

How do you fix a broken pumpkin?

With a pumpkin patch!

What is the best way to communicate with a fish?

Drop it a line!

What did the physics teacher break up with the biology teacher?

There was no chemistry!



### Important Events to Remember!

Look in Calendar for time and Place

- 11/1 Health Care Talk with Amedisys
- 11/2 Masanobu on Piano
- 11/6 Fraud Seminar
- 11/6 Navy Band concert at Peaks
- 11/8 Folk Music with Zella
- 11/9 Musical Time Machine Music with Brian
- 11/13 Con Brio Brass Band
- 11/15 St Joe's Health Care Talks
- 11/16 Fall Craft Fair!!
- 11/16 Bill Trowell on piano
- 11/20 Northern Light Health presents  
"Aging in Place"
- 11/22 Trip to Hermon Senior Center and Out to Lunch!
- 11/22 Music with Magic Mike!
- 11/24 Fred and Deb
- 11/27 Thanksgiving Jeopardy
- 11/28 Happy Thanksgiving!! Enjoy Gobble, gobble!!
- 11/30 Clayton rogers on piano!



### November Birthday's

Marilyn K.	11/1
Ruth K.	11/1
Donna P.	11/5
Eva B.	11/8
Marlise S.	11/14
Carol N.	11/28
Gwendolyn O.	11/30

"It is not happy people who are thankful, it is thankful people who are happy."

— Unknown

### *November*

comes and  
November goes,  
With the last red berries  
And the first white snows.

With night coming early  
and dawn coming late,  
And ice in the bucket  
and frost by the gate.

The fires burn  
and the kettle sings,  
And earth sinks to rest  
Until next Spring.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



922 Ohio Street  
Bangor, ME 04401  
207-262-9600

**Location Keys**  
Atrium  
Bus  
Game Room  
Library  
Private dining room  
TV/Media Room  
activity room  
chapel  
dining room

Atm  
Bus  
GM  
Lib  
PDR  
TV  
AR  
C  
DR

Be Adventurous  
 Be Challenged  
 Be Connected  
 Be Family  
 Be Inspired  
 Be Social  
 Be Well

1  
8:45 Gentle Yoga [AR]  
10:00 Wii Bowling [GM]  
11:00 Knit and Chat! [TV]  
12:30 Friendly Friday's! [AR]  
2:00 Health Care Talks with Nicole from Amedisys [Lib]  
3:00 High Stakes Bingo! [AR]  
4:30 Happy Hour! [TV]  
6:30 Friday Night Bean Bag Toss! [Atrm]

2  
8:45 Sittercise [AR]  
9:30 Rummikub [AR]  
10:00 Fun with Wii Bowling! [GM]  
11:00 Bean Bag with Randy! [Atrm]  
2:00 Pokeno with Gary! [AR]  
3:00 Pool with Randy! [GM]  
3:00 High Stakes Bingo with Gary! [AR]  
4:00 Ragtime Piano with Masanobu [Atrm]  
4:30 Happy Hour! [GM]  
6:30 Skip-Bo Night ! [TV]

3  
**Daylight Saving Time Begins**  
8:45 Sittercise [AR]  
9:30 Dominoes  
10:00 Spiritual Fellowship [C]  
11:00 Seven with Randy!  
11:15 Hymns with Leila [Atrm]  
1:00 Afternoon stretches [AR]  
2:00 Pokeno with Randy! [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Yahtzee [AR]  
6:30 Sunday Night at the Movies! [TV]

4  
8:45 Sittercise [AR]  
9:45 Bone Builders [AR]  
10:00 Wii Bowling [GM]  
11:00 Morning piano with Galen [Atrm]  
11:30 Volunteering at the Homeless Shelter  
12:30 Mingle Monday's meet your neighbor! [DR]  
2:00 Crossword Crossers [AR]  
2:30 Pokeno [AR]  
3:30 High Stakes Bingo with Gary! [AR]  
6:30 Gospel Music with Shepherd's Kids! [Atrm]

5  
**Election Day**  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
10:00 Bridge Group [AR]  
11:00 Bean Bag with Renee! [Atrm]  
2:00 Seven! [AR]  
3:00 High Stakes BINGO!! [AR]  
4:00 Bible Study with Dave [C]  
4:30 word Search [AR]  
6:30 Skip-Bo [TV]

6  
8:45 Sittercise [AR]  
10:00 Wii Bowling [GM]  
11:30 Resident Council Meeting [PDR]  
1:30 Word within a Word! [AR]  
2:00 FRAUD SEMINAR presented by Camden National Bank [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Puzzle Time! [AR]  
6:15 Navy Band Concert at Peaks Auditorium [Bus]

7  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
9:45 Bone Builders [AR]  
11:00 Bean Bag Toss with Renee! [Atrm]  
11:10 Tai Chi [AR]  
11:30 Blood Pressure Clinic with Kindred [Atrm]  
1:00 "Down Memory Lane" One Day Video's [DR]  
2:00 High Stakes Bingo with Gary! [AR]  
4:00 Sing & Swing Songsters [Atrm]  
4:30 Skip-Bo [TV]  
6:30 "Hand and Foot" card game night! [TV]

