

THE KRUNCH BUNCH

SEPTEMBER NEWSLETTER | WELCOME, FALL!

CELEBRATING 54 YEARS!

Tuesday, September 15, 2026 | 10:00 a.m.-1:00 p.m.

This September, we proudly celebrate our center's 54th anniversary. Join us as we honor many wonderful years of friendship, service, laughter, and community. We look forward to making more memories together!

A Fresh Season Together

As summer gives way to cooler days and colorful leaves, September is a wonderful time to reconnect, enjoy seasonal activities, and welcome new opportunities. The Krunch Bunch is ready for a month filled with fellowship, helpful information, and fall fun.

Senior Services Presentation

We will welcome a representative from Senior Services to share useful information about programs, resources, and support available to older adults in our community. Please bring your questions and join us for this informative presentation.

Enjoy the Season

Take in the beauty of fall with a gentle outdoor walk, a favorite warm drink, or time spent with friends. Dress in comfortable layers as temperatures change, and remember that even cooler days call for plenty of water.

FALL WELLNESS: COLD & FLU SEASON TIPS

- Ask your healthcare provider which flu, COVID-19, and other seasonal vaccines are right for you.
- Wash your hands often and avoid touching your eyes, nose, and mouth.
- Get enough sleep, drink plenty of water, and enjoy balanced meals.
- Stay home when you are sick and cover coughs and sneezes.
- Call your healthcare provider if symptoms are severe, unusual, or getting worse.

Here's to a happy, healthy, and memorable September!

KRUNCH BUNCH MEMORIES

