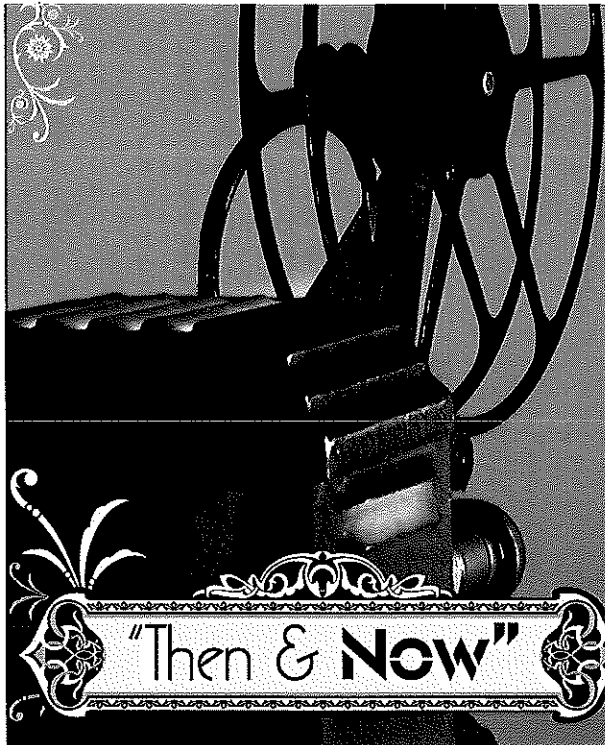




November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30 '40s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Mandala Art 10:30 Snacks/Hydration 1:00 Horseshoe pitch 2:30 Happy Hour 2:30 Snacks/Hydration 3:30 Reminiscing Hour 6:00 Music w/Rhonda 6:30 Snacks/Hydration	8:30 '60s Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 In the News 10:30 Snacks/Hydration 11:00 Sensory Scents 12:00 College Football 1:00 Beanbag Twister 2:30 Snacks/Hydration 3:00 Bingo 6:00 Resident Game Choice 6:30 Snacks/Hydration
3	4	5	6	7	8	9
8:30 Frank Sinatra @ Breakfast 9:00 Exercise/Daily Chronicles 10:00 Churchstream 10:30 Snacks/Hydration 11:00 Basketball Toss 12:00 NFL Football 1:00 Art Club 2:30 Snacks/Hydration 3:00 Bean Bag Toss 6:00 Cranium Crunches 6:30 Snacks/Hydration	8:30 Sounds of Nature w/Breakfast 9:00 Exercise/Daily Chronicles 10:30 Snacks/Hydration 11:00 Decorating Committee Mtg. 1:00 Mary @ the Harp 2:00 Paint & Polish 2:30 Snacks/Hydration 3:30 Guitar w/Williamson 6:00 Group Puzzle 6:30 Snacks/Hydration 7:30 Monday Night Football	8:30 Classical Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 Word Games 10:30 Snacks/Hydration 1:00 Bingo 2:30 Snacks/Hydration 2:30 What's in the Bag 3:30 Fox Fitness w/Lisa 5:30 ADL Club 6:30 Snacks/Hydration	8:30 '50s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Alicia's Kitchen 10:30 Snacks/Hydration 11:00 Balloon Volleyball 1:15 Country Ride 2:00 10 clues ... What is It? 2:30 Snacks/Hydration 3:00 Card Sharks 6:00 Mix-n-Match 6:30 Snacks/Hydration	8:30 Jazz music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Junk Drawer Detective 10:30 Snacks/Hydration 11:00 Dice games 1:00 Bingo 2:30 Snacks/Hydration 3:30 Fox Fitness w/Lisa 6:00 Name that Tune 6:30 Snacks/Hydration	8:30 '40s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Mandala Art 10:30 Snacks/Hydration 1:00 Horseshoe pitch 2:30 Happy Hour 2:30 Snacks/Hydration 3:30 Reminiscing Hour 6:00 Music w/Rhonda 6:30 Snacks/Hydration	8:30 '60s Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 In the News 10:30 Snacks/Hydration 11:00 Sensory Scents 12:00 College Football 1:00 Beanbag Twister 2:30 Snacks/Hydration 3:00 Bingo 6:00 Resident Game Choice 6:30 Snacks/Hydration
10	11	12	13	14	15	16
9:00 Exercise/Daily Chronicles 10:00 Churchstream 10:30 Snacks/Hydration 11:00 Basketball Toss 12:00 NFL Football 1:00 Art Club 2:30 Snacks/Hydration 3:00 Bean Bag Toss 6:00 Cranium Crunches 6:30 Snacks/Hydration	Veterans Day 8:30 Sounds of Nature w/Breakfast 9:00 Exercise/Daily Chronicles 10:30 Snacks/Hydration 11:00 Decorating Committee Mtg. 2:00 Paint & Polish 2:30 Snacks/Hydration 3:30 Guitar w/Williamson 6:00 Group Puzzle 6:30 Snacks/Hydration 7:30 Monday Night Football	8:30 Classical Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 Crafts 10:30 Snacks/Hydration 1:00 Bingo 2:30 Snacks/Hydration 2:30 What's in the Bag 3:30 Fox Fitness w/Lisa 5:30 ADL Club 6:30 Snacks/Hydration	8:30 '50s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Alicia's Kitchen 10:30 Snacks/Hydration 11:00 Parachute Fun 1:15 Country Ride 2:00 10 clues ... What is It? 2:30 Snacks/Hydration 3:00 Card Sharks 6:00 Mix-n-Match 6:30 Snacks/Hydration	8:30 Jazz music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Magazine Scavenger Hunt 10:30 Snacks/Hydration 11:00 Fr. Eric Visits 1:00 Bingo 2:30 Snacks/Hydration 3:30 Fox Fitness w/Lisa 6:00 Name that Tune 6:30 Snacks/Hydration	8:30 '40s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Mandala Art 10:30 Snacks/Hydration 1:00 Horseshoe pitch 2:30 Happy Hour 2:30 Snacks/Hydration 3:30 Reminiscing Hour 6:00 Music w/Rhonda 6:30 Snacks/Hydration	8:30 '60s Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 In the News 10:30 Snacks/Hydration 11:00 Sensory Scents 12:00 College Football 1:00 Beanbag Twister 2:30 Snacks/Hydration 3:00 Bingo 6:00 Resident Game Choice 6:30 Snacks/Hydration
