

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday

# NOVEMBER 2023

## Assisted Living



<p>10:00 Strength Exercise, DR  <b>10:30 Shopping-QFC, L</b>  1:00 Walking Group, DR  <b>2:00 Bingo, DR</b>  5:30 Evening Movie, LR</p>	<p><b>Medical Transportation</b>  10:00 Catholic Services, LE  <b>1:00 Novari Primary Care</b>  2:00 Social Connection, LR  3:00 Afternoon Exercise, DR  5:30 Evening Movie, LR  6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR  1:00 Walking Group, L  <b>2:30 Birthday Celebration With Sandra Walker, DR</b>  5:30 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR  2:00 Balloon Volleyball, LR  2:30 Word Games, DR  5:30 Evening Movie, LR</p>			
<p>9:00 Morning Musical Movie, LR  <b>10:00 Seahawk Sunday, C</b>  1:00 Bean Bag Toss, LR  2:00 Bingo, DR  5:30 Evening Movie, LR  Remember to set your <b>CLOCKS</b> back 1 Hour!</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>1:30 Sing Along with Joy, LR</b>  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>1:00 Novari Primary Care</b>  2:00 Game Time with Barb, LR  3:00 Strike Up the Band with Barb, LR  5:30 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR  <b>10:30 Shopping-Bartells, L</b>  1:00 Walking Group, DR  <b>2:00 Veteran's Day Entertainment with Sound of Music, DR</b>  5:30 Evening Movie, LR</p>	<p><b>Medical Transportation</b>  10:00 Catholic Services, LE  <b>1:00 Novari Primary Care</b>  2:00 Social Connection, LR  3:00 Afternoon Exercise, DR  5:30 Evening Movie, LR  6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR  1:00 Walking Group, L  <b>11:00 Lunch Outing-Red Robin, L</b>  <b>2:30 Happy Hour with David &amp; Lynn, DR</b>  5:30 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR  2:00 Balloon Volleyball, LR  2:30 Word Games, DR  5:30 Evening Movie, LR</p> <p style="text-align: center;"><small>Veterans Day Remembrance Day (Canada)</small></p>
<p>9:00 Morning Musical Movie, LR  10:00 Nail Time, LE  <b>1:25 Seahawk Sunday, C</b>  2:00 Bingo, DR  5:30 Evening Movie, LR</p> <p style="text-align: center;"><small>Diwali (Hindi)</small></p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>2:00 Songs of Thankfulness with Barb &amp; Lucy, DR</b>  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>12:00 Swing Dance-North Bellevue Senior Center, L</b>  <b>1:00 Novari Primary Care</b>  5:30 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR  <b>10:30 Shopping-QFC, L</b>  1:00 Walking Group, DR  <b>2:00 Bingo, DR</b>  5:30 Evening Movie, LR</p>	<p><b>Medical Transportation</b>  10:00 Catholic Services, LE  <b>1:00 Novari Primary Care</b>  2:00 Social Connection, LR  3:00 Afternoon Exercise, DR  5:30 Evening Movie, LR  6:00 Table Games, C</p>	<p>10:00 Morning Exercise, DR  1:00 Walking Group, L  <b>2:30 Happy Hour with Lindi Moo, DR</b>  5:30 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR  <b>2:00 Entertainment with Ken Sabalza, DR</b>  5:30 Evening Movie, LR</p>
<p>9:00 Morning Musical Movie, LR  <b>1:25 Seahawk Sunday, C</b>  2:00 Bingo, DR  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>11:00 Traveling Library, L</b>  <b>1:30 Scenic Drive, L</b>  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>1:00 Novari Primary Care</b>  1:00 Art Flower Project, C  3:00 Strike Up the Band with Barb, LR  5:30 Evening Movie, LR</p>	<p>10:00 Catholic Services, LE  <b>10:30 Shopping-Bartells, L</b>  1:00 Walking Group, DR  <b>2:00 Crafty Creations With Dianna, DR</b>  <b>6:00 Dementia Support Group, PD</b></p>	<p><b>9:00 Macey Thanksgiving Day Parade</b>   <b>11:00 to 1:00 Thanksgiving Harvest Buffet</b>  <b>Families RSVP At Front Desk</b></p> <p style="text-align: center;"><small>Thanksgiving Day (US)</small></p>	<p>10:00 Morning Exercise, DR  1:00 Walking Group, L  <b>2:00 Happy Hour with Jim &amp; Beth, DR</b>  5:30 Evening Movie, LR</p>	<p>10:00 Morning Exercise, DR  2:00 Balloon Volleyball, LR  2:30 Word Games, DR  5:30 Evening Movie, LR</p>
<p>9:00 Morning Musical Movie, LR  10:00 Nail Time, LE  1:00 Bean Bag Toss, LR  2:00 Bingo, DR  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>1:30 Resident Meeting-Come Share Your Ideas, DR</b>  5:30 Evening Movie, LR</p>	<p>9:00 Walking Group, L  10:00 Morning Exercise, DR  <b>1:00 Novari Primary Care</b>  2:00 Game Time with Barb, LR  3:00 Strike Up the Band with Barb, LR  5:30 Evening Movie, LR</p>	<p>10:00 Strength Exercise, DR  <b>10:30 Shopping-QFC, L</b>  1:00 Walking Group, DR  <b>2:00 Bingo Bash, DR</b>  5:30 Evening Movie, LR</p>	<p><b>Medical Transportation</b>  10:00 Catholic Services, LE  <b>1:00 Novari Primary Care</b>  <b>1:00 Foot Care with Dr. Gorey</b>  2:00 Social Connection, LR  3:00 Afternoon Exercise, DR  <b>5:15 Seahawks Game, C</b>  6:00 Table Games, C</p>	<div style="text-align: center;"> <h2>Give Thanks</h2> <p>We invite residents, families &amp; staff, to participate in our "Grateful Tree" in the lobby.</p>  </div>	

