

ON-SITE COMMUNITY SERVICES TO SCHEDULE APPOINTMENT. SEE CONTACTS BELOW.

Leave a message if unavailable.

SALON -

Tracy Osier, Owner (763) 955-1761

HAIR STYLIST -

Patty & Sharon (763) 955-1761

NAIL TECHNICIAN -

Debra Rangel (763) 229-5179

AHI PODIATRY -

Jessie Rustad (952) 283-3169

ASCEND REHABILITATION -

Krystle Plohocky (612) 268-8752



REMINDER

FOR THOSE WHO HAVE SIGNED UP

STMA High School Production
Wednesday, November 6th
8:00am Bus Leaves



REMINDER

FOR THOSE WHO HAVE SIGNED UP

Chanhassen Dinner Theater
Tuesday, November 05, 2024
Bus will leave at 5:00pm



REMINDER

FOR THOSE WHO HAVE SIGNED UP

Shuttle Bus to Voting Center
Tuesday, November 05, 2024
Bus will leave at 10:00am

SILVERCREEK ON MAIN STAFF CONTACT LIST

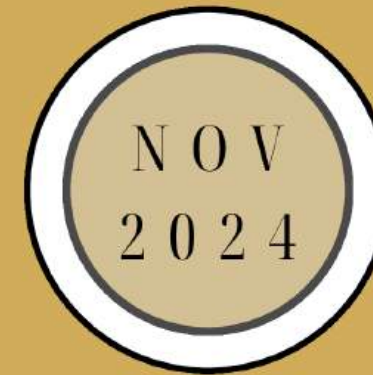
Executive Director - Andrea Erickson	aberickson@silvercreekonmain.com	(763) 955-1753
Assistant Executive Director - Kristin Yang	kyang@silvercreekonmain.com	(763) 955-1995
Marketing Director - Jennifer Olson	Jolson@silvercreekonmain.com	(763) 955-1752
Marketing Associate - Haylie Madsen	hmadsen@silvercreekonmain.com	(763)-269-6094 or ext. 1739
Director of Programs - Suzy Nardini	snardini@silvercreekonmain.com	(763) 955-1771
Director of Reflections - Emily Jass	ejass@silvercreekonmain.com	(763) 955-1992
Director of Wellness - Angela Kalkbrenner	akalkbrenner@silvercreekonmain.com	(763) 955-1759
Wellness Coordinator - Deb Bray	dbray@silvercreekonmain.com	(763) 955-1758
Wellness Coordinator - Sam Wallace	swallace@silvercreekonmain.com	(763) 955-1758
Clinical Director - Gladys Aakre, RN	gaakre@silvercreekonmain.com	(763) 955-1770
Nurse - Loretta Gborplay, RN	lgborplay@silvercreekonmain.com	(763) 955-1769
Director of Admin - Caely Boerboom	cboerboom@silvercreekonmain.com	(763) 955-1754
Director of Res. Services - Anna St. Amant	astamant@silvercreekonmain.com	(763) 296-6093 ext. 1738
Resident Care Coord. - Anna Phongmany	aphongmany@silvercreekonmain.com	(763) 955-1762
Director of Dining Services - Melanie Hall	mhall@silvercreekonmain.com	(763) 955-1755
Kitchen Extension		(763) 955-1756
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie, Michelle, Marilyn, Terra, Sandy, Rachel		(763) 955-1751

“ALL WORK ORDER REQUESTS DURING AND AFTER BUSINESS HOURS: (763) 955-1751”



LIFESTYLE

LIVE THE LIFE YOU LOVE



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FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

Welcome November! A favorite quote ... "Autumn is a second spring when every leaf is a flower". The fall colors are brilliant and yet fading as the trees drop their leaves and we ready for winter. As Minnesotans, we have the privilege of witnessing the beauty of our changing seasons.

November is a busy month here at SilverCreek on Main - Voting in our national/local elections (reach out to our team if you have any questions); SilverCreek Fall Craft Fair; Veterans Day; and Thanksgiving! Details on all these events and more can be found in the newsletter and calendar.

