

WHAT'S COMING UP

November 1st

All Saints' Day

November 4th

Book Lovers Day

November 6th

National Nacho Day

November 7th

U.S. General Election Day

November 9th

World Freedom Day

November 11th

Veteran's Day

November 13th

Caregiver Appreciation Day

November 15th

America Recycles Day

November 22nd

Go for a Ride Day

November 23rd

Thanksgiving

November 28th

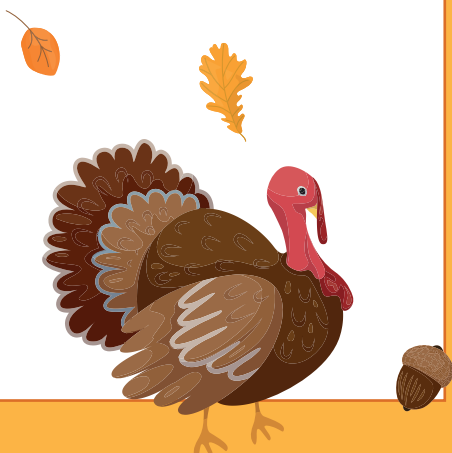
French Toast Day

November 29th

Chia Pet Day

November 30th

Stay at Home Because
You Are Well Day



NOVEMBER 2023 NEWSLETTER



With Great Thanks,

November is a time of thankfulness and for us to reflect on the “spirit of giving.” But what is the spirit of giving? Giving to others encompasses and uses all parts of ourselves including our head, our heart, and our hands to make a positive difference in our world. The secret to the true spirit of giving is the expectation of nothing in return.

“Giving is a vital way by which we connect to God’s provision of prosperity for us. By it, we command the forces of heaven that deliver wealth to a man, and we orchestrate events in our favor. There is that scattereth, and yet increaseth; And there is that withholdeth more than is meet, but it tendeth to poverty.”

— Proverbs 11:24-25

Thanksgiving commemorates a harvest festival celebrated by the pilgrims in 1621 and is held in the US on the fourth Thursday in November. A similar holiday is held in Canada on the second Monday in October.

We will have our annual family Thanksgiving meal and look forward to seeing our families join their loved ones and the community at large. We are thankful to you for allowing us to serve you and your loved one.

Happy Thanksgiving to you and your family!

Rachelle Gillespie,
Executive Director



Assisted Living Week

To celebrate Assisted Living Week we decided to reflect on a golden age: a time when a nickel would buy you a soda and a smile, and poodle skirts were the cat's meow — the 1950s!



Western Mixer

Our Western Mixer was such an engaging experience for the residents. The menu included chili, cornbread and orange punch.



Pathways Birthday Celebration

John Carroll High School student volunteers joined us on the perfect day, helping to make sure our birthday celebration was a success in Pathways.



What's Cooking Wednesday

October's What's Cooking Wednesday was Italian themed! We put our finger tips to our lips and all that was left to say was "That's Amore!"



Fall Canvas Painting Class

November 7th and 9th

Join us for a relaxing experience while making a beautiful masterpiece with Early's Art with Heart. There will be two classes: November 7th at 10:00 am in our Pathways Community and November 9th at 1:30 pm in our Assisted Living Community.



Edgewood Garden Club

November 8th at 1:30 pm

We will once again partner with Edgewood Garden Club for a hands-on flower class. Our Residents will have the opportunity to build their own flower arrangements.



Veterans Day Celebration

November 10th at 2:00 pm

We will recognize our Veterans with a small token of appreciation. The celebration will include pastries, punch and coffee. All are welcome to attend!



Tribute to Willie Nelson Concert

November 14th at 2:00 pm

Mark your calendars and don't forget! A Tribute to Willie Nelson will be performing all of Willie's hits.



What's Cooking Wednesday November 15th at 12:00 pm

November's What's Cooking Wednesday will be Paris themed. Our Residents will have the pleasure of being served delicious Parisian cuisine!



70s Party

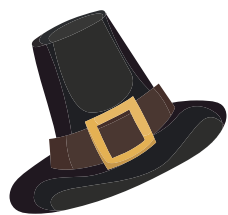
November 17th at 2:00 pm

Dust off your bell bottoms and boogie on over to our 70s themed birthday party held in the Assisted Living Dining Room.

