

Shavings

The
Magazine
of

The  Estates
A T C A R P E N T E R S

November
2021



“Give thanks to the Lord, for he is good; his love endures forever.”

Psalms 107:1

From The Executive Director



Is it November already? The ending of another year to remember and, for many, a year we would like to forget provides each of us with a new opportunity ... 2022 is almost here!

At the recent LeadingAge Annual Meeting the conference was opened with a simple phrase ... Forward starts now. For almost 20 months we have lived through grief, fear, and uncertainty. We have learned that COVID-19 is part of our new normal but realized that while we must “respect” the risk of the virus, it is time to live our lives.

The path forward will take faith, hope, and courage.

We must have faith in each other and faith in God. We know that when we honor Him and trust and work with each other there is little that we cannot accomplish. The great accomplishments of our community over the last 35+ years are rooted in faith and the path forward will require us to recommit to each other and to God.

We must shift our focus from hoping for the end of the pandemic to having hope for a bright future for our community and our country. We must stand up and support each other. When we disagree (and there will be disagreements) we must talk to each other and, more importantly, listen to each other. The best ideas come from a thought or inspiration that is discussed and matures into a great idea.

The courage demonstrated over the course of the pandemic has been inspiring. Now we need to summon the courage to move beyond the status quo and set our sights on the future. This will be a difficult adjustment for many because maintaining the status quo is easier and does not come with the uncertainty that change can bring. We must be willing to look at the future through a new set of lenses that challenges longstanding processes or “ways of doing things” to effect positive change that makes our community a great place to live and work.

I hope and pray that every member of our Estates’ family will join me on this journey. I can promise you that the journey will be “bumpy” at times, but that the results will be well worth the effort and frustrations.

Forward starts now ... are you ready?

- Brian Robare, CEO & Executive Director

MEET YOUR NEW NEIGHBORS

Pat McMahon, G-103, Phone: (863) 665-2191

Pat is originally from Ohio, where he lived for twenty-nine years and is a graduate of Kent State University. He had his own CPA firm for fifteen years, a college professor in many colleges but mostly worked for Palm Beach State College, and moved to Florida to be a caregiver for his mother for fifteen years and she lived to be 102 years old. His life plan is to “die young at an old age.” What a way to live! Pat enjoys bible studies, reading and learning about longevity studies. We are very happy to welcome Pat to our Estates family!



Gay Harlowe, F-220, Phone: (863) 640-1712

Alice or as she would like to be known as Gay, was born in Kentucky. Gay’s dad worked for a company that helped produce weapons during wartime so her family moved all over the country. Despite all the moves, she found herself planting roots in Kentucky, where she worked as a pharmacist for most of her life. Some fun facts about her are that she was a Florida Gator graduate, she wrote the HOA newsletter for eleven years and she is part of an organization called DAR (Daughters of the American Revolution). She felt that God tapped her on the shoulder and said that the Estates was the “when and where” for her, so she was ready to move in and join our community. Gay enjoys playing bridge, exploring Ebay and antiques. Please join us in welcoming Gay to the



Curt & Eve Morelock, C-316, Phone: (813) 713-0498

Curt and Eve have lived in Lakeland since 1984. Curt was originally born in Virginia and grew up in Michigan. Eve was born and raised in the Philippines and when she was ready to move to the U.S., she moved to Rockford, Illinois. In 1967, the two lovebirds met in Rockford when Eve was searching for a church. A coworker introduced her to a Christian church where Curt was preaching, and the rest is history. Curt worked in Rockford for six years, Indianapolis for another six years, then finally in Florida for another six years. Eve worked at the the Swedish American Hospital in Rockford, Illinois then at the Methodist Hospital in Indianapolis and finally at the VA medical center for forty-one years. Curt enjoys photography and Eve enjoys reading and sewing. We are so excited to introduce you to these amazing lovebirds!



MEMORIALS, HONORARIUMS AND DONATIONS

The Estates would like to thank the following individuals for their generosity during the month of September 2021: Gary Mitchell, Brian Robare, John Thompson and Matt Thompson.



