

# SUNSHINE NEWS

November 2023 Cedarbrook Allentown Senior Care & Rehab



NOVEMBER

# **SUNSHINE NEWS**

NOVEMBER 2023

Published monthly (Funded by Lehigh County taxpayers dollars.)

CEDARBROOK SENIOR CARE AND REHAB

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**Kerry Magliane**

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**Chaplain James Moore**

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Michele Ayello, Laural Butryn, Marnie Distasio, Sarah Frailey, Lea Hayes, Sherry Geiger, Marisol Irizarry, Becky Schraden, Jen Sparling, Sharon Starling-Phillips, Emily Strohl, Becky Szilli

## **THE MEANING OF C.H.O.I.C.E.S.**

Adopted by Cedarbrook employees in 2006, Cedarbrook's mission proudly states a commitment to residents and relatives who need senior care.

When Lehigh County families choose Cedarbrook, they are selecting

**"Community with Heart Offering Individualized Care and Excellent Service."**

Visit us on our Facebook page and website for updates and pictures of recent events!

[www.facebook.com/cedarbrookseniorcareandrehab](https://www.facebook.com/cedarbrookseniorcareandrehab)

website: <https://www.cedarbrookseniorcare.com>

# THE BUZZ... Around Cedarbrook

## ATTENTION RESIDENTS:

Please join us EVERY Monday and Saturday at 2:15PM in the Auditorium or on Channel 22 for LIVE entertainment. Come and listen to the sounds of Good Vibrations, Kris Phipany, Claude Shappelle, Bill Frye, Chuck Rissmiller and Veronica.

Hope to see you all there!

*There is always  
something for which to be*



## FALL

The leaves are changing  
Colors falling to the ground.  
It's turning colder  
Kids throwing footballs around.  
Thanksgiving is right around the bend  
Turkey and stuffing and eating with friends.  
Afterwards people sit around and snack  
Watching football and maybe taking a nap.  
Some go in the morning to see the live game  
Easton and Phillipsburg playing for fame.  
They will play hard and cover the field  
One will be the winner and their fate will be sealed.

Written & Submitted by,  
Matt Post

## NOVEMBERS NATIONAL FUN FOOD DAYS

3<sup>RD</sup>- National Sandwich Day



5<sup>th</sup>- National Doughnut Day



6<sup>th</sup>- National Nachos Day

8<sup>th</sup>- National Cappuccino Day



10<sup>th</sup>- National Vanilla Cupcake Day

11<sup>th</sup>- National Sundae Day



14<sup>th</sup>- National Pickle Day

23<sup>rd</sup>- National Espresso Day



26<sup>th</sup>- National Cake Day

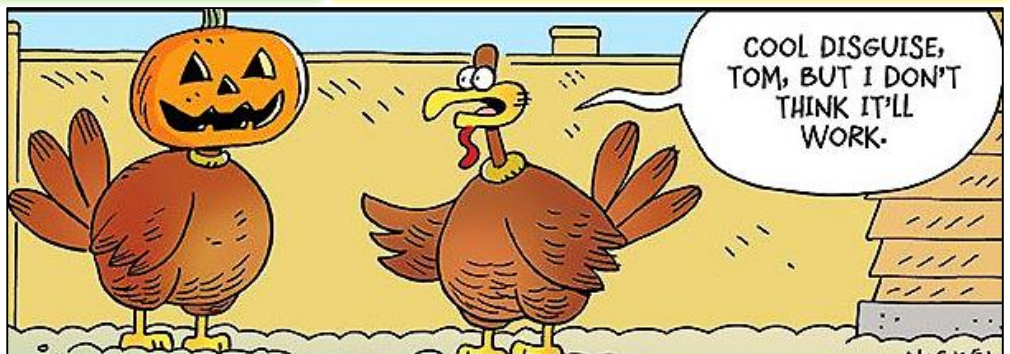
30<sup>th</sup>- National Mousse Day



CAN YOU SPY...  
WITH YOUR LITTLE EYE,



"Pilgrim Boy"  
COUNT HOW MANY  
YOU SPY.  
(Answer on page 7)





Indigenous Americans valued the pumpkin for its long storage life and the portability of its fruits and high-protein seeds. Some dried strips of pumpkin and wove them into mats, which they traded as food commodities.