Friends Make the Best Neighbors

Would you like a free* month at Regency? Don't forget about our "Friends Make the Best Neighbors" promotion! Invite your friends to move into our community and receive a free month or a check for \$2,500 for each referral who becomes a resident.

**Referring residents will be paid out 60 days from the move-in date.*



Martha Abrams

Regency Birmingham shines the spotlight this month on resident Martha Abrams. Mrs. Abrams graduated from Dunbar High School and worked as a Certified Nursing Assistant for 24 years. She also worked as a hairdresser. Mrs. Abrams is one of seven siblings, a mother of one and has been married for 44 years. She enjoys bingo, word search puzzles, music and visits from her husband, nieces and nephews. Mrs. Abrams is independent, has a keen attention to detail and is a friend to everyone! Thank you Mrs. Abrams for choosing Regency!



Happy Birthday



Resident

Hytha Polk

Nov. 13th

Carolyn Callan

Nov. 30th

Employee

Mariah Scott

Nov. 17th

Quenisha Baldwin

Nov. 22nd

Lavern James

Nov. 29th

Employee

Debra Armstrong

Nov. 30th

Emaria White

Nov. 30th

FUN FACTS

- » November's full Moon is traditionally called the Beaver Moon. This was based on the month that beaver traps were set before winter in the Colonial era.
- » November's traditional birthstone is the topaz which is a symbol of honor and strength.
- » Some famous people whose birthdays are in November include Mark Twain, Matthew McConaughey, Leonardo DiCaprio, Ryan Gosling, Jimmy Kimmel, Whoopi Goldberg, Owen Wilson, Scarlett Johansson, Miley Cyrus, and Ben Stiller.
- » Thanksgiving is a holiday that dates back to 1621. The first Thanksgiving was started when the Pilgrims, early European settlers, and Native Americans came together for a three-day feast to celebrate a successful harvest.
- » The day after Thanksgiving is known as Black Friday, marking the unofficial start of the holiday shopping
- » November's name has remained unchanged since the ancient Roman calendar, which was in use until 45 BC. This first Roman calendar was only made up of ten months, with November being the ninth month. November actually translates rather appropriately into "ninth month" in Latin. When the Julian calendar was adopted in 45 BC, two new months were added, which pushed November back to the 11th month. Despite its change in position, November was never renamed.
- » The Anglo-Saxons had quite a fitting name for November. It's usually at this time of the year in the northern hemisphere that cold winds start to chill you to the bone, and as such, they called it "Wind Monath," or wind month.
- » The fifth of November marks a historic day in the UK. On this day in 1605, a group of Roman Catholics plotted to blow up the English Parliament while King James I was inside. Fortunately, the plot was foiled. Every year festivities are held across the country to celebrate the group's failure, which includes setting off countless fireworks, lighting bonfires, and even setting alight effigies of Guy Fawkes, one of the conspirators.

WORD FIND

G A R G E T T Y S B U R G E V V U N Y D Q O S C G
P S A G I T T A R I U S K N Y F H F G J H V S I X
A T U U J L C Y P T N S M A L L P O X A A E U M B
R C T H A N K S G I V I N G N C E M Z M S T S U E
I X H W K X N R B T R G E T P A R A D E C E A S A
S S E S A C Y H R F U X F R E U M F S R O R X T V
M U Z B A N A N A X N O O Q W W S B L I R A O A E
L J I F T F O O T B A L L Z K Z S P A C P N N C R
Y C I F E Y N Q T U L F Z N A V P D D A I S S H S
S N X G I N V T U C Y J Z L I N C O L N O P S E B

