The Nottingham Telegraph November 13th, 2023 to November 19th, 2023

Assisted Living Residence Questions? Comments? Cammy Blumberg, CTRS: 315-413-3127



Fun Facts About November

- November's birth stone is topaz, a semi-precious gem that represents friendship and can be found in a various shades.
- November's flower is the chrysanthemum also known as the "golden flower". Often associated with honesty, joy and optimism.
- November's zodiac signs are Scorpio (October 23rdNovember 21st and Sagittarius(November 22-December 21st).
- The origin of November's name came from the Roman and Julian Calendars. It was called "novem and was the ninth month in Latin.
- A full moon in November is called the Beaver Moon.
 Because beaver hunters would place their traps for the final time before lakes and water sources froze.
- Famous November birthdays incude
 - Leonardo DiCaprio
 - Mark Tawin
 - Winston Churchill
 - Scarlett Johansson



Fall

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ACORN APPLES AUTUMN BONFIRE CIDER CORN GOURD HALLOWEEN HARVEST HAY RIDE LEAVES NOVEMBER OCTOBER PIE

PUMPKIN RAKE SCARECROW SEPTEMBER TURKEY

Monday November 13th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community

Room

10:30 One and Done Dice Game with Cammy in the

Community Room

12:00 Lunch

2:30 Velcro Ball Game with Cammy in the

Community Room

3:30 November Leaf Craft with Cammy in the

Community Room

4:15 Holy Rosary with Joe in the **Sun Room**

5:00 Dinner

6:00 News Hour in the Community Room (Join

your peers to tune into the news)

7:15 Jumbo Dominos with Cammy in the Sun Room



Tuesday November 14th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community Room

10:30 Massages with Donna (Licensed

Massage Therapist) in the Sun Room

12:00 Lunch

1:30 <u>Ecumenical Service in IL TV Room (Meet in the Community Room at 1:15)</u>

3:00 <u>Tom Reitano Piano Performance in the Community Room</u>

6:00 News Hour in the Community Room (Join your peers to tune into the news)

7:30 <u>Dennis Goettel Guitar Concert (Meet Jade in the Community Room at 7:15 to walk up)</u>







Wednesday, November 15th, 2023

8:00 Breakfast

10:00 <u>Mindful Movement Exercise with Emily in the</u> <u>Community Room</u>

11:00 <u>Leave for Lunch Outing for Empire Buffet</u> with Cammy & Sarah (Meet in the ALR Lobby at 10:45)

12:00 Lunch

2:30 Resident Council in the Community Room

3:00 Happy Hour in the IL Bistro (Meet Cammy in the Community Room if interested)

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner



Thursday, November 16th, 2023

8:00 Breakfast

10:00 Exercise with Andrea in the Community

Room

10:30 How to Draw Funny Turkeys with Andrea in the Community Room

12:00 Lunch

1:45 Drum Circle with Jimbo in the Community

Room

3:15 Family Feud with Andrea in the Community Room

5:00 Dinner





Friday, November 17th, 2023

8:00 Breakfast

10:00 Exercise with Cammy in the Community

Room

10:30 November Jeopardy with Cammy in the

Community Room

12:00 Lunch

2:30 Helping Hounds Visit in the Sun Room

2:30 November Birthday Social with Cammy in the Community Room

4:15 Holy Rosary with Joe in the Family Room

5:00 Dinner







Saturday, November 18th, 2023

8:00 Breakfast

10:00 Independent Word Searches & Coloring in the Sun Room

12:00 Lunch

2:00 Paino & Sing-A-Long with Richard Weiskopf in the

IL TV Room (Must independently attend)

5:00 Dinner

6:00 News Hour in the Community Room (Join your peers to tune into the news)

Sunday November 19th, 2023

8:00 Breakfast

10:30 <u>Sunday Services in the Community Room with Deacon</u> <u>Ralph</u>

11:00 <u>Catholic Mass with the Catholic Diocese Priests in</u> <u>the Independent Living TV Meeting room</u> (Must

Independently attend)

12:00 Lunch

1:30 Bean Bucket Toss with Cammy in the Community Room

2:30 Movie Matinee in the Community Room

5:00 Dinner







Holy Rosary

Before dinner join Joe

Monday/Wednesday/Friday's at 4:15pm in the Family Room to say a few prayers! All you need is yourself! All are welcome:)