May your stuffing be tasty.  
May your turkey be plump.  
May your potatoes and gravy  
have nary a lump.  
May your yams be delicious  
and your pies take the prize,  
and may your  
Thanksgiving dinner  
stay off your thighs!



Happy Thanksgiving

All pumpkins are edible with a long storage life. If you're going for a culinary pumpkin, the small round sugar pumpkins called "pie" pumpkins are best for cooking.



Did you know that you don't need a bog to grow cranberries? They should be planted in full sun. Cranberries are best planted in late April through the end of May. Your new plant should produce during the first season. A light mulch of sawdust or sand will help with rooting. Look for your newly ripe fruit in September to early October.



Cranberry is a genuine American native plant, a member of the heath family and a relative of the blueberry and huckleberry.



Great Job!

Great Job!



## Staff Recognition Spotlight

### **\*Becky Szilli & Sharon Starling- Phillips\* - Life Enrichment**

This month for our staff recognition spotlight we have 2 employees to interview. They somehow and some way got hired the exact same day and same year! Is that not a strange coincidence? But we are so proud and thrilled to have them on board as our staff for the last 30 years.

Let's introduce our ladies. We have Becky Szilli, who has worked in the Life Enrichment Department for 30 years as a TR Assistant and Sharon Starling- Phillips, who started as a CNA for 23 years then came over to join the LE staff as a TR aide float and is a TR Assistant.

Being long term employees, both Becky and Sharon are the proudest of their job when they see their residents with smiles on their faces. Being part of our caring staff and knowing they treat our aging population like one of their own family members is something they both have gained from working at Cedarbrook. They relish in making someone's day special.

Becky is known here in L.E. for her awesome baking skills. Her unit loves when she makes one of her special treats. She would also like to share how much she loves being outside, especially with her dog, Maggie. You may see her roaming the hallways for pet visits. Listening to music and attending concerts is something Becky also enjoys. She's like a 60's hippie girl! She hopes to vacation one day to see Bali or explore The Maldives.

When it comes to excursions, Sharon has traveled to several exotic places. Next on her dream vacation list is to see Egypt and the Wonders of the Nile. Sharon may differ from Becky because she doesn't like to bake and has no pets. But as an L.E. float, she knows almost every resident on every unit. She also is a very busy grandma with 7 grand babies who keep her on her toes! On their off time, both ladies like to spend time with family and friends. Plus they both love to try new places to eat. Sharon loves any new seafood dishes and Becky likes to try new fish dishes. When it comes to finding the work balance, they both know being a part of a team that performs well together and communicates is the key to a great work environment. Both Becky and Sharon have made some life long friends in all the departments here at Cedarbrook. Being such a loyal employee for all these years, they believe their work has become a vocation for God.

We definitely do appreciate your loyalty to our residents and to your careers. We thank you for your dedication and appreciate all you have done for our residents the last 30 years! We know we have 2 angels working here at Cedarbrook. Keep up the great work ladies!

**Thanks for All You Do!**

## CHAPLAIN'S CORNER

Throughout the New Testament, we gain wonderful insights into Jesus' knowledge of Scripture. Luke paints for us two pictures of Jesus as a person who loved Scripture and what it revealed to him about his Father in heaven. We see Jesus at twelve years of age, so absorbed in listening to the teachers and asking questions that he forgets to go home with his family! Luke later reveals Jesus as one who has done the hard work of learning the Word of God, when he preaches in his hometown synagogue, quoting from the scroll of Isaiah:

*"The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord."* (Lk 4:18-19)

The Spirit of the Lord is indeed upon Jesus, who has prepared himself with a deep knowledge of Scripture to be led by the Spirit to understand and apply it, using these verses to announce his ministry.

Jesus, the Word of God himself, chooses a verse that embodies the love of God and the mission of the Son. This tells us that action on God's Word is as much a part of our worship of God as is prayer, singing, sacraments, and Scripture. Jesus acted on the verse from Isaiah throughout his ministry. Call to mind the Scriptures that have meant so much to you—a verse, story, proverb, a psalm—and consider how these words of God have guided you to live as a follower of Christ, to strengthen and inspire faith in actions throughout your life.

Growing up, I remember that my mother kept on her nightstand a worn red leather bible stuffed with bookmarks, clippings, and notes. When mom and dad and I moved to Florida, her bible kept its place at her bedside. One day, after she had passed away, I was looking through it and found a yellowed notecard, and on it in her handwriting a verse from Joel 2:25, which reads, *"I will repay you for the years the locusts have eaten..."*. I recognized this verse as the one she quoted to me throughout the years, as if prompting me to remember it throughout my life.