Turkey Time

If you plan on eating a large meal for Thanksgiving, then you should also make time and adjustments for it to settle. “Gobble till you wobble” is pretty funny but your stomach may be yelling “put down the fork and put in a cork!” Too much food in just one day can take a toll on your body.

Depending on your health you may even be more susceptible to a heart attack. This depends on your age, whether you have Diabetes, high blood pressure or other similar factors. Also eating a large meal requires a lot of digestive activity, which in turn means the heart must work harder to get extra blood supply to the gut. Large meals like Thanksgiving dinner are usually high in fat and that can change the functioning of your arteries by keeping them from expanding when they should be. Eating a big meal can also make blood sugar and insulin output go up.

Once you have eaten what feels like half of the food that was on the table, you can't go back. What you can do is take a walk. Immediately after we eat Thanksgiving dinner, we all say, “I need to lay down now to digest this meal.” What you should do is take that walk, help with the dishes, move around a bit. You do not need to run a marathon, just get moving.

In conclusion, I must say, do not overeat on Thanksgiving Day! Have a Blessed Holiday. I am so thankful for all of you!

- *Cheri Shrader, Director of Nursing*

Paving Practice

According to Mental Health America, studies have shown that 19% of Americans are living with some form of a mental health condition. Though this increase is on its 7th consecutive year, some light has been shed on the matter. The stigma on mental health is being lifted and there are now more outlets and resources than ever before. Some methods may require specialized support, but there are many things that we can do that make a big impact. Some simply require a re-examination in gratitude.

As we enter the holiday season, there can be high expectations for a cozy and jovial time of year, but this time can also bring melancholy sentiments. Fortunately, research has shown that there is one aspect of the holiday season that can help lift spirits – being grateful. In positive psychology, gratefulness is associated with greater happiness. This has been shown to increase positive emotions, relish good experiences and build strong relationships.

There are some steps we can take to help cultivate a sense of gratitude on a regular basis. You can help boost your happiness and nurture your relationships by writing a thank-you letter. This can be mailed, delivered personally or for a bonus, try reading it in person. Occasionally, you should also write yourself one.

Writing things down in a gratitude journal is another great way to keep things into perspective. Make it a habit to write down and even share with a trusted friend about your daily blessings. Remember to reflect on your blessings throughout each week. As you look back on the things that went well each week, also think about how you felt during the process. When we focus on the emotions and thoughts of a given event, it may help lead to the discovery of what you are truly passionate about. By helping to pinpoint this personal motivator, it allows you to focus your energy on the things that are most meaningful.

Finally, taking the time to partake in mindful meditation can be a powerful tool. Meditation involves focusing on your present self. Focusing on your current state internally and externally can help you realize subtle imbalances that may be affecting oneself. You may also want to embrace thoughts of gratitude for the warmth of sun through an apartment window. However you choose to meditate, find a location that you can be isolated and quiet with your thoughts.

- *Marco Silveira, Wellness Coordinator*

Sources: <https://www.mhanational.org>
<https://www.health.harvard.edu>

The Gift of Giving

Gifts can be both tangible and intangible. Many times in our lives we give and receive gifts. Sometimes giving is more pleasurable than receiving. At a recent Getting Acquainted New Neighbors event we heard about the “shops” and areas we have here at the Estates to buy or donate items for others to purchase. We also saw great examples of all the volunteers who give their time and service in so many ways. Have you thought about some of the ways that you might give or be a gift to someone? Maybe you can give a smile, offer words of encouragement or volunteer to help with a project.

Another way which is extremely important is to thank our hourly employees here at the Estates. This is the one time of the year we can show them gratitude and thanks for their service to us throughout the past year. Also, for the new employees, it can give them the encouragement they need for the year ahead. There are donation boxes by each library which will be available until December 3rd, 2021. Make your check payable to the CHERA Residents Club. Smile as you make your donation and think of all the joy you will be sharing with our dedicated hourly staff here at the Estates.

