



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 MUSIC ON THE PORCH 6:00 NAME THAT TUNE		 Give thanks to the Lord for he is good; his love endures forever. —1 Chronicles 16:34				1 10:00 MORNING STRETCH 10:30 HYMN SING 11:00 BINGO 2:00 MOVIE TIME 4:00 RESIDENTS CHOICE
2 Daylight Savings Time Ends 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 MUSIC ON THE PORCH 6:00 NAME THAT TUNE	3 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 TRIVIA 1:30 MUSIC ON THE PORCH 2:00 ADVENTURE RIDE 3:00 LETS TALK ABOUT IT GAME 6:00 EVENING MATINEE	4 Election Day 9:30 HAIR & HAVEN SALON 10:00 SNACK & CHAIR ZUMBA 11:00 FANCY NAILS 2:00 MUSIC & BIBLE STUDY WITH BILL 6:00 EVENING MATINEE	5 NATL. DOUGHNUT DAY 9:30 NOODLE BALL 10:00 GSL BOOK READING 10:00 WORKING OUT WITH TREY “PRO-HEALTH 1:30 NOODLE BALL/PUZZLES 2:30 DOUGHNUTS/GAME SHOW PLAY 6:00 EVENING MATINEE	6 9:00 MORNING MINGLE 10:00 WALKING WITH PAL’S 11:00 BINGO 1:30 MUSIC & TREATS WITH THE GOLDEN GIRLS 2:30 SING A LONG (PORCH) 6:00 EVENING MATINEE	7 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DEVOTION 10:30 TRIVIA 2:00 LIVE MUSIC (THE HOOTS) 6:00 EVENING MATINEE	8 10:00 MORNING STRETCH 10:30 HYMN SING 11:00 BINGO 2:00 MOVIE TIME 4:00 RESIDENTS CHOICE
9 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 MUSIC ON THE PORCH 6:00 NAME THAT TUNE	10 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DEVOTION 10:30 TRIVIA 1:30 MUSIC ON THE PORCH 2:00 ADVENTURE RIDE 3:00 LETS TALK ABOUT IT GAME 6:00 EVENING MATINEE	11 Veteran’s Day 9:30 HAIR & HAVEN SALON 10:00 SNACK & CHAIR ZUMBA 1:30 HONOR OUR VETERANS 2:00 MUSIC & BIBLE STUDY WITH BILL 6:00 EVENING MATINEE	12 NATL. FRENCH DIP DAY 9:30 NOODLE BALL 10:00 SNACKS & CRAFTY CORNER 1:30 NOODLE BALL/PUZZLES & COLORING 2:30 DIP PARTY 6:00EVENING MATINEE	13 9:00 MORNING MINGLE 10:00 SNACK & YOGA CLASS 11:00 BINGO 1:30 MUSIC & TREATS WITH THE GOLDEN GIRLS 2:30 POETRY READING (PORCH) 6:00 EVENING MATINEE	14 NATL. PICKLE DAY 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DEVOTION 1:30 LAUGHTER THERAPY (PORCH) 2:00 MONTHLY BIRTHDAY PARTY “PICKLE PARTY” 6:00 EVENING MATINEE (NOVEMBER BIRTHDAY PARTY)	15 10:00 MORNING STRETCH 10:30 HYMN SING 11:00 BINGO 2:00 MOVIE TIME 4:00 RESIDENTS CHOICE
16 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 MUSIC ON THE PORCH 6:00 NAME THAT TUNE	17 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 TRIVIA 1:30 MUSIC ON THE PORCH 2:00 ADVENTURE RIDE 3:00 LETS TALK ABOUT IT GAME 6:00 EVENING MATINEE	18 9:30 HAIR & HAVEN SALON 10:00 SHELL BANKS CHURCH WITH GIFTS 11:00 FANCY NAILS 2:00 MUSIC & BIBLE STUDY WITH BILL 6:00 EVENING MATINEE	19 NATL. POP-TART DAY 9:30 NOODLE BALL 10:00 10:00 WORKING OUT WITH TREY “PRO-HEALTH 2:00 POP-TART PARTY 2:30 GAME SHOW PLAY 6:00 EVENING MATINEE	20 9:00 MORNING MINGLE 10:00 WALKING WITH PAL’S 11:00 BINGO 1:30 MUSIC & TREATS WITH THE GOLDEN GIRLS 5:00 FALL FEST WITH DINNER & HAY RIDE	21 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DEVOTION 10:30 BALL PLAY (PORCH) 1:30 LAUGHTER THERAPY (PORCH) 2:00 LIVE MUSIC (THE HOOTS) 6:00 EVENING MATINEE	22 10:00 MORNING STRETCH 10:30 HYMN SING 11:00 BINGO 2:00 MOVIE TIME 4:00 RESIDENTS CHOICE
23 9:00 COFFEE SOCIAL 10:00 CHURCH ON YOUTUBE 11:00 BIBLE TRIVIA 2:00 MUSIC ON THE PORCH 6:00 NAME THAT TUNE PRESTON’S BIRTHDAY	24 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DAILY DEVOTION 10:30 DECK THE HALLS 1:30 MUSIC ON THE PORCH 3:00 DECORATING CHRISTMAS TREE 6:00 EVENING MATINEE	25 9:30 HAIR & HAVEN SALON 10:00 SNACK & CHAIR ZUMBA 11:00 FANCY NAILS 2:00 MUSIC & BIBLE STUDY WITH BILL 6:00 EVENING MATINEE	26 9:30 NOODLE BALL 10:00 SNACKS & CRAFTY CORNER 1:30 LIVE MUSIC 2:30 GAME SHOW PLAY 6:00 EVENING MATINEE	27 Thanksgiving Day 9:00 MACY’S THANKSGIVING DAY PARADE 11:00 FALL BINGO 12:00 TRADITIONAL THANKSGIVING MEAL 2:00 GAMES OUTSIDE 6:00 EVENING MATINEE 	28 BLACK FRIDAY 9:30 EXERCISE & ENERGIZE 10:00 SNACK & DEVOTION 10:30 10:30 BALL PLAY (PORCH) 1:30 LAUGHTER THERAPY (PORCH) 2:00 BLACK FRIDAY SALE IN THE ONE HUNDRED HALL 6:00 EVENING MATINEE	29 10:00 MORNING STRETCH 10:30 HYMN SING 11:00 BINGO 2:00 MOVIE TIME 4:00 RESIDENTS CHOICE



