

## Evergreen Adult Day Team

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



SENIORS' RESOURCE  
CENTER

### November Trips

- **Tuesday, November 13.** We will be visiting the Evergreen Library. Bus leaves SRC at 10:30 AM.
- **Tuesday, November 27.** A scenic tour. Bus leaves SRC at 10:30 AM.
- **Thursday, November 29.** We are going to be eating out at Cactus Jack's. Bus leaves SRC at 11:00 AM. If your loved one wants to join us, **please send \$15 with your loved one.**

### Reminders

- Our Day Program hours are 8:00 AM – 5:00 PM
- When outings are scheduled, **please remember to arrive 15 minutes prior to the SRC bus departure time, if you are planning to join us. Please plan transportation accordingly.**
- It is almost flu season again; think of a flu shot as an ounce-of-prevention. But should your loved one become ill, please keep him/her home.
- If adverse weather conditions dictate an SRC closure, please call the **SRC main number: 303-674-2843**. The voice mail will be updated by 4:45 AM. If weather conditions deteriorate after the clients have been dropped at SRC and roads are unsafe, we will keep them at SRC until road conditions improve.

### Dates to Celebrate

- **November 3.** National Sandwich Day. In 1762, England's John Montague is believed to have invented the first sandwich, as he was involved in a 24-hour gambling session, and the sandwich idea sprang forth as time-saving nourishment.
- **November 4.** Daylight Savings Time ends.
- **November 22 and 23. Happy Thanksgiving!** We wish you all a wonderful, loving, and memorable time with your family and friends. **SRC Will Be Closed Both Days.** This year marks the 90<sup>th</sup> year of the Macy's Thanksgiving Day Parade. During the first 3 years, 1924-1927, the parade did not use floating animal creations, but rather borrowed real animals from the Central Park Zoo - tigers, elephants, camels, and donkeys!

### Foot Clinic

Wednesday, November 7 and Thursday, November 8. Please call the front desk for reservation at **303-674-2843**. The cost is \$25.00. Check should be made out to Kathy Waggoner, LPN.

### Haircut

Our first month of offering haircuts and styling was a hit! Hairstylist Janeen, from Beautiful You, will be back on Tuesday, November 13 from 10:30 AM to 4:00 PM. Discounted costs for haircut are \$20.00 for ladies and \$15 for gentlemen, and beard trims for \$10.00. Seniors in the community as well as our clients and friends are welcome. Please call ahead to reserve your spot at **303-674-2843**.

**Reservations are taken until November 12 by 5:00 PM.**

### Classes

Caregiver Survival Skills class: "Effective Communication Strategies", Tuesday, November 6 from 4:00 -6:00 PM at Elk Run Assisted Living located at 31383 Frost Way, Evergreen. **303-679-8777**.

**Decorating cookies. And they were tasty too!**



**Enjoying lunch at a favorite Mexican Restaurant**

Complimentary Thanksgiving Meal, sponsored by the Rotary Club, will be brought to us again this year. This is their 5<sup>th</sup> year for offering a traditional Thanksgiving meal to Mountain Area Seniors-- November 16<sup>th</sup>, Friday. A morning and afternoon seating will be available. **For reservations and times please call: 303-674-2843**. Our Senior Resource Center can provide transportation for the morning seating only.

### Quote Corner

"If you really want to do something, you will find a way. If not, you'll find an excuse."  
(Jim Rohn)

"The mark of an educated mind is to be able to entertain a thought without accepting it."  
(Aristotle)

"Don't compare your life to others. There is no comparison between the sun and the moon. They each shine when it's their time."  
(Brightside)