

TLH MS GROUP SELF HELP GROUP MEETING

2ND SATURDAYS
DOMI STATION
1:00PM - 3:00PM



Bringing people affected by MS together to share common experiences!

Contact:
(850) 888-2414
tlhmsgroup.org
tallahasseemsgroup@gmail.com

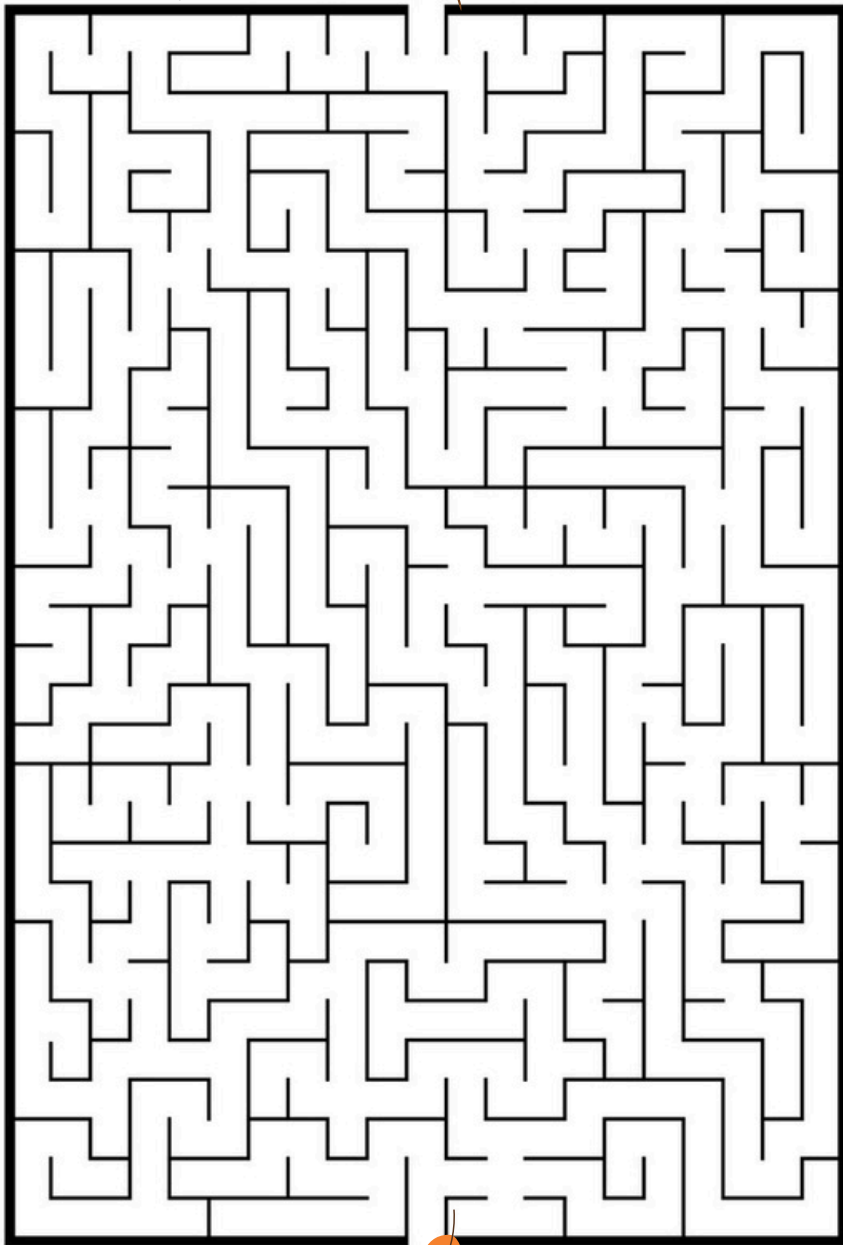
Join our "Tallahassee Living With MS" Facebook group
for up to date information on meeting dates and local activities.