THANKSGIVING

BEAVER

MUSTACHE

SAXONS

SMALLPOX

VETERANS

SCORPIO

FOOTBALL

GETTYSBURG

BANANA

LINCOLN

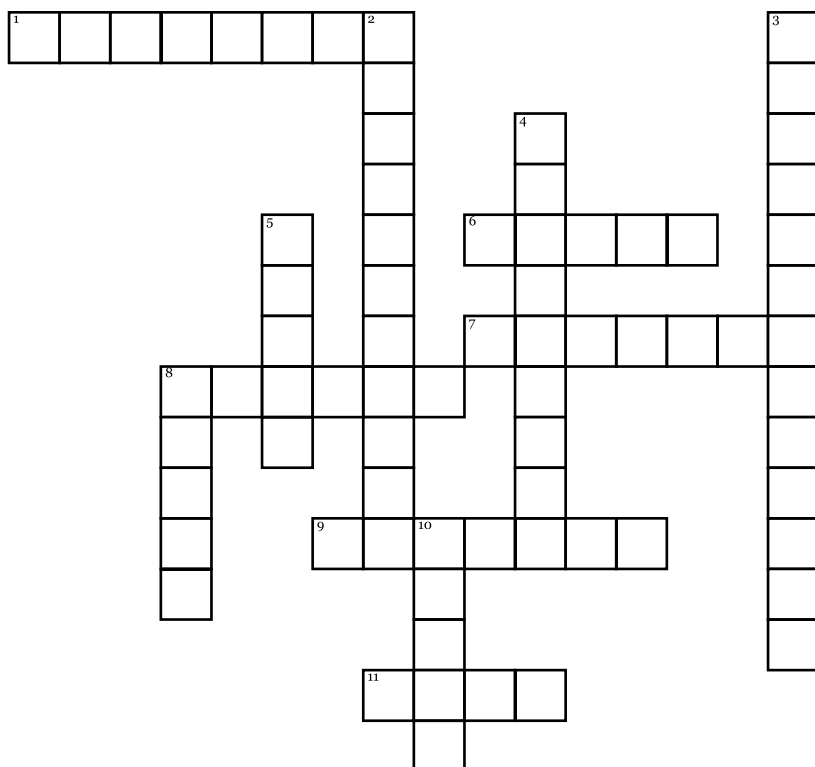
SAGITTARIUS

PARADE

PARIS

AMERICA

CROSSWORD



Down

2. British writer
3. November birth flower
4. Fall is a season of _____
5. November birthstone
8. The day after Thanksgiving is known as _____ Friday
10. The Latin word for November

Across

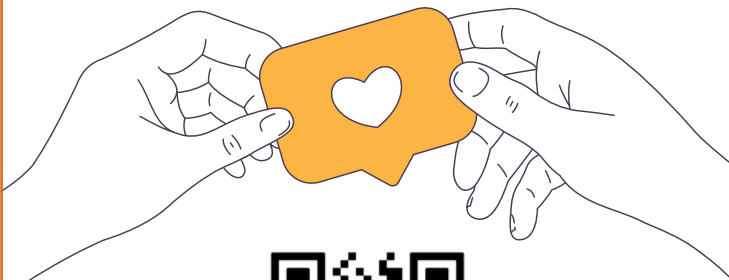
1. Early European settlers
6. Dog in a spacecraft
7. Delivered the Gettysburg Address
8. Full moon in November is called the _____ Moon
9. 35th president of the USA
11. Roman emperor



Stay Connected!

Join Our Facebook Group

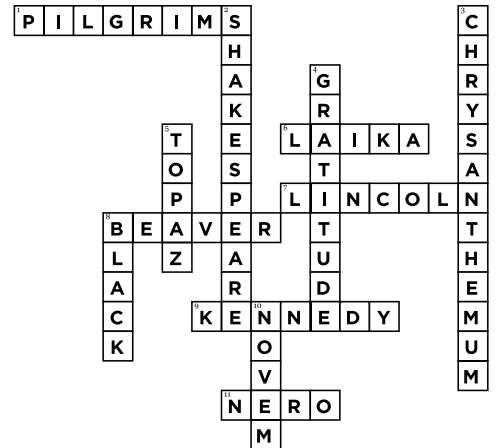
Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



HAPPY
Thanks giving

ANSWER KEY

G A R G E T T Y S B U R G E V V U N Y D Q O S C G
P S A G I T T A R I U S K N Y F H F G J H V S I X
A T U U J L C Y P T N S M A L L P O X A A E U M B
R C T H A N K S G I V I N G N C E M Z M S T S U E
I X H W K X N R B T R G E T P A R A D E C E A S A V
S S E S A C Y H R F U X F R E U M F S R O R X T V
M U Z B A N A N A X N O O Q W W S B L I R A O A E
L J I F T F O O T B A L L Z K Z S P A C P N N C R
Y C I F E Y N Q T U L F Z N A V P D D A I S S H S
S N X G I N V T U C Y J Z L I N C O L N O P S E B



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