Heathwood
ASSISTED LIVING & MEMORY CARE
www.heathwoodassistedliving.com

HEATHWOOD
highlights

100 ElderWood Court . Penfield, NY 14526 . 585-425-9663



November Highlights

2nd Live Music w/ AMPS
3rd Resident Council Meeting
4th Fall Craft- Bake Sale
11th Veterans Day w/ Live Music
13th Catholic Mass
16th Live Music w/Sam
17th Live Music w/ Josh
17th Birthday Party
18th Live Music w/ Kim
21st Live Music w/Paul
23rd Wegmans Shopping
24th Live Music w/ Nick
25th Scenery Ride
30th Live Music w/ Joe



On Nov. 11 ...

Be sure to thank a veteran.



Patricia Pomroy was born and raised in Rochester, NY. Throughout her career, she worked in payroll for several different companies. Patricia is the proud mother of two children, a son and a daughter, and has four wonderful grandchildren. Family means everything to her!

Patricia has always enjoyed staying active, especially participating in winter sports like skiing. She loves spending time with her children and their dogs at the dog park. She also enjoys traveling, with some of her favorite adventures being trips to California and tropical cruises.

Patricia loves spending time with her friends and family and describes herself as a friendly, welcoming person. She enjoys meeting new people and making everyone around her feel comfortable and included. Her warm and outgoing personality makes her a wonderful part of our community!



Happy Thanksgiving

It's almost turkey time again! We hope your Thanksgiving celebration is filled with family, friends, fun and food. Enjoy the holiday!





Happy Birthday!

Make a wish and blow out the candles! To all our neighbors celebrating birthdays this month, we offer best wishes.

Bert L. 2nd
MaryAnn W. 5th
Dorothy H. 12th
Charles N. 15th
Nancy D. 16th
Deb K. 17th
Delores J. 17th
Liz B. 26th
Carol M. 29th
Brenda W. 30th

Famous Faces Born in November

Nov. 3, 1933: Michael Dukakis
Nov. 5, 1941: Arthur (Art) Garfunkel
Nov. 7, 1943: Joni Mitchell
Nov. 13, 1955: Whoopi Goldberg
Nov. 17, 1944: Lorne Michaels
Nov. 19, 1936: Dick Cavett



Raeann Keenan Administrator

As we embrace the beauty of the autumn season and prepare to give thanks and spend time with our loved ones, we have several exciting events and important reminders to share with our residents and families. Join us for our Fall Craft & Bake Sale on Wednesday, November 4th, from 11:00 a.m. to 3:00 p.m. This event is a wonderful opportunity to browse handcrafted items, seasonal decorations, and a variety of delicious baked goods from local vendors. Whether you're searching for a unique gift, festive decoration, or a sweet treat, there will be something for everyone to enjoy. We encourage everyone to stop by and show support!

Thanksgiving Travel Reminder: We would like to remind families and residents that if a resident will be leaving the community for any of the holidays, we kindly ask that they notify both the Reception Desk and the Nursing Department. Providing advanced notice allows our nursing team adequate time to prepare and pack any necessary medications, helping to ensure a safe and enjoyable holiday visit away from the community.





HCR Home Care

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Personalized care. Direct to you.

JUNCTION

Walk to End Alzheimer's







We welcome you to our ... Fall and Craft sale day.









My name is Ali Islam, and I work as a Wellness Leader in the Wellness Department. I am passionate about supporting others, building positive relationships, and helping people feel welcomed, respected, and encouraged. I graduated from Fairport High School in 2010 and have educational experience at Nazareth College, AIUB, and Monroe Community College (MCC). In addition to my work in wellness, I have interests in business ownership, audio engineering, and sound production.Outside of work, I enjoy playing basketball, making music and videos, playing video games, and helping people in my community. I believe in continuing to learn, developing new skills, and using my interests and talents to make a positive difference in the lives of others.



