

### Pumpkin Trivia

Pumpkins are grown on six of the seven continents, with Antarctica being the sole exception.



### Did You Know...

- Veterans Day was originally called Armistice Day, commemorating the unofficial end of World War I on the eleventh hour of the eleventh day of the eleventh month.
- For that reason, Nov. 11 was largely considered the end of "the war to end all wars."
- It became a national holiday in 1938 and Congress changed the name to Veterans Day in 1954 to honor American veterans of all wars following the breakout of World War II and the Korean War.



### Alzheimer's Awareness Month

The month of November is known as Alzheimer's Awareness Month.

We are observing this month at the Woodlands since the Alzheimer's Association is one of three organizations supported by our residents through the Calamar Foundation (the other two non-profits which receive foundation funding are the American Cancer Society and American Heart Association).

President Ronald Reagan made the designation in 1983 and it is something that is still recognized today. According to the Alzheimer's Association, at that time there were less than two million people with the disease. Through the years that number has grown to more than five million

Alzheimer's disease is a type of dementia that leads to memory, thinking, and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States.

Alzheimer's disease gets worse over time and eventually comes to a point where a person can no longer accomplish daily tasks. In the beginning, memory problems are mild, but as the disease progresses, patients become unaware of their environment and may no longer be able to carry on a conversation. Once their symptoms become noticeable, Alzheimer's patients typically live an average of eight years, but can survive for as many as 20 years depending on other health factors.

Although those ages 65 and older are more likely to develop Alzheimer's disease, there are thousands of others under the age of 65 who have early-onset Alzheimer's.



Woodlands Active Living

### COMMUNITY INFORMATION

COMMUNITY MANAGER:  
DOUG FENTON

CONNECT 55+ COORDINATOR: DIANE SMITH

MAINTENANCE TECH: ART BORTZ

OFFICE PHONE # & AFTER HOURS EMERGENCY SERVICE #: 692-9663

MANAGER EMAIL: LEASINGWOODLANDS@CALAMAR.COM

RENT IS DUE TO THE OFFICE ON THE 1ST OF EVERY MONTH. RENT CHECKS CAN BE MADE OUT TO RM1B HOLDINGS PLEASE BE SURE TO WRITE YOUR APARTMENT # IN THE MEMO LINE OF YOUR CHECK.



## The Woodlands Voice












**"Come as strangers, live as friends"**

**November marks another busy month at the Woodlands!**

- **Our Veterans Day Breakfast is Nov. 11 as we welcome a special guest, Gay Molnar, President of the Calamar Foundation.**
- **Our Friendsgiving Potluck diner is scheduled for 2 p.m. Friday Nov. 15th.**
- **All Connect 55+ activities will be held at Phase 2, unless otherwise marked on the calendar as taking place at Phase 1.**
- **Connect 55+ Wellness Programming is subject to occasional and unforeseen changes.**
- **All changes in the activities schedule will be posted on the bulletin boards at both Phases, so please check daily for any updates!**

**Quote of the Month:** "An act of kindness may take only a moment of our time, but when captured in the heart, the memory lives forever." Molly Friedenfeld

