

# Grandhaven Manor

RETIREMENT COMMUNITY

3215 W Mount Hope Avenue • Lansing, MI 48911 • (517) 372-4499 • 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

Abraham Smith	11/05
Connie Grace	11/06
Mary Wourman	11/09
Arlene Moore	11/18
Eleanor Rice	11/18
Mildred Clark	11/18
Ina Martin	11/20
Tonette Johnson	11/25
Steven Hacker	11/28



## 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?

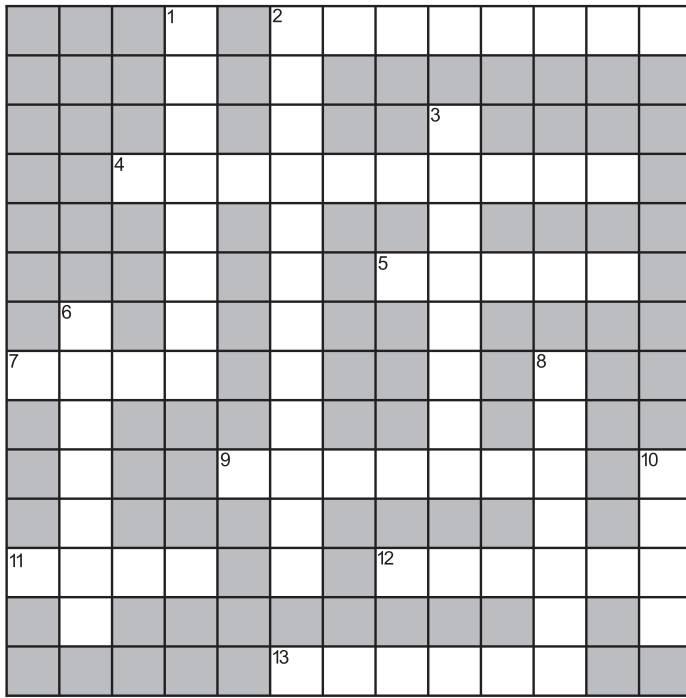
## To Your Health: Don't Forget D

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
					<p><b>National Calzone Day</b> 1</p> <p>9:00 <span style="color: blue;">L</span> Breakfast @ Cracker Barrel ✓</p> <p>2:00 <span style="color: purple;">CG</span> Darts ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Deviled Egg Day</b> 2</p> <p>11:00 <span style="color: green;">AC</span> Color Designs👁️</p> <p>12:30 <span style="color: green;">FG</span> YouTube Yoga w/Karen††</p> <p>1:00 <span style="color: purple;">CG</span> Skip-Bo 🎲</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>
<p><b>National Sandwich Day</b> 3</p> <p>10:00 <span style="color: purple;">CG</span> Dominoes ♣</p> <p>1:00 <span style="color: purple;">AR</span> Hand &amp; Foot Card Game 🎴</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>	<p><b>National Candy Day</b> 4</p> <p>9:30 <span style="color: grey;">FL</span> Bank Run ✓</p> <p>11:00 <span style="color: purple;">AR</span> Color Designs</p> <p>12:00 <span style="color: green;">R</span> Birthday BINGO ✓</p> <p>12:30 <span style="color: green;">FG</span> Video Exercise w/ Nancy††</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Euchre &amp; Games 🎴</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Doughnut Day</b> 5</p> <p>9:30 <span style="color: blue;">L</span> Meijer ✓</p> <p>11:00 <span style="color: purple;">CG</span> Knitting &amp; Crocheting</p> <p>1:00 <span style="color: purple;">AR</span> Bible Study w/ Patrick👤</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Skip-Bo &amp; Games ♣</p>	<p><b>National Nacho Day</b> 6</p> <p>10:00 <span style="color: green;">R</span> Coffee Hour ☕</p> <p>11:30- 1:00 <span style="color: green;">AC</span> Arts &amp; Crafts w/Lindsey ✓</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>Nat'l Canine Lymphoma Awareness Day</b> 7</p> <p>9:15- 4:00 <span style="color: blue;">L</span> Genitti's Hole in the Wall ✓</p> <p>10:30-11:30 <span style="color: green;">R</span> Resident Support Group 🤝</p> <p>12:30 <span style="color: green;">FG</span> Chair Yoga Exercise</p> <p>2:30 <span style="color: grey;">FL</span> Bookmobile 📖</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Pinochle &amp; Games ♣</p>	<p><b>National Cappuccino Day</b> 8</p> <p>12:00 <span style="color: green;">R</span> Cornucopia Party ✓</p> <p>2:00 <span style="color: purple;">CG</span> Darts ♣</p> <p>2:00- 3:00 <span style="color: green;">R</span> Schwan's - Last Day ✓</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Scrapple Day</b> 9</p> <p>11:00 <span style="color: green;">AC</span> Color Designs👁️</p> <p>12:30 <span style="color: green;">FG</span> YouTube Yoga w/Karen††</p> <p>1:00 <span style="color: purple;">CG</span> Skip-Bo 🎲</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>