Heathwood
ASSISTED LIVING & MEMORY CARE

November 2026

A1 Activities Room
A2 Activities Room 2
E Excursion (Meet in Lobby)
T Theater
LR Living Room
C Café
DR Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends 1 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Balloon Ball 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	2 10:00 A2 Monday Movement 10:45 A1 Pokeno Game 2:00 LR Live Music/ AMPS 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends	3 10:00 A2 Fitness Exercise 10:45 A1 White Board Game - Jeopardy 2:00 T Movie Matinee 2:00 A1 Resident Council Meeting 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	4 10:00 A2 Exercise 10:45 A1 Painting Time 11:00 LR Fall Craft - Bake Sale 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	5 10:00 A2 Fitness Exercise 10:45 A1 Jewelry Making 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	6 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling	7 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Trivia Time 4:15 C Walking Club 7:00 T Night at the Movies
8 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Word Game 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	9 10:45 A1 Pokeno Game 12:00 A2 Monday Movement 2:00 C Knitting Group 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends	10 10:15 A2 Movement w/ Denise 10:45 A1 White Board Game- Hangman 2:00 A1 Coloring Therapy 2:00 T Movie Matinee 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	**Veterans Day** 11 10:00 A2 Exercise 10:45 A1 Painting Time 2:30 DR Veterans Day Celebrating w/ Live Music- Mike 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	12 10:00 A2 Fitness Exercise 10:45 A1 Charades 2:00 A2 Stability Class 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	13 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 A1 Catholic Mass 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling	14 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Cards Making 4:15 C Walking Club 7:00 T Night at the Movies
15 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Craft Corner 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	16 10:00 A2 Monday Movement 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Sam 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends	17 9:30 A1 RSV Vaccination 10:00 A2 Fitness Exercise 2:00 T Movie Matinee 2:30 DR Live Music w/ Josh and Birthday Party 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	18 10:00 A2 Exercise 10:45 A1 Painting Time 11:30 E Men's Club - Out to Lunch 2:00 LR Live Music w/ Kim 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	19 10:00 A2 Fitness Exercise 10:45 A1 Guess the Item 2:00 A2 Better Balance 3:00 A1 Quarter Bingo 4:15 C Chimes Playing 7:00 T Night at the Movies	20 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 C Knitting Group 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling	21 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:00 LR Live Music w/ Paul 4:15 C Walking Club 7:00 T Night at the Movies
22 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Tea Party and Snack 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	23 10:00 A2 Monday Movement 10:45 A1 Pokeno Game 2:00 C Wegmans Shopping 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends	24 10:00 A2 Fitness Exercise 10:45 A1 Spoon Flowers 2:00 T Movie Matinee 2:30 DR Live Music w/ Nick 3:30 A1 Nail Painting - Manicure 7:00 T Night at the Movies	25 10:00 A2 Exercise 10:45 A1 Painting Time 2:00 E Scenery Ride 3:00 T Catholic Communion 3:30 T Rosary Prayer w/ Friends	**Thanksgiving** 26 10:00 C Coffee Chat 10:45 A1 Baking w/ Lacey 3:00 C Coloring Sheets 4:15 C Chimes Playing 7:00 T Night at the Movies	27 10:00 A2 Friday Fitness 10:45 A1 Art and Craft 2:00 T Movie Matinee 3:00 C Social Hour w/ Friend 4:15 A1 Wii Game - Bowling	28 10:00 A2 Fitness Exercise 11:00 C Coffee Chat 1:30 C Euchre Game w/ Friends 2:30 A1 Cornhole Game 4:15 C Walking Club 7:00 T Night at the Movies
29 10:30 T Catholic Communion 10:30 LR Presbyterian Church Services on YouTube (LR) 11:00 A1 Shuffleboard Game 2:00 T Movie Matinee 2:30 A1 Dime Bingo 7:00 T Night at the Movies	30 10:00 A2 Monday Movement 10:45 A1 Pokeno Game 2:30 DR Live Music w/ Joe 3:30 T Story Time w/ Dian 4:30 C Games w/ Friends					All activities are subject to change. Please see daily Activity sheet for changes. If you have any questions, please contact Edina Hamzic at (585) 425-9663.

Maintaining Muscle With Age

Sarcopenia, the natural weakening and shrinking of aging muscles, affects nearly half of people over age 80. The good news is that sarcopenia is both preventable and, in some cases, partially reversible with healthy lifestyle habits. As always, individual diet and exercise recommendations should be reviewed with your health care professional.

Resistance training (RT) involves strengthening muscles with external resistance from equipment or body weight, and many experts recommend the exercise as a first-line treatment for sarcopenia. Chair squats, calf raises and hip abductions (also known as side leg raises) are popular accessible RT exercises.

Experts recommend maintaining a steady intake of protein from meals throughout the day. How much protein an individual should aim to consume each day depends heavily on age, activity and other factors that should be discussed with a doctor. These protein-packed foods can support a healthy diet:

- **Salmon or chicken** (3 ounces) = Around 20 grams of protein.
- **Whole milk Greek yogurt** (3/4 cup) = Around 16 grams of protein.
- **Eggs** (2 large) = Around 12 grams of protein.

