

NOVEMBER 2022

Pheasants Ridge Press

Hello
November

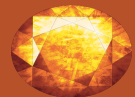


- November 8 is Election Day
- November 11 is Veterans Day
- November 14th is National Pickle Day
- November 18th is Mickey Mouse's Birthday
- November 24 is Thanksgiving Day
- November's full Moon occurs on Tuesday, November 8

November's flower:
Chrysanthemum



November's
Birthstone:
Topaz



*November is the month when
days start growing short.
We say why we are thankful
& watch our favorite sport.
We celebrate the harvest,
with turkeys who say gobble,
We feast on Thanksgiving day
& eat until we wobble.*



In the early morning hours of November 8, a total lunar eclipse will be visible from much of North America. The full eclipse begins at 5:16 A.M. EST, reaching totality at 5:59 A.M.

NURSE'S ORDERS

BLUESTONE ROUNDING 11/28

Common Cold Remedies

- Hydrate hydrate hydrate!
- Rest
- Sip warm liquids, try adding honey
- Add moisture to the air
- Talk to the nurse about your symptoms and medication options
- Soothe a sore throat with a salt water gargle



Remember!
On November 6 at
2 a.m. is the end of
Daylight Saving
Time. Set your
clocks back one
hour!

*Workin' hard?
or hardly workin?'*



In October, Mr.
Chuck celebrated
his 102nd Birthday!!



YAAHOO!
102!

**HAPPY
BIRTHDAY**

No Resident Birthdays in November

Happy birthday to our staff...

Brooklyn, Natalia

Bev, Aliviya, &

Becky!



Thankful
GRATEFUL
BLESSED



Word Scramble

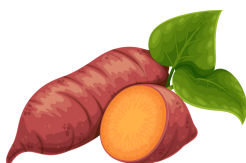
Thanksgiving Edition



YTUKER
OTFOLLBA
AMY
UFTSFNGI
HKANTS
PMKUPNI IEP
COPNUROIAC
RAPDAE
MAILYF



GIVE
THANKS





November 2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

30 TV Church Chair Stretches	31 2:00PM HALLOWEEN PARTY	1 10:00am Daily Exercise 2:00pm Cards	2 10:00am Daily Exercise 1:30pm BINGO!	3 10:00am Daily Exercise 2:00pm Movie Day	4 10:00am Daily Exercise 2:00pm Yahtzee	5 Self lead or Assisted Hallway Walking
6 TV Church Chair Stretches	7 10:00am Daily Exercise 2:00pm Dessert Social	8 10:00am Daily Exercise 2:00pm Cards	9 10:00am Daily Exercise 1:30pm BINGO!	10 10:00am Daily Exercise 2:00pm Movie Day	11 10:00am Daily Exercise 2:00pm Board Games	12 Self lead or Assisted Hallway Walking
13 TV Church Chair Stretches	14 10:00am Daily Exercise 2:00pm Current Events	15 10:00am Daily Exercise 12:00pm Resident Council	16 10:00am Daily Exercise 1:30pm BINGO!	17 10:00am Daily Exercise 2:00pm Movie Day	18 10:00am Daily Exercise 2:00pm Cards	19 Self lead or Assisted Hallway Walking
20 TV Church Chair Stretches	21 10:00am Daily Exercise 2:00pm Happy Hour	22 10:00am Daily Exercise 2:00pm Cards	23 10:00am Daily Exercise 1:30pm BINGO!	24 HAPPY Thanks giving	25 10:00am Daily Exercise 2:00pm Yahtzee	26 Self lead or Assisted Hallway Walking
27 TV Church Chair Stretches	28 10:00am Daily Exercise 2:00pm Trivia	29 10:00am Daily Exercise 2:00pm Puzzles	30 10:00am Daily Exercise 1:30pm BINGO!	1 10:00am Daily Exercise 2:00pm Movie Day	2 10:00am Daily Exercise 2:00pm Cards	3 Self lead or Assisted Hallway Walking