

UPCOMING EVENTS FOR OCT.

MEETINGS:

Oct. 15th, Mon., from 6:30-8:00 pm, at Southern IN Rehab Hospital, 3104 Blackiston Blvd., New Albany, IN. The room number will be posted at the reception desk.

Oct. 27th, Sat., from 2:00-4:00 pm, at Norton Brownsboro Medical Plaza 1, 4950 Norton Healthcare Blvd., Louisville, KY, in room 301B.

Guest speaker for this meeting will be Madeline Moses who is a pharmacist and diabetes educator. She will be sharing valuable information on the topics of pre-diabetes and diabetes. This will be a wonderful opportunity to learn about these life-changing diseases and to have your questions answered.

EVENTS:

On Sat., Oct. 20th, **Moving Forward** will host a **Fall Picnic and Walk & Roll** at Sam Peden Community Park, 3037 Grant Line Road, New Albany, IN. We will be at the 1st shelter on the right. The picnic will begin at 1:00 pm, followed by games at 2:30, and the Walk & Roll at 3:30. There is a handicapped accessible restroom and a playground beside the shelter. The Walk & Roll will take place on the 1 mile wheelchair and scooter accessible path around the beautiful lake. You are welcome to take part or to stay at the shelter and cheer on the participants. The group will be providing chicken, burgers, soft drinks, water, eating utensils, and condiments. You are asked to bring a side dish or two if you can. As always, family and friends are invited. TARC 3 does provide service to the park shelter. We hope you can join us for some good food, fun games, beautiful fall scenery, and enjoying the day with friends.

At the Oct. 27th Louisville meeting, **Moving Forward** will be "kicking off" our **Sock & Glove Drive for the Salvation Army**. We will be distributing boxes at the end of the meeting to be placed at businesses, churches, and other establishments throughout our community. We will be collecting until our Nov. 24th meeting. While our main focus will be on collecting socks and gloves, we will also be accepting new or gently used winter coats and hats. Please help us in our quest to prevent the amputation of toes, feet, fingers, and hands of homeless men, women, and children due to frostbite during the cold winter months. If you would like to help by placing a box or making a donation, please contact us.