

What's New in November!

Discovery Series-continues Tuesday, November 1 at 10:30 in the Theater with NOVA Part 5 AND

Tuesday, November 15 at 10:30 in the Theater for NOVA Part 6.

Birthday Cake with Barbie in the Club Lounge on Tuesday, November 1 at 3:00.

Mike Henry returns to present “Show Tunes” on Thursday, November 3 in the Community Room at 2:00.

Bingo start time has been changed to 1:30pm beginning Friday, November 4

Daylights Savings Time ends so turn your clocks back one hour Saturday night, November 5.

Rob Ellos presents “Amazing Sharks” Wednesday, November 9 in the Community Room at 2:00.

Cards/Game Night begins Wednesday, November 9 at 6:30 in the Club Lounge

In Honor Veterans Day, a special afternoon social is planned for Thursday, November 10 at 3:00

in the Club Lounge.

Sweet Feet Tap Dancers perform in the Community Room on Saturday, November 12 at 1:30.

New Resident Social is on Monday, November 14 in the Community Room at 3:00. Come welcome our newest!

Holiday Boutique in the Community Room from 9:00-5:00 on Tuesday, November 15. Get a jump on the holiday!

Resident Council Meeting will be held on Wednesday, November 16 at 3:15 in the Community Room.

Lunch Outing to the Arboretum on Thursday, November 17 at 11:00. Sign up in the Bistro.

Bobby and Christine sing and play guitar at 2:00 in the Community Room on Thursday, November 17

November Birthday Social in the Club Lounge at 3:00 on Thursday, November 17.

Barbara Lee sings at 2:00 in the Community Room on Monday, November 21.

Make and Take Greeting/Holiday Cards in the Community Room at 10:30 on Tuesday, November 22. Sign up in the Bistro.

Holiday Wine Social at 3:00 on Wednesday, November 23 in the Club Lounge.

Notes:

Beauty Salon—is Essential Beauty Salon. Please call this number to make an appointment: **651-302-5644**.

*Remember activities are subject to change. Changes are posted by the mail boxes and by the Kitchen window.

*Self serve coffee and tea available daily in the Bistro Café.

Staff:

Leah Bird – Executive Director

Denise Walsh – Interim Registered Nurse

Dwight Miller – Environmental Services Director

Charlie Weber - Culinary Director

Susan Krantz– Sales and Outreach Director

Katy Swanson – Activities Director

Nurses:

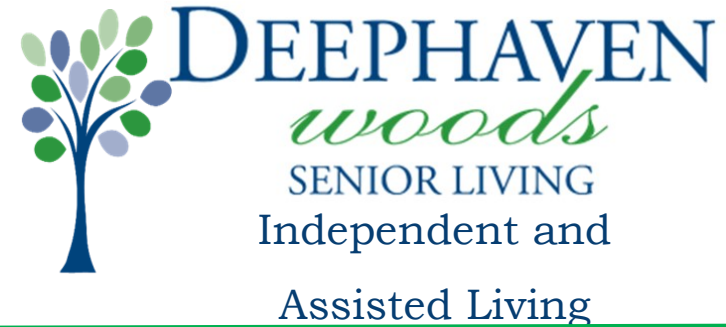
Amanda Kohler

Allyson Kihlle

Viniky Citrowske

Rachel Banken

Michelle Anderson



Happy Birthday!

Barbie
November 1

Kevin
November 4

Jack S.
November 7

Kay P.
November 9

Cathy D.
November 16

Shirley H.
November 27

Margge
November 29



HOLIDAY GIFT BOUTQUE
TUESDAY, NOVEMBER 15
9:00AM–5:00PM
COMMUNITY ROOM



10 Steps for HEALTHY AGING

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness.

Eat well.



Stay active.



Learn new things.



Get enough sleep.



Mind your meds.



Stop smoking & limit alcohol.



Stay connected.



Know your blood pressure.



See your doctor.



Get a memory screening.



Learn More: alzfdn.org/10-steps-for-healthy-aging