





# November



November's Birth Flower is the Chrysanthemum Besides arranging them in bouquets, chrysanthemums can also be used to make tea and different flavors. Mums contain a natural insecticide and leaves can be boiled or steamed and eaten! Chrysanthemums are also believed to have medicinal uses. The roots can be boiled to treat headaches in traditional medicine. Health products containing chrysanthemums also claim to help lower blood sugar.



# **Birthday Celebrations**

On the last Friday of each month, we celebrate all the birthdays for that month. A special treat is served and we sing, dance, and play games! Please be sure to let us know if your birthday is coming up.

## Sound Affects Concert Dates

11/14/23 11/28/23

#### Featured Artists

Each month we are celebrating a famous artist. We will learn about their contributions to the art world and recreate examples of their work! October's featured artist is Franz Marc.



## Dia de Los Muertos Celebration November 2<sup>nd</sup> @ 1:00

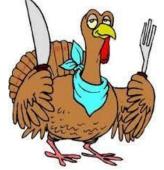


# Elderhaus Annual USO Show



We will celebrate our veterans November 9<sup>th</sup> from 10:30-2:30 with our Annual USO Show. Staff will perform, and a special lunch will be served for our Vets!

# Happy Thanksgiving!



Our Annual Thanksgiving Dinner will be November 16<sup>th</sup> at Council Tree Covenant Church from 10:00am-2:30pm. Family Members are Welcome with RSVP.

\*Elderhaus and Mindset will be closed November 23<sup>rd</sup> and 24<sup>th</sup> for the Thanksgiving holiday.



#### **Multicultural Units** For the month of October, we will learn about Mexico, Spain, Japan, Latvia, and Canada. If you have recipes or stories to share, please see Danielle.

*Please Note:* We try our best to do what is posted on the calendars. Sometimes the weather or other circumstances present the need for adjustments. Thank you for your patience and understanding. Notices about inclement weather or other closures will be posted on our Facebook page and voicemail no later than 6:30 a.m. on the day of closure.

### <u>Memories in the Making</u>

M.I.M watercolor painting will be scheduled for the 1st and 4th week of the month. This is a program exclusive to our dementia clients.





## Comments and Suggestions

Do you have a commment or suggestion you would like to share? Our new comment and suggestion box is located on the entryway table near the dining room.