



NOVEMBER 2023

Allison Stiles, Employee of the Month!

Ladies and Gentlemen, we would like to announce Allison Stiles as the Employee of the Month for November! Allison is our Activities Coordinator, and we wouldn't have it any other way. She's very helpful, kind and a breath of fresh air. She's literally a ball of sunshine! Her laugh and energy are both contagious, and she is beyond creative. Allison keeps the residents busy, so busy that they even forget about lunch and dinner time at times. Allison, we thank you beyond words and are very grateful to have you. Congratulations on being employee of the month!



Dear Residents, Families, And Friends

November is a time to reflect on all of the things that we are grateful for. Sometimes in the monotony of the everyday, we fail to appreciate all of the wonderful things that we have in our lives. Make sure to take some time to reflect on all of the things that bring you joy and let your loved ones know how much that you care for them. Last month in October, our residents had a scary-good time trick-or-treating and dressing up for our costume contest during our Halloween party. Our pink-out breast cancer awareness event also went very well, and we were so happy to see those who were able to make it out. This month in November, we are sure to have such an amazing time at all of the fun events and activities that we have planned. We are especially excited for our Thanksgiving luncheon for our lovely residents and families. With such amazing food, and even better people, it is sure to be a wonderful time. Make sure to keep an eye on the calendar and your email to ensure that you don't miss out on any important announcements or events. I am so grateful to have each and every one of you in my life!

INDEPENDENT LIVING

NOVEMBER 2023

Locations

- Parking Lot PL
- Bistro B
- Community Room CR
- Dining Room DR
- Fitness Room FR
- Garden G
- Library LL
- Lobby L
- Outing O
- Route 66 R66
- Theater TH

Transportation

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM**

Happy Birthday

- 1-Barbara Moore
- 1-Linda Shannon
- 3-Judy Kuhn
- 3-Brenda Patterson
- 6-James Shannon
- 13-Geneva Johnson
- 18-Jesse Martinez
- 27-Sigrid Dockter
- 29-Carol Brooks
- 29-Oma Richarson

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."
—Charlotte Rae

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All Saints' Day 1 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR)	2 8:30 Morning Walk around L.E. 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:00 Thankful times Arts & Crafts 2:30 Misc. Errands (O) 3:00 Spades	3 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Uno & Friends (B) 3:30 Welcome November W/ Stevie and Toni	4 10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie
5 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 3:25 Cowboys VS. Philadelphia (Fox)	6 9:45 Big Lots Shopping (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	7 Election Day! 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 3:00 Holiday Hangman	8 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Pin the Thankful Tree 3:00 Dominos/42/Mexican Train (CR)	9 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:30 Music from Marty Prue!	10 Veterans Day (Observed) 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Uno & Friends (B)	11 Veterans Day 10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie
12 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania 3:25 Cowboys vs. NY Giants (Fox)	13 9:45 Dollar Tree Shopping! <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	14 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 2:30 Town Hall Meeting (CR) 3:30 Uno Afternoon	15 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR)	16 8:30 Morning Walk around L.E. 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 2:30 Thanksgiving "Finish My Phrase" 3:30 Entertainment from Ms. Shanna Divine!	17 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 2:30 Sip -N- Paint 3:00 Uno & Friends (B)	18 Thankful Thanksgiving Luncheon! 10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie
19 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 12:00 Cowboys vs. Carolina (Fox) 1:30 Bridge 3:00 Card Game Mania	20 9:45 Target Shopping (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	21 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B) 2:30 Afternoon Christmas Crafts 3:30 Skip-bo	22 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 2:00 Find Tom the Turkey (L) 3:00 Dominos/42/Mexican Train (CR)	23 	24 10:00 Bible Study (CR) 11:00 Nails Only 11:00 Wake n Shake (Exercise w/ Jada) (CR) 1:30 Wahoo Board Game (B) 2:00 Hand & Foot (FR) 3:00 Uno & Friends (B)	25 10:00 Weekend Exercise 10:30 The Coffee Club 11:00 Puzzle Mania 2:00 It's Saturday Bingo 2:00 Skip-Bo Crew 2:30 Afternoon Movie
26 8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	27 9:45 Tom Thumb Shopping! (O) <i>10:00 Coffee & News ... (R66)</i> 11:00 Morning Devotional (CR) 12:00 "Country Store Is Open" (R66) 2:00 Spades	28 10:00 Balance Class w/ Legacy (CR) 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping (O) 11:00 Knitting & Crochet (L) 12:00 Puzzle Table 2:00 Hand & Foot (B)	29 10:00 Bible Study by Richard N. (Theater) 10:00 Post Office/Bank (O) 10:00 Wake n Shake (Exercise w/ Jada) 10:30 Country Store (R66) 11:00 Morning Devotional (CR) 3:00 Dominos/42/Mexican Train (CR)	30 9:45 Blood Pressure Clinic w/ Legacy (CR) 10:00 Strength Class w/ Legacy (CR) 10:00 Walmart Shopping (O) 2:00 Euchre (CR) 2:30 Misc. Errands (O) 3:30 Cowboys vs. Washington (CBS)		



In this photo: Marilyn LaMarche, Maggie Rodriguez, Judy Kuhn



Word for November: Thankfulness

Officially, the word “thank” is defined as “to show or express appreciation or gratitude to, as by saying ‘thank you.’” “Thankfulness,” then, is the feeling or expression of such thanks. But that description truly doesn’t give justice to the emotions that swell up from our hearts when we truly feel thankful for the people in our lives who we love, cherish and appreciate. During this month of Thanksgiving, give some thought to the people for whom you are most thankful, both now and in the past.

It’s time to give thanks for all the blessings we’ve enjoyed this past year. We hope your Thanksgiving is filled with happy memories. Enjoy the holiday!

Positive Topics

Set cynicism aside and talk about the things we are thankful for on What Do You Love About America Day, Nov. 24.