- *Bonnie Geohagan, Hospitality Committee Chairman*

VETERANS DAY CELEBRATION

Veterans Day will be celebrated on November 11, 2021. Our celebration will begin on Monday, November 8th with a display of service memorabilia in the Lobby. The display will start on November 8th and continue thru November 12th. This display is for those who have served to have the opportunity to share their mementos from their time in service with the community.

On November 11th, The Estates at Carpenters will be celebrating the service of all our Veterans with a ceremony beginning at 10:00 AM at the flag by the front fountain, with the Lake Gibson High School Color Guard presenting colors. At that time, we will also raise our flag. The service will also include special acknowledgement by service era beginning with WW2 through TWOT. Following the ceremony at approximately 11:00 AM, there will be a cookout where all residents are invited to participate and remember those who served. Gerry Blount will return to play patriotic music outside at the cookout. We will also pay tribute to all those who made the ultimate sacrifice as well as the MIAs and POWs.

We appreciate the opportunity to thank each of you for your service.

Please direct any questions or concerns to Chuck Nash at 352-978-0605.

Sunday	Monday	Tuesday	Wednesday
<p>Abbreviations Key AUD - Auditorium CR - Community Room MDR - Main Dining Room PDR - Private Dining Room GR - Game Room AS - Art Studio, D-406 FC - Fitness Center C - Chapel, K-106 THE SHOP - Woodshop 19TH HOLE - Outside C/D</p>	<p>9:00 Group Exercise - AUD 10:00 Catholic Rosary - PDR 01 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 10:30 CHERA Chorus - AUD 11:00-1:00 Lakeland Square Mall - BUS 11:15 Silent Singers - AUD 1:00 Wii Bowling League - GR 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR 02 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Strength C 9:30 Walmart R 10:00 Water Ae 10:00 Cooking 11:00 Intercesso 1:00 Wii Bowli 6:00 Bridge - A 6:15 Mexican T</p>
<p>11:00 CHERA Worship: 07 Rev. Ron Doolittle - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD 08 10:00 Catholic Rosary - PDR 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 10:30 CHERA Chorus - AUD 11:00-1:00 Lakeland Square Mall - BUS 11:15 Silent Singers - AUD 1:00 Wii Bowling League - GR 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR 09 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL 10:00 Foshee Jewelers - CR 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>9:00 Group Exercise - 9:00 Low Vision Sup CR 9:30 Walmart Run - B 10:00 Water Aerobics 10:00 Tai Chi - AUD 10:00 Journey Thro 11:00 Intercessory Pr 11:00 Bean Bag Base 1:00 Wii Bowling Lea 6:00 Bridge - AUD 6:15 Mexican Train -</p>
<p>11:00 CHERA Worship: 14 Rev. Courtney Harding - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD 15 10:00 Catholic Rosary - PDR 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 10:30 CHERA Chorus - AUD 11:00-1:00 Lakeland Square Mall - BUS 11:15 Silent Singers - AUD 1:00 Wii Bowling League - GR 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR 16 9:00 Gentle Yoga - AUD 10:00 Town Hall Meeting - MDR 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD 4:00-6:00 Date Night - PDR</p>	<p>9:00 Strength Cir 9:30 Walmart Ru 9:45 St. Armand 10:00 Water Aero 10:00 Park Wall 11:00 Marketing AUD 11:00 Intercessor 1:00 Wii Bowling 6:00 Bridge - AU</p>
<p>11:00 CHERA Worship: 21 Rev. Dennis Waymire - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD 22 10:00 Catholic Rosary - PDR 10:00 Water Aerobics - POOL 10:00 Body Balance - AUD 10:30 CHERA Chorus - AUD 11:00-1:00 Lakeland Square Mall - BUS 11:15 Silent Singers - AUD 2:00 Pie Social Competition - AUD 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD</p>	<p>8:00 Coffee Social - CR 23 9:00 Gentle Yoga - AUD 10:00 Drum Fit - AUD 10:00 Water Aerobics - POOL 10:00 Foshee Jewelers - CR 11:00 Watercolor Demo - LOBBY 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD 6:30 Chapel: Special Thanksgiving Service - AUD</p>	<p>9:00 Group Exero 9:00 Clergy Fello 9:30 Walmart Run 10:00 Water Aero 10:00 Tai Chi - A 11:00 Bean Bag 11:00 Intercessor 2:00 Birthday B 6:00 Bridge - AU 6:15 Mexican Tra</p>
<p><i>Hanukkah Begins</i> 28 11:00 CHERA Worship: Rev. William Allen - AUD 1:30 Hand, Knee & Foot - C/D 3rd Floor Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN</p>	<p>9:00 Group Exercise - AUD 29 10:00 Catholic Rosary - PDR 10:00 Water Aerobics - POOL 10:00 Strength Circuit - FC 10:30 CHERA Chorus - AUD 11:00-1:00 Lakeland Square Mall - BUS 11:15 Silent Singers - AUD 1:00 Wii Bowling League - GR 6:00 Scrabble - C/D 3rd Floor 6:30 Bingo - AUD 7:00 Christmas Concert Hour - AUD</p>	<p>8:00 Coffee Social - CR 30 10:00-12:00 Farmer's Market - AUD 10:00 Water Aerobics - POOL 1:00 Bible Study with Jim Moore - AUD 2:00 Reflections - CR 2:30 Bible Study with Gayle Moore - AUD</p>	<p>Gift Shop M-F 8:30 2:00 Salon C For more detail the posters by and M el</p>