We Give Thanks

*Our Father in Heaven,
We give thanks for the pleasure
Of gathering together for this occasion.
We give thanks for this food
Prepared by loving hands.
We give thanks for life,
The freedom to enjoy it all
And all other blessings.
As we partake of this food,
We pray for health and strength
To carry on and try to live as You would have us.
This we ask in the name of Christ,
Our Heavenly Father.*

--Harry Jewell



"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." – Jeff Miller

November is...

- b American Diabetes Month
- b Aviation History Month
- b Count Your Blessings Month
- b Epilepsy Awareness Month
- b Family Stories Month
- b Gluten-free Diet Awareness Month
- b I Am So Thankful Month
- b International Drum Month
- b Lung Cancer Awareness Month
- b National Adoption Month
- b National AIDS Awareness Month
- b National Alzheimer's disease Month
- b National COPD AWARENESS Month
- b National Diabetic Eye Disease Month
- b National Family Caregivers Month
- b National Raisin Bread Month
- b National Fun with Fondue Month
- b National Healthy Skin Month
- b National Hospice Month
- b National Life writing Month
- b National Model Railroad Month
- b National Pancreatic Cancer Awareness Month
- b Real Jewelry Month

BIRTHSTONE – Topaz (fidelity)
FLOWER – Chrysanthemum
COLORS – Dark Blue and Red



To Your Health

By: Dr. Daniel Scarbrough, Corporate Medical Director, CHS, Inc.

According to the CDC all older adults will benefit from regular physical activity. It positively impacts our physical health with other emotional and mental well-being. These workouts should include a combination of aerobic activity, strength training, and flexibility exercises.

As we age, it is normal not to have the stamina and agility we enjoyed in our younger years, but it doesn't have to mean becoming a couch potato. Regular activity can help give us more energy and greater self-confidence, enabling us to embrace our later years with gusto. It prevents bone loss in men and women. Without this help and certain medicines, post-menopausal women lose up to 2% bone density per year. Stronger bones lead to fewer fractures and aid in balance, reducing the risk of falls and injuries. It also lessens the pain and stiffness of arthritis by easing joint inflammation and chronic illnesses, including cardiovascular disease, diabetes, colon cancer, or Alzheimer's disease. Exercise lowers the incidence of infection, resulting in fewer sick days. Another benefit that I believe to be extremely important is it makes us feel "good", thereby easing anxiety and depression symptoms, increasing relaxation, and creating an overall sense of well-being.

Exercise routines for older adults should incorporate a blend of aerobic exercise, strength/resistance training, and stretching/flexibility exercises. Be careful with trendy fitness programs and high-intensity regimens that are not practical or safe for most older adults. Great workout options that can help improve your mobility, strength and balance, and coordination, include Yoga, Pilates, aerobic exercise, and strength training to help reverse muscle loss and lower body fat.

Sometimes exercise is more enjoyable with others: make it a group thing. This can help provide the social connection and motivation you need to help you stick with it. Group exercising also provides an added layer of safety for older adults who require more supervision. Most adults over the age of 65 can exercise safely, even those with chronic conditions and mobility challenges but before starting an exercise program, it is important to talk with your doctor to learn which options are good for your health and activity level. - Dr. Dan