TLH MS GROUP

October 2025



MAZE

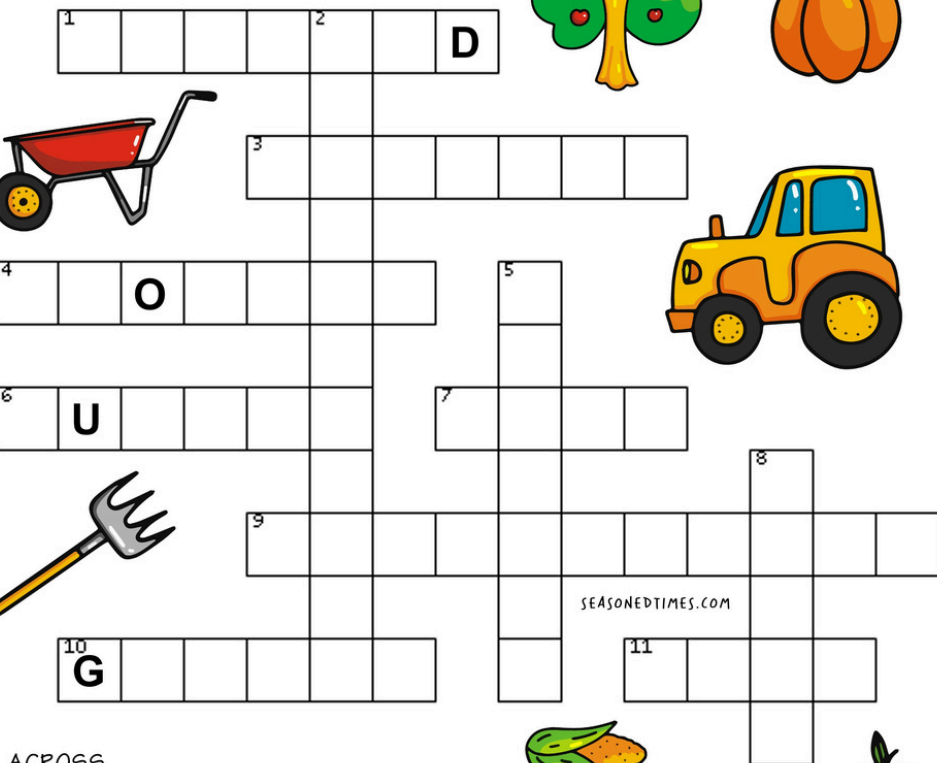


FOLLOW NUMBERS 1 - 50



		2	3	4	5	6	9	32	16	9
		1	8	11	12	8	16	19	47	8
2	1	6	5	9	22	20	15	5	39	7
3	2	3	4	5	7	3	14	25	12	6
4	10	4	45	10	11	12	13	44	29	38
22	44	5	21	9	16	15	14	3	49	5
19	7	6	7	8	44	8	15	16	17	18
29	8	33	41	12	26	25	24	23	22	19
30	16	17	18	6	27	30	42	45	21	20
31	2	31	30	29	28	12	37	46	47	35
5	9	32	9	30	29	30	21	17	48	12
35	34	33	27	43	44	45	46	47	49	17
36	4	13	18	42	10	23	47	12	50	33
37	38	39	40	41	30	16	48	18		
10	11	24	45	46	47	48	49	50		

HARVEST TIME



ACROSS

1. Area of land with trees or shrubs maintained for food production
3. Farm vehicle with large rear wheels
4. Group of farm-yielded crops and goods
6. Unit of volume that is used for measuring agricultural produce
7. Large amount of one kind of fruit or vegetable harvested
9. Growing something or improving its growth
10. Bring together into one group
11. Structure used to store grain

DOWN

2. Science or practice of farming
5. Business of growing crops and raising livestock
8. Piece of cleared or farmed land

AUTUMN'S HERE



H	C	P	W	E	C	R	R	U	B	H
T	O	L	I	C	O	T	H	O	M	A
R	R	E	T	E	C	U	C	D	A	L
H	N	A	C	P	N	R	A	R	P	L
A	M	V	H	U	M	K	O	C	L	O
R	A	E	K	R	A	E	A	W	E	W
V	Z	S	A	E	Z	Y	S	L	S	E
E	E	C	H	E	S	T	N	U	T	E
S	S	C	A	R	E	C	R	O	W	N
T	H	A	N	K	G	I	V	I	N	G
H	A	Y	R	I	D	E	E	N	O	L

HINT: A FEW WORDS MAY SHARE LETTERS.