I hope you have a wonderful November!
Andrea

 EXECUTIVE DIRECTOR ANDREA	 ASSISTANT ED KRISTIN	 REFLECTIONS DIRECTOR EMILY	 MARKETING DIRECTOR JENNIFER	 PROGRAMMING DIRECTOR SUZY
 CLINICAL DIRECTOR GLADYS	 DIRECTOR OF DINING MELANIE	 WELLNESS CTR DIRECTOR ANGELA	 DIRECTOR OF ADMIN CAELY	 DIRECTOR OF RES. SERVICES ANNA

REFLECTIONS

HIGHLIGHTS FROM MEMORY CARE

Greetings from Reflections!

We have certainly made the most of the beautiful fall weather we have been having and have so much to be thankful for! Our extended time on the patio and walks outside to look at the amazing fall colors has been a treat! This past month we celebrated Oktoberfest and enjoyed old fashioned country music by Todd Anderson. A few of our resident artists are featured this month also. In November, we look forward to celebrating our veterans along with gearing up for a busy holiday season. As we think about all the things that we have to be thankful for, we are grateful for all that you do to support your loved ones and friends living in Reflections.

Here are a few helpful tips if you are supporting a person living with dementia:
Make sure someone has your attention before you start speaking or they might miss the beginning of your words.
People with early stage dementia typically are missing 1 out of every 4 words you say (they miss even more as they progress through their disease).
Body language and tone of voice are very important. (For example, if you stand with your arms crossed and have a straight face you could appear mad.)

Have a great month!

Emily Jass, CDP
Director of Reflections



RESIDENT SERVICES

MONTHLY MESSAGES FROM OUR RESIDENT SERVICES DEPARTMENT



Mental Health Services:

SilverCreek has a licensed social worker here every other Tuesdays from Associated Clinic of Psychology (ACP). If you are struggling with depression, especially over the Holidays, they can help. Their experience is talk therapy in the convenience of your own apartment.

ACP can see clients in IL, AL, EAL and Reflections. If you are interested, please reach out to ACP's main number at 612-952-6033.

Mental health is just as important as physical health.



SilverCreek On Main is now offering Hearing Health Clinic Appointments!

2nd Wednesdays of the month
10:00am - 12:00pm
Family Conference Room
2nd Floor

Please Sign-up in the activities book for an appointment.

Monday, November 4
1:30p - WES2

Tech Support

Please sign-up for a time slot!

Our Resident Services Director is here for you!

Because We Care

Please Reach out to Anna at:
astamant@silvercreekonmain.com
763-296-6093

REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS

Guest Suites

Did you know we have Guest Suites you can reserve for your family & friends to stay in while visiting? They come in very handy for the holidays with folks coming from out of town. They do get booked fast, so make sure to check with our Front Desk Team on availability and pricing.

Christmas Trees & Wreaths

We **CANNOT** allow real trees or wreaths in our community. It is a safety hazard and can cause fires. We welcome artificial/fake trees and wreaths to be displayed. If we notice there are real trees or wreaths anywhere in the community, you will be asked to take them down immediately.

Winter Travel

The cold winter is approaching and traveling in MN can be difficult with the amount of snow we get. Before it gets too cold out, it's important to make sure your car is winter ready. Reminder to change out your windshield wipers and check your battery & tires for any issues.

Suggestion Box

Did you know we have Suggestion and Comment boxes available for all residents at SilverCreek?

This is your chance to share your ideas and feedback with our leadership team. Whether you've got a suggestion for fun activities, feedback for the leadership team, or just want to share what you love about living here, we want to hear it all! All submissions will be reviewed by our Resident Services Director and the Executive Director.

So, don't be shy—let your voice be heard and help make SilverCreek on Main even better!

- 1st Floor by the Weaver East Internal Mailboxes
- 2nd Floor by the Chapel

Holiday Hours

On Thanksgiving Day, our hours & services are adjusted for the holiday. Please see below to plan accordingly.

Administration: Front Desk is open from 9am-2pm

Wellness: Wellness Center is Closed

Dining: Bistro is Closed. AL Dining Room Open for Breakfast & Lunch. Our Holiday Meal is served at Lunch Time. Dinner is ALL take out boxes and the dining rooms will be CLOSED. You must pick up your take out dinner by 1pm in the Dining Room.

HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER

We had so much fun during Active Aging week that our Meditation and Laughter Yoga will be offered again. Meditation Mondays will be the third Monday of the month. Laughter Yoga will be offered quarterly on the 4th Wednesday of the month. Keep an eye on the Calendar for dates and location.

MEDITATION CLASS



Whether you are a meditation newbie or experienced with meditation, there are many benefits that anyone can experience:

- Lowers stress levels
- Improved memory and focus
- Helps manage anxiety
- Leads to better self-awareness
- Prevents dementia and age-related memory loss
- Helps you get better sleep
- Helps control chronic pain
- Reduced depression symptoms
- Improved relationships
- Lowered blood pressure

Join us for Meditation Monday's – the Third Monday of each month in the Den at 2:00pm

October 21, November 18, December 16



Laughter Yoga involves a series of movements and breathing exercises to promote deliberate laughter.

- Improves mood
- Releases endorphins and "happy" hormones
- Suppresses stress hormones
- Lowers blood pressure
- Strengthens immune system
- Reduced pain
- Increases social connections

Join us for laughter Yoga Wednesday, November 27 in the Wellness Center at 9:45am and 1:00pm.



AWARDS & GREETINGS

AWARDS CEREMONY FOR
KRISTIN YANG AND BILL MAUS

Care
Providers
of Minnesota

76TH ANNUAL CONVENTION & EXPOSITION
NOVEMBER 11-13, 2024 | MYSTIC LAKE CENTER

Please join us for the awards presentation for Kristin Yang and Bill Maus at the 76th Annual Care Providers of Minnesota Convention.

Awards presentation will be 2 hours!

Monday, November 11th

9:00am Bus Leaves SilverCreek

10:00am Ceremony Begins

12:00pm Ceremony Ends

Please Sign-up if you want to ride the bus.

This is the same day and time of our Veterans Day Ceremony and Lunch!



Bob Lewis

A pool rat since 4th-grade Swim Team, Bob (and his wife Cheryl) have belonged to The Club since 2016. He swims laps at least 3 times a week and on alternate days you will find him on the machines. The Club will play a key role in Bob's recuperation from open-heart surgery in early August.



Everyone enjoyed the "Guess Who" pictures posted outside Wellness for our "Guess Who game". The resident who correctly identified 43 pictures was Linda. Our staff winner was a tie with Caely and Kristin correctly identifying 46 pictures. We hope many more of you will participate in our next round of "Guess Who" coming in January 2025



Caely



Kristin



Linda

you are the
Employee
of the month



KIRA NYHOLM

ASSISTED LIVING

ASSISTED LIVING & EAL RESIDENTS FOCUS

ARMCHAIR travel
Every Monday at 12:00
ALDR

Tuesday, November 12th - 1:00pm

Classic COMIC STRIPS Game

LOOKING FOR A GOOD LAUGH?
Join us for some with classic comic strips in the AL Dining Room - 1:00p

Lucky Stripes

• Bowling •

TOURNAMENT

Fun, Easy, Indoor Bowling Tournament.
Join us right after lunch at 1:00p on
Tuesday, November 19th
in the AL Dining Room.
Prizes included!

TREE OF THANKS

A Gratitude Tree Is A
Great November Tradition.
Add all you are thankful for to the tree.
Starting Tuesday, November 5th at 1:00pm.
AL Dining Room

