



November Highlights

- 3, Live Music w/ Sam D.
- 4, Resident Council Meeting
- 5, RPO Presentation
- 6, Perinton Senior Chorus
- 7, Catholic Mass
- 9, Bills v. Dolphins
- 10, Lunch Outing
- 11, Movement w/ Denice
- 11, Celebrating Veterans Day
w/ Live Music
- 15, Live Music w/ Those Two
- 17, Wegmans Shopping
- 18, Live Music w/ Top Brass
- 19, Men's Club out to Lunch
- 20, Bills v. Texans

- 22, Red Hat Tea Party
- 21, Live Music w/ Tom D.
- 24, Live Music w/ Frank
- 26, Lunch Outing
- 26, Live Music w/ Mike S.
- 30, Bills v. Steelers



Sheryl Barone

Sheryl was born and raised in Rochester, NY and graduated from Monroe Community College. Sheryl met her husband, Charles, at age 19, they were married 9 years later and were together for 47 years. Sheryl has 2 daughters and 3 beautiful grandchildren. She worked for UPS for 25 years, where she made many dear friends. Sheryl wants everyone to know

that she loves to meet new people. If you see her around, ask her about her beautiful family!



Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.



Wit & Wisdom

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."

—Jeff Miller

"How important it is for us to recognize and celebrate our heroes and she-roes!"

—Maya Angelou

"It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."

—Norman Schwarzkopf

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

—Arthur Ashe



John S.- Navy



Edwin B.- Navy

Thanks, Veterans

On Nov. 11, express your gratitude for veterans' service to our country.



Richard C. - Navy



John S. - Navy



Jud I.- Navy



Bob I. - USMC



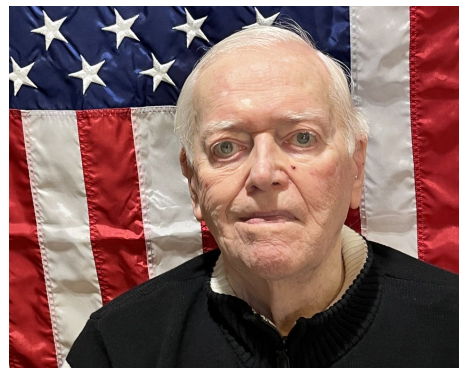
John C. - Navy



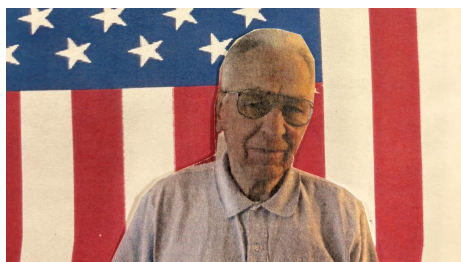
Fred K. - Army



Ron M. - Army



John I. - Army



Bert L. - Army



Fred S. - Army Reserves



Don G.- Army, Air Force



Bill N.- Army



Ron P.- Reserves



Sharon H. - Reserves



Brian L.- Army



Samual C. - Army

A Salute to Veterans Day

Nov. 11 is Veterans Day, a day to honor the heroic men and women who have served our country. It's an important day to be sure, but do you know the origins of this meaningful holiday?

In 1918, World War I was informally ended with an armistice in the 11th hour of the 11th day of the 11th month. One year later, President Woodrow Wilson proclaimed the date Armistice Day to pay tribute to American veterans who had served in the war. In 1938, Congress declared Armistice Day a federal legal holiday.

Later on, World War II and the Korean War created millions more veterans to be honored. Since Armistice Day was associated with World War I, President Dwight Eisenhower signed legislation in 1954 changing the holiday's name to Veterans Day, a day dedicated to American veterans of all wars.

If Nov. 11 falls on a Saturday, federal government closings for Veterans Day will be on the Friday before. If it falls on a Sunday, closures will be the following Monday.