November 2023

# THE MONTHLY GAZETTE

*"November at its best—with a sort of delightful menace in the air."*

~ Anne Bosworth Greene



## Bird of the Month – Rooster

Roosters are male chickens, a domesticated species originally from India whose ancestors were wild jungle fowl. They are now found all over the world, with an estimated population of 23 billion. Roosters are loyal, protective birds that look after the hens of their flock. If they feel threatened, they will attack with flapping wings and spurs. Spurs are sharp bone protrusions that grow from their ankle area and are used for defense. Roosters' most dangerous predators are foxes, coyotes, and raccoons. By about five months of age, roosters crow each morning to



the greet the dawn and encourage the flock to forage for food. They also crow to alert their fellow chickens of danger. Roosters are omnivorous and will eat almost anything, including grains, fruits, vegetables, and insects. They are quite sociable birds and mate with the entire flock.

## Special Days

**All Saints' Day**  
November 1

**Daylight Saving Time Ends**  
November 5

**Election Day**  
November 7

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

**Remembrance Day (Canada)**  
November 11

**Thanksgiving (U.S.)**  
November 23

## Flower – Chrysanthemum



November's birth flower is the chrysanthemum, a beautiful perennial and a favorite of many gardeners and flower enthusiasts. *Chryso* is Greek for "gold." Although mums can be found in a rainbow of colors today, their wild ancestors were limited to a fine, golden-yellow hue. Beautiful as they are, this flower is more than just a pretty face. In fact, mums are used in a variety of products, such as teas, wine, and a medicine that helps ward off the flu. Additionally, NASA discovered that mums planted indoors can remove air pollutants.

## Birthstone – Citrine



Citrine, a variety of quartz, gets its name from the French word *citron*, which means "lemon." This moniker perfectly suits its color, which ranges from pale yellow to deep amber, evoking images of the sun's rays and the changing leaves of fall. Throughout history, citrine has been regarded as a stone of happiness and optimism, believed to bring good fortune and success to its wearers. Ancient civilizations used citrine not only for its aesthetic appeal but also for its reputed healing properties, such as boosting energy levels and enhancing clarity of thought.



## 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

Rodolfo C 11/17 Doris S 11/21

November 3<sup>rd</sup> @ 2:30 PM

Birthday Celebration with Sandra Walker

November 8<sup>th</sup> @ 2:00 PM

Veteran's Day Entertainment with Sound of Music

November 10<sup>th</sup> @ 11:00 PM

Lunch Outing- Red Robin

November 10<sup>th</sup> @ 2:30 PM

Happy Hour with David & Lynn

November 14<sup>th</sup> @ 12:00 PM

Swing Dance-North Bellevue Senior Center

November 17<sup>th</sup> @ 2:30 PM

Happy Hour Lindi Moo

November 18<sup>th</sup> @ 2:00 PM

Entertainment with Ken Sabalza

### Happy Thanksgiving



November 24<sup>th</sup> @ 2:30 PM

Happy Hour with Jim & Beth

November 27<sup>th</sup> @ 1:30 PM

Resident Meeting-Come Share your Ideas

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