8  
8:45 Gentle Yoga [AR]  
10:00 Wii Bowling [GM]  
11:00 Knit and Chat! [TV]  
12:30 Friendly Friday's! [AR]  
2:00 Catholic Service with Father Rollie [C]  
3:00 Bingo with Bangor Drug Prizes! [AR]  
4:00 Folk music with Zella! [Atrm]  
4:30 Happy Hour! [TV]  
6:30 Friday Night Bean Bag Toss! [Atrm]

9  
8:45 Sittercise [AR]  
9:30 Rummikub [AR]  
10:00 Fun with Wii Bowling! [GM]  
1:00 Seven! [AR]  
2:00 Musical Time Machine 20's and 30's music w/Brian [Atrm]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Happy Hour! [GM]  
6:30 Skip-Bo Night ! [TV]

10  
8:45 Sittercise [AR]  
9:30 Dominoes  
10:00 Spiritual Fellowship [C]  
11:15 Hymns with Leila [Atrm]  
1:00 Afternoon stretches [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Yahtzee [AR]  
6:30 Sunday Night at the Movies! [TV]

11  
**Veterans Day**  
8:45 Sittercise [AR]  
9:45 Bone Builders [AR]  
10:00 Wii Bowling [GM]  
11:00 Morning piano with Galen [Atrm]  
11:10 Tai Chi [AR]  
12:30 Mingle Monday's meet your neighbor! [DR]  
2:00 Crossword Crossers [AR]  
2:00 Veteran's Day Celebration with the Sing & Swing Songsters! [Atrm]  
2:30 Pokeno [AR]  
3:30 High Stakes Bingo with Gary! [AR]  
5:00 Sandwich Smorgasbord! (bar) [DR]  
6:30 Gospel Music with Shepherd's Kids! [Atrm]

12  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
10:00 Bridge Group [AR]  
11:00 Bean Bag with Renee! [Atrm]  
2:00 Seven! [AR]  
3:00 High Stakes BINGO!! [AR]  
4:00 Bible Study with Dave [C]  
4:30 word Search [AR]  
6:30 Skip-Bo [TV]

13  
8:45 Sittercise [AR]  
10:00 Wii Bowling [GM]  
10:30 Beginners Tia Chi [AR]  
12:30 Monthly Birthday Celebration! [DR]  
1:30 Word within a Word! [AR]  
2:00 Pokeno! [AR]  
3:00 Town Hall Meeting [Atrm]  
4:30 Puzzle Time! [AR]  
6:30 Con Brio Brass Band! [Atrm]

14  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
9:45 Bone Builders [AR]  
11:00 Bean Bag Toss with Renee! [Atrm]  
11:10 Tai Chi [AR]  
1:00 "Down Memory Lane" One Day Video's [DR]  
2:00 High Stakes Bingo with Gary! [AR]  
4:00 Sing & Swing Songsters [Atrm]  
4:30 Skip-Bo [TV]  
6:30 "Hand and Foot" card game night! [TV]

15  
8:45 Gentle Yoga [AR]  
10:00 Wii Bowling [GM]  
11:00 Knit and Chat! [TV]  
12:30 Friendly Friday's! [AR]  
2:00 Pokeno!! [AR]  
3:00 St Joe's Health Care Talks  
4:30 Happy Hour! [TV]  
6:30 Friday Night Bean Bag Toss! [Atrm]

16  
8:45 Sittercise [AR]  
9:00 SOLSTICE ANNUAL FALL CRAFT FAIR! 9-2 [Atrm]  
9:30 Rummikub [AR]  
10:00 Fun with Wii Bowling! [GM]  
11:00 Bean Bag with Randy! [Atrm]  
2:00 Pool with Randy! [GM]  
3:00 High Stakes Bingo with Gary! [AR]  
4:00 Bill Trowell on Piano!! [Atrm]  
4:30 Happy Hour! [GM]  
6:30 Skip-Bo Night ! [TV]

17  
8:45 Sittercise [AR]  
9:30 Dominoes  
10:00 Spiritual Fellowship [C]  
11:00 Seven with Randy!  
11:15 Hymns with Leila [Atrm]  
1:00 Afternoon stretches [AR]  
2:00 Pokeno with Randy! [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Yahtzee [AR]  
6:30 Sunday Night at the Movies! [TV]

18  
8:45 Sittercise [AR]  
9:45 Bone Builders [AR]  
10:00 Wii Bowling [GM]  
11:00 Morning piano with Galen [Atrm]  
11:10 Tai Chi [AR]  
12:30 Mingle Monday's meet your neighbor! [DR]  
2:00 Crossword Crossers [AR]  
2:30 Pokeno [AR]  
3:30 High Stakes Bingo with Gary! [AR]  
6:30 Gospel Music with Shepherd's Kids! [Atrm]

19  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
10:00 Bridge Group [AR]  
11:00 Bean Bag with Renee! [Atrm]  
2:00 High Stakes BINGO!! [AR]  
4:00 Bible Study with Dave [C]  
4:30 word Search [AR]  
6:30 Skip-Bo [TV]

20  
8:45 Sittercise [AR]  
10:00 Wii Bowling [GM]  
10:30 Beginners Tia Chi [AR]  
1:30 Word within a Word! [AR]  
2:00 Northern Light Health presents "Aging in Place" [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Puzzle Time! [AR]  
6:30 Cold, Flu and paper goods Bingo!