Wednesday	Thursday	Friday	Saturday
03 Circuit - FC Run - BUS Aerobics - POOL Show - CR Prayer - CR League - GR UD Train - CR	04 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 Senior Scholars: National Parks - AUD 11:00 JULIETS Lunch: Fish City - BUS 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 6:30 Chapel: Chaplain Randy Horn - AUD	05 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:00-3:00 Furniture Sale - C-217 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	06 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Beyond the Sea"
10 Support Group - BUS - POOL Grief - CR Prayer - CR Ball - AUD League - GR CR	11 <i>Veterans Day</i> Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Veterans Day Program - Front Parking Lot 11:00-1:00 Veterans Day Cookout - Front Parking Lot 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 6:30 Chapel: Geri Blount - AUD 7:30 CHERA Meeting - CANCELLED	12 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:00-3:00 Furniture Sale - C-217 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	13 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Roman Holiday"
17 Circuit - FC n - BUS Circle - BUS bics - POOL & Picnic - BUS g Luncheon - Prayer - CR g League - GR D	18 Ping Pong ALL DAY 8:00 Coffee Social - CR 9:00 Gentle Yoga - AUD 9:30 Publix/ALDI Run - BUS 10:00 Water Aerobics - POOL 10:00 SilverFit - FC 10:00 FLiCRA: Shawn Sherrouse - AUD 11:30 ROMEOS Lunch: Outback - BUS 1:00 Scrabble - C/D 3rd Floor 1:00-3:00 Ladies' Boutique - D-304 2:00 Under the Oaks - AUD 6:30 Chapel: Covenant Players - AUD	19 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Tai Chi - AUD 10:00 Water Aerobics - POOL 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00 Wii Bowling League - GR 1:00-3:00 Flea Market - A-421 1:00-3:00 Furniture Sale - C-217 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	20 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "Planes, Trains and Automobiles"
24 ise - AUD owship - CR n - BUS bics - POOL UD Baseball - AUD y Prayer - CR ash - AUD D in - CR	25  10:00 Water Aerobics - POOL 11:00-3:00 Thanksgiving Dinner - MDR 1:00 Scrabble - C/D 3rd Floor Fitness Center Open 24/7 All Day Outdoor Activities Game Room OPEN Art Studio OPEN	26 8:00 Coffee Social - CR 9:00 Group Exercise - AUD 10:00 Water Aerobics - POOL 10:00 Strength Circuit - FC 10:30 Target Run - BUS 11:00 Cranium Crunches - AUD 1:00 Local Bank Run - BUS 1:00-3:00 Flea Market - A-421 1:00-3:00 Furniture Sale - C-217 1:30 Hand, Knee & Foot - C/D 3rd Floor 2:00 Tech Time - AUD 6:00 Pinochle - AUD 6:30 Manipulation Cards - AUD	27 Fitness Center Open 24/7 All Day Swimming All Day Outdoor Activities Game Room OPEN Art Studio OPEN 6:00 Saturday Night Movie - AUD "The Far Horizons"

Hours
 - 10:00 a.m.
 - 3:30 p.m.
OPEN
 s, please check
 the C/D, F/G,
 elevators.

