

HELLO, NOVEMBER

From the Director's Desk:

Happy November! It seems hard to believe its already time to be celebrating Thanksgiving. We will have a sign-up sheet outside of the dining room for Thanksgiving guests. Please make sure you sign your guests up so we can plan ahead for how much food we need. We will need how many guests you are having by November 16th.

After we celebrate Thanksgiving we will be getting ready for Christmas, so the Embers elves will be putting up the trees in the solariums for you to decorate. For our newcomers, decorating your solarium is an event for you and your neighbors to enjoy together, so don't be shy!

We will be changing your furnace filters this month and if you need help on how to use your thermostat please let the office know. We would really like for you to not set your heat any higher than 75 degrees.

With the possibility of our lovely Iowa snow, if you have a garage, please start parking in your spot so it will be easier for our snow removal company to get our parking lot cleared out. Have a great November and a very Happy Thanksgiving.

~Linsey



Ken Hazen	11/1
JoAnn Daters	11/3
Carol Hollowell	11/3
John Dresser	11/7
Jeanette Loney	11/7
Joyce Meyer	11/15
Larry Wilkening	11/27

Employee Birthday's

Raegan Buschbom—11/20

Mara Tarbell—11/22

Connie Ruopp—11/24

Alyaah Carrillo—11/25

Mike Anderson—11/28



Anniversary

November 19th

Londell & Ellen Johnson

**Resident Birthday Party 2:30 PM, Friday, November 3,
in the Community Room**

Regular Weekly Activities

Monday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
6:30PM Game Night in The Perk Coffee Shop

Medical Appointments Van Runs 8am-12pm

Tuesday

- 10:00AM Exercise Class in the Community Room

1:30 PM Alternating grocery stores

Nov 7 - Fareway

Nov 14 - Hy-vee

Nov 21- Walmart

Nov 28 - Fareway



Wednesday

Medical Appointments Van Runs 8am-12pm

- 8:00AM Exercise in the Pool
10:00AM Play 500 in The Perk Coffee Shop
10:15AM Catholic Communion 1st Wednesday of the month
10:00AM Lutheran Communion 2nd Wednesday
12:50PM Bible Study on 3rd floor in game room
2:00PM Resident Meeting in the Chapel (3rd Wednesday)
3:00PM Bags in the Community Room

Medical Appointments Van Runs 8am- 12 pm

Thursday

- 10:00AM Exercise Class in the Community Room

Friday

No Medical Appointments

- 8:00AM Exercise in the Pool
9:30AM Kings in the Corner(Perk)
6:00PM Movie in the Theater

Sunday

- 6:00PM Vespers in the Chapel



In Memory of Bev & Gene



Bev Nusbaum

July 28, 1931 - October 21, 2023



Gene Seim

January 19, 1929 - October 20, 2023

Great Fun and Memories!



Quilts of Valor Honor:

Don Clubb, Norm Egli, Dessa Hattenfield, and Jack Walker

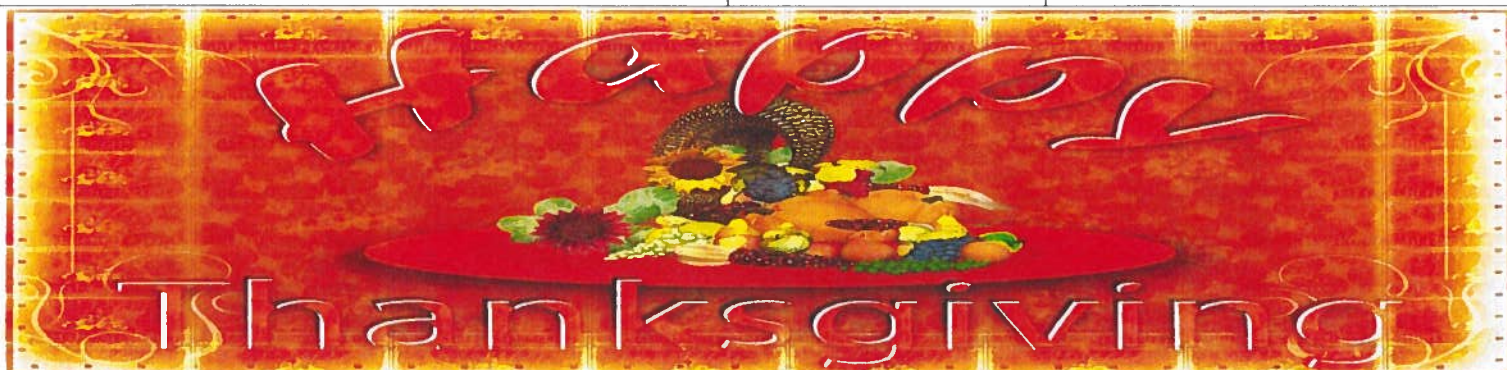


The background of the entire page is a close-up, slightly blurred image of the United States flag, showing the stars and stripes. The flag is oriented horizontally, with the stars in the upper left corner.

