



September 2023

Exercise 10/6/23

| LAST | FIRST | SIGNATURE |
|-----------|---------|---|
| Boyer | Suellen |  |
| EVANS | JUDITH | Judith Evans |
| Sims | Donna | Donna Sims |
| Russell | SUDAN |  |
| Faircloth | Lynette | Lynette Faircloth |
| HEXT | RUBY | Ruby Hext |
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| Last | First | Signature |
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| Johnston | Cady | Cady Johnston |
| Faircloth | Lynette | Lynette Faircloth |
| KINDLE | MARGIE | Margie Kindle |
| Sims | Dorothy | Dorothy Sims |
| Royer | Suellen | Suellen Royer |
| EVANS | JUDITH | Judith Evans |
| Winn | Nelly | Nelly Winn |
| Herman | Becky | Becky Herman |
| Hanner | Jimmy | Jimmy Hanner |
| Russell | Susan | Susan Russell |
| HUTTO | SYBIL | Sybil Hutto |
| FOSTER | LOLIADA | Lolinda Foster |
| Hight | Barbara | Barbara Hight |
| HEXT | RUBY | Ruby Hext |
| Kirkwood | Helena | Helena Kirkwood |
| Blackmon | Jean | Jean Blackmon |
| Williams | Jackie | Jackie Williams |
| Conner | Leonard | Leonard Conner |
| Barrague | Lola | Lola Barrague |
| BARRAGUE | CHARL | Carl Barrague |
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| Last | First | Signature |
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| Freeman | Cathy | Cathy Freeman |
| McAlister | David | David McAlister |
| Foxworth | EVA | Eva Foxworth |
| Hill | MAX | Max Hill |
| FAIRCLOTH | Bill | Bill Faircloth |
| DAVIS | CHARLES | Charles Davis |
| Robinson | Gene | Gene Robinson |
| Alvarado | George | George Alvarado |
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| LAST | FIRST | SIGNATURE |
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| DAVIS | CHARLES | Charles Davis |
| FOXWORTH | EVA | Eva Foxworth |
| RAMER | Ken | Ken Ramer |
| Freeman | Cathy | Cathy Freeman |
| Hill | MAX | Max Hill |
| Alvarado | George | George Alvarado |
| Robinson | Gene | Gene Robinson |
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| Last | First | Signature |
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| DAVIS | CHARLES | Charles Davis |
| FIRIACLOTH | Bill | Bill Firiacloth |
| RAUER | Ken | Ken Rauer |
| FOXWORTH | EVA | Eva Foxworth |
| Freeman | Cathy | Cathy Freeman |
| Nesbitt | Billy | Billy Nesbitt |
| McAlister | David | David McAlister |
| Alvarado | George | George Alvarado |
| Hill | Max | Max Hill |
| Parker | Robert | Robert Parker |
| Robinson | Gene | Gene Robinson |
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11

Oct-23

Bingo

Date: 10/4/23

Tyler City Hospital

| Last | First | Signature | |
|----------------------|-----------|-------------------|-----------|
| 1 Johnson | Carlynn | Carlynn Johnson | 10-4-2023 |
| 2 WINDLE | MARIE | Margaret Lunde | |
| 3 | | | |
| 4 Boyer | Sue Ellen | Sue Ellen Boyer | |
| 5 | Dorothy | Dorothy | |
| 6 Foster | Colinda | Colinda Foster | |
| 7 Sims | Donna | Donna Sims | |
| 8 Tidwell | Deanna | Deanna Tidwell | 10-4-2023 |
| 9 MOTT | Judy | Judy Mott | 10-4-23 |
| 10 Neiraquest | Susan | Susan Neiraquest | 10-4-23 |
| 11 Wilson | Renay | Renay Wilson | 10-4-23 |
| 12 Miller | Phyllis | Phyllis Miller | 10/4/23 |
| 13 Pope | Sharon | Sharon Pope | 10/4/23 |
| 14 Pope | David | David Pope | |
| 15 Deason | Calderine | Calderine Deason | 10/4-23 |
| 16 Parlequin Modette | Parleen | Parleen Parlequin | 10-4-23 |
| 17 Tom Modette | Tom | Tom Modette | 10-4-23 |
| 18 Hight | Barbara | Barbara Hight | 10-4-23 |
| 19 | May | May | 10-4-23 |
| 20 Blackmer | John | John Blackmer | |
| 21 Faircloth | Lynette | Lynette Faircloth | |
| 22 EVANS | JUDITH | Judith Evans | |
| 23 | REBEY | Rebey | |
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EXERCISE

Last

First

Signature

Date: 10/4/23

| | Last | First | Signature | |
|----|-----------|-----------|--|--|
| 1 | Plyer | Sueller |  | |
| 2 | Faircloth | Synette |  | |
| 3 | EVANS | JUDITH |  | |
| 4 | HEST | RUBY |  | |
| 5 | BEESON | Catherine |  | |
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Exercise

