



# ALTA RIDGE COMMUNITIES

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## Happy Birthday

### Happy Birthday

Nov. 2 - KaraLynn

Nov. 12 - Reba

Nov. 13 - Marva

Nov. 16 - Chris (*Maintenance*)

Nov. 17 - Betty T. &

Kenzie (*Activity Assistant*)

Nov. 19 - Danielle (*C.N.A.*)

Nov. 20 - Donna

Nov. 25 - Grace

### Taking Care of Others

For those who take care of others, give yourself a pat on the back this month—November is National Family Caregivers Month.



November 2011



## Resident Party

### Thanksgiving Feast

Please join us for a Thanksgiving Feast!

Saturday, Nov. 19,

at 1 p.m.

*R.S.V.P. by Nov. 15.*

### Word for November: Thankful

This Thanksgiving, at tables across the country, friends and families will sit down and enjoy a bountiful meal together. Yet the holiday means more than having a delicious dinner. It's also a day to express thanks—to be thankful for our freedom, our loved ones and our lives, as well as mindful of the ways we are blessed, not just on Thanksgiving, but each and every day of the year.

### Your Holiday Newsletter

Our newsletter is your communications link to all the festive upcoming holiday activities we have planned! We will have a variety of exciting events going on, and we want to make sure you plan to attend all of them.

Rely on your newsletter to find details on upcoming parties, contests and other plans. If you have ideas of your own to suggest, let us know!

## Thankful Thoughts

Here's to friends, family, good food and fun!

## Thanks, Veterans

On Nov. 11, express your gratitude for veterans' service to our country.

## Positive Thought

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same." —Francesca Reigler

## Monthly Celebrations

The holiday season is already upon us—a time to celebrate and cherish the special people in our lives. In addition to honoring friends and family, this month recognizes these parties, as well:

- National Inspirational Role Models Month.
- National Family Caregivers Month.
- National Authors' Day (Nov. 1).
- National Young Reader's Week (Nov. 7-11).
- National Parents as Teachers Day (Nov. 8).



Sunday	Monday	Tuesday
		<b>1</b> 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Trivia 3:00 Snack 4:00 Afternoon Social 5:00 Dinner Time
9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  <b>Daylight Saving Time Ends</b>	<b>6</b> <b>7</b>	<b>8</b> 9:00 Gussy Up 10:00 Refreshments 10:30 Mind Crunches 12:00 Lunch Time 2:00 Miss Broadway 3:00 Snack 4:00 Puzzles 5:00 Dinner Time
9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  <b>HAPPY BIRTHDAY, MARVA!</b>	<b>13</b> <b>14</b>	<b>15</b> 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 2:00 Jim Rielly 3:00 Snack 4:00 Puzzles 5:00 Dinner Time
9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time  <b>HAPPY BIRTHDAY, DONNA!</b>	<b>20</b> <b>21</b>	<b>22</b> 9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 1:00 Trivia 2:00 Don Behrman 3:00 Snack 4:00 Puzzles 5:00 Dinner Time
9:00 Gussy Up 9:45 Refreshments 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	<b>27</b> <b>28</b>	<b>29</b> 9:00 Gussy Up 10:00 Refreshments 10:30 Remember When 12:00 Lunch Time 2:00 Henry Chandra 3:00 Snack 4:00 Puzzles 5:00 Dinner Time