Assisted Living Week Celebration

We kicked off Assisted Living Week with Grandparents Day, enjoying a delicious berry shortcake together. We also had live music and made yummy berry parfaits.

Melissa spent time with our residents playing a fun "Guess Who?" game. Residents looked at baby pictures of our staff and tried to recognize who was who. They did a great job and had lots of fun! Our resident Susan won that game.

We finished the celebration with more wonderful live music from Nick.











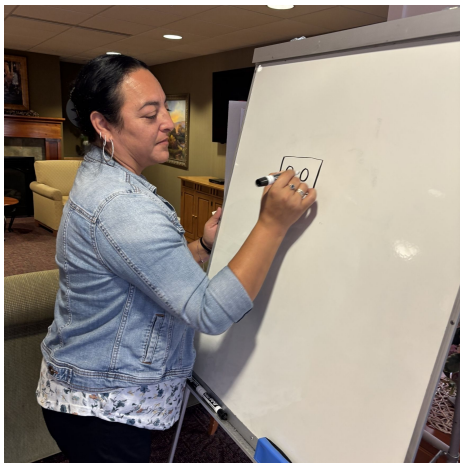


















Laugh Lines: Delicious Destinations

There's a bounty of American towns and cities that are named after various foods. Here's a sample menu of places that may tempt your taste buds.

- Cookietown, Okla.
- Chili, Wis.
- Noodle, Texas
- Popcorn, Ind.
- Cereal, Pa.
- Blackberry, Minn.
- Tortilla Flat, Ariz.
- Honeydew, Calif.
- Salmon, Idaho
- Strawberry, S.C.
- Walnut, Kan.
- Almond, N.Y.
- Cucumber, W.Va.

Q. What part do green beans play in a Thanksgiving dinner?

A. The casse-role.

Q. Why should you never set the holiday turkey next to the dessert?

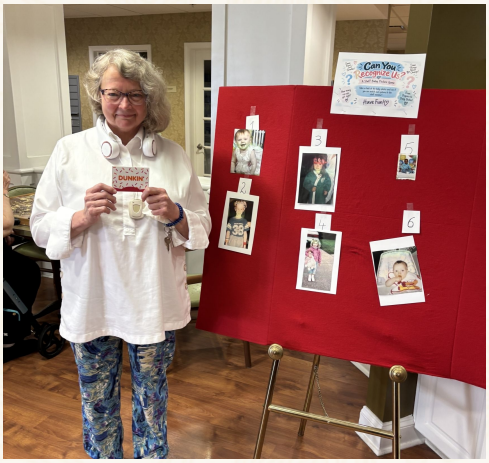
A. Because it will gobble, gobble it up!

Q. Why was the Thanksgiving soup so expensive?

A. It had 24 carrots.

Knock, knock!
Who's there?
Don.
Don who?
Don eat all the stuffing!

Knock, knock!
Who's there?
Arthur.
Arthur who?
Arthur any leftovers?



Our winner, Susan. She won the game. Can You Recognize Us?



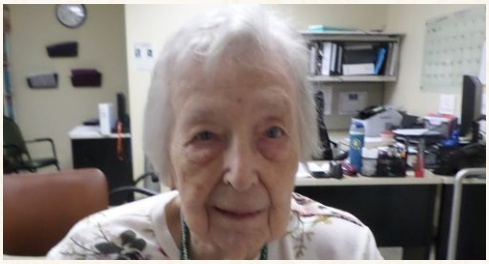


Lunch with my friends at LongHorn Steakhouse.
We had lunch in Red Wood Restaurant in Naples.

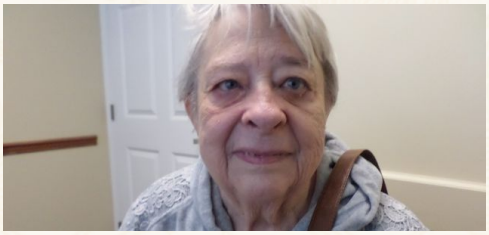


Welcome New Residents

We would like to welcome these new residents to our Heathwood Family.



Dorothy H.



Sharilyn S.



November
Word Search

Autumn
Colorful
Cool
Cornucopia
Feast
Harvest
Holiday
Leaves
November
Nuts
Pilgrim
Rake
Thankful
Thanksgiving
Turkey
Windy

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

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