



WOODLAND HEIGHTS  
MEDICAL CENTER

SENIOR CIRCLE



### ***Welcome Fall!!***

I love this time of year... but now it just seems like I'm trying to keep everyone in my house healthy. Be sure to get your flu shot, stay healthy and enjoy the cooler weather. I hope to see you at a Senior Circle event soon.

Amanda Anderson 637-8687 [Amanda.Anderson@WoodlandHeights.net](mailto:Amanda.Anderson@WoodlandHeights.net)

## **October Events**

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**Tuesday, 2nd**— **Breast Cancer Tea, Affinity Center 2pm**

RSVP to Amanda 637-8687



**Tuesday, 9th**— **Senior Expo, Convention Center 9am-2pm**

**Wednesday, 10th**— **Senior Circle Luncheon, Affinity Center 12pm**

RSVP to Amanda 637-8687

**Wednesday, 24th**— **Sewing Brunch Bunch, Affinity Center 9am**

**Tuesday, 30th**— **Spooky BINGO, Affinity Center 2pm**

\*NO Afternoon Games in October

Woodland Heights Medical Center is owned in part by physicians.

# Breast Cancer Tea



If you are a Fighter, Survivor or Caregiver we want to honor you on **Tuesday, October 2nd**  
**2pm at the Affinity Center**

Wear your pink and let us love and encourage you!

RSVP to Amanda 637-8687



## Senior Circle Luncheon



*Join Senior Circle for Lunch Wednesday, October 10,  
Noon at the Affinity Center*

Please RSVP by Monday, October 8th 637-8687

### **Senior Circle will be collecting items for the Adult Protective Services Thanksgiving Food Baskets**

Requesting: Canned Ham, Potato Flake Packets, Corn Bread Mix, Fruit Cocktail, Canned Green Beans, Cream of Mushroom Soup, Canned Cranberry, & Brownie/Muffin Mix

The mission of the Adult Protective Service is to protect older adults and persons with disabilities from abuse, neglect, and exploitation by investigating and providing or arranging for services, if needed, to stop or prevent further harm.



# Spooky BINGO

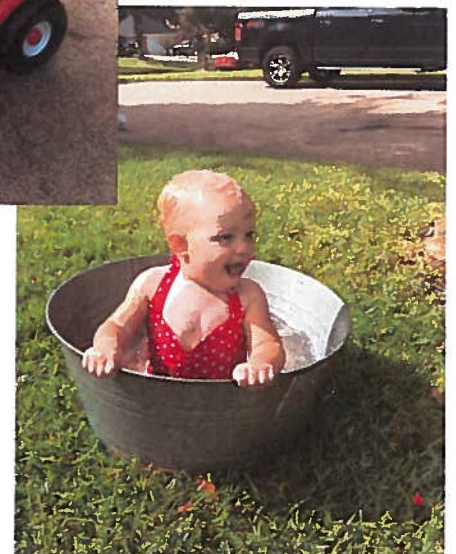
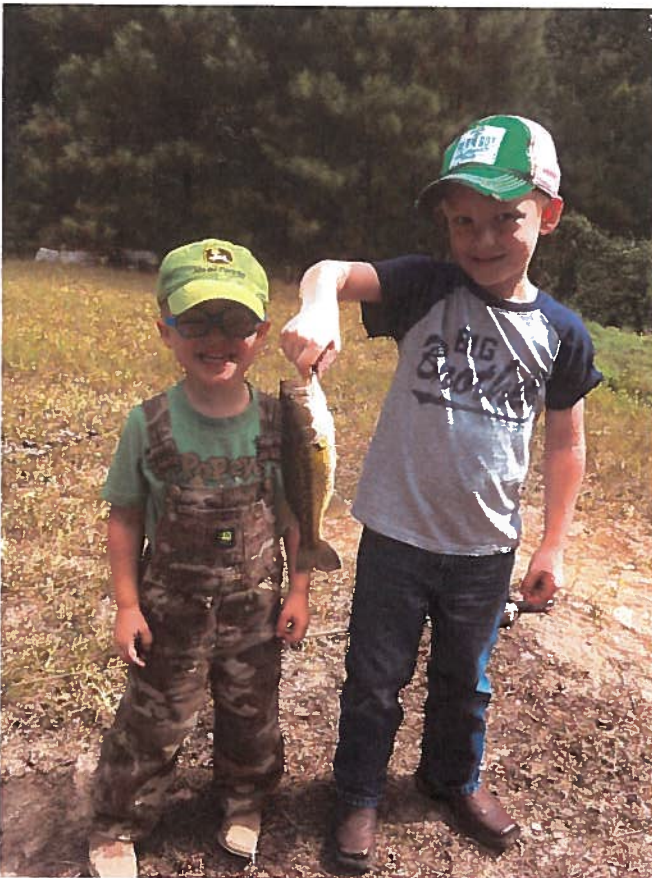


Join us for BINGO  
Tuesday, October 30th  
2pm at the Affinity Center

Bring a friend!

RSVP to Amanda 637-8687

The kiddos enjoying the last of summer!



# COME JOIN US!

## Senior Lifestyle expo 18

Lufkin Pitser Garrison  
Convention Center  
Tuesday, October 9, 2018  
9 AM – 2 PM



HOSTED BY:

THE  
**LUFKIN NEWS**

 **CHI St. Luke's  
Health**

# Clearer images. Faster results. 3D mammography.

Is it time for you to have a mammogram? For women of average risk, the American College of Radiology recommends annual mammograms starting at age 40, with no upper age limit as long as the woman is in good health.\* A screening mammogram can help detect breast cancer in its earliest and most treatable stages. The Diagnostic Center at Woodland Heights now offers 3D mammography services, which provide clearer images and faster results. **Schedule your 3D mammogram today.\*\* Call 936-209-8711.**



## The Diagnostic Center at Woodland Heights

Ask about Saturday appointments.

125 Gaslight Medical Pkwy.

**936-637-8618**



**WOODLAND HEIGHTS  
MEDICAL CENTER**

[WoodlandHeights.net/Mammo](http://WoodlandHeights.net/Mammo)

\*For American College of Radiology recommendations, visit [www.acr.org](http://www.acr.org). Appointments are on a first-come, first-served basis. An order from a physician or qualified healthcare provider is not required, but the patient must provide a physician/provider name when an appointment is made. All mammogram reports will be sent to the physician/provider, and the patient is responsible for follow-up.

\*\*Check with your insurance provider to confirm coverage for a screening mammogram. Woodland Heights Medical Center is owned in part by physicians.

Celebrate Life 



# October Birthdays !!

- Janie Jordan 10/3
- Patricia Smathers 10/4
- Connie Zinkula 10/4
- Paul Mayberry 10/6
- Frances Crocker 10/7
- Mary Frost 10/7
- Leslie Guse 10/8
- Robert Taylor 10/8
- Roger Fancher 10/9
- Joan Tappen 10/9
- John DuBose 10/10
- Jan Selman 10/11
- Diana Scott 10/13
- Oscar Dillahunty 10/14
- Julia Luedtke 10/14
- Margaret Wilkerson 10/14
- Jane Cox 10/15
- Melba Rudd 10/15
- Sandra DiStefano 10/18
- Kay Hensley 10/22
- Ethal Harrison 10/22
- Sarah Tatum 10/24
- Rebecca Nelson 10/24
- Linda LeMay 10/24
- Jo Ann McCoy 10/26
- Olene King 10/28
- David Gordon 10/30
- Kathy Riley 10-31

**HAPPY  
BIRTHDAY**