LR

Living Room

C

Café

L

DR

Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					All activities are subject to change. Please see Daily Activity sheet for changes. If you have any questions, please feel free to contact Edina Hamzic, (585)425-9663.	1 10:00 A2 Fitness Exercise w/ Marcia 11:00 C Coffee Chat and Snack 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Wii Game- Bowling 4:15 C Card game
Daylight Saving Time Ends 2 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Boggle Game w/ Lacey 2:30 A1 Dime Bingo w/ Lacey 4:25 LR Bills vs. Chiefs (CBS)	3 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Samuel Deleo 3:30 T Story Time w / Dian 7:00 T Night at the Movies	4 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 White Board Games- Hangman w/ Lacey 1:30 T Bible Hour w/ Ashton 2:00 A1 Resident Council Meeting 3:30 A1 Nail Painting - Manicure	5 10:00 A2 Exercise w/ Tom 10:45 A1 Painting w/ Tom 2:00 C RPO Presentations 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	6 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Jewelry Making 2:00 LR Perinton Senior Chorus 3:00 A1 Quarter Bingo 4:15 C Chimes Playing	7 10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:00 A1 Catholic Mass 2:00 C Knitting Group w/ Edina 3:00 C Social Hour w/ Friends 4:15 L Book Club	8 10:00 A2 Fitness Exercise w/ Marcia 11:00 C Coffee Chat w/ Friends and Snack 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Baking Club w/ Marcia 4:15 C Yahtzee Game w/ Friends
9 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 LR Pictionary Game w/ Lacey 1:00 LR Bills vs. Dolphins (CBS) 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	10 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 11:30 E Lunch Outing 2:00 A1 National Vanilla Cupcake Day 3:30 T Story Time w / Dian 4:15 LR You Tube Concert / TV	11 Veterans Day 10:15 A2 Movement with Denice 10:45 A1 Veterans Day Cake Making 1:30 T Bible Hour w/ Ashton 2:30 DR Celebrating Veterans Day w/ Live Music 3:30 A1 Manicures	12 10:00 A2 Exercise w/ Tom 10:45 A1 Art Studio w/ Tom 2:00 C Virtual Tours and Ice Cream 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	13 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 How Much It Cost - 1960 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing	14 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Crocheting Group 3:00 C Gathering with Friends 4:15 L Book Club	15 10:00 A2 Fitness Exercise w/ Marcia 11:00 C Coffee Chat and Snack 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Live Music w/ Those Two 4:15 C Games in Café
16 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Fuse Beads w/ Lacey 1:00 LR Bills vs. Buccaneers (CBS) 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	17 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 C Pictionary Game 2:00 E Wegmans Shopping 3:30 T Story Time w / Dian 4:15 C Uno Game w/ Friends	18 10:00 A2 Fitness Exercise 10:45 A1 Guess the Item 1:30 T Bible Hour w/ Ashton 2:30 DR Birthday Party 2:30 DR Live Music w/ Top Brass 3:30 A1 Posh and Pampered - Manicure	19 10:00 A2 Exercise w/ Tom 10:45 A1 Painting w/ Tom 11:30 E Men's Club- Out to Lunch 2:00 LR Ice Cream Bar with Topping and virtual Tour 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	20 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Roll Game 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 8:15 LR Bills vs. Texans (Prime Video)	21 10:00 A2 Friday Fitness 10:45 A1 Craft Corner 2:30 DR Live Music w/ Tom D. 3:00 DR Glad You're Here Gathering - Happy Hour 4:15 L Book Club	22 4:15 C Dominoes w/ Friends 10:00 A2 Fitness Exercise w/ Marcia 11:00 C Coffee Chat w/ Friends and Snack 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A1 Red Hat Tea Party 4:15 C Dominoes w/ Friends
23 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Word Game w/ Lacey 2:30 A1 Dime Bingo w/ Lacey 7:00 T Night at the Movies	24 10:00 A2 Monday Movement w/ Tom 10:45 A1 Pokeno Game 2:00 LR Live Music w/ Frank 3:30 T Story Time w / Dian 4:15 C Uno Game w/ Friends	25 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Making Chocolate Parfait w/ Lacey 1:30 T Bible Hour w/ Ashton 2:00 LR National Parfait Day and Trivia 3:30 A1 Manicures	26 10:00 A2 Exercise w/ Tom 10:45 A1 Painting w/ Tom 11:30 E Lunch Outing 2:30 DR Live Music w/ Mike 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	27 Thanksgiving 10:00 A2 Fitness Exercise w/ Tom 10:45 A1 Thanksgiving Baking w/ Lacey 12:00 DR Thanksgiving Dinner 2:00 C Trivia and Pie Time 3:00 A1 Quarter Bingo 4:15 C Chimes Playing	28 10:00 A2 Friday Fitness 10:45 A1 Art Studio w/ Tom 2:00 A1 Lost and Found Laundry 3:00 C Social Hour 4:15 L Book Club	29 10:00 A2 Fitness Exercise w/ Marcia 11:00 C Coffee Chat and Snack 1:30 C Euchre Game w/ Friends 2:00 T Movie Matinee 2:30 A2 Christmas Tree Decorating w/ Marcia
30 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Card Making w/ Lacey 2:30 A1 Dime Bingo w/ Lacey 4:25 LR Bills vs. Steelers (CBS)						