Last

First

Signature

Date:

10/6/23

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|----|------------------------|---------|------------------------|--|
| 1 | Smith Royer | Sueller | Smith Royer | |
| 2 | Hept | RUBY | | |
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Ana - South East Texas Food Bank

Date: 10/10/23

| | Last | First | Signature | Date |
|----|--------|---------|----------------|----------|
| 26 | Sims | Donna | Donna Sims | 10-10-23 |
| 27 | Foster | Colinda | Colinda Foster | 10-10-23 |
| 28 | Kindle | Margie | Margie Kindle | 10-10-23 |
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SWEET POTATOES



**VITAMIN A HELPS
PREVENT DRY EYES
AND NIGHT
BLINDNESS**

**ALSO RICH IN
VITAMIN A ARE
CARROTS, SPINACH,
COLLARD GREENS,
AND EGGS**

STRAWBERRIES

VITAMIN C IS AN
ANTIOXIDANT THAT
MAY HELP REDUCE
THE RISK OF
CATARACTS

ALSO RICH IN
VITAMIN C
ARE BELL
PEPPERS,
BROCCOLI,
CITRUS, AND
CANTALOUPE





KALE

**LUTEIN AND
ZEAXANTHIN MAY
HELP PROTECT EYE
TISSUES FROM
SUNLIGHT DAMAGE**

**PEAS, KIWI, RED
GRAPES, CORN AND
PISTACHIOS ALSO
HAVE LUTEIN AND
ZEAXANTHIN**

OMEGA-3S

HEALTHY FATS HELP
ABSORB CERTAIN
NUTRIENTS

SALMON, WALNUTS,
FLAX, AND CHIA SEEDS
ARE GOOD SOURCES
OF OMEGA-3S



Exercise

| | Last | First | Signature | Date: 10/11/23 |
|----|-----------|---------|-------------------|----------------|
| 1 | Royer | Suellen | Suellen Royer | |
| 2 | EVANS | JUDITH | Judith Evans | |
| 3 | Faircloth | Lynette | Lynette Faircloth | |
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Oct-23

Bingo

Date:

10/11/23

| | Last | First | Signature | |
|----|-----------------|---------|-------------------|----------|
| 1 | KUBIE | MARIE | Margie Kubie | |
| 2 | Foster | Colinda | Colinda Foster | |
| 3 | Poppe | Suellen | Suellen Poppe | |
| 4 | Spruss | Dorothy | Dorothy Spruss | |
| 5 | Kussell | Susan | Susan Kussell | |
| 6 | Faircloth | Synette | Synette Faircloth | |
| 7 | Johanson | Gregory | Gregory Johanson | |
| 8 | EVANS | JUDITH | Judith Evans | |
| 9 | Hight | Barbara | Barbara Hight | |
| 10 | REYNA | Anthony | Anthony Reyna | 10/11/23 |
| 11 | Read | May | May Read | |
| 12 | Hockett | Reiley | Reiley Hockett | |
| 13 | Poussens | Charles | Charles Poussens | |
| 14 | Poussens | Carolyn | Carolyn Poussens | |
| 15 | POPE | DANNY | DANNY POPE | |
| 16 | POPE | Sharon | Sharon POPE | |
| 17 | Parber Modisett | Parleen | Parleen Modisett | |
| 18 | Modisette | Tom | Tom Modisette | |
| 19 | Kirkwood | Helena | Helena Kirkwood | |
| 20 | Blackmon | Jean | Jean Blackmon | |
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| 22 | Trussell | Doranne | Doranne Trussell | |
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Dominones

| | Last | First | Signature | Date 10/16/23 |
|----|-----------|--------|-----------------|---------------|
| 26 | Hill | Max | Max Hill | |
| 27 | McAlister | Dave | Dave McAlister | |
| 28 | Alvarado | George | George Alvarado | |
| 29 | Wesley | Bobby | Bobby Wesley | |
| 30 | Robinson | Gene | Gene Robinson | |
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Oct-23