<p><b>National Vanilla Cupcake Day</b> 10</p> <p>10:00 <span style="color: purple;">CG</span> Dominoes ♣</p> <p>1:00 <span style="color: purple;">AR</span> Hand &amp; Foot Card Game 🎴</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>	<p><b>National Veterans Day</b> 11</p> <p>9:30 <span style="color: grey;">FL</span> Bank Closed ✓</p> <p>11:00 <span style="color: purple;">AR</span> Color Designs</p> <p>12:30 <span style="color: green;">FG</span> Video Exercise w/ Nancy††</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Euchre &amp; Games 🎴</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>Nat'l Chicken Soup for the Soul Day</b> 12</p> <p>9:30 <span style="color: blue;">L</span> Horrocks ✓</p> <p>11:00 <span style="color: purple;">CG</span> Knitting &amp; Crocheting</p> <p>1:00 <span style="color: purple;">AR</span> Bible Study w/ Patrick👤</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Skip-Bo &amp; Games ♣</p>	<p><b>World Kindness Day</b> 13</p> <p>10:00 <span style="color: green;">R</span> Coffee Hour ☕</p> <p>11:30- 1:00 <span style="color: green;">AC</span> Arts &amp; Crafts w/Lindsey ✓</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Pickle Day</b> 14</p> <p>9:30 <span style="color: blue;">L</span> Meijer ✓</p> <p>10:30-11:30 <span style="color: green;">R</span> Resident Support Group 🤝</p> <p>12:30 <span style="color: green;">FG</span> Chair Yoga Exercise</p> <p>2:30 <span style="color: grey;">FL</span> Bookmobile 📖</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Pinochle &amp; Games ♣</p>	<p><b>National Raisin Bran Cereal Day</b> 15</p> <p>10:00- 4:00 Holiday Shopping Extravaganza 🛒</p> <p>2:00 <span style="color: purple;">CG</span> Darts ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Indian Day</b> 16</p> <p>11:00 <span style="color: green;">AC</span> Color Designs👁️</p> <p>12:30 <span style="color: green;">FG</span> YouTube Yoga w/Karen††</p> <p>1:00 <span style="color: purple;">CG</span> Skip-Bo 🎲</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>
<p><b>National Baklava Day</b> 17</p> <p>10:00 <span style="color: purple;">CG</span> Dominoes ♣</p> <p>1:00 <span style="color: purple;">AR</span> Hand &amp; Foot Card Game 🎴</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>	<p><b>Mickey Mouse Birthday</b> 18</p> <p>9:30 <span style="color: grey;">FL</span> Bank Run ✓</p> <p>10:30-11:15 <span style="color: green;">R</span> Blood Pressure Clinic 🩺</p> <p>11:00 <span style="color: purple;">AR</span> Color Designs</p> <p>12:30 <span style="color: green;">FG</span> Video Exercise w/ Nancy††</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Euchre &amp; Games 🎴</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Play Monopoly Day</b> 19</p> <p>9:30 <span style="color: blue;">L</span> Walmart ✓</p> <p>11:00 <span style="color: purple;">CG</span> Knitting &amp; Crocheting</p> <p>1:00 <span style="color: purple;">AR</span> Bible Study w/ Patrick👤</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Skip-Bo &amp; Games ♣</p>	<p><b>National Peanut Butter Fudge Day</b> 20</p> <p>10:00 <span style="color: green;">R</span> Coffee Hour ☕</p> <p>11:30- 1:00 <span style="color: green;">AC</span> Arts &amp; Crafts w/Lindsey ✓</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Red Mitten Day</b> 