



Evergreen Adult Day Team

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Bus trips listed in green on your calendars are open to all clients, limited to a maximum of 10. If it is not your scheduled day, please call to check on availability.

Departure times listed for outings are important in order to arrive promptly for scheduled events & to keep our drivers on time.

www.SRCaging.org

November News

Here we are in November, anticipating the hectic holiday activities. How can we stay calm? Moment to moment is always the answer. Ram Das wrote the book, Be Here Now and let us pay close attention to that. I think it is fitting that the first of the holidays is Thanksgiving. So, begin with a list of all that we are grateful for, keep the list close at hand; when stress arrives, pull it out and remind yourself of those things – voila!: you are back in the moment. Well, it is a hopeful thought.

A tradition of Seniors' Resource Center is the welcoming Seniors Thanksgiving Dinner. It is held at the Evergreen Lakehouse and families are welcome to join us. It is a delicious, catered meal, and we are taking the clients on that day, Thursday, November 16th to the event on one of our buses. If you would like to join us, or meet us there, please RSVP by Friday, November 10th [call the front desk: 303-674-2843] and you will be included at our tables.

Now, even though we are staying in the moment, I would like to request a favorite family photo from one of the coming holidays to use in a presentation for both the Memory Café and the Day Room clients in the month of December. Please either email or copy the photo to Marilyn by November 15th.

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Foot Clinic

She's back!!

Every 2nd Thursdays

Thursday, November 9th, 9am – 4pm

Full, a wait list is available

\$20

Please make checks out to

Kathy Waggoner, LPN

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Mark the Date!

Alternative Gift Fair

Saturday, November 11th & Sunday, the 12th

@ Evergreen Lutheran Church

Shopping!!

Perfect Christmas Gifts

Many Fabulous Not-for-Profit Vendors

(We're one of them!)

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Memory Cafe

Wednesday, November 15th, 10 – 11:30

Socialization & information for people with memory loss, or early to moderate Alzheimers' and their care partners.

Brain & Body Health for the Holidays

Light snacks & beverages provided

Join us!

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Remember!

We **love** volunteers!

If you would like to be a part of

The Seniors' Resource Center:

Call Janice Pusateri – 303-674-2843

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We could never learn to be brave and patient if there were only joy in the world

Helen Keller

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House Call Hearing will be in the house on Wednesday, November 15th, from 1:30 – 4pm!



Shirley Corbin at Scooter's

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Trips in November

Thursday, November 2nd, - Scooter's Smokehouse and Grill

Compliments of Conifer Neighbors & Newcomers

Tuesday, November 7th, - Scenic Drive

Thursday, November 16th, :

Thanksgiving Dinner @ the Lakehouse Complimentary

Friday, November 17th, Scavenger Hunt

Monday, November 27th, "Day Trippers"

DSN students along for the ride!

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November is

National Alzheimers' Awareness Month

Check out the display at Evergreen Library

Many books on Alzheimers' Disease

Are also available there!

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