

## Policy Reminders

Family is always welcome to enjoy a traditional holiday meal served at noon. Our Thanksgiving meal cost \$9.00 per person. If you would like to take advantage of this please RSVP by Monday, November 21<sup>st</sup> with guest count To Jennie 952-492-5559. Meal must be paid for ahead of time.

If anyone will be leaving the building on Thanksgiving please let Jennie, CarieAnn or Jamie know ahead of time if possible. Also reservations for community rooms are filling fast please let Jamie know if you will be reserving a room before they are gone.

Thank you!



*Independence When You Want It, Assistance When You Need It*

# Oak Terrace Senior Living of Jordan

## November Newsletter

### Community Highlights

### Thanksgiving Word Search

R	W	M	N	O	V	E	M	B	E	R	F	T	U	R	K	E	Y
R	V	T	T	J	D	F	B	K	B	X	F	A	G	V	A	L	R
G	G	P	E	L	G	E	Y	F	V	O	F	N	M	I	V	E	N
X	E	K	T	L	Y	A	P	T	O	P	I	N	P	I	W	C	P
D	Z	P	A	L	T	S	E	T	S	F	I	O	J	O	L	L	T
W	I	L	R	K	H	T	B	I	F	E	C	L	L	D	Y	Y	V
H	A	A	B	K	T	A	V	U	P	U	V	F	G	M	W	N	O
S	M	T	E	C	L	J	T	E	N	N	Y	R	O	R	N	P	Y
A	K	T	L	L	R	S	Y	R	G	A	I	U	A	K	I	X	A
U	T	E	E	G	C	Z	O	C	M	E	T	K	J	H	Z	M	G
Q	D	R	C	R	R	C	Q	L	Z	H	T	R	P	W	M	Z	E
S	C	R	A	N	B	E	R	R	I	E	S	A	K	M	B	M	M
D	J	C	K	L	B	G	C	P	T	T	W	H	B	V	U	X	C
J	R	N	H	P	S	E	O	T	A	T	O	P	D	L	R	P	Q
L	R	L	Y	V	A	R	G	T	C	G	Z	C	Y	H	E	M	F

Find these words:

*Solution on Next page*

celebrate  
cornucopia  
cranberries  
family  
feast  
football  
gravy

harvest  
maize  
mayflower  
November  
pilgrim  
platter  
Plymouth

potatoes  
pumpkin pie  
squash  
stuffing  
turkey  
vegetable  
voyage

### November Birthdays



Bob D – 11/3  
Ardis J – 11/5  
Dennis M – 11/9  
Pat G – 11/13  
Shirley J – 11/17  
Bill J – 11/21  
Faith M – 11/25

The month of November provides us the opportunity to reflect on the things in life to be thankful for. It may be the little bird that arrives at your bird feeder every morning, your children and extended family, or the care manager that arrives at your apartment offering a smile and assistance. Take a moment to reflect and enjoy the people, places, and things that have given you peace and happiness. Oak Terrace staff is so thankful to know each and every one of you. Thank You for being apart of our community.

Also new to the calendar is Chair Yoga on Thursdays at 5:30pm in the Activity Room. Come and join us for some relaxation time.

11/2- Town Errands  
11/2- Lemonade Social  
11/3- Grief Education  
11/3- Bobby & Christine  
Performance: Folk Music

11/4- Memorial & Remembrance Service  
11/7- Let's Talk Food Coffee Hour  
11/8- Applebee's Resturant  
11/9- Walmart  
11/10- Chunk The Therapy Pig Visiting  
11/10- Concertina Fun Performance  
11/10- Birthday Party for all Residents  
11/11- Veteran's Program  
11/11- Bingo and Beer  
11/12- Four Fools For Old Scholl Performance  
11/14 Coffee Hour, Coffee Tasting  
11/14 Dollar Tree Store  
11/16- Town Errands  
11/16- Bailey's Buddy Social  
11/17- Thanksgiving Social  
11/17- Jordan Library  
11/17- Happy Hour  
11/18- Resident Council  
11/18- Mark Allen Wilmes Performance: Country Music  
11/18- Hat Day  
11/18- Tootsie Pop Bingo  
11/21- Grieving For The Holidays Education  
11/22- Gesundheit Bingo  
11/22- Fleet Farm Store  
11/23- Target  
11/24-Thanksgiving  
11/28- Coffee Hour, Fruit Bread Tasting  
11/28- Campfire Social  
11/29- Cracker Barrel Resturant  
11/30-Town Errands  
11/30- Bailey's Buddy Social

# Autumn Lane News

November is a month of being thankful. WE are so Thankful to know all of our residents and their families



With chilly weather ahead we will have hot cocoa and lap blankets to keep us cozy and warm while we honor the following events:

- 11/3-Grief Education
- 11/3-Bobby & Christine Performance
- 11/8-Morning Bus Ride
- 11/10-Chunk The Therapy Pig
- 11/10-Concertina Fun
- 11/10-Birthday Party For All Residents
- 11/11-Veteran's Program
- 11/12-Four Fools For Old School Performance
- 11/14-Coffee Hour, Coffee Tasting
- 11/15-Morning Coffee Run at McDonald's
- 11/17-Thanksgiving Social
- 11/18 Hat Day

- 11/18-Resident Council
- 11/18-Mark Allen Wilmes Performance
- 11/18-Tootsie Pop
- 11/21-Greiving For the Holidays Education
- 11/22 Gesundheit Bingo
- 11/24-Thanksgiving
- 11/28-Coffee Hour, Fruit Bread Tasting
- 11/28-Campfire Social



## Thanksgiving Myth Busted: Eating Turkey Won't Make You Sleepy

Contrary to popular belief, eating turkey isn't the main reason you feel sleepy after a Thanksgiving feast.

The of-repeated turkey myth stems from the fact that turkey contains the amino acid tryptophan, which forms the basis of brain chemicals that make people tired. But turkey isn't any more sleep-inducing than other foods. In fact, consuming large amounts of carbohydrates and alcohol may be the real cause of a post-Thanksgiving meal snooze, experts say.

Tryptophan is a component of the brain chemical serotonin, which gets converted into the well-known sleep-inducing hormone melatonin. Poultry and many other foods also contain tryptophan, in similar amounts to that found in turkey. Gram for gram, cheese actually contains more tryptophan than turkey does.

Source: Livescience



We love going on outings so why not go on them in style? Our bus has a new design so everyone will know when we are coming. Why the number 43? Well, the #43 race car was driven by Richard Lee Petty. Born July 2, 1937, nicknamed The King, is a former NASCAR driver who raced in the Strictly Stock/Grand National Era and the NASCAR Winston Cup Series. He is best known for winning the NASCAR Championship seven times (Dale Earnhardt is the only other driver to accomplish this feat), winning a record 200 races during his career, winning the Daytona 500 a record seven times, and winning a record 27 races (10 of them consecutively) in the 1967 season alone (a 1972 rule change eliminated races under 250 miles (400 km) in length, reducing the schedule to 30 [now 36] races). Statistically, he is the most accomplished driver in the history of the sport and is one of the most respected figures in motorsports as a whole. He also collected a record number of poles (127) and over 700 Top 10 finishes in his 1,184 starts, including 513 consecutive starts from 1971–1989. Petty was the only driver to ever win in his 500th race start, until Matt Kenseth joined him in 2013. He was inducted into the inaugural class of the NASCAR Hall of Fame in 2010.

