

November 2017

Arlington Place

800 E Ratliff Road
Red Oak, IA 51566
(712)623-1999



Upcoming Events

November 5

Arlington Place is welcoming Verne Olson for the first time! He will be playing Sacred Music after our Sunday Service at 3:00 P.M.

November 7

Don Joy & Melanie Lyn are coming back with their wonderful country duets! Show begins after supper at 6:30 P.M.

November 11

In honor of our Veterans here at Arlington Place we are holding a Veterans Day Coffee at 10:00 A.M. We will have fresh coffee and donuts! All are welcome, especially visitors!

Dear Friends,

As time grows closer and closer to the holidays I get a little more cheerful and cheerful each day. I can't hardly wait for what this season brings! I have lots and lots planned from homemade apple cider (that we will make ourselves) to practicing our Christmas carols for the most important birthday of the year!

This is the time of year where we hold close the ones we love. Although we should remind ourselves daily of the things we are most grateful for, November seems to be the month when we really focus on it. That being said I am going to create a designated spot on the walls for each and every one of us to post an autumn leaf something we are thankful for, staff and guests included!

Gratitude unlocks the fullness of life. It turns what we have into enough. It turns denial into acceptance, chaos into clarity, problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past... brings peace for today, and creates a vision for tomorrow.

Thank you all!
Emily Weeks, Life Enrichment Coordinator

Thanksgiving Dinner

Thanksgiving this year will be SO much fun! We have a lot of guests for our end of year holidays so what better opportunity to have a potluck salad bar?! I am asking you or your guests or both to bring a salad of your choice for our salad bar like we have done in the past. The more people participating the better the salad bar gets!

Also, it is VERY important that if you are having guests or will be out that afternoon for lunch that you let the kitchen know in advance. They want to know how many guests you will be having so they can make plenty of food! Please, please, please let us know in advance to reserve you and your guests a meal and seats in the Arlington Dining Room. Thank you!

November Birthdays!



Millie Varilek – November 5th

Elvera Johnson – November 16th

Elouise English – November 17th



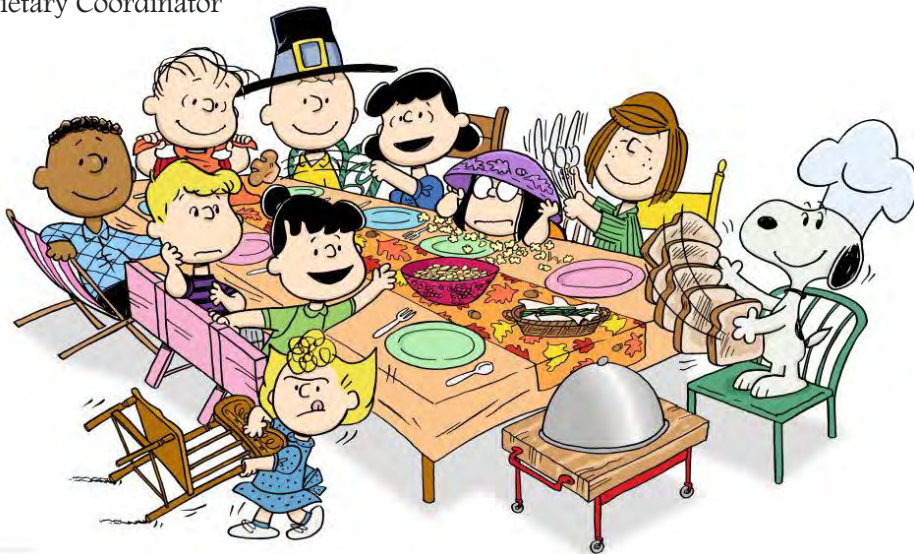


From the Culinary Department

It's soup time! Here at Arlington Place we have enjoyed the first few weeks of our delicious hot soups. Broccoli cheddar, chili, creamy potato, lasagna, and hobo stew are just a few, with more to come as the winter progresses. Please feel free to stop in and have a home cooked meal with your friends or loved ones and don't forget to snag yourself a bowl of hot yummy soup of the day! Let our kitchen staff know at least 24 hours in advance if you will be joining us, this is VERY important so there is enough food to go around!

We are looking forward to thanksgiving and are planning dinner for that day. Our Life Enrichment Coordinator, Emily Weeks, is planning a "Potluck Salad Bar" as we usually would not have our regular salad bar for Thanksgiving Dinner. She is asking for residents and/or guests bring a salad of your choice for her salad bar. She will also be whipping up some cranberry punch, and serve wine to those who wish to have a glass. Again, it is VERY important that you let us know in advance how many guests you will be having... I am requesting you let us know by November 14th end of day. We look forward to seeing you all!

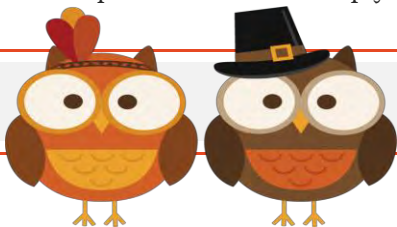
Pam Ehlers
Dietary Coordinator



REMINDERS:

-The "Hydration Station" located on the snack/fruit table is available to EVERYONE. Fresh fruit and cold refreshing water is filled daily to ensure everyone gets enough water. It is important to remember to drink water not only in the summer but colder months too!

-If you wish to purchase something from the "Country Store" located in the Library please remember to place your money in the jar on the top shelf. If you can't reach please ask staff to help you!



thankful
&
blessed

Jean Davidson celebrates a birthday!



In the Community

Homemade Hot Apple Cider Gathering

Wednesday, November 15th right after Bingo (about 3:15p.m.) we will join together to sip cider and indulge in a sweet treat!

Mennonite Choir Group

Thursday, November 16th at 7:00p.m. in the Arlington Living Room.

Foot Doctor comes back to Arlington Place!

Doctor Kiley will be here Monday, November 27th at 1:00p.m. in the Activity Room. We will have chairs available to those who wish to sit and wait. If you have never had this done here at Arlington Place before and want the doctor to check out your feet please let Emily Weeks know so she can put you on the list!

Live 2 B Healthy

Mondays and Thursdays at 10:30a.m. we have a physical therapist come in to help better your balance and strengthen your muscles! Remember this is all apart of your package upon moving in, take advantage of it!!

OCTOBER MEMORIES!

Domino Club Members: Naomi, Edie, Lois, and Mary Anne



Dave and Jackie, Lois' kids brought delicious treats for Community Coffee on Lois' Birthday! Thank you Dave & Jackie!!



Travelin' Musical Memories with Bill Tillman and Carolyn Nehls really had Di movin' and a groovin'!



Special visit from daughter Ann from Paraguay for Aileen!



Dolly, Letty, and Lucile getting ready for Music Therapy! Can't forget little Henry!!



Homecoming Parade with Emily Weeks daughter Olivia, Naomi, and Mary Anne!



Meet our new music therapist Elisha!