17	18	19	20	21	22	23
9:00 Exercise/Daily Chronicles 10:00 Churchstream 10:30 Snacks/Hydration 11:00 Basketball Toss 12:00 NFL Football 1:00 Art Club 2:30 Snacks/Hydration 3:00 Bean Bag Toss 6:00 Cranium Crunches 6:30 Snacks/Hydration	8:30 Sounds of Nature w/Breakfast 9:00 Exercise/Daily Chronicles 10:30 Snacks/Hydration 11:00 Decorating Committee Mtg. 1:00 Mary @ the Harp 2:00 Paint & Polish 2:30 Snacks/Hydration 3:30 Guitar w/Williamson 6:00 Group Puzzle 6:30 Snacks/Hydration 7:30 Monday Night Football	8:30 Classical Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 Word Games 10:30 Snacks/Hydration 1:00 Bingo 2:30 Snacks/Hydration 2:30 What's in the Bag 3:30 Fox Fitness w/Lisa 5:30 ADL Club 6:30 Snacks/Hydration	8:30 '50s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Alicia's Kitchen 10:30 Snacks/Hydration 11:00 Balloon Volleyball 1:15 Country Ride 2:00 10 clues ... What is It? 2:30 Snacks/Hydration 3:00 Card Sharks 6:00 Mix-n-Match 6:30 Snacks/Hydration	8:30 Jazz music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Junk Drawer Detective 10:30 Snacks/Hydration 11:00 Dice games 1:00 Bingo 2:30 Snacks/Hydration 3:30 Fox Fitness w/Lisa 6:00 Name that Tune 6:30 Snacks/Hydration	8:30 '40s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Mandala Art 10:30 Snacks/Hydration 1:00 Horseshoe pitch 2:30 Happy Hour 2:30 Snacks/Hydration 3:30 Reminiscing Hour 6:00 Music w/Rhonda 6:30 Snacks/Hydration	8:30 '60s Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 In the News 10:30 Snacks/Hydration 11:00 Sensory Scents 12:00 College Football 1:00 Beanbag Twister 2:30 Snacks/Hydration 3:00 Bingo 6:00 Resident Game Choice 6:30 Snacks/Hydration
24	25	26	27	28	29	30
9:00 Exercise/Daily Chronicles 10:00 Churchstream 10:30 Snacks/Hydration 11:00 Basketball Toss 12:00 NFL Football 1:00 Art Club 2:30 Snacks/Hydration 3:00 Bean Bag Toss 6:00 Cranium Crunches 6:30 Snacks/Hydration	8:30 Sounds of Nature w/Breakfast 9:00 Exercise/Daily Chronicles 10:30 Snacks/Hydration 11:00 Decorating Committee Mtg. 2:00 Paint & Polish 2:30 Snacks/Hydration 3:30 Guitar w/Williamson 6:00 Group Puzzle 6:30 Snacks/Hydration 7:30 Monday Night Football	8:30 Classical Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 Crafts 10:30 Snacks/Hydration 1:00 Bingo 2:30 Snacks/Hydration 2:30 What's in the Bag 3:30 Fox Fitness w/Lisa 5:30 ADL Club 6:30 Snacks/Hydration	8:30 '50s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Alicia's Kitchen 10:30 Snacks/Hydration 11:00 Parachute Fun 1:15 Country Ride 2:00 10 clues ... What is It? 2:30 Snacks/Hydration 3:00 Card Sharks 6:00 Mix-n-Match 6:30 Snacks/Hydration	Thanksgiving 8:30 Jazz music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Magazine Scavenger Hunt 10:30 Snacks/Hydration 1:00 Bingo 2:30 Snacks/Hydration 3:30 Fox Fitness w/Lisa 6:00 Name that Tune 6:30 Snacks/Hydration	8:30 '40s Music w/Breakfast 9:00 Exercise/Daily Chronicles 10:00 Mandala Art 10:30 Snacks/Hydration 1:00 Horseshoe pitch 2:30 Happy Hour 2:30 Snacks/Hydration 3:30 Reminiscing Hour 6:00 Music w/Rhonda 6:30 Snacks/Hydration	8:30 '60s Music Breakfast 9:00 Exercise/Daily Chronicles 10:00 In the News 10:30 Snacks/Hydration 11:00 Sensory Scents 12:00 College Football 1:00 Beanbag Twister 2:30 Snacks/Hydration 3:00 Bingo 6:00 Resident Game Choice 6:30 Snacks/Hydration



