

Services at Havenwood Available to All Residents

Bus Transportation:

- Doctors Trips
- Shopping
- Outings

Spiritual:

- Chapel/Worship
- Bible Study

Exercise:

- Live 2B Healthy
- Exercise Groups in Weight Room

Social:

- Bingo
- Trivia
- Bus Outings
- Socials
- Movie Nights

Groups:

- Concerto Chats
- Book Club
- Card Club
- Bible Study

In House:

- Dining Center
- Bistro
- Beauty Shop
- Weight Room
- Chapel/Theatre Room
- Store
- Library

November Birthdays

Dan E. 11/04
 Roger O. 11/13
 Donna O. 11/16
 Jean K. 11/23
 Beverly M. 11/25
 Steven C. 11/26

In Remembrance Of

Laura F.

November Word Search

Thanksgiving Word Search

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

AUTUMN
 FAMILY
 FEAST
 FOOTBALL

GOBBLE
 INDIAN
 PILGRIM
 STUFFING

THANKFUL
 THANKSGIVING
 THURSDAY
 TURKEY



Havenwood Herald

November 2018



Havenwood of Richfield
 November 2018 Newsletter

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Dining Information

Breakfast Hours: 7:30-9:00am
Lunch Hours: 11:00am-1:00pm
Dinner Hours: 4:00-5:30pm

Important Numbers

Front Desk: 612-286-8762
Kitchen: 612-286-8723
Maintenance Emergency (After Hours): 612-246-6599



Chaplain's Corner

Preparing for Winter

Each autumn, my father would climb up into the rafters of the garage and bring down a couple dozen storm window panes for the family to wash. As each window was cleaned it would replace the screen windows throughout the entire house. This process would then be repeated at my grandfather's farm house which had even more windows. The houses were once more sealed for the cold winter winds and snow, keeping everyone warm, comfortable and peaceful inside.

Autumn can be the season to prepare your heart and mind to enjoy the comforts of daily living, the warmth of good friends, the joy of spending time with family and a chance to revitalize your being. We need the protection from the cold bitter winds that life can blow around us. As sure as the seasons come and go, the seasons of our lives bring change as well. So, I urge each of us to prepare our hearts and minds for life's cold winter winds by looking to God and taking to heart and meditating on these words by the Apostle Paul in his heart-felt letter to his friends in a town called Philippi.



“Rejoice in the Lord always; again, I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

...from *Philippians 4*

Written by Chaplain Lane Skoglund

Havenwood Happenings

Volunteer Opportunities

We have a few volunteer opportunities for Havenwood residents. If you have an interest in being a volunteer, please see Phil at the front desk or Ashley the Activities Coordinator.

Here are the volunteer opportunities still open:

1. **“I’m Ok” Checks:** We are still looking for a volunteer to do the I’m Ok checks during the week!
2. **Bible Study:** The Bible Study volunteer slot has been filled!

A Note from Keynote (Music Therapy)

At Keynote Music Therapy, we understand the power of music. It can bring back memories that were feared lost, help people find words where previously they had none, and connect with loved ones. Music can help us revisit the past and experience it again, in the present, with the people that mean the most to us.

November Recipe Spotlight: Apple Crisp

INGREDIENTS

- 4 apples, cored and sliced
- 1 tsp. ground cinnamon
- Juice of 1/2 lemon
- 2 tbsp. water
- 1/4 c. plus 2 tbsp. granulated sugar, divided
- 3/4 c. all-purpose flour
- 1/4 c. lightly packed brown sugar
- 1/2 tsp. kosher salt
- 1/2 c. (1 stick) butter, cold, cut into cubes
- 1 c. old fashioned oats
- Vanilla ice cream, for serving

DIRECTIONS

1. Preheat oven to 375°. In a large ovenproof skillet, toss apples with 2 tablespoons sugar, lemon juice, water, and cinnamon. Place skillet on a large rimmed baking dish.
2. In a large bowl, whisk together flour, brown sugar, remaining 1/4 cup sugar, and salt. Using a pastry cutter (or your hands), incorporate butter into flour mixture until it resembles coarse crumbs. Add oats and squeeze mixture with your hands until big, moist clumps form.
3. Scatter oat mixture on top of apples and bake until apples are bubbling and topping is golden, about 45 minutes. Let cool 10 minutes before serving with Breyer's Natural Vanilla Ice Cream.

Activities Highlights & Information

Thursday, Nov. 1st- Book Club Meeting: The first book club meeting will be held to decide on a book to read!

Thursday, Nov. 1st & 29th - Keynote Music Therapy will be coming in to provide Music Therapy for the community. Join Keynote as they delve into the many ways music can help in our everyday lives; very interactive and fun!

Friday, Nov. 2nd- Perkins Outing: There will be a bus outing to Perkins, sign ups will be in the lobby!

Monday, Nov. 5th- Coffee & Community: Come down to the lobby to enjoy some fresh coffee and great company!

Tuesday, Nov. 6th- Voting Shuttle: The Havenwood bus will be making trips to and from the district voting station from 9am-12pm!

Wednesday, Nov. 7th, 14th & 28th- Join other men or women in the community for good company and conversation. Men's Group will meet in the Craft Room (2nd Floor); Women's Group will meet in the Chapel Room (2nd Floor).

Thursday, Nov. 8th- Fall Social: Come down to the dining room for a fun fall themed treat and some good company!

