

PBCREA NOVEMBER, 2023 BLAST

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Date: Thursday, November 2, 2023 at 09:36 PM EDT

BLAST * BLAST* BLAST

PALM BEACH COUNTY
RETIRED EDUCATORS ASSOCIATION
NOVEMBER, 2023



NOVEMBER LUNCHEON MEETING
THURSDAY, NOVEMBER 9, 2023
11:15 AM
GOLDEN CORRAL BUFFET RESTAURANT

10100 Fox Trail Road S
Royal Palm Beach
SW Corner of Okeechobee Blvd. & SR 7
behind Ruby Tuesday

Cost is approximately \$13 payable to the restaurant
(Senior Citizens drinks are free)

If you are not eating, you must pay for a drink.

When you come through the line to pay, please follow directions to come directly to
the meeting room.

Do not gather lunch items yet.

Make sure you get a NAME TAG to wear!

Lunch will be after the flag salute and the thought for the day.

Just a reminder - there is NO taking food out of the restaurant. Please select just what you will eat
while attending the meeting.

You can always go back for seconds on a plate. You are on your honor! Thank you!

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PROGRAM

Pledge of Allegiance
Thought for the Day

SUE COLTON, FREA District 10 Director
Greeting
Presentation of FREA Unit Awards

Veterans Remembrance Observations

Fellowship

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New Ways November 2023

MONDAY



6 Try out a new way of being physically active

13 Do something playful outdoors - walk, run, explore, relax

20 Make a meal using a recipe or ingredient you've not tried before

27 Join a friend doing their hobby and find out why they love it

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Discover your artistic side. Design a friendly greeting card

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

15 Build on new ideas by thinking "Yes, and what if..."

22 Find a new way to tell someone you appreciate them

29 Enjoy new music today. Play, sing, dance or listen

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for new reasons to be hopeful, even in tough times

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

19 Broaden your perspective: read a different paper, magazine or site

26 Try out a different radio station or new TV show



ACTION FOR HAPPINESS

Happier · Kinder · Together



*****REMINDERS*****

If you change your telephone (cell) number, email, or home address please let your caller or one of the board members know. Frustration raises it's head when we can't reach our members.

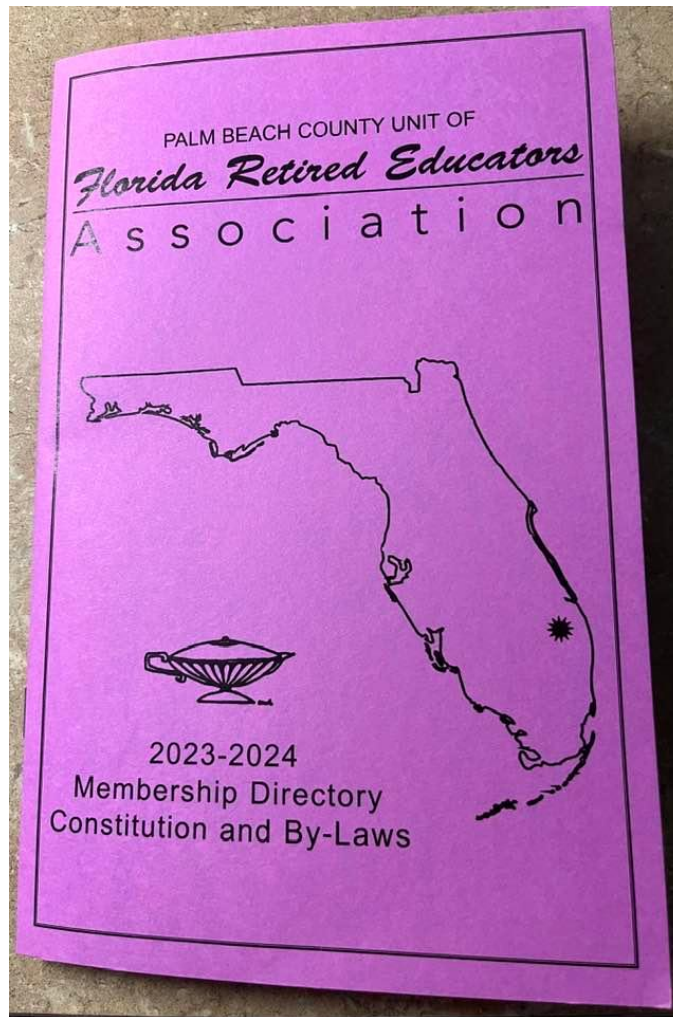
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There are still 5 tickets available for the December outing to The Maltz Jupiter Theatre. The performance is "A CHRISTMAS CAROL" - Saturday, December 2, 2023 - 2pm matinee - cost \$59 per ticket - good seats!! Checks made out to PBCREA

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NEW PBCREA Directories will be available at the meeting. If you received one at the October meeting, please do not take another.



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A few PBCREA pens are available at \$2 a piece. This money goes directly into the Unit Scholarship Fund.



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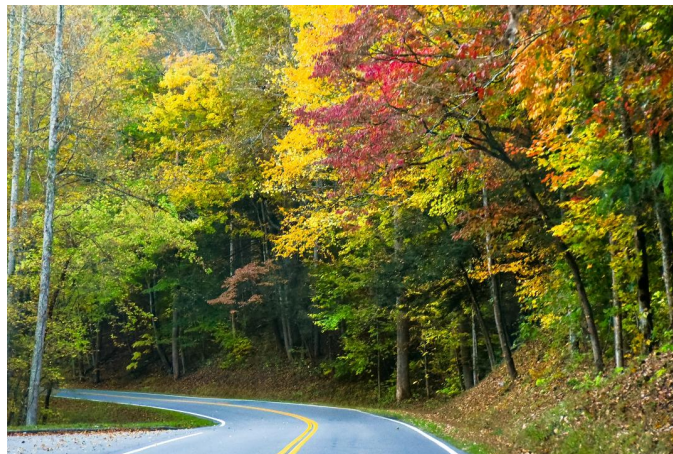
<<<<<Please remember to bring your door prize offerings!>>>>>

and

SCHOLARSHIP DONATIONS



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ENJOY!

Check out: frea.org for all state information
LIKE and SHARE us on Facebook:
[palmbeachcoretirededucatorsassociation](https://www.facebook.com/palmbeachcoretirededucatorsassociation)