



November

2021

Underlined programs will be group activities in the location specified in parentheses.

All other programming will be shown on channel 2.1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Movie & Popcorn: "Hocus Pocus" (Activity Room)</u></p>	<p>1:00 <u>This Week in History (Fireside Lounge)</u></p> <p>2:00 <u>Think Fast Game (Activity Room)</u></p> <p>3:00 <u>St. Pius Sunday Service</u></p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:10 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Documentary & Snacks (Activity Room)</u></p> <p>3:00 <u>Zumbro Lutheran Sunday Service</u></p>	<p>1:00 <u>500 Card Game (Activity Room)</u></p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Trinity Lutheran Sunday Service</u></p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Creative Coloring (Fireside Lounge)</u></p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 <u>Christ United Methodist Sunday Service</u></p>	<p>New Rochester Public Library books arrived yesterday! Stop by the Library on the first floor.</p>
7	8	9	10	11	12	13
<p>Puzzles, cards, coloring, and games are always available in the Activity Room and Fireside Lounge.</p> 	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Movie & Popcorn: "A Walk in the Woods" (Activity Room)</u></p> <p>2:00 <u>Scenic Drive (Sign up at Front Desk)</u></p>	<p>10:00 <u>Food Forum (Fireside Lounge)</u></p> <p>1:00 <u>This Week in History (Fireside Lounge)</u></p> <p>2:00 <u>Dominoes (Activity Room)</u></p> <p>3:00 <u>St. Pius Sunday Service</u></p>	<p>8:30 - 9:00 <u>Hearing Aid Clinic (Library)</u></p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:10 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>November Craft (Activity Room)</u></p> <p>3:00 <u>Zumbro Lutheran Sunday Service</u></p>	<p>1:30 <u>Veterans Happy Hour (Activity Room)</u></p> <p>2:30 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Trinity Lutheran Sunday Service</u></p> <p style="border: 1px solid red; padding: 2px; display: inline-block;">No AM Shuttle</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Music w/Colby (Fireside Lounge)</u></p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 <u>Christ United Methodist Sunday Service</u></p>	<p>Writing Prompt #3:</p> <p>Find a photo and write about what can't be seen in the picture.</p>
14	15	16	17	18	19	20
<p>Puzzles, cards, coloring, and games are always available in the Activity Room and Fireside Lounge.</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>11:00 - 2:00 <u>Collectors Showcase (Fireside Lounge)</u></p> <p>1:00 <u>Movie & Popcorn: "Pay It Forward" (Activity Room)</u></p>	<p>1:00 <u>This Week in History (Fireside Lounge)</u></p> <p>2:00 <u>Food Fun: Turkeys & Pilgrim Hats (Activity Room)</u></p> <p>3:00 <u>St. Pius Sunday Service</u></p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:10 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Art Studio: Chalk Pastels (Activity Room)</u></p> <p>3:00 <u>Zumbro Lutheran Sunday Service</u></p>	<p>1:00 <u>500 Card Game (Activity Room)</u></p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Trinity Lutheran Sunday Service</u></p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Music w/Michael Gruber (Fireside Lounge)</u></p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 <u>Christ United Methodist Sunday Service</u></p>	<p>Writing Prompt #4:</p> <p>What did you most enjoy doing this week?</p>
21	22	23	24	25	26	27
<p>Puzzles, cards, coloring, and games are always available in the Activity Room and Fireside Lounge.</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Movie & Popcorn: "A Dog's Purpose" (Activity Room)</u></p> <p>2:00 <u>Scenic Drive (Sign up at Front Desk)</u></p>	<p>1:00 <u>This Week in History (Fireside Lounge)</u></p> <p>2:00 <u>Sing & Reminisce (Activity Room)</u></p> <p>3:00 <u>St. Pius Sunday Service</u></p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:10 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Nifty Nails & Hand Massage (Activity Room)</u></p> <p>3:00 <u>Zumbro Lutheran Sunday Service</u></p>	<p style="text-align: center;">HAPPY THANKSGIVING</p>  <p style="border: 1px solid red; padding: 2px; display: inline-block;">No Shuttle</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Creative Coloring (Fireside Lounge)</u></p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 <u>Christ United Methodist Sunday Service</u></p>	<p>Writing Prompt #5:</p> <p>If you could meet any fictional character, who would it be and why.</p>
28	29	30				
<p>Puzzles, cards, coloring, and games are always available in the Activity Room and Fireside Lounge.</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Movie & Popcorn: "A Dog's Journey" (Activity Room)</u></p>	<p>1:00 <u>Resident Meeting (Fireside Lounge)</u></p> <p>2:00 <u>Dominoes (Activity Room)</u></p> <p>3:00 <u>St. Pius Sunday Service</u></p>				