Friday, Nov. 9th- Music Performance: A duo who plays a wide variety of hits will be here in the chapel room! Come enjoy some free music entertainment!

Monday, Nov. 12th- Veterans Day Celebration: Come celebrate and thank our Veterans with a guest speaker from the VFW and some treats!

Thursday, Nov. 15th- Monthly Birthday Party: Come celebrate November birthdays and enjoy some fun treats and great company!

Friday, Nov. 16th- Mystic Lake Casino (Prior Lake): Sign up for the Mystic Lake bus outing! Bus will leave at 11am

Monday, Nov. 19th – Special Shopping Trip: Thanksgiving week shopping trip will make 3 stops: Target, Cub Foods & Lunds and Byerlys! Sign up in the lobby!

Wednesday, Nov. 21st- Thanksgiving Social: Let's gather in this season of gratitude to share treats, Thanksgiving stories & great company.

Tidbits & Reminders

- **Resident Meeting:** The resident meeting is a time and place for you to get your questions answered and to get out any suggestions you may have about things happening in the community!
- **Billing:** Please place your payment and information back into the Original Envelope your billing came in (the orange one with your name and room number on it)!
- Channel 1-2 on your television is a channel that lets you know everything going on at Havenwood for the day to day information
- Be sure to check your internal mailbox for mail from other residents or Havenwood staff (the mail slots are located directly next to the mailboxes and indicated by room number)
- Bus trips (i.e. Target, Cub, Wal-Mart, etc.) need to have at least 3 people signed up in order to go out and not get canceled
- Doctors Bus Trips also include eye doctors, dentists, etc.

Did You Know?



- In the United States and Canada, November is also known as National Beard Month or No Shave Month (also known as "No-Shave November") as a way to raise cancer awareness. Australians have a similar month where they grow a mustache instead of a full beard.
- Abraham Lincoln gave his Gettysburg Address on November 19, 1863.
- Veterans Day was originally Armistice Day and was established on November 11th, 1919 to signify the first anniversary of ending WWI.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>November 2018</h1> <h2>Independent & Assisted Living</h2>							
				10:30am Book Club Meeting Craft Room 11:30am Target 1:30pm Music Therapy Chapel 6:00pm Card Games Craft Room	10:30am Perkins Outing 2 1:00pm Live 2B Healthy WR 6:30pm Movie Night Theatre Room	Library Books 3 Puzzles Dominoes Card Games Movie Matinee/Night Always Available	
12:00pm Vikings vs. Lions Theatre Room 4	9:30am Coffee & Community Dining Room 5 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room	9:00am-12:00pm Voting Shuttle 6 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room	9am-3pm Doctors Trips 7 1:00pm Live 2B Healthy WR 3:30pm Men's & Women's Groups	11:30am Cub Foods Social Theatre Room 8 2:30pm Fall Treat Social Theatre Room 6:00pm Card Games Craft Room	10:30am Bible Study Dining Rm 9 1:00pm Live 2B Healthy WR 2:00pm Fire & Ice Band Music Performance Chapel 6:30pm Movie Night Theatre Room	Library Books 10 Puzzles Dominoes Card Games Movie Matinee/Night Always Available	
<small>Daylight Saving Time Ends</small>							
Veterans Day 11	9:30am Coffee & Community Dining Room 12 1:00pm Live 2B Healthy WR 2:00pm Veterans Day Celebration DR	11:00am Fall Craft Craft Room 13 2:00pm Chapel & Worship Chapel Room 3:00pm Bingo Craft Room 4:00pm Concerto Chats Dining Room	9am-3pm Doctors Trips 14 1:00pm Live 2B Healthy WR 3:30pm Men's & Women's Groups	11:30am Lunds & Byerlys 15 2:30pm Monthly Birthday Party Dining Room 6:00pm Card Games Craft Room	11:00am-2:30pm Mystic Lake Casino 16 1:00pm Live 2B Healthy WR 6:30pm Movie Night Theatre Room	Library Books 17 Puzzles Dominoes Card Games Movie Matinee/Night Always Available	
<small>Veterans Day (US) Remembrance Day (Canada)</small>							
12:00pm Vikings vs. Bears Theatre Room 18	10:00am Special Thanksgiving Shopping 19 (Target, Cub & Lunds) 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room	11:00am Turkey Day Trivia Theatre Room 20 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room	9am-3pm Doctors Trips 21 1:00pm Live 2B Healthy WR 3:30 Thanksgiving Social Chapel/Theatre Rm	Offices Closed Thanksgiving Day 22		10:30am Bible Study Dining Rm 23 No Live 2B Healthy 6:30pm Movie Night Theatre Room	Library Books 24 Puzzles Dominoes Card Games Movie Matinee/Night Always Available
<small>Thanksgiving Day (US)</small>							
7:20pm Vikings vs. Packers Game Theatre Room 25	11:00am Target 26 1:00pm Live 2B Healthy WR 3:00pm Bingo Craft Room	11:00am Resident Meeting Chapel 27 2:00pm Chapel & Worship Chapel Room 4:00pm Concerto Chats Dining Room	9am-3pm Doctors Trips 28 1:00pm Live 2B Healthy WR 3:30pm Men's & Women's Groups	11:00am Book Club Meeting Craft Room 29 1:30pm Music Therapy Chapel 3:00pm Hand & Foot Card Game Craft Room	11:00am Open Crafting Craft Room 30 1:00pm Live 2B Healthy WR 2:30pm Bridge Craft Room 6:30pm Movie Night Theatre Room		