



Yvonne H. Listening to her Boom Box Radio!

### 5 Fun Thanksgiving Facts

**1. Americans eat an estimated 50 million pumpkin pies on Thanksgiving.**

If you'd rather leave your pumpkins for Halloween, you're not alone. According to The American Pie Council, more Americans prefer apple pie overall – pumpkin pie only comes in second place.

**2. Four places in the country bear the name Turkey.** The U.S. Census has identified another four named Cranberry, and a grand total of 34 dubbed Plymouth.

**3. The Butterball Turkey Talk-Line answers almost 100,000 calls each season.**

In 2016, the company's popular cooking crisis management team introduced a 24-hour text message line for the lead-up to the big day.

**4. Only male turkeys actually gobble.**

Only male turkeys – appropriately named gobblers – actually make the sound. Female turkeys cackle instead.

**5. Most Americans prefer Thanksgiving leftovers to the actual meal.**

Almost 8 in 10 Americans agree that the second helpings of stuffing, mashed potatoes, and of course pie beat out the big dinner itself, according to a 2015 Harris Poll.

*Adapted from Good Housekeeping online, July 22, 2020*



David C. Enjoying Activities with Ana and other Residents painting his Truck filled with pumpkins. Great job!

### Residents Birthday's

- Donna B.----- 1st
- Alice C.----- 7th
- Richard "Al" B.-----10th
- Rose Ba.----- 20th
- Pam P.-----20th
- Norma Bi.-----21st
- William J.----- 23rd
- Pat B.----- 27th
- Gwen F.----- 29th
- Phyllis F.----- 30th
- "Wally" H.-----30th

## Flagstone Senior Living

November 2020

3325 Columbia View Drive  
The Dalles, OR 97058



Employee of The Month- Connie P. is our Receptionist at the front desk. She is known for her kindness, being helpful, friendly, patient and awesome to work with. "She is on top of her game" & "You truly are a ROCKSTAR". Thanks for being part of The Flagstone Crew and congratulations for being selected for Employee of the Month!



#### Residents Anniversary's

- Bill H.-----6 Years
- Jerene H.-----3 Years
- Rose Ba.-----3 Years

#### Employee Anniversary's

- Debbie R.-----3 Years
- Arvin N.-----1 Year
- Rocelyn N.-----1 year
- Adriana S.-----1 Year



#### Small batch Microwave no bake cookies

- Minutes to Prepare: 2**
- Minutes to Cook: 1**
- Number of Servings: 4**

#### Ingredients

- 1 tbsp butter
- 1 tbsp milk
- 1/8 cup sugar
- 1 tbsp cocoa powder
- 1 tbsp peanut butter
- 1/2 cup old fashioned oats

Directions- Microwave butter till liquid stir in milk, sugar, and cocoa powder Microwave for 1 min 10 seconds (depending on microwave strength) stir in peanut butter and oats form into cookies enjoy!



