


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p> <p>Daylight Saving Time Ends</p>	<p><b>2</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Music Lovers With Barb, LR</b> 6:00 Evening Movie, LR</p>	<p><b>3</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> <b>1:30 Scenic Drive, L**</b> 3:00 Sing Along, L 6:00 Evening Movie, LR</p>	<p><b>4</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-QFC, L**</b> <b>2:00 Creative Corner, AR</b> 6:00 Evening Movie, LR</p>	<p><b>5</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>6</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Birthday Celebration With Sandra Walker, DR</b> 6:00 Evening Movie, LR</p>	<p><b>7</b></p> <p>10:00 Morning Exercise, DR <b>2:00 Entertainment with Ron Herring, DR</b> 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>8</b></p> <p>9:00 Morning Musical Movie, LR 2:00 DOXA Church 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>9</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 World Travel With Barb, LR</b> 6:00 Evening Movie, LR</p>	<p><b>10</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>12:30 Swing Dance North-Bellevue Senior Center, L**</b> <b>1:00 Northwest Geriatrics</b> 3:00 Sing Along, L 6:00 Evening Movie, LR</p>	<p><b>11</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-Bartells, L**</b> <b>2:00 Red Hats, DR</b> 6:00 Evening Movie, LR <b>Happy Veterans Day!</b> <small>Veterans Day Remembrance Day (Canada)</small></p>	<p><b>12</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>13</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Doug Deems, DR</b> 6:00 Evening Movie, LR</p>	<p><b>14</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>15</b></p> <p>9:00 Morning Musical Movie, LR <b>10:30 Sunday Worship Service, AR</b> 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>16</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Who's The Genius With Barb, LR</b> 6:00 Evening Movie, LR</p>	<p><b>17</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> <b>1:30 Scenic Drive, L**</b> 3:00 Sing Along, L 6:00 Evening Movie, LR</p>	<p><b>18</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Dollar Tree, L**</b> <b>2:00 Bingo Bash, DR</b> 6:00 Evening Movie, LR</p>	<p><b>19</b></p> <p><b>Medical Transportation**</b> 10:30 Catholic Services, AR 1:00 Documentary, LR <b>1:00 Northwest Geriatrics</b> <b>2:00 Strike Up The Band, LR</b> 3:00 Afternoon Exercise, DR 6:00 Evening Movie, LR</p>	<p><b>20</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Jon Pressman, DR</b> 6:00 Evening Movie, LR</p>	<p><b>21</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>22</b></p> <p>9:00 Morning Musical Movie, LR 2:00 DOXA Church, AR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>23</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Music Lovers With Barb, LR</b> 6:00 Evening Movie, LR</p>	<p><b>24</b></p> <p>9:00 Bible Study, AR 10:00 Morning Exercise, DR <b>1:00 Northwest Geriatrics</b> 2:00 Board Games 3:00 Sing Along, L 6:00 Evening Movie, LR</p>	<p><b>25</b></p> <p>10:00 Strength Exercise w/Weights, DR <b>10:45 Shopping-QFC, L**</b> <b>2:00 Resident Meeting-Come Share your Ideas, AR</b> 6:00 Evening Movie, LR</p>	<p><b>26</b></p> <p><i>Happy Thanksgiving</i> </p>	<p><b>27</b></p> <p>10:00 Strength Exercise w/Weights, DR 1:00 Walking Group, L <b>1:00 Foot Care: Dr. Gorey Sign up at Front Desk</b> 1:30 Daily Chronicle, LR <b>2:30 Happy Hour with Joy &amp; Viki, DR</b> 6:00 Evening Movie, LR</p>	<p><b>28</b></p> <p>10:00 Morning Exercise, DR 2:30 Word Games, LR 3:30 Nail Time, AR 6:00 Evening Movie, LR</p>
<p><b>29</b></p> <p>9:00 Morning Musical Movie, LR 3:30 Balloon Volleyball, LR 6:00 Evening Bingo, AR 6:00 Viewers Choice, LR</p>	<p><b>30</b></p> <p>10:00 Strength Exercise w/Weights, DR 2:00 Bingo, DR <b>3:15 Life Issues With Barb, LR</b> 6:00 Evening Movie, LR</p>	 <p><b>November 2020</b> <b>Assisted Living</b></p>				

November 2020  
**THE MONTHLY GAZETTE**



*"Autumn carries more gold in its pocket than all the other seasons."*

~ Jim Bishop

**Tree of the Month – Citrus**

Citrus trees (and shrubs) are part of the Rutaceae family. They are native to countries across Asia and Australia. The flowering trees have been cultivated by humans since ancient times and are now grown across the world.



These trees develop small, white, fragrant flowers and produce oranges, lemons, limes, grapefruits, and other citrus fruits. Citrus fruits get their tangy, sour taste and smell from citric acid and flavonoids. The segmented, acidic fruits tend to be very juicy and covered in a thick, leathery rind and white pith.

Citrus, which is packed with vitamin C (ascorbic acid) and makes delicious juice, was first brought to Florida by the Spanish in the 1500s. The color of oranges does not indicate ripeness; instead, darker fruit is grown in colder weather and lighter fruit is grown in warmer climates. Lemons represented wealth in ancient Rome and were thought to have healing powers.

**Special Days**

**All Saints' (Hallows) Day**  
 November 1

**Election Day**  
 November 3

**Remembrance Day (Canada)**  
 November 11

**Veterans Day (U.S.)**  
 November 11

**Thanksgiving Day (U.S.)**  
 November 26

**Birthstone – Yellow Topaz**



Topaz, the birthstone for November, likely gets its name from the Red Sea's Island of Topazios (now called Zabargad). Pure topaz is a colorless or "white" stone. It's often tinged with other minerals to create shades of pink, orange, and blue, but it is most commonly found in hues of yellow and gold. The ancient Greeks associated topaz with strength. In the Middle Ages, it was thought to convey invisibility. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.

**Flower – Chrysanthemum**



These beautiful blooms, more commonly called *tansies* or *mums*, generally signify optimism and cheerfulness, but they can have different meanings depending on their color. For example, red signifies love, white represents truth, and yellow is the color for unrequited love. In Asian countries, chrysanthemums have been brewed into teas and made into wines to cure fevers and increase longevity for centuries. In North American tradition, mums are a friendship flower and a lovely gift for expressing your appreciation for your best pals.



**Assisted Living**  
 A Great Place to Call Home

**Hair Salon**  
 Wednesdays 9:00 AM -1:30 PM  
**Stylist—Oanh**  
 Sign Up at the Front Desk

**Welcome:**

Pat C                      Linda M  
 Carl & Bobbie B                      Elizabeth G

**Happy Birthday:**

Pat M 11/01                      Susan C 11/13  
 Doris S 11/21                      Kiyo B 11/25

**Special Activities**

11/01 @2:30 PM

**Birthday Celebration with Sandra Walker**

11/02 @2:00 PM

**Entertainment with Ron Herring**

11/10 @12:30 PM

**Swing Dance North-Bellevue Senior Center**

11/11

**Veteran's Day**

11/11 @ 2:00 PM

**Red Hats**

11/13 @2:30 PM

**Happy Hour with Doug Deems**

11/25 @2:00 PM

**Resident Meeting-Come Share your Ideas**

11/26

**Happy Thanksgiving!!**

11/27 @2:30 PM

**Happy Hour with Joy & Viki**