21</p> <p>9:30 <span style="color: grey;">FL</span> Kroger ✓</p> <p>10:30-11:30 <span style="color: green;">R</span> Resident Support Group 🤝</p> <p>12:30 <span style="color: green;">FG</span> Chair Yoga Exercise</p> <p>1:00 <span style="color: green;">R</span> Thirsty Thursday ✓</p> <p>2:30 <span style="color: grey;">FL</span> Bookmobile 📖</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Pinochle &amp; Games ♣</p>	<p><b>National Cranberry Relish Day</b> 22</p> <p>2:00 <span style="color: purple;">CG</span> Darts ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Espresso Day</b> 23</p> <p>11:00 <span style="color: green;">AC</span> Color Designs👁️</p> <p>12:30 <span style="color: green;">FG</span> YouTube Yoga w/Karen††</p> <p>1:00 <span style="color: purple;">CG</span> Skip-Bo 🎲</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>
<p><b>National Sardines Day</b> 24</p> <p>10:00 <span style="color: purple;">CG</span> Dominoes ♣</p> <p>1:00 <span style="color: purple;">AR</span> Hand &amp; Foot Card Game 🎴</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>	<p><b>National Parfait Day</b> 25</p> <p>9:30 <span style="color: grey;">FL</span> Bank Run ✓</p> <p>11:00 <span style="color: purple;">AR</span> Color Designs</p> <p>12:00- 2:00 <span style="color: green;">AC</span> Playing Picasso Art Class ✓</p> <p>12:30 <span style="color: green;">FG</span> Video Exercise w/ Nancy††</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Euchre &amp; Games 🎴</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Cake Day</b> 26</p> <p>9:30 <span style="color: blue;">L</span> Meijer ✓</p> <p>11:00 <span style="color: purple;">CG</span> Knitting &amp; Crocheting</p> <p>1:00 <span style="color: purple;">AR</span> Bible Study w/ Patrick👤</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Skip-Bo &amp; Games ♣</p>	<p><b>National Bavarian Cream Pie Day</b> 27</p> <p>10:00 <span style="color: green;">R</span> Coffee Hour ☕</p> <p>11:30- 1:00 <span style="color: green;">AC</span> Arts &amp; Crafts w/Lindsey ✓</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>Happy Thanksgiving ~ Office Closed</b> 28</p> <p>10:30-11:30 <span style="color: green;">R</span> Resident Support Group 🤝</p> <p>12:30 <span style="color: green;">FG</span> Chair Yoga Exercise</p> <p>2:30 <span style="color: grey;">FL</span> Bookmobile 📖</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:00 <span style="color: purple;">CG</span> Pinochle &amp; Games ♣</p>	<p><b>Office Closed for Holiday</b> 29</p> <p>2:00 <span style="color: purple;">CG</span> Darts ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>7:00 <span style="color: green;">R</span> Bingo 🎲</p>	<p><b>National Mason Jar Day</b> 30</p> <p>11:00 <span style="color: green;">AC</span> Color Designs👁️</p> <p>12:30 <span style="color: green;">FG</span> YouTube Yoga w/Karen††</p> <p>1:00 <span style="color: purple;">CG</span> Skip-Bo 🎲</p> <p>2:30 <span style="color: blue;">LB</span> Billiards ♣</p> <p>4:15 <span style="color: green;">R</span> A Catered Affaire Dinner††</p> <p>6:30 <span style="color: pink;">MT</span> Open Movie Night🎬</p>



# November

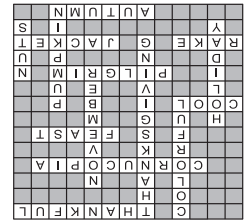
## Crosswords

### 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        |

