

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Assisted Living



**1**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:00 Novari Primary Care**  
**2:00 Game Time with Barb, LR**  
**3:00 Strike up the Band with Barb, LR**  
 5:30 Bible Study, AR

**2**  
 10:00 Strength Exercise, DR  
**10:30 Shopping- Bartells, L**  
 1:00 Walking Group, DR  
**2:30 Bingo, DR**  
 6:00 Evening Movie, LR

**3**  
**Medical Transportation\*\***  
 10:00 Catholic Services, AR  
**1:00 Novari Primary Care**  
 2:00 Social Connection, LR  
 3:00 Afternoon Exercise, DR  
 6:00 Evening Movie, LR

**4**  
 10:00 Morning Exercise, DR  
 1:00 Walking Group, L  
**2:30 Birthday Celebration Sandra Walker, DR**  
 6:00 Evening Movie, LR

**5**  
 10:00 Morning Exercise, DR  
 1:00 Activity Committee, DR  
 2:00 Walking Group, L  
**2:30 Word Games, DR**  
 6:00 Evening Movie, LR

**6**  
 9:00 Morning Musical Movie, LR  
 1:00 Seahawk Sunday, LR  
 6:00 Evening Movie, LR



**7**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:30 Scenic Drive, L**  
 6:00 Evening Movie, LR

**8**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**12:00 Swing Dance-North Bellevue Senior Center, L**  
**1:00 Novari Primary Care**  
 5:30 Bible Study, AR

**9**  
 10:00 Strength Exercise, DR  
**10:30 Shopping- QFC, L**  
 1:00 Walking Group, L  
**2:00 Red Hats, DR**  
 6:00 Evening Movie, LR

**10**  
**Medical Transportation\*\***  
 10:00 Catholic Services, AR  
 1:00 Food Committee, DR  
**1:00 Novari Primary Care**  
 2:00 Music Lovers, LR  
 3:00 Afternoon Exercise, DR  
 6:00 Evening Movie, LR

**11**  
 10:00 Morning Exercise, DR  
 1:00 Walking Group, L  
**2:30 Happy Hour with Hank Blumenthal, DR**  
 6:00 Evening Movie, LR

Veterans Day Remembrance Day (Canada)

**12**  
 10:00 Morning Exercise, DR  
 1:00 Walking Group, L  
**2:00 Entertainment with Kristin Fletcher, DR**  
 6:00 Evening Movie, LR

**13**  
 9:00 Morning Musical Movie, LR  
 2:00 Bingo, DR  
 6:00 Evening Movie, LR

**14**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:30 Scenic Drive, L**  
 6:00 Evening Movie, LR

**15**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:00 Novari Primary Care**  
**2:00 Game Time with Barb, LR**  
**3:00 Strike up the Band with Barb, LR**  
 5:30 Bible Study, AR

**16**  
 10:00 Strength Exercise, DR  
**10:30 Shopping- Bartells, L**  
 1:00 Round Table with Jordan and Joy, DR  
**2:00 Bingo, DR**  
 6:00 Evening Movie, LR

**17**  
**Medical Transportation\*\***  
 10:00 Catholic Services, AR  
**1:00 Novari Primary Care**  
 2:00 Social Connection, LR  
 3:00 Afternoon Exercise, DR  
 6:00 Evening Movie, LR

**18**  
 10:00 Morning Exercise, DR  
 1:00 Walking Group, L  
**1:30 Medicare Presentation 'What's New'**  
**2:30 Happy Hour with Jon Pressman, DR**  
 6:00 Evening Movie, LR

**19**  
 10:00 Morning Exercise, DR  
 2:00 Walking Group, L  
**2:30 Word Games, DR**  
 6:00 Evening Movie, LR

**20**  
 9:00 Morning Musical Movie, LR  
 2:00 Bingo, DR  
 6:00 Evening Movie, LR

**21**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**2:00 Kent Morgan Presentation Our First Thanksgiving, DR**  
 6:00 Evening Movie, LR

**22**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:00 Novari Primary Care**  
**2:00 Sing Along With Joy, LR**  
 5:30 Bible Study, AR

**23**  
 10:00 Strength Exercise, DR  
**10:30 Shopping- Rite Aid, L**  
**11:00 Traveling Library, L**  
 1:00 Walking Group, L  
**2:00 Bingo Bash, DR**  
 6:00 Evening Movie, LR