# November 2020

## In The Moment – Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Daylight Saving Time Begins</b> <b>1</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Sunday Church Service (RR) 2:30 <b>PE</b> Fun Crafts 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>9</b> 9:15 <b>PE</b> Fitness Fun Balloons & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>PE</b> Game Time 2:30 <b>LL</b> Musical Moments 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>Election Day</b> <b>3</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Church Services "Live Stream" (Calvary Baptist) 2:45 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>4</b> 9:15 <b>PE</b> Fitness Fun Balloon & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Videos (Residents Choice) 3:00 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>5</b> 9:15 <b>PE</b> Parachute Fitness 10:30 <b>CE</b> Reading Circle 12:45 <b>CE</b> Hangman 3:00 <b>CE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>6</b> 9:15 <b>PE</b> Stretching Fitness 10:30 <b>CE</b> Reading Circle 12:30 <b>AE</b> Fancy Friday (Nails & Hair) 3:00 <b>PE</b> Watercolor Painting 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>7</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Fun! 2:45 <b>AE</b> Pencil Art Coloring 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	
<b>8</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Sunday Church Service (RR) 2:30 <b>PE</b> Fun Crafts 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>9</b> 9:15 <b>PE</b> Fitness Fun Balloons & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>PE</b> Game Time 2:30 <b>LL</b> Musical Moments 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>10</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Church Services "Live Stream" (Calvary Baptist) 2:45 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>Veterans Day</b> <b>11</b> 9:15 <b>PE</b> Fitness Fun Balloon & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Veterans Day Celebration 3:00 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>12</b> 9:15 <b>PE</b> Parachute Fitness 10:30 <b>CE</b> Reading Circle 12:45 <b>CE</b> Hangman 3:00 <b>CE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>13</b> 9:15 <b>PE</b> Stretching Fitness 10:30 <b>CE</b> Reading Circle 12:30 <b>AE</b> Fancy Friday (Nails & Hair) 3:00 <b>PE</b> Watercolor Painting 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>14</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Fun! 2:45 <b>AE</b> Pencil Art Coloring 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	
<b>Happy Birthday Kristen S.</b> <b>15</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Sunday Church Service (RR) 2:30 <b>PE</b> Fun Crafts 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>16</b> 9:15 <b>PE</b> Fitness Fun Balloons & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>PE</b> Game Time 2:30 <b>LL</b> Musical Moments 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>17</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Church Services "Live Stream" (Calvary Baptist) 2:45 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>18</b> 9:15 <b>PE</b> Fitness Fun Balloon & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Videos (Residents Choice) 3:00 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 4:30 <b>LL</b> Waffles for Dinner 5:00 <b>LL</b> Evening Movie	<b>19</b> 9:15 <b>PE</b> Parachute Fitness 10:30 <b>CE</b> Reading Circle 12:45 <b>CE</b> Hangman 3:00 <b>CE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>Happy Birthday Pam P.</b> <b>20</b> 9:15 <b>PE</b> Stretching Fitness 10:30 <b>CE</b> Reading Circle 12:30 <b>AE</b> Fancy Friday (Nails & Hair) 3:00 <b>PE</b> Watercolor Painting 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>21</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Fun! 2:45 <b>AE</b> Pencil Art Coloring 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	
<b>22</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Sunday Church Service (RR) 2:30 <b>PE</b> Fun Crafts 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>23</b> 9:15 <b>PE</b> Fitness Fun Balloons & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>PE</b> Game Time 2:30 <b>LL</b> Musical Moments 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>24</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Church Services "Live Stream" (Calvary Baptist) 2:45 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>25</b> 9:15 <b>PE</b> Fitness Fun Balloon & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Videos (Residents Choice) 3:00 <b>AE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>Thanksgiving</b> <b>26</b> 9:15 <b>PE</b> Parachute Fitness 10:30 <b>CE</b> Reading Circle 12:45 <b>CE</b> Hangman 3:00 <b>CE</b> Craft 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>27</b> 9:15 <b>PE</b> Stretching Fitness 10:30 <b>CE</b> Reading Circle 12:30 <b>AE</b> Fancy Friday (Nails & Hair) 3:00 <b>PE</b> Watercolor Painting 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>28</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>LL</b> Music Fun! 2:45 <b>AE</b> Pencil Art Coloring 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	
<b>29</b> 9:15 <b>PE</b> Sit and Be Fit 10:30 <b>CE</b> Reading Circle 12:45 <b>SS</b> Sunday Church Service (RR) 2:30 <b>PE</b> Fun Crafts 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie	<b>Happy Birthday Phyllis F.</b> <b>30</b> 9:15 <b>PE</b> Fitness Fun Balloons & Noodles 10:30 <b>CE</b> Reading Circle 12:45 <b>PE</b> Game Time 2:30 <b>LL</b> Musical Moments 3:45 <b>PE</b> Wild Walkers 5:00 <b>LL</b> Evening Movie						Healthy Snacks & Hydration offered throughout each day!
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><b>AE</b> Artistic Expression</p> <p><b>CE</b> Continuing Education</p> <p><b>LL</b> Lifestyle &amp; Leisure</p> <p><b>PE</b> Physical Engagement</p> <p><b>SS</b> Spiritual Support</p> </div> <div style="width: 30%;"></div> <div style="width: 30%;"></div> </div>							