

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive; color: #c07040;">November 2023</h1>			<b>1</b> <b>9:00 ~ 1:30 Hair Salon</b> 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie	<b>2</b> 9:00 Music and Movement, DR <b>10:00 Catholic Prayers</b> <b>1:00 Novari Primary Care</b> 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie	<b>3</b> 8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie	<b>4</b> 9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie
<b>5</b> 9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie	<b>6</b> 9:00 Music and Movement, DR 10:00 Active Game, DR <b>1:30 Music with Larissa</b> 1:30 Snack Break 5:00 Evening Movie	<b>7</b> 9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR <b>1:00 Novari Primary Care</b> <b>1:30 Scenic Drive</b> 1:30 Snack Break 5:00 Evening Movie	<b>8</b> <b>9:00 ~ 1:30 Hair Salon</b> 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break <b>2:00 Musical Entertainment, LDR</b> 5:00 Evening Movie	<b>9</b> 9:00 Music and Movement, DR <b>10:00 Catholic Prayers</b> <b>1:00 Novari Primary Care</b> <b>1:30 Music with Randy</b> 1:30 Snack Break 5:00 Evening Movie	<b>10</b> 8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie	<b>11</b> 9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie  <small>Veterans Day Remembrance Day (Canada)</small>
<b>12</b> 9:00 Morning Exercise, DR 10:00 Table Games 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie  <small>Diwali (Hindi)</small>	<b>13</b> 9:00 Music and Movement, DR 10:00 Active Game, DR 1:00 Color my World 1:30 Snack Break 5:00 Evening Movie	<b>14</b> 9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR <b>1:00 Novari Primary Care</b> 1:00 Table Top Games 1:30 Snack Break 5:00 Evening Movie	<b>15</b> <b>9:00 ~ 1:30 Hair Salon</b> 9:00 Aromatherapy, DR 10:00 Art Fun, DR <b>1:30 Music with Randy</b> 1:30 Snack Break 5:00 Evening Movie	<b>16</b> 9:00 Music and Movement, DR <b>10:00 Catholic Prayers</b> <b>1:00 Novari Primary Care</b> 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie	<b>17</b> 8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie	<b>18</b> 9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie
<b>19</b> 9:00 Morning Exercise, DR 10:00 Nail Spa, C 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie	<b>20</b> 9:00 Music and Movement, DR 10:00 Active Game, DR <b>1:30 Music with Larissa</b> 1:30 Snack Break 5:00 Evening Movie	<b>21</b> 9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR <b>1:00 Novari Primary Care</b> <b>1:30 Scenic Drive</b> 1:30 Snack Break 5:00 Evening Movie	<b>22</b> <b>9:00 ~ 1:30 Hair Salon</b> 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie	<b>23</b> <b>9:00 Macey Thanksgiving Day Parade</b>  <b>11:00 to 1:00 Thanksgiving Harvest Buffet</b>  <small>Thanksgiving Day (US)</small>	<b>24</b> 8:30 Meet n' Greet, DR 9:00 Morning Exercise, DR 10:00 Active Games, DR 1:30 Snack Break <b>2:30 Musical Entertainment, LDR</b> 5:00 Evening Movie	<b>25</b> 9:00 Morning Exercise, DR 1:00 Balloon Volley Ball 1:30 Snack Break 2:00 Documentary 5:00 Evening Movie
<b>26</b> 9:00 Morning Exercise, DR 10:00 Table Games 10:30 Bingo, DR 1:30 Snack Break 5:00 Evening Movie	<b>27</b> 9:00 Music and Movement, DR 10:00 Active Game, DR 1:00 Color my World 1:30 Snack Break 5:00 Evening Movie	<b>28</b> 9:00 Music and Movement, DR 10:00 Bingo, DR 12:30 Color my World, DR <b>1:00 Novari Primary Care</b> <b>1:30 Scenic Drive</b> 1:30 Snack Break 5:00 Evening Movie	<b>29</b> <b>9:00 ~ 1:30 Hair Salon</b> 9:00 Aromatherapy, DR 10:00 Art Fun, DR 1:00 Afternoon Exercise 1:30 Snack Break 5:00 Evening Movie	<b>30</b> 9:00 Music and Movement, DR <b>10:00 Catholic Prayers</b> <b>1:00 Novari Primary Care</b> <b>1:00 Foot Care with Dr. Gorey</b> 1:00 Strike Up the Band 1:30 Snack Break 5:00 Evening Movie	 <h2 style="font-size: 2em; font-weight: bold;">Memory Care</h2>	

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. *Chrysis* 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.



## Memory Care

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:

Susan C 11/13 Arlene P 11/29

### Special Activities:

Music with Larissa ~ November 6<sup>th</sup> @ 1:30 PM

Music with Randy ~ November 9<sup>th</sup> @ 1:30 PM

Color my World ~ November 13<sup>th</sup> @ 1:00 PM

Table Top Games ~ November 14<sup>th</sup> @ 1:00 PM

Music with Randy ~ November 15<sup>th</sup> @ 1:30 PM

Scenic Drive ~ November 21<sup>st</sup> @ 1:30 PM

### Happy Thanksgiving



Scenic Drive ~ November 28<sup>th</sup> @ 1:30 PM

Strike Up the Band ~ November 30<sup>th</sup> @ 1:00 PM