone call with an old friend, or the friendly faces you see at our dining site each week. Gratitude doesn't have to wait for Thanksgiving Day—it can be practiced every day.

As we move through this month of thanks, we're grateful for each of you. Your presence, stories, and laughter make our community what it is. Thank you for being part of our Iona family.

**Wishing you a November filled with warmth, connection, and plenty of reasons to smile.**

Iona Senior Services



IONA ASIAN & PACIFIC ISLANDER SENIOR CENTER ACTIVITY CALENDAR

亞太裔耆英中心活動月曆, November十一月, 2025 Hours 9:00am-3:00pm

Mon 星期一	Tue 星期二	Wed 星期三	Thu 星期四	Fri 星期五
<p>3 9:00 Event Registration 市場報名日  10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Anti-Inflammatory Foods  午夕/健康推廣/抗炎止痛的食物  1:00 Game Time 遊戲</p>	<p>4 10:00 Yoga Class/Teatime 瑜伽課/喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Chinese Medicine Herbs for Anti-Inflammation 午夕/健康推廣/中醫抗發炎药材  1:00 Game Time 遊戲</p>	<p>5 * Trip 買菜 10:00-2:00 Chinese Market Good Fortune &amp; Dollar Store 中國市場好運來和一元店  10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Anti-Inflammatory Drinks 午夕/健康推廣/抗發炎飲料  1:00 Game Time 遊戲</p>	<p>6 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  12:00 Lunch/ Health Pro/ Healthy lifestyle habits and inflammation  午夕/健康推廣/良好生活習慣與炎症關係  1:00 Sequence and Rummikub/ Mahjong 麻將 Game Time 遊戲</p>	<p>7 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Food preparation with ginger and anti-inflammatory health benefits  午夕/健康推廣/薑的食品制作方法與炎症健康益處  1:00 Game Time 遊戲</p>
<p>10 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/Turmeric's recipes, cooking methods, and anti-inflammatory effects  午夕/健康推廣/薑黃的配合烹煮與抗炎功效  1:00 Game Time 遊戲</p>	<p>11  Veterans Day Center Closed  退伍軍人日  中心不開放</p>	<p>12 * Trip 購物 10:00-2:00 Trip to Arundel Mills Outlet 阿倫德爾奧特萊斯購物  10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/Green tea combination and anti-inflammatory benefits 午夕/健康推廣/綠茶配伍與抗炎功效  1:00 Game Time 遊戲</p>	<p>13 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Travel Video 旅遊介紹影片  11:30 Nutrition ED/Inperson/ Topic: 營養講座/主題/  12:00 Lunch/ Health Pro/Food that help blood Circulation  午夕/健康推廣/幫助血液循環的食物  1:00 Game Time 遊戲</p>	<p>14 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Onion cooking combinations and anti-inflammatory benefits  午夕/健康推廣/洋蔥的配合烹煮與抗炎功效  1:00 Game Time 遊戲</p>
<p>17 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ Which meats are considered healthier in the most recent scientific research  午夕/健康推廣/科學最新研究那些肉類最健康？  1:00 Game Time 遊戲</p>	<p>18 10:00 Yoga Class/Teatime 瑜伽課/喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ The healthiest cooking methods  午夕/健康推廣/最健康的烹飪方法  1:00 Game Time 遊戲</p>	<p>19 * Trip 買菜 10:00-2:00 Chinese Market Great-Wall 中國市場大中華  10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ The Meaning of Simple Living 午夕/健康推廣/簡單生活與健康解釋  1:00 Game Time 遊戲</p>	<p>20 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Violin 小提琴  12:00 Lunch/ Health Pro/ Best apple varieties for seniors' digestion and absorption differently  午夕/健康推廣/那種蘋果利益老人消化、吸收、腸胃負擔  1:00 Game Time 遊戲</p>	<p>21 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ How to eat carrots to absorb  午夕/健康推廣/紅蘿蔔怎麼吃才能吸收  1:00 Sequence and Rummikub/ Mahjong 麻將 Game Time 遊戲</p>
<p>24 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00-12:00 Metro Police Asian Liaison Office Topic: Fraud Prevention 預防詐騙講座  12:00 Lunch/ Health Pro/ When is the healthiest time to eat fruit?  午夕/健康推廣/什麼時候吃水果最健康  1:00 Game Time 遊戲</p>	<p>25 10:00 Yoga Class/Teatime 瑜伽課/喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ There is currently no universal scientific standard for how many meals per day are ideal for everyone  午夕/健康推廣/最新研究一天吃幾餐為標準？  1:00 Game Time 遊戲</p>	<p>26 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ the advantage of eating fruits and vegetables during seasonal differences  午夕/健康推廣/蔬菜水果有分季節吃嗎？  1:00 Game Time 遊戲</p>	<p>27  Thanksgiving Day Center Closed  感恩節  中心暫停服務</p>	<p>28 10:00 Senior Dance 長者舞蹈/Tea time/Conversation 喝茶/談天  11:00 Music Appreciation 音樂欣賞  12:00 Lunch/ Health Pro/ The Meaning of Simple Living  午夕/健康推廣/簡單生活與健康解釋  1:00 Game Time 遊戲</p>

\* Signifies that the trip requires member to sign-up with Tracy ahead of time.

註有[\*]號的活動需先向李小姐報名