NURSING

MONTHLY MESSAGES FROM OUR NURSING DEPARTMENT

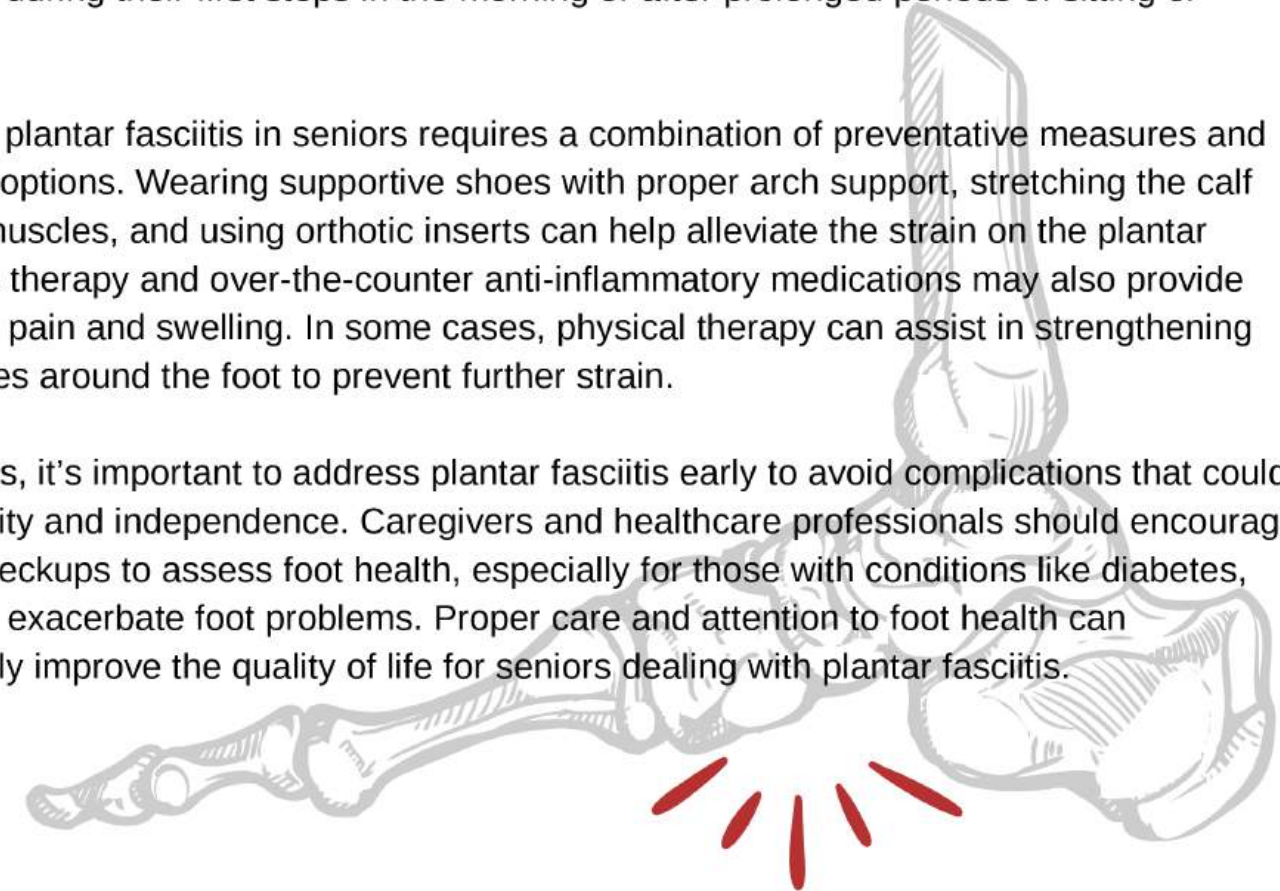


Something is Afoot!: Understanding Plantar Fasciitis in Seniors and How to Manage It

Plantar fasciitis is a common condition among seniors that causes pain and inflammation in the heel and foot. As we age, the padding under our feet becomes thinner, and the wear and tear on the plantar fascia—a ligament connecting the heel bone to the toes—can lead to chronic discomfort. Seniors with this condition often experience sharp, stabbing pain, especially during their first steps in the morning or after prolonged periods of sitting or standing.

Managing plantar fasciitis in seniors requires a combination of preventative measures and treatment options. Wearing supportive shoes with proper arch support, stretching the calf and foot muscles, and using orthotic inserts can help alleviate the strain on the plantar fascia. Ice therapy and over-the-counter anti-inflammatory medications may also provide relief from pain and swelling. In some cases, physical therapy can assist in strengthening the muscles around the foot to prevent further strain.

For seniors, it's important to address plantar fasciitis early to avoid complications that could limit mobility and independence. Caregivers and healthcare professionals should encourage regular checkups to assess foot health, especially for those with conditions like diabetes, which can exacerbate foot problems. Proper care and attention to foot health can significantly improve the quality of life for seniors dealing with plantar fasciitis.



THE FULL HELPING

SILVERCREEK **DINING IN** HIGHLIGHTS - PLEASE SIGN-UP IN DINING BOOK



Bistro Hours

For your convenience, the Bistro will now be open from 8:30am - 2:00pm. We will not close between Breakfast and Lunch.