**24**  
 9:00 Macy's Parade



Thanksgiving Day (US)

**25**  
 10:00 Morning Exercise, DR  
 1:00 Walking Group, L  
**2:30 Happy Hour with Jim & Beth Wulff, DR**  
 6:00 Evening Movie, LR

**26**  
 10:00 Morning Exercise, DR  
 2:00 Walking Group, L  
**2:30 Word Games, DR**  
 6:00 Evening Movie, LR

**27**  
 9:00 Morning Musical Movie, LR  
 1:00 Seahawk Sunday, DR  
 6:00 Evening Movie, LR

**28**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**2:00 Resident Meeting, Come Share Your Ideas, DR**  
 6:00 Evening Movie, LR

**29**  
 9:00 Walking Group, L  
 10:00 Morning Exercise, DR  
**1:00 Foot Care with Dr. Gorey, AR**  
**1:00 Novari Primary Care**  
**2:00 Game Time with Barb, LR**  
**3:00 Strike up the Band with Barb, LR**  
 5:30 Bible Study, AR

**30**  
 10:00 Strength Exercise, DR  
**10:30 Shopping- QFC, L**  
 1:00 Walking Group, L  
**2:00 Bingo, DR**  
 6:00 Evening Movie, LR



November 2022  
**THE MONTHLY GAZETTE**

*"November comes and November goes,  
With the last red berries and the first white snows."  
- Elizabeth Coatsworth*



### Dog of the Month – Golden Retriever

Golden retrievers are well known and admired for having cheerful, exuberant personalities, hard-working natures, endearing smiles, and lovely golden coats. It's no wonder they are one of the most popular dog breeds and are often picked as family pets. They live 10 to 12 years and stand about 24 inches tall. While they are strong and active, they are also very gentle, affectionate, mellow, and snuggly. These highly adaptable, trainable, and eager-to-please pups were originally Scottish hunting dogs, trained to retrieve game. They are smart and do



well as skilled workers, including tracking and locating contraband for police. They also make excellent therapy and service animals. The breed comes in three different shades: golden, dark golden, and light golden. They are also divided into English, Canadian, and American golden retrievers. However, they are all part of the same breed.

### Special Days

**All Saints' Day**  
November 1

**Book Lovers Day**  
November 5

**Election Day (U.S.)**  
November 8

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

**Remembrance Day  
(Canada)**  
November 11

**Thanksgiving Day (U.S.)**  
November 24

### Flower – Chrysanthemum



November's birth flower is the chrysanthemum. Commonly called mums, the vibrant perennial is a favorite of gardeners and florists alike. Chryso is Greek for "gold", although mums grow in a variety of shades today, their wild ancestors were a brilliant yellow-gold hue. In addition to their beauty, mums are used for teas, wine, and medicine. Additionally, NASA has found that chrysanthemums planted indoors can clean the air of your home.

### Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is November's birthstone. This stone was the symbol of Ra, the Egyptian sun god, because of its golden glow. Topaz was named for the ancient island of Topazos, now known as St. John. A topaz is most commonly found in shades of yellow. However, it also comes in other colors, including blue, red, orange, green, and black. Pure topaz itself is a colorless stone. A gift of a yellow topaz symbolizes friendship and hospitality. Topaz is said to give the wearer strength and mental clarity.



## 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

### Happy Birthday:

Pat M. 11/01

Martha A. 11/09

Doris S. 11/21

Arlene P. 11/29

### Special Activities

- November 4<sup>th</sup> @2:30 PM Birthday Celebration with Sandra Walker
- November 8<sup>th</sup> @12:00 PM Swing Dance-North Bellevue Senior Center
- November 11<sup>th</sup> @2:30 PM Happy Hour with Hank Blumenthal
- November 12<sup>th</sup> @2:00 PM Entertainment with Kristin Fletcher
- November 12<sup>th</sup> @1:30 PM Medicare Presentation "What's New"
- November 18<sup>th</sup> @2:30 PM Happy Hour with Job Pressman
- November 21<sup>st</sup> @2:00 PM Kent Morgan Presentation
- November 24<sup>th</sup> Happy Thanksgiving**
- November 25<sup>th</sup> @2:30 PM Happy Hour with Jim & Beth Wulff

Follow Us on Face Book