SEASONEDTIMES.COM

PIE
HARVEST
LEAVES
SCARECROW

CROW
HAYRIDE
MAPLE
CHESTNUT

THANKSGIVING
HALLOWEEN
TURKEY
CORN MAZE



Relaxation Worksheet

Techniques to help yourself relax

Learning active relaxation techniques may help you teach your body to relax more fully on command. This is called achieving the relaxation response. Using this worksheet may help you:

- Schedule time to practice relaxation techniques
- Practice different techniques to find the ones that you like and that benefit you
- Get in the habit of using relaxation techniques

Step 1

Choose a relaxation technique

There are several common relaxation techniques that you can do on your own. Check the box of the technique you want to do:

- ☐ Progressive muscle relaxation
- ☐ Guided imagery
- ☐ Deep-breathing
- ☐ Mindfulness meditation
- ☐ Autogenic relaxation
- ☐ Another technique you would like to try: _____

Step 2

Schedule times to practice

Set certain times to practice the technique you choose. Make it a goal to practice as often as you can. To help you track your progress, write the name of the technique you want to try and the time you have scheduled to do it in the boxes on the worksheet.

Step 3

Rate your levels of fatigue, pain and stress

Refer to the scale below to rate how much of fatigue, pain and stress you feel before and after your practice session. Write the numbers down in the worksheet boxes.

FATIGUE



PAIN



STRESS



Relaxation Worksheet

	step 1	step 2	step 3						
day	relaxation technique Deep-breathing exercises	scheduled time	fatigue rating		pain rating		stress rating		notes
			Before	After	Before	After	Before	After	
Monday		3:30 pm - 3:45 pm	8	5	9	5	8	6	it took a few minutes to get into it, but then I started to feel less fatigued, pain and stress

	step 1	step 2	step 3						
day	relaxation technique	scheduled time	fatigue rating		pain rating		stress rating		notes
			Before	After	Before	After	Before	After	
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									



WATER AEROBICS SCHEDULE

Beginning OCTOBER 1, 2025 - JANUARY 2, 2026

Instructors listed below are subject to change without advance notification.

	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WADE WEHUNT POOL 1206 Myers Park Dr. 850-3915	8:30 - 9:30am	MAVIS	MAVIS	MAVIS	SUSANNE	PATTI	
	11:00am-12:00pm						PATTI
	12:00-1:00pm	LEA ANNA	LEA ANNA	PATTI	MAVIS	LEA ANNA	
	6:00-7:00pm	IAN	RICHARD	IAN	LEA ANNA	IAN	
TROUSDELL AQUATICS CENTER 209 John Knox Rd. 850-891-4901	7:30-8:30am	LAURA	7AM RICHARD	LAURA	7AM RICHARD	LAURA	
	10:00-11:00am						LAURA
	11:30am-12:30pm	LAURA	LAURA	LAURA	LAURA PATTI (beg 10/30)	LAURA	
JACK MCLEAN AQUATICS CENTER 700 Paul Russell Rd. 850-891-2500	8:30 - 9:30pm Ends no later than 10/23	PATTI	MAVIS	PATTI	RICHARD		

CLASS FEE STRUCTURE				IMPORTANT NOTES	
	DAILY	15 VISIT PASS	30 VISIT PASS	Saturday, Oct 18	Wade Wehunt Pool Only 11am
ADULT	\$5.25	\$55.25	\$110.25	Tuesday, Nov 11	10am Trousdell Only
SENIOR (62+)	\$4.25	\$44.75	\$89.25	Thursday Nov 27	Pools Closed
For additional Aquatics information, find us at www.tal.gov.com or www.facebook.com/COTPARCS				Friday, Nov 28	10am Trousdell Only
				Saturday, Dec 20	10am Trousdell Only
				Wednesday, Dec 24	10am Trousdell Only
				Thursday, Dec 25	Pools Closed
				Wednesday, Dec 31	Times & Classes: To Be Determined
				Thursday, January 1	Pool Closed