21  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
9:45 Bone Builders [AR]  
11:00 Bean Bag Toss with Renee! [Atrm]  
11:10 Tai Chi [AR]  
12:30 Weenie Cart! [DR]  
1:00 "Down Memory Lane" One Day Video's [DR]  
2:00 Home Health Talk and Blood Pressure check with Kindred  
3:00 High Stakes Bingo with Gary! [AR]  
4:00 Sing & Swing Songsters [Atrm]  
4:30 Skip-Bo [TV]  
6:30 "Hand and Foot" card game night! [TV]

22  
8:00 Heavenly Feet and Spa Day!  
8:45 Gentle Yoga [AR]  
10:00 Wii Bowling [GM]  
11:00 Knit and Chat! [TV]  
11:00 Volunteering-Boulter Senior Center High Stakes BINGO and out to lunch!  
12:30 Friendly Friday's! [AR]  
2:00 Magic Mike! [Atrm]  
3:00 High Stakes Bingo! [AR]  
4:30 Happy Hour! [TV]  
6:30 Friday Night Bean Bag Toss! [Atrm]

23  
8:00 Heavenly Feet and Spa Day!  
8:45 Sittercise [AR]  
9:30 Rummikub [AR]  
10:00 Fun with Wii Bowling! [GM]  
1:00 Seven! [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Happy Hour! [GM]  
6:30 Skip-Bo Night ! [TV]

24  
8:45 Sittercise [AR]  
9:30 Dominoes  
10:00 Spiritual Fellowship [C]  
11:15 Hymns with Leila [Atrm]  
1:00 Afternoon stretches [AR]  
2:00 Fred and Deb! [Atrm]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Yahtzee [AR]  
6:30 Sunday Night at the Movies! [TV]

25  
8:45 Sittercise [AR]  
9:45 Bone Builders [AR]  
10:00 Wii Bowling [GM]  
11:00 Morning piano with Galen [Atrm]  
11:10 Tai Chi [AR]  
12:30 Mingle Monday's meet your neighbor! [DR]  
2:00 Crossword Crossers [AR]  
2:30 Pokeno [AR]  
3:30 High Stakes Bingo with Gary! [AR]  
6:30 Gospel Music with Shepherd's Kids! [Atrm]

26  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
10:00 Bridge Group [AR]  
11:00 Bean Bag with Renee! [Atrm]  
2:00 Seven! [AR]  
3:00 High Stakes BINGO!! [AR]  
4:00 Bible Study with Dave [C]  
4:30 word Search [AR]  
6:30 Skip-Bo [TV]

27  
8:45 Sittercise [AR]  
10:00 Wii Bowling [GM]  
1:30 Word within a Word! [AR]  
2:00 Thanksgiving Jeopardy! [AR]  
3:00 High Stakes Bingo with Gary! [AR]  
4:30 Puzzle Time! [AR]  
7:00 Pie Night!

28  
**Thanksgiving**  
8:45 Sittercise [AR]  
9:30 Dominoes/Rummikub [TV]  
9:45 Bone Builders [AR]  
11:00 Bean Bag Toss with Renee! [Atrm]  
11:10 Tai Chi [AR]  
1:00 "Down Memory Lane" One Day Video's [DR]  
2:00 High Stakes Bingo with Gary! [AR]  
4:00 Sing & Swing Songsters [Atrm]  
4:30 Skip-Bo [TV]  
6:30 "Hand and Foot" card game night! [TV]

29  
8:45 Gentle Yoga [AR]  
10:00 Wii Bowling [GM]  
11:00 Knit and Chat! [TV]  
12:30 Friendly Friday's! [AR]  
2:00 Pokeno!! [AR]  
3:00 High Stakes Bingo! [AR]  
4:30 Happy Hour! [TV]  
6:30 Friday Night Bean Bag Toss! [Atrm]

30  
8:45 Sittercise [AR]  
9:30 Rummikub [AR]  
10:00 Fun with Wii Bowling! [GM]  
11:00 Bean Bag with Randy! [Atrm]  
2:00 Pool with Randy! [GM]  
3:00 High Stakes Bingo with Gary! [AR]  
4:00 Clayton Rogers on Piano! [Atrm]  
4:30 Happy Hour! [GM]  
6:30 Skip-Bo Night ! [TV]