

November  
2019

## Evolve at Rye

295 Lafayette Rd.  
Rye, NH 03870



### Today's Trend Online Shopping Tips!

Shopping via the internet offers convenience and a tempting array of products. Keep your shopping spree safe by taking a few precautions. Before making an online purchase, make sure the website is secure.

The absence of a physical address or contact phone number is a red flag. If you are dealing with an unfamiliar company, check its online rating with the Better Business Bureau at [www.BBB.org](http://www.BBB.org), or use another consumer feedback website. Be vigilant in keeping your personal information safe by choosing strong passwords that contain a random series of upper and lowercase letters, numbers and punctuation marks. Don't use the same password across multiple websites, and change your passwords frequently.

### Upcoming Events in Our Community:

Join us for **Baking with Brenda** on Tuesday,  
November 19th at 10:00 a.m

Join us for our **Taste and Tell** with Chef Rob  
on Tuesday, November 26th at 2:00 p.m

Our **Thanksgiving Dinner** will be held on  
Thursday, November 28th ~Thanksgiving Day  
at 12:00 p.m

*Looking Forward to Seeing You!*



Taste and Tell with Chef Rob

***"Welcome sweet November, the season of senses  
and my favorite month of all."***

**-Gregory F Lenz**

### **Finding Zen in the Garden**

Imagine a quiet, calm place where you can focus on the sights and sounds of nature. That serenity is at the heart of a Zen garden.

Also called rock gardens or dry landscape gardens, Zen gardens originated centuries ago in Japan with Buddhist monks, who built the gardens as peaceful places to spend time and contemplate their studies. Today, these gardens are popular throughout the world.

A Zen garden can be an outdoor space or a small section of a garden. Miniature versions, made to sit on a table or desk, are also common. No matter the size, there are shared elements.

Groupings of stones are the focal point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

Some Zen gardens include plants and statues, but they are never cluttered. The simplicity and symmetry of the garden's features promote relaxation and reflection. Many people use a Zen garden as a place to meditate or simply feel a peaceful connection to nature.

***Evolve at Rye Wishes Our  
Residents a Very Happy  
Birthday!***

*Marguerite M November 6th*

*William F November 12th*

