

Sunday

Monday

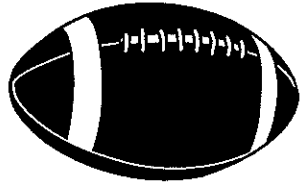
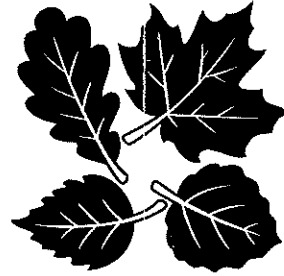











































































































































Tuesday

Wednesday

Thursday

Friday

Saturday

					<p>9:00  Catholic Communion</p> <p>9:00  Exercise</p> <p>11:00  Uno</p> <p>12:45  Activity Meeting</p> <p>1:00  Poker</p> <p>1:15  Country Ride</p> <p>2:00  Entertainer Joey D</p>	<p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>2:00  Bingo-DR</p>
<p>Turn Clocks Back 1 Hour ³</p> <p>8:30  Coffee Club</p> <p>9:15  Church Service</p> <p>1:00  Prayers & Rosary</p>	<p>⁴</p> <p>9:00  Exercise</p> <p>9:30  Shop Dollar General-LB</p> <p>11:00  Dominoes</p> <p>2:00  Michael @ the Piano-DR</p> <p>3:15  Trivia</p>	<p>Election Day ⁵</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:00  Afternoon Movie</p>	<p>⁶</p> <p>9:00  Exercise</p> <p>9:30  Trip to Flinchbaugh's-LB</p> <p>10:15  Devotions</p> <p>2:00  Equine Singers Entertain-DR</p> <p>3:15  Trivia</p>	<p>⁷</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:15  Happy Hour w/Bayada</p>	<p>⁸</p> <p>9:00  Catholic Communion</p> <p>9:00  Exercise</p> <p>9:30  Shop @ Ollie's-LB</p> <p>11:00  Rummikub</p> <p>1:00  Poker</p>	<p>⁹</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>2:00  Bingo-DR</p>
<p>¹⁰</p> <p>8:30  Coffee Club</p> <p>9:15  Church Service</p> <p>1:00  Prayers & Rosary</p>	<p>Veterans Day ¹¹</p> <p>9:00  Exercise</p> <p>9:30  Shop @ Weis Mkts.</p> <p>10:15  Veterans Day Program</p> <p>11:00  Dominoes</p> <p>2:00  Adelynn Sings-DR</p> <p>3:15  Trivia</p>	<p>¹²</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>2:30  Catholic Confession</p> <p>3:00  Afternoon Movie</p> <p>3:00  Catholic Communion</p>	<p>¹³</p> <p>9:00  Exercise</p> <p>10:15  Devotions</p> <p>11:30  Lunch to Cheddar's-LB</p> <p>2:00  Bingo</p> <p>3:15  Trivia</p>	<p>¹⁴</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:15  Happy Hour w/Bayada</p> <p>6:00  Baptist Church Service</p>	<p>¹⁵</p> <p>9:00  Catholic Communion</p> <p>9:00  Exercise</p> <p>9:30  Trip to Half Nuts Popcorn-LB</p> <p>11:00  Uno</p> <p>12:00  Veterans' Lunch</p> <p>1:00  Poker</p> <p>1:00  Trip to Mack's-LB</p>	<p>Happy Birthday Sandy Roberts ¹⁶</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>2:00  Bingo-DR</p>
<p>¹⁷</p> <p>8:30  Coffee Club</p> <p>9:15  Church Service</p> <p>1:00  Prayers & Rosary</p>	<p>¹⁸</p> <p>9:00  Exercise</p> <p>9:30  Shop @ Dollar Tree-LB</p> <p>9:45  Manicures w/Vo-Tech</p> <p>11:00  Dominoes</p> <p>2:00  Patriotic/Gospel songs w/Dan-DR</p> <p>3:15  Trivia</p>	<p>¹⁹</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:00  Afternoon Movie</p> <p>5:00  Dinner w/Maureen</p>	<p>²⁰</p> <p>9:00  Exercise</p> <p>10:15  Devotions</p> <p>12:00  Birthday Dinner-PC</p> <p>2:00  Mick entertains-DR</p> <p>3:15  Trivia</p>	<p>²¹</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:15  Happy Hour w/Bayada</p>	<p>²²</p> <p>9:00  Catholic Communion</p> <p>9:00  Exercise</p> <p>11:00  Rummikub</p> <p>1:00  Poker</p>	<p>²³</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>2:00  Bingo-DR</p>
<p>²⁴</p> <p>8:30  Coffee Club</p> <p>9:15  Church Service</p> <p>1:00  Prayers & Rosary</p>	<p>²⁵</p> <p>9:00  Exercise</p> <p>9:30  Shop Giant-LB</p> <p>11:00  Dominoes</p> <p>2:00  "Sweet Life" entertains-DR</p> <p>3:15  Trivia</p>	<p>²⁶</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p> <p>2:00  Fox Fitness</p> <p>3:00  Afternoon Movie</p>	<p>²⁷</p> <p>9:00  Exercise</p> <p>10:15  Devotions</p> <p>11:30  Lunch to Hosses</p> <p>2:00  Bingo</p> <p>3:15  Trivia</p>	<p>Thanksgiving ²⁸</p> <p>8:00 Macy's Thanksgiving Day Parade</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>11:00  Brainbusters</p>	<p>Black Friday ²⁹</p> <p>9:00  Catholic Communion</p> <p>9:00  Exercise</p> <p>11:00  Uno</p> <p>1:00  Poker</p> <p>1:15  Men's Ride</p>	<p>Happy Birthday Howard Lawmaster ³⁰</p> <p>8:30  Coffee Club</p> <p>9:00  Exercise</p> <p>2:00  Bingo-DR</p>

SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.
 Each column of 9 numbers must include all digits 1 through 9 in any order.
 Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

4	2	3		5	9	6		
	9			2	8			4
8	5					1		
5		4		9			1	
	6			8	1			
				4	5			3
			1	9	7			
			8				7	
7						4		1

Solution

1	6	7	8	9	5	2	8	7
9	8	7	2	1	8	5	7	6
5	8	2	7	4	6	1	3	9
3	9	6	5	7	7	8	1	2
7	4	5	1	8	2	6	9	3
2	1	8	9	6	3	4	7	5
9	2	7	1	3	4	9	5	8
4	3	5	8	2	6	7	1	9
8	7	6	9	5	1	3	4	2

"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.



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November 2024

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.

Fall Back

Remember that daylight saving time ends on the first Sunday of November. So don't forget to move your clocks back one hour and enjoy the extra sleep!



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"?