Cynthia Machamer -
Administrator

Psychologists have long studied the effects of gratitude, and the findings are consistent: thankful people are healthier, happier, and more resilient.

- **Mental Health:** Gratitude can reduce symptoms of depression and anxiety. It helps shift our focus from what's lacking to what we already have.

- **Relationships:** Thankful people tend to have stronger, more supportive relationships. A simple "thank you" can deepen bonds and build trust.

- **Physical Health:** Studies suggest that people who regularly practice gratitude sleep better, have lower blood pressure, and experience fewer aches and pains.

Gratitude acts like a reset button for the mind. In moments of fear, it brings calm. In seasons of doubt, it sparks hope. It doesn't change our circumstances, it changes us. You don't need big moments to be thankful. In fact, the most powerful kind of gratitude is often found in small things.



To This Month's Birthday Celebrants ...

Wishing you all the best in the year to come. May your days be filled with sunshine and beautiful colors. And may your nights be filled with comforting dreams and wishes to come.

Happy birthday!

Bert L. 2nd

Nancy D. 16th
Deb K. 17th
Delores J. 17th
Suzanne M. 25th
Liz B. 26th
Brenda W. 30th

Famous Faces Born in November

Nov. 4, 1946: Laura Bush
Nov. 7, 1996: Lorde
Nov. 17, 1966: Daisy Fuentes
Nov. 18, 1939: Margaret Atwood
Nov. 21, 1971: Michael Strahan
Nov. 29, 1982: Lucas Black
Nov. 30, 1952: Mandy Patinkin



Mariah Granata

Hey Everyone! My name is Mariah; I have been a wait staff server in the dining room for about a year now. I live in Macedon, NY with my fiancé Thomas and our 2-year-old

daughter, Mia. I have a dog named Harper who is like a child to me. When I'm not here working, I enjoy spending time with my family and playing with my daughter. I enjoy working here at Heathwood very much and I love bringing Mia in to visit with all of you! Thank you for always making me feel so welcome here!



National Assisted Living Week

For national assisted living week in September, we planned different programs for our residents.

Grandparents Day



Guess the Resident



Ice Cream Bar With Toppings



Education Program W/ Cynthia



Art Show and Presentation W/ Tom



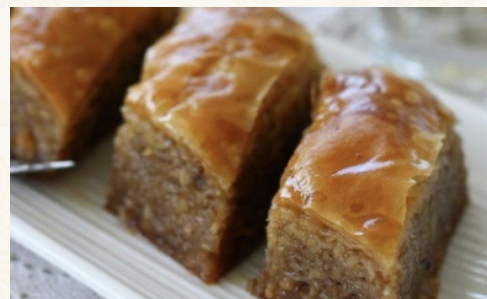
Wickham Farm Outing



Baking W/ Rae



Education- Around the World - Bosnia



HEATHWOOD HEROES- Walk to End Alzheimer's
On October 4, Staff and friends raised more than \$1,400 in support.