TRADITIONAL MEXICAN RED POZOLE

Thursday, November 14th
5:00pm

Please make a reservation

Please join us for
Thanksgiving Dinner
Around the United States
Thursday, November 21st
5:00pm IL-Dining Room
Please make a reservation



SILVERCREEK Holiday CATERING

Holidays are a time to celebrate — not a time to stress. So let SilverCreek do the work for you. From Thanksgiving to Hanukkah, Christmas to New Years, our catering has you covered with mains, appetizers, sides, desserts and more for your holiday dinner or gathering. Please reach out to Melanie our Director of Dining Services. Catering Menu Coming Soon!

CELEBRATIONS

BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS

RESIDENTS BIRTHDAYS

- 11/3 Doris
- 11/3 Elly
- 11/4 Jim
- 11/4 Sharry
- 11/4 Georgia
- 11/6 Dennis
- 11/7 Sue
- 11/7 Marlys
- 11/8 Judy
- 11/9 Mary
- 11/10 Bob
- 11/10 Bev
- 11/12 Bev
- 11/14 Barbara
- 11/17 Donna
- 11/17 Vonnie
- 11/17 Dave
- 11/20 Paul
- 11/22 Barb
- 11/23 Penny
- 11/24 Duane
- 11/27 Carol
- 11/29 Gerald

STAFF BIRTHDAYS

- 11/5 Rebecca Bibro
- 11/11 Amelia Cheah
- 11/12 James Falkonia
- 11/14 Christina Haney
- 11/15 Diane Petersen
- 11/19 Loretta Gborplay

NEW RESIDENTS

- Steven and Jennifer
- Don
- Cheryl
- Sharon
- Vern



STAFF ANNIVERSARYS

Morris Commesor	CNA	5 years	11/14/2019
Maakah Kanneh-Flomo	CNA	2 years	11/17/2022
Matilda Allen	Resident Assistant	3 years	11/05/2021
Rhoda Bah	Resident Assistant	4 years	11/06/2020
Petula Nifor	Resident Assistant	2 years	11/17/2022
Kamah Sackie	Resident Assistant	6 years	11/05/2018
Rosetta Zeon	Resident Assistant	2 years	11/16/2022

ARTISAN AVENUE

ART CLASSES, CREATIVE GROUPS AND MORE...



LET'S WRAP IT UP

JOIN US FOR AN AFTERNOON OF GIFT WRAPPING & BOW MAKING WITH HOLIDAY COOKIES! \$10PER PERSON

TUESDAY, NOVEMBER 12TH
2:00PM - CRAFT ROOM

Up your game this Holiday Season and learn to wrap gifts/wine bottles and make bows!



It's Christmas Decorating Time

Please join us and help Decorate for the Holidays!
Please sign-up to decorate a part of SilverCreek!

Areas to Decorate

Living Room, Great Room, Den, Chapel,
Dining Rooms and Hallways!

Tuesday & Wednesday, December 3rd & 4th
Please meet at 9:30am in the Great Room.

CRAFT FAIR BAKE SALE

BAKERS & VOLUNTEERS NEEDED

BARS, COOKIES & CUPCAKES NEEDED FOR OUR BAKE SALE!

Please consider DONATING to help us have a successful sale.

Sign-up in event book located in the mailroom. Indicate the type of bars, cookies or cupcakes you are donating. PLEASE DO NOT CUT BARS.

Deliver bake goods the day before the sale on Thursday, November 7th to the craft room. If you want to volunteer also sign-up in the event book in the mail room.



HOLIDAY CRAFT FAIR



PLEASE JOIN US
FRIDAY NOVEMBER 8TH
9 AM - 4 PM

AND

SATURDAY, NOVEMBER 9TH
9 AM - 12 PM

OPEN TO THE PUBLIC
INVITE YOUR FRIENDS

IN THE IL DINING ROOM

RESTAURANT DINING OUT OPPORTUNITIES



BREAKFAST OUTING
The Original Pancake House
Maple Grove

Tuesday, November 12th
9:00am Bus Leaves
Please Sign-Up

Breakfast is at your own expense.

MEN'S LUNCH
Shortstop Bar & Grill
Coon Rapids

Friday, November 22nd
10:30am Bus Leaves
Please Sign-Up

Lunch is at your own expense.

