

November is the month for giving thanks!



CHRISTMAS IS AROUND THE CORNER!

Dear Friends,

Well for starters, I hope everyone is pleased with me as your activity coordinator. I would like to let you know that I appreciate your patience as I have transitioned over. You all are so good to me and I am thankful to have the opportunity to be there for each and every one of you.

If anyone has any new ideas to share for outings, the country store, places to eat for our monthly lunch date, or new activities please let me know! I am completely open to everyone's ideas!

**Thank you,
Emily Weeks
Life Enrichment
Coordinator**

Arlington Place Red Oak

November 2016

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There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "well I think I'll braid my hair today."

So she did, and she had a wonderful day.

The next day she woke up and noticed she had only TWO hairs on her head. "Hmmm," she said, "I think I'll part my hair down the middle."

So she did, and she had a wonderful day.

The next day she woke up and noticed she had ONE

A HUMEROUS NOTE FROM THE MANAGER

from Di Smith

hair on her head. "Well," she said, "I think I'll wear my hair in a ponytail today."

So she did, and she had a wonderful day.

The next day she woke up, looked in the mirror and noticed she didn't have a SINGLE hair on her head.

"Yeah!" she exclaimed, "I don't have to fix my hair today!"



ATTITUDE
is everything



A LETTER FROM THE R.N.

From LoriSue Points

It's that time of the year again, FLU SEASON! Hand washing, covering your mouth when you sneeze and cough, and not sharing food or drinks with friends or family will help prevent the spreading of these yucky FLU GERMS!



get
your
flu shot



I am so happy you all are liking the

REMINDERS FROM THE LEAD COOK

From Pam Ehlers



soups! If you have a recipe for soups, desserts, or casseroles please give it to me, Pam, or one of my ladies in the kitchen.

Thanksgiving dinner will be Thanksgiving Day, November 24th. We will be serving the Thanksgiving works with NO SALAD BAR. Our cooks will be very busy that day and I ensure that you won't walk away from the table hungry.

Please let one of the kitchen staff know ahead of time if you plan to have guests for Thanksgiving dinner. The fee per guest is \$8.00 starting Nov. 1st.



VETERANS DAY PROGRAM

November 10th, 3:00pm

Arlington is going to hold a Veterans Day Program in the main Living Room by the front door. We are going to have guest speaker Jerry Hanson from the Department of Veteran Affairs and cake with iced tea and coffee for refreshments afterward. We will recognize our veterans here in our own little community. Also, if you have a family member please bring them in for the program! We are proud of our vets!



OCTOBER MEMORIES

Music Therapy in “The Garden”



**Silly Goggle Straw
Just Because
Root Beer Float
Show and Tell Party!**

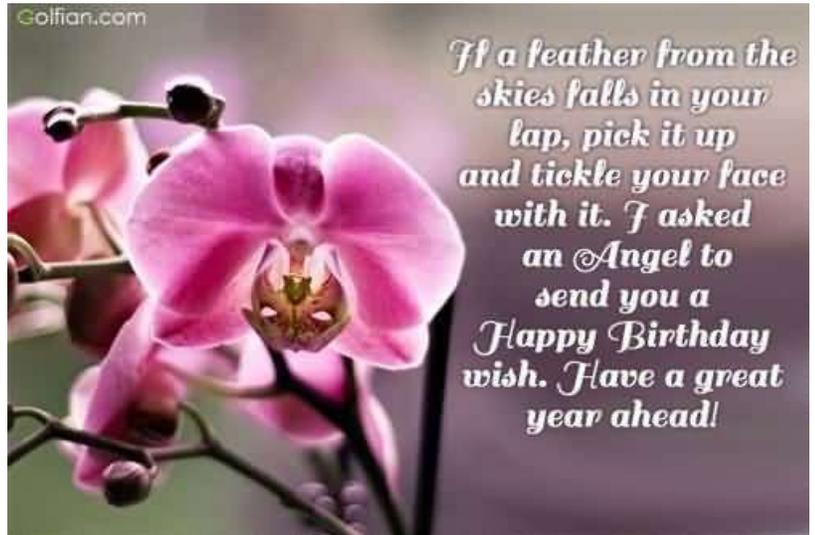


**The Happy Warblers
Singing with our own
Lois Schmid**

November Birthdays!

November 5th – Mildred Varilek

November 16th – Elvera Johnson



Dare to Dream

Our Dare to Dream this month was put aside due to my transition into your Activity Coordinator position. If there is something special you would like to do for your “Dare to Dream” please come see me and we can make your dreams come true!

-Emily Weeks, LEC

*A dream
is a wish
your heart makes*

OUTING REMINDER

Please remember that November is harvest season and Keith, your maintenance-do-it-all man will be working in the fields. Due to this situation, our monthly lunch dates, shopping trips, and field trips will be either on short notice or not at all.