I sat on her bed holding the card in my hand and remembered the times in her life as a wife and a mother when the "locusts" of this life came upon her, threatening to take everything away—struggles with alcoholism, financial problems, fighting legal battles against people who cheated our family business, and finally my father's injury and disability. It was then that I understood how this verse strengthened her faith, as weak as it must have been sometimes in the face of her fears. Just in bringing this one verse to my attention over the years she taught me that it is vital not only to know Scripture but also to act upon it, to live it, to let it sustain my faith by remembering God's promise that losses of this life will be restored—in God's way and in God's time—and to live each day with faith in that promise.

The verse which Jesus spoke through Luke is likewise meant to be shared and lived. My mother's verse from Joel reminds me that God is at the end of all suffering and will restore all that was lost. Jesus himself sought out a chapter and verse while preaching in his hometown synagogue. Even today this verse is manifested in our hearing: that God's promise is fulfilled in him. We know this is true, and that God's inspired and authoritative Word to us in Scripture will stand for eternity. And for now, in our present lives, we are challenged to read and remember that God's words to us strengthen us just as the words of Isaiah did for Jesus. In knowing the Word, we, like him, can share the promise—and the present reality—of God's kingdom with others.

**Chaplain Laura Stone, Cedarbrook Fountain Hill**



# Thanksgiving

## WORD SCRAMBLE



UNSCRAMBLE AS MANY WORDS AS YOU CAN! THE PERSON WITH THE MOST WORDS, WINS

ERFAWLYMO \_\_\_\_\_

EESWT OPATTO IEP \_\_\_\_\_

IDRFE TYKUER \_\_\_\_\_

CLBKA DYFIAR IPHSOPGN \_\_\_\_\_

NCAAROMI DNA HSEEEC \_\_\_\_\_

DELDEVI GGSE \_\_\_\_\_

IPNMUPK PISEC \_\_\_\_\_

ONEEVBRM \_\_\_\_\_

YRHEDAI \_\_\_\_\_

PPKNMIU TPCAH \_\_\_\_\_

GIGRFVSNDIENI \_\_\_\_\_

NEARRRBCY ECASU \_\_\_\_\_

URYTEK OWLB \_\_\_\_\_



**GOOD LUCK!**



**HOW MANY DID  
you spy?**

**There are 16  
"Pilgrim Boys"**



- ANSWERS**
1. Mayflower
  2. Sweet Potato Pie
  3. Fried Turkey
  4. Black Friday Shopping
  5. Macaroni and Cheese
  6. Deviled Eggs
  7. Pumpkin Spice
  8. November
  9. Hayride
  10. Pumpkin Patch
  11. Friendsgiving
  12. Cranberry Sauce
  13. Turkey Bowl

# DIETICIAN CORNER

## Nutrition for Joint Health

Adopting an anti-inflammatory diet, such as the Mediterranean Diet or DASH Diet, can help relieve and prevent inflammation causing joint pain. It has added benefits of preventing arthritis, heart disease, type 2 diabetes, and other chronic conditions. An anti-inflammatory diet can help turn off the inflammatory process that is triggered during chronic stress, obesity, autoimmune disorders, and many other conditions. For a joint-healthy diet, eat lots of fruits and vegetables, healthy fats, whole grains, lean meats, and fish.

Healthy joints must be supported by healthy bones and muscles!

### Aid your bone health by:

- Getting enough calcium and vitamin D
- Increasing physical activity
- Reducing alcohol intake
- Knowing medication side effects

### Some factors influencing the risk of bone conditions are out of our control:

- Older age
- Female sex
- White or Asian descent
- Too low caloric intake
- Irregular hormone levels

### These foods particularly help inflammation and other chronic conditions:

- Omega 3 fatty acids in fish, flax seeds, chia seeds, soybeans
- Antioxidants in berries, oranges, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, kale)
- Spices and herbs especially turmeric and ginger
- Green tea and coffee



➤ Protein is important to build strong muscles and healthy bones to support your joints.

Eat a variety of protein sources.