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
					<b>1 WEAR PURPLE</b> 10am-Coffee/Donuts(P1) 10am-Socialize/Exercise <b>10:30am-Around The World</b> 11:30am-Lunch Program 1pm-Exercise(P1) 2pm-Sequence <b>3:30pm-Wear Purple to Support Alzheimer's Disease</b>	<b>2</b> Open Gym Choice of Cards 4pm-Chats & Chews
<b>3 Daylight Savings Ends</b> Coupon Club Open Gym 4pm-BINGO	<b>4 National Candy Day</b> 9am-Coffee Clutch 10am-Socialize/Exercise 10:15am-You Be The Judge 11:30am-Lunch Program 12:30pm-Candy Swap* 1pm-Exercise(P1) 2:30pm-Crossword Puzzle 3pm-Creative Coloring	<b>5 Election Day</b> 9am-Morning Walk 11am-Rev. Franke-Upstairs 11:30am-Lunch Program 2pm-Meet & Greet 5:30pm-Pokeno 6pm-Open Gym 	<b>6</b> 9am-Coffee Clutch 10am-Socialize/Exercise 10:15am-Money Saving Apps 11:30am-Lunch Program 12:15am-Simple Bracelet Making 1pm-Exercise(P1) 2pm-Early onset of <b>Alzheimer's?</b> (video) 3pm-Discussion of Alzheimer's 5:15pm-7:30pm Wii Bowling	<b>7</b> 9am-Morning Walk 11am-Bible Study 1pm-Yatzee 4:30pm-Matty's Dinner 5:15pm-7:30pm Wii Bowling	<b>8 WEAR PURPLE</b> 9am-Coffee/Donuts(P2) <b>9:15am-Connect Meeting(P2)</b> <b>10am-Socialize/Exercise</b> <b>10:30-Around The World</b> 11:30am-Lunch Program 1pm-Exercise(P1) 2pm-Sequence <b>3:30-Wear Purple for Alzheimer's Disease</b> 	<b>9</b> Open Gym Choice of Cards 4pm-Chats & Chews
<b>10</b> Coupon Club Open Gym 4pm-BINGO	<b>11 Veteran's Day</b> 9am-Coffee Clutch 10am-Socialize/Exercise <b>10am-Veteran's Special Breakfast(P1)</b> 11:30am-Lunch Program 1pm-Exercise(P1) 2:15pm-Quiz Time!! 3pm-Relaxing Music 3:30pm-You Be The Judge	<b>12 Full Moon/Beaver Moon</b> 9am-Morning Walk 11:30am-Lunch Program 1pm-R.C. Communion 5:30pm-Pokeno 6pm-Open Gym	<b>13 World Kindness Day</b> 10am-Socialize/Exercise <b>11pm-Writing a Kind Letter to someone special*</b> 11:30am-Lunch Program 1:30pm-Pastor Mike-upstairs 5:15pm-7:30pm Wii Bowling	<b>14 World Diabetes Day</b> 9am-Morning Walk 9:30am-Quiz on Diabetes 11am-Bible Study 1pm-Word Unscramble 4:30pm-Matty's Dinner 5:15pm-7:30pm Wii Bowling	<b>15 WEAR PURPLE</b> 10am-Coffee/Donuts(P1) <b>10:15am-Connect Meeting(P1)</b> <b>10:30am-Around The World</b> 11:30am-Lunch Program 1pm-Exercise(P1) <b>2pm-Friendsgiving Potluck*</b> <b>3:30pm-Wear Purple for Alzheimer's Disease</b>  	<b>16</b> Open Gym Choice of Cards 4pm-Chats & Chews
<b>17</b> Coupon Club Open Gym 4pm-BINGO	<b>18 Mickey Mouse's 91st Bday</b> 9am-Coffee Clutch 10am-Socialize/Exercise 10:30am-Crossword Puzzle 11:30am-Lunch Program 1pm-Exercise(P1) 2pm-Mickey Mouse Trivia 3pm-Creative Coloring 3:30pm-You Be The Judge	<b>OFFICE CLOSED</b>	<b>20</b> 9am-Coffee Clutch 10am-Socialize/Exercise 10:30am-Shopping Tips! 11:30am-Lunch Program 1pm-Exercise(P1) 2pm-The History of Thanksgiving (video) 3pm-Discussion of The Video 5:15pm-7:30pm Wii Bowling 	<b>OFFICE CLOSED</b>	<b>22 WEAR PURPLE</b> 10am-Coffee/Donuts provided by Michael Ford from Centers Home Health Care(P2) 10am-Socialize/Exercise <b>10:30am-Around The World</b> 11:30am-Lunch Program 1pm-Exercise(P1) 2pm-Sequence <b>3:30-Wear Purple for Alzheimer's Disease (Most Purple Gets a Prize)</b>	<b>23</b> Open Gym Choice of Cards 4pm-Chats & Chews
<b>24</b> Coupon Club Open Gym 4pm-BINGO	<b>25 National Parfait Day</b> 9am-Coffee Clutch 10am-Socialize/Exercise 10:30am-Crossword Puzzle 11:30am-Lunch Program 1pm-Exercise(P1) <b>2:30pm-Parfait Social*</b> 3pm-Relaxing Music 3:30pm-You Be The Judge 	<b>26</b> 9am-Morning Walk 11:30am-Lunch Program 1pm-Thanksgiving Unscramble 5:30pm-Pokeno 6pm-Open Gym	<b>27</b> 10am-Socialize/Exercise 11am-Gobbl Gobble Word search 11:30am-Lunch Program 5:15pm-7:30pm Wii Bowling	<b>28 Thanksgiving</b> <b>OFFICE CLOSED</b> <b>9am-Macy's thanksgiving Day Parade on NBC</b>	<b>29 Black Friday</b> <b>OFFICE CLOSED</b>	<b>30 Small Business Saturday</b> Open Gym Choice of Cards 4pm-Chats & Chews