



# NOV 2020 CALENDAR



## American Diabetes Awareness Month

Our monthly calendar will list *MOVING FORWARD* Limb Loss Support Group events, member's birthdays, anniversaries, & community events. If anyone has an event they would like to add to the calendar, please contact us.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4 Elizabeth Montgomery Doris Turner birthdays	5 Melissa Quiggins birthday	6	7 Krystal Branson birthday
8	9 Roosevelt Smith III birthday	10	11  Veterans Day	12 Jerry Brewer birthday	13 Diane Case birthday	14 William Maldon birthday
15	16	17	18	19 Laura Worman birthday	20	21 Shelton Jacobi birthday
22	23	24	25	26 HAPPY  THANKSGIVING	27	28 ** Virtual Online Zoom Meeting 2pm
29	30					

\*\* As per the CDC request for social distancing, we will withhold our monthly in-person meetings until further notice. We will meet VIRTUALLY via Zoom once a month (fourth Saturday of the month at 2pm). If you do not have access to join our virtual meeting, we encourage you to continue reading and contributing to our newsletter. For those that can, please contact other members to chat. If you need access to the group directory, please let me know via phone: 502-235-3146. We value all of you and know we're in an unusual situation. Please remain calm, keep your hands washed, wipe down door handles, countertops, etc. Don't forget to do simple things like get some sunlight, listen to music, read a book, sit outside on the porch, go for a walk, play with your pet, call a friend. We certainly miss getting to have our meetings, but we would rather be safe than sorry. We value each of you and look forward to getting through these times together!  
~ Kelly

For more information about upcoming meetings and events, check out our website at [ampmovingforward.com](http://ampmovingforward.com), our Facebook page at "MOVING FORWARD LIMB LOSS SUPPORT", or the Upcoming Events in the EDITOR'S NOTE section of this newsletter.