### For strong bones, fuel your body with:

- Calcium (dairy products and leafy greens)
- Vitamin D (sunshine, fortified dairy products, fish)
- Vitamin K (leafy greens)
- Magnesium (whole grains, nuts)



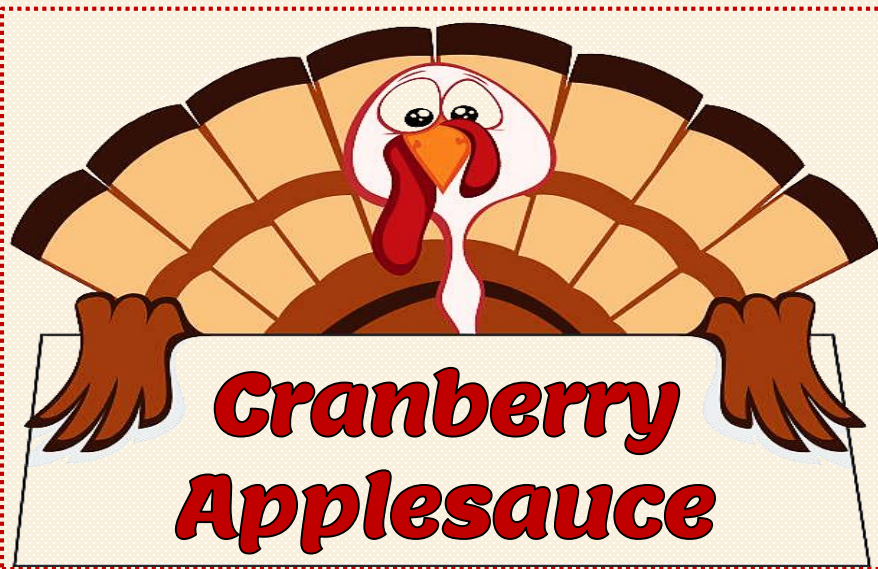
Avoid foods that increase inflammation, related chronic diseases, or weight gain:

- Sugars and refined grains (white rice, pasta, white bread, soda, dessert)
- Red and processed meats
- Fried foods, trans fats, partially hydrogenated oils, margarine, shortening, lard
- Processed foods and omega 6 fatty acids (corn oil, sunflower oil, peanut oil, grapeseed oil, vegetable oil, safflower oil).



Remember a healthy outside starts with a healthy inside.

<Morrison Living>



**\*Instead of the usual jellied cranberry sauce, serve this refreshing alternative. It's not too sweet and not too sour...plus it's a snap to make.\***

## Ingredients

- 1/2 cup plus 2 tablespoons water
- 1/2 cup plus 2 tablespoons sugar
- 5 medium Golden Delicious apples (about 2-1/2 pounds), peeled and chopped
- 1-1/4 cups fresh or frozen cranberries
- 1/2 teaspoon grated lemon zest
- 1 teaspoon minced fresh gingerroot
- 1/4 teaspoon ground cinnamon



## Directions

1. In a large saucepan over medium heat, cook and stir water and sugar until sugar is dissolved. Add apples; cover and cook for 5 minutes, stirring often. Add cranberries; cover and cook until apples are tender and berries pop, about 15 minutes.
2. Mash until sauce reaches desired consistency. Stir in zest, ginger and cinnamon. Cook, uncovered, 5 minutes longer. Serve warm or refrigerate until serving.