NOVEMBER

November Events

Entertainment

Information

Trip

03 | **Cooking Show** 10:00 a.m. - CR

Ever wondered what to do with leftover Thanksgiving turkey? Come to the **COMMUNITY ROOM** and learn different recipes provided by Dining Services.

04 | **JULIETS Lunch: Fish City Grill** 11:00 a.m. - BUS

Attention all JULIETS! This month we will be taking you to Fish City Grill at Lakeside Village for a delicious lunch and shopping around Lakeside afterwards. Sign ups will be at C-118.

10 | **Low Vision Support Group** 9:00 a.m. - CR

Do you need help managing your low vision? Come join the Low Vision support group and a local occupational therapist who specializes in low vision in the **COMMUNITY ROOM** to help you find resources that may help you in the future.

11 | **Veterans Day Celebration** 10:00 a.m. - 1:00 p.m. - FPL

In honor of our Veterans we will be having a morning ceremony starting at 10:00 a.m. followed by a delicious cookout provided by our leadership staff from 11:00 a.m. to 1:00 p.m. in the **FRONT PARKING LOT**.

16 | **Date Night** 4:00 p.m.-6:00 p.m. - PDR

Looking for a fancy date night, look no further. We will have a delicious dinner provided by our Dining Services in the **PRIVATE DINING ROOM**. There is limited seating so make your reservations now. You will not be seated if you don't have a reservation so make sure you make sure to call ext. 114 to reserve your seats.

17 | **St. Armands Circle** 9:45 a.m. - BUS

Travel with Small World Tours to Sarasota. Enjoy a scenic lunch cruise on the Marina Jack, shopping and sight-seeing. For more information and sign-ups come to C-118.

18 | **FLiCRA Meeting** 10:00 a.m. - AUD

All are welcome to the Florida Lifecare Residents Association meeting in the **AUDITORIUM**. Come down and listen to our guest presenter, Shawn Sherrouse.

18 | **ROMEOS Lunch: Outback** 11:30 a.m. - BUS

ROMEOS! This month's lunch trip will be to Outback Steakhouse on the north-side of town. Sign ups will be at C-118.

22 | **Pie Social Competition** 2:00 p.m. - AUD

Think you have the best pie recipe? Test out your baking skills at our pie competition in the **AUDITORIUM**. One entry per resident. Bring out your best pie and come socialize with other residents as we decide which pie is the best!

29 | **Christmas Concert Hour** 7:00 p.m. - AUD

Join Victoria Doyle as she brings the Christmas spirit early to the Estates in the **AUDITORIUM**. Along with the festive entertainment, enjoy some cookies and hot chocolate provided by Dining Services.

30 | **Farmer's Market** 10:00 a.m. - 12:00 p.m. - MDR

Come on down to the **MAIN DINING ROOM** to enjoy the Estates very own Farmer's Market. There will be local vendors that will have products available for purchase.

Health Center Update



We are so glad November is here! November is usually rushed through to make way for all the things that happen in the months to come. We need to remember that we have so many things to be thankful for and we should count our blessings each and every day, not just in November. We are especially thankful for our residents and staff in the Healthcare Center! This past month we had so much fun celebrating Ms. Harriet Murray's 102nd birthday, dressing in pink to celebrate Breast Cancer Awareness month and decorating our pumpkins as well as for fall. The Recreation Staff and Healthcare Center would like to wish each and every one of you a very HAPPY THANKSGIVING and we look forward to all the fun this month will bring!