Earl Best	Dick Klassey
John Bradley	Orlyn Langenbau
Don Clubb	Bill Love
John Dresser	Chuck Nichols
Norm Egli	Lloyd Preston
Dan Garvey	Joseph Selk
Dessa Hattenfield	Jack Sharer
Ken Hazen	John Turini
John Hilleman	Jack Walker
Carol Hollowell	Larry Wilkening
Londell Johnson	Royal Young

November Events

1 st – Catholic Communion	10:15 AM	Chapel
2 nd – Crafts by Liz (sign up front desk)	1:30 – 3:00PM	Community Room
3 rd – Birthday's	2:30 PM	Community Room
6 th – Montour Bakery (sign up)	1:30 PM	Meet Lobby & O Door
8 th – Lutheran Communion	10:00 AM	Chapel
8 th – Jeopardy	2:00 PM	Perk
9 th – Happy Hour (Bickford)	2:00 PM	Perk
10 th Veterans Day! Dennis Perry Music	2:00 PM	Community Room
13 th – Court House Tour	1:30 PM	Meet in Lobby
14 th – Card Making	2:00 PM	Perk
15 th – Blood Pressure	2:30 PM	Perk
16 th – Bingo with Bruni	1:00 PM	Perk
21 st – Coffee and rolls	9:30 AM	Perk
22 nd – Bingo	2:00 PM	Community Room
22 nd – Real Deals (sign up)	1:30 PM	Meet Main Lobby & O Door
23 rd – Thanksgiving Day!		
27 th – 28 th – Decorating Solarium for the Holiday's		
29 th – Birdy (Singing)	2:00 PM	Community Room
30 th – Crafts by Liz (sign up front desk)	1:30 – 3:00 PM	Community Room



November Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ham Balls Cheesy Potatoes Green Beans Turnover	2 Broccoli Stuffed Chicken Scalloped Potatoes Veggies Pumpkin Dessert	3 Burnt Ends Loaded Potatoes Carrots Ice Cream	4 Country Fried Steak Potatoes/Gravy Corn Cobbler
5 Hawg Wings Loaded Potatoes Veggies Pie	6 Swedish Meatballs Potatoes/Gravy Peas & Carrots Assorted Desserts	7 Pork Chop Twice Baked Potatoes Greens Chocolate Chip Brownie	8 Tilapia Rice Mixed Veggies Lemon Bar	9 Cubed Steak Onions Potatoes/Gravy Cookie	10 Fried Chicken Seasoned Potatoes Veggies Cake	11 Pork Fritter Potatoes/Gravy Broccoli & Cheese Ice Cream
12 Country Style Ribs Mac & Cheese Veggies Pie	13 Meatloaf Au gratins Veggies Assorted Desserts	14 Shrimp Cheesy Potatoes Veggies Dream Bar	15 Caprese Chicken Potatoes/Gravy Peas Cookie	16 Resident Meal Jeanette Cooper	17 Smoked Sausage Sauerkraut Scalloped Potatoes Ice Cream	18 Pepper Steak With Rice Banana Bars
19 Baked Chicken Red Potatoes Veggies Pie	20 BBQ Meatballs Potatoes/Gravy Mixed Veggies Assorted Desserts	21 White Fish Au gratins Squash Cake	22 Pork Chop Baked Beans Corn Cookie	23 Thanksgiving Food	24 Country Fried Chicken Potatoes/Gravy Cauliflower Cheese Tart	25 Swiss Steak White Rice Veggies Flip
26 Pot Roast Carrots & Onions Potatoes/Gravy Pie	27 Cod Cheesy Potatoes Broccoli Assorted Desserts	28 Cooks Choice	29 Hamburger Steak Potatoes/Gravy Onions Tiramisu Cake	30 Orange Chicken Asian Veggies Rice Cake		Jeanette Cooper Resident Meal November 16th

November Supper						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Fish Sandwich Fries	2 Slider California Medley Soup	3 Spaghetti w/ Meatballs Garlic Bread	4 Subs Chips
5 Tuna Salad Lumber Jack Soup	6 Pancakes Smokies Tri Tater	7 Club Wraps Potato Soup	8 Pulled Pork Slaw	9 Chicken Parmesan Bread	10 Cheese Tortellini w/ Meat Sauce Garlic Stick	11 Walking Taco
12 Turkey Club Minestrone Soup	13 Omelette Sausage Potato Cakes	14 Wings Corn Chowder Soup	15 Bacon Pork Burger Fries	16 Sandwich Chips	17 Baked Potato Bar	18 Chef Salad
19 Egg Salad Garden Veggie Soup	20 Sausage Skillet Toast	21 Pinwheels Italian Wedding Soup	22 Hot Dog Sauerkraut Chips	23 Maid Rite Chips	24 Goulash Bread	25 Turkey Tetrazzini Roll
26 Italian Combo Sandwich Broccoli & Cheese Soup	27 Breakfast Pizza Yogurt	28 Hot Ham & Cheese Tomato Soup	29 Crispy Chicken Sidewinders	30 Sloppy Joe Soup		