

Thankful Thoughts

The secret to having it all is knowing that you already do.

-Unknown

Happy are those who take life day by day, complain very little and are thankful for the little things.

-Unknown

As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.

-John F. Kennedy

Not what we say about our blessing but how we use them, is the true measure of our Thanksgiving.

-Unknown

Know that it's not happy people who are thankful but thankful people who are happy.

-Unknown

For each new morning with its light, for rest and shelter of the night, for health and food, for family and friends, for everything thy goodness sends.

-Ralph Waldo Emerson

Understand that gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse.

-Henry Van Dyke

Life is full of give and take, give thanks and take nothing for granted.

-Unknown

Additional Reflection:

“It is easy to say I am thankful for the sweet and beautiful things in life, flower gardens, ice cream cones, dances under the moonlight, children’s laughter, birdsongs, and the like. The challenge is recognizing things of value in the dark, sour, uglier parts of life. But if you look hard enough, you will find that even tough times offer pearls worthy of gratitude.” -Richelle E. Goodrich

November Birthdays

In astrology, Scorpions are those born between November 1–21. Scorpions are passionate and deep, qualities that help them counsel others in meaningful ways. Those born between November 22–30 are Archers of Sagittarius. These open-minded travelers are in constant motion, searching the globe for meaning and truth.

Happy Birthday to;
Louise - 09 November &
Jo - 16 November

Hope the two of you have a fantastic birthday filled with lots of love and happy surprises!

HAPPY BIRTHDAY!!



Elsie and Marvin enjoying themselves during our Oktoberfest event. Thank you to everyone who attended!! We are looking forward to seeing one and all at our Thanksgiving celebration on the 20th of November at 1pm!!

Cranberry Chutney



Ingredients:

- 1 cup water
- ¾ cup white sugar
- 12 ounces fresh cranberries
- 1 cup peeled, cored and diced apples
- ½ cup cider vinegar
- ½ cup raisins
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves

Directions:

In a medium saucepan combine the water and sugar. Bring mixture to a boil over medium heat. Add the cranberries, apples, vinegar, raisins and spices. Bring to a boil, then simmer gently for 10 minutes stirring often. Pour mixture into a mixing bowl. Place plastic wrap directly on the surface of the sauce. Cool to room temperature and serve or cover and refrigerate. Bring chutney to room temperature before serving with your yummy turkey!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><div><div><div></div><div>Sierra Ridge</div><div>Memory Care</div></div></div></div></div>	3265 Blue Oaks Drive Auburn, CA 95602 530-887-8600	<div><div>AE</div>Artistic Expression</div> <div><div>CC</div>Community Connections</div> <div><div>CE</div>Continuing Education</div> <div><div>LL</div>Lifestyle & Leisure</div> <div><div>PE</div>Physical Engagement</div> <div><div>SS</div>Spiritual Support</div>	Healthy Snacks & Hydration offered throughout each day!	9:00 Coffee and Crosswords 1 10:15 SS Catholic Service 11:15 Tap your Toes 1:00 LL Baking 2:30 AE Painting Party 6:30 Trivia	9:00 Mind Joggers 2 10:15 Artistic Moments 1:30 Taste and Tell 2:30 CC Mike Entertains 6:30 Finish a Phrase	9:30 Folding 3 10:15 Pet Therapy 2:00 CC Jack's Magic Show 4:15 Move and Groove 6:30 CE Puzzles
Daylight Saving Time Begins 4 9:30 LL Busy Hands 10:30 Coffee Corner 1:00 Matinee/Art Fun 3:30 Sing-a-Long 6:00 Evening Stroll	10:30 CC Pet Therapy 5 11:30 Fitness Fun 1:00 Puzzle Perfect 2:00 LL Whistle while you work. 3:45 Sittercise	Election Day 6 9:30 CE Word Search 10:30 Busy Hands 1:00 LL Baking [DR] 2:00 Recycle Club/ Story Time 3:00 Scenic Drive 6:00 CE Trivia	9:30 Service Project 7 11:15 PE Exercise 12:00 Family Council 1:00 Word Games 3:30 Let's Sing	10:15 SS Catholic Service 8 11:30 Let's move it! 1:00 LL Baking 2:00 Busy Hands 4:15 Tap your toes 6:00 Ball Toss	9:30 Folding 9 10:15 Artistic Moments 1:00 Puzzles/Spa Time 2:30 CC Mike Entertains 3:45 PE Fitness Fun	9:30 AE Art fun 10 10:15 Pet Therapy 2:30 Watercolors/ Coloring 4:00 Rhythm & Motion 6:00 Evening Stroll
Veterans Day 11 9:30 Coloring [F] 10:30 SS Mike & Friends 1:00 Matinee/Art Fun 3:00 Lemonade Time 6:00 Short Stories	9:00 Art Time 12 10:15 SS Bible Study/Mona & Carol 10:30 CC Pet Therapy 3:30 Alvin Entertains 6:00 Arm Chair Travels	9:30 Preschool visits. 13 10:30 Art fun 1:00 LL Baking [DR] 2:00 Recycle Club/ Story Time 3:00 Scenic Drive	9:00 Folding 14 9:30 Service Project 11:15 Finish The Phrase 1:00 CC Harp Music Therapy 6:00 LL Movie Time	9:30 Busy Hands 15 10:15 SS Catholic Service 1:00 LL Baking 3:30 Rhythms & Motion 6:00 Tall Tales	10:15 Karaoke with Diana 16 1:00 Spa Time 1:30 Taste and Tell 2:30 CC Mike Entertains 3:00 Puzzles 6:00 Reminisce	9:30 LL Busy Hands 17 10:15 Pet Therapy 11:15 Silver Sneakers 1:00 Magazines/ Folding 4:00 Singing
9:30 LL Busy Hands 18 10:00 Folding 11:00 Move and Groove 1:00 Matinee/Art Fun 4:00 Music Time	9:00 Reading Roundtable 19 10:30 Let's Create 10:30 CC Pet Therapy 1:00 Watercolors 3:00 Snacks and Chats	10:30 Busy Hands 20 12:00 CC Thanksgiving Lunch Celebration 1:00 LL Baking [DR] 2:00 Recycle Club/ Story Time 6:00 Hand Massages	9:30 Service Project 21 11:15 PE Flexible Stretch 2:00 CC Hawks Ranch Animal Therapy 3:30 AE Musical Moments 6:00 Finish the Phrase	Thanksgiving 22 9:00 Puzzles 1:00 LL Baking 3:30 Games 4:15 Sit and be Fit	10:15 Artistic Moments 23 1:00 CE Puzzle Perfect 2:30 CC Mike Entertains 3:30 AE Sing-a-Long 6:00 Ring Toss	9:30 Art fun 24 10:00 Snacks and Chats 10:15 Pet Therapy 1:00 LL Spa Time 3:30 Music Time
9:30 Art fun 25 10:30 Coffee Corner 11:15 Light and Lively 1:00 Matinee/Art Fun 2:00 CE Puzzle Perfect 6:00 Aromatherapy	10:30 CC Pet Therapy 26 11:15 Stretch and Flex 1:00 Craft Fun 2:30 LL Whistle while you work 4:15 Move and Groove 6:00 Evening Stroll	9:00 Artistic Moments 27 10:30 CE Fun Facts 11:15 Silver Sneakers 2:00 Recycle Club/ Story Time 3:00 Scenic Drive 6:00 Ball Toss	9:00 Busy Hands 28 9:00 Word Games 9:30 Service Project 1:00 CC Harp Music Therapy 3:00 LL Birthday Bash	10:15 SS Catholic Service 29 1:00 LL Baking 1:00 AE Crafty Corner 4:15 Simple Stretches 6:00 CC Pamelot Dancers	9:30 LL Busy Hands 30 10:15 Diana volunteers 11:15 Fitness fun 2:30 CC Mike Entertains 6:30 Matinee	<div><div>Location Keys</div><div>Dining Room DR</div><div>Foyer F</div></div>

Healthy Snacks &
Hydration offered throughout
each day!