ESTATES

HEALTH CENTER

Eve Morelock.....	02
Lucy Valcour.....	04
Marjorie Butler.....	05
Theresa Bare.....	06
Esther Smith.....	07
Robert Holmstrom.....	09
Sylvia Rosetta.....	11
Barbara Weinberg.....	12
Cheryle Bronson.....	15
Sue Kain.....	15
Winnie Markarian.....	15
Arleen Allen.....	17
Jane Speier.....	20
John Falkenham.....	21
Ray Schartner.....	23
Don Helzer.....	24
Mary Jorgensen.....	24
Tony Douches.....	25
Mike League.....	25
Dot Finklea.....	26
Betty Wilson.....	26
Marge Kozak.....	27
Nancee Smith.....	28
Ralph Hopkins.....	29
Sally Posey.....	29

Ruth Campbell.....	05
Ralph Posey.....	07
Elaine Mitchell.....	08
Carolyn Simon.....	10
Marilyn Gillette.....	11
Phyllis Stewart.....	11
Phyllis Greene.....	15
Liz Zellhofer.....	17
Dorothy Graf.....	21
Lois Phillips.....	23
Elizabeth Morawski.....	30



Those born in November are invited to a birthday celebration in the Auditorium on November 24th from 2:00-4:00 p.m. There will be delicious desserts and punch provided by our Dining Service department. Everyone will be able to invite one guest to attend. Find your invitation at your front door and RSVP to Kira Morisako in C-118.



November 6th – “Beyond the Sea”

Starring Kevin Spacey, Kate Bosworth, and John Goodman. A swooning study of “Mack the Knife” singer Bobby Darin and specifically his relationship with wife Sandra Dee.

(PG-13 - 118 minutes)

November 13th – “Roman Holiday”

Starring Gregory Peck, Audrey Hepburn, and Eddie Albert. A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

(NR - 118 minutes)

November 20th – “Planes, Trains, and Automobiles”

Starring Steve Martin, John Candy, and Laila Robins. A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower curtain ring salesman as his only companion.

(R - 93 minutes)

November 27th - “The Far Horizons”

Starring Fred MacMurray, Charlton Heston, and Donna Reed. An expedition led by Lewis and Clark is sent to survey the territory and go where no white man has gone before. Are they able to overcome the dangers with the help of Sacajawea?



The Practice of Gratitude

So, while it is true that Thanksgiving only comes but once a year, we should actually celebrate thanks each and every day. It's a matter of learning to live with a spirit of gratitude. The practice of gratitude is a constant attitude of thankfulness and appreciation for life as it unfolds. Living in the moment, we are open to the abundance around us and within us. We express appreciation freely. We contemplate the richness of our life. In life's trials, we seek to understand, to accept and to learn from every experience. Gratitude is a continual celebration of the life that God has blessed us with.

"In that day you will say, Give thanks to the Lord, call on His name; make known among the nations what he has done, and proclaim that his name is exalted." Isaiah 12:4"

Enter his gates with Thanksgiving; go into his courts with praise. Give thanks to him and praise his name." Psalms 100:4

Lord, thank you for the blessings that you freely give and for the abundant life that is ours in Christ we pray. In the name of Jesus.

Amen.

Happy Thanksgiving, everyone.

God Bless,

- *Chaplain Randy Horn*

Thursday Night Chapel Schedule

November 4th Chaplain Randy Horn
Hymn Songs

November 11th Geri Blount
Patriotic Music

November 18th Covenant Players

November 23rd Special Thanksgiving
(Tuesday) Service

Sunday Chapel Speakers

November 7th Rev. Ron Doolittle

November 14th Rev. Courtney Harding

November 21st Rev. Dennis Waymire

November 28th Rev. William Allen



The Good Samaritan Fund

The balance of the **GOOD SAMARITAN FUND** is \$394,844.18
As of September 30, 2021, \$68,198.82 has been used to help
residents. Monies are taken from the interest earned.

The Estates

A T C A R P E N T E R S



Visit us on the web at : www.EstatesatCarpenters.com