

THE Greenhaven Estates *Lifestyle*



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
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GREENHAVEN MANAGEMENT TEAM

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Benjie Doctolero

Business Office Director

Alexandria Noel

Sales Director

Lindsey Palmer

Assisted Living Director

Arlene Moreno

Resident Care Coordinator

Tyler Brown

Activities Director

Kaitlynn Eagleson

Dining Director

Bradley Boyer

Maintenance Director

Steven Corey

CHANGE
YOUR
CLOCKS

NOVEMBER 2023



Golden Blooms

With their seasonal shades of vibrant orange and golden yellow, marigolds are a classic fall flower. Marigolds sprout quickly and grow fast, showing off colorful blooms from spring through fall. Two of the most common types are French marigolds, which are small and bushy, and tall African marigolds with large blossoms. Despite their names, the flowers are actually native to the Americas.

Attracting butterflies, ladybugs and other beneficial insects, marigolds are featured in many flowerbeds. They're also popular companion plants for common garden vegetables, especially tomatoes, since their strong scent repels certain pests. In addition to their typical warm, golden hues, marigolds can be deep red, creamy white, or two-toned.

Marigolds play an important role in the annual Mexican celebrations of *Día de los Muertos*, or the Day of the Dead. For centuries, bouquets and garlands of marigolds have been used to decorate the graves and elaborate home altars that honor departed loved ones.

NOVEMBER 2023

Itty Bitty Pumpkin

This simple little squash will bring autumn cheer to your home.

Materials:

- 3 orange pipe cleaners
- Scissors
- Small wooden spool
- Green pipe cleaner

Directions:

Fold each of the orange pipe cleaners in half, then cut at the folds to create 6 shorter pipe cleaners. Insert one pipe cleaner into the top of the spool, then bend the cleaner and insert the other end into the bottom of the spool. Repeat with the remaining orange pipe cleaners to form a pumpkin shape. Cut the green pipe cleaner into a 3-inch piece. Twist the pipe cleaner or wrap it around your finger to create a spiral. Wrap one end of the green pipe cleaner around the top of the spool to create the pumpkin's stem.

'Rescue' Is One

How many words can you come up with using the letters in "crunching leaves"?

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	2 8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	3 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	4 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Color Therapy 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
5 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 3:00 Color Therapy 5:00 Movie night (resident choice)	6 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	7 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	8 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	9 8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	10 Veterans Day (Observed) 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	11 Veterans Day 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Color Therapy 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
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19 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 3:00 Color Therapy 5:00 Movie night (resident choice)	20 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	21 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	22 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	23 	24 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:00 Bingo 3:00 Happy Hour★ 5:00 Movie Night (with popcorn)	25 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Color Therapy 1:30 Bingo 3:00 Beauty Time 5:00 Movie night (resident choice)
26 8:00 Morning news 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 3:00 Color Therapy 5:00 Movie night (resident choice)	27 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy hour★ 5:00 Movie night (resident choice)	28 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie night (resident choice)	29 8:00 Morning News 9:30 Morning Exercise 10:30 Morning walk club 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)	30 8:00 Morning News 9:30 Morning Exercise 10:30 Church 12:00 Communication skills 12:30 Crossword challenge 1:30 Activity time 3:00 Happy Hour★ 5:00 Movie Night (resident choice)		



PUMPKIN PATCH DAY!
A lovely day.

Brain Bender: Thankful Thoughts

Every year at Thanksgiving dinner, Mom asks everyone to share something they're thankful for before they can eat dessert. Can you use the clues below to match each member of the family with their favorite dessert and the thing they're thankful for this year?

- Mom and Grandma made four different kinds of pie—apple, chocolate, pecan and pumpkin—as well as chocolate chip cookies.
- Dad is thankful for his car. He does not like pumpkin-flavored things.
- Both children, a brother and sister, love chocolate.
- Grandma thinks Thanksgiving is the best holiday because she is so grateful for traditions. Her pecan pie recipe has been passed down for generations and is her favorite.
- The sister loves school and is most thankful for her teacher. She often brings her favorite cookies to share with the class.
- The brother is so happy that his parents let them get a dog this year.
- What Mom is most thankful for is the same each year—her family.

(Answers: Mom loves pumpkin pie and is thankful for her family. Dad loves apple pie and is thankful for his car. The brother loves chocolate pie and is thankful for the family's dog. The sister loves chocolate chip cookies and is thankful for her teacher. Grandma loves pecan pie and is thankful for traditions.)



Welcome our new Business Office Director, **Alexandria Noel**.

Tiny Turkey

This little turkey will be a cute addition to your Thanksgiving décor.

Materials:

- Large clothespin
- Craft glue
- Wiggle eyes
- Scissors
- Orange or yellow construction paper
- Fall leaves (real or fake)

Directions:

Create the turkey's body from the clothespin. The clasp end will be the top of the turkey's head. Glue the wiggle eyes onto one of the flat sides of the pin. Then, cut out a small triangle from the construction paper to make the turkey's beak. Glue the beak in place beneath the eyes. Stack two or three leaves together to make the turkey's feathers. Try a smaller, rounder leaf on top of larger, pointed leaves. Glue the stack of leaves together, then place a line of glue on the back of the clothespin and attach it to the center of the leaf stack. Stand the turkey up on the "feet" of the clothespin. If desired, use the clasp to hold a small photo or a place card for your holiday table.