Cooking Lessons

Cookbooks serve up tried-and-true recipes, helpful techniques, culinary history and culture. Check out this menu of bestselling titles, many of which remain kitchen classics.

Year	Cookbook Title	Author
1931	"The Joy of Cooking"	Irma Rombauer
1940	"Hors d'Oeuvre & Canapés"	James Beard
1950	"Betty Crocker's Picture Cook Book"	Agnes White Tizard
1961	"Mastering the Art of French Cooking"	Julia Child
1976	"The Taste of Country Cooking"	Edna Lewis
1984	"Chef Paul Prudhomme's Louisiana Kitchen"	Paul Prudhomme
1996	"Rick Bayless's Mexican Kitchen"	Rick Bayless
2006	"The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa"	Marcus Samuelsson
2017	"Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking"	Samin Nosrat

"This Month In History"

NOVEMBER

1876: Yale defeats Princeton in the first college football game played on Thanksgiving.

1935: Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

1945: The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren's book "Pippi Longstocking" is published in Sweden.

1963: Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

1982: The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

1993: A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

2005: Angela Merkel is sworn in as the first female chancellor of Germany.

2019: The iconic black leather outfit worn by Olivia Newton-John in the 1978 film "Grease" is auctioned off for \$405,700, with 100% of the proceeds donated to the actress' cancer research organization.

Senior At Commons

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November 2024



Happy Thanksgiving to All

"What I love about Thanksgiving is that it's purely about getting together with friends or family and enjoying food. It's really for everybody, and it doesn't matter where you're from." —Daniel Humm

Sweet Potato Season

When seeking out fall flavors to enjoy in a scrumptious dessert, don't sleep on sweet potatoes! Though mashed sweet potatoes share many similarities with pureed pumpkin, subtle differences make the root vegetable a favorite for many. Because sweet potatoes are naturally sweeter than pumpkin, recipes starring the spud usually require smaller amounts of spices. Also, sweet potato pie tends to have a light, airy texture, whereas pumpkin pie is usually thick and creamy.

Memorable Melody: 'We Are Family'

It's fitting that Sister Sledge, a disco group formed by four siblings, would become best known for a song called "We Are Family." Released in 1979, the bop was written for the sisters by Bernard Edwards and Nile Rodgers, members of the band Chic. Youngest sister Kathy recorded the lead vocals in one take, and all four women can be heard harmonizing on the memorable line "Get up, everybody, and sing!" Along with celebrating literal family bonds, the song exemplifies the unifying message of disco music, where everyone is invited to come together, regardless of their backgrounds and beliefs.

November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

'Coin' Is One

How many words can you come up with using the letters in "election"?



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