

Grandhaven Manor II

RETIREMENT COMMUNITY

3225 West Mt Hope Avenue • Lansing, MI 48911 • (517) 367-8990 • www.grandhavenmanor.com

Happy Thanksgiving to All

“What I love about Thanksgiving is that it’s purely about getting together with friends or family and enjoying food. It’s really for everybody, and it doesn’t matter where you’re from.” —Daniel Humm

Sweet Potato Season

When seeking out fall flavors to enjoy in a scrumptious dessert, don’t sleep on sweet potatoes! Though mashed sweet potatoes share many similarities with pureed pumpkin, subtle differences make the root vegetable a favorite for many. Because sweet potatoes are naturally sweeter than pumpkin, recipes starring the spud usually require smaller amounts of spices. Also, sweet potato pie tends to have a light, airy texture, whereas pumpkin pie is usually thick and creamy.

November Birthdays

Eleanor Warren	11/01
Edward Lauchie	11/04
Michael Casebolt	11/08
Nancy Anderson	11/12
Michael Harvey	11/17
Richard Bitney	11/17
Shelley Robinson	11/18
Sylvia Goines	11/23
Kathleen Evans	11/29
Clifton Cooper	11/30

HAPPY
thanksgiving

November 2024



November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

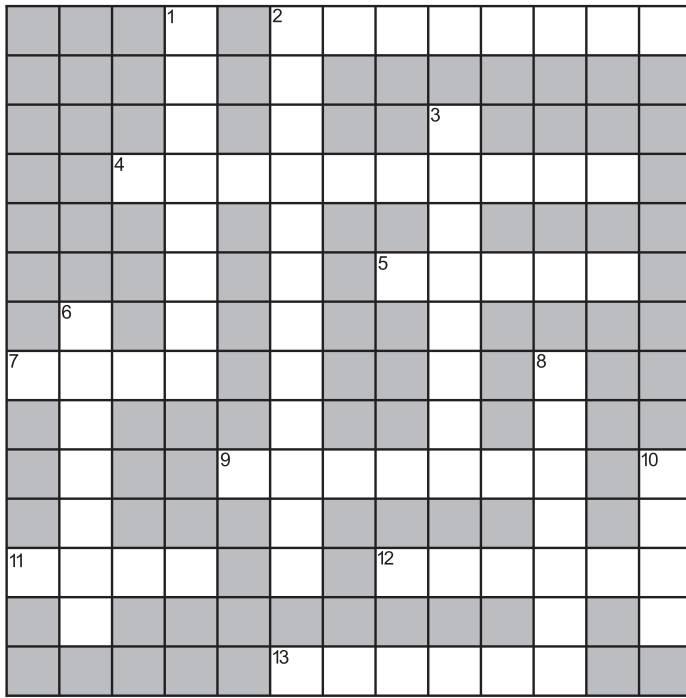
To Your Health: Don't Forget D

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

'Coin' Is One

How many words can you come up with using the letters in “election”?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Calzone Day 1 9:00 LB Breakfast @ Cracker Barrel ✓ 1:00 CG Mahjong ♣️ 3:00 CG Darts ♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games	National Deviled Egg Day 2 1:00 CG Cards & Games🎴 2:30 CG Billiards🎱 5:00 PR A Catered Affaire Dinner🍽️ 6:30 MT Open Movie Night🎬
National Sandwich Day 3 1:30 PR Hand & Foot Card Game🎴 2:30 CG Billiards♣️ 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️	National Candy Day 4 9:30 FL Bank Run ✓ 11:30 PR Chair Yoga Exercise🏃 12:00 PR Birthday BINGO ✓ 3:00 CG Dart Challenge♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 PR Cards & Games♣️ 7:00 PR Mexican Train Game♣️	National Doughnut Day 5 9:30 LB Meijer ✓ 10:00 PR Coffee Hour ☕ 11:00 MT Bible Study w/ Patrick 📖 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Nacho Day 6 11:30 CG Darts♣️ 12:00- 1:00 PR Resident Support Group 🍷 1:15- 2:30 AC Arts & Crafts w/Lindsey ✓ 2:30 PR Bingo 🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	Nat'l Canine Lymphoma Awareness Day 7 9:15- 4:00 LB Genitti's Hole in the Wall ✓ 11:30 PR Chair Yoga Exercise🏃 12:00-12:30 FL Bookmobile 🚐 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Cappuccino Day 8 1:00 CG Mahjong♣️ 1:00- 2:00 PR Schwan's - Last Day ✓ 3:00 CG Darts♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games	National Scrapple Day 9 1:00 CG Cards & Games🎴 2:30 CG Billiards🎱 5:00 PR A Catered Affaire Dinner🍽️ 6:30 MT Open Movie Night🎬
National Vanilla Cupcake Day 10 1:30 PR Hand & Foot Card Game🎴 2:30 CG Billiards♣️ 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️	National Veterans Day 11 9:30 FL Bank Closed ✓ 11:30 PR Chair Yoga Exercise🏃 3:00 CG Dart Challenge♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 PR Cards & Games♣️ 7:00 PR Mexican Train Game♣️	Nat'l Chicken Soup for the Soul Day 12 9:30 LB Horrocks ✓ 10:00 PR Coffee Hour ☕ 11:00 MT Bible Study w/ Patrick 📖 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	World Kindness Day 13 11:30 CG Darts♣️ 12:00- 1:00 PR Resident Support Group 🍷 1:15- 2:30 AC Arts & Crafts w/Lindsey ✓ 2:30 PR Bingo 🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Pickle Day 14 9:30 LB Meijer ✓ 11:30 PR Chair Yoga Exercise🏃 12:00-12:30 FL Bookmobile 🚐 1:00 PR Thirsty Thursday ✓ 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Raisin Bran Cereal Day 15 10:00- 4:00 Holiday Shopping Extravaganza ♥ 1:00 CG Mahjong♣️ 3:00 CG Darts♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games	National Indian Day 16 1:00 CG Cards & Games🎴 2:30 CG Billiards🎱 5:00 PR A Catered Affaire Dinner🍽️ 6:30 MT Open Movie Night🎬
National Baklava Day 17 1:30 AC Hand & Foot Card Game🎴 2:00 PR Church Services 📖 2:30 CG Billiards♣️ 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️	Mickey Mouse Birthday 18 9:30 FL Bank Run ✓ 11:30-12:15 PR Blood Pressure Clinic 🩺 11:30 PR Chair Yoga Exercise🏃 3:00 CG Dart Challenge♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 PR Cards & Games♣️ 7:00 PR Mexican Train Game♣️	National Play Monopoly Day 19 9:30 LB Walmart ✓ 10:00 PR Coffee Hour ☕ 11:00 MT Bible Study w/ Patrick 📖 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Peanut Butter Fudge Day 20 11:30 CG Darts♣️ 12:00- 1:00 PR Resident Support Group 🍷 1:15- 2:30 AC Arts & Crafts w/Lindsey ✓ 2:30 PR Bingo 🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Red Mitten Day 21 9:30 LB Kroger ✓ 11:30 PR Chair Yoga Exercise🏃 12:00-12:30 FL Bookmobile 🚐 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Cranberry Relish Day 22 12:00 PR Cornucopia Party ✓ 1:00 CG Mahjong♣️ 3:00 CG Darts♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games	National Espresso Day 23 1:00 CG Cards & Games🎴 2:30 CG Billiards🎱 5:00 PR A Catered Affaire Dinner🍽️ 6:30 MT Open Movie Night🎬
National Sardines Day 24 1:30 PR Hand & Foot Card Game🎴 2:30 CG Billiards♣️ 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️	National Parfait Day 25 9:30 FL Bank Run ✓ 11:30 PR Chair Yoga Exercise🏃 12:00- 2:00 AC Playing Picasso Art Class @ B1 ✓ 3:00 CG Dart Challenge♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 PR Cards & Games♣️ 7:00 PR Mexican Train Game♣️	National Cake Day 26 9:30 LB Meijer ✓ 10:00 PR Coffee Hour ☕ 11:00 MT Bible Study w/ Patrick 📖 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	National Bavarian Cream Pie Day 27 11:30 CG Darts♣️ 12:00- 1:00 PR Resident Support Group 🍷 1:15- 2:30 AC Arts & Crafts w/Lindsey ✓ 2:30 PR Bingo 🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	Happy Thanksgiving ~ Office Closed 28 11:30 PR Chair Yoga Exercise🏃 12:00-12:30 FL Bookmobile 🚐 3:00 CG Jigsaw Puzzle🎲 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games🎴	Office Closed for Holiday 29 1:00 CG Mahjong♣️ 3:00 CG Darts♣️ 5:00 PR A Catered Affaire Dinner🍽️ 7:00 CG Cards & Games	National Mason Jar Day 30 1:00 CG Cards & Games🎴 2:30 CG Billiards🎱 5:00 PR A Catered Affaire Dinner🍽️ 6:30 MT Open Movie Night🎬



November

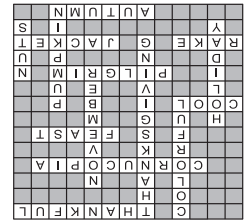
Crosswords

Down:

1. Having a lot of color
2. Gratitude holiday
3. Eleventh month
6. Day of festivity
8. Large orange fruit
10. Hard-shell fruits

Across:

2. Grateful
4. Symbol of plenty
5. Large meal
7. Low temperature
9. Wayfarer
11. To gather leaves
12. Blazer
13. Third season



November

Word Search

- | | |
|-------------------|------------------|
| 1. Autumn | 9. Nuts |
| 2. Colorful | 10. Pilgrim |
| 3. Cool | 11. Pumpkin |
| 4. Cornucopia | 12. Rake |
| 5. Eleventh Month | 13. Thankful |
| 6. Feast | 14. Thanksgiving |
| 7. Holiday | 15. Turkey |
| 8. Jacket | 16. Windy |