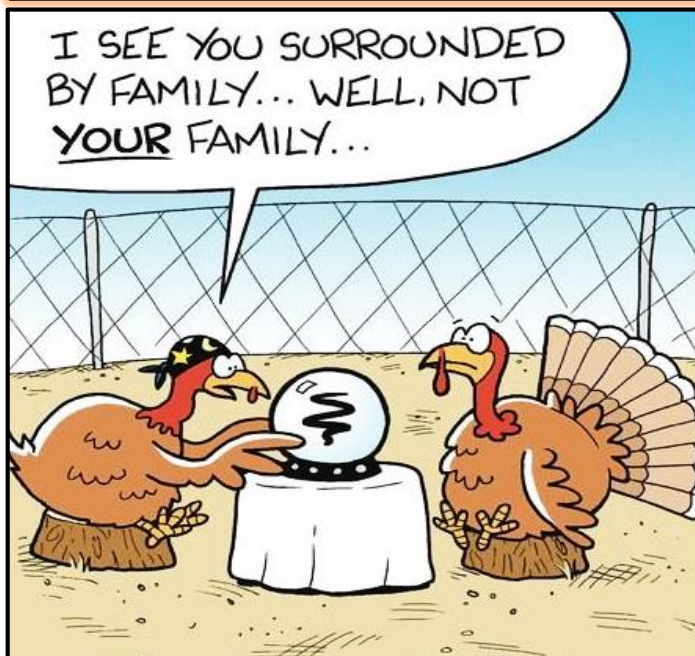


# EMPLOYEE ANNIVERSARIES

EMPLOYEE	DEPARTMENT	YEARS
DEBORAH SMITRESKI	SOCIAL SERVICES	36
KIM HAYDT	NURSING	25
MELISSA RODRIGUEZ	NURSING	17
MARIANNA KENNEDY	NURSING	17
TANYA TINOR	NURSING	13
PHALLEN HEINRICH	NURSING	11
MIGUEL CORTEZ	ENVIRONMENTAL	9
LEANN LAROS	NURSING	7
ESTHER JOSEPH	NURSING	5
PASCALE VERNET	NURSING	4

EMPLOYEE	DEPARTMENT	YEARS
PASCALE VERNET	NURSING	4
STEPHANIE FIGUEROA	NURSING	4
KEVIN DOYLE	NURSING	3
SHARON HOWITT	NURSING	2
CHARLENE SWANSON	NURSING	2
JESSICA BROKATE	HUMAN RESOURCES	2
CYNTHIA COPE	NURSING	1
ALLYSON ZATERICK	CENTRAL SERVICES	1
KATELYN SAILER	NURSING OFFICE	1
CHAD REHRIG	FACILITIES	1

Thank you Thank you Thank you Thank you Thank you



# EMPLOYEE PET OF THE MONTH

## Name of employee and department...

Mindy Dotts, Administration.

## Type of animal/ breed...

Tiny 6 lb., Chihuahua.



## Pet's name, how did you come up with it?

Scrappy seemed perfect because he has an older brother named Scooby.

## Are there any other nicknames you have for your pet?

He was Pedro or Prince at his previous home. We call him tiny dog because the 15 lb. dogs likes being called the big dog.

## Does your pet have a favorite toy?

He goes for the squeakers in a stuffed lambchop and stuffed alligator.

He's had the same chicken Nyla bone for a year and won't switch to a new one.

## How old is your pet?

We think he's three.



## How and when did you choose your pet?

My niece's friend put him on Facebook one year ago. She already had too many dogs.

## Does your pet do any special tricks?

If he wants something very much, he tilts his head, opens his eyes real wide, and blinks until he makes tears. It absolutely works every time, he gets whatever he wants.

## Funniest memory of your pet...

He barks at large trucks; they drive him crazy.

So far, not one truck has slowed down because of this, but that doesn't stop him from trying.

## Does your pet have any bad/ naughty habits that drive you crazy?

When you tell him to 'come here', he sits. He runs to visit the neighbors even when they do not want company, he will run circles in front of the door to pretend to need the bathroom, when he really just wants to go see the neighbor's dog. If I am not home a lot, I have to make dinner while wearing him in a shoulder bag or he gets under my feet.



## Fun facts about your pet or the breed...

Both of our chihuahuas overcompensate for their size and try to out-bark the neighbors German Shepherd.

- Chihuahuas have a long life span and are very loyal to their owners.
- They are great watch dogs, most will bark when someone approaches their territory.

If you would like to see your pet in the Sunshine News, please stop by the Life Enrichment Department to pick up a pet questionnaire.  
(Please be prepared to email pictures of your pet to: [MarnieDistasio@lehighcounty.org](mailto:MarnieDistasio@lehighcounty.org).)



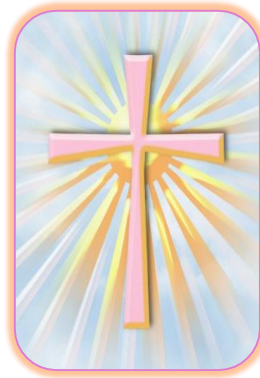
## **AT REST**

### **AUGUST 2023**

JOE MESA  
ROBERT PINA  
WILLIAM TEED  
JEFFREY HAHN  
ROBERT SMITH  
MARY BOWER  
JOYCE HOWARD  
JUDITH TIBURZI  
FRANCES SHIMER  
WILLIAM CADIEUX  
WILFREDO CEBOLLERO  
MARILYN DOUGHERTY  
DOLORES BURGOS  
MALDONADO

*"Although no words  
can take away the sorrow  
that you bare. May it be  
comforting to you to know  
that others care."*

**—Unknown**



Those we love don't go away,  
*They walk beside us  
every day.  
Unseen, unheard,  
but always near.  
Still loved, still missed,  
and very dear.*



## NOVEMBER HISTORY HIGHLIGHTS

**Nov. 1<sup>st</sup> 1967** – Cool Hand Luke starring Paul Newman and George Kennedy, was released. “What we’ve got here is a failure to communicate.”