Animal of the Month – Iguana

Iguanas are large, plant-eating, tree-climbing lizards that are commonly kept as pets. They are native to the Caribbean and Central and South America. The animals can also be found in the wild in parts of the United States.



These reptiles can grow up to six feet long and can live to around 20 years old. Iguanas prefer hot, humid climates and love to bask in the sun. They use sunlight to make vitamin D and keep warm.

They have excellent vision, which they use to find food in their forest habitats. They

primarily eat foliage and vegetation and use their small serrated teeth to grasp and shred their food.

In some traditions, iguanas are considered to be a spirit animal that symbolizes patience and kindness. Iguana meat and eggs are sometimes eaten in parts of the Americas.

Special Days

All Saints' (Hallows) Day
November 1

Election Day
November 2

Veterans Day (U.S.) & Remembrance Day (Canada)
November 11

Thanksgiving (U.S.)
November 25

Hanukkah Begins at Sundown
November 28

Flower – Chrysanthemum



Chrysanthemums—also called “tansies,” “mums,” or “chrysanthus”—bloom in the fall, bringing extra cheer to colder climates when most flowers take a break. This hugely popular tropical flower, which comes in a range of sizes, gets its name from the Greek words *chrysos* (gold) and *antheon* (flower). Its membership in the *compositae* or *asteraceae* family puts it in the edible flower category along with daisies and sunflowers. They range in flavor from “peppery” to “cauliflower.”

Birthstone – Yellow Topaz



Topaz, the birthstone for November, likely gets its name from the Red Sea's Island of Topazios (now called Zabargad). Pure topaz is a colorless or “white” stone.

However, it's often tinged with other minerals to create shades of yellow, pink, orange, and blue. It's most commonly found in shades of yellow—a shade Cleopatra was said to be especially fond of, since it reminded her of honey. The ancient Greeks associated topaz with strength. During the Renaissance, Europeans believed this was the stone to use to break a magic spell.

November Firsts in TV and Sports

November TV firsts include:

- *Meet the Press* and *Face the Nation* premiered on Nov. 6, 1947, and Nov. 7, 1954, respectively.
- *Meet Rocky and Friends* premiered on Nov. 19, 1959. The show later became known as the *Bullwinkle Show*.
- *Sesame Street* premiered on Nov. 10, 1969.
- *The New Original Wonder Woman* TV movie aired on Nov. 7, 1975, as a pilot for the *Wonder Woman* series.



November sports firsts include:

- First intercollegiate football game in the U.S. (pitting Rutgers against Princeton): Nov. 6, 1869
- First Army-Navy football game (Navy won 24–0): Nov. 29, 1890
- First U.S. women's amateur golf championship: Nov. 9, 1895
- First gasoline-powered auto race: Thanksgiving, Nov. 28, 1895
- First collegiate game of the disc sport “ultimate frisbee”: Nov. 6, 1972

Riddle Me This

In September, you picked me.

In October, you cut me intentionally.

In November, you threw me away like you never knew me.

What am I?

ANSWER: A pumpkin

November Zodiacs

Scorpio (The Scorpion)
November 1–21

Sagittarius (The Archer)
November 22–30

November was the ninth month on the early Roman 10-month calendar, taking its name from the Latin word *novem*, meaning “nine.” It became the eleventh month when the Roman senate adopted January and February. Legend has it that the Roman senate proposed naming the month after Tiberius Caesar, born November 16, 42 BC. However, Julius Caesar rejected this idea, saying, “What will you do if you have thirteen emperors?”