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p>9:00 Gussy Up 10:00 Van Ride/Snack Stop 10:15 Refreshments 10:30 Ring Toss 12:00 Lunch 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time <b>HAPPY BIRTHDAY, KARA!</b></p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Local News 12:00 Lunch Time 1:00 Arts &amp; Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Local News 12:00 Lunch Time 1:00 Arts &amp; Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Floor Games 12:00 Lunch Time 1:00 Trivia 3:00 Snack 4:00 Afternoon Social 5:00 Dinner Time</p>
<p>9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Chair Bowling 12:00 Lunch 2:00 Van Ride 2:30 Pictures &amp; Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 10:30 Bible Study 12:00 Lunch Time 2:00 Lawrence Welk 3:00 Snack 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:15 Sit 'N' Dance With Becky 10:45 Refreshments 12:00 Lunch Time 2:00 Basket Shoot 3:00 Snack Time 4:00 Puzzles 5:00 Dinner Time  <b>Veterans Day</b></p>	<p>9:00 Gussy Up 10:00 Refreshments 10:15 Manicures 12:00 Lunch Time 1:00 Hand Massages 2:00 Lawrence Welk 3:00 Snack 5:00 Dinner Time  <b>HAPPY BIRTHDAY, REBA!</b></p>
<p>9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Ring Toss 12:00 Lunch 2:00 Van Ride 2:30 Puzzles 3:00 Snack 4:00 Magazines 5:00 Dinner Time <b>HAPPY BIRTHDAY, CHRIS!</b></p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Manicures 12:00 Lunch Time 1:00 Sandy Home Choir 3:00 Birthday Bash 4:30 Magazine Review 5:00 Dinner Time  <b>HAPPY BIRTHDAY, BETTY T. &amp; KENZIE!</b></p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 World News 12:00 Lunch Time 1:00 Balloon Badminton 3:00 Snack 4:00 Creative Canvas 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Local News 11:30 Party Prep 1:00 Thanksgiving Luncheon 3:00 Snack 4:00 Reading 5:00 Dinner Time  <b>HAPPY BIRTHDAY, DANIELLE!</b></p>
<p>9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Manicures 12:00 Lunch Time 2:00 Van Ride 2:30 Ball Toss 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>9:00 Gussy Up 10:45 Refreshments 11:15 Turkey Trivia 12:00 Thanksgiving Meal 1:30 Family &amp; Friends Time 3:00 Snack 4:00 Turkey Stories 5:00 Dinner Time  <b>HAPPY THANKSGIVING!</b></p>	<p>9:00 Gussy Up 10:15 Sit 'N' Dance With Becky 10:45 Refreshments 12:00 Lunch Time 2:00 Floor Games 3:00 Snack 4:00 Making Cards 5:00 Dinner Time  <b>HAPPY BIRTHDAY, GRACE!</b></p>	<p>9:00 Gussy Up 10:00 Refreshments 10:30 Stretching 12:00 Lunch Time 1:00 Bingo 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>
<p>9:00 Gussy Up 10:00 Van Ride 10:15 Refreshments 10:30 Chair Bowling 12:00 Lunch 2:00 Van Ride 2:30 Pictures &amp; Colors 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>			

# November 2011

## Resident of the Month



Grace Bernini

It is our pleasure to honor Grace Bernini as our Resident of the Month.

Grace Bernini was born on Nov. 25, 1921, in Twatinaw, Canada. At the young age of six, Grace's mother passed away, which consequently resulted in her family relocating to Silver City, Utah. This is where Grace met the love of her life, Joe. They were married in Eureka, Utah. They built a wonderful home together, spending sixty-six joyous years while raising two boys. Her second passion was being a volunteer for various local charities. It was here that she was voted Woman of the Year. Later in life, Grace became a correspondent for the local newspaper called The Eureka Times. She enjoyed this so much that she was asked to be Editor. In 2002, Grace was nominated as Senior Citizen of the Year!

We love Grace and look very forward to spending many more years creating memories with her.

## Employee of the Month



Natalie Moss

We are so honored to show our gratitude for Natalie Moss this month. Natalie has the awesome ability to keep our facility clean and also serves in our kitchen at night. Natalie is also the first to accept an extra shift when asked.

When Natalie is not at work, she is a fantastic and dedicated wife and mother of two little girls, Olivia and Kaylee. In Natalie's free time, she enjoys spending quality time with her family, taking walks with her children or reading a good book. She also has had the opportunity to travel to Hawaii, California and Connecticut, where she served an LDS mission. Natalie attended college at Utah Valley State, where she received her associate degree in childcare, and in the future she would like to work with special needs children or adults.

Thank you, Natalie, for all of your hard work and dedication to Alta Ridge.