HAPPENINGS

EVENTS AND ENTERTAINMENT

11
NOV



11
AM

VETERANS DAY

★ HONORING ALL WHO SERVED & SPOUSES ★

11:00am Program - Performance Room
12:00pm Lunch IL Dining Room
Please RSVP for Veteran and Spouse in the Dining Book
Complimentary for Veteran - \$12 for Spouse

Salad, Rolls, Chicken Marsala, Wild Rice Blend, Carrots and Churro Bundt Cakes

VETERAN'S DAY IS AT THE SAME TIME AS CARE PROVIDERS CEREMONY



Bachman's
Seasonal Showcase

Tuesday, November 19th
10:00am Bus Leaves - Please Sign-up
Lunch on your own
at Patrick's Bakery



CELEBRATING 40 YEARS
W.A. FROST AND COMPANY
EST. 1975

ELEGANT DINNER
W.A. FROST AND COMPANY
Please Join Us
For A Special Holiday Dinner and Christmas Lights!

Thursday, December 5th
Bus Leaves at 4:00pm

Please sign-up & choose your entree by Nov. 15th.
Price will be determined based on your entree selection.
No refunds for cancelations.
Minimum # of People 18 - Max # of People 22

BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK



Barbra
Music
November 2nd
2:00pm
Rated PG

A Barbra Streisand's film concert event finds the legend joined by a roster of special guests, as she takes audiences on a journey of her life's work.



La La Land
Musical
November 9th
2:00pm
PG-13

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.



Call Me Kate
Documentary
November 16th
2:00pm
Rated PG

A documentary which captures Katharine Hepburn's spirit and determination, exploring her story using her own words.



Cats
Musical
November 23rd
2:00pm
Rated PG

A tribe of cats called the Jellicles must decide yearly which one will ascend to the Heaviside Layer and come back to a new Jellicle life.



A Boy Called Christmas
Holiday
November 30th
2:00pm
Rated PG

In this origin story of Father Christmas, an ordinary boy--with a loyal pet mouse and a reindeer at his side--sets out on an extraordinary adventure to find his father.

Vintage  **FILM SOCIETY**


WEDNESDAY, NOVEMBER 6TH AT 2:00PM
AN AFFAIR TO REMEMBER
Cary Grant and Deborah Kerr