**Nov. 4<sup>th</sup> 1939** – First air-conditioned automobile (Packard) was exhibited, Chicago, Ill. The A/C option was available for \$274 until 1941. WW II stopped the production of many luxury items. It wasn’t until 1953 that air conditioning was commercially available in cars again.

**Nov. 8<sup>th</sup> 1972** – Home Box Office (HBO) was launched, in Wilkes-Barre, Pennsylvania. The first broadcast was a 1971 film, Sometimes a Great Notion, starring Paul Newman and Henry Fonda.

**Nov. 9<sup>th</sup>, 1969** – Simon & Garfunkel record “Bridge Over Troubled Water”.

**Nov. 10<sup>th</sup>, 1969** – Sesame Street premiered on PBS television.

**Nov. 13<sup>th</sup> 1942** – US President Franklin D. Roosevelt lowered the minimum draft age from 21 to 18.

**Nov. 16<sup>th</sup> 1965** – Walt Disney opens EPCOT Center.

**Nov. 18<sup>th</sup> 1962** – ‘Ma’ Bell Telephone introduced the push-button telephone.

**Nov. 20<sup>th</sup> 1973** – A Charlie Brown Thanksgiving aired on CBS for the first time.

**Nov. 21<sup>st</sup> 1989** – The law banning smoking on most US domestic flights was signed by President George H. W. Bush.

**Nov. 23<sup>rd</sup>, 1909** – The Wright Brothers form a corporation to manufacture airplanes.

**Nov. 25<sup>th</sup> 1963** – John F. Kennedy was laid to rest at Arlington National Cemetery. The flags in Arlington National Cemetery are flown at half-staff from a half-hour before the first funeral until a half-hour after the last funeral each day.

**Nov. 27<sup>th</sup>, 1910** – Penn Station opens in New York, becoming the world’s largest railway terminal.

**Nov. 30<sup>th</sup> 1982** – Michael Jackson’s second solo album, *Thriller*, the biggest selling album in history, was released worldwide.

## LOOKING TO SPEND TIME WITH A NEW FRIEND WITHOUT LEAVING THE COMFORT OF YOUR HOME?

Sign up with SENIOR CHAT to receive a weekly call! You will connect with a friendly volunteer through weekly phone calls. Share your stories. Reminisce. Laugh together. Make a new friend. You can talk about your interests and life experiences. Stay “connected”. Enjoying conversations can lift your spirits. Life is so much better when it is shared!

Senior Chat is a safe and secure no-cost program that matches screened Volunteer Callers with older adults who live in Lehigh, Northampton, or Carbon Counties.



**SENIOR  
CHAT =**

Connections  
Help  
Adults  
Thrive

If you want to receive a weekly call and make a new friend OR if you would like to become a Friendly Caller Volunteer visit: [RSVPofLNC.org/SeniorCHAT](http://RSVPofLNC.org/SeniorCHAT)

EMAIL: [SeniorCHATglv@hotmail.com](mailto:SeniorCHATglv@hotmail.com)

OR Call: 610-880-3095 to inquire.

**Don't forget to turn  
your bathroom scales  
back 15 pounds  
Wednesday night at  
1 AM for Thanksgiving.**





# Thanksgiving Word Search



D T F Q P S Y O X J Q E A N V P J T R H  
U X Q N F U B H I M M K T S C V I H O B  
V T E U M S Y I Y B Z B L H A B I E L S  
P L P X R O G R A T E F U L A L N H L G  
U L S F K T H A N K S M F A R C Y F S W  
M D X T P P Q Q D W I Q S O E S M O U Y  
P N Z F K A Y U Y Y T M W B M R G O A K  
K D U P C R O F X F Y G J F Z N R T U Q  
I G T G X A Q F X J M Y I Y M E A B Z D  
N L X F S D U O O N R S J N H V V A A X  
V W Z E G E C Y N K W W X R K O Y L F T  
R K L N Z D Y X Y W O T G X T O L L L W  
H L F B O C O R N U C O P I A O K P G Z  
F H E V Z U V I N E G X S E Z P J G X E  
A Q A G B C H K O Y E T S T U F F I N G  
M O S B L E S S E D N X D T K K L Y J M  
I C T F Q N O V E M B E R C Q S D Y B S  
L S Z P R Y T U R K E Y Y K U K V P N X  
Y Q Y E G C H N Q P I I P I L G R I M G  
J C E D Y J G Z S L S A W L N U R K C U



TURKEY  
STUFFING  
PILGRIM  
GRATEFUL

BLESSED  
FEAST  
FAMILY  
FOOTBALL

PARADE  
GRAVY  
PUMPKIN  
ROLLS

CORNUCOPIA  
PIE  
NOVEMBER  
THANKS

## LOST AND FOUND

***Did you lose something?***



*Lost and Found is located at the Security Desk, First Floor. Many items await the claim of their rightful owner. Please stop at the Security desk or ask your Social Worker to see if any items belong to you.*

## NEED A REPAIR? SOMETHING FIXED?

### HERE'S HOW TO GET IT DONE...

Any resident having difficulties with equipment such as lights, radios, beds, TV's, wheelchairs, ETC.

Please contact your unit clerk, nursing staff, or charge nurse on unit for a work order to be sent to Facilities for repairs.



## DO YOU HAVE A CONCERN?

If you have a question or concern, Pennsylvania's Long-term Care Ombudsman Program can help.

Your local Ombudsman is trained to advocate for your rights and will work to resolve your problems by:

- ♦ *Listening to your concerns*
  - ♦ *Respecting your choices*
  - ♦ *Offering ideas and options to help you meet your individual needs*
  - ♦ *Services are free and confidential*
- Contact your local Ombudsman  
(484) 619-3337

Pennsylvania  
Department of Aging Office  
of the Long-Term Care Ombudsman

## SUNSHINE NEWS STAFF

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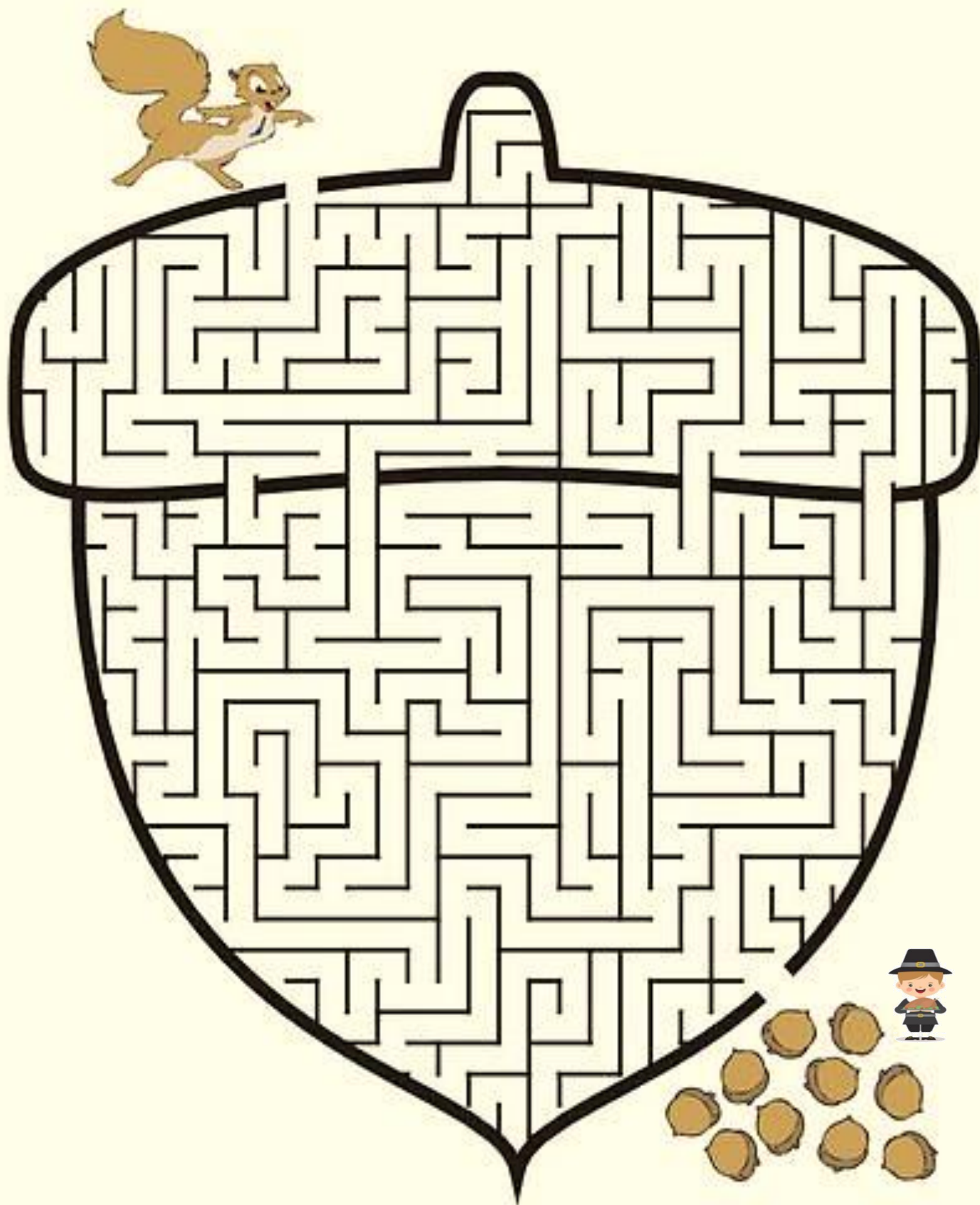


If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our **Administrative Hotline**. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken.

You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at (610)782-3999.

This information is confidential and caller may remain anonymous.

Help the squirrel through the maze to find its acorns





# November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 2:15PM Keep the Faith Aud. & Chan.22 4:00 PM Sunshine News Meeting Family Room	<b>2</b> 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 3:30 PM Rosary - Chapel D-6 Bus Trip	<b>3</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22	<b>4</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Bill Frye Aud. & Chan.22
<b>5</b> 2:15 PM Church Auditorium & Channel 22	<b>6</b> 2:15 PM Music by Good Vibrations Auditorium & Channel 22	<b>7</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	<b>8</b> 2:15 PM Keep the Faith Aud. & Chan.22	<b>9</b> 10:15 AM "Splash of Color" Family Room 2:15 PM Card Club Family Room 2:15 PM House Games Auditorium	<b>10</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 C-3 Bus Trip	<b>11</b>  10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Chuck Rissmiller Aud. & Chan. 22
<b>12</b> 2:15 PM Church Auditorium & Channel 22	<b>13</b> 2:15 PM Resident Council Auditorium & Channel 22	<b>14</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	<b>15</b> 2:15PM Keep the Faith Aud. & Chan.22 D-3 Bus Trip	<b>16</b> 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room 2:15 PM Catholic Mass Aud. & Chan. 22 D-4 Bus Trip	<b>17</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 2:15 PM "FRYDAY with Dietary" *Invite Only* Auditorium	<b>18</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM To Be Announced Aud. & Chan. 22
<b>19</b> 2:15 PM Church Auditorium & Channel 22	<b>20</b> 2:15 PM Music by Kris Phipany Auditorium & Channel 22	<b>21</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	<b>22</b> 2:15PM Thanksgiving Vespers Aud. & Chan.22 D-7 Bus Trip	<b>23</b>  10:15AM Puzzle Your Mind Family Room 2:15 PM Music by Jay Smar Aud. & Chan. 22	<b>24</b> 2:15 PM Card Club Family Room 2:15 PM House Movie Channel 22 B-3 Bus Trip	<b>25</b> 10:15 AM Puzzle Your Mind Family Room 2:15 PM Music by Veronica Aud. & Chan.22
<b>26</b> 2:15 PM Church Auditorium & Channel 22	<b>27</b> 2:15 PM Music by Claude Shappelle Auditorium & Channel 22	<b>28</b> 10:15 AM Talking Book Family Room 2:30PM House Bingo Channel 22	<b>29</b> 2:15PM Keep the Faith Aud. & Chan.22 D-2 Bus Trip	<b>30</b> 11:00 AM Color & Chat Family Room 2:15 PM Card Club Family Room		 ALL ACTIVITIES ARE SUBJECT TO CHANGE