Bingo

Date: 10/16/23

| | Last | First | Signature | |
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| 1 | KIDBLE | MARGIE | Margie Kidble | 10-16- |
| 2 | SWMS | DORRIS | Margie Swms | 10-16 |
| 3 | HEXT | ELIZABETH | Elizabeth Hext | 10-16 |
| 4 | EVANS | JUDITH | Judith Evans | 10-16 |
| 5 | WILSON | ARADY | Arady Wilson | 10-16 |
| 6 | MINNIN | ODDY | Odby Minn | 10-16 |
| 7 | HIGHT | BARBARA | Barby Hight | 10-16 |
| 8 | FOSTER | COLINDA | Colinda Foster | |
| 9 | HUTTO | SYBILL | Sybil Hutto | |
| 10 | RUSSELL | SUSAN | Susan Russell | |
| 11 | WILLIAMS | JACKIE | Jackie Williams | 10-16 |
| 12 | CORNER | RENOVA | Renova Corner | 10-16 |
| 13 | WILSON | RENOVA | Renova Wilson | 11 |
| 14 | MOTT | JUDITH | Judith Mott | |
| 15 | STUBBINS | ARADY | Arady Stubbins | 10-16-23 |
| 16 | HARRIS | BURBY | Burby Harris | 10-16-23 |
| 17 | MUNDERS | PAUL | Paul Munders | |
| 18 | ROYER | SULLIVAN | Sullivan Royer | |
| 19 | NEBOGUST | SUSAN | Susan Neboquist | 10-16-23 |
| 20 | MILLER | PAULINE | Pauline Miller | 10/16/23 |
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ADAC - Linda - Crafts 12:30

Last

First

Signature

Date: 10/17/23

| | Last | First | Signature | Date |
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| 1 | Sim | Dorothy | Wynne Jones | 10-17-23 |
| 2 | Robert | Swetten | Wynne Jones | |
| 3 | Dezbon | Catherine | Catherine Dezas | |
| 4 | Suprice | Sybil | Suprice Kuttler | |
| 5 | Tidwell | Deanna | Deanna Tidwell | |
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Dominoes

| | Last | First | Signature | Date: 10/17/23 |
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| 1 | KAMLER | Ken | Ken Kamler | — |
| 2 | Hill | Max | Max Hill | — |
| 3 | ERA | Foxworth | Ken Foxworth Ken Foxworth | — |
| 4 | Freeman | Cathy | Ken Freeman Cathy Freeman | — |
| 5 | Nesbit | Billy | Billy Nesbit | — |
| 6 | McAlister | David | David McAlister | — |
| 7 | DAVIS | CHARLES | Charles Davis | — |
| 8 | Robinson | Gene | Gene Robinson | — |
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Dominoes

Last

First

Signature

Date: 10/16/23

| | Last | First | Signature | Date |
|----|-------------|---------|------------------|------|
| 1 | DAVIS | CHARLES | Charles Davis | |
| 2 | Hill | Max | Max Hill | |
| 3 | FOXWORTH | Eva | Eva Foxworth | |
| 4 | FAIRBROTHER | Bill | Bill Fairbrother | |
| 5 | ALVARADO | George | George Alvarado | |
| 6 | Robinson | Gene | Gene Robinson | |
| 7 | Fremont | Cathy | Cathy Fremont | |
| 8 | McNistar | David | David McNistar | |
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Oct-23

Bingo

Date: 10/18/23

| | Last | First | Signature | |
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| 1 | Foyer | Suellen | Suellen Foyer | |
| 2 | Harmon | Rebecky | B Harmon | |
| 3 | Harmon | Gimbury | Harmon | |
| 4 | Harmon KIRKLE | MARISE | Harmon | |
| 5 | Johngton | Greelver | Greelver John | |
| 6 | Fosteren | Colinda | Colinda Foster | |
| 7 | Hutto | Sybil | Sybil Hutto | |
| 8 | Presen | Catherine | Catherine Presen | |
| 9 | Hight | Barbara | Barbara Hight | |
| 10 | Talwell | Danna | Danna Talwell | |
| 11 | Fope | SNOW | SNOW Fope | |
| 12 | Ropes | DAVID | DAVID Ropes | |
| 13 | Anthony | ANTHONY REYER | Anthony Reyer | |
| 14 | Harmon | STAN | Stan Harmon | |
| 15 | Kirkwood | Helema | Helema Kirkwood | |
| 16 | Carbello | Beverly | Beverly Carbello | 10/18/2023 |
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Dominoes

Last

First

Signature

Date: 10/19/23

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| 26 | Rhinsen | Geor | Geor Perera | |
| 27 | Freeman | Cathy | Geor Freeman | |
| 28 | Westcott | Billy | Billy Westcott | |
| 29 | McFister | David | David McFister | |
| 30 | Alvarado | George | George Alvarado | |
| 31 | DAVIS | CHARLES | Charles Davis | |
| 32 | KAIMER | hen | hen Kaimers | |
| 33 | FOXBOROTH | EVA | Geor Foxborough | |
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Dominicos

Last

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Signature

Date: 10/22/23

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| 26 | Freeman | Cathy | Cathy Freeman | |
| 27 | Kayser | Elly | Elly Kayser | |
| 28 | McAlister | David | David McAlister | |
| 29 | Aguiar | George | George Aguiar | |
| 30 | Davis | CHARLES | Charles Davis | |
| 31 | Robinson | Gene | Gene Robinson | |
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Marianne - East Tx Home Health Sugar + Pressure

Last

First

Signature

Date: 10/19/23

Screening

| | Last | First | Signature | Date |
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| 26 | Marian | Cather | Cather Dea | |
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Completed
10/19/23
P. Dea