WEDNESDAY, NOVEMBER 13TH AT 2:00PM
THE KING AND I
Yul Brennen and Deborah Kerr

Book Club

EVERY 3RD WEDNESDAY OF THE MONTH AT 10:30AM IN THE DEN

DECEMBER BOOK



DEMON COPPERHEAD
BARBARA KINGSOLVER

FAITH

WORSHIP AND PRAYER

SUNDAY SERVICES

Every Sundays - 10:30am Chapel

ROSARY

1st, 2nd and 4th Wednesdays
at 6:30pm Chapel

CATHOLIC COMMUNION

3rd Wednesdays
6:30pm Chapel

SilverCreek Bible Study

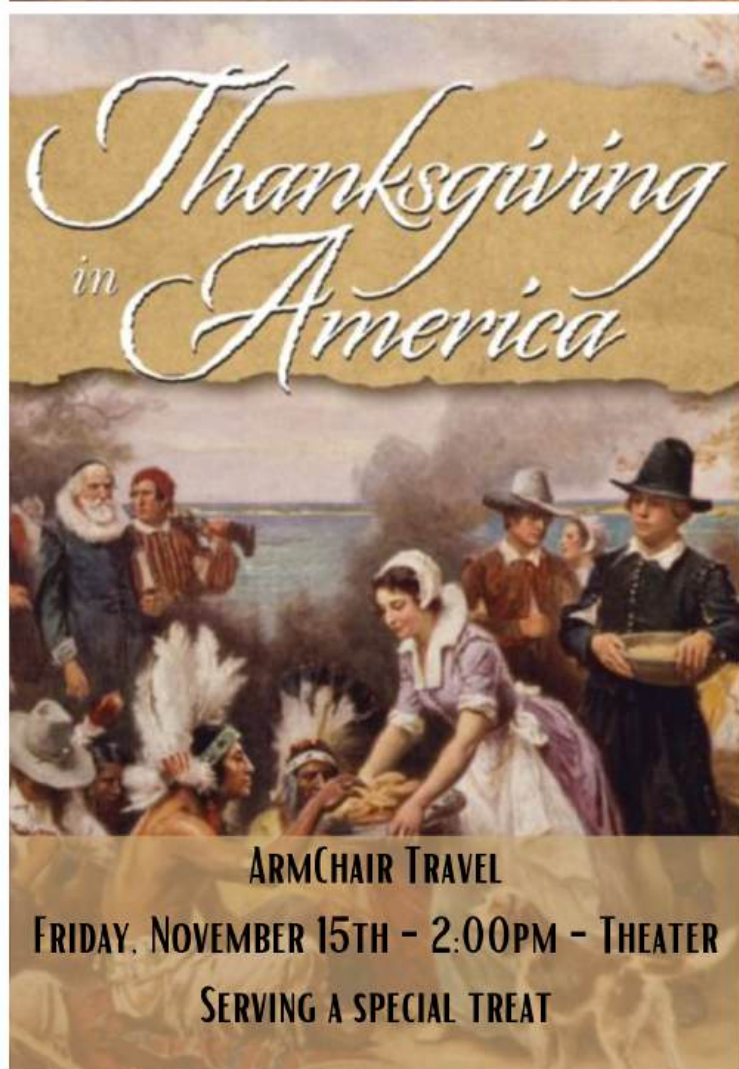
Mondays 10:30-11:30
Chapel/Performance Rm.
Bruce and Lois Geske

THE ACTS
OF THE
APOSTLES

Beginning our 10th year!



NEW
Episcopalian
Communion Service
3rd Sat. of each month
Saturday, November 16th
11:00am Chapel
Open To All



*Thanksgiving
in
America*

ARMCHAIR TRAVEL
FRIDAY, NOVEMBER 15TH - 2:00PM - THEATER
SERVING A SPECIAL TREAT

HAPPENINGS



You're Invited to
**TURKEY
BINGO!**
Wednesday, November 20th
at 3:00pm IL Dining Room
Cash Prizes
& 1 Big Turkey



**DON'T BE A
TURKEY!**
JOIN US FOR A THANKSGIVING HAPPY HOUR!
SERVING DRINKS AND APPETIZERS!
TUESDAY, NOVEMBER 26TH, GREAT ROOM
2:00PM - FLOORS 2 & 4
3:15PM - FLOORS 1 & 3



Finale
LOVE NEVER AGES
**The GOLDEN
BACHELORETTE**
Wednesday, November 13th
6:30pm - Snacks
7:00pm - Show

Ladies Fall Lunch

WE WOULD LIKE TO INVITE
ALL OUR SILVERCREEK
LADIES FOR A SPECIAL
LADIES LUNCH!

THURSDAY,
NOVEMBER 7TH
12:00PM
IL DINING ROOM

PLEASE SIGN-UP IN THE
DINING BOOK IN THE MAIL
ROOM. \$15PP

Ladies HOLIDAY LUNCHEON

NICOLETT ISLAND INN

THURSDAY,
DECEMBER 19TH
11:30AM BUS LEAVES

\$40 PER PERSON
RESERVATION DEADLINE 11/22

NO REFUNDS FOR
CANCELATIONS.
MINIMUM # OF PEOPLE 18 -
MAX # OF PEOPLE 22

NOVEMBER CALENDAR 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOCATION GUIDE

AS = Aerobics Studio P = Pool WC= Wellness CY= Center L= Court Yard Library	PDR= Private Dining B = Bistro ALDR= AL Dining DR = IL Dining TGR = Great Room L/O = Lobby/Outings	RF1 = Reflections 1 RF2 = Reflections 2 CR = Craft Room C = Chapel PR = Performance Room FR = Family Conference	WED1 = Weaver E Den WEM1 = Weaver E Midway WES2 = Weaver E Study WEG3 = Weaver E Game WEB4 = Weaver E Birds Nest	Color Code: Red: New Activities/Events Blue: Shopping/Wellness Green: Groups - Men's Women's, Bible Study Black: Resident Run Activity Orange: Special Activity Purple: Movies
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1 9:30a Cribbage-GR 10:00a Men's Group-TGR 1:00p Sign-Ups - PR 2:00p Quilting Group-CR 2:00p Card Bingo-GR	2 12:30p Poker-TGR 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - Barbra
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3 Wellness Ctr. Closed 10:30a Sunday Service-C Communion 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	4 Medical/Shop 10:30p Bible Study-C 12:00p AL-Activity- ALDR 1:30p Tech Support 2:00p Needle Group-CR 6:30p Rummikub-WE2S	5 9:30a Cribbage-GR 10:00a Vote Shuttle 1:00p AL-Tree of Thanks-ALDR 2:00p Card Bingo-GR 5:00p White Christmas - Chanhassen Theater	6 Shopping 8:00a Beauty & the Beast STMA High School 10:00a 500-GR 1:30p Art of Coloring-CR 2:00p Vintage Film Society An Affair to Remember 6:30p Rosary-C	7 Bake Goods for Craft Fair Due by 12:00p 12:00p Ladies Fall Lunch at SilverCreek- ILDR 1:00p Bridge-WE2S 6:30p Mahjong-WE2	8 9:00a Craft Fair 9:30a Cribbage-GR 10:00a Men's Group-TGR 2:00p Quilting Group-CR 2:00p Card Bingo-GR	9 9:00a Craft Fair 12:30p Poker-TGR 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - LaLa Land
10 Wellness Ctr. Closed 10:30a Sunday Service- C 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	11 No Shopping No Bible Study 9:00a Bus for Care Providers Awards 11:00a Veterans Day Ceremony - PR 12:00p AL-Activity- ALDR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	12 9:00a Pancake House 9:30a Cribbage-GR 1:00p AL-Comic Strips-ALDR 2:00p Card Bingo-GR 2:00p Christmas Wrapping Class	13 Shopping 10:00a 500-GR 10:00a Hearing Clinic 1:30p Art of Coloring-CR 2:00p Vintage Film Society 3:00p AL Resident Council 6:30p Rosary-C 6:30p Bachelorette Finale Great Room	14 1:00p Bridge-WE2S 5:00p Traditional Mexican Pozole Night 6:30p Mahjong-WE2	15 9:30a Cribbage-GR 10:00a Men's Group-TGR 2:00p ArmChair Travel Thanksgiving in Ameriica 2:00p Quilting Group-CR 2:00p Card Bingo-GR	16 11:00a Episcopalian Communion Service 12:30p Poker-TGR 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - Call Me Kate
17 Wellness Ctr. Closed 10:30a Sunday Service-C 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	18 Medical/Shop 10:30p Bible Study-C 12:00p AL-Activity- ALDR 2:00p Needle Group-CR 2:00p Meditation Class Den 6:30p Rummikub-WE2S	19 9:30a Cribbage-GR 10:00a Bachman's Seasonal Showcase 1:00p AL-Bowling - ALDR 2:00p Card Bingo-GR	20 Shopping 10:00a 500-GR 10:30a Book Club - D 11:45a AL-Town Hall - ALDR 1:30p Art of Coloring-CR 2:00p Town Hall - PR 3:00p Turkey Bingo -ILDR 6:30p Catholic Communion	21 1:00p Bridge-WE2S 5:00p Thanksgiving Around The World 6:30p Mahjong-WE2	22 9:30a Cribbage-GR 10:30a Men's Group-Lunch ShortStops 2:00p Quilting Group-CR 2:00p Card Bingo-GR	23 12:30p Poker-TGR 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - Cats
24 Wellness Ctr. Closed 10:30a Sunday Service-C Communion 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	25 Medical/Shop 10:30p Bible Study-C 12:00p AL-Activity- ALDR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	26 9:30a Cribbage-GR 2:00p Happy Hour 2 & 4 3:15p Happy Hour 1 & 3 Great Room 2:00p Card Bingo-GR	27 Shopping 9:45a Laughter Yoga - WC 10:00a 500-GR 1:00a Laughter Yoga - WC 1:30p Art of Coloring-CR 6:30p Rosary-C	28 	29 Men's Group Canceled 9:30a Cribbage-GR 2:00p Quilting Group-CR 2:00p Card Bingo-GR	30 12:30p Poker-TGR